

CELEBRATING 116 YEARS • 1907-2023

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Cashmere FFA qualifies 15 students for State in speaking events





SUBMITTED BY RUSTY FINCH Cashmere FFA Advisor

So far, Cashmere FFA has qualified 15 different students for state competition in various speaking events. The State Leadership Convention and competitions will be held in Tri-Cities this year, May 10-13. The speaking season started on March 7 with five freshmen grabbing all five berths to Districts in Creed Speaking. Lucy Ray was 1st, Eliana Thomas-2nd, Gracie Nieman-3rd, and

Alyssa Soria- 4th and Annabelle Flick placing 5th. The District competition was held in Chelan two weeks later. The following students qualified for State competition at Districts.

 $Cash mere's\, Meats\, team\, is\, on\, track$ with a dominating performance in Moses Lake on March 25. All seven members finished in the top 10 individually. Eli Lyons was 1st, Jair Naranjo-2nd, Alia Kenoyer-4th, Aztlan Oropeza-5th, Kira Potter-7th, Sophie Hill-8th and Donald Flick-

Public Speaking:	Sophie Hill - 1st
Extemporaneous Speaking:	Eli Lyons - 1st
Extemporaneous Speaking:	Sophie Hill - 3rd
Creed Speaking:	Eliana Thomas - 1st
Creed Speaking:	Alyssa Soria - 3rd
Novice Parliamentary Procedure	2nd : Annabelle Flick, Kat Twyman, Aubrey Potter, Lexi Lutton, Amia Mutch and Addy Burger
Novice Parliamentary Procedure	3rd : Hadley Westlund, Eliana Thomas, Gracie Nieman, Lucy Ray, Faith Smith and Jacob Holladay.

VOICES

By BRAD



Cashmere FFA Meats Team

Cashmere City Council Meeting

By Kirk Beckendorf

Correspondent

At their March 27 meeting the Cashmere City Council unanimously approved a financial settlement between the City and Tucker Furniss, Sarah Germaine, Phil Furniss, and Beverly Furniss (Property Owners). Mayor Jim Fletcher explained that the city miscommunicated the city's code requirements, as a result the Property Owners paid for improvements to their private wells, but then were required to connect to the city's water system. Fletcher told the Council that "we are trying to make things right" and are reimbursing them for some of their cost. City documents state, "As a result of this miscommunication, the Property Owners made substantial improvements to a private well to serve the Properties. The Property Owners claimed that the cost of improving their private water system and well was \$8,974.67." The settlement that was approved by the Council accepted that the amount was fair and reasonable. The City will convey \$6127 from the Property Owners to Christ Center Church, plus an additional \$534, for Latecomer Fees, connecting to the water line, that was installed at church expense.

Approval was unanimously given by the Council for the city to submit a loan application, to fund an inventory of all water line connections installed prior to 1986, to determine if they contain lead soldered joints, galvanized steel pipes, or copper pipes. The inventory is required by a 2021 federal law addressing safe drinking water. Director of Operations, Steve Croci, said that most likely the city will receive a grant rather than a loan, but permission is needed from the Council to initiate the application process. He explained that by October 16, 2024, the city will be "required to have an inventory of all of our water service lines, from the main water line to the house..." so we will look through old construction documents and building permits. We don't have data on older water service lines, so the inventory will assist in prioritizing future water line projects. Fletcher added that the upfront cost will be data research, looking at records. He stated that the city has very clean water that meets water quality standards.

Link Transit CEO Richard DeRock provided the Council with a description of the status of current operations and plans for the future. According to DeRock, a shortage of bus drivers has kept Link Transit from implementing planned additions to the system. It currently has 155 employees, and 78 operators, but requires about 105 drivers to provide full service. He said, "This has been a huge issue, we have not been able to actually carry out the expansion that was envisioned in the sales tax that passed in 2019...we have got about 50%... of the service expansion that we wanted done, because we have not been able to hire enough operators".

DeRock said that Link is now providing Sunday and late-evening service to Cashmere, but not as much as we were supposed to, and that we have not been able to increase the frequency during the day. The tax ballot also called for a Cashmere Park and Ride, which has yet to be started. He said that it would be best to locate it alongside the highway on the east end of town, but property will need to be purchased before it can be built. That location would facilitate an express service route from Leavenworth to Wenatchee, without the bus having to go into Cashmere. He added that this would be in addition to the current route that makes stops in town.

Ridership has changed due to the pandemic and the number of boardings is 92% of pre-Covid numbers. Weekend and evening ridership has substantially increased and has partly replaced weekday ridership. DeRock said that the

Continued to page A4

Confluence Parkway scheduled for funding in transportation budgets

Last year's legislative session concluded with the approval of a 16-year, \$16.9 billion transportation investment plan, known as "Move Ahead Washington." The long-term plan primarily funded preservation and maintenance of our existing transportation system as well as new, large-scale construction projects. Despite being a 16-year plan with numerous projects funded,

the legislation did not include its typical "aged and phased" project list, which itemizes each project's funding over the duration of the plan.

The primary goal of the House and Senate transportation committees during this year's legislative session is to schedule each of the projects approved in the 16-year "Move Ahead Washington" plan. Once scheduled in the 2023-25 transportation budget, the projects approved during the 2022 legislative session will be slated to receive their funding appropriations over the next several biennial transportation budgets. The 2022 approved plan combines federal infrastructure funds, climate

revenues approved during a previous session, transfers from the operating budget, and license plate and driver license fees to fund the new 16-year investments.

Wenatchee's **COMMUNITY Confluence Parkway Project**

I am pleased to share that HAWKINS the \$85 million identified in 2022 for Wenatchee's Confluence Parkway is now proposed for funding in accordance with the city and stakeholders' preferred allocation timeline. Securing and scheduling the Confluence Parkway funding is one of my top legislative priorities this session. The House proposal released March 27 and the Senate proposal released March 29 are aligned with the governor's proposed transportation budget for Confluence Parkway. This is terrific news for the project because it not only proposes to fully fund Confluence Parkway, but its funding would also begin this year.

The proposals would



allocate The proposed Confluence Parkway would provide a much-needed second bridge across the Wenatchee River, a widened pedestrian bridge, and a roadway with a CONTINUED TO PAGE B1 direct connection to the U.S. 97A/US 2 Interchange and Odabashian Bridge.

THIS WEEK

..A2 Church Guide...... ..A4 Classifieds Index Community CalendarA3 Outdoors Report......A4 ClassifiedsA3 Sheriff Reports..... ...B1 Real Estate Guide. Business Directory.....A3 Vale Students of the Month......B1 Advertising Flyers..... Bulletin Board





Phone: 509-782-3781 www.cashmerevalleyrecord.com

Cashmere Tennis Team

CASHMERE TENNIS SCHEDULE Apr. 11: Cashmere vs. Quincy Home at 4 p.m. Apr. 13: Cashmere vs. Omak, Away at 4 p.m. Cashmere vs. Wahluke, Home at 11 a.m. Apr. 15: Apr. 18: Cashmere vs. Cascade, Home at 4 p.m. Cashmere vs. Selah, Away at 4 p.m. Apr. 24: Cashmere vs. Chelan, Away at 4 p.m. Apr. 25: Apr. 26: Cashmere vs. Quincy, Away at 4 p.m. Apr. 28-29: 76th Inland Empire Tournament, Home at 9 a.m. Cashmere vs. Cascade, Away at 4 p.m. May 2: May 4: Cashmere vs. Quincy, Away at 4 p.m.

GIRI	S TENNIS ROSTER	ВОҮ	'S TENNIS ROSTER		
1.	Freya Dronen	1.	Spencer Boyd		
2.	Ashlyn Goode	_			
3.	Isabella Hansch	2.	Josh Dotson		
4.	Faith Kert	3.	JJ Groner		
5.	Sarah Noyes		Mih Coods		
6.	Lucy Ray	4.	Micah Guerin		
7.	Ashlyn Reichert	5.	Reed Lewis		
8.	Peighton Saddler	6.	7eke l ewis		
9.	Elle Seidensticker	0.	ZEKE LEWIS		
10.	Eliana Thomas	7.	Seth Martin		
11.	Hadley Westlund	8.	Jackson Meloy		
12.	Reese Westlund		,		
13.	Sydney Young	9.	Kyle Weedman		



Bulldogs Track Results Submitted by Jeff Kenoyer

Cashmere High School hosted its first home meet

Coach

of the season last week. Teams from Chelan, Manson, Okanogan, Quincy, Cascade Christian and Entiat also attended. There were a lot of kids but the officials made the meet run as quickly and

smoothly as possible. Thanks to all the volunteers!

Boys Team Scores: Cashmere 266, Quincy 81, Entiat 65, Okanogan 48, Chelan 37, Manson 35, Cascade Christian Academy 5.

Girls Team Scores: Cashmere 227, Okanogan 143.5, Quincy 66, Entiat 58, Chelan 35, Manson 27, CCA 3.5.

SUBMITTED PHOTO

Our last meet was Saturday 4/1 on the State Meet track in Yakima.

	BOYS SOCCER
Mar. 30:	Cashmere 1, Chelan 2, Loss
	BASEBALL
Mar. 28:	Cashmere 13, Benton City 0; Win
Mar. 28:	Cashmere 2, Kiona Benton High School 6; Loss
Apr. 1:	Cashmere, 2 Chelan, 5 Loss
	SOFTBALL
Mar. 28:	Cashmere 15, Benton City 8; Win
Mar. 28:	Cashmere 13, Kiona Benton 0, Win
Mar. 28:	Cashmere 2, Kiona Benton 6; Loss
Apr. 1:	Cashmere 28, Chelan 4, Win
Apr. 1:	Cashmere 22, Chelan 6, Win
	GIRLS TENNIS
Mar. 28:	Cashmere 5, Okanogan 0; Win
Mar. 30:	Cashmere 2, Chelan 3; Loss
	BOYS TENNIS
Boys:	Mar. 28: Cashmere 2, Okanogan 3, Loss
Mar. 30:	Cashmere 0, Chelan 5; Loss

Sports Schedule

	BOYS SOCCER
Apr. 5:	Cashmere vs. Othello, Home at 1 p.m.
Apr. 11:	Cashmere vs. Quincy, Home at 6 p.m.
	BASEBALL
Apr. 8:	Cashmere vs. La Salle, Away at 2 p.m.
Apr. 11:	Cashmere vs. Quincy, Away at 4:30 p.m.
	SOFTBALL
Apr. 6:	Cashmere vs. Mt. Baker, Home at 4 p.m.
Apr. 11:	Cashmere vs. Quincy, Away at 4:30 p.m.
	TENNIS
Apr. 11:	Cashmere vs. Quincy, Home at 4 p.m.
	TRACK
Apr. 11:	Brewster/ Multi-School Meet, Away at 12 p.m.

Bulldogs Sports Sponsor of the Year



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	INDIV	IDUAL	RES	ULTS	- BOYS				
	100 Meters				Shot Put - 12ll	b			
1.	Genaro Reyna	11.63		1.	Donald Flick	40	-05.00		
2.	Anthony Zavala	11.73		2.	Brody Larson	40	-02.50		
3.	Logan Collins	11.76		4.	Joseph Acton	36	-11.50		
15.	Lucas Agnew	12.64		5.	Luke Jacobson	35	-06.00		
16.	Brayden Kriegel	12.68		11.	Henry Brown	31	-09.00		
18.	Donald Flick	12.71		18.	30	30-03.50			
21.	Marcelino Torres	12.90			Discus - 1.6kg				
24.	Kelton Collins	12.96		2.	Joseph Acton		104-02		
25.	Seth Chudnofsky	12.99		5.	Brody Larson		95-07		
33.	Alejandro Lamely	13.86		6.	Genaro Reyna		93.02		
	200 Meters			11.	Luke Jacobson		86-05		
1.	Logan Colins	23.68		14.	Dru Heyen		84-09		
2.	Anthony Zavala	24.16		15.	Donald Flick		82-06		
4.	Colby Diaz				Javeline - 800	g			
7.	Luke Jacobson	25.26		2.	Luke Jacobsen		119-02		
8.	John Carney	25.47		5.	Marcelino Torres		114- 09.50		
11.	Ahren Campbell	25.60		6.	Donald Flick		113-03		
15.	Lucas Agnew	26.54		7.	Joseph Acton		104- 09.50		
16.	Seth Chudnofsky	26.68		9.	Brody Larson		9601		
17.	Gideon Six	27.00		9.	Tobie Larson		96-10		
19.	Trip Martin	27.30			High Jump				
	800 Meters			2. Isaac Zavala 5-0					
1.	Keenan Knoll	2:18:01		3.	Kaden Miller		5-06.00		
	1600 Meters			5.	Kade Maison		5-04.00		
1.	Keenan Knoll	5:00.13			Pole Vault				
3.	Garrik Strong	5:01.47		1.	John Carney	1	0-06.00		
	3200 Meters			2.	Michael Acton	10-06.00			
1.	Garrik Strong	10:56.40		3.	Garrett Edwards	ç	9-00.00		
_	110m Hurdles - 39"	15.06		4.	Nahum Corbaley	ç	9-00.00		
1.	Kaden Miller	15.96		5.	Tobie Larson	3	3-06.00		
5.	Trip Martin 300m Hurdles - 36"			6.	Jakob Buhler	7	7-06.00		
1		44.21			Long Jump				
1.	Kaden Miller	44.21		2.	Kaden Miller	1	9-01.00		
	4x100 Relay Anthony Zavala, Genaro			3.	Ahren Campbell	1	8-09.00		
1.	Reyna, Isaac Zavala, Logan	44.96		4.	Colby Diaz	1	8-08.00		
	Collins Lucas Agnew, Isaiah			5.	Logan Collins	1	8-03.00		
5.	Black, Dru Heyen, Ahren	53.69		7.	Michael Acton	1	7-10.00		
	Campbell Tony Bumgarner, Nahum			8.	Marcelino Torres	1	17-1.50		
6.	Corbaley, Alejandro Lomeli,	54.37			Triple Jump				
	Henry Brown 4x400 Relay			1.	Colby Diaz	Colby Diaz 38-03			
	Anthony Zavala, Genaro			4.	Marcelino Torres	3	7-03.00		
1.	Reyna, Colby Diaz, Isaac	3:54.96		5.	Ahren Campbell		6.06.00		
	Zavala			-	V-d-M-t	2	4 00 50		

	uu	onij o.			- 41111				
		INDIV	IDUAL I	RES	ULTS	- GIRLS			
		100 Meters				Shot Put - 12lb			
3	3.	Erin Ireland	14.30		1.	Raquel Pedraza		33-05.50	
4		Saige O'Keefe	14.31		8.	Janeyra Mendoza		3-09.00	
	i.	Avril Guerrero	14.64		16.	Gabriela Ramirez		-00.00	
-		Emory Smith	14.92		19.	Daniela Reyna		-00.00	
-	3.	Sara Andrade	15.22		22.	Myrna Romero		-00.00	
-	7.	Grace Regan	15.82			Discus - 1kg			
	9.	Makenna Foreman	15.85		4.	Raques Pedraza		84-10	
2	3.	Elli West	16.49		13.	Elsey McDevitt		60-10	
	6.	Karla Tune	16.93		14.	Gabriela Ramirez		59-08	
_		200 Meters			16.	Daniela Reyna		57-04	
2	2.	Erin Ireland	29.75		19.	Janeyra Mendoza		50-11	
3		Elsey McDevitt	30.29		24. Myrna Romero			34-11	
-	0.	Sara Andrade	32.97			Javeline 600g		31 11	
•		400 Meters	y,		1.	Madeline Hammond		92-00	
8	3.	Anna Flick	1:23.33						
		800 Meters	1123133		2.	Raquel Pedraza	١.	84-04	
1		Ava Courtney	2:41.12		7.	Gabriela Ramirez		7-05.50	
3).	Brianna Talley	2:41.94		11.	Janeyra Mendoza	4	19-07.50	
4	l.	Madeline Hammond	2:43.51		15.	Daniela Reyna		38-09	
9).	Saige O'Keefe	3:33.75		17.	Myrna Romero		33-05	
1	0.	Misty Carney	6:29.26			High Jump			
		1600 Meters			2.	Alayna Groce		4-08.00	
1		Sophia Batanoiu	6:23.96		4.	Kora Traynor		4-04.00	
5	i.	Ella Kenoyer	6:42.87		8.	Allyson Kitchel	4-02.		
		3200 Meters				Pole Vault			
	2.	Saige O'Keefe	15:38.71		1.	Ava Courtney	ç	9-00.00	
3	3.	Kimberly Strong	18:09.89		2.	Yaselyn Mejia	7	7-06.00	
		100m Hurdles - 33"			3.	Quinn Pace	7	7-00.00	
1		Alayna Groce	17.42		3.	Kora Traynor	7	7-00.00	
6	j.	Elsey McDevitt	10.14		3.	Emory Smith		7-00.00	
7	' .	Branna Castro	20.18		6.	Avril Guerrero		6-06.00	
		300m Hurdles - 30"			7.	Grace Regan	6-600.00		
	2.	Kora Traynor	57.14		,.	Long Jump	U	000.00	
	3.	Alayna Groce	58.86		3.		1	/ 01 7E	
	l.	Brianna Castro	1:00.67			Allyson Kitchel		4-01.75	
5	j.	Makenna Foreman	1:04.12		4.	Brianna Talley		3-11.50	
		4x100 Relay Avril Guerrero, Sara			5.	Kora Traynor		3-08.75	
3	3.	Andrade, Anna Flick, Erin	58.07		6.	Alayna Groce		3-04.25	
		Ireland			8.	Yaselyn Mejia		2-02.00	
	Car	4x200 Relay			9.	Emory Smith	1	2-01.00	
•		a Andrade, Maia Purbaugh, rin Ireland, Yaselyn Mejia	2:03.66			Triple Jump			
	_	4x400 Relay			2.	Brianna Talley	3	0-05.25	
		deline Hammond, Brianna	1.11 24		6.	Allyson Kitchel	2	7-01.50	
•		Talley, Ella Kenoyer, Ava Courtney	4:44.24		7.	Emory Smith	26-09.		
		rson Kitchel, Elséy McDevitt, Avril Guerrero, Makenna	4:53.09		8.	Yaselyn Mejia		6-04.00	
•	ľ	Foreman	1.55.07		9.	Serena Sandhu	2	2-05.75	







Cashmere splits doubleheader with Kiona Benton

The Cashmere Bulldogs (5-4) hosted Kiona Benton City High School for a doubleheader on Tuesday, March 28. On this windy afternoon, Cashmere was set to add to a strong start to the season. The first

game began scoreless until the fourth inning. Kiona Benton managed to get the bases loaded and proceeded to hit a blooper that fell into right field, scoring 2 runs. Cashmere quickly responded in the next

inning, tying the game by a couple of hits, and stealing home plate. After being tied for five innings, Kiona Benton pulled away and finished the game with a final score of 6-2. This loss was difficult for

Michael Acton, Keenan

Knoll, John Carney, Nahum 4:02.31

the bulldogs as they stayed in range the entire game but slipped up towards the end. After this first game, the Bulldogs felt determined to bounce back. They exploded for 13 runs in the next game of

Kade Maison

Michael Acton

Kelton Collins

34-08.50

34-06.50

33-05.00

the doubleheader and completely shut out Kiona Benton. With a final score of 13-0, Cashmere, once again, showed their resilience and tendency to come together for wellplayed baseball.

The Bulldogs have had some strong showings in the season thus far and look to continue their resilient efforts with another doubleheader on Saturday, April 8 against La Salle.

By Justin

Pardini,

REPORTER

COMMUNITY BULLETIN BOARD

Local, Regional Community News & **Events**

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

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

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

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

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

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

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

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.

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

NCW Libraries family passes

NCW Libraries are now offering family passes to the Greater Leavenworth Museum for checkout.

The passes will be part of the library district's Library of Things, which already includes family passes to the Wenatchee Valley passes Museum & Cultural Center, Cashmere Museum & Pioneer Village, and historic Ohme Gardens in Wenatchee. The Leavenworth Museum passes can now be reserved and checked out from the Cashmere, Leavenworth, Peshastin, and Wenatchee libraries. They are available for a two-week checkout period and grant entry to two adults and all children who accompany them. Reserve a pass online at www.ncwlibraries.org or inquire in person at one of the participating libraries.

The Greater Leavenworth Museum showcases the unique history of Leavenworth and the Upper Valley from the Wenatchi First Peoples to present. The museum is located in the heart of downtown at 735 Front St., right above the Leavenworth Nutcracker Museum. Starting in April, the museum is open daily from 11 a.m. to 4 p.m.

Regional

Book Launch for Local Author, Jacqueline Haskins

Help A Book for All Seasons celebrate the book launch for local author, Jacqueline Haskins. Join us at the Leavenworth Public Library on Thursday, April 13 from 6:30-8 p.m. for an author meet and greet, book presentation, and book signing. A few years ago, Jacqueline was misdiagnosed with type 2 diabetes-but, encouraged by a friend to keep asking questions, she finally received a true diagnosis. A simple blood test showed antibodies in her blood... the footprints of an autoimmune disease. The true name of the disease is LADA. Even after the correct diagnosis. Jacqueline wasn't finding good answers to her

researching, talking with doctors, reading hundreds of scientific journal articles, and learning from patients across the US. She compiled all her findings into her new book, Kickass Healthy LADA: How to Thrive with Latent Autoimmune Diabetes in Adults. The first book for the general public on LADA (Latent Autoimmune Diabetes in Adults) aka Diabetes 1.5, Kickass Healthy LADA offers the most up to date information, with practical strategies and tips for healthy living. Jacqueline Haskins calls Leavenworth her home. She received her Masters in Biostatistics from the University of Washington and her Masters in Creative Writing from Northwest Institute of Literary Arts. Her work appears in dozens of publications, and she has been nominated for a Pushcart Prize. After 30 years as a field biologist, she now - to her wonder and delight - gets paid to hang out in a local bookstore, A Book for All Seasons. Learn more about the event and the book at: https:// www.abookforallseasons.

Easter services

Road 509-295-8006 April 8, Saturday, 3-5 p.m., Family Easter Journey to the Cross. April 9, Easter Sunday service, 10 a.m. (this is a corrected time.)

Leavenworth Church of the Nazarene 111 Ski Hill Dr., 509-548-5292 April 7, Good Friday Service, 7 p.m. and April 9

Wenatchee Area

Genealogy Enthusiasts, the Wenatchee Area Genealogical Society (WAGS), presents an inperson meeting: What I Learned at Roots Tech! by WAGS Members and Guests. RootsTech, the huge and amazing annual genealogy conference in Salt Lake City, was held March 2-4 this year if you were at the library or watched from your home computer (or maybe even attended in SLC) join us for a good discussion, Monday, April 10, 2-4 p.m. In-person meeting at Douglas

Christ Center 5800 Kimber

Easter Sunday service, 9 a.m.

Genealogical Society



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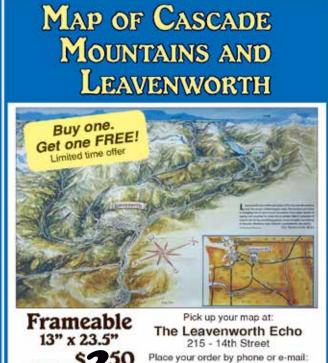
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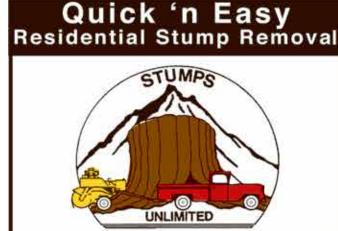
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The Washington Outdoors Report

Outdoors Roundup

By John Kruse

YOUTH TURKEY SEASON OPENS

The youth turkey season runs from April 1 through 7 this year and this is a great time to introduce a kid under the age of 16 to all the fun turkey hunting has to offer in a non-crowded environment. The best region of the state to hunt for turkey is in the northeast, specifically Ferry, Stevens, Pend Oreille and Spokane Counties which has a healthy population and mix of both Merriam's and Rio Grande turkey. In fact, over 5,000 turkeys were harvested in this region in 2021 and hunters had a 59 percent success rate during their outings.

Huntable populations of Merriam's turkey can also be found in the Southeastern Washington counties around the Blue Mountains as well as Klickitat and Chelan Counties in Central Washington. Another place to go turkey hunting is on U.S. Forest Service land near Conconully or in the Sinlahekin Wildlife Area in Okanogan County. According to Sara Youngblood, who works for the Conconully Chamber of Commerce, "Turkey are everywhere" in this area.

If you don't have a kid to take hunting this is a great weekend for adults to scout out where those turkeys are before the

general season opens April 15 and with any luck, secure permission to hunt private land from landowners. Patterning or sighting in your shotgun to get used to firing it again and practicing a bit with that turkey call are also good preseason

EARLY APRIL LAKE OPENERS

For years there was an April 1 opener for trout anglers at the Seep Lakes around the Columbia National Wildlife Refuge as well as at Dry Falls Lake near Coulee City which is a quality, selective regulation lake for big trout favored by fly fishing enthusiasts, fishing from float tubes or pontoon boats.

That has changed and Dry Falls Lake was moved to a March 1 opener while most of the other lakes now open the fourth Saturday of April, which is the lowland lakes opener around the state.

There is one lake that has maintained its early opening date in April. That would be Spectacle Lake in Okanogan County which is open from April 1 thru September 30.

This scenic lake boasts two resorts and a WDFW public access launch. Sara Youngblood told me she loves to take her family there in April to catch trout, bass and bluegill.

Another fish you will find in Spectacle Lake are kokanee salmon. WDFW started stocking them in 2014 and they have done well. Last year anglers posting on the Northwest Fishing Reports website reported catching kokanee averaging 14inches in size.

Spectacle Lake used to be stocked with rainbow trout but in recent years WDFW has stocked the lake with a mix of brown trout in the fall and tiger trout in late March so fishing should be very good this month.

If you plan to stay, there is a small public campground at the north end of the lake. The resorts to stay at are the Spectacle Lake Resort on the east end of the lake or the Spectacle Falls Resort on the

EASTERN WASHINGTON

VOLUNTEERS HONORED Two longtime Yakima County hunters, mentors and conservationists have been recognized by major non-profit organizations recently. One of them is Rich Mann, who served a career as an enforcement officer for the Washington Department of Fish and Wildlife, retiring as a Captain. Rich is an avid turkey hunter who loves to introduce others, especially kids, to the sport and spent 30 years working with the National Wild Turkey Federation working on mentored hunts and more. In February at the NWTF's annual convention in Tennessee, Mann was honored as the 2022 Mentor of the Year by the organization.

Meanwhile, Rachel Voss, a longtime volunteer for the Mule Deer Foundation and the Washington Department of Fish and Wildlife, has had a onewoman mission of introducing other women to the sport of hunting. She started with oneon-one mentored hunts and soon, she was taking groups of women on guided goose hunts in the Columbia Basin. This year, she went with a group of women to Texas for a guided

Voss's work caught the eye of the First Hunt Foundation, national organization dedicated toward introducing new hunters to the sport with the help of mentors. Last week, Voss was hired as the new National Share the HERitage Director, heading up the nonprofits programs to get more women afield as hunters. Voss plans to do this by recruiting experienced women huntresses into the organization to mentor new potential hunters on everything they need to know (from scouting to harvesting to cleaning to cooking) so they can enjoy a lifetime of hunting. You can find out more about these organizations at www. firshuntfoundation.org and www.nwtf.org.

northwestern outdoors.comand www.

John Kruse – www.

america out doors radio.com



Richard Mann (left) on a successful mentored youth hunt



Rachel Voss on a recent goose hunt

City Council Meeting

CONTINUED FROM PAGE A1

drop in weekday ridership is primarily from fewer college students using the system. He said that Link Transit vehicles run about 2.6 million miles/ year and the ones that run through Cashmere run about 75,000 miles/year. According to DeRock, Link Transit is on a path so that by 2026 100% of its bus fleet will be electric. He said that the primary driver for this trajectory is that electric buses are substantially cheaper to operate.

The Council unanimously approved an interlocal agreement with Sourcewell, a service cooperative, to find and purchase a new fire truck. Mayor Jim Fletcher said that one of the city's fire trucks is 30 years old and that Fire Chief Blake Larsen has

researched potential firetruck manufacturers. Sourcewell's Cooperative Purchasing Program will allow the city to search nationwide, use bid prices from other cities, and eliminate the need for Cashmere to create its own independent search.

During the public comment portion of the meeting two community members were not allowed to address the Council due to the nature of the comments in a letter that had been submitted. Mayor Jim Fletcher said that "the letter is inappropriate, it is dealing with

things that are not subject to the city council, the council does not have authority to discipline or remove other council members from the board..." He invited the individuals to schedule a meeting with him to discuss the other issues contained in the letter.

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



Sunday Worship Service at 10 am 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.midvalley baptist.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



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619

> 10 a.m.Sunday Service, Pastor Jo Dene Romeijn-Stout Leavenworthumc.org leavenworthumc@outlook.com

HURCH OF JESUS CHRIST OF LATTER-DAY SAINTS C 10170 Titus Rd. (across from middle school) Church: 509-548-7667 Meetings: Sunday - 10 a.m.

> FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 509-548-7010

Worship 9:30 a.m. w/coffee following Eva Jenson, Pastor https://www.flcleavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

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

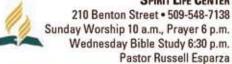
LEAVENWORTH CHURCH OF THE NAZARENE

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

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

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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 www.newlifeleavenworth.com PLAIN



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CASHMERE VALLEY

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On the Internet

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NCW Media,

Letters policy

Corrections

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News tips

Have an idea for a story?

Call the Record at 509-782-3781 **Classified Advertising**

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Brad Hawkins

CONTINUED FROM PAGE A1

Confluence Parkway's million over the next three transportation budget cycles: \$28 million (2023-25), \$47 million (2025-27), and \$10 million (2027-29), aligning with both the Governor and Department of Transportation's suggestions. This proposed funding would allow the City of Wenatchee to fully benefit from the federal grant dollars identified for Confluence Parkway and allow the project to be bid and contracted as one project, streamlining construction, and maximizing efficiency.

Cooperation at all levels of government

Achieving full funding of this project has required cooperation at all levels of government. Congratulations to the City of Wenatchee, Link Transit, and Chelan-Douglas Transportation Council for their advocacy in recent years along with their efforts to secure significant INFRA grant funding at the federal level. Thanks also to my House seatmates and local officials for their efforts. I'm proud of our community for working together at multiple levels of government and across political lines to take a step forward toward something so significant. The Wenatchee Valley has a long and proud history of thinking big, working



In 2021, the \$134 million Confluence Parkway project received a \$49 million federal "Infrastructure for Rebuilding America" (Infra) grant but was \$85 million short of funding. The final "Move Ahead Washington" bill included \$85 million for "Infra Grant Match."

together, and getting things

Wenatchee surrounded by mountains and rivers

Thank you, Mayor Frank Kuntz

Wenatchee Mayor Frank Kuntz and city officials past and present have been working for several years to secure funding and complete the Confluence Parkway project. I have worked closely with the city along with several other

community organizations and local, state, and federal elected officials. This has been a multiyear process, and I'd like to personally thank the city of Wenatchee for their years of leadership and hard work toward this important project.

Honored to serve you

My position as State Senator exists to serve you. If you have any questions about transportation issues, state budgets, or other topics, please contact me at

senatorbradhawkins.org. Please call our Legislative Hotline at 1-800-562-6000 if you need immediate assistance at any time. Be sure to like and follow me on Facebook @ SenatorBradHawkins for my latest updates. Thank you for the opportunity to serve as your state senator.

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.



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.

March 24

08:57 Harassment/ Threat, 0

block River St. 12:00 Civil Dispute, 5605 Wescott Dr.

15:28 Malicious Mischief, Cottage Ave. and Aplets Way 18:56 Diversion, 8115 Depot

Rd., Dryden 22:34 Parking/ Abandoned Vehicle, 4600 block Old Monitor Rd., Monitor

March 25

08:59 Agency Assist, Foster Rd. and US Hwy. 2, Dryden 10:27 Welfare Check, 6820 Olalla Canyon Rd. 18:50 Noise Complaint, 8111 Depot Rd., Dryden

March 26

01:18 DUI Arrest, US Hwy. 2 and Dryden area, Dryden

15:36 Trespassing, 300 Aplets Way, Hometown Market 15:37 Harassment/ Threat, 215 Chapel St.

16:21 Domestic Disturbance, 206 River St. 17:00 Agency Assist, 2481 Easy

St., Monitor 20:19 Domestic Disturbance,

241 Independence Way 20:31 Welfare Check, 5862 Sunset Hwy.

22:00 911-call, 102 Titchenal Way, BJ's Shell 23:29 Hazard, BNSF crossing, Dryden

March 27

10:04 Public Assist 2712 Sleepy Hollow Rd., Monitor 13:24 Theft, 3860 Lower Monitor Rd., Monitor

16:01 911-call, 817 Pioneer Ave. 16:15 Fraud/ Forgery, 5576 Wescott Dr.

18:54 911-call, 8115 Depot Rd.,

19:55 Traffic Offense, 702 Pioneer Ave.

21:21 Theft, 1905 Mission Creek

22:45 Alarm, 5655 Sunset Hwy., Los Tres Amigos

March 28

02:45 DUI Arrest, 5816 Hay Canyon Rd. 09:34 911-call, 8400 block Depot Rd., Dryden 19:57 Suspicious Circumstance, 115 E. Pleasant Ave.

March 29

10:10 Trespassing, 117 Aplets Way, Cashmere Valley Bank 10:31 Trespassing, 300 Aplets Way, Hometown Market 12:08 Civil Dispute, 329 Tigner

Rd., Cashmere High School 15:20 Traffic Offense, Wescott Dr., and Kimber Rd.

15:27 CPS/ APS Referral, 5862 Sunset Hwy.

18:58 Diversion, 8115 Depot Rd., Dryden

19:57 Burglary, 304 N. Douglas

22:01 Runaway, 241 Independence Way

March 30

03:35 Vehicle Prowl, 300 Sunset Hwy., Crunch Pak

08:34 Trespassing, 8400 Depot Rd. area, Dryden

09:40 Theft, 6125 Hay Canyon Rd.

12:19 Domestic Disturbance,

105 Parkhill St. 13:55 Trespassing,117 Aplets

Way, Cashmere Valley Bank

15:21 Fraud/ Forgery, 102 Titchenal Way, BJ's Shell 16:08 Harassment/ Threat, 160

Lure Ln., Monitor 19:02 Suspicious Circumstance, 115 E. Pleasant Ave.

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1st Hudson Friedlander, Lyla Davis, Jason Wilson, Caysen Baty, Elise Ulrich, Yareli Rojas, Jacob Vanderhoff, Brody Lowers, Taytum Bertilson, Marlie Gonzalez, Eliana Dunagan, Henry Chandra Alex Korsgaard, Piper Andruss

2nd Michael Andler, Kenzlie Barrios, Wes Ramirez, Jack Turner, Eden Kovacevich, Alex Taylor, Vladimir Jimenez, Addy Jones, Mimi Price, Finn Chalmers, Abby Veverka

3rd Morgan Theiss, Itzel Oropeza, Chesney Tait, Mateo Guerrero, Tucker Leavitt, Gordy Martin, Alex Betancourt, Rylee Stimac, Trace Rumann, Natalia Lopez, Elden Simmons, Juan Urrutia Samuel Dahltstrom, Draven Taliloa, Bodhi Cielo

4th Domonic Cervantes, Symon Heflin-Davis, Katie Dunagan, Charlie Consiglio, Cason Ficker, Alexa Pina, Tanner Allyn, Mason Rios, Nolan Cibicki, Thea Missal, Libby Pipkin, Alex Ramirez, Keegan Rushing

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----Administrative

Puzzle Solution

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Lake Chelan Mirror 509-682-2213

Quad City Herald 509-689-2507

or email mirrorads@lakechelan mirror.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@leavenworth echo.com

General Interest

ALL OCCASION Greeting Cards Close-out! 4 cards for only \$1.00 while they last! Includes special

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

Leavenworth Cards

"Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

This is a FUNDRAISER The Royal Ladies of the Autumn Leaves

Stop in The Leavenworth Echo office 215-14th St.

Open 10-5 weekdays. 509-548-5286

Reverse Mortgage

REVERSE **MORTGAGE** A Better Way to Live



Let's Talk

Carlos Mata NMLS #70770 Reverse Mortagae 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.nmlsconsumeraccess.org Subject to credit approval. #967202734 □ Equal Housing Lender

Wanted



In search of purebred, medium size, male poodle to introduce to my purebred Mini Aussie female. We want some AussieDoodles. Leavenworth, WA. 509-860-0717 for details.

Commercial

Business Equipment

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

Need to move by end of April.

MAKE OFFER! See at The Leavenworth Echo, 215-14th St. Call 509-548-5286

Employment

Help Wanted



Douglas PUD has an opening for: **Hatchery Specialists** Details at www.douglaspud.org<htt p://www.douglaspud.org

Village Art in the Park Consulting seeks Park Manager.

Full time, seasonal. May - October. Downtown Administrative Leavenworth.

Oversee operations of the weekly art show.

job description, questions, or to apply: director@villageartinthepar k.org or 509.548.5809.



Windermere Real Estate/NCW Windermere Leavenworth/Lake Wenatchee Specialists

in the Upper Valley?

Give us a call today!

Looking for real estate 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

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@leavenworth echo.com

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



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

company seeking dynamic individual for Associate position.

The ideal applicant works well independently, is detail oriented and possesses outstanding organizational, computer (Excel, Word, Adobe) and professional communication skills. Marketing, transaction coordination and escrow closing skills helpful. Salary DOE. Email: resume to contact@practicetransition s.com.

No phone calls please.

Help Wanted

NCW Media Newspapers



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@leavenworth echo.com or call for an appointment

to interview 509-548-5286. 10-5 p.m. weekdays. **EOE**



"Could this be you? Tierra Village seeks an ntrepreneurial self-motivated Executive Director who brings a strategic perspective and new ideas to the table Our next leader will define articulate and forward-looking agenda to advance our mission and inspire others. Confident welcoming, enthusiastic, they cultivate people and partnerships, engaging the broader community in our growth and success https://www.tierravillage.or g/employment for more information and to apply."

For Sale

Antiques & Collectibles

Get cold hard CA\$H 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@leavenworth echo.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!

Check the weathercams online before traveling over the mountain passes!

www.leavenworthecho.com www.cashmerevalleyrecord.com

Google says we averaged 5,277 visitors

You can protect your identity until

You can have multiple photos even videos

per month last year





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:
 - · 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
- you decide to respond to inquiries, OR Place your ad now: NCWMarket.com

General Merchandise

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



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

Ovalstrapping Inc. "Mini-Max" Newspaper and Magazine strapping machine with one large roll of strapping. 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

Real Estate

Boat Slip For Sale



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

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of MARILYN J. COURTNEY, Deceased. No. 23-4-00088-04 **PROBATE** NOTICE CREDITORS RCW 11.40.030 personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later (1) Thirty days after the personal

representative served or mailed

the notice to the creditor as

months after the date of first

11.40.020(1)(c); or

under

provided

RCW

(2) four

publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: March 22, 2023 Personal Representative: JILL COURTNEY Attorney for the Personal Representative: DAVID J. BENTSEN Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00088-04 JILL COURTNEY Personal Representative Attorneys Personal Representative: SPEIDEL BENTSEN LLP BY DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth

Echo/Cashmere Valley Record on March 22, 29, and April 5, 2023. #5457. **Public Notices**

Superior Court of Washington

For Chelan County In the matter of the estate of Donna B. Olson Clark, Deceased. No. 22-4-00480-04 Notice To Creditors (RCW 11.40.030) The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or her attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the personal representative served or mailed the notice to the creditor RCW provided under 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the probate decedent's nonprobate assets. Date of First Publication: March 22, 2023. Kristine Ringsrud, Personal Representative Attorney for the Representative:

Personal Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815

(509) 782-1111 Court of probate proceeding and cause number: Chelan County Superior Court,

Cause Number: 22-4-00480-04 Published in the Cashmere Valley Record/Leavenworth Echo on March 22, 29, and April 5, 2023 # 5467.

www.leavenworthecho.com www.cashmerevalleyrecord.com

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

the Matter of the Estate of CARL M. LARSON, Deceased. No. 23-4-00113-04 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 any otherwise barred by applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the 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. 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

The claim must be presented 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 nonprobate assets.

DATE OF FIRST PUBLICATION: March 29, 2023

PERSONAL REPRESENTATIVE: Teresa A. Larson 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 Chelan County Superior Court,

No. 23-4-00113-04 OVERCAST LAW OFFICES By: /s/ David Visser,

WSBA No. 41546 Attorney for Personal Representative Published in The Leavenworth Echo/Cashmere Valley Record on

March 29, and April 5, 12, 2023 #5487



Vitamin B3: How did one vitamin get so many names?

Q: Why are nicotinamide, niacinamide, niacin and nicotinic acid names for the same thing, vitamin B3? It's confusing

How did one vitamin get so many names? Vitamin B3 is two closely related compounds, niacin and niacinamide, with each version having two different official titles.

When vitamin B was first discovered, it was thought to be only one compound. Over time, 11 separate compounds were isolated and identified, often called B complex vitamins. One B-complex vitamin, vitamin B3, was initially made synthetically by adding nitric acid to nicotine, resulting in a nicotinic acid molecule.

When vitamins began to be marketed to the general public in the 1940s, the name nicotinic acid confused consumers because it was similar to nicotine. To solve this, the Food and Drug Administration (FDA) allowed nicotinic acid to have a second name: niacin.

The original name for the other form of vitamin B3 is nicotinamide. To minimize confusion, the FDA allowed it to be called niacinamide. Today, niacin and nicotinic acid refer to one form of vitamin B3; its other form called nicotinamide niacinamide. Vitamin formulas containing vitamin B3 may use any of these 4 names to describe its vitamin B3 component.

Niacin and niacinamide are very similar in shape and work identically in your body to protect you from pellagra, a disease caused by a diet with inadequate amounts of vitamin B3. Pellagra became common in Asia and the United States in the early 1900s after new milling



techniques created a whiter wheat flour and white rice.

This new technology removed the outer husk or germ from wheat, corn, and rice, creating a more refined flour. These new flours, cereals and white rice were tastier than wholegrain foods, and consumers overwhelmingly preferred

Diseases from deficiencies of B vitamins like pellagra started showing up. Stripping the outer husks or germ from cereal grains and rice removed small but vital amounts of vitamins B1, B2, and B3, folic acid, and iron.

In the United States, pellagra became very common, causing over 7,000 deaths annually for over 2 decades, until vitamin B3 was added to flour, bread, cereal, and corn. Today it's rare to be deficient in Vitamin B3 because of the mandatory addition of B vitamins and iron to refined grains, flours, and pasta.

Niacin and its close cousin, niacinamide, are identical in how they work inside your body. In fact, if you get more niacin than your body needs, your body converts the excess into niacinamide. Many multivitamin formulas use the niacinamide version of vitamin B3 instead of niacin.

Niacin has a very different effect on cholesterol and blood vessels than its close cousin, niacinamide. Niacin is used therapeutically to lower triglycerides, lower LDL (bad cholesterol), and increase HDL (good cholesterol), unlike niacinamide, which has no effect on cholesterol or triglyceride levels.

1000-2000 of niacin per day is used medically to lower LDL ("bad" cholesterol) cholesterol and increase HDL (the "good" cholesterol), while the amount in your diet needed to prevent pellagra is only 16mg of niacin equivalent (NE) for men and 14mg of NE for women. Your body can transform 60mg of tryptophan, an amino acid in meats, into 1 mg of niacin or

niacin equivalent (NE).

Niacin can cause rapid heart rate, palpitations, and hypothyroidism. In contrast, large doses of niacin can cause liver problems, trigger gout or stomach ulcers, or exacerbate asthma or gall bladder disease. Niacin can also cause insulin resistance and has been shown to increase the risk of becoming diabetic.

The most common and annoving side effects of niacin are dose-related flushing, low blood pressure, and headaches. Flushing is less of a problem with slowrelease niacin. Still, doses over 2 grams daily have been associated with liver problems. "No-flush" niacin is actually niacinamide, which does not affect cholesterol.

Here Are 5 Key Facts **About Niacin:**

1.Limit niacin to 2 grams daily.

The risk of liver problems increases in doses of more than 2 grams, especially with slow-release or long-acting formulas of niacin.

2. Avoid taking niacin with hot beverages or foods.

To minimize flushing when taking niacin, take it with food but avoid hot drinks or

3. Avoid adding niacin to 'statin" cholesterol drugs.

Taking prescription "statin" medication and concentrated niacin increases your risk of muscle pain and weakness.

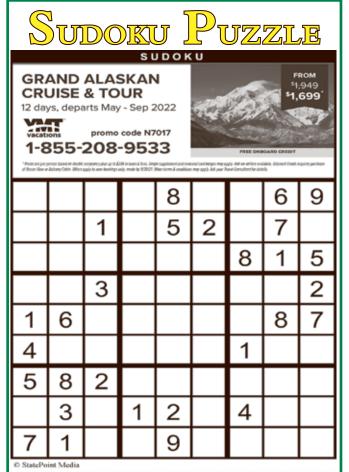
4. Avoid taking niacin with tryptophan or 5-HT.

Tryptophan is converted to niacin in the body and can increase the risk of flushing. 5. Avoid "No-Flush" niacin

(niacinamide).

Niacinamde has no effect on cholesterol or triglycerides. Stick with nicotinic acid.

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, The Medication Insider. com. ©2023 Louise Achey



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.





THEME: WHICH SPORT? **ACROSS** 6. One in King's sematary 14. Aloha State's welcome _, Marshall Islands 19. *Vonn and Miller Olympic sport 21. *Ovechkin and Gretzky sport 23. Alternative to trade 24. Secret disclosure 25. Computer-generated imagery, acr. 30. Remnant of the past 46. Like April 1st target

my party, and I'll cry if I want

69. Davy Jones' Locker locale

70. Berťs buddy

12. One less than jack 15. Hair holder 22. Boat propeller 24. Depart from the ground (2 words) 25. *Fischer and Kasparov sport 26. Reach a goal (2 words) 27. Private 29. *Palmer and Nicklaus sport 31. Dirty money 45. Tin Man's prop 49. Bambi's morr 56. Accustom 57. Like gin in fiz 58. Do like goo 59. Kitchen head

71. Coral barrier

72. Poetic "ever"

73. "The defense

3. *#25 Down piece

10. Drop-off spot

9. Like Darth Vader's side

11. Eugene O'Neill's piece

2. Crumbs

4. Off-the-cuff

6. Socket insert

8. Tax of one tenth

20. African antelope

1. Oolong, e.g.

5. Mylar filling

7. Adult elver

DOWN

32. Wife's dad, e.g. 33. Large violin family member 34. *Bolt and Owens sport 36. *A trap in #29 down 38. Biblical pronoun 42. Blast from the past 51. Sewing machine brand 54. Do like phoenix

Russian autocrat

61. Overnight lodgings 62. Hissy fit 63. What acronym and acrylic have in

65. *#29 Down prop 67. Oui in English



Prices effective April 5 – 11, 2023



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