

Chamber announces annual business, organization and citizen of the year awards

SUBMITTED BY RACHEL LIPPERT
Chamber Executive Director

The Cashmere Chamber of Commerce is honored to announce this year's recipients of the Cashmere Business, Organization, and Citizen of the Year. In mid-December nomination boxes went out to local businesses to nominate a business, organization, and citizen who has been active in the community by creating positive impacts of volunteerism, building commerce, and being a model citizen within the community.

January 31st ended public nominations and the Cashmere Chamber Award Panel met and discussed all nominations and their involvement in the community. The final decision was based on a community vote and panel discussion of past support within the community and the impact the individual, business, or organization has had in Cashmere based off of the 2021 and 2022 years combined. The Cashmere Chamber of Commerce is pleased to announce the following recipients of Business, Organization, and Citizen of the Year.

Organization of the Year: Cashmere Food Bank Volunteers

The Cashmere Food Bank receives donations year round from our community and distributes food to those within our community that are in need, serving multiple families and impacting those that have gone without. The Cashmere Food Bank is

a vital component within Cashmere that serves.

The Cashmere Chamber wants to honor the volunteers that make distribution happen. They take time out of their day to serve others, organize the Cashmere Food Bank, and deliver goods to families throughout the valley. Thank you for your service and your dedication of making a positive impact.

Business of the Year: That Pizza Place

That Pizza Place in Cashmere was bought by Sara Pickett in 2020 while it was called Brian's Pizza. Sara revamped the pizza and bowling alley with a new name and decor and has been paving the way in the revitalization of Cashmere ever since. Introducing memorabilia from the late 80's and early 90's, That Pizza Place is a destination for all who are ready to experience the days of Pac-Man, The Goonies, bowling, and Adventure Pin Ball Machines. Not only is That Pizza Place a destination location for a piece back in time, the menu is still superb with the best cheesy pizza and the fresh salad bar.

That Pizza Place has inspired the community by giving back free pizza at events, creating a destination for Cashmere discovery, serving community members in need, supporting the Cashmere School District, and offering a safe place for local kids to hang out. That Pizza Place deserves this award for their dedication to inspiring our community to remember. Thank you for your commitment to creating exciting

memories for the town of Cashmere.

Citizen of the Year: John "Buffalo" Prescott

John "Buffalo" Prescott moved to Cashmere 37 years ago. He loved the countryside, the space, and the way of life that the community of Cashmere had created. Moving his family, John had young children and new that the Cashmere School District was where he wanted his kids to learn and create friendships. His first connection when moving to Cashmere was the Mission Creek Community Club. He started making friends with the men at MCCC that believed in hard work, morals, and creating memories for community members.

"Buff" discovered his passion for Hot Rods eight years ago and never looked back. Getting involved with car shows throughout the region, he was inspired when Cashmere Founders' Day hit a low point. Being one of the first organizations to start Founders' Days, he went to the Mission Creek Community Club for the support he needed in revitalizing the town of Cashmere. He saw what the town of Cashmere needed, and he made it his mission, along with the support of Mission Creek Community Club to build the town back. That is when "The Mission Creek Car Show" was born. Bringing in Hot Rods from the Columbia Basin, to Lake Chelan, John organized, shared, and did the legwork to get cars to the town he loves.

Although Covid caused a halt in 2021, John remained vigilant in 2022 and



SUBMITTED PHOTOS



brought over 150 cars into Cashmere and created business and town excitement. Now, he plans to bring 200+ cars to the Cashmere Founders' Days event happening June 24. He also plans to bring back barons of beef and has a club of 15+ who will help bring back a piece of sizzling history. With this award he feels humbled by the community. "It means quite a bit and I wouldn't have been able to do this

without the support of Mission Creek Community Club."

The Cashmere Chamber of Commerce is honored to share with the surrounding communities the awardees from the 2022 business, organization, and citizen of the year. The Chamber also wants to thank all of the individuals who take their time to make the town of Cashmere into the place that it is today. Thank you.

Cashmere City Council Meeting

By KIRK BECKENDORF
Correspondent

At the February 13 Cashmere City Council meeting, Mayor Jim Fletcher announced that a Community Forum will be held at the Riverside Center on March 6 at 6:00 p.m. The city is seeking to initiate a community discussion on a variety of topics that include:

- the Sunset Highway Construction project.
- the Cashmere Library (NCRL) moving to Riverside Center.
- options for funding the city's Parks & Pool.
- options for city buildings that could become surplus, repurposed, or sold

Written comments may be submitted by email to: Mayor@CityofCashmere.org or by mail to: City of Cashmere, 101 Woodring St., Cashmere, WA 98815.

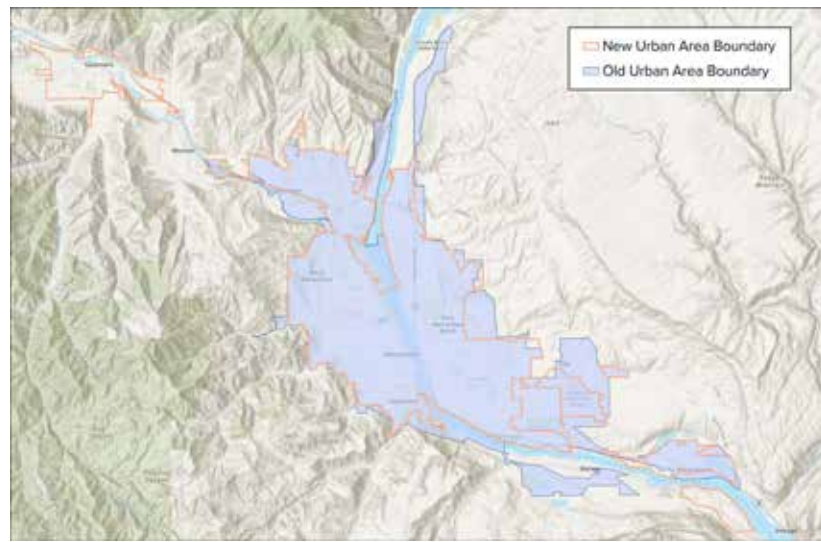
Two construction projects are scheduled for this spring, that will impact traffic flow on Hwy 2. Director of Operations, Steve Croci, announced that a new roundabout will be built on Hwy 2/97 at Easy Street. The project is scheduled to begin in April and be completed by July 4. In addition, the west bound lanes of Hwy 2 are scheduled for regrinding and paving.

A joint session of the Cashmere City Council and Planning Commission (CPC) was held at the February 13 meeting, to determine which critical topics, related to future development in Cashmere and the surrounding area, the CPC should focus on over the next year. Following a wide-ranging conversation, including comments from the public, a list of items for the Planning Commission to investigate was developed and included: 1) Potential changes to UGA boundaries and future utility expansion 2) How, and where, to encourage residential development and management of housing density 3) Review development standards such as curbs, gutters and sidewalks- which impacts stormwater runoff requirements 4) Off-street parking codes particularly for businesses in the downtown area.

To set the stage for the evening's joint meeting, Fletcher distributed new Bureau of Census maps, that show recently updated Wenatchee Metropolitan Urban Areas WMUA. The maps indicate that for the 1st time ever, according to Fletcher, Cashmere is now part of the Wenatchee Metropolitan Urban Area (WMUA). He said this will make a difference on transportation funding sources and that Cashmere will now be treated

as part of the WMUA for federal government programs. He added that there is a lot to learn about the impacts, but that he is not aware of any immediate changes resulting from the new designation.

Cashmere UGA resident, Gina Quinn, addressed the joint meeting, requesting that Commission and Council members reflect on how development has negatively impacted her neighborhood over the 30 years that she has lived in the area. She argued that her neighborhood



SUBMITTED PHOTO.

Cashmere is now part of the recently updated Wenatchee Metropolitan Urban Area.

has "carried the burden of much accelerated growth and change". Outlining specific expansions and development, she said that the extension of utilities brings growth. She explained that over 40 acres of the surrounding orchards have been removed and replaced by new homes. She argued that since the Fairgrounds received sewer connection, there has been an increased number of events and RVs, resulting in an increase in the amount of traffic. Utility development and frequent

events at Christ Center Church has also significantly increased traffic on Kimber Rd., according to Quinn. Quinn said that Kimber is frequently used by dog walkers, and families with strollers and bicycles, and she cited data from a sheriff's department speed trailer, that showed about 500 westbound vehicles per day, with 37% driving faster than the posted speed limit. Quinn asked the Council and Commission members to acknowledge the number of significant impacts to her neighborhood west of Evergreen. She argued that her neighborhood has contributed to the growth of Cashmere in many ways and that it is time to share the burden with other neighborhoods, and that growth should not be on the shoulders of only one area. She concluded that she was speaking out to foster neighborhood stability, to protect the integrity of the established neighborhood and to preserve the neighborhood west of Evergreen.

Fletcher described the history of the UGA process, for everyone's awareness. He said that when the state created the Growth Management Act the state established urban growth areas for managing growth. As a result, the state dictates to each county the amount of area designated for the growth of cities within the

CONTINUED TO PAGE B1

Chelan PUD and Puget Sound Energy Announce Long-Term Clean Energy Contract



SUBMITTED PHOTO.

Rock Island Hydro Project on the Columbia River in Central Washington. The competitively priced contract provides Puget Sound Energy with 25% of the output from PUD's Rock Island and Rocky Reach hydropower projects from 2031 to 2051.

Agreement provides valuable carbon-free energy to Northwest electric customers

SUBMITTED BY RACHEL HANSEN
CCPUD Senior Communications Strategist

WENATCHEE-Puget Sound Energy (PSE) and Chelan County Public Utility District (PUD) today executed a contract for renewable hydropower from the PUD's two projects on the Columbia River. The 20-year contract increases Puget's carbon-free resources toward its future renewable energy goals, as well as contributes flexible capacity to identified needs in Washington.

The competitively priced contract provides Puget Sound Energy with

25% of the output from PUD's Rock Island and Rocky Reach hydropower projects from 2031 to 2051. PSE's current contracts with Chelan PUD, expiring in 2026 and 2031, provide a portion of the output from the two Columbia River projects.

"We have 70 years of partnership selling a share of our hydropower output to Puget Sound Energy," said PUD General Manager Kirk Hudson. "Along the way, these energy contracts become even better for our customer-owners by recognizing the increasing value of hydropower, while providing financial stability and predictability."

Chelan PUD offers a mix of short-term market-based and long-term cost-based products. Both types of contracts are based on selling a "slice" of Chelan's hydropower output. The

value of hydropower has increased as a carbon-free renewable source of energy. Those environmental attributes are in demand as companies look to satisfy new regulatory requirements through the Climate Commitment Act and Clean Energy Transformation Act.

"We are pleased to continue our partnership with Chelan PUD to provide clean, reliable and affordable hydropower to our customers," said Ron Roberts, PSE's vice president of energy supply. "It's another important step on our way to serving customers with 100% carbon neutral resources by 2030 and 100% clean electricity by 2045. In addition to clean energy and capacity, PSE's 25% share will continue to provide

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THIS WEEK

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www.cashmerevalleyrecord.com



NATIONAL

FFA Week

February 18- 25, 2023



FFA Events

SUBMITTED BY RUSTY FINCH
FFA Advisor

Cashmere FFA is gearing up for a busy spring with leadership and skill competitions, animal project acquisition and the spring plant sale. Our first competitive speaking event will be the FFA Creed featuring eight new freshmen. Competing on March 7 in Manson will be Alyssa Soria, Gracie Nieman, Lucy Ray, Annabelle Flick, Averi Everhart, Addy Burger, Matthew Smith, and Eliana Thomas. Our advanced members will compete in Public and Extemporaneous Speaking on March 9 in Cashmere. Our advanced members hoping to advance to Districts and State include Eli Lyons, Sophie Hill and Christina Arroyo. Cashmere FFA will have two Novice Parliamentary Procedure teams this year. Team members include Amia Mutch, Annabelle Flick, Kat Twyman, Gracie Nieman, Lexi Luton, Aubrey Potter, Addy Burger, Lucy Ray, Hadley Westlund, Eliana Thomas, Faith Smith, Jacob Holladay, and Kylie Wheatley. Our FFA "In-Person" Plant Sale is scheduled for Saturday, May 6 from 9 - 4 p.m. Pictured are some of the highlights from this past winter.

PHOTO SUBMITTED BY RUSTY FINCH, ADVISOR.
FFA Students



SUBMITTED PHOTO.
Allie McKenna and Rylie Harnden fabricating sausage in Animal Science.



SUBMITTED PHOTO.
Kira Potter and Dru Heyen farrowed their first litter of pigs.

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National FFA WEEK
FEBRUARY 18-25, 2023

PROCLAMATION

Whereas, FFA and agricultural education provide a strong foundation for the youth of America and the future of food, fiber and natural resources systems; and

Whereas, FFA promotes premier leadership, personal growth and career success among its members; and

Whereas, agricultural education and FFA ensure a steady supply of young professionals to meet the growing needs in the science, business and technology of agriculture; and

Whereas, the FFA motto — "Learning to Do, Doing to Learn, Earning to Live, Living to Serve" — gives direction and purpose to these students who take an active role in succeeding in agricultural education; and

Whereas, FFA promotes citizenship, volunteerism, patriotism and cooperation.

Therefore, I do hereby designate the week of Feb. 18-25, 2023, as National FFA Week.

Rep. Keith Goehner's Legislative Update: Town hall thank you, housing legislation and public safety

I want to thank everyone who participated in the Zoom Virtual Town Hall event Rep. Mike Steele, and I held Feb. 1. We had over 150 people online from all regions of the 12th District. It was good to hear from folks in the new part of the district and see people engaged in the legislative process. Constituent input is always welcome and encouraged. We have tentatively scheduled our next Virtual Town Hall for Thursday, March 16 at 7 p.m. This will be after the cutoff date for the House of Representatives to move bills, so we will be able to discuss what passed the House, what didn't, what legislation is coming over from the Senate and much more.



COMMUNITY VOICES
By KEITH GOEHNER

in the country. Yet some of the legislation we are seeing would add more burden to local governments and builders.

One of those bills is House Bill 1181. It would add climate change and resiliency goals to the Growth Management Act (GMA) on cities with a population of 6,000 or more and counties with a population of 100,000.

Many local entities are challenged to meet the original GMA goals. This legislation would add more requirements and increase the workload of our local governments making it extremely difficult or unattainable to reach these GMA goals.

Our goal is to address unnecessary regulatory costs and fees, permitting delays, overly restrictive zoning laws, and making changes to the Growth Management Act to provide more affordable housing. Unfortunately, this bill and others will take us in the opposite direction.

Real solutions to address housing crisis

Below are some of the housing solutions we are working on. They include: House Bill 1401 would expedite housing permits; House Bill 1402 would expand development boundaries; House Bill 1245 would increase housing options through lot splitting; and House Bill 1633 would create a Homes for Heroes Program.

Public Safety

If you have been following the news, you know the vehicle pursuit issue continues to make headlines. There is strong bipartisan support for a fix in the House. HB 1363 has about 40 sponsors, evenly split between Republicans and Democrats. It was scheduled for a vote in committee February 16. While it looks encouraging in the House, the battle may be in the Senate. The chair of the Senate Law and Justice Committee has indicated she will not move the House bill or a Senate version. We have

heard from local government officials who are concerned about their communities. Businesses across Washington state, and law enforcement are asking to address this serious public safety matter.

In the House, some of the other public safety solutions we are focusing on beyond vehicle pursuit include: House Bill 1380 would add more police officers on our streets; House Bill 1415 would recriminalize hard drugs to a gross misdemeanor; House Bill 1682 would address the rise in auto thefts; House Bill 1456 would redefine retail theft. Keeping our families, neighborhoods, and streets safe continues to be a high priority for many this session.

Follow the Legislature

The policy cutoff was Friday, February 17. It was the last day policy committees could consider and approve bills in the chamber in which those measures originated. This is significant because if a policy bill is not voted out of its respective committee it is

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considered "dead" for the rest of the session. There are certain extenuating circumstances that could revive a bill, but it does not happen very often.

A reminder, below are some websites and links that will help you stay engaged in this legislative session.

My legislative website, Representative KeithGoehner.com. Here you can find contact information, bio, news releases, email updates, videos, radio appearances, and much more. The Ledger, a legislative news aggregator; Capitol Buzz

- Daily news clips Daily news clips; The Current, an online legislative publication from the Washington House Republicans; TVW, The state's own version of C-SPAN, TVW broadcasts floor and committee action live online. Legislature's website bill reports, committee agendas, and information about upcoming activities in the Legislature. While it is not a virtual session, you can still testify remotely. Please do not hesitate to reach out to me with questions, concerns, or comments. I appreciate your input and feedback.

CASHMERE VALLEY RECORD

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

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

News tips

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

Classified Advertising

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

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- 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

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, Meetings at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee Please, RSVP if you want to have lunch. Check-in begins at 11 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

Tuesday

Icicle & Peshastin Irrigation Districts: Current meeting time 8 a.m. at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 509-782-2561 or tony.iid.pid@ncwi.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.

Feb. 10

01:25 Injury Accident, 4724 Mission Creek Rd.
 08:43 Drugs, 5808 Sunset Hwy.
 11:37 Public Assist, 126 Cottage Ave., Urban
 16:26 Welfare Check, 100 block Cottage Ave.
 16:32 Parking/ Abandoned Vehicle, 8211 Taber Rd.
 18:28 Fraud/ Forgery, 207 Valley St.

12:04 Non-injury Accident, 320 Cottage Ave.
 12:05 Hazard, Stine Hill Rd. and Turkey Shoot Dr.
 12:43 Traffic Offense, Stine Hill Rd. and Wescott Dr.
 13:00 Non-injury Accident, 224 Olive St.
 13:13 911-call, 817 Pioneer Ave.
 23:10 Suspicious Circumstance, 411 Aplets Way

Feb. 11

00:43 Harassment/ Threat, 100 North St.
 13:23 Welfare Check, 130 Titchenal Way, Martin's IGA Market
 14:52 Welfare Check, 8830 School St., Dryden
 14:54 Traffic Offense, 2960 Easy St., Hot Rod Cafe, Monitor
 15:40 Hazard, 8300 Olalla Canyon Rd.
 23:48 Weapons Violation, 160 Pyrus Ln. area

Feb. 14

No local reports.

Feb. 12

19:05 Agency Assist, 7301 Scheble Rd., Dryden

Feb. 15

00:19 Trespassing, 305 Woodring St.
 05:17 Suspicious Circumstance, 314 Riverside Dr.
 09:44 Agency Assist, US Hwy. 2 MP 110
 10:35 Public Assist, 201 Riverside Dr., Riverside Park
 14:00 Diversion, 201 Riverside Dr., Riverside Park
 21:25 Public Assist, 5600 block Sunset Hwy.

Feb. 13

11:22 Theft, 239 Independence Way

Feb. 16

05:53 Welfare Check, 300 block Sunset Hwy.
 15:38 Civil Dispute, 4452 Old Monitor Rd., Monitor
 16:17 Fraud/ Forgery, 104 Lincoln St.

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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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Campfire NCW candy sales and camps

Now is the time to earn that extra cash needed to be able to spend a great week at Camp Zanika. You do not need to be a member to sell candy to earn your way to summer camp. Anyone in Chelan/Douglas, Grant, Okanogan and Adams Counties Caramel Almond can sell candy. Also, don't forget to register by February 28 and receive \$25 dollars off this year, the candy sale will run to March 11.

Register your child (ages 6-18) now for a fun and exciting week of summer camp at Camp Zanika. There are lots of fun activities, such as boating, fishing, rafting, arts and crafts, canoeing, high ropes course, low ropes course, cook outs, hiking,

kayaking and more. There are still some openings available so be sure to register soon online at www.zanika.net.

Clusters, Mints, and Almond Roca can be purchased for oneself, as a unique gift or incentive item. Companies have chosen to use Camp Fire Caramel Almond Clusters, Mints, and Almond Roca to promote to their employees and constituents the value of community involvement. All companies will receive a certificate and mention on our social media pages. All money raised through the sale helps kids go to camp though our camp scholarship fund.

Caramel Almond Clusters, Mints, and Almond Roca can be purchased directly from the council by calling 509-663-1609 or email campfirencw@gmail.com.

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

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



Complementary Proteins

I got interested in combining plant foods to make complete protein right after leaving the work force to become a fulltime mom. Our new baby and a single income forced me to look for ways to feed our family less expensively and still get the best nutrition possible.

I found that wheat, oats or rice plus beans, peas or peanuts gave complete protein; sunflower seeds, sesame seed or tree nuts combined with beans or peas gave complete protein and, my personal favorite combination for protein, potatoes plus milk will give complete protein.

Why is protein important? Because our bodies use proteins as building blocks. We get those building blocks from our food. This gift we call a body can recycle animal amino acids and plant amino acids into new protein forms

to repair and maintain itself. Amino acids are the building blocks of proteins just as proteins are building blocks for our bodies. Through the magic of digestion and metabolism our wondrous bodies build proteins out of amino acids.

Some amino acids our bodies can easily make, some we must eat already made. The amino acids we can't make must come ready-made into our diet and they are called 'essential amino acids.' As I was studying in my youth there were ten essential amino acids and ten non-essential amino acids. I'm not sure where the scientific community stands today. Some say eight, some say nine, I'm not so savvy so I figure if I go with the ten my family will get all the 'essentials'. Meat and eggs have all the amino acids our bodies can't make, as such they are called 'complete proteins'. Plants foods have amino acids also, but most do not have all the required 'essential' ones. By pairing up

plant foods that complement each other's deficiencies towards building complete protein I was able to use less meat and still keep our family healthy. This is called mutual supplementation for protein or using complementary proteins. All it means is that I am using an age-old method for feeding my family vegetable combinations that will allow our bodies to maintain and repair themselves even if I don't have meat or eggs to offer. Most cooks come up with these food combinations spontaneously. I figure it's because they taste so delicious together.

Mutual Supplementation for Protein

- Potatoes plus Milk equal complete protein.
- Seeds (sunflower, sesame, tree nuts) + Legumes = complete protein.
- Bread (grain) + Seeds (sunflower, sesame, tree nuts) = complete protein.
- Grains (like wheat, oats, rice) + Legumes (like beans, peas, peanuts) = complete protein.

Sautéed Green Beans with Sunflower Seeds

- 1 15 oz. can of green beans (I prefer French cut for this recipe) drained
- 2 Tablespoons butter, oil, or fat
- ¼ cup shelled unsalted sunflower seeds
- Sprinkling of soy sauce (optional)

Open the green beans and drain (I save the bean juice for my weekly left over soup or stew fluid.) Set the beans aside. Put a saucepan over medium heat. In a hot dry saucepan heat up the

sunflower seeds for 10 to 15 seconds. Add the butter or oil to coat the seeds then pour in the set aside drained beans. Sauté beans until heated through. Sprinkle with soy sauce if desired. Serve as a side for dinner or with toast or rice for lunch. Note: If substituting fresh or frozen green beans for canned, warm the seeds then remove from the sauce pan to add back when the fresh or frozen green beans are cooked through. Green beans of any type taste good slathered in butter and sprinkled with soy sauce.

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

THE WENATCHEE VALLEY SYMPHONY



Nikolas Caoile - Music Director & Conductor

Concert III
(March 4, 2023)

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Information & Tickets
wenatcheesymphony.org

or
509-663-2787 (PAC Box Office)

Concert begins at 7:00pm



The kits can be ordered from anywhere in the five-county library district and picked up at any of its 30 branch libraries in Chelan, Douglas, Grant, Okanogan and Ferry counties. For more information about Book Club Kits, visit www.ncwlibraries.org/bookclublibrary.



NAMI Washington

National Alliance on Mental Illness

TOGETHER for Mental Health

Bringing community-driven mental health support to North Central Washington

namiwa.org/ncwa
(206) 783-4288 office@namiwa.org



NCW Libraries Offers Kits For Book Clubs

SUBMITTED BY MICHELLE MCNEIL
NCW Libraries

Do you want to start a new book club, or need reading ideas for your existing club? NCW Libraries has recently added new titles to its collection of Book Club Kits.

The library district maintains a collection of nearly 300 kits, each containing 12 copies of the same book as well as discussion questions. Each kit can be checked out for up to six weeks.

The Book Club Kits collection contains titles in a wide range of genres for adults, young adults and children. Newly added titles include The Sentence by Louise Erdrich, The Vanishing Half by Brit Bennett, and The Clovis Dig by local author Terri Fink.

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



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



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



CHRIST CENTER
Sunday Worship Service at 10 am
5800 Kimber Rd., Cashmere
509-782-2825
christcentercashmere.com



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



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

DRYDEN

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

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

LEAVENWORTH

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

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St. • 509-433-7477
Sunday Worship 10 a.m.



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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
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
<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 Derosssett
Worship Pastor-Jacob Mitchell
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997



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

MONITOR

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

PESHASTIN

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



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



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TO OUR HEALTH

NAMI Chelan/ Douglas to expand

SUBMITTED BY SUMMER STARR
Deputy Director NAMI Washington

Local NAMI affiliate NAMI Chelan/Douglas is seeking to expand their service area to Okanogan and Grant counties to become NAMI North Central Washington. The expansion effort is being supported by Beacon Health Options. "Beacon Health Options is thrilled to partner with NAMI Washington to support the expansion of the North Central NAMI Affiliate to include Grant and Okanogan counties," says Brian Rebar, NCWA Community Engagement Coordinator for Beacon Health Options. "This work is laying the foundation to establish a stronger presence and leadership structure in the North Central region as well as bringing much needed peer programming and resources to our communities."

NAMI (or the National Alliance on Mental Illness) is a national non-profit organization with state and local affiliates in Washington State. NAMI Chelan/Douglas provides mental health support, education, and advocacy for the greater Wenatchee Valley area through online and in-person support group meetings as well as multi-session educational courses on mental illness.

Locals can attest to the positive impact that NAMI Chelan/Douglas has had on the area so far. "NAMI helped me navigate the horrible mental healthcare system in the state of Washington. Without the support of NAMICD, I'd have many doubts and guilt

on how things turned out for my son. NAMI was the only organization that helped me through my tragedy," writes Janice Daines of Wenatchee.

Nancy Bartholomew of Leavenworth found help through NAMI as well, writing "I had been in health care in Washington as a RN and Nurse Practitioner about 40 years before I heard about NAMI. Our family was having difficulty dealing with a relative with a new onset of mental illness, and we had no idea where to turn. My husband and I took [a] series of classes, and found them to be very informative, reassuring and enlightening. We did not feel alone any longer."

In order to expand to new counties, NAMI Chelan/Douglas is actively looking to recruit regional representatives for their Board of Directors. Board Members play an important role in the growth and support of the organization. "We are looking for leaders in the region who want to see community-driven mental health support grow strategically," said Summer Starr of NAMI Washington, the state organization supporting affiliate growth. Regional board members are expected to serve an average of 4-16 hours per month. Individuals from Chelan, Douglas, Okanogan, and Grant Counties are all welcome to apply. If you're interested in learning more about board positions, volunteer opportunities, resources, programs, or about NAMI in general, please contact Summer Starr at ssarr@namiwa.org or visit namicd.org.

Chelan PUD

CONTINUED FROM PAGE A1

a reliable source of resource adequacy and the ability to integrate renewable resources for our customers."

The contract was negotiated over the past 18 months and includes both carbon-free energy attributes provided by hydropower as well as flexible capacity to help PSE meet peak energy needs during high customer usage times.

"We build a diverse portfolio by offering a mix of different contracts in order to reduce risk, create value, and provide financial stability for decades to come," said Chief Financial Officer Kelly Boyd. "That balance allows Chelan PUD to support stable

and predictable rates for customer-owners, as well as support for parks and broadband services."

About Chelan PUD: Chelan Public Utility District was created by a vote of the people in 1936 and delivered its first power in 1947. The PUD is governed by a locally elected five-member Board of Commissioners. The general manager uses the policies and guiding principles set by the commission to generate and deliver electricity from our three dams to utilities that serve customers across the Pacific Northwest as well as to more than 51,000 retail customers in the county. The PUD also provides water, sewer, and wholesale telecommunications services.

Council Meeting

CONTINUED FROM PAGE A1

county. Each county then distributes that allocation out to the individual cities. He said that, a number of years ago, the area west of Cashmere was designated as UGA with the intent that at some point it would be developed with city-level densities and eventually incorporated into the city. He added that the city has no regulatory jurisdiction over properties in the UGA, those properties are under the county's zoning requirements and only the county can change those zoning designations, not the city. He said Cashmere has not forced annexation on property owners, but has, and will be, annexing properties at the request of owners.

Fletcher told meeting attendees that the City works to respect the rights of the property owners, and that the city is also trying to plan for it's future.

Fletcher announced that the City Council will hold a public hearing on Monday, March 13 at 6:00 p.m. at the Cashmere City Hall regarding the petition by Christ Center Church and Spears for annexation into the city limits as single family zoning.

Joining many other local communities, Fletcher

officially proclaimed February 17 National Random Acts of Kindness Day. Following the mayor reading the proclamation, Gene Sharratt addressed the Council to promote the event. He suggested that the community and country should come together on things that everyone can agree with, common values like kindness, civility and thoughtfulness. The informal group that he represented, Kindness Counts NCW, which has a website and Facebook page, is calling for the communities of North Central Washington to share 2023 random acts of kindness throughout the year.

The Council unanimously approved 2 business items: 1) approved \$10,000 given to the Community Action Council (CAC) and 2) a contract to Mountain Towing to tow abandon vehicles from city owned lots, without the need for the involvement of the sheriff's department.

The \$10,000 appropriated to the CAC was the result of a request from the non-profit that is seeking to raise an additional \$700,000 so that the CAC can have a central facility from which to distribute 2 million pounds of food to 20 food distribution sites in Chelan and Douglas Counties, including the Cashmere Food Bank.



Keeping up WITH PEOPLE

Stifel's Kristen Taylor named to Forbes' Best-in-State Women Wealth Advisors List

SUBMITTED BY LESLIE NELSON

ST. LOUIS - Stifel Financial Corp. (NYSE: SF) today announced that Kristen Taylor, Senior Vice President/ Investments with the firm's Stifel, Nicolaus & Company, Incorporated broker-dealer subsidiary, was named to Forbes' 2023 Best-in-State Women Wealth Advisors list.

This year's Best-in-State Women Wealth Advisors list spotlights approximately 1,700 top advisors across the country who were researched, interviewed, and assigned a ranking within their respective states. Ms. Taylor was also named to Forbes' Best-in-State Women Wealth Advisors list in 2022 and America's Top Women Wealth Advisors list in 2021 and 2020.

Ms. Taylor earned a Bachelor of Arts and an MBA from the University of Washington and has more than 30 years of experience as a financial advisor. She is co-founder of the Taylor/Bryant Investment Group based in Stifel's Wenatchee, Washington, Private Client Group office, and can be reached at (509) 663-8604.

Methodology: Forbes' America's Top Women Wealth Advisors, April 21, 2020, and March 18, 2021, and Forbes' Best-in-State Women Wealth Advisors, February 4, 2022 and February 2, 2023, each based on the 12-month period ending September 30 of the year prior to publication, are based on the opinions of SHOOK Research, LLC and selected from a pool of nominations as indicated in the methodology. Neither SHOOK Research nor Forbes receive compensation from the advisors or their firms in exchange for placement on a ranking. The rankings may not be representative of any one client's experience and are not indicative of the financial advisor's future performance. Investment performance is not a criterion for selection. Forbes is a registered trademark of Forbes, Inc. All



Kristen Taylor

rights reserved. For more information on the selection methodology, see www.stifel.info/award-disclosures.

About Stifel: Stifel Financial Corp. (NYSE: SF) is a financial services holding company headquartered in St. Louis, Missouri, that conducts its banking, securities, and financial services business through several wholly owned subsidiaries. Stifel's broker-dealer clients are served in the United States through Stifel, Nicolaus & Company, Incorporated, including its Eaton Partners business division; Keefe, Bruyette & Woods, Inc.; Miller Buckfire & Co., LLC; and Stifel Independent Advisors, LLC; and in the United Kingdom and Europe through Stifel Nicolaus Europe Limited. The Company's broker-dealer affiliates provide securities brokerage, investment banking, trading, investment advisory, and related financial services to individual investors, professional money managers, businesses, and municipalities. Stifel Bank and Stifel Bank & Trust offer a full range of consumer and commercial lending solutions. Stifel Trust Company, N.A. and Stifel Trust Company Delaware, N.A. offer trust and related services. To learn more about Stifel, please visit the Company's website at www.stifel.com. For global disclosures, please visit www.stifel.com/investor-relations/press-releases.

Student Spotlight

Athlete: Rylan Hatmaker

Reason: Rylan, who played a majority of the season on the CHS junior varsity, finished the season as one of the top performers on the varsity squad. Hatmaker averaged 11 points per game over the last two games of the season, which included nine 4th quarter points at Chelan on Saturday which helped the Bulldogs force overtime, and nearly pull off the playoff upset over the Goats.

Coach Boyd: "Rylan has proven to be a valuable asset to the Cashmere boys' basketball program. He is a great ball handler with a great feel for the game. He makes his teammates better. He will be a key piece in returning Bulldog Basketball back to greatness."

Parents: Teneille Hatmaker, Matthew Hatmaker
Grade: 9th



Activities: Outside of school I like to weight lift and play video games and enjoy skiing.
GPA: 3.53
Sports: Football, basketball and Baseball
Future plans: I would like to attend a 4 year college in the future and my goal is to play sports in college if given the opportunity.

Student: Turner Gebers

Reason: Turner Gebers has really impressed me with his attitude and approach to learning in Art 1. If there's something he doesn't understand, he asks questions. If there's a skill he thinks he can do better, he puts in extra practice at home. He displays curiosity, grit, and a growth mindset on a daily basis. I'm excited to see where these skills take him.

Teacher: Alan Pace
Parents: Wade Gebers and Sydney Gebers and Kari Gebers

Grade: 10th
Activities: Snowboarding, skateboarding, hiking and enjoy working out.
GPA: 3.71
Sports: Basketball &



Wakesurf
Future Plans: Graduate college, win the world's championship for wake surfing. Also teach lessons for wake surfing and push for progression in the sport.

WIAA Girls 1B/2B/1A/2A Region 4 Results for Cashmere



PHOTO SUBMITTED BY ROGER HARNACK, CHENEY FREE PRESS.

Saige O'Keefe

120 Pound Category

Saige O'Keefe (11-16) place is unknown and scored 0.0 team points.

Quarterfinal - Serenna Swiger (Mary Walker-Girls) 4-1 won by fall over Saige

O'Keefe (Cashmere -Girls) 11-16 (Fall 1:29)

Cons. Round 1 - Hayden Morris (Quincy -Girls) 4-3 won by fall over Saige O'Keefe (Cashmere -Girls 11-16 (Fall 3:39)

BULLDOG SCOREBOARD

| GIRLS BASKETBALL | |
|------------------|-------------------------------|
| Feb. 18: | Cashmere 53, Lakeside 33; Win |

Sports Schedule

| GIRLS BASKETBALL | |
|------------------|--|
| Cashmere vs. TBD | |

Bulldogs Sports Sponsor of the Year

Proud to support THE BULLDOGS!

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

GO BULLDOGS

Cashmere Girls secure spot in State Tournament



PHOTO BY JUSTIN PARDINI

Sophomore #22 Ellie Bessonette goes up for the layup

The Cashmere Bulldogs (15-4) hosted the Lakeside Eagles on Saturday February 18. Cashmere opened the game on an extensive 20-2 run in the first quarter, effectively creating and making shots from every spot on the floor. The Eagles struggled to gain any traction as the Bulldogs' defense was intense, racking up steals from a half-court trap that seemed to throw Lakeside off guard. There was no answer for Cashmere's offense in the first half and they went into the locker room leading 32-12 after two quarters. Returning from the break, the Eagles managed to string together a 12-2 run that created a



By JUSTIN PARDINI, REPORTER

struggle for the home squad. The Bulldogs recognized this and began to pick up the pace. They started to force turnovers to lead to fastbreak points in the fourth quarter. Senior Kaitlyn Bjorklund showed her capabilities as a clutch player, driving to the hoop and getting to the foul line in the final period of the game. The Bulldogs managed to survive the Eagles' run and pulled through with a victory over the visiting team. With a final score of 57-33, Cashmere is set to represent in the State Tournament next weekend. Seeding should be released, and a bracket will determine the matchups in the first round.

SWEET SUCCESS!



and Old Fashioned Soda Fountain
#morethanjustapharmacy
509-782-2717 | 119 Cottage Ave, Cashmere
doanesvalleypharmacy.com

Public Notices

SUPERIOR COURT OF WASHINGTON FOR LINCOLN COUNTY
 In the Matter of the Estate No. 224 000010 22 of COLLEEN ANN TITCOMB, Deceased.
PROBATE NOTICE TO CREDITORS RCW 11.40.030
 The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent that arose before the Decedent's death 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 Clerk of this Court. The claim must be presented within the later of (1) Thirty days after the Personal Representative served or mailed the Notice to the Creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of 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 RCW 11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.
 Date of First Publication: February 22, 2023
 Personal Representative: Cheryl A. Schibel
 Attorney for P.R.: Mark DeWulf
 Address for Mailing or Service: McGuire, DeWulf, Kragt & Johnson, P.S.
 9 E. First St., P.O. Box 457 Odessa, Washington 99159
 Cheryl A. Schibel
 Personal Representative
 Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 22, and Mar. 1, and 8, 2023. #5332.

Public Notices

ADVERTISEMENT FOR BIDS CITY OF CASHMERE PROJECT NO. P2 – 1050 ZONE IMPROVEMENTS
 Notice is hereby given that the City of Cashmere will receive sealed bids for the following construction project. Bids will be received at City Hall 101 Woodring Street, Cashmere, Washington 98815, until 2:00 p.m. on Monday, March 6, 2023, for Project No. 2 – 1050 Zone Improvements. Bids will immediately be opened and publicly read.
 The project consists of an extension of 6-inch ductile iron water main from Phillips Place approximately 250 feet north on South Division Street. This will replace approximately 200 feet of existing 4-inch water main in South Division Street with new 6-inch water main. Project also includes reconnecting water service and replacing a hydrant. Some asphalt and sidewalk repair will be necessary.
 The project will also include construction of a PRV station on Olive Street north of Cascade Place. As described in the City's Comprehensive water plan, this is intended to improve reliability and add redundancy to the 1050 zone as it is currently served by a single 6-inch PRV.
 The Engineer's cost estimate is approximately \$220,000.00. Complete digital project bidding documents are available at www.questcdn.com. You may download the digital plan documents for \$35.00 by inputting Quest project #8396643 on the website's Project Search page. Please contact QuestCDN.com at 952-233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital project information. No paper plan sets will be provided.
 The City of Cashmere in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 USC 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally-Assisted Programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award.
 The City of Cashmere reserves the right to reject any or all bids and to waive minor irregularities or informalities and to further make award of the project to the lowest responsive, responsible bidder as it best serves the interest of the City. Proposals are to be submitted only on the form provided with the Contract Provisions. All Proposals must be accompanied by a certified check, cashier's check, money order, or bid bond payable to the City of Cashmere and in the amount of not less than 5% of the total bid amount.
 City of Cashmere
 Kay Jones City Clerk/Treasurer
 Published in the Cashmere Valley Record/ Leavenworth Echo on 2/15, and 2/22/2023. #5315

Public Notices

CITY OF CASHMERE NOTICE OF PUBLIC HEARING
 NOTICE IS HEREBY GIVEN that the Cashmere City Council will hold a public hearing on Monday, March 13th at 6:00 PM at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, on the petition Christ Center Church and Spears proposal for annexation into the incorporated city limits as Single Family zoning.
 If you are unable to attend in person, please call City Hall or access the agenda on the City's website for login information. Written comments can be sent to Tammy Miller, Director of Planning & Building at Tammy@cityofcashmere.org. Published in The Cashmere Valley Record/ Leavenworth Echo on February 22, 2023. #5326

Taking sulfa drugs, sulfates, and sulfites

One of my 40-something patients, Katie, called last week. She had been prescribed a new medicine, an inhaler, to help her breathe following severe pneumonia that put her in the hospital. I could hear her wheezing as she spoke, but she refused to consider using her inhaler.

"How could my doctor do this to me?" she wailed. "This medicine has SULFA in it! It says so right on the label. I'm DEATHLY allergic to sulfa. What was he thinking?"

Looking up the details about her new prescription, I realized what she was talking about.

"It's okay, Katie. The medicine in your inhaler will help you breathe better. You aren't in any danger because the medication is a sulf-ATE, not a sul-FA. They sound alike, but, thankfully, they're NOT the same thing."

"Your inhaler contains albuterol sulfate. That means that it contains a specific type of salt that also has a little bit of sulfur in it. The salt part is not an active part of the medicine; it's just how it's made. People severely allergic to sulfa drugs can take albuterol sulfate without any trouble.

I can't guarantee that you won't have a reaction to this medicine, Sara, but if you do, it will be the OTHER part of your medicine that'll be the trouble, not the salt part of it."

When someone reports they are allergic to sulfa, it usually means that they've had an allergic reaction to



an antibiotic containing sulfa. Sulfa-containing antibiotics are called sulfonamides because they contain a specific group of sulfur, oxygen, nitrogen, and hydrogen molecules. The shape of that grouping triggers the reaction, not the fact that it contains sulfur.

There are three general types of these sulfonamide compounds, each with a different chemical structure. Sulfa antibiotics make up one type of them.

People with a true allergy to sulfonamide antibiotics don't have to avoid the other 2 groups of sulfonamide compounds because cross-reactivity between the different groups is not very common.

People allergic to sulfonamide antibiotics are indeed more likely to experience allergic reactions to other types of sulfonamide medicines, but that's only because they also tend to react more often to different drugs and chemicals like in soaps and foods, not because of any direct cross-sensitivity or cross-reaction with the other sulfonamides.

Only about 3% of the general population has a true allergy to "sulfa drugs" or sulfonamide antibiotics. If you are one of them, you should avoid the antibiotic sulfamethoxazole. It's found in the combination of trimethoprim-sulfamethoxazole. Because it is awkward to pronounce and spell, trimethoprim-sulfamethoxazole is often referred to by the brand name Bactrim® or Septra®. It's also abbreviated as TMP-SMX or SMX-TMP.

People allergic to sulfonamide may notice a red, raised, and itchy rash. Sometimes this response turns into a severe, life-threatening reaction, attacking deep layers of their skin and other organs.

If you have experienced a severe or life-threatening reaction to a medication, you should let your doctor and pharmacist know. Those who experience a severe allergic reaction to one medicine are more likely to react to others.

Some people react poorly

to sulfites, which triggers trouble breathing in sensitive people. Sulfites are preservatives used in foods, wines, and some medicines like eye drops. Sulfites were once widely used on fruits and vegetables to combat bacteria but are now restricted. The Food and Drug Administration (FDA) requires any foods, wines, or medicines containing sulfites to be disclosed on the label.

Here are 4 Key Facts About Taking Sulfa Drugs, Sulfates, and Sulfites:

1. Sulfates and sulfites are different from sulfa drugs.

Being allergic to a sulfa antibiotic doesn't ensure you will react to sulfates or sulfites.

2. Sulfa antibiotics have several different names.

Trimethoprim sulfamethoxazole is the sulfa antibiotic most used in the United States, a name too long to say easily or fit onto a prescription label. Watch out for the words Bactrim®, Septra®, co-trimoxazole, and the abbreviations TMP-SMX or SMX-TMP.

3. If you develop a rash, call your doctor right away.

Sulfa antibiotics can trigger a rash that can turn into a life-threatening allergic reaction called Stevens-Johnson syndrome. Stevens-Johnson starts out as a full-body rash, can eventually cause your skin to peel completely off, and progress to organ failure and even death.

4. If you have asthma, avoid sulfite preservatives.

People with asthma are more likely to react to sulfites, preservatives commonly found in foods, wines, and some eye drops. The FDA requires foods or medicines preserved with sulfites to disclose that on their label, allowing you to avoid them.

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. Check out her website TheMedicationInsider.com for tips on how to take your medicine safely. ©2023 Louise Achey

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Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON FOR THE COUNTY OF CHELAN ESTATE OF RICHARD D. SHETLER No. 23-4-00004-04 SUMMONS BY PUBLICATION
 The State of Washington to the said Alyssa Marie Wilson and Lois Joann Shetler to be served by publication. You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 15th day of February, 2023, and defend the above-entitled action in the above-entitled Court, and answer the Verified TEDRA Petition for Judicial Appointment of Administrator for Probate and Non-Probate Assets, and serve a copy of your answer upon the undersigned attorneys for Administrator, Carrie Shirk, at his office below stated, and in case of your failure so to do, judgment will be rendered against you according to the demand of the Petition, which has been filed with the Clerk of Chelan County Superior Court. This action asserted by Administrator, Carrie Shirk, is a Trust and Estate Dispute Result matter, to administer the probate and nonprobate assets of the Decedent, Richard D. Shetler.
 DATED February 2, 2023.
 OVERCAST LAW OFFICES;
 By /s/ David A. Kazemba,
 WSBA #48049; Attorneys for Administrator; 23 S. Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509) 663-5588
 Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 15, to Mar. 22, 2023. #5295



CROSSWORD PUZZLE

THEME: THE 1940s

ACROSS

- Decree
- *U.S./U.S.S.R.'s cold one
- Harry Potter's mark
- Syrup flavor
- ____ Khan
- Bird of prey's nest
- Lieu
- H+, e.g.
- Bashful or Happy
- *"1984" author George
- *Best-selling pop artist Bing
- Writer ____ Monk Kidd
- Genghis or Kubla
- Cranberry habitat
- Not nice
- Saddle holders
- *Boris Karloff's movie "The _____," pl.
- Actress Barrymore
- Asian goat antelope
- Supernatural life force
- Seethes
- South African antelope
- Cook from above
- Rotisserie part
- Not odd
- Italy in Italian
- What snob puts on
- .0000001 joule
- Sound of a dropped tome
- Beer acronym
- * ____ Doctrine, U.S. foreign policy
- *"How Green Was My ____"
- Another word for nutria
- Ciao in the U.S.
- Trip guide
- Surveyor's maps
- Afflict
- Will alternative
- Additionally

DOWN

- Emergency acronym
- *1949 international org.
- Copycat
- Chicken feet
- Christian hymn (2 words)
- Graveside sound
- Gone by
- TV's Yellowstone, e.g.
- Uses a Singer
- Underwater hermit
- Ethereal
- Gridiron official, for short
- Apollo Creed's son
- City in northern England
- Old towel, e.g.
- Rollerskater's protector (2 words)
- *Disney's 1942 orphan
- Abstractionism using optical illusion
- Kind of salami
- Crafts' companion
- Network of nerves
- Treasure collection
- Dreamer?
- *Popular music style
- Ship canvas
- *1939-1945
- Parallel grooves
- Acid turns it red
- "Bingo!"
- Daryl Hannah's 1984 movie
- Open up
- In spite of the fact, arch.
- Church sound
- Swedish shag rugs
- Plotting
- Velum, pl.
- Zeal
- New Haven University
- IRS employee?
- Yang's opposite
- Canny



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Fresh

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Fresh

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Tomatoes
on the Vine

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LB.

Fresh Express

Premium Garden
Salad
Romaine, 9 to 11 Oz.

2.98
EA.

Breakfast SPECIALS

Simply Orange
Juice
Selected Varieties
52 Oz.

3.98
EA.



Franz
Bagels
Selected Varieties
6 Count

2/\$7

Philadelphia
Cream Cheese
Spread
Selected Varieties
7.5 to 8 Oz.

3.98

Brown 'N Serve
Sausage
Selected Varieties
6.4 Oz.

3/\$5

Kellogg's
Eggo Waffles
Selected Varieties
24 Count

6.98

Mrs. Butterworth's
Syrup
Original or Sugar Free
24 Oz.

3.48

Kraft
Shredded or Sliced
Cheese
Selected Varieties
7 to 8 Oz.

2/\$6



Mr. Dell's
Hash Browns
Selected Varieties
24 to 32 Oz.

2/\$7



Morning Star
Farms Meatless
Products
Selected Varieties
5.25 to 12 Oz.

2/\$9



Yoplait Yogurt
Original, Light or
Whips! Varieties
4 to 6 Oz.

6/\$4

Kellogg's Cereal
Selected Varieties
8.2 to 15.5 Oz.

2/\$7

Mission
Street Tacos
Selected Varieties
8.54 to 10 Oz.

2/\$4

Mountain High
Yoghurt
Selected Varieties
32 Oz.

3.98

Better Oats
Instant Oatmeal
Selected Varieties
8 to 10 Count

2/\$7

Challenge
Butter
Salted or Unsalted
1 Lb.

4.98

Three
Bridges
Egg Bites
Selected Varieties
4.6 Oz.

2/\$7

Just Crack an Egg
Scramble Kit
Selected Varieties
2.3 to 3 Oz.

2/\$5

Kellogg's
Pop-Tarts
Selected Varieties
12 Count

3.98