



Cashmere City Council discuss purchasing a new fire truck

By Kirk Beckendorf
Correspondent

At the April 10 Cashmere City Council meeting, Mayor Jim Fletcher announced that he intends to run for an additional 4-year term as Mayor, when the filing opens next month.

The Council discussed the purchase of a new fire truck. The truck will be built and customized for Cashmere, at a cost of about \$550,000 and will be ready to pick up in 27-31 months. Fire Chief Blake Larson explained that due to the loss of the Fire District 6 contract, Cashmere no longer has a reserve fire truck, and the current truck will be 30 this year. The age of the fire truck will begin to negatively impact insurance ratings by the Washington Survey and Ratings Bureau. Larson said that the truck will include specifications that the Department is looking for. He pointed out that it is not a fancy truck, but it will hold 1000 gallons of water and can be operated by one person. Fletcher emphasized that it would get through small streets in Cashmere, and that one firefighter can operate the truck and start fighting a fire even before other volunteers arrive. Council member Chris Carlson asked about the total cost and if purchasing the truck now would preclude the city from obtaining grants. According to Fletcher no payment will be required until the city takes possession of the truck, which will give time to search for grants to help cover some or all of the cost of the new truck. Fletcher told the Council that attorneys are reviewing the agreement, so that a resolution can be drafted for the Council to vote on at the next meeting.

A proposal to change the name of Cottage Park to honor E.C. Long, who donated the property to the city for the park, was discussed by the Council. According to a letter from E.C.'s grandson, Russ Long, "The land for the little park on Cottage Avenue in Cashmere was a gift to the city from Mr. Long.... who passed away Jan. 7, 1931" and his wife Viola



SUBMITTED PHOTO.

A fire truck that is similar to the one that the Cashmere City Council discussed purchasing, during their April 10 meeting.

Long Wilson died in 1937. The Council was supportive of a name change and Fletcher said he could draft a resolution for the Council and have Russ come in to make the request in person.

A feasibility study was unanimously approved by the Council, to investigate the potential relocation of four pressure reducing valve stations, that flood due to high groundwater levels. Croci explained that the pumping stations are probably 50 years old and that the issue was identified in the water comprehensive plan. During the last inspection, the inspector said that they must be repaired. The estimated cost of the study is \$6800, which will create a prioritized list of options. However, the study is just the first step in the process, Croci added that \$350,000 has been set aside for repairing the pumping stations, but that will probably not cover the total costs.

Croci explained that the city is required to have a cross control specialist to take care of backflows authorizations. The Council voted unanimously for an agreement with

Bennett Osborne of Valley Water Services, from Yakima, as the Cross Connection Control Specialist. Croci said that Bennett had also performed the services for Cashmere last year. Council member, Derrick Pratt, asked about the cost and amount that Bennett previously charged. Croci said Bennett charges about \$65 per hour. Responding to questions from Carlson, City Treasurer/Clerk, Kay Jones, explained that the service is necessary, for his authoritative signature and to compile the final report. Fletcher added that the service is required for third party verification purposes.

Fletcher officially proclaimed April 28 as Arbor Day and that Cashmere has been an Arbor Day City for 35 years. He described several events that will occur in Cashmere on that date. On April 28, a Colorado Blue Spruce will be planted at Ardeta Park, that he said will hopefully be Cashmere's permanent Christmas tree. The library will be featuring a display of trees and tree identification. The Greater Wenatchee Arbor Day Association will have a tree distribution at Martin's Market from

9 a.m. to 12, with a suggested donation of \$3 per plant.

Croci reported that the Sunset Highway project's low bidder is being reviewed by the WA Department of Equity and Inclusion to determine if they meet the required criteria. Potentially this could set the project back a few weeks.

Councilwoman, Sheila Pistoiresi, asked if reviewing Wenatchee and East Wenatchee's list of pre-approved ADU designs could be a good task for the Planning Commission to investigate. Croci replied that currently ADU's are not allowed in most of the building zones in Cashmere, but new legislation being discussed in Olympia may change that regulation. According to Croci and Fletcher, if the legislation passes it could be very impactful. In other announcements, Croci said that the city's street sweeper has finally been repaired. He also said that the city is getting a 40-yard dumpster from Winton Composting to determine if it makes sense to collect compostable debris to then send to the compost facility in Winton.

Renewable Hydrogen receives statewide approval



COMMUNITY VOICES
By Brad Hawkins

It has been exciting to read about the progress Douglas County PUD has been making toward its Wells Hydrogen Project in East Wenatchee and the possibilities of our region accessing federal funds under the Department of Energy's regional hydrogen hubs

initiative. While some people in our state may just be beginning to hear about the potential benefits of renewable hydrogen, local utility officials and I have been proudly pushing the potential benefits of renewable hydrogen for several years.

In 2019, I partnered with Douglas County PUD to sponsor and pass my Senate Bill 5588 to authorize public utility districts to produce and sell renewable hydrogen. Back then, I had to educate myself and my colleagues on renewable hydrogen and how it could benefit us all. In short, hydrogen (H2) is a colorless and odorless gas that can be created from a process that uses electricity to separate hydrogen and oxygen molecules in water. I knew gaining a new "authority" for PUDs to produce and distribute hydrogen wasn't going to be easy.

I worked closely that year with Douglas County PUD because of their interest in using surplus hydropower to produce hydrogen. After months of hard work by everyone involved and lots of bipartisan support, Senate Bill 5588 eventually passed to allow for the production and sale of PUD "renewable hydrogen," which is defined as hydrogen created from an emissions-free electricity source. The Governor signed the bill in April 2019. Fast forward a few years and following COVID delays, renewable hydrogen will soon be developed in Douglas County.

Environmental and economic benefits

This new authority will provide our hydroelectric facilities with a new way to address an ever-increasing challenge. With the expansion of wind and solar generation across many western states, the Pacific Northwest's electric grid experiences periods of surplus power generation in the spring. During springtime snow melt, hydropower generation is abundant because of high flows in the Columbia River. Wind and solar generation are often strong in the spring as well.

Not generating power by spilling excess water through our dams can adversely impact fish, and securing buyers for our hydropower when supply exceeds demand can be financially ineffective and challenging. Using surplus hydropower electricity (renewable hydropower) to produce "renewable hydrogen" is an exciting opportunity because it can be both environmentally and economically beneficial. If power demand is low but water flows are high, the PUD can produce hydrogen rather than just

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SUBMITTED PHOTO.

Renewable hydrogen can be a key contributor to our clean energy future. It can have beneficial applications for certain products and serve as a clean transportation fuel for aviation, rail, maritime, and vehicles, including transit buses, semi-trucks, and heavy-duty equipment.

2023 Cashmere Royalty

SUBMITTED BY VALERIE CARNEY
Cashmere Royalty Committee

After a somewhat slow start the Cashmere Float Association is excited to share that the long-standing community tradition of Cashmere Royalty is off to a strong start! After submitting applications and resumes to the Float Association, seven young women from Cashmere High School each went through an interview in front of three judges on Monday, March 10. Interviewing and judging in the royalty selection were Erin Boatwright, staff member for Wenatchee Apple Blossom; Cassie Warman, retired college vice president; and Stacy Vickrey, psychologist. Each Candidate was asked 10 questions, one of which was "Who is the mayor of Cashmere?", and others that ranged from what their personal goals are to how they believe they can best serve the community through their reign as royalty. All the candidates did incredibly well. Juniors Ivette Alvarado, Reese Westlund, Naomi Valle, and Faith Kert ran; as did Sophomores Kimberly Strong, Gabrielle Winchester, and Pariz Avilez. Directly following the seven interviews, our 2023-2024 Cashmere Royalty was announced and crowned in the presence of their families.

Queen Reese Westlund daughter of Michelle and Josh Westlund, Princess Faith Kert daughter of Holly and Trevor Kert, and Princess Naomi Valle daughter of Ericka and Juan Valle will be serving as Cashmere Royalty. Each of these young ladies will receive a scholarship provided by the Cashmere Rotary Club.

The slow start this year was due

to a major overhaul in the Royalty Candidacy Program. In years past, there has been a big pageant. All candidates would prepare and give a 2-5-minute speech, share a talent, and answer impromptu questions on stage in front of the community. Past candidates also got to experience individual interviews. Due to many circumstances, the committee made the difficult decision to no longer hold the pageant. This year the candidates were judged based on applications, resumes, a short writing, community service completed, and individual interviews. Beginning in 2024 a speech element will be added to the program. The committee is still ironing out the details of how to best implement this, so there will be more information coming.

Another new aspect of the Cashmere Royalty Program is the opportunity for the selected royalty to serve internships for the Cashmere Chamber. These internships will help develop public relations, social media marketing, and event planning. All skills that will translate nicely onto college and scholarship applications, as well as job applications and resumes.

This year Queen Reese, Princess Faith, and Princess Naomi are so excited to travel around Washington showing off the biggest float in the state. Yes, you read that right. The Cashmere Float will be back in action! Their first appearance will be Wenatchee's Apple Blossom Festival Grand Parade on May 6. Be sure to go support them and check out their dance moves as they travel the parade



PHOTO SUBMITTED BY CASHMERE ROYALTY COMMITTEE

Left to right: Princess Faith Kert, Queen Reese Westlund, Princess Naomi Valle.

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Arbor Day Plants

SUBMITTED BY BONNIE ORR

The Greater Wenatchee Arbor Day Committee announces that the distribution for donation will take place on Saturday, April 22, at the following locations:

Hall: 271 NE 9 St. from 9 - noon.
Entiat City Hall: 14070 Kinzel St. from 9 - noon.
Cashmere at Martin's Marketplace from 9 - noon.
Wenatchee - Pybus Market from 10 - 2 p.m.
 Suggested donation is \$3.

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Available plants:

Mallow Ninebark, Physocarpus malvaceus, is a small, native shrub with rounded clusters of fragrant, white flowers and peeling bark. It can reach 6 feet tall and 5 feet wide at maturity and can form dense thickets. The thick growth also makes it a possibility for the outer rows of multiple row windbreaks. This drought tolerant shrub has brownish-red leaves in fall color. It grows fast in part shade and provides food and cover for wildlife. It is a fire-resistant shrub.

Serviceberry, Almelanchier alnifolia is native shrub also called Juneberry, Shadblow, Sarvisberry, Saskatoon Serviceberry and Amelanchier. Serviceberry is a deciduous shrub or small tree, growing moderately to about 20'. In early spring, it has drooping white or pinkish flowers that fade rapidly. It produces purple, edible fruits. The new foliage is purple and the fall color is red. Plants are extremely cold-hardy and drought resistant once established and ideal for exterior rows of multiple row windbreaks. The plant provides cover and food for wildlife including pollinators.

Common Purple Lilac, Syringa vulgaris, has a moderate growth rate and reaches 10-15' in height and 12 feet in width if not pruned. Its dense growth and adaptability to a wide range of environments make it an excellent choice for outer rows of windbreaks. It produces large, fragrant blossoms in spring. Lilaes do well on alkaline or acidic soils, are highly resistant to drought and cold and are very long lived. Important for habitat and pollinators.

Rocky Mountain Juniper, Juniperus scopulorum, a native tree attains heights of 20 to 30 feet and up to 15 feet wide with a medium to rapid growth rate. Although highly drought tolerant, rocky mountain juniper grows on a wide range of soils and will tolerate a high-water table. It forms a very dense, symmetrical crown and is a superior small tree for windbreaks in this region. In winter, it changes color from shades of gray to purple, gray. It provides fruit and shelter for wildlife.

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GREEN LIVING: Protecting Your Items – and the Earth – When Moving

(StatePoint) Moving is a big job – and it can be a wasteful one, too, considering all of the packing material required. Make moving more sustainable with these eco-friendly tips:

Space Saving: Using thinner sustainable wrapping to secure your breakables avoids the need for excess storage and boxes. Flourish Brand Honeycomb Cushion Wrap, made with 40% recycled content, offers a customizable way to pack boxes efficiently. The die-cut honeycomb stretches easily with interlocking paper

that attaches to itself, so no tape is needed. Once you unpack, the paper can be directly recycled, or stored to be reused.

Folding In: Instead of using tape, fold your box tops in an interlocked, neat manner. They'll stack up easily inside your vehicle, maximizing packing space, plus you won't need to use any additional materials. Unpack your items without tearing or ripping your box, then recycle or fold it flat to store for future use.

Stacking Up: Ensure your plates and serving ware stay scratch-free by using a

protective layer between each item. Made of recycled content, Flourish Brand 100% Recycled Kraft Paper provides lasting security for traveling to your new home.

Blanketed: Oversized or uniquely shaped home décor can be exceptionally fragile and isn't always easy to squeeze into standard storage containers. When packing your vehicle, incorporate padding by wrapping these items in spare blankets, comforters, or oversized towels. You'll minimize the risk of damage to the items and have zero waste.

Practice Being a "Master Backyarder" this Earth Day



PHOTO COURTESY TURFMUTT FOUNDATION

President and CEO Kris Kiser's dog Mulligan

Alexandria, Va. – The TurfMutt Foundation, which advocates for the care and use of our backyards, community parks, and other green spaces, says Earth Day (April 22) is the perfect time to practice being a master backyarder.

"Backyarding" is the act of taking activities that we normally do inside, out to our yards and parks. Master backyarders elevate backyarding, using their personal and community green space for everything from working and exercising to entertaining and relaxing.

"Master backyarders also understand the benefits of our yards and other community green spaces to the environment," explains Kris Kiser, president and CEO of the TurfMutt Foundation. "Every day is Earth Day for master backyarders. They plant for pollinators, know to put the right plant in the right place, and recognize their backyard as an important part of the connected ecosystem."

This year, the TurfMutt Foundation encourages everyone to use Earth Day as

an opportunity to practice being a master backyarder. Here are a few ways to do just that:

- Remember the "Golden Rule" of Backyarding: Right plant, right place. Putting the right plant in the right place is the key to successful master backyarding. It goes beyond identifying plants that will do better in sun versus shade. Master backyarders select plants that will thrive in their climate zone and work to create a backyard that supports their family's lifestyle. To learn more about selecting the right plants for your yard, refer to the USDA's Plant Hardiness Zone Map.
- Plant with pollinators in mind. Master backyarders understand that our yards and community parks are an important part of the connected ecosystem, providing food and shelter for pollinators. They plant with birds, bees, butterflies, bats, and other creatures in mind.
- Water wisely. After getting their new plants started, master backyarders only water when necessary. They install watering solutions – like smart controllers on irrigation systems – to help use water efficiently while maintaining a living landscape. They remember that over-watered grass gets lazy, growing roots in a horizontal pattern. But with less water, grass sends its roots deeper – vertically – seeking water. By working harder, grass does a better job performing its environmental superpowers like sequestering carbon and releasing oxygen.
- Bone up on backyard benefits. Master backyarders are tuned into the many benefits of spending time in backyards and community parks, and

they use the outdoors for all sorts of activities like dining, entertaining, working and even vacationing. For humans, backyarding benefits include lower stress, increased happiness, and improved memory. For the health of the planet, green space captures carbon, produces oxygen, and prevents runoff.

Watch Lucky Dog on CBS for inspiration. Master backyarders aren't too proud to take their backyarding cues from their furry friends. After all, no one loves and appreciates yards and green spaces more than dogs. On Earth Day, the TurfMutt Foundation will be featured on the CBS show Lucky Dog. This episode highlights the Mulligan's Mutt Madness pet adoption event at Equip Exposition, which helps rescue dogs find forever homes. Watch Lucky Dog on Earth Day to get inspired to create the yard of your – and your dog's – dreams.

For more information, sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation here. To learn more about creating the yard of your dreams, visit TurfMutt.com. Look for Mulligan the TurfMutt on Lucky Dog. Download the International Backyarding Fact Book from <https://www.turfmutt.com/information/>, to learn why spending time in our yards and community parks is good for us and the planet.

About the TurfMutt Foundation: TurfMutt was created by the Outdoor Power Equipment Institute's (OPEI) TurfMutt Foundation and has reached more than 70 million children, educators and families since 2009. Championed by Foundation spokesdog, Mulligan the TurfMutt, and through education partners such as Weekly Reader, Discovery Education and Scholastic, TurfMutt has taught students and teachers how to "save the planet, one yard at a time." Today, TurfMutt is an official USGBC® Education Partner and part of their global LEARNING LAB. TurfMutt has been an education resource at the U.S. Department of Education's Green Ribbon Schools, the U.S. Department of Energy, the U.S. Environmental Protection Agency, Green Apple, the Center for Green Schools, the Outdoors Alliance for Kids, the National Energy Education Development (NEED) project, Climate Change Live, Petfinder and the U.S. Fish and Wildlife Service. In 2017, the TurfMutt animated video series won the coveted Cynopsis Kids Imagination Award for Best Interstitial Series. TurfMutt's personal, home habitat was featured in the 2017-2020 Wildlife Habitat Council calendars. More information at TurfMutt.com. **Media contacts:** Ami Neiberger, Four Leaf PR on behalf of OPEI, 703-887-4877, ami@fourleafpr.com. Debbi Mayster, Four Leaf PR on behalf of OPEI, 240-988-6243, debbi@fourleafpr.com



Now is the Time to Prep Your Lawn and Garden for Warm Weather

(StatePoint) It may feel like warm weather is still a ways off, but you should already be getting your lawn and garden spring-ready, according to experts. “One thing I don’t think people realize is that to get your grass, shrubs and other plants looking good in the spring...all that preparation starts right now,” says Major League Fishing bass pro, Brian Latimer, or “Blat” as he is known by fans. To help homeowners prep for spring, Latimer has partnered with lawn care equipment

manufacturer, Exmark, to offer his four, go-to tips:
1. Pull Those Weeds. According to Latimer, the most important step in prepping your lawn and garden for spring is weeding. “I have a zero-tolerance policy when it comes to weeds,” he says. “Watch those sneaky weeds growing in your shrubs and ground covers, because those are going to be the first ones that show their heads in the spring.”
 While weeding isn’t the most fun you can have in your yard, it’s worth the effort.

Latimer also recommends putting a pre-emergent out now while cool-season weeds germinate. This is especially important if you have warm-season grass. While you can use pre-emergent on your planting beds as well, he recommends hand-pulling them if you can.
2. Tidy up with Selective Pruning. Pruning will make your shrubs look nice and tidy; however, Latimer recommends being careful in your efforts, avoiding plants that are budding. Pruning buds will keep

your flowers from being as prolific in the springtime. You can check for buds by combing your hands through the foliage.
3. Get Rid of Pests. Certain spring pests should be treated for in the colder months. Latimer is especially wary of fire ants, as they’re one of the most active lawn pests in spring. Treating them early will minimize their activity and mitigate potential problems they cause when the weather warms up. “I can promise you they are

going to be everywhere in warm weather, so treat them now,” he says.
4. Get Those Leaves up. Latimer knows that leaf blowing or raking is time-consuming, but he says that getting fallen leaves off the ground is essential. Not only are leaves on your lawn an eyesore, but they can also keep a lot of excess moisture from winter rain, snow and ice stuck in your soil. This creates the potential for root rot, active pests, and germinating weeds. Latimer offers more insights in “4

Tips to Prep Your Backyard for Spring,” a recent video from Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark videos.
 There’s no time like the present to plan for the future. With these great tips in mind, it’s time to brave the brisk weather and get your lawn and garden prepped for spring.

Spring Cleaning: Don’t Toss That ‘Junk,’ It May Be Valuable!

(StatePoint) It’s time to hit the garage, basement, attic, and closets for that age-old task of spring cleaning! Before hauling unwanted possessions to the curb, you may be surprised to learn they might be valuable -- especially if you have sports cards and memorabilia gathering dust.
 With prices of sports cards rising in recent years, take time to determine if yours are valuable and how to best sell them.
 “Older sports cards and memorabilia aren’t just highly collectible; they can be worth lots of money. Recent sales of scarce vintage cards have topped anywhere from thousands of dollars to tens of thousands, even hundreds of thousands. “And really rare cards can go higher,” says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports auction house

that helps families identify and sell valuable items. Crisafulli has assisted people in selling such keepsakes as a grandparent’s autograph collection and an uncle’s childhood baseball cards, for tens of thousands of dollars. In one life-changing event, he helped a family determine that a baseball bat that spent decades protecting their home was used by Hall of Famer Lou Gehrig -- and Love of the Game Auctions sold it for almost half a million dollars. Today, that bat could bring more than a million dollars.
 The key is understanding what makes old sports collectibles valuable. To help, Crisafulli is sharing some tips:
Older is Usually Pricier
 Cards from the 1960s and earlier are collectible, and those from before the 1940s

can be worth a lot of money, especially those depicting stars. Do you have cards of Hall of Famers, such as Mickey Mantle, Babe Ruth, Honus Wagner or Ty Cobb? Even non-stars from the early days of a sport can be worth big bucks, especially if the cards have no creases and retain sharp corners and original gloss. If you have very old cards from the 1880s through the 1930s, look for tobacco, gum, and candy brands, such as Old Judge, Piedmont, Sweet Caporal, Goudey or American Caramel. If you want to sell sports items for the most money, consider a specialty auction, such as Love of the Game, which has the expertise to properly research sports ephemera and maintains bidder lists of collectors specializing in sports. More information is available at loveofthegameauctions.com.



PHOTO: (C) LIQUIDLIBRARY / GETTY IMAGES PLUS

Postcards and Photographs

We all have keepsakes of vacation destinations, but most aren’t valuable. However, photographs and postcards depicting sports stars and ballparks can be significant. Look for early “real photo” postcards from the 1900s through the 1940s, which are photographs printed on postcard backs.
 As with sports cards, star

power matters, so preserve those Babe Ruths as opposed to images of your great grandma’s baby cousin once removed. And when it comes to photos, look for old markings on the back, such as photographer, publication, and date stamps.
Memorabilia
 Set aside old advertising posters depicting sports stars and food, tobacco, or sporting goods brands. Ads from

magazines aren’t valuable, but those used as store displays and for other marketing purposes can be pricey. Tin signs from the 1960s and earlier can be highly prized, but reproductions aren’t.
 Your family’s sporting goods, such as balls, gloves, and bats, can be valuable. Pre-1950s uniforms and catcher’s masks, helmets and other equipment are highly collected, especially when endorsed by star players. Top condition brings the highest prices, but even used equipment can be valuable.
 “The golden rule is the older the sports card or item, the more valuable it usually is. Pre-1975 pieces start to get interesting and are worth researching,” says Crisafulli.
 Don’t just clean out your “junk” this spring, examine it closely to potentially maximize its value.



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4 Misconceptions Homeowners Have About Floods

(StatePoint) Many people look forward to spring when the weather warms up and flowers start to bloom, but it also marks the start of the peak time of year for flash flooding in the United States. According to NOAA, 75% of flash floods happen between late April and mid-September. And while you may not want to think about it, when water backs up and overflows, it generally goes where it doesn't belong and can cause serious damage to your home.

Unfortunately, many homeowners have misconceptions about floods, leaving them unprepared. Here are four of the biggest myths:

1. Homeowners insurance policies cover flood damage. A typical homeowners policy covers water damage from a sink or bathtub overflowing but won't help with flood damage caused by storms – something many homeowners only discover after it's too late. However, some insurance companies

offer coverage to help fill the gaps, so you don't have to pay out of pocket for repairs and replacements. For example, Erie Insurance now offers Extended Water coverage, which covers damage caused not only by natural disasters, but also by sewer and drain backups.

2. Only people who live in flood plains need flood insurance. A national survey commissioned by Erie Insurance found that 53% of homeowners think only people who live in high-risk flood zones should buy flood insurance. However, 25% of flood claims are filed by people who live outside those areas. Additionally, FEMA says floodwater only needs to get a mere 3 inches high to make it likely that you'd need to replace drywall and baseboards.

3. There's nothing you can do to prevent flood damage. Nothing is foolproof, but there are ways to protect your home from water



PHOTO BY (C) DESIGNER491 / ISTOCK VIA GETTY IMAGES PLUS.

damage. Install a sump pump along with a battery backup and regularly test it. Improve drainage around your home by clearing leaves and debris from gutters, storm drains and downspouts. You can also install water sensors to alert you of water or leaks within your home. If a storm is on the way, plan ahead by placing valuables and sentimental items into plastic storage bins, moving items off the floor (especially if they are stored in basements and lower levels of a home) and by making a home inventory. A list of all your personal possessions, along with their estimated values, will help if you need to file an insurance claim.

4. Insurance can only help you after an incident. Many homeowners don't realize they may be able to get reimbursed for taking steps to protect their homes when flooding is imminent. As one example, under certain circumstances Erie Insurance

will reimburse homeowners up to \$10,000 for materials such as sandbags and the sand to fill them, fill for temporary levees, pumps or plastic sheeting and lumber used with these items, as well as labor.

"We encourage homeowners to not underestimate the risk of flooding, and to be aware of the significant amount of damage that even a small amount of water can cause," said Michelle Tennant, vice president of product management, Erie Insurance. "Talk to your independent insurance agent about your home and your neighborhood to make sure you have the coverage that's right for you."

To learn more about protecting your home from floods, visit erieinsurance.com/extended-water.

Life is unpredictable. So is weather. But one thing is certain: if it can rain (or snow), it can flood. Make sure you're protected with the right type of insurance.

Research Shows New Car Safety Features Can Help with Crash Reduction

(StatePoint) At a time when highway fatalities are on the rise, new research shows that the widespread adoption of the latest vehicle safety features could mean fewer crashes and safer roads. However, it could be a while before we see the full benefits of these advancements.

"With drivers holding onto their vehicles for 10 years or more, it could take many years before the fleet fully turns over," says Rini Sherony, senior principal engineer, Toyota Collaborative Safety Research Center. But what if every vehicle on the road was fully equipped with crash-prevention features? And how do engineers identify which new vehicle safety features to prioritize next? To find out, Toyota Collaborative Safety Research Center and Virginia

Tech teamed up to research the potential benefits that different safety systems have in various crash scenarios.

The team took real-world crashes and reconstructed the data, performing multiple crash simulations. They started modeling with more traditional "passive" safety features, like the latest vehicle structures, and extended their work to include such technologies as automatic emergency braking, lane-keeping assistance, blind-spot warning, etc. Assuming full deployment and optimal activation of safety features, such as those that were modeled, their research showed that over half of all U.S. crashes could be avoided and nearly 60% of moderate to serious injuries could be mitigated. At the same time, the research also identified what types of crashes are likely

to still occur even if these safety features were deployed. The research center has made the study's data, found at toyota.com/CSRC, publicly available so that automakers, policymakers, technology research universities and tech companies can work together to continue to make safety gains and fill the crash prevention gap.

"While drivers can't avoid every danger on the road, our research shows that safety systems have the potential to be very effective in reducing the risk and severity of crashes," says Sherony. "It's

important to know that most automakers offer features like lane departure warning, automatic emergency braking, audio warnings and steering assist (often with additional functionality). When you search for your next car, consider these features, even possibly opting for those that do not come standard-equipped. We hope that as drivers continue to adopt and use such technologies, we will be able to realize more of the accident mitigation and prevention benefits that they can offer, resulting in safer roads for everybody."

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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.

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.

April 7

07:33 Property, Dryden Bridge, Dryden
 08:47 Animal Problem, 8875 Nahahum Canyon Rd.
 11:57 CPS/ APS Referral 8859 Josephine Ave., Dryden
 23:56 Juvenile Problem, 100 block S. Douglas St.

April 8

00:24 Suicide Threat, 91 Trestle View Ln., Dryden
 07:23 Suspicious Circumstance, 200 block Cottage Ave.
 09:00 Welfare Check, 127 Riverfront Dr.
 11:14 Traffic Offense, 4200 Mission Creek Rd.
 12:41 Disturbance, 428 Cottage Ave.
 14:41 Stab/ Gunshot, 5625 Museum St.
 16:35 Suspicious Circumstance, 310 River St.
 21:27 Disturbance, 817 Pioneer Ave.

April 9

02:27 Public Assist, 305 Cottage Ave.
 16:07 Public Assist, 3850 Iroquois Ln., Monitor
 18:04 911-call, 307 Garden Cir.
 19:26 Animal Problem, Hay Canyon Rd., and US Hwy. 2

April 10

12:44 Parking/ Abandoned Vehicle, 127 Riverfront Dr.
 14:47 Welfare Check, Railroad Ave., and S. Division St.
 21:18 Suspicious Circumstance, 4530 E. Nahahum Canyon Rd.
 21:26 Public Assist, 5710 Goodwin Rd.

April 11

01:57 Suicide Threat, Cashmere
 06:12 Traffic Offense, Pioneer Ave and Evergreen Dr.
 09:29 Harassment/ Threat, 305 Woodring St.
 10:38 Disturbance, 121 Elberta Ave.
 10:40 Public Assist, 305 Woodring St.
 12:00 Littering, 4800 block Kelly Rd., Monitor
 12:43 Domestic Disturbance, 115 E. Pleasant Ave.
 16:08 Agency Assist, 201 Cottage Ave., Weeds Café
 19:37 Trespassing, 613 Pioneer Ave.

April 12

01:43 Warrant, 3717 Bridge St., Monitor
 04:22 Runaway, 101 Earl Ln., Monitor
 06:19 Traffic Offense, 702 Pioneer Ave., Pioneer Middle School Canyon Rd.
 10:01 Alarm, 7335 Brender Canyon Rd.
 10:50 Diversion, 300 Sunset Hwy., Crunch Pak
 12:11 Suspicious Circumstance, 9605 N. Fork Rd.
 12:31 Public Assist, 112 Elberta Ave., Blue Flame
 18:59 Diversion, 8115 Depot Rd., Dryden
 19:04 Harassment/ Threat, 2201 Salal Dr., Lake Wenatchee

April 13

02:16 Prowler, 8734 School St., Dryden
 09:40 Warrant, 102 Titchenal Way, BJ's Shell
 11:51 Warrant Arrest, 10 block Riverfront Dr.
 16:26 Traffic Offense, 420 Elberta Ave.
 18:16 Disturbance, 108 1/2 Cottage Ave., Club Crow

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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

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BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

Cashmere

In honor of Earth Day

Come and join concerned citizens at the Aplets Bridge to clean up the trash under the bridge. Meet at 9 a.m. on Saturday, April 22. Please bring plastic grocery bags, gloves, and any tools (like picker uppers) that would help gather trash. Let's keep Cashmere clean. Questions call Vicky, 509-782-8004.

Leavenworth

The Greater Leavenworth Museum

Is excited to kick off their 2023 programs with a special event at Icicle Creek Center for the Arts Snowy Owl Theatre on Thursday, April 27. Rollie Schmitt will be presenting readings from his newest book - Greater Lake Wenatchee Area History - including stories and photos from the

areas from Tumwater Canyon to Stevens Pass, including Lake Wenatchee. RSVP for this free event, and reserve a copy of his new book, at www.leavenworthmuseum.org. The event will run from 7-8:30 p.m., with doors opening at 6:30 p.m. Books will be available for sale before and after the event, along with a book signing and Q&A with Rollie. David Severance has generously offered to donate \$10 for each book sold to the Greater Leavenworth Museum.

Regional

The Cascadia Conservation District

Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, April 21, 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 web site at cascadiacd.org or by calling the District office, 509-436-1601.

BUSINESS & SERVICE Directory

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Rep. Keith Goehner's Legislative Update: Budget time in Olympia, the latest on two key public safety issues, and capital gains tax ruling

Friends and Neighbors,



COMMUNITY VOICES
By KEITH GOEHNER

The cherry trees are in bloom on the Capitol Campus in Olympia, and that usually means it is budget time in the legislative session. Recently all three House budgets - operating, transportation and capital - have been unveiled, gone through the public hearing process and been voted out of their respective committees. The full House of Representatives took action on the transportation and operating budgets late Monday, April 3.

I wanted to let you know where we stand in the budget process and provide an update on the two critical public safety measures we are tracking this session, as well as some information on the state Supreme Court's capital gains tax ruling.

Operating budget

The 2023-25 House operating budget proposal would increase spending by \$6 billion over current spending levels which would push the budget to more than \$70 billion. As you can see by the chart below, the operating budget has more than doubled since 2011-13, when the state operating budget was just over \$30 billion.

State Spending by Biennium

The House spending proposal would allocate money to fund about 1,500 new or expanded programs, that in addition to other general fund ongoing programs. It would only leave \$2.1 billion in the rainy-day fund by the end of the four-year outlook period, which is less than the state treasurer's minimum

target of 10% of annual revenues.

Although there are many worthwhile programs in the operating budget, it is irresponsible for us to commit to such massive spending at this time. If anything, we should be providing tax relief to our citizens like we see so many other states doing. The operating spending plan passed the House on a party-line vote of 57-40.

Transportation budget

Although the transportation budget process was more bipartisan than in years past, we would have approached things differently - including our priorities and how we would have allocated resources.

The proposal spends about \$13.2 billion, including \$646 million for the Washington State Patrol with money to help trooper recruitment and retention. It also gets some of the major Connecting Washington projects back on track that the governor had pushed out or postponed in his budget. The House transportation budget did pass by a vote of 97-1.

Capital budget

We have not voted on the House capital budget proposal, but I can assure you it is another strong, bipartisan capital spending plan. My seatmate, Rep. Mike Steele, was once again the lead negotiator for House Republicans. Colleagues on both sides of the aisle have high praise for the spending plan that appropriates \$8.34 billion, \$4.18 billion of which is from the sale of newly authorized, general obligation bonds. The remaining \$4.15

billion is comprised of a combination of reversion of previously authorized bonds, other dedicated funding sources, and federal funds.

It invests in immediate needs and priority issues in Washington state including \$175 million for the 12th District for projects such as:

- \$45 million for The Center for Technical Education and Innovation (Wenatchee);
- \$19.6 million for The Center for Alcohol and Drug Treatment (Wenatchee);
- \$11 million for the Chelan Valley EMS;
- \$6 million for the King County Area Readiness Center;
- \$2 million for the Lake Chelan Food Bank building remodel and addition;
- \$1.7 million for the Community Center at Lake Chelan;
- \$1 million for Leavenworth Affordable Workforce rental housing;
- \$1.5 million Fall City Business District Septic;
- \$1.03 million for the Wenatchee Valley YMCA;
- \$1 million for the Wenatchee Valley Museum expansion and redesign;
- \$628,000 for water line repair in Index;
- \$420,000 for the North Fork Skykomish River 911 Extension;
- \$231,000 for the Snoqualmie Valley Youth Center Barn with Storage in North Bend;
- Manson Fire Station: \$206,000;
- Manson School District: \$262,000; and
- Skykomish School District: \$25,000.

Negotiators from the House and Senate capital budget

committees are working out the differences between the two spending plans. We will vote on a final agreed upon plan before we adjourn April 23.

Capital gains tax upheld, new tax proposals being introduced

In late March the Washington State Supreme Court decided to ignore longstanding legal precedent and upheld the 7% capital gains tax approved on party lines by the majority party during the 2021 legislative session.

The court's 7-2 decision is disappointing and seems to go against common sense. Every other state in the country, the IRS and Justices McCloud

and Johnson recognize capital gains as income.

We are concerned this ruling will provide a blueprint for future tax increases as lawmakers try to circumvent the state's constitutional tax limits. Recent headlines from around the state seem to confirm this.

Public safety

The two key public safety bills of the legislative session survived the policy committee cutoff. I am hopeful Senate Bill 5352 (vehicular pursuits) and Senate Bill 5536 (drug possession and treatment) will be before us on the House floor soon. Unfortunately, in their current form the bills do not give law enforcement the proper authority needed to do their job effectively and keep our streets and communities safe. It is time to return to

a common-sense approach for vehicular pursuits and drug possession laws or we will continue to see crime escalate. Violent crime is up 55% in Washington state amid 'missed opportunity' for reform, The Center Square.

Following the Legislature and state government

Please contact me with any questions, concerns or comments you have. I appreciate your input as it helps me better represent you in the Legislature. I urge you to utilize these websites: The Ledger - a legislative news aggregator; Capital Buzz - Daily news clips; and How you can be involved in the legislative process. It is an honor to serve the 12th District in the state House of Representatives.



PHOTO SUBMITTED BY CASHMERE ROYALTY COMMITTEE
All seven candidates from left to right: Gabrielle Winchester, Kimberly Strong, Paris Avilez, Ivette Alvarado, Naomi Valle, Reese Westlund, Faith Kert.

Cashmere Royalty

CONTINUED FROM PAGE A1

route. Other local parades Cashmere Royalty can be seen

in are Manson Apple Festival, Leavenworth Autumn Leaf Festival, and of course Cashmere's own Founders' Day Parade. Cashmere Float Association is looking

for volunteers. The most immediate need is help with putting the float together. If you are interested in lending a hand in any way, please email cashmereroyalty@yahoo.com.

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

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Pastor Bob Bauer
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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
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until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com

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Services, 10 a.m.
Pastor Rob Gohl

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• Worship 10:45 a.m.
Pastor Steve Bergland

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Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalley baptist.org

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Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997

SPIRIT LIFE CENTER
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Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

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www.lightinthevalley.org

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leavenworthumc@outlook.com

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https://www.flcleavenworth.com

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429 Evans Street, 509- 470-7745
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Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
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Youth Pastor Paige Derossett
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CASHMERE VALLEY RECORD

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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

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Out of State - \$52

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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

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Spring fuels reduction plans across Okanogan Wenatchee National Forest announced



PHOTO COURTESY US FOREST SERVICE. A firefighter stands next to the burning hand piles.

SUBMITTED BY ROBIN DeMARIO
US Forest Service

WENATCHEE - This spring, Forest Service crews plan to use prescribed/controlled fire across approximately 6,300 acres in the Okanogan-Wenatchee National Forest. Prescribed fire projects reduce the quantity of burnable fuels in the forest, improve forest health, better protect nearby communities, and help lower the risk of future high-intensity wildfires. Frequent, low-intensity fire is essential for restoring public lands and the communities who depend on them.

"Prescribed fire and thinning activities could start as early as this week, depending upon local weather conditions, and extend through late May or early June," said Deputy Fire Staff Officer Matt Castle. "As the snow recedes, we will gain access to our spring prescribed fire units. Although we have thousands of acres planned for treatment this spring, it all depends on fuel and weather conditions whether we will be able to complete all that work or not."

Burning conditions include correct temperature, wind, fuel moisture, and ventilation for smoke. When these criteria are met, firefighters implement, monitor, and patrol each burn to ensure it meets forest health and public safety goals including air quality. All Okanogan-Wenatchee N.F. prescribed burns are weather dependent and fire specialists will cease burning as soon as possible if objectives are not being met or weather conditions are unfavorable. Their primary concerns include favorable winds that can minimize smoke impacts to public health and the risk of fire escape.

"We are looking at bringing in additional resources, if conditions are good, in order to accomplish more treated acres across the forest in support of the Central Washington Initiative and the Wildfire Crisis Strategy," Castle said.

People can expect to see and smell some smoke during burning operations. Even though smoke from prescribed fire is usually light and doesn't last long, it is important that

smoke-sensitive individuals plan ahead and be prepared. For more information on smoke and public health, please visit wasmoke.blogspot.com or airnow.gov/fires.

Managed burning operations, consisting of mainly under burning projects with some hand pile units, are planned on national forest lands in the following counties.

Chelan: County: (total of 2,468 acres)

- Upper Peshastin project area, 350 acres near the top of Blewett Pass, approximately 13 miles southwest of Cashmere in early May.
- Moe unit 53 - 53 acres 8 miles west-northwest of Entiat, WA.
- FJ unit - 1,412 acres, 12 miles northwest of Entiat, WA.
- Crum Canyon unit 23 - up to 100 acres 6 miles northwest of Entiat, WA.
- Falls Coyote units - a total of 553 acres in two units located 19 and 21 miles northwest of Chelan, WA.

Additional prescribed fires and pile burns may be conducted if favorable conditions allow. For real-time prescribed fire maps and updates check out the forest website, social media sites, or listen to the day of burn recorded voicemail message:

Facebook: www.facebook.com/OkaWenNF/; Twitter: twitter.com/OkaWenNF
Interactive map: tinyurl.com/harqmw8 or Phone: 509-996-4040

Jones family benefit



PHOTO BY PAM LEIGHTON

Cashmere Kiwanis gifted a \$5000 check raised from the annual St. Patrick's benefit dinner to Brad and Lyndsay Jones family. Brad had suffered a severe seizure on the night of Feb. 4, and later discovered he had a brain tumor. Brad has been a 5th grade teacher, traveling from Cashmere to Quincy since 2015. He has a long road to recovery, and they are very hopeful. Pictured are Gladys Lewis, Wacoka Kiwanis President with Brad and Lyndsay and sons, Rayce, 8th grade and Dash, 4th grade attending Cashmere Schools.

Brad Hawkins

CONTINUED FROM PAGE A1

spilling the water and harming fish. Less water spilled means more financial value from the water itself. As owners of the PUDs, anything that benefits a PUD will ultimately help its customers, so it's a win-win.

Possible uses of clean hydrogen

Renewable hydrogen is a cleaner version than hydrogen produced in most parts of the world because hydropower is a non-emitting electricity source. Hydrogen can serve many purposes, but one of its uses is clean fuel for vehicles. Hydrogen-based vehicles, similar to plug-in electrics, produce zero greenhouse gas emissions. Plug-in electric vehicles, like Teslas, have a huge head start over hydrogen vehicles. It could be that hydrogen as vehicle fuel may be better suited for heavier-duty commercial vehicles, like utility rigs and semi-trucks, but it certainly could have a key role in our future zero-emissions transportation system.

In 2021, two years following the passage of my Senate Bill 5588 for PUD hydrogen, I sponsored and passed Senate Bill 5000 to extend sales tax incentives to hydrogen vehicles similar to existing incentives for plug-in electric vehicles. That same session - continuing the partnership with Douglas PUD and other officials - I sponsored a transportation budget item

to fund the state's first combo fast-charging electric vehicle and hydrogen fueling station. It will soon be located in East Wenatchee.

Future opportunities for local hydrogen

Creating clean fuel from our surplus hydropower and actually fueling vehicles locally will be quite exciting. If the state invests in hydrogen fueling stations at our ports, we'll be able to haul the world's best apples from Wenatchee to Seattle on zero-emissions hydrogen semi-trucks, refueling at the port in just five minutes before the return trip. If the west coast continues to build fueling stations along its interstates, we'll likely be able to travel across multiple states. If the Northwest ultimately becomes a "hydrogen hub," anything is possible.

Renewable hydrogen has certainly gained incredible interest - locally and nationally - in recent years. The Washington State Legislature is now pursuing clean hydrogen expansion in earnest. We don't want to brag, but it seems like, once again, the utilities in District 12 are way ahead of the curve on clean energy. This is something to be proud of.

Brad Hawkins is our 12th District state senator representing North Central Washington in Olympia. Contact info: 360-786-7622 or brad.hawkins@leg.wa.gov.



PHOTO SUBMITTED BY ROGER HARNAK, FREE PRESS PUBLISHING.

Caleb Bray of Cashmere racing in the Desert 100 on Sunday, April 2. He did not finish the 100-mile race in Irby (a former town about 10 miles west of Odessa). He was racing in the 40-49-year-old division and the race was pretty brutal. Stats show 921 riders started the race but only 472 finished. With 921 motorcycles, the start line was about a half-mile wide.

BULLDOG SCOREBOARD

BOYS SOCCER	
Apr. 11:	Cashmere 1, Quincy 2; Loss
Apr. 13:	Cashmere 3, Omak 0; Win
BASEBALL	
Apr. 12:	Cashmere 12, Quincy 2; Win
Apr. 15:	Cashmere 30, Cascade 0; Win
Apr. 15:	Cashmere 17; Cascade 0; Win
SOFTBALL	
Apr. 11:	Cashmere 7, Quincy 8; Loss
Apr. 15:	Cashmere 21, Cascade 2; Win
Apr. 15:	Cashmere 22, Cascade 3; Win
TENNIS	
Apr. 11:	Boys: Cashmere 2, Quincy 3; Loss
Apr. 11:	Girls: Cashmere 5, Quincy 0; Win

Sports Schedule

BOYS SOCCER	
Apr. 22:	Cashmere vs. Tonasket, Home at 1 p.m.
Apr. 25:	Cashmere vs. Chelan, Away at 4 p.m.
BASEBALL	
Apr. 22:	Cashmere vs. Quincy, Home, 11 a.m. & 1 p.m.
Apr. 25:	Cashmere vs. Chelan, Home at 4:30 p.m.
SOFTBALL	
Apr. 22:	Cashmere vs. Quincy, Home, 11 a.m. & 1 p.m.
Apr. 25:	Cashmere vs. Chelan, Home at 4:30 p.m.
TENNIS	
Apr. 24:	Cashmere vs. Selah, Away at 4 p.m.
Apr. 25:	Cashmere vs. Chelan, Home at 4 p.m.
TRACK	
Apr. 22:	CLA Invitational, At Quincy at 10:30 a.m.
Apr. 26:	Brewster Meet, at Brewster 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

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

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Call (844) 889-8170
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We'll pick up your vehicle for FREE - at a time and place convenient for you.
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You may qualify for a tax deduction.

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

Donate Your Vehicle Today
844-889-8170

Veteran Car Donations

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.

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WITH A HOME STANDBY GENERATOR

GENERAC

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

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REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(877) 330-1491

FREE 7-Year Extended Warranty*
- A \$695 Value!

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



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

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.

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Administrative

Puzzle Solution

S	M	O	G		Y	E	S		H	I	G			
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7	1	9	3	8	4	5	6	2
8	6	4	5	7	2	1	3	9
9	4	7	8	2	5	6	1	3
6	2	8	1	3	7	4	9	5
5	3	1	6	4	9	2	8	7

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

General Interest

The Leavenworth Echo or Cashmere Valley Record Call 509-548-5286 or email classifieds@leavenworthecho.com

Reverse Mortgage

Special Leavenworth Cards

CLOSE OUT!
4 cards for only \$1.00 while they last!

Example sayings are: Wish you were here with me in Leavenworth.

"Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

This is a **FUNDRAISER** for The Royal Ladies of the Autumn Leaves

Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays until April 21 509-548-5286

REVERSE MORTGAGE
A Better Way to Live

Mutual of Omaha REVERSE MORTGAGE

Let's Talk **Carlos Mata** NMLS #70770 *Reverse Mortgage Specialist* 509.662.5495 cmata@mutualmortgage.com 710 N. Miller St. Wenatchee, WA 98801

Mutual of Omaha Mortgage, Inc., NMLS ID 1025894. WA Consumer Loan Company License CL-1025894. These materials are not from, or approved by HUD or FHA. www.mutualconsumersaccess.org Subject to credit approval. #967202734 Equal Housing Lender

Commercial

Business Equipment

FOR SALE
Kocera Model 2550 copier, printer, scanner, fax, prints 3 sizes of paper, on movable metal cabinet.
\$300 or best offer. Or **FREE** to any non-profit.

See at Leavenworth Echo 215-14th St., 509-548-5286 Must move by end of April See photo on NCWMARKET.COM

MOVING SALE

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

Need to move by end of April. Sells now for \$5000 or **MAKE OFFER!** See at The Leavenworth Echo, 215-14th St. Call 509-548-5286

Employment

Help Wanted

mansonparks AND RECREATION SOCIETY

Manson Parks is in search of a Campground Host-Manager at Wapato Lake Campground!
Position begins immediately and ends September 30. Applicants must have their own RV, strong work ethic, outstanding attitude, ability to work with minimal supervision, and ability to perform both maintenance and office duties. Excellent customer service skills required. Couples welcome to apply. Pay is \$15.74 per hour; includes use of camp site, water and sewer hookups, internet, power, and garbage service. Please see full job description at www.mansonparks.com.



School District is seeking qualified applicants for the following positions:

- Cascade High School Fall Cheer Advisor
- Cascade High School Winter Cheer Advisor

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

Windermere REAL ESTATE
Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!
Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898
See all available properties at windermereleavenworth.com

Help Wanted



School District is seeking qualified applicants for the following position:

Director of Business and Finance

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

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



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

Help Wanted



Public Works TEMPORARY Truck Driver Laborer Leavenworth District

The Chelan County Public Works Department is seeking applicants for a summer four month Temporary Truck Driver/Laborer position for the Leavenworth District. The duration may be extended by mutual agreement between the County and the Union. The duties include performing manual labor, flagging operations, driving truck and/or operating light and heavy equipment. The salary range is \$22.48 per hour up to \$23.54 per hour based on experience. This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsements and prefer to have a current First Aid/ CPR card and flagging card. Applications and a detailed job description can be found on the Chelan County Human Resource Career Opportunities page; <http://www.co.chelan.wa.us/human-resources/jobs> The application, resume, and letter of intent must be returned to the Chelan County Human Resource Department 400 Douglas Street #201, Wenatchee, WA 98801 or emailed to human.resource@co.chelan.wa.us no later than Friday, April 28, 2023 at 5:00 p.m.

Help Wanted

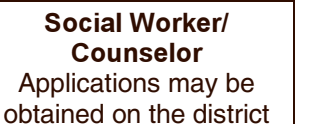


is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This office is based in Chelan.

Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week. Responsibilities would include: Use a camera to take photos of local events including schools and sports. Applicant needs to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Social Worker/ Counselor

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



Douglas PUD has an opening for: **Hatchery Specialists** Details at www.douglaspu.org <http://www.douglaspu.org>

Chelan Valley Skin Care, self-motivated receptionist/ salesperson wanted. Part-time mornings, Monday- Friday. Could become full-time. Send or drop by resume: 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.



Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news about NCWMarket.com is:

- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want – as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

For Sale

Appliances

For sale: great for the office:
1 Rival brand small microwave, \$25.
Magic Chef Model MCBR360S small refrigerator \$70.
Keurig coffee machine, \$20.
Call to see, 509-548-5286 or Carol, 509-670-1723.

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.

Estate Sale

ESTATE SALE
April 29-30, 9 a.m.-3 p.m.
12280 Ski View Lane, Leavenworth
Sewing machines, Serger, fabric, electrical, plumbing, structural supplies, hand and power tools, compressor, generator, weed-eater, men's clothing, camping gear, bed frame with air mattress, sports equipment. Jon boat, antiques and more.

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!

General Merchandise

Ovalstrapping Inc. "Mini-Max"
Newspaper and Magazine strapping, etc. machine with one large roll of strapping.
Selling for \$500 Or Make offer!
See at The Leavenworth Echo 215-14th St. 509-548-5286
Need to move before end of April.
See photos on NCWMARKET.COM

Advertise in the Classifieds
509-548-5286 or 509-782-3781

General Merchandise

For Sale: AMEREX
Carbon dioxide commercial fire extinguisher.
\$50/ Sells for \$108.
Call 509-670-1723 or 509-548-5286.



Solid light oak wine barrel cabinet with 19 Marilyn Monroe and 8 Elvis collectors' wine bottles. Asking \$400. Call leave a message, 509-630-1660.

For Sale:
2018 Troy Bilt snowblower 28 clearing width, electric start, 4 way chute control 2 stage power, driving light. Instruction manual. Paid \$1300 will take \$600. No problems with it, just to big for me to handle.
Call to make an appointment to see 509-670-1723

MOVING SALE LOW PRICE AND SOME FREE

DESKS: wood and wood-metal
FILE CABINETS: Different sizes, legal and standard, 3 drawers and 4 drawers.
FREE OFFICE CHAIRS:
* A Laverne-Shirley metal kitchen table.
MISC. ITEMS:
White boards, cork boards, file trays.
* Framed pictures- 2 of downtown Leavenworth one full color, one black and white.
Framed full-color signed Icicle Train Station poster.
Framed full color Leavenworth Map
Stop by the Echo 215-14th St. 10.- 5 p.m. Call 509-548-5286

Vehicles

Trucks & Vans

FREE
You will need to haul away. 91 Jeep Cherokee 368,000 miles. Some body damage but engine still in good condition, worth around \$1000. Good for parts, not running now.
Make appt. to see. Carol, 509-670-1723.
See engine at NCWMARKET.COM

Legals

Public Notices

PUBLIC HEARING NOTICE
Notice is hereby given that the Leavenworth City Council will conduct a public hearing on the Six-Year Transportation Improvement Plan, on Tuesday, May 9, 2023 at 7:00 PM in the City Hall Council Chambers, 700 US Highway 2, Leavenworth. The public is invited to attend said hearing and make comment.
Andrea Fischer, City Clerk
CITY OF LEAVENWORTH
Published in The Leavenworth Echo/Cashmere Valley Record on April 19, 2023. #5624

CITY OF LEAVENWORTH
On the 11th day of April, 2023, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:
Ordinance 1669: An ordinance of the City of Leavenworth, WA, amending certain revenue and expenditure appropriations in the 2023-2024 budget and **Ordinance #1664** for the City of Leavenworth
A full copy of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on April 19, 2023. #5625

Public Notices

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARINGS

NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold a public hearing for amendments to Zoning Code, Subdivision Code, Definitions, Development Standards on April 25, 2023 at 7:00 PM at City Hall, 700 US Hwy 2, Leavenworth OR via ZOOM- see the City Event Calendar: <https://cityofleavenworth.com/your-city-hall/calendar/> Or login to zoom: Meeting ID: 993 9899 7379 Passcode: 633008 Or Call in: 1-253-215-8782

- The specific code sections being recommended for adoption from the April Planning Commission Hearing include:
1. LMC 14.12.030 – remove underground parking facilities
 2. LMC 14.12.050 – clarify who is responsible for implementing the code requirements and expand the options for comparable uses.
 3. LMC 14.12.070 – tying joint use parking to the life of the related uses.
 4. LMC 14.12.080 – clarifying loading berth requirements
 5. LMC 14.12.150 – clarify parking requirements for dwellings, motel/hotels and electric vehicles
 6. LMC 14.12.155 – provide preferred access from alleys and updating required parking standards.
 7. LMC 14.12.157 – update driveway Standards
 8. LMC 14.12.160 – add new Residential Parking Standards section
 9. LMC 14.12.160 – add new Commercial and Industrial Parking Standards section
 10. LMC 14.12.170 – Updates off-street parking lot design requirements
 11. LMC 14.12.190 – move all landscaping parking lot requirements moved to one section
 12. LMC 14.14.150 – reference adopted Construction Standards and outline fire apparatus standards
 13. LMC 14.14 Illustration 1 – removed graphic, as addressed in adopted Construction Standards
 14. LMC 17.14.040 Subdivision – modified flag lots consistent with zoning code standards
 15. LMC 17.14.100 – provide new alley access & shared access on flag lot
 16. LMC 21.90.030 – added new definitions and moved some definition from code
 17. LMC 18.36.020 – permit 6' fences in the commercial, industrial zones and for side street yards
 18. LMC 18.25.030 – updated District Use Chart to include "composting collection center"
 19. LMC 18.52.120 – added historical requirement for no more than three bedrooms be used as B&B and added clarity that parking requirements meet the updated standards of Title 14.
 20. LMC 13.04.050 – Water Utility code updated to match historic past practice requiring line extensions to extend the full frontage of property.
 21. LMC 15.24 – Addressing Code is out dated and not used; updated to reference County process
 22. With various sections moved or deleted
- The amendments are exempt per RCW 197-11-800 (19) Procedural actions (b) text amendments resulting in no substantive changes respecting use or modification of the environment. Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Community Development within City Hall, phone 509-548-5276 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/Cashmere Valley Record on April 18, 2023. # 5621.

Public Notices

The Cascade School District Board of Directors will hold a hearing regarding realignment of director district boundaries as a result of the 2020 U.S. Census. The public hearing will begin at 6:45 pm on Mon., April 24th, 2023 in person (zoom option/ see district website for link) with the regular board meeting to follow. Any person may appear there and be heard. Published in the Leavenworth Echo/Cashmere Valley Record on April 19, 2023. # 5619



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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.

Be careful: Grapefruit can change how medicine gets into your body

Q: There's a sticker on my prescription bottle that says not to eat grapefruit or drink grapefruit juice with it. I love grapefruit. Is it okay to have grapefruit juice for breakfast and take my pill in the evening instead?

Your medicine's "grapefruit effect" doesn't wear off that fast. After drinking a glass of grapefruit juice or eating half a grapefruit, it can take up to 3 days for its effect on medicine to wear off completely.

Penny is 87 years old and comes to our clinic every 6 weeks to have her blood thinner level checked. The blood test we do is called an INR. For her, the result should be between 2 and 3. Last month, she started having more bruising than usual. Her blood thinner level also changed, jumping from her previous level of 2.2 all the way up to 4.5. Why had her blood thinner level increased significantly? What was the difference?

Penny lost her husband 2 months ago and now only cooks for herself. Last month, she started eating fresh grapefruit sections several times a week. "It's easy to fix, and I love grapefruit."

I asked Penny to stop eating grapefruit. Once she did that, her blood thinner level dropped back to normal. Grapefruit and grapefruit juice can change the way your body absorbs certain medicines. This "grapefruit effect" was discovered by accident. In 1991, researchers wanted to find out if drinking alcohol while taking a blood pressure medicine called felodipine would change the level of the drug in the blood. They created a study that measured blood pressure and blood levels of the medication twice, once with alcohol in their blood and once without it.

To keep the participants from guessing whether they were taking actual medicine or dummy medicine, the researchers needed a way to disguise the taste of alcohol.

The researchers chose grapefruit juice to disguise the taste of the alcohol. Each participant drank a small glass of grapefruit



juice with the medicine. Alcohol was added to the grapefruit juice in half of the doses.

Something curious happened. ALL of the study participants had lower blood pressures than the researchers expected. Not only that, but the blood levels of the medicine were nearly 50% higher than typical. They discovered that drinking alcohol didn't affect the blood level of felodipine, but drinking grapefruit juice did.

What did the grapefruit juice do to cause the blood level of the medicine to rise?

Grapefruit can change how medicine gets into your body. Although most pills dissolve in your stomach, they don't actually get into your bloodstream from there. Vitamins, minerals, nutrients, and medicines are transported into your bloodstream by your small intestine, lined with special cells and molecules working to make this happen.

One particular type of molecule is an enzyme called CYP3A4. Its job is to take apart and change the shape of certain medicines. Once this happens, the drug stops working for you, and your body gets rid of it.

Grapefruit juice and fresh grapefruit contain natural compounds that neutralize the CYP3A4 enzymes lining your small intestine. Without these enzymes available to inactivate part of each dose, you will absorb more medicine.

This "grapefruit effect" is not consistent with everyone or with every medicine. Some medicines are more affected by the CYP3A4 enzyme than others. There are genetic differences in how many CYP3A4 enzymes we have and how active they are.

Eating one grapefruit or drinking 7 ounces of grapefruit juice can completely inactivate your intestinal CYP3A4 enzymes for up to 3 days. Like Penny discovered, if you take a drug that's affected by grapefruit and drink fresh grapefruit juice or eat grapefruit, the level of medicine in your blood can jump by 50%.

Here are 3 Tips for Taking Medication and Grapefruit Safely:

1. Check for the interaction. Medicines affected by grapefruit usually have a small sticker on the side of the prescription bottle.
2. Avoid fresh grapefruit. One glass of fresh grapefruit juice can affect your medicine for up to 3 days. Unfortunately, you can't avoid the interaction by taking them at different times. When taking a medication with a grapefruit interaction, it's best to avoid grapefruit juice and grapefruit entirely. Grapefruit juice reconstituted from frozen juice doesn't affect medicines like fresh grapefruit or grapefruit juice.
3. It's safe to eat and drink most citrus fruit.

Although mostly seen only with grapefruit, two ounces of lime juice may increase the level of medication in some people. Oranges, lemons, and other citrus do not affect medicines.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and the 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

CROSSWORD PUZZLE

CROSSWORD

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59							60			61		
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THEME: INVENTIONS AND INVENTORS

- ACROSS**
1. Urban haze
 8. Drug-induced state
 12. UK art museum
 14. Hip-hop or classical, e.g.
 15. Sportscaster Andrews
 16. Angle between branch and offshoot
 17. Bioweapon
 18. *Reaper inventor
 20. Muslim holy man
 21. Dampish
 22. *The invention of hand sanitizer centered on alcohol as this
 23. Stitched again
 26. Decipherable
 30. United Nations labor agency, acr.
 31. Armed robber, on an Indian subcontinent
 34. Heart of the matter
 35. Impertinent
 37. Be in arrears
 38. Belgian port city
 39. European erupter
 40. Popular women's magazine
 42. Back then
 43. Make a new sketch
 45. Canine's coat
 47. Digital audiotape, acr.
 48. Corner joint
 50. ___ crazy
 52. *Ground beef steak inventor
 56. Nordic gl, hwein
 57. Substance abuser
 58. Kind of testimony
 59. Soft twilled fabric of silk or rayon
 60. Casanova, e.g.
 61. Anger on road
 62. Flock's affirmation
 63. Short for ensign
 64. NBA shot

DOWN

1. Flower part
2. Painter Chagall
3. Ear-related
4. DNA sequence
5. Vertical coordinate axis
6. Put out on a curb
7. *Poliomyelitis vaccine inventor
8. *Life-saving maneuver inventor
9. Machu Picchu group
10. Sinister
11. Pecking mother
13. Thin layer
14. Romantic Norwegian composer
19. Disturbing public peace
22. Acquire
23. Early one
24. Carry away, in a way
25. *Edison invented things for its reproduction
26. Stead
27. Flesh of fish
28. Foot-forward squat
29. Glorify
32. *First commercial revolver inventor
33. Harry Potter's mail carrier
36. *Knitted sweater with open front inventor
38. #4 Down matter, pl.
40. Back of the boat
41. Withdraw from working life
44. Frustration, in print
46. Pergolas
48. *Wide-mouth jar inventor
49. Intestinal obstruction
50. Undesirable location
51. Ruptured
52. Certainly
53. Russia's mountain range
54. Indian music
55. Big Bang's original matter
56. Geological Society of America

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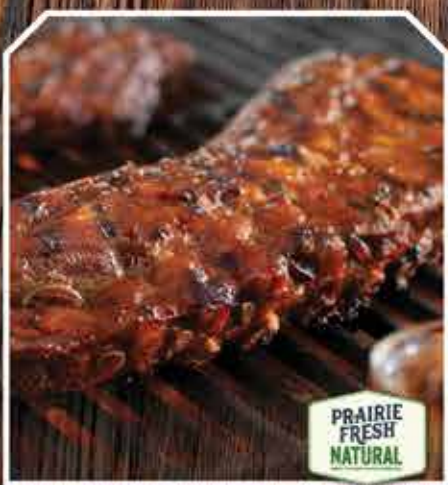
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