



See Martin's Market Fresh IGA Grocery ad —page B4

Legislative Update: end of session review, public safety, budgets, special session called

By Rep. Keith Goehner

After 15 weeks of being in session, we adjourned on April 23, the scheduled end of the 105-day session. It has been an honor to serve you and be your voice at the state Capitol in Olympia for the past few months.

However, our work is not finished. The governor has called a special session for May 16, to address some important unfinished business, a solution for the State v. Blake decision. It should be noted, when the governor calls a special session, it is for 30 days. It doesn't guarantee that we will come up with a solution in that timeframe, but we also do not need to use the full 30 days if we can reach an agreement and send the governor a Blake fix bill.

Adjourning without a Blake fix

How did we get here? In February 2021, when the state Supreme Court ruled that Washington's felony drug possession law was unconstitutional, the Legislature passed legislation that same year, with that law set to expire July 1, 2023.

Despite having two years to pass a permanent fix, the Legislature adjourned without one. As the end of session approached, there was

agreement between three of the four caucuses, Senate Republicans and Senate Democrats, along with House Republicans, on a Blake fix: Senate Bill 5536.

However, in the final hours of the session, House Democrats brought their own version to the House floor for a vote, where it failed by a vote of 43-55. The bill lacked teeth, sets people up to fail and will perpetuate problems.

We must come up with a solution that enacts a new criminal penalty before July 1, 2023, or there will be no criminal penalty in state law for drug possession for such drugs as fentanyl, heroin, and methamphetamine. House Republicans are working with the Senate and our counterparts in the House to reach agreement on a bill before we descend on Olympia again.

This isn't about politics. It is about reaching a commonsense solution to the Blake ruling so people can get the proper treatment and guidance they need, and to ensure our communities and streets are safe.

Local governments across the state want the Legislature to come up with a Blake fix. Fearing the Legislature doesn't get this done, some are already implementing or drafting their own law or ordinance. That would lead to a patchwork of different laws across the state.



SUBMITTED PHOTO

Rep. Goehner speaks in the state House of Representatives during floor debate.

Police pursuit legislation

The other important public safety issue we needed to address in the 2023 session was police pursuits.

Background: In 2021, the Legislature passed a law that required officers to need "probable cause" to arrest someone before initiating a pursuit rather than

"reasonable suspicion." It set the bar high for law enforcement to pursue suspected criminals. Soon the media was littered with stories of suspected criminals fleeing crime scenes before law enforcement could act or question them.

At the beginning of session there

CONTINUED TO PAGE A2

Cashmere City Council Meeting

By Kirk Beckendorf

Correspondent

Corporal Monika Haynes and Sheriff Mike Morrison addressed the Cashmere City Council at their May 5 meeting. Haynes told the Council that she will be the Sheriff department's liaison to Cashmere, and that she has been with the department for almost 27 years. She said that she is looking to find out what the city needs from the department. She explained that four homeless individuals in Cashmere "create a lot of chaos" that requires a law enforcement response. The agency is well acquainted with the four individuals, and she said that Mr.(M.) Taber has been in custody for about a month. The Corporal highlighted the "immense success" of the partnership with the Behavior Health Unit in addressing some of the concerns with the local homeless issues. Morrison told the Council that there is a lot of money and resources in the county to help people that are willing to take the help, if they want to take it. In response to a comment from Councilwoman, Shela Pistorosi, about the receptivity of specific homeless individuals to help, Morrison recommended that the community apply "tough love" and not provide food and shelter to them. He explained that there are millions of dollars, and tax-funded facilities that are available to help the local mentally ill homeless. However, according to the Sheriff, when things are "provided... for free, he knows that he can survive and he doesn't have to abide by rules and continues to make poor decisions in his life, because we are enabling him."

Morrison acknowledges that this goes against the generosity of Cashmere residents, but that it would be helpful if the community would stop providing these individuals with food.

Graffiti was a concern raised by Council member John Perry. Haynes said she has been in touch with the School Resource Officer in Cashmere, to address the issue and to identify suspects. The partnerships with the school are positive and beneficial. However, she said that a new state law does not allow law enforcement officers to question juveniles, Morrison added that a defense attorney must be contacted. He said this can make investigations more difficult, but these are the current rules that the department must follow. Haynes said that is very important for community members to call in and let law enforcement know what is going on. Responding to a question from Perry, Haynes said that the graffiti activity does not appear to be gang related. Morrison told the Council that it would be beneficial for the city and others to document the amount of time and money spent cleaning up the damage so that information can be turned over to prosecutors.

Morrison explained that he was into his fifth month on the job, and he wants to establish relationships with communities served by the department and has assigned liaisons with those communities to establish open lines of communication with the mayor and city council. He said that the traffic enforcement unit had not met their marks for several years and public works had mentioned pulling funding, so he has pulled the units from other duties to allow them additional time for traffic enforcement tasks.

To address a potential state law that could make drugs legal in the state, he said that he does not agree with the potential law and the department is already talking with county commissioners and the prosecutor to develop a local ordinance to make drugs illegal in Chelan County. He added that he is talking with surrounding counties to create a unified ordinance.

According to Sheriff Morrison the department is the only agency in the region without body cameras, and he has been in touch with Representative Kim Schrier to secure approximately \$700,000 for cameras.

Mayor Jim Fletcher asked the Sheriff what Cashmere residents should be aware of, that may not be obvious. Morrison replied that everyone should look out for their neighbors and call

CONTINUED TO PAGE B1

Rotary Takes Over Leavenworth with 'Imagine Rotary Reimagined' District Conference - 'a new way to conference'

The general public is invited to participate in a week filled with unique experiences and inspiring presenters.

Submitted by Jamie Howell

Howell at the Moon Productions

Rotary District 5060 is excited to unveil a unique, first-of-its-kind conference coming to Leavenworth May 19-21. Designed to provide a transformative experience for all participants, for the first time ever, Rotary is opening the annual district conference and all associated events to the general public this year.

"We've turned it inside out," explains conference executive producer Colin Brine. "This conference is not about what participants can sit and listen to, it's about what kind of new experience they can create on their own, it's about relationship building, it's about imagining a new future not just for Rotary, but for themselves and the

world they live in."

There are so many activities surrounding the conference, in fact, that the City of Leavenworth issued a proclamation officially declaring the week of the conference "Rotary Week in Leavenworth."

In a break from tradition, Rotary is inviting the general public to participate in any and all of its conference events. Here are some of the highlights planned for the upcoming event:

- Prologue Events: A series of social events in the days leading up to the official start of the conference starting Wednesday, May 17.
- Going Green Golf Tournament and Game Olympics - May 17, 9 a.m. - 1 p.m., at the Leavenworth Golf Club with events for golfers and non-golfers alike.
- The Great Leavenworth Geo-Hunt - May 17, 2 - 5 p.m., will send participants on a discovery/scavenger hunt around town.



CONTINUED TO PAGE A2

Welcome-Willkommen to the District Conference

Having the District Conference in Leavenworth is a long time coming. Past District Governor Jim Adamson Senior introduced me to Rotary back in 1994 and the rest is history as they say.

Jim Willems, Tom Boyd, and Bill Forhan and others encouraged me to apply for District Governor and I took over as Assistant District Governor for Area 8 from Carol Adamson and then shortly after I was chosen to be the District Governor for Rotary year 2022-2023 and this conference is a culmination of several years of training and serving District 5060. This conference is however very different than any previous one, hence the name "Rotary Reimagined" following this year's Rotary Theme of "Imagine Rotary". If Rotary is to stay relevant and successful far into the future, then we need to tell our story better and

often so that everybody understands what Rotary is and more importantly what Rotary does. Come and join us on May 18th to the 21st and see for yourself. Karl Ruether, District Governor 5060.



SUBMITTED PHOTO.

DG Karl Ruether

NCW Libraries/ Friends of the Peshastin Library announce upcoming community event

Submitted by Tim Dillman

NCW Libraries

Peshastin community members will soon get the opportunity to hear more about upcoming improvements to the Peshastin Library and provide their feedback on potential changes to the interior spaces. NCW Libraries and the Friends of the Peshastin Library will host a community town hall event on Tuesday, May 23 at 6 p.m. at the Peshastin Memorial Building. The event is free and open to all community members and all ages. A short presentation will be provided by an interior designer from Library Forward, a nationally recognized design firm specializing in library spaces.

Following the presentation, participants will have an opportunity to explore design concepts and vote on the design elements they would like to see at the Peshastin Library. Additional opportunities for the community to provide input will be available May 23 at a pop-up event outside the Peshastin Grocery from 3:00-4:30 p.m.

"Our goal is to reach as many members of the community as possible, both current library users and non-users," said Clare Morrison, Peshastin Librarian. "We want to hear from the community how they want to engage with the library and what will

serve their needs."

The community engagement events are part of NCW Libraries Reimagining Spaces project, a multi-year interior redesign effort at all NCW Libraries branches throughout the five-county system. Library Forward

and Forte Architects of Wenatchee have been hired by NCW Libraries to lead community engagement efforts and develop interior design plans. Peshastin is one of the first communities to begin its redesign.

"We were able to get going early on in Peshastin thanks to the amazing efforts and support of the Friends of the Peshastin Library," says Tim Dillman, NCW Libraries Executive Assistant. "The Peshastin Library is owned by the Friends, and they have faithfully maintained the building for over 4 decades through hard work and community fundraisers. With the NCW Libraries board of trustees now setting aside funds for improvements to all our community libraries, the timing is perfect for maximizing the investment of all parties." Design plans for the new interior spaces will begin in early summer. The goal is to complete the addition and space redesign by the start of 2024. For more information about community engagement for the Peshastin Library and the Reimagining Spaces project, visit newlibraries.org/reimagining-spaces.



SUBMITTED PHOTO.

THIS WEEK

Sheriff Reports.....A2	Michelle's Kitchen Table.....A4	Classifieds Index.....B2-B3
Community Calendar.....A3	Church Guide.....A4	Classifieds.....B2-B3
Business Directory.....A3	Sports.....B1	Real Estate Guide.....B2
Community Bulletin Board.....A3	Bulldog Scoreboard.....B1	Advertising Flyers.....Safeway



\$100

PO Box 39
Leavenworth, WA
98826
Phone: 509-782-3781

www.cashmerevalleyrecord.com

Keith Goehner

CONTINUED FROM PAGE A1

was legislation, House Bill 1363, to restore the reasonable suspicion standard. It was a strong, bipartisan bill with 20 Republicans and 20 Democrats signed on as co-sponsors. The bill was never brought before the full House of Representatives for a vote.

What ended up passing was Senate Bill 5352. The measure would allow police pursuits under the reasonable suspicion standard of those suspected of committing a violent crime, a sex offense, domestic violence-related offense, vehicle assault, driving under the influence, and trying to escape arrest.

This does not go far enough to restore what our law enforcement officers need, but I voted "yes." It does move us forward, albeit a small step.

Transportation budget

With it being our first full in-person session since 2020, it was good to see what could be accomplished with both sides of the aisle working together. As a member of the House Transportation Committee, I was able to see this firsthand. The 2023-25 transportation budget was the culmination of bipartisanship from both parties and chambers. For the Wenatchee area, there is \$85 million spread out over the next three budget cycles for the Confluence Parkway project. This is exciting news. However, it is important to note this money is contingent on federal match dollars.

This \$13.5 billion biennial budget also prioritizes

projects in The Connecting Washington package that are already underway. The governor delayed several of these projects in his proposed budget. We believe it was critical not to delay these projects any longer.

Finally, the transportation spending plan includes funding for maintenance and preservation, the Washington State Department of Transportation, and makes investments in our Washington State Patrol toward our state trooper force in recruitment and retention efforts.

Capital budget

Rep. Mike Steele was once again the lead negotiator for House Republicans on the capital budget. The plan was well received by our colleagues across the aisle and in the Senate, as it passed unanimously. There is more than \$170 million in projects across the 12th District including:

- Center for Alcohol and Drug Treatment (Wenatchee) - \$19,600,000
Lake Chelan Food Bank - \$2,000,000
Community Center at Lake Chelan - \$1,723,000
Fall City Business District septic project - \$1,550,000
Monroe Therapeutic Facility - \$1,100,000
Index Water Line Repair & Replacement - \$628,000
Sultan Basin Park - \$500,000
North Fork Skykomish River 911 extension project (Index) - \$420,000
King County Area Readiness Center - \$6,000,000
Chelan Valley EMS - \$11,000,000

- Columbia Valley Community Health East Wenatchee Dental Clinic - \$1,850,000
Leavenworth affordable workforce rental housing - \$1,000,000
Wenatchee Valley Museum expansion and redesign - \$1,000,000
Wenatchee Valley YMCA - \$1,030,000
Forest to Farm Biochar Pilot Plant (Leavenworth) - \$1,425,000
Wenatchee Valley College: Paul Thomas Sr. Field - \$700,000
Wenatchee Center for Technical Education and Innovation - \$46,471,000
Wallace River Hatchery - replace intakes and ponds - \$17,228,000
Manson School District - \$262,000
Manson Fire Station - \$206,000

For a complete list of 12th District projects included in the capital budget, go to: https://fiscal.wa.gov/statebudgets/CapitalProjectListDistrictBien.

Bill to benefit Chelan and Douglas port districts signed into law

My House Bill 1663 was recently signed into law by the governor. It will allow two or more port districts that operate under a mutual agreement to conduct a joint property tax levy under certain conditions. I introduced this legislation at the request of the port districts. It provides fairness and equity in allowing tax assessments.

Operating budget

I did not support the 2023-25

operating budget for a number of reasons:

- House Republicans were left out of the budget process.
The budget leaves only \$3 billion in reserves by the end of the four-year outlook period. That is less than the state treasurer's minimum target of 10% of annual outlook revenues.
There is no tax relief for taxpayers in this budget. The state coffers have been flush with money the last few budget cycles. With Washingtonians facing uncomfortably high inflation and an uncertain economy, this was a missed opportunity.

Finally, it increases spending to \$69.8 billion, a \$5.6 billion increase, or 9% over current spending levels. The 9% increase is actually pretty modest compared to some of the other increases passed in recent biennia. However, we are continuing down an unsustainable and fiscally irresponsible path. As the chart shows, the operating budget has more than doubled since 2011-13, when the state operating budget was just over \$30 billion.

Two voter-approved initiatives overturned

One of the disappointments of the session was the Legislature overturning two voter-approved initiatives. Senate Bill 5082 abolishes advisory votes, which were established by Initiative 960 in 2007. This legislation takes away the voices of Washingtonians on tax issues. Advisory votes are a good tool for representatives to gauge the will of voters.

Senate Bill 5217 repeals the voter-approved initiative from 2003 that repealed burdensome ergonomic rules and prohibited the Department of Labor and Industries (L&I) from adopting ergonomic regulations. This policy puts our state at a competitive disadvantage for businesses looking to expand or relocate as no other state has adopted ergonomic rules since federal rules were repealed in 2001 due to their economic impact. Employers are already required by law to provide a

safe working environment for all employees and the state Supreme Court has ruled that L&I can already cite employers for ergonomic hazards. This goes against the will and voice of the people.

Firearm legislation update

On April 25, Gov. Inslee signed three bills into law regarding firearms.

House Bill 1240 outlaws the manufacture, importation, distribution, sale, or offer for sale of any so-called "assault weapon." There was an emergency clause on this bill, so it went into effect as soon as the governor signed it.

House Bill 1143 will impose training, permitting, and waiting period requirements on gun owners and firearm dealers with large fines and possible jail time.

Senate Bill 5078 would hold gun manufacturers legally responsible for how individuals misuse their products.

I voted no on all three bills. As a lawmaker, it is my job to uphold the state and U.S. constitutions. I believe at least one, if not more, of these bills are unconstitutional - violating our Washington State Constitution as well as the Second Amendment of the U.S. Constitution. A lawsuit has already been filed against HB 1240.

I have heard from others who are supportive of these measures. I certainly understand the concern, given the increase in gun violence we have seen recently. However, amending the constitution is a heavy lift and an effort I would not support. And we are not getting to the root causes of violence.

Behavioral and mental health issues are at an all-time high and our state has not done a good job of addressing mental health and is not keeping up with the demand.

We need to ensure that those who have committed violent crimes are doing the proper time and not returning to our streets. I am concerned our young people have become conditioned or are accepting this behavior and consider

violent tendencies as normal.

There are multiple factors contributing to what we are seeing in society. Restricting guns or manufacturing them is not going to get us there. Criminals committing gun violence are already breaking gun laws. As we move forward, the Legislature needs to take a more comprehensive look at the causes and preventive measures.

Parental rights

Senate Bill 5599 may have been the most concerning bill passed this session. The measure would allow youth shelters and similar organizations to not notify parents that their children are at a shelter if they are receiving "gender affirming" care or reproductive services. We have laws to protect and prohibit children from using smoking tobacco, cannabis, and vaping pipes that our society deem dangerous and do not believe a 13-year-old is mature enough to understand the effect or the consequences. Yet, this law would allow a 13-year-old child to leave home to seek gender transition or an abortion on their own accord.

This misguided piece of legislation will harm families. Parents have a right to parent without government interference, and they should not be denied that right in the absence of abuse or neglect. This will put barriers between parents and children in loving families. I ask any parent out there, wouldn't you want to know where your child is if they left home?

Following your state government

Even though the Legislature has adjourned, there is a lot happening in our state government. I urge you to stay informed. Please remember I work for you year-round. Do not hesitate to contact me if you need assistance navigating state government, want to schedule a meeting or would like me to tour a facility or speak to your association or organization. It is an honor to serve the great people of the 12th District.

Rotary Reimagined

CONTINUED FROM PAGE A1

- Roady Rally for the Environment - May 18, 9:30 a.m. - 1 p.m., takes participants on 2.5-hour journey of discovery by car.
Tour de Leavenworth Discovery Ride - May 18, 2 - 6 p.m. is two-hour guided bike or e-Bike tour, led by Bavarian E-Bike Tours co-owner Tom Potter.
US vs. Canada Mini-Golf Tournament - May 19, 12:30 - 2:30 p.m., at the Icicle Village Resort features a silent art auction and prizes for the winners.
Special guests: The conference itself will feature entertaining and inspirational presentations from Olympic gold-medal winning cross-country skier Kikkan Randall and mountaineering legend Ed Viesturs. In addition, The Paperboys will play a private, live concert in the Leavenworth Festhalle for all attendees and their

- families. The entire event will be led by Master Facilitator James Carter.
"Build a Dream" Bikes for Tikes program: Conference organizers plan to give away 100 bikes, helmets, locks, and backpacks to youth in need.
Rotary Causes Expo Village: "Rotary Cause Vendors" will line the blocks around the Leavenworth Festhalle during the three days of the conference, with booths featuring local organizations whose products or missions align with one or more of Rotary's Seven Causes.
Community Impact Project and Team Challenges: Participants will focus on building together to create a positive impact on the community through guided activities designed in part by the participants themselves.
Rotary Youth Leadership Awards (RYLA): Rotary is working to provide scholarships for up to 100

high-school age students to participate directly in this year's conference, as part of the annual RYLA Camp taking place at the Lake Wenatchee YMCA Camp. "Imagine Rotary Reimagined" is the second annual district conference to be held by Rotary District 5060 since before the COVID pandemic. The district conference is hosted in the home of its 2022-23 District Governor, Karl Ruether of Leavenworth.

Rotary International is one of the world's largest non-profit service organizations, counting more than 1.2 million members in over 32,000 clubs across 200 countries. The Rotary motto, "Service Above Self" guides their efforts to create positive impacts on the communities where they live and work, as well as on a global scale. To find out more or to register for any of the events listed above, visit rotaryreimagined.com.



Say Congratulations

to your favorite 2023 graduate with a personal message in the Special Keepsake Graduation Edition.

Publication date: June 7
Deadline: May 24

PRINT YOUR MESSAGE BELOW

Check here if a photo is to be used in your message. Please attach the photo to this form along with a self-addressed stamped envelope (if you want the photo returned). Photos will be mailed after June 10.

Sample ad sizes



1x1" - \$15

Email information to Reporter@leavenworthecho.com Call to prepay with a credit card 509-548-5286 or send a check to PO Box 39, Leavenworth, WA 98826



1x2" - \$20

Your Name: Address: City, St., Zip: Ph #: Name of graduate:

Choose ad size: 1x1" - \$10 1x2" - \$15 1x3" - \$20 Call for larger ads 548-5286



Your whole Cox family, uncles, aunts and cousins are so proud of you! Love you! Grandpa & Grandma Cox

1x3" - \$30



© 2023 NCW Media, Inc. PO Box 39 Leavenworth, WA 98826 Phone: 509-782-3781

On the Internet website: www.cashmerevalleyrecord.com e-mail: Reporter@cashmerevalleyrecord.com

Office hours Hours: 10 a.m. - 5 p.m. except weekends, or call 509-548-5286

Contact information

Publisher

Carol Forhan

publisher@leavenworthecho.com

Bill Forhan Ex Officio

Advertising Sales Manager

Carol Forhan 509-548-5286 carol@leavenworthecho.com

Advertising Sales

Lindsay Timmermans

509-860-7301

adexec1@ncwmedia.net

Reporter/Photographer

Reporter@leavenworthecho.com

509-782-3781

Main Office

509-548-5286

Classified / Legal Notices

Obituaries/Memorials

classifieds@leavenworthecho.com

NCWMarket.com

Circulation

509-689-2507

1-509-293-6780

Deadlines

Calendar Listings Noon, Friday

News Submissions: Noon, Friday

Letters to the Editor: Noon, Friday

Display Advertising: Noon, Friday

Legal Notices: Noon Friday

Classified Ads: Noon Friday

Subscriptions

In Chelan County (yearly) - \$40

\$45 for print and online

In State-Out of County (yearly) - \$50

Online E-edition - \$40

Out of State - \$52

The Cashmere Valley Record does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. Toll Free 1-509-293-6780



Letters policy

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

Corrections

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.

News tips

Have an idea for a story? Call the Record at 509-782-3781

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286, by emailing classifieds@leavenworthecho.com or online at NCWMARKET.COM

Services

Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

Cashmere Valley Record (USPS 092-600)

is published every Wednesday by NCW Media Inc.,

PO Box 39

Leavenworth, WA 98826

Telephone: 509-782-3781

Periodical postage paid at Leavenworth, Wash.

(and additional mailing offices)

Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039

Weekly rates: \$15.00 for first 30 words

.10 for each additional word over 30 words

Borders, bold words, headlines, logos and photos subject to additional charges.

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7

Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM

For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com

Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: meets at Cashmere Presbyterian Church hall, noon. Co-presidents Tracy Franklin 509-670-1165 and Kelley Boyd.

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. (1st Thurs. of every month, August -June).

Friday no events

Saturday

American Legion Bingo, first call is at 6:15 p.m. American Legion Hall, 401 Sunset Hwy. Cashmere. Call 509-888-1904 and leave a message for Wiley Collins.

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. (1st 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 (1st 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 (1st 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 5:30 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 cashmere@ncwlibraries.org

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.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946

Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939

509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379

Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.

Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin

Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.

Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.

Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Alanon Meetings, Call 509-548-7939

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

Cashmere

Cashmere "POPPY DAYS" honoring all Veterans

Cashmere American Legion Auxiliary volunteers will be distributing the familiar red handcrafted poppies honoring America's veterans in Cashmere on Friday, May 19. Please look for them outside of Doane's Valley Pharmacy, Cashmere Post Office and inside of Martin's Market from 9 a.m. to 3 p.m. This day is planned to coincide with Memorial Day, the annual event pays tribute to those veterans who have willingly served their country for decades. Memorial Day, originally called Decoration Day, is a day on which Americans remember and pay tribute to their ancestral family members. It is sometimes easy to forget the true significance of this solemn day. Please call Commander Ken Komro for details on volunteering 509-782-4972.

Regional

Bird Fest Songbird Concert with the Marlin Handbell Ringers

Celebrate community and spring through the delightful and enchanting sound of the bells in this Bird Fest tradition, Saturday, May 20 at 1:30 p.m. at the Red Barn at Wenatchee River Institute. The Marlin Handbell Ringers is a non-profit community music group that has been captivating Leavenworth audiences for over forty years. Formed in 1979 to help promote the "Bavarian Village," our group consists of ten ringers and 108 English handbells. In the WRI Red Barn. Admission

CHELAN COUNTY SHERIFF FIRE & EMS REPORTS

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.

May 5

- 00:06 Agency Assist, 300 Aplets Way, Hometown Market
- 11:51 Public Assist, Cotlets and Titchenal Ways
- 11:58 Domestic Dispute, 305 Woodring St.
- 12:03 Trespassing, 117 Mission Ave., Liberty Orchards
- 13:23 Trespassing, 117 Mission Ave., Liberty Orchards
- 13:37 Scam, 906 Pioneer Ave.
- 15:43 Domestic Disturbance, 4540 Kelly Rd., Monitor
- 18:02 Disturbance, 107 Cottage Ave., That Pizza Place
- 19:12 Public Assist, 8115 Depot Rd., Dryden

May 6

- 05:33 Hazard, 301 Sullivan St.
- 08:48 Civil Dispute, 8115 Depot Rd., Dryden
- 09:12 Traffic Offense, US Hwy. 2 MP 114, Monitor
- 11:58 Cotlets Way and US Hwy. 2
- 11:58 Water Rescue, Cotlets Way and US Hwy. 2
- 12:47 Noise Complaint, 5601 Airport Rd.
- 14:10 Alarm, 5431 Sunset Hwy.
- 14:10 Civil Dispute, 5886 Sunburst Ln.
- 15:30 Water Rescue, Turkey Shoot area
- 23:18 Burglary, 6125 Hay Canyon Rd.

May 7

- 00:40 Noise Complaint, 115 Elberta Ave.
- 10:11 Agency Assist, US Hwy. 2 MP 114, Monitor
- 12:16 Civil Dispute, 6030 Sunburst Ln.
- 15:37 Suspicious Circumstance, Olive St., and Railroad Ave.
- 17:29 Traffic Offense, US Hwy. 2 and Cotlets Way
- 19:47 Disturbance, 300 Aplets Way, Hometown Market

May 8

- 00:26 Agency Assist, 97 S. Douglas St.
- 06:56 Graffiti, S. Division St., and Chase Ave.
- 07:45 Graffiti, 402 Pioneer Ave., Simpson Memorial Park
- 10:40 Domestic Disturbance, Elberta Ave. and Vine St.
- 15:09 Suspicious Circumstance, 5265 Mission Creek Rd.
- 15:44 Graffiti, 100 block Cottage Ave.
- 18:03 Suspicious Circumstance, N. Dryden Rd. and US Hwy. 2,

is free; donations are welcome.

Volunteers needed for Camp Zanika

The annual spring clean-up day at Camp Zanika Lache on Lake Wenatchee this year is Saturday, May 20, from 9 a.m. to 4 p.m. They are in need of volunteers that can help open camp for the summer: clean cabins, maintenance on the archery range, the waterfront, clean the Kiwanis lodge, set up the wall tents, clean the kitchen, help prepare lunch, burn debris, and have fun at the same time. Bring your gloves, rakes, chainsaws, loppers, and anything you think will come in handy. Lunch will be provided. Lodging is available for anyone who would like to come up and stay over either Friday or Saturday night- to do this you must RSVP and can do that by going to Camp Clean Up - Campfire - North Central Washington at campfirencw.org. Volunteering helps us keep our rates down.

The Leavenworth Lions Club

Will be serving up Breakfast each 2nd and 4th Saturdays, May 24 through September. Come enjoy hearty all you can eat breakfast of pancakes, eggs, and sausage from 7 a.m.-11 a.m. in Lions Club Park.

Entiat Museum Opening

Join us at the Entiat Museum opening day, Saturday, May 27, 11 a.m., at Entiat Park, North shelter. Presenting the new exhibit Last Chief Standing, the story of Chief Chilcosahast and the Entiat Tribe told by his great grandson Wendell George. Featured speakers

- Dryden
- 20:32 Theft, 130 Titchenal Way, Martin's IGA Market
- 20:58 Civil Dispute, 102 Parkhill St.
- 21:12 Warrant, 130 Titchenal Way, Martin's IGA Market
- 23:53 Welfare Check, 102 Titchenal Way, BJ's Shell

May 9

- 01:10 Malicious Mischief, 305 Woodring St.
- 06:45 Trespassing, 600 Cotlets Way,
- 07:09 Suspicious Circumstance, 600 block Pioneer Ave.
- 08:27 Marine, US Hwy. 2 and N. Dryden Rd., Dryden
- 09:13 Parking/ Abandoned Vehicle, 5441 Sunset Hwy.
- 09:13 Suspicious Circumstance, 329 Tigner Rd., Cashmere High School
- 11:57 Disturbance, 333 Independence Way
- 13:24 Graffiti, 300 Tigner Rd., Cashmere Middle School
- 14:24 Graffiti, 300 Aplets Way, Hometown Market
- 14:55 Graffiti, 308 Cottage Ave.
- 15:09 Parking/ Abandoned Vehicle, 700 block Pioneer Ave.
- 18:58 Animal Problem, 128 Mission Creek Rd.

May 10

- 09:43 Parking/ Abandoned Vehicle, 104 Pioneer Ave.
- 15:12 Non-injury Accident, 600 Cotlets Way
- 17:11 Trespassing, 300 Aplets Way, Hometown Market
- 20:01 Trespassing, 107 Railroad Ave.
- 20:13 Injury Accident, 421 Cottage Ave.
- 20:15 Trespassing, 130 Titchenal Way, Martin's Market
- 21:31 Disturbance, 229 Cottage Ave., Village Inn

May 11

- 03:52 Harassment/ Threat, 9220 Olalla Canyon Rd.
- 10:48 Suicide Threat, 308 Orchard St.
- 12:53 Hazard, 305 Woodring St. alley
- 13:18 Suspicious Circumstance, 6062 Kimber Rd.
- 13:45 Public Assist, 4212 Careys Corner Rd.
- 19:26 Theft, 6125 Hay Canyon Rd.
- 20:23 Welfare Check, 400 block Aplets Way
- 20:30 Suspicious Circumstance, Hay Canyon Rd. MP 1

Wendell George and artist Cheryl Grunlose. Refreshments provided. Limited seating or we suggest that you bring your own chair.

The Cascadia Conservation District

Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, May 19, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our website at cascadiacd.org or by calling the District office, 509-436-1601.

We Can Help Make a Difference

On Sunday May 21, 2 p.m., Wenatchee First United Methodist Church is sponsoring and hosting a special concert called Music For the Refugees. It will feature The Wenatchee Big Band, The Apollo Club, The Applears, a combined church choir, and other solo artists.

The concert will directly benefit Ukrainian refugee families in Chelan, Douglas, and Grant counties, through the Friends of Ukrainian Refugees (FOUR). Admission is free, and a free-will offering will be taken. Did you know today there are around fifty Ukrainian refugee families in North Central Washington? They're quietly living among us, practicing, and learning English, going to school, finding their way around new neighborhoods; studying to get a driver's license, finding jobs, paying their rent, and trying to make new friends and new lives. We watch the news and read the paper, shocked by devastating pictures of the war in Ukraine. Many of us are feeling called to do more, and our words can only go so far. When words fail music speaks. Let's show our compassion and caring, and truly make a difference for the Ukrainian families in our area. Please join us and bring your extended family, friends, and neighbors. Call Judy Kelts, 509-884-7218.

BUSINESS & SERVICE Directory

Add your business or service to this directory: **509-548-5286**

DRILLING

Tumwater Drilling and Pump Inc.

"Water Treatment Systems Built to Your Individual Problem"

Free Water Analysis/Estimates

Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

Tumwater Drilling & Pump, Inc.

509-548-5361

www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

EXCAVATION

Complete Excavating Service

Power & Water Systems
Dump Truck & Dozer
Drainfield Repair
Free Estimates
Septic Systems
Road Grading

Upper Valley EXCAVATING

(509) 548-3489
Leavenworth, WA

Licensed - Bonded - Insured

STORAGE

Have spare room in your facility? Advertise on NCWMarket.com

STUMP REMOVAL

Quick 'n Easy Residential Stump Removal

STUMPS UNLIMITED

10817 North Road, Leavenworth • (509) 548-8222
Kim & Rosalie Kozelisky
Licensed, Bonded, Insured • Cont. #UPPERVE200PI



Michelle's Kitchen Table Strategies

By Michelle Priddy

Definition of Money

I was driving along when I heard a radio talk show host tell me that I should get cash and put it in a safety deposit box because next year was going to be bumpy and I was going to need it. As my mind said 'woah', I had to fight the automatic urge to let my foot hit the brakes in the car. The words obviously made sense to the commentator, but they didn't make any sense to me. Perhaps stashing money in a safe deposit box is good advice for some but I know it's not good advice for me. (When I mentioned this to Sonny he said, "Banks are in charge of the safety deposit boxes as well as the cash.") I've spent half a lifetime wondering about the constructs of money from budgeting for bills to considering how thin

rectangular green sheets of paper can allow us to exchange goods and services in a civil, organized, tangible method. Over time I have decided that the function of money is to enable the exchange of goods and to encourage the exchange of skills between individuals, families, and groups, (nations even), that they otherwise could not have access to due to social and/or geographic barriers. That's the best definition I can come up with.

This definition of money works for me and I'm going to encourage others to make their own definition of money. I'll be the last one to tell someone else how to think- thinking for 'self' is God given and I have no desire or intention of infringing upon what God gives.

As I listened, the commentator told me that their bank made them wait two days to get their money so I should put George Washingtons in a safety deposit box for later. I said to myself, "Self,

this person must be bonkers. Money, like rain, is only useful when circulated. If Washingtons, Hamiltons, and Ben Franklins are removed from circulation of what use are they?"

I got home; festered on the commentator's words; got busy finishing up making chicken broth by taking the meat off the bones of a mean rooster my daughter just butchered because of his attitude towards the egg laying hens. What use is a rooster if he is so mean he causes the hens so much distress they can't lay eggs? What use is paper money if there isn't any meat, eggs, or other protein to purchase so I can rebuild the muscles I use every day because it isn't circulating? Paper money does not keep body and soul together. Paper money isn't wealth (just as a map isn't ground). Paper money represents the intangible we provide to our communities by our actions and skill. It can be mapped by accountants to show how we help or hinder others. Accountants show the accounting 'maps' to leaders who should be able to read the accounting 'maps' then use the accounting 'maps' to determine how to reward or punish social behavior.

Historically, in my view, when leaders become unable to read the indicators on accounting maps in a meaningful and truthful manner, the society they are in charge of suffers loss. This commentator is a smart person, a social leader, doing their best to read

the information they are in contact with in a truthful manner. They see storms on the horizon; the solution they offer is to put green backs in a safe deposit box.

I was thinking about that as I prepared the chicken broth. I am old enough to remember the nineteen seventies recession. As a child I remember my parents' anxiety. I remember a pallet of sugar that the mice ruined over the next two years because we couldn't eat it fast enough and the large steel gas tank bought to hold gas. It was supposed to save us money; it didn't; all it did was postpone the need to buy fuel until the price was even higher; over time there weren't any savings at all. I remember the parents burying a mason jar inside a tin coffee can underground behind the house (what if, today, the mason jar in the tin can held bills that didn't have security strips?) and by the time they dug it up, due to inflation, it bought less than if they'd left it in the bank.

As for banks, making people request large sums a few days in advance. My bestie is a bank teller; she knows her stuff; she requests the right amount every week to cover the normal transactions of her regular members. Unlike computers (thankfully) banks circulate paper bills. A request for huge sums in paper bills is not a regular request so when a bank member wants huge sums in paper bills her branch won't automatically have that much in the vault. She must have time (a week) to request and get the physical bills. And

that is how it works.

So, as I worked to make home grown chicken broth, I decided for sure that stashing green backs in a safety deposit box isn't for me. It is, I am sure, the right decision for that commentator and many others, but certainly not for me. In my case I'd rather depend on my community, build a solid reputation for doing a good job and socialize with my church and physical family. I have no control over things beyond my control like leaders unable to read the indicators on accounting maps in a meaningful way. So, I figure I'll just do the best I can with what I have, pray for my nation, and do my best to keep the Washingtons, Hamiltons and Ben Franklins in circulation.

Plus, I don't have enough cash wealth to need a safety deposit box. My wealth is my community, my reputation, my church, and my family. And I'm a wealthy woman!

Chicken Broth

- One chicken, home grown when possible.
 - 6 to 8 cups water
 - Any saved veggie 'bits'
 - Some carrots, onion, garlic, celery
 - One hot pepper, habanero, jalapeno, cayenne (optional)
- Clean out chicken carcass to make sure there isn't any innards inside the bird. If there is liver, set it aside to be fried later (liver in the broth is somewhat strong for me). Then put the bird in the crockpot or a large stock pot with water

and the rest of the ingredients. Simmer all day. Take the bird out of the pot. Strain broth into another large pan to separate the veggies from the broth. Debone the chicken and put the meat into the broth. Broth is ready to be frozen or used at this point. Discard the chicken bones. Many cooks discard the veggies also. I feed the veggies to the dogs. (But NOT the cooked bones- cooked bones are brittle and can fragment into a dog's throat. When I want to give my dogs extra calcium, I continue to cook the bones until they are so soft, they are mush between my fingers.)

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, *The Goldendale Sentinel*. We hope you will enjoy her strategies, stories, and recipes. You can contact the *Leavenworth Echo* at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.

NatureHills.com
America's Largest Online Plant Nursery

Now only **\$24.60** + Shipping

FRENCH MANICURE™ PANICLE HYDRANGEA

Exclusively at Nature Hills Plant Nursery!

Call 866-940-5703 and mention this ad or visit naturehillsdeal.com/bloom114

Hours: M-F 8am-5pm, Sat 9am-1pm CST

Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

1. Contact Us
Call (844) 889-8170
2. Schedule Pickup
We'll pick up your vehicle for FREE - at a time and place convenient for you.
3. Receive Top Tax Deduction
You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
844-889-8170

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

THE PERFECT FATHER'S DAY GIFT
JUNE 18

All-Time Grilling Faves

- 4 Butcher's Cut Top Sirloins (5 oz.)
- 4 Air-Chilled Chicken Breasts (5 oz.)
- 4 Boneless Pork Chops (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Potatoes au Gratin (2.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 jar Omaha Steaks Seasoning (3.1 oz.)
- 8 FREE Omaha Steaks Burgers (5 oz.)

73375SYC separately \$248.99
SPECIAL INTRODUCTORY PRICE \$99.99

Limited Time: Get 8 FREE Burgers

Order Now! 1.877.587.8821 ask for 73375SYC
OmahaSteaks.com/GrillFaves5274

Savings shown over aggregated single item base price. Limit 2. Free burgers will be sent to each shipping address that includes 73375. Free products may be substituted. Standard S&H added per address. Offer available while supplies last. Cannot be combined with other offers. Other restrictions may apply. All purchases acknowledge acceptance of Terms of Use: OmahaSteaks.com/terms-of-use/OSI or call 1.800.228.9872 for a copy. Expires 06/30/23. | Omaha Steaks, Inc.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE COMMUNITY CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com

CHRIST CENTER
Sunday Worship Service at 10 am
Lead Pastor Steve Haney
5800 Kimber Rd., Cashmere
509-295-8006
christcentercashmere.com

GRACE LUTHERAN CHURCH
• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 509-782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
Please join us Sunday mornings
9 a.m., Sunday School
10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St.
info@cornerstoneleavenworth.com
Sunday Worship - 10 a.m.

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
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org

NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com
www.newlifeleavenworth.com

PLAIN

PLAIN COMMUNITY CHURCH
Serving Our Valley Since 1941
12565 Chapel Dr. 509-763-3621
Looking for you at 10:30 this Sunday!
plaincommunitychurch.org
facebook.com/plaincommunitychurch
office@plaincommunitychurch.org



1 Genaro Reyna, Isaac Zavala, Tobie Larson in the 400 dash 2 Brianna Talley, Kaitlyn Bjorklund in the 400 dash 3 Levi McPherson, Lucas Rylaarsdam, Will Appel and Kaden Miller in the 300 hurdles 4 Maddie Hammond 800 run champion 5 Sophia Bataniou 1600 run champion 6 Team Champions.

SUBMITTED PHOTOS.

Cashmere Track Results

SUBMITTED BY JEFF KENOYER

The results are in for the Caribou Trail League Championship track meet hosted by Quincy High School on Wednesday April 10. Our next meet is the District Championship meet on Thursday May 18. Winners in each event in that meet will

qualify for the state meet.

Athletes that finished in the top 5 scored points for themselves and for the team. Cashmere girls won 11 of 18 events and the boys won 12 of 17 events. It was the eleventh time in the last 16 seasons that the girls have won the championship and the 14th time in the same time span.

GIRLS TEAM SCORES

Cashmere	210
Quincy	103
Omak	95
Cascade	78
Chelan	52

BOYS TEAM SCORES

Cashmere	286
Quincy	72
Cascade	62
Omak	48
Chelan	45

TWENTY-TWO ATHLETES SET PERSONAL RECORDS IN THEIR EVENT. MULTIPLE EVENT WINNERS INCLUDED:

Molly Smith	200 dash, 4 x 100 relay, 4 x 200 relay, and 4 x 400 relay
Kaitlyn Bjorklund	400 dash, 4 x 100 relay, 4 x 200 relay, and 4 x 400 relay
Genaro Reyna	400 dash, 4 x 100 relay, 4 x 400 relay
Kaden Miller	110 high hurdles, 300 intermediate hurdles, 4 x 400 relay
Raquel Pedraza	shot put, discus



Council Meeting

CONTINUED FROM PAGE A1

law enforcement if they see something that doesn't seem right. Haynes added that a 911 call is justifiable for reporting suspicious behavior. Even though Cashmere is a small town and good place to live, the Sheriff said that residents should still lock their doors and cars, don't present yourself as a target.

In other business, a change order for approximately \$95,000 was unanimously approved by a Council vote. The change was a result of work to connect underground water service lines that had begun on South Division Street. However, the buried pipes' locations and sizes were different than expected, with some pipes being 4 inches in diameter and others being 6 inches. The Council

members debated the merits of just connecting the different sized pipes for about \$8000 or replacing the smaller pipes with 6-inch pipes and bringing the entire section "up to standards", with a cost of about \$95,000. Fletcher explained that the money could be pulled from the reserves budget. Council member Derrick Pratt asked if there was any reason to think that there were no other sections of 4-inch pipe. Perry made the motion to approve the full upgrade but only if it was confirmed that there was only one section of small pipe that needed to be replaced.

With little discussion, the Council unanimously approved the purchase of two evaporative coolers from Global Industrial for \$6625.66 for the wastewater treatment plant. These would be used to cool two blower rooms at the facility.

Help Support The Cashmere Food Bank

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna.

Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 3-4 p.m.

For further information or to make a cash donation call Pam, 509-245-6464

Or you can write a check to: Cashmere Food Bank, PO Box 225, Cashmere, WA 98815



Subscription expired? **RENEW TODAY!**

WENATCHEE
BUSINESS JOURNAL

THE LEAVENWORTH
ECHO

QUAD CITY
HERALD

LAKE CHELAN
MIRROR

CASHMERE VALLEY
RECORD



Circulation: (509) 293-6780
circulation@lakechelanmirror.com

Call for Student, Senior & Out-of-state rates.

WVC hosts Welcome Wednesdays every Wednesday in May and June

SUBMITTED BY HOLLY THORPE
PIO at Wenatchee Valley College

Every Wednesday from now through June, Wenatchee Valley College will host Welcome Wednesdays on the Wenatchee campus for new and returning students, their families and community members. Students can get hands-on support with registration, advising, financial aid and more. These events are free and open to all WVC students and anyone curious

about enrolling at WVC.

Visitors and students can drop in between 8 a.m. and 5 p.m. to meet with WVC staff, and faculty. They can get help with:

- Admissions and placement at WVC, including help applying and scheduling a placement test for English and math classes.
- Financial Aid, including help with the FAFSA and WASFA application process.
- WVC resources, including an overview of WVC resources such as academic

support, student groups and more.

- WVC programs, including an overview of WVC academic programs, with information about what areas of study WVC offers the difference between different two- and four-year degrees, and more.

Career Services and advising for undecided students, including using career interest assessment resources, reviewing results with students and discussing their options for college. For more information, call the public information office at 509-682-6420.



BASEBALL	
May 13:	Cashmere 4, Medical Lake 1; Win
SOFTBALL	
May 13:	Cashmere 7, Omak 6; Win
May 13:	Cashmere 13, Omak 1; Win
TENNIS	
May 11:	Cashmere, Quincy, No scores posted
May 13:	Cashmere, Quincy, No scores posted

Sports Schedule

TENNIS	
May 18:	District 6, 1A Tournament at Chelan at 2 p.m.
TRACK	
May 18:	District VI Championship Meet, Home at 4 p.m.

Bulldogs Sports Sponsor of the Year

Proud to support THE BULLDOGS!

Cashmere Physical Therapy
203 Mission. Ste. 203, Cashmere • 782-8818

GO BULLDOGS

CLASSIFIEDS

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

NCW MARKET.COM
CLASSIFIED ADS

ECHO RECORD MIRROR HERALD

PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national 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 discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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



Administrative

Puzzle Solution

8	7	4	2	1	6	5	3	9
3	2	6	9	5	7	8	1	4
1	5	9	4	8	3	6	2	7
2	9	1	7	6	8	4	5	3
6	8	5	3	4	9	1	7	2
7	4	3	1	2	5	9	8	6
9	1	2	8	7	4	3	6	5
5	3	8	6	9	2	7	4	1
4	6	7	5	3	1	2	9	8

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

Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers and Online at NCWMARKET.COM** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror**
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**
HAPPY BIRTHDAY CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

Commercial

Business Equipment

Commercial Large Baumfolder Model 1320F.3.P.3 paper folding machine.

Worth over \$8000. Selling for \$5000.

or MAKE OFFER!

Call 509-548-5286 See photos on NCWMARKET.COM

Employment

Help Wanted

Part-time or Full-Time Preschool Teacher needed at the Upper Valley Christian School (Leavenworth, WA). An undergraduate or associate degree in preschool teaching required. Teaching experience preferred. 20-40 hrs./wk, 7:30-3:30. Visit our website to apply: uvcchool.org/employment

Brewster School District is Hiring!

- HS Art Teacher
- HS Special Education Teacher
- HS Math
- HS Spanish

Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

Help Wanted

Part-time receptionist with computer skills. Flexible hours. Spa benefits. Pay DOE. Send or drop by resumes at: Chelan Valley Skin Care, 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.



Douglas PUD has an opening for:
Contract Coordinator
Details at www.douglaspu.org or p://www.douglaspu.org

Facilities Maintenance/Custodian – Full-time Organization: Okanogan County Transit Authority (TranGO)
TranGO IS HIRING A FACILITIES MAINTENANCE/CUSTODIAN.

Full-time (36 plus hours per week), schedule may vary, position available now; hourly non-exempt. Compensation is \$18.62-\$20.14 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation.

Commercial Driver's License with Passenger Endorsement preferred. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position.

E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled.

Okanogan County Transit Authority is an Equal Opportunity Employer.

Part-time or Full-time Elementary Teacher needed at the Upper Valley Christian School. Bachelor degree required. A teaching credential or experience preferred. 20-40 hrs./ wk. 7:30-3:30. Visit our website: uvcchool.org/employment for application and job description.

NCW MARKET.COM
CLASSIFIED ADS

Looking for real estate in the Upper Valley?
Give us a call today!
See all available properties at windermereleavenworth.com

Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

Help Wanted

Looking for a great local employee?
It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Bus Driver/Operator – Full Time

Organization: Okanogan County Transit Authority (TranGO)
TranGO IS HIRING DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement (see website for benefit details), sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Help Wanted

School District is seeking qualified applicants for the following position:

- Alpine Lakes Elementary School Resource Room Teacher 23-24

Fast Track application process and information can be found on our website at www.cascadesd.org EOE

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com **Deadline: Noon on Friday for all papers.**



Garage & Yard Sale

CLEAR SOME SPACE WITH A

Fill your pockets with CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

Neighborhood Garage Sale Saturday, May 20 from 9 a.m. - to 1p.m. 9031 Icicle Road, Leavenworth. Furniture and downsizing.

General Merchandise

Great for a small business that needs to strap bundles.

Ovalstrapping Inc. "Mini-Max" strapping machine. with one large roll of strapping wire. Selling for \$500 Or Make offer!

509-548-5286

See photos on NCWMARKET.COM

Address Changing?

Call the Circulation Department today so you don't miss a single issue of your Local Community Newspaper or our monthly publication, the Wenatchee Business Journal!

509-293-6780 or email circulation@lakechelanmirror.com

131 S. Apple Blossom Drive, Ste. 109 in the Chelan Business Center - Chelan

RUN IT 'TILL IT SELLS
Housing sales are HOT!
Is your home getting the attention it needs!

Advertise your property on NCWMarket.com for one low fee!
\$100 fee includes:

- Up to 5 photos of your home & property
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

Real Estate
Acreage

Beachfront bargain



Highly sought after waterfront homesite. Quiet waters in a picturesque bay. Ideal southern exposure, sandy beach, adjacent to new marina and steps to the village center, pools, diner, and general store. Fabulous resort community on the shores of Lake Osoyoos in Oroville, Washington. Four-bedroom cottage plans included \$659,900 verandabeach.com

Boat Slip For Sale

\$161,500



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. **808-298-1031** Seller is licensed Realtor Maui, HI

Legals
Public Notices

CITY OF LEAVENWORTH
Notice of Mitigated Determination of Non-significance
NOTICE IS HEREBY GIVEN that the City of Leavenworth has issued a Mitigated Determination of Non-significance (MDNS) per the State Environmental Policy Act Rules (SEPA, WAC 197-11-340) and the Leavenworth Municipal Code. The lead agency will not act on this proposal for at least 14 days from the date of issuance on May 11, 2023.
Description of proposal:
The City of Leavenworth Public Work Department is proposing Development of a paved parking lot with restroom, transit stop, bike racks, payment kiosk for 101 parking spaces (6 ADA 8 EV and 6 bus/RV stalls).
Location of proposal:
The project site is located at 170 Highway 2, Leavenworth, WA 98826; Assessor's Parcel Number 24-17-11-140-755.
After review of the completed environmental checklist and other information on file, the City of Leavenworth (lead agency) has determined this proposal will not have a probable significant adverse impact on the environment with specific mitigation. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(C).
The public is invited to comment on this MDNS by submitting written comments no later than May 25, 2023 to Leavenworth City Hall, PO Box 287, Leavenworth, WA 98826 or email Ivesprier@cityofleavenworth.com. Appeal of the SEPA determination must be in a form consistent with Leavenworth Municipal Code. Materials may be reviewed during normal business hours Leavenworth City Hall, 700 US Hwy 2, Leavenworth, or by the Permit Portal, <https://cityofleavenworth.com/city-services/gis-permit-portal/>.
Published in The Leavenworth Echo/Cashmere Valley Record on May 17, 2023. #5741

Public Notices

LEAVENWORTH CITY COUNCIL ANNUAL RETREAT MEETING
NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold an Annual Retreat meeting on Friday, May 19, 2023 at the Bavarian Lodge - Montifon Room, located at 810 US Highway 2, Leavenworth, Washington, from 8:00 AM until approximately 5:00 PM. The public is invited to attend the Annual Retreat meeting. Andrea Fischer, City Clerk City of Leavenworth 700 US Highway 2/PO Box 287 Leavenworth, WA 98826
Published in The Leavenworth Echo/Cashmere Valley Record on May 10, and May 17, 2023. #5721

Public Notices

CITY OF LEAVENWORTH
On the 9th day of May, 2023, the City Council of the City of Leavenworth, Washington passed the following ordinances.
A summary of the contents provides as follows:
Ordinance 1672: An ordinance of the City of Leavenworth, WA, adopting amendments to the following LMC titles and chapters addressing site access, parking, driveway standards and to streamline various codes: Chapter 14.12 Off-Street Loading and Parking; Chapter 14.14 Street, Sidewalk, Water, Wastewater, Stormwater and Miscellaneous Utility Development Standards; Chapter 17.14 General Subdivision Development Standards.
Ordinance 1673: An ordinance of the City of Leavenworth, WA, adopting amendments to the following LMC titles and chapters addressing definitions, conditional uses, infrastructure and the district use chart to streamline various code, specifically: Chapter 21.90 Definitions; Chapter 13.04 Water and Utility Distribution System; and title 18 Zoning.
A full copy of the ordinances are available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826.
Published in The Leavenworth Echo/Cashmere Valley Record on May 17, 2023. #5743

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of ANGUS DUNCAN CAMPBELL, Deceased. NO. 23-4-00171-04
PROBATE NOTICE TO CREDITORS
The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: May 17, 2023
PERSONAL REPRESENTATIVE: Suzan Dickinson
ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser
ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00171-04
OVERCAST LAW OFFICES By: /s/ David Visser. WSBA No. 41546 Attorney for Personal Representative. Published in The Leavenworth Echo/Cashmere on May 17, 24, and 31, 2023. #5739

Public Notices

PUBLIC NOTICE:
City of Leavenworth, Andi Zontek-Backstrum, PO Box 287 Leavenworth, WA. 98826, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, Glacier (P6) Parking Lot, is located at 170 US HWY 2 in Leavenworth in Chelan county. This project involves 1.7 acres of soil disturbance for Highway or Road, Commercial, Utilities construction activities. The receiving waterbody is Wenatchee River. Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on this Application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320. Comments can be submitted to: ecyrewqianoi@ecy.wa.gov, or ATTN: Water Quality Program, Construction Stormwater Washington State Department of Ecology P.O. Box 47696 Olympia, WA 98504-7696
Published in The Leavenworth Echo/Cashmere Valley Record on May 10, and 17, 2023. #5717

Public Notices


IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF SNOHOMISH
In the Matter of the Estate of ROLLAND QUINN AKA ROLAND WILLIAM QUINN, Deceased CAUSE NO. 23-4-00905-31
NOTICE TO CREDITORS (RCW 11.40.020).
The person named below has been appointed Administrator of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: May 17, 2023
ADMINISTRATOR Ruby Avalos 16100 Tatty Ave SE Monroe, WA 98272
ATTORNEY FOR ADMINISTRATOR Amber L. Hunt Woodinville Law 13901 NE 175th St, Ste G Woodinville, WA 98072 (425)485-6600
Published in The Leavenworth Echo/Cashmere Valley Record on May 17, 24, and 31, 2023. #5735.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of GLENN ROBIN HOEY, Deceased. No. 22-4-00406-04
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative's Resident Agent who is also the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: May 10, 2023,
Personal Representative: AUBREE POTTORFF Attorneys for the Personal Representative: David A. Kazemba, WSBA# 48049 Address for Mailing or Service Overcast Law Offices Attn: David A. Kazemba 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509)663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 22-4-00406-04 Presented by: OVERCAST LAW OFFICES By: David A. Kazemba, WSBA No. 48049 Attorney for the Personal Representative.
Published in The Leavenworth Echo/Cashmere Valley Record on May 10, 17, and 24, 2023. #5707

Calcium does a lot more than just keeping our bones strong

Q: How much calcium should I take to prevent osteoporosis (thin bones)?
Several years ago, after stepping out of her front door, my 75-year-old neighbor Barbara turned around and, after losing her balance, fell down a flight of stairs, shattering her left ankle and breaking her right arm in 3 places. Barbara then endured 2 surgeries, one to reinforce her arm with a steel rod and pins and a second, grueling 5-hour marathon during which the surgeon collected and fit the multiple pieces of her ankle back together.
She had been taking prednisone daily to control her lupus, a painful inflammatory condition. After her emergency surgery, her doctor informed her she had osteoporosis, or "thin bones," and prescribed a bone-building medicine, plus a daily calcium and vitamin D supplement.
Calcium does a lot more for us than just keeping our bones strong. Our muscles, nerves, and blood vessels depend on calcium to work properly. For example, every time your heart beats or you breathe, your heart and chest muscles work for you, keeping you alive and well thanks to adequate amounts of calcium in your blood.
If you run low on calcium in your blood, your body will take the calcium it needs out of your bones. It's like an ATM (automated teller machine) but extracting calcium instead of \$20 bills.
If you sometimes run low on calcium, your body occasionally must grab some calcium from your bone cells. That's not considered a problem. But consider this: if your body needs to find additional calcium regularly, these withdrawals will eventually weaken your bones, increasing your risk of a hip fracture or worse.
How much calcium do you need?
The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50 and 1200mg for adults older than 50. Most postmenopausal women get only 600-900mg of calcium daily through their food. This falls short of the 1000-1200mg daily calcium goal by 100-600mg daily. Some women make up that difference by taking a calcium supplement.
Supplemental calcium as



tablets, capsules, and chewable caramels are easy ways to ensure women and men at risk for osteoporosis get their recommended daily dose of calcium.
Unfortunately, recent studies have shown that taking a calcium supplement may provide too much calcium. This can result in increased risks of heart attack or stroke. It's theorized that there's a spike in blood levels of calcium when taking a concentrated calcium supplement, which may damage your blood vessels.
Taking calcium supplements has another dark side: they encourage the formation of painful kidney stones. For these reasons, bone and kidney specialists discourage their patients from relying on getting all of their recommended daily calcium by taking a calcium supplement.
Most forms of calcium sold as supplements are calcium carbonate or calcium citrate. Calcium carbonate is the most concentrated form of supplemental calcium. It is available as flavored chewable tablets (Tums) and large pills. Calcium carbonate causes constipation in some people.
You won't absorb calcium carbonate well when taking acid-blocking medicine like omeprazole (Prilosec®) or lansoprazole (Prevacid®). Instead, you should choose calcium citrate. Have trouble swallowing large tablets? Calcium supplements are also available as gummies.
Here are 5 Tips on Getting Enough Calcium:
1. **Eat calcium-rich foods.**
Most people get 300mg of calcium daily from non-dairy sources. You also get 300mg of calcium per serving of dairy products like milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium.
2. **Check out the Calcium Calculator app.**
This app lets you keep track of your calcium intake. You can also check the lists of calcium-rich foods on the International Osteoporosis Foundation website, www.iofbonehealth.org.
3. **You need adequate calcium and vitamin D when taking bone-building medicine.**
Medicines like alendronate (Fosamax®), risedronate (Actonel®), ibandronate (Boniva®), and teriparatide (Forteo®) strengthen your bones by adding calcium back into them. If you don't have enough calcium in your diet, they won't work.
4. **Limit supplements of calcium to 500mg at a time.**
Your body absorbs calcium better at lower doses. This avoids a potential "spike" in your calcium level that can increase your risk of heart attack or stroke.
5. **Get at least 400 IU of Vitamin D every day.**
Vitamin D is necessary to help your body absorb calcium. Although you can get vitamin D from sun exposure, salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces) are also good sources.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep 2022
VACATIONS promo code N7017
1-855-208-9533

8			1						
			6	9					4
1			9	4					
			1			8	4		3
6									2
7			3	1			9		
						4	3		5
5						2	7		
						3			8

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD PUZZLE

THEME: WEATHER 101
ACROSS

1	2	3	4	5	6	7	8	9	10	11
12				13					14	
15				16					17	
18				19					20	
21				22					23	
24				25					26	
27				28					29	
30				31					32	
33				34					35	
36				37					38	
39				40					41	
42				43					44	
45				46					47	
48				49					50	
51				52					53	
54				55					56	
57				58					59	
60				61					62	
63				64					65	

1. Found in Pandora's box
5. Kind of trip
8. Toothy freshwater fish
12. Medieval headdress
13. Ne on periodic table
14. Golfer's weapons
15. Biblical twin
16. Russian river or Russian mountains
17. Understand (2 words)
18. *Moisture in the air
20. Law school test acronym
21. Layers in plywood
22. Trigonometry abbr.
23. Uses a laser
25. Squawked or crabbed
29. Bitty
30. Two dots above a letter
33. Jasmine of "Aladdin," e.g.
34. Forbidden, in Islam
36. Bruin legend Bobby
37. Lays in peace
38. "Metamorphoses" poet
39. Charge with crime
41. "For... a jolly..."
42. Easily irritated
44. *No clouds
46. Gremlin or pixie
47. *Check the weather before hitting this hiking path
49. Speech defect
51. *Cloudy
54. Classic TV's Mrs. Brady
55. Same as island
56. "Cheers" regular
58. Elephant poacher's ware
59. Pb on periodic table
60. *The first sign of rain?
61. Declare untrue
62. Pig's untrue
63. MacFarlane or Rogen

DOWN

1. *Road hazard
2. Eyelid hair
3. Oahu shindig
4. Assumes bad posture
5. Chill-inducing
6. Bearded ruminants
7. Unrivaled
8. *Barometer reading
9. Tiny bit
10. Purl partner
11. Three ahead of PST
13. Certain beachgoers' philosophy
14. *Cold weather is needed for this meltable home
19. Part of small intestine
22. Cathode-ray tube
23. Hit the road
24. Falcon's home
25. Mentor or expert
26. The Obamas' daughter
27. Bruce Lee's "the Dragon"
28. Treat without respect
29. Wallop
31. Scottish lake
32. *Rainbow shape
35. *Weather warning
37. Archeologist's find
39. Venom source
40. Filled with dread
43. State indirectly
45. African antelopes
47. Living room centerpiece? (2 words)
48. 4 x 4 race
49. Cleanse
50. #14 Across, sing.
51. They don't mix with water
52. Sight for what eyes?
53. Between walk and canter
54. El ____ of medieval Spain
57. *Knot alternative, acr.

dish BRING EVERYTHING YOU LOVE TOGETHER!

2-YEAR TV PRICE GUARANTEE \$69.99 MO. American's Top 120 Package 190 CHANNELS Including Local Channels!

CALL TODAY - For \$100 Gift Card 1-888-416-7103

www.leavenworthecho.com
www.cashmerevalleyrecord.com

CASHMERE: 130 Titchenal Way

Fresh Produce

Fresh

Strawberries
1 Lb. Package

2.98
EA.



Fuji Apples

98¢
LB.



Red or Green
D'Anjou Pears

98¢
LB.

Local stores supporting local products.

LOCAL *Equals* **FRESH**

Fresh

Chicken
Drumsticks
Value Pack

1.28
LB.



Fresh Chicken
Grill Pack Fryers

1.98
LB.



All Natural
Medium
Pork
Spareribs
Single Pack

2.48
LB.



Jumbo

Royal Red
Shrimp
16 to 20 Count

10.98
LB.

Ice Cream Yumminess!



Tillamook
Ice Cream
Selected Varieties
48 Oz.



Umpqua
Ice Cream
Selected Varieties
48 Oz.



Smucker's
Topping
Selected Varieties
11.75 to 12.25 Oz.

2.28

your choice **4.98**



Joy
Ice Cream
Cups or Cones
Selected Varieties
12 to 18 Count

2.48



Magic Shell
Topping
Chocolate or
Chocolate Fudge
7.25 Oz.

2.28



Joy Waffle
Bowls or
Chocolate Chip
Cake Cone
8 to 10 Count

3.48



Powers
Trail Mix
Selected Varieties
16 to 21 Oz.

5.98

Crav'n Flavor
Novelties
Selected Varieties
12 to 20 Count

3.98



Fruit Gushers or
Mott's Fruit
Snacks
16 to 32 Oz.

10.98



Planters Cashews
Halves & Pieces
Original or
Lightly Salted
8 Oz.

6.48



Powers
Whole Cashews
or Mixed Nuts
16 Oz.

9.98



Hershey's
Candy
Selected Varieties
Each

4/\$5



Planters
Peanuts
Selected Varieties
12 to 12.5 Oz.

3.48



Albanese
Gummies
Selected Varieties
3.5 to 3.8 Oz.

7.98



Albanese
Ultimate Bears
or Peach Rings
5 to 7 Oz.

2.28

In Our Service Bakery

Patriotic
Thumbprint
Cookies
Selected Varieties
10.5 Oz.

5.98
EA.



Red, White or Blue
or Under the Sea
Cookie Tubs
Selected Varieties
8 Oz.

7.98
EA.



SHOP. BUY. SAVE. Easy as 1,2,3!
Look for Tags on the Shelf!

\$2 OFF

when you buy (1)
HONEY MAID Grahams
Selected Varieties, 12.3 Oz. or Larger,
(1) HERSHEY'S Milk Chocolate
6-pack, 9.3 Oz. and ANY
(1) Marshmallows



Offer valid May 17-23, 2023 *Shop. Buy. Save items not available on ecommerce site