Cashmere Valley





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Cashmere Girls Basketball Player Riley Johnson Named Player of the Year



BY MEGAN SOKOL Staff Writer

The Caribou Trail League recently named Girls Basketball Senior, Riley Johnson, Player of the year. Alongside Johnson is Brent Darnell who was named Coach of the year.

'I started my freshman year here with the program and it's just cool to kind of see him grow and be able to teach so many girls and get them so excited to play basketball," Johnson said. "I think he makes it a lot of fun for a lot of girls and wants them to come and play and compete with each other every day."

The Girls Basketball Bulldogs have been dominating the Caribou Trail League for the entire 2021-22 season. Whether it be entering the district championships in the no. 1 spot, or by reigning in a 18-1 score through playoffs, the Bulldogs are ready for their championship game on Feb. 19 against the Riverside Rams. The winner will qualify for state championships, while the loser will be eliminated.

Johnson is a born and raised Cashmere local who watched her older siblings play basketball. Her two sisters played basketball for Cashmere and went on to play for Lewis and Clark State College in Idaho.

Throughout the season, Johnson faced numerous obstacles with her team this year, with constant testing and COVID-19 precautions along with sitting out games due to an injured knee.

"I couldn't have done it without my coaches and my teammates beside me and helping me throughout the season, so it's all thanks and credit to them."

Johnson is also involved with her local community, participating in her school's Leadership class and the Cashmere FFA.

"Being involved with the school outside of sports has been really big for me just because I like meeting new people and being part of new activities.'

Cashmere City **Council Meeting**

By Kirk Beckendorf

At the Feb 14th Cashmere City Council meeting, Mayor Jim Fletcher announced that a public hearing will be held to receive community comments regarding the proposed annexation by the city of two parcels located at 5701 Evergreen Drive. The hearing will be held on Monday, March 14, 2022, at 6:00 p.m. at Cashmere City Hall. For additional information contact the mayor's office. Fletcher recommended, and the Council approved, Zak Steigmeyer's appointment to the Cashmere Planning Commission. One additional position is still available on the Planning Commission and those interested should contact the mayor's office.

In a lengthy discussion Fletcher described the city utilities' cash flow projection through 2027, The revised projections are based on a proposed contract with utility management firm, Woodard and Curran (W&C). According to city minutes from a Special City Council meeting held on Jan. 26th, if the contract is approved, W&C will take over the operations and maintenance of all current water and wastewater activities, except for maintaining the city pool. The office staff will continue reading meters and processing utility bills and the two-remaining water/wastewater employees will be offered employment by W&C. Fletcher said the contract is an investment in the future of Cashmere. It is anticipated that the contract will be presented to the Council for their approval on March 14th with a goal for W&C to take over water and wastewater operations by May 1st.

The cash flow projection, Fletcher explained, indicates that the city will be able to hold rates at the existing annual increases of 4% on water and 2% on wastewater, an average of 2.4%. This projection is based on several main assumptions including, increased inflation expenses do not exceed 5% in 2023 and 3% for each year from 2024 to 2027, administrative costs are decreased, additional utility connections are added each year, a reduction in the transfer of funds to the Capital Fund each vear, an increase occurs in operating efficiencies due to W&C management, and maintaining debt service coverage. It is anticipated that minimal budget savings will occur the first year of

The Washington Outdoors Report

Outdoor Round Up

By John Kruse

STATE PARKS HIRING: It's already time to think about a summer job if you are a college student or graduating high school and one great place to work if you enjoy the outdoors is with Washington State Parks. Some 350 park aides and an additional 40 senior park aides are hired to work at our parks from April through September. Typical work includes registering campers, maintaining trails and grounds, cleaning campsites and restrooms, performing maintenance chores and interacting with the public in a positive way.

My son worked as both a park aide and as an intern for Washington State Parks while in college and really enjoyed the experience. Many applicants will use these summer jobs as a stepping stone towards working full time with Washington State Parks. Others, looking fondly

back at these summer jobs years ago, come back as retirees to work or volunteer in our parks. The salary range for these temporary positions range from \$16.09 to \$20.23 an hour, depending upon qualifications and experience. To find out more and apply go to www.governmentjobs. com. Once you are there, search for Parks Aide Jobs in Washington State.

FISHING REPORTS:

COLUMBIA GORGE: Both the staff at Gorge Outfitters Supply in Rufus and creel checkers with the Washington Department of Fish and Wildlife report anglers are catching walleye out of both The Dalles and John Day pools of the Columbia River. Try trolling a Mack's Lure spinner worm harness deep and bait it with a nightcrawler. Once you find a fish, anchor up and try jigging for



PHOTO COURTESY WASHINGTON STATE PARKS.

Camp Fire Programs

SUBMITTED BY THERESA SAMUELSEN

Executive Director

Camp Fire NCW youth programs are just starting back up in Chelan/ Douglas, Grant, Okanogan and Adams Counties after stopping programs due to Covid. You do not need to be a member to sell candy to earn your way to camp. Now is the to be able to spend a great week at not even realize they're learning as a unique gift or incentive item.

Camp Zanika Lache. Register by May 1 and receive \$25 dollars off or \$50 off when you pay in full. This year, the sale is from February 1 to March 10. "Boys and girls who participate in the annual Camp Fire sale are taking part in unique learning opportunity emphasizing presentation skills, public speaking, math skills, teamwork, responsibility, confidence and goal-setting," said Theresa Samuelsen, executive director, Camp Fire USA NCW Council, Wenatchee, time to earn that extra cash needed WA. "They have fun, too, and may

very valuable assets." Register your Companies have chosen to use Camp child now for a fun and exciting week of summer camp at Camp Zanika Lache on Lake Wenatchee. There are lots of fun activities, boating, fishing, rafting, arts and crafts, canoeing, high and low ropes course, cook outs, hiking, kayaking and more. There are still some openings available so be sure to register soon by registering online at www.zanika.net. Camp Fire North Central Washington Caramel Almond Clusters, Mints, and Almond Roca can be purchased for oneself,

CONTINUED TO PAGE A5 Park Aides at one of our state parks

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 help re-start up our club program and help kids go to camp though our camp scholarship fund. Campfire candy can be purchased directly from the council by calling 509-663-1609 or email campfirencw@ gmail.com.

the contract due to the management transition. Fletcher told the Council that he feels comfortable with the budget project for the next couple of years but that a new rate study will need to be conducted in 2024 or 2025.

In a unanimous vote the Council approved the city staff to obtain bids for replacing all of the city's water meters and meter reading software. Fletcher said that the city has federal funds that can be used towards the costs. Director of Operations, Steve Croci, said that the Automatic Meter Reading (AMR) system that is currently being used is time and labor intensive. It requires city staff to drive around and collect meter readings and then download the data into the billing system. He also explained that the system is old and will no longer be maintained by the company, Itron. Croci recommended replacing the AMR system with the up-to-date Advanced Metering Infrastructure (AMI), before issues arise with the old system. With AMI, water meters are read automatically and the data is fed directly into the billing system, without the need for city staff to drive around. Croci added that the new technology is also good from a water conservation stand-point because the system can detect leaks at a home and notify the city staff. He said this can also help homeowners know if they have a consistent but slow leak.

Croci also recommended that the Council approve the replacement of all the city water meters with new Acoustic Leak Detection (ALD) water meters. All of the current meters were installed in 2007, and have a 15-year life span. Some have been failing and now need to be read manually. He said that the ALD meters will detect leaks in the City's main lines, which promotes water conservation and

Continued to page A3

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PO Box 39 Leavenworth, WA 98826

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

Sports & Schools

Cashmere Bulldogs are Heading to the State Tournaments!



PHOTOS BY MEGAN SOKOL

1. Player of the Year Riley Johnson roars victoriously with Coach Brent Darnell after a successful first quarter. Cashmere Varsity Girls win 65-24 over Riverside on Saturday, Feb. 19th. ON TO STATE!

2. Cashmere Senior Ella Burts sweeps the ball to Riverside's court.

3. Cashmere Junior Maddie Hammond defends the Cashmere side of court.

4. Cashmere Senior Gennevieve Ledesma.

5. Cashmere Junior Kaitlyn Bjorklund eyes the ball as she tries to intercept it away from Riverside's control.









FFA Week NATIONAL

February 19-26, 2022



Gillian Darnell & Alia Kenoyer farrowed their first litter of pigs.







Carolina Zavala & Wendy Garcia fabricating sausage in Animal Science.





Our first competitive speaking event will be the FFA Creed featuring 10 new freshmen. Competing on March 8th in Manson will be

Allyson Kitchell, Brianna Castro, Christina Arroyo, Aleida Nolasco, Jazmin Mora, Ranencia Allen, Sophie Hill, Seth Martin,

Vanessa Ferrer and Sophia Batanoiu. Our advanced members will compete in Public and Extemporaneous Speaking on March 10th in

Cashmere. Our advanced members hoping to advance to Districts and State include

LIBERTY

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students created floral arrangements for Valentine's Day

Carly Schoening, Eli Lyons, Sydney Young and Kimmy Dodson. Our FFA "In-Person" Plant Sale is scheduled for Saturday, May 7th from 9:00am - 4:00pm.

Pictured are some of the highlights from this past winter.

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- Carpet Sales



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FEBRUARY 23, 2022

COMMUNITY

Staffing Shortage: Through the Eyes of a Worker

BY: MEGAN SOKOL

Staff Writer

After roughly 925k+ US residents died from COVID-19, many workers feeling that work is unsafe, while others have been able to draw from unemployment and pay bills, Chelan County employers and employees alike have been trying with little success to keep up with their usual pace.

For the past six months, almost every sector and industry has been feeling the effects of the pandemic. Many working-class people have communicated some concerns that they have with working. Here are some of their perspectives while working in the pandemic.

AnnaLee Zenkner is the hiring manager for Water from Wine in Leavenworth. Zenkner explained that former employees from Water from Wine were normally retirees, who saw the wine industry as a way to keep social. However since the pandemic, many of her former retired employees steered away from Water from Wine after the rising concern of COVID-19 kept them feeling unsafe to work.

"Now they're not seeing the benefit of coming back to these jobs because once it was fun,"

Feb. 14:

Feb. 19:

Zenkner explained. "Now you have customers who are extra demanding, extra entitled, and blatantly disrespectful."

Zenkner described the lockdown of 2020 as an opportunity for those in the food industry to see how toxic their workplace environment was, which she claims is a factor in why less workers are coming back to the food service industry.

"If you're met with violence from a customer, you're not going to want to go into work. I also think that there's this 'old-school' mentality about employment, that after being out of work for so long, people don't wanna come back to that tyrant boss."

Zenkner elaborates on how staff, especially in the service industry, usually have more than one job and in the case of tourist towns like Leavenworth or Chelan, would need to commute to work and requires staff to commute daily due to lack of housing and reliable public transportation.

On top of that, Zenkner illustrates how her staff were met with unreliable hours from their second job that fluctuated greatly with spikes of holiday tourists.

"I've had employees come to me after leaving one place

RATTOG

COREBOARD

Cashmere 51, Chelan 68; Loss

Cashmere 65, Riverside 24; Win

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Cashmere Physical Therapy

BULLDOGS

asking for more hours. Then weeks later, finding out that the entire staff, where they had been, got laid off like the day after Christmas."

In Wenatchee, Tammy Smith recalled quitting her hotel job on Dec. 31, 2021. Smith states that she quit due to the intensifying staffing shortage at her job along with other unhealthy conditions. She claims that employees were leaving due to the hotel's lack of benefits and bonuses that other hotels were able to offer.

"They don't offer benefits. They weren't offering more money. They weren't offering sign-on bonuses, which I think was a big downfall considering a few of these other hotels, especially the new ones, were offering benefits and everything," Smith explained. "Our managers have jump ship and go into other hotels and now we're stuck with no managers at that hotel. Nobody's even applying.'

Smith was hired to work the front-end reception with a crew of 30 workers. However, in the last few months of her employment, she ended up working approximately 60+ hours per week with a skeleton crew of 25 workers. Smith was working in the kitchen, shoveling snow outside, and

eventually cleaning the rooms. "Our housekeeping staff has been so short that most housekeeping staff at all hotels are off by 3 p.m. at the latest. Ours would work until 6-8 p.m. almost every night just to get the rooms done.

When asked how employers could improve their recruiting process, Zenkner states that on top of raising wages, employers need to make their workers to feel safe along with being treated fairly.

"Employers aren't seeing the whole person when they hire, they're just looking for a cog in the system and that's not what people are," Zenkner explained. "Employers have to look at their employees as full humans with a full set of other things going on in life. You might not necessarily need to know all the other things that are going in their life, but just consider that this is not their only situation."



Wenatchee Valley College cancels over \$350,000 in student debt

WVC is using institutional **Higher Education Emergency** Relief Funds (HEERF) to cancel student debt for 556 students who attended classes spring quarter 2020 through summer quarter 2021. All of these students have unpaid tuition or fees at WVC. The average amount of canceled tuition debt is \$635. The U.S. Department of Education encouraged institutions to use their HEERF funds to cancel student debt to support students facing challenges due to the pandemic. WVC is one of a growing number of community colleges in Washington state using HEERF funds for student debt.

addition to debt In cancellation, WVC has distributed over \$3 million in emergency relief grants using CARES, CRRSA and ARP federal funding. Learn more at wvc.edu/COVIDFunds.

Libby Siebens, community relations executive director, 509-682-6436 (Mon.-Thurs.)

Wenatchee Valley College enriches North Central Washington by serving educational and cultural needs of communities and residents throughout the service area. The college is committed to diversity, equity and inclusion for all students and employees and provides high-quality transfer, liberal arts, professional/technical, basic skills and continuing education for students of diverse ethnic and economic backgrounds. Visit our website, wvc.edu.

Council Meeting

Continued from page A1

he said it can help the city target water-related capital improvement projects. In a split vote, the Council

voted to authorize the city to accept the \$18,961.17 bid from Northstar Industries for the purchase of a tailgate cross conveyer. Council member John Perry voted against the authorization. Croci explained that the conveyer is needed for when city crews are doing road repairs.

Croci reported to the Council that some of the sensors and technology at the new crosswalks on Pioneer are not yet working correctly. He also reminded the Council that the Feb 21st meeting will be a joint meeting with the Planning Commission. He said that the Commission members would like to discuss the parks' plan, development of the lagoon property and city trails, as well as how to manage city growth. Fletcher suggested that the Council think in terms of a 30-year vision for how best to manage growth and more housing while maintaining the character of the town.



Accident reports

Accident and Injury in Dryden

SUBMITTED BY WSP TROOPER JOHN BRYANT

At approximately 9:03 a.m. on Feb. 5, a 2014 Ford Escape was traveling eastbound on SR2 in the left lane at milepost 105.

A 2005 Nissan Sentra was traveling eastbound on SR2 in the right lane. The Sentra slowed to a stop at the intersection of SR2 and Johnson road. The Escape

Three Vehicles Involved in Chumstick Hwy. Accident

BY MEGAN SOKOL

Staff Writer

Three vehicles were involved in a two-car collision on Feb. 9, at approximately 7:48 a.m. on Chumstick Hwy., and US Hwy. 2.

A 42-year-old Leavenworth woman driving a 2000 Jeep Cherokee had collided with a 2017 Kia Sportage sedan driven by a 59-year-old Wenatchee woman. Both airbags were deployed.

merged into the right lane and failed to stop for the red light. The Escape struck the Sentra in the right lane which blocked the lane. The driver of the Escape, Diego Sanchez Martinez, 43, Dryden, was not injured but was cited for following too closely.

The driver of the Sentra, Tana Zegstroo, 18, Entiat, received minor injuries and was transported to Cascade Medical in Leavenworth. Both vehicles were towed from the scene.

The sedan driver reported to have chest pain. She was transported to Cascade Medical shortly after.

The collision caused the Kia sedan to move back and dent the front bumper of a 2001 Toyota 4Runner driven by a 56-year-old Wenatchee man. This was the third car involved in the accident. The Jeep driver was cited for an improper turn and for having no auto insurance. The driver claimed that the sun glare in her rearview mirror obstructed her vision while driving, and that that was what led to the accident

10 Cashmere water meters recovered President's List at BY MEGAN SOKOL

26-year-old Luke Brooks from Ephrata was arrested on burglary and stolen property. Feb. 7 for allegedly stealing 10 The case was first reported a storage shed in Cashmere.

Cashmere. Brooks was charged with

water meters from the City of back in Oct. 21, 2021. Brooks had sold the water meters for entering the recycling with his \$85 to a recycling center in girlfriend. The water meters

Video footage caught Brooks

Moses Lake after breaking into

have been returned to the City of Cashmere.

Road construction and maintenance updates

SUBMITTED BY JILL FITZSIMMONS

Seasonal weight restrictions are now in effect on county roads in the Cashmere, Chelan and Entiat road districts. The temporary restrictions are necessary in the spring to prevent damages to the county roadway during periods of thawing and freezing. Road restrictions and closures are posted to our website. Haulers should have their free permit application in by 10 a.m. the day before travel. Applications are accepted at public.works@ co.chelan.wa.us Monday through Thursday. If you are traveling on a Monday, please submit your application by 10

a.m. Thursday.

West Cashmere bridge

The contractor on the project is currently placing rebar on the new deck of the West Cashmere Bridge. This work will continue for the next several weeks into March. Concrete pouring is

expected to begin in April. Keep up on the bridge's progress on our Facebook Maintenance plans page. may change with weather conditions or equipment difficulties. Visit the Public Works website, where the weekly road maintenance information is regularly updated.

Gonzaga University

College News

Spokane, WA - The following local residents have earned placement on the Gonzaga University President's List for fall semester 2021. Students must earn a 3.85 to 4.0 grade-point average to be listed.

Dorothy Espinosa, Peshastin, WA

Ryan Cooper, Cashmere, WA

Eyob Green, Monitor, WA

Gonzaga University is a

humanistic, private Catholic University providing a Jesuit education to more than 7,500 students. Situated along the Spokane River near downtown Spokane, Washington, Gonzaga is routinely recognized among the West's best comprehensive regional universities. Gonzaga offers over 75 fields of study, 24 master's degrees, four doctoral degrees in one college and six schools.

Aspirin is the most widely used medicine in the world, the greatest medicine of all time

It started out as a tea made of willow or poplar bark, which contains a natural form of salicylic acid. Starting in 1838, salicylic acid was used as a powder dissolved in water to ease fever and discomfort from headache and arthritis pain. Unfortunately, it tasted terrible and often caused nausea and stomach pain.

In 1899, scientists from the German company Bayer developed an improved version of salicylic acid, called acetylsalicylic acid, which they trademarked as Aspirin[®]. One year later, Bayer introduced Aspirin as the world's first water-soluble tablet, causing a revolution. Aspirin was everywhere, helping to relieve fever, headache, toothache, and muscular aches and pains.

Birchbark and wintergreen plants contain a compound similar to aspirin, methyl salicylate. Its strong characteristic aroma gives it the name wintergreen oil. Used in topical rubs for sore muscles, it is also available in Doan's pills. Initially sold in the early 1900s, Doan's Kidney pills were marketed for back pain. Today's formulation contains methyl salicylate in a dose equivalent to 500mg of aspirin or acetaminophen.

In the United States, there are two strengths of aspirin: 81 mg strength, also called baby aspirin, and 325mg tablets. Aspirin tablets containing 325mg are approved by the Food and Drug Administration (FDA) for "the temporary relief of minor aches and pains associated with a cold, headache, backache, toothache, premenstrual and menstrual cramps; minor pain of arthritis; and reduction in fever."

The FDA also requires that all aspirin products include this statement on the label: Talk to your doctor or other healthcare provider before using this product for your heart.

Aspirin works to interfere with the action of specific cells in your blood called platelets. Platelets act to plug up blood vessels that are damaged and leak blood. Without enough platelets, you cannot stop bleeding and can bleed to death from minor injuries like bumps and cuts. Sometimes platelets clump up in the wrong places, blocking blood flow inside vessels in your heart and brain, causing a heart attack or stroke. Aspirin can help prevent that by interfering with how

You can buy aspirin in several formulations: as an enteric-coated formula (Ecotrin®), two different buffered versions (Bufferin® and Alka-Seltzer®), combined with acetaminophen and

caffeine (Excedrin® and Excedrin Migraine®), or plain (Bayer®), St. Joseph®.

platelets form into clumps.

One recent concern about aspirin is who should take it to prevent heart attacks and stroke. A study published in late 2018 in the New England Journal of Medicine showed that taking daily aspirin did NOT prevent stroke or heart attack in healthy patients over the age of 65. However,, it did increase the chances of experiencing stomach bleeding or bleeding into the brain, the most devastating type of stroke.

This suggests that taking daily aspirin should be limited to those whose risk of heart attack and stroke is high enough to justify the possibility of having severe bleeding.

In a survey published in 2019 of 14,000 adults 40 years old or older, 23% of people taking aspirin to prevent heart attack had no heart

disease. In addition, 23% of those same people took a daily aspirin without their doctor's knowledge.

Here are 5 Tips to **Taking Aspirin Safely:** 1. Ask your doctor

FIRST. Aspirin does not prevent stroke and heart attack in healthy people with no previous stroke or heart attack or those who are not diabetic. Your doctor can tell you if you would benefit from taking it.

2. More is not better.

It only takes an 81mg dose of aspirin to protect against stroke and heart attack. Higher doses can double your risk of bleeding in your brain or stomach.

3. Any aspirin product will work.

Taking an enteric-coated or buffered aspirin version works just like plain aspirin. Unfortunately, it won't decrease your risk of bleeding.

4. It's safe to take without food.

Taking aspirin with water is a good idea. You don't need food to "cushion your stomach" when taking an 81mg tablet of aspirin unless



it bothers your stomach. The increased risk of stomach bleeding from aspirin is not from the tablet itself sitting in your stomach but from its generalized effects in your body.

5. Avoid using "full dose" aspirin if you take a blood thinner.

Taking aspirin for pain or fever increases your risk of bleeding if you take a blood thinner like clopidogrel (Plavix®), warfarin, Pradaxa®, Xarelto®, or Eliquis_®. You should also avoid taking a daily aspirin unless your doctor recommends it.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2022 Louise Achey



COMMUNITY

COMMUNITY BULLETIN BOARD

A4

🔖 Any non-profit 501(c)-(3) group, person(s). Regional 🐁 Must provide: full name, city, phone number. Community News & ${}^{igsim}_{igsim}$ Items pertaining to local events that are free or minimum charge.

lielp Support The Cashmere Food Bank

Events

Local,

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna, Cleaning supplies, hygiene products and toilet paper.

Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 2:30 to 3:30 p.m.



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 Monday, 7 p.m., United Methodist Church, 418 Evans St.

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.



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Leavenworth

P.E.O. Upper Valley Scholarship Application

Applications are being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth, WA. The purpose of the scholarship is to assist women in need of financial help return to higher education at an accredited university, college or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30, 2022. Scholarship funds will be available by the Fall of 2022, and be sent directly to the school financial department upon confirmation of enrollment. Ŵomen applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways:

•Applicant must be age 30 or above and reside in Chelan or Douglas County, WA

•Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence. The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study. Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application form by sending an email to Mimi Keller at the following address: peoleavenworth@nwi.net

Regional

Free Virtual Book **Club Discussion about** Navigating Conflict

Get support and find tools for navigating conflict during one of two free virtual opportunities to discuss the book High Conflict: Why We Get Trapped and How We Get Out by Amanda Ripley on Thursday, February 24, noon or Saturday, February 26 at 1p.m.

NCW Libraries is proud to partner with the Wenatchee Valley Dispute Resolution Center (WVDRC) to host and moderate

Attendees are encouraged to read the book in advance, available through NCW Libraries in multiple formats.

NCW Libraries mission is

"Building bridges, strengthening meeting information.

The Wenatchee Valley Symphony

Announced the winners of the 2022 Angela Schuster Svendsen Memorial Young Musicians Competition. The winner will be featured at the WVSO concert on Saturday, February 26 at the PAC. This year's winner is Julian Frank a student from Leavenwoth. For more information on the competition, contact Gordon Schuster, 509-669-1467, www. wenatcheesymphony.org for more information.

Upper Columbia Salmon Recovery Board

The Upper Columbia Salmon Recovery Board (UCSRB) Directors' will meet on Thursday, February 24 from 9 a.m. to 12:15 p.m. The meeting will be held as a webinar/ teleconference call. То participate in the GoToMeeting or call in for the teleconference: Join via webinar: https:// global.gotomeeting.com/ join/251048853. Join via teleconference: 1-224-501-3412 access code: 251-048-853# For info: Alicia Meier, Natural Resource Coordinator, Upper Columbia Salmon Recovery Board, 541-420-5472, hwww. ucsrb.org/, Facebook www. facebook.com/UCSRB/, Twitter twitter.com/ucsrb, Instagram

COMMUNITY CALENDAR

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

classifieds@leavenworthecho.com or place online at NCWMARKET.COM

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

Sarage and Yard Sale Ads are paid events, please email:

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

Wednesday

Cashmere Rotary Club: Zoom meetings Noon, Call President Glenn Johnson, 509-782-1922 for more information.

Cashmere Food Bank, open 2nd and 4th Wednesday from 2:30-3:30 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

Bingo, Cashmere American Legion Post 64, 401 Sunset Highway. 1st number called at 6:15 p.m. Contact Wiley Collins, 509-888-1904 to leave a message.

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 Monday)

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, 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 Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage only is \$7 (no outside food please). Check-in begins at 11:30 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

to connect the people of North Central Washington to vital resources and opportunities that foster individual growth and

Libraries and the WVDRC share. Partnering on this program has been a perfect fit, " said Amanda Brack, Communications and Community Engagement Manager for NCW Libraries. All NCW Libraries' virtual programs are free and open to the public. This event will be held through the zoom digital meeting platform. To participate, register at www. ncwlibraries.org. Registrants will receive an email with the Zoom

to change relationships through peaceful conflict resolution. connections, and promoting community are goals that NCW

strengthen communities. The Wenatchee Valley Dispute Resolution Center's mission is

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(509) 548-3489 Leavenworth, WA these discussions through Zoom. www.instagram.com/ucsrb/

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.

February 11

11:01 Assist Agency, 127 Riverfront Dr. 18:58 Noise, 101 Cottage Ave. 19:52 Suspicious Activity, 115 E. Pleasant Ave.

February 12

05:33 Alarm, 5655 Sunset Hwy. 15:36 Trespassing, 6747 Flowery Divide Rd. 15:50 Domestic Disturbance, 9081 Deadman Hill Rd., Drvden. 20:08 911 Call, 8695 School St.,

Dryden. 20:54 Assist Agency, US Hwy. 2 MP 115 E.B., Monitor. 22:48 Assist Public, 302 Fisher St. #122.

February 13

08:55 Vehicle Theft, 7943 Stine Hill Rd., Dryden. 16:50 Burglary, 5175 Olive St. 19:05 Weapons Violation, 309 Elberta Ave.

February 14

22:59 Alarm, 2305 Easy St., Monitor.

February 15

08:50 Parking/Abandon, 114 E. Pleasant Ave.



09:00 Theft, 6355 Pioneer Dr. 09:56 Welfare Check, 702 Pioneer Ave. 10:54 Parking/Abandon, 100 Blk E. Pleasant Ave. 14:32 Civil, 107 Lincoln St. 15:06 Non-Injury Accident, 101 Pioneer Ave. 15:15 Juvenile Problem, 300

Tigner Rd. 15:49 Traffic Offense, S. Division St. and Sunset Hwy.

February 16

11:06 Public Assist, Cashmere. 17:11 Theft, 317 Elberta Ave. 17:46 Civil, 505 Glen St. 20:01 Trespassing, 112 Elberta Ave.

February 17

- 07:51 Extra Patrol, 104 E. Pleasant Ave. 08:01 Parking/Abandon, Woodring St. and Riverside Dr. 10:59 Theft, 4458 Bardin James Rd., Monitor. 12:30 Non-Injury Accident, S. Division St. and Sunset Hwy.
- 14:41 Welfare Check, 100 Apple Annie Ave 15:26 Diversion, 125 Cottage Ave.
- 16:32 Assist Public, 125 Cottage Ave 20:46 Theft, 8703 Alice Ave.,
- Dryden.



Tuesday

- Icicle & Peshastin Irrigation Districts: Current meeting time 8 a.m. at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 782-2561 or tony.iid. pid@nwi.net, (2nd Tues.)
- Peshastin Water District, meets at 5:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.
- Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 509-782-7404. (3rd 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). Monday to Thursday, 10 a.m.-7 p.m. Friday 10 a.m.-1 p.m. and 2 to 5 p.m., Sunday 1 to 5 p.m. 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.



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Outdoors Report CONTINUED FROM PAGE A1

additional fish that may be schooling there.

YAKIMA RIVER: Bill at Red's Fly Shop near Ellensburg says fishing has been good. The water has had good clarity and the trout are not in the deeper winter holes but the inside edges and softer water in the Yakima River Canyon. There have been no afternoon hatches and subsequently no dry fly fishing yet. However, fishing streamers and nymphs will work well right now. Try fishing a Skwala stone nymph or worm imitation for success.

LAKE ROOSEVELT/ROO-SEVELT/RUFUS WOODS **RESERVOIR:** Austin Moser, owner of Austin's Northwest Fishing Adventures, has been doing quite well fishing near the net pens on Rufus Woods Reservoir though some days are better than others depending on current flows. High current flow days can be challenging. Having said that, the effort is worth it. These trout are huge and known for their succulent fillets that are great for eating whether it be from the frying pan or the smoker. The limit is two triploid trout and the average size of the fish run from 5 to 8

pounds with some fish coming between 10 and 17 pounds. As for Lake Roosevelt, the Kokanee and trout are what you are targeting this time of year. Moser fishes from Keller Ferry down to Grand Coulee Dam. The fishing for Kokanee has been good and the biggest

one so far this was a 24 • inch salmon weighing 4 • pounds. The rainbow trout fishing has also been good and they are averaging 18 to 21 inches. Moser is trolling standard kokanee gear and also using side planers to get his fish. The limit is two wild kokanee and five fin-clipped trout per day. Moser will be fishing both Rufus Woods Reservoir and Lake Roosevelt through March. If you want to book a trip with him, go to www. austinsnorthwestadventures. com

FISH LAKE: Scott West at The Cove Resort at Fish Lake northwest of Leavenworth says the ice is not safe and there are very few people out on the ice that remains. Your best bet is to come here after ice-off to target the perch, rainbow and brown trout that are found at this 500-acre lake.

John Kruse – www. northwesternoutdoors.comand www. america out doors radio.com



PHOTO COURTESY AUSTIN'S NORTHWEST ADVENTURES. Anglers with triploid trout at Rufus Woods

COVID-19 trends give leaders confidence to look towards next phase of pandemic response

OFFICE OF GOV. JAY INSLEE

With dropping hospitalization rates, improving vaccination rates, and broad access to masks and tests, Gov. Jay Inslee today announced the state can soon move into a less restrictive phase of the COVID-19 response. The lifting of statewide measures does not prohibit local governments from the ability to enact measures in response to COVID-19 activity in their communities.

"The virus has changed significantly over the past two years, and so has our ability to fight it. While caution is still needed, we are entering a new phase of the pandemic," Inslee said at today's press conference.

Inslee and leaders from the state Department of Health said the combination of dropping COVID-19 hospitalization rates and efficacy of vaccines in preventing severe illness and hospitalization are important indicators that statewide requirements can begin to loosen.

"Vaccination remains our most essential protection against severe illness and death from COVID-19. It's also crucial to prevent our hospitals from being overwhelmed again," Inslee said. "If you've been procrastinating, now is the time to get the shot.'

Masks no longer required in most places beginning March 21

Beginning March 21, face masks will no longer be required in most settings, including K-12 schools and childcare facilities.

Masks will still be required in health care settings such as hospitals, outpatient and dental offices, long term care settings, and correctional facilities.

In addition, beginning March I, vaccine verification for large events will no longer be required.

Businesses and local governments can still choose to implement vaccination or face mask requirements for workers or customers, and school districts can still choose to have students and teachers wear masks. Federal law still requires face masks in certain settings

such as public transportation and school buses.

Guidance for K-12 schools will be updated The week of March 7, DOH will issue updated guidance for K-12 schools to go into effect March 21. The guidance will be released early to help schools prepare for this transition.

Schools will still be required to report COVID-19 cases and outbreaks, and cooperate with public health authorities in responding to these consistent with procedures for other communicable diseases.

Students and staff with symptoms of COVID-19 will continue to be required to quarantine away from school buildings. Schools must also ensure access to testing for staff and students who have symptoms of or who may have been exposed to COVID-19. If a student or staff member tests positive for COVID-19, they must remain at home and follow the CDC and DOH isolation protocol.

DOH will also shift existing requirements regarding distancing, ventilation, and sanitation so they become recommendations.Until Monday, March 21, the K-12 Schools Requirements 2021-2022 remain in effect.

"Our students, educators and school employees, and families have been incredibly resilient as we've navigated the impacts of the pandemic," said Superintendent of Public Instruction Chris Reykdal. "Our efforts over the past two years have led us to this moment. Nearly all of our school employees are vaccinated, the number of vaccinated students increases each day, and we have one of the most robust COVID-19 school testing programs in the country. Moving away from a statewide mask mandate to masks being encouraged is a safe next step as we move from pandemic to endemic."

Safe workplace protocols remain in place

COVID-19 remains recognized workplace hazard. When masks are no longer required in the workplace, employers must continue taking steps to assess COVID-19 transmission risks to employees and taking steps to minimize those risks. Risks vary depending on the work space and conditions. Possible steps could include promoting vaccination, improving ventilation, offering face masks, encouraging social distancing or installing sneeze guards or barriers. Employers are still required

to notify workers of potential exposures when a co-worker has a suspected or confirmed case of COVID-19. In worksites with 50 or more employees, report outbreaks of 10 or more confirmed cases to the state Department of Labor & Industries.

Employers must also allow workers to continue to wear masks if they choose. In 2021, the Legislature passed SSB 5254, which protects a worker's right to wear a face covering and other protective devices during a public health emergency. The governor is amending an existing worker safety and protection emergency order, Proclamation

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GRACE LUTHERAN CHURCH 509-860-0736 401 Elberta Ave., Morning Prayer or Holy Eucharist. Join us at 10 a.m. on Sundays. Pastor Rob Gohl



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

related health actions, including getting vaccinated and taking time off to get vaccinated or seek treatment, and it will now also protect workers from any adverse action for wearing a face covering while we remain in a state of emergency. "Caution, compassion and

21-08, to reflect this new state law. Proclamation 21-08 already

prohibits employers from

taking adverse action against

a worker for taking COVID-

kindness is what will allow us to move forward, together" While the transition to the

next phase of the pandemic is reason for hope, Inslee emphasized many families and individuals will continue taking precautions such as wearing face masks at school and work.

"People fall all along the spectrum when it comes to feeling safe and ready to be in public spaces," Inslee said. "And here's the hard truth: while we have the tools we need to fight back, COVID-19 is still a danger to many people. I encourage people to continue doing what's necessary to keep themselves, their families, or their workers safe. Caution, compassion and kindness is what will allow us to move forward, together.'

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 Virtual Zoom Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana

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8455 Main Street • 509-548-7517 Sunday Worship 10 a.m. • Pastor John Romine www.lightinthevalley.org

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Have an idea for a story?

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Classified ads can be placed

during normal office hours by

calling 509-548-5286. by emailing

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LEAVENWORTH COMMUNITY UNITED **METHODIST CHURCH** 418 Evans Street • 509-548-5619 10 a.m.Sunday Service, Pastor Matt Gorman 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 www.faithleavenworth.org

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 www.LCN.org

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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 BIBLE CHURCH Leavenworth Grange Hall

621 Front St. • 251-635-3435 Sunday 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 UNITED METHODIST CHURCH

213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana



In-person: Sunday Worship Service, 10 a.m. 5800 Kimber Road, Cashmere Online: christcentercashmere.com The UNDERGROUND: Sunday, Middle School, 5 p.m., & High School, 6:30 p.m. Steve Haney, Lead Pastor Tim Williams, Executive Director Andy Robinson, Director of Operations Joyce Williams, Pastor of Congregational Care Steffanie Haney, Director of Adult Discipleship Kelsie Folden, Diractor of Youth Ministry Heather Pflugrath, Director of Children's Ministry Amber Vaughn, Director of Production & Creative Carmen Gamble, Office



CASHMERE VALLEY

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In State (yearly) - \$40 \$45 for print and online Out of State (yearly) - \$52 **Online E-edition - \$40**

refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. Toll Free 1-509-293-6780



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Announcements

papers

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Help Wanted

The Bridgeport School **District is seeking** qualified individuals for the following positions for the 2022-23 school year: Psychologist Speech Language Pathologist **Elementary Music** Teacher Secondary Music Teacher HS Foreign Language Teacher HS CTE/Computer

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

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The Cascade School District is seeking qualified applicants for the following positions:

Cascade High School Fall and Winter Cheer Coach(es)

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

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Help Wanted

Earn Some Extra \$\$ money Working a few hours for 1-2 days per week delivering newspapers to dealers and racks. We are looking for a reliable, responsible individual to pick up and deliver our newspapers Early Wednesday morninas. Other duties include collecting and counting money. Keep newspaper racks cleaned and maintained. Must have good driving record and proof of insurance. Apply in person at 215-14th St., Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays. EOE

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Help Wanted

Receptionist-Administrative Assistant The Lake Chelan Mirror newspaper is looking for an outgoing person for full-time this iob Monday-Friday. Qualified applicant will answer phones, take ad orders, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, affidavits prepare and sheets tear for advertisers and assist with other administrative

activities. Must have good customer service skills, utilizing adept at computer systems and software including Excel and Word, and have good math skills. If you're looking for a fun

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Interested applicants can apply at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, #109, 9 a.m.-5 p.m. or send your resume to: publisher@ leavenworthecho.com EOE



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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.

Apparel

A Variety of Bavarian **Clothing for Sale:** PRICES REDUCED ! 3 Bavarian-styled vests, sizes small & medium, 2 woolen and one velvet. \$15 each. One Beautiful Bavarian, Loden-grey and green wool suit, size 44. A steal at only \$40 One pink and green dirndl with apron. \$15. 2 aprons, satin light blue and 1copper-colored, \$5 each. One medium-sized long-sleeve white dirndl blouse. \$5.

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EOE

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- Google Map to your location (you can opt out)
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Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



IN TOWN LEAVENWORTH 3 bedroom, 1 1/2 bath, washer, dryer. No garage, shared patio, and small tool shed, 2 car parking limit. No ATVs, motorcycles, snowmobiles, trailers, etc. No pets, or smoking. Available Mid-February or March 1. \$1600 plus \$100. flat utility fee. References required. \$1000 security deposit. 509-860-4564.

Two bedroom apartment at the Chelan Airport area. Includes parking, electricity, laundry, and garbage, \$1,300 month. 509-860-6400.

Vehicles

Trucks & Vans

For Sale: 1995 Dodge 2500 Cummins Diesel truck. Excellent condition inside and out. Color match canopy. Two wheel drive, standard cab, automatic. 162,000 miles. \$7,995 firm. 509-679-9318.

Legals

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF GRANT

No. 22-2-00062-13

SUMMONS BY PUBLICATION FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman.

Plaintiff, vs

JOHN R. WERST and VIRGINIA WERST, husband and wife; the UNKNOWN HEIRS of JOHN R. WERST; the UNKNOWN HEIRS of VIRGINIA WERST; ALBERT DIEDE and BERNICE DIEDE, In the Matter of the Estate husband and wife; the UNKNOWN HEIRS of ALBERT DIEDE; the UNKNOWN HEIRS of BERNICE DIEDE; HENRIETTA GRIFFITH, a single woman; named below has been appointed KERRY JOHN GRIFFITH and JANE DOE GRIFFITH, husband as personal representative of this ANN wife; LAURIE and GRIFFITH, as her separate property; and ALL UNKNOWN CLAIMING PERSONS AN INTEREST IN THE PROPERTY, Defendants.

THE STATE OF WASHINGTON TO THE SAID DEFENDANTS: UNKNOWN HEIRS of JOHN R. WERST and VIRGINIA WERST. UNKNOWN HEIRS OF the ALBERT DIEDE AND BERNICE DIEDE, and ALL UNKNOWN PERSONS CLAIMING AN

Public Notices

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARINGS NOTICE IS HEREBY GIVEN that NOTICE IS HEREBY GIVEN

that the Leavenworth City Planning of Leavenworth will hold a Public Commission will hold a public hearing on March 2, 2022 at 7:00

PM via Zoom. Meeting ID: 999 2949 1100 and Passcode: 225225, Dial by your location +1 253 215 8782.

the corresponding zoning district,

amending I MC Sections 18 20.060.

18.21.060, 18.23.060, 18. 36.045;

and removing 18.52.130, condition-

al use permit - two-family dwelling

Hall, phone 509-548-5275 or

16, and 23. 2022. #3578

email

Public Notices

SUPERIOR COURT OF

WASHINGTON

FOR CHELAN COUNTY

NOTICE

representative

otherwise

TO

of WILLIAM E. FORHAN,

personal

by

PROBATE

The

barred

Deceased. No. 21-4-00474-04

CREDITORS RCW 11.40.030

estate. Any person having a claim

against the decedent must, before

the time the claim would be

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

any

attend

ID: 873 5181 0843, Passcode: If you do not have computer 335577; Or the call-in phone access, please contact City Hall for number: 1-253-215-8782. special accommodations. The CUP2022-002: Request for a Hearing will address a new Conditional Use permit, submitted Leavenworth Municipal Code by Caroline & Matthew Moser Chapter 18.42 Affordable Low- (owners), to utilize an existing Income Housing Incentives, to pro- two-bedroom Accessory Dwelling vide incentives for the creation of unit as a Bed & Breakfast (B&B), affordable low-income housing. At pursuant to LMC 18.52.120. The this same meeting, remanded items project is located at 162 W for the following will be considered Whitman Street, within the and sent back to the City Council Multifamily Residential zoning (1) Leavenworth Comprehensive district; Assessor's parcel number Plan - creation of a new Residential 241711697210.

Low Density 8,000 designation The public is encouraged to (removing Residential Low Density attend via zoom and to submit 12,000 and 10,000); (2) Zoning Lot written comments prior to the Size Requirements - combining hearing. Materials may be viewed land use designations LMC 18.21 by appointment only at City Hall, Residential Low Density 12,000 or on the City's Public Portal at and LMC 18.23 Residential Low https://bit.ly/2RMadlw; Search Density 10,000 into a new LMC LUA2022-002, address, or use 18.18 Residential Low Density the interactive map. Questions 8,000 zoning which would change may be directed to Maggie Boles, the minimum lot sizes from 12,000 Development Services, phone and 10,000 square feet to 8,000 509-548-5275 email (respectively); and, (3) Duplex Lot seniorplanner@cityofleavenworth. Size Requirements - change the com. Published in The Leavenworth minimum lot size requirement for a Echo/ Cashmere Valley Record on duplex from 12,000 square feet to February 23, 2022. #3660

Public Notices

Public Notices

NOTICE OF PUBLIC HEARING

the Hearing Examiner for the City

Hearing to consider and make

decision on a Conditional Use

Permit Application. Hearing will be

held at 10:00 am, Friday, April 15,

2022, online via Zoom, Meeting

SUPERIOR COURT OF WASHINGTON

units (duplexes). Interested citizens FOR CHELAN COUNTY are encouraged to comment and/or In the Matter of the Estate of the public hearing. CHRISTOPHER C. HAUGE, Questions may be directed to Deceased. No. 22-4-00047-04 Development Services within City PROBATE NOTICE TO CREDITORS RCW 11.40.030

personal representative The Published in The Leavenworth Echo/ Coshmers Vell Cashmere Valley Record on February. 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 provided under RCW 11.40.020 (1) (c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame. the claim is forever barred, except as otherwise provided in RCW copy of the claim and filing the 11.40.051 and RCW 11.40.060. original of the claim with the Court This bar is effective as to claims in which the probate proceedings against both the decedent's probate and nonprobate assets. Date of First Publication: Personal Representative: Diana M. Starcher the Personal for Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P O Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 22-4-00047-04 DIANA M. STARCHER Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 9, 16, and 23, 2022. #3573

Using spices as supplements

I can't stand fried chicken. I never go to KFC, and I'll avoid fried chicken at potlucks unless there's nothing else available. Then, I peel off the fried coating until there's just plain chicken on my paper plate.

My grandparents retired and moved from Arizona to Washington State when I was in primary school. Every few months, we'd visit, driving from Seattle to Ocean City, just north of Ocean Shores on the coast.

I loved staying with my grandparents, but getting there wasn't fun. We always left right after Mom fed us lunch, usually fried chicken. Halfway there, I'd get queasy sitting in the back seat of our station wagon. One particularly twisty section of the road was excruciating. I'd often lose my lunch by the side of the road or into a trash bag inside the car.

I suffered motion sickness on boats and planes, too. One day, I discovered that ginger root might help. I tracked down candied ginger root in the spice section of my local grocery. After measuring out the suggested dose, I took it about an hour before my next road trip.

What a difference. Without a headache or queasy stomach, I enjoyed riding and reading in the back seat of the car. What a relief to master my motion sickness.

Years later, the airport was crazy busy on the early morning of Christmas Eve, and I almost missed my flight to Dayton, Ohio. In the confusion, I forgot my dose of ginger. Everything went well until we hit turbulence on the final approach. Staggering off the plane and feeling four shades of green, I raced for the nearest restroom. Finally arriving at my in-laws, I spent the rest of the dav in bed.

Cinnamon, ginger, and turmeric are spices with additional medicinal proper-

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ties. Although some people seem to experience benefits from these natural products, many others do not. How can you tell if they are helping vou?

When your doctor gives a prescription medicine to try to lower your blood sugar, they will have a way to decide how you respond to it. You may poke your finger to measure your blood sugar. If your blood sugar levels don't change, then another approach is needed. You may get a higher dose or different medicine.

Not everyone who takes a medicine, food supplement, or herbal product will respond to it. There's no way to predict who will benefit and who won't. Even with dozens of glowing testimonials, taking any supplement or herbal product doesn't guarantee similar results. Each of us responds to medications and supplements in our own way.

The best way to determine if your supplement is helping you is to document your results. Before you start, write down how you feel before taking the first dose of your medication or supplement, then at regular periods afterward. Trying to recall exactly how you felt a week ago is not as nearly as accurate as documenting it in writing.

In the words of a Chinese proverb, "The palest ink is better than the best memory."

Despite recent studies showing that ginger is ineffective at relieving nausea from motion sickness, I have confirmed that it works for me. And that's what counts.

Other medicinal spices include clove oil and cinnamon. Clove has been used as a dental analgesic and

antiseptic for decades. I think the hint of clove is part of what gives dental offices their distinctive smell. Pure Cassia cinnamon has been shown to lower blood sugar by up to 25 points, and turmeric may help your knee pain.

Here are 5 steps to help determine if a supplement works for you:

1. Decide which symptoms you hope will improve.

Answer the question, "If this really helped you, how would you know?" What exactly do you expect it to do? Relieve your pain? Increase your energy? Help you lose weight?

2. Create a before and after scoring system.

Before taking the first dose of your supplement, score yourself on how you are doing on each symptom. If you want increased energy, score your current energy level on a scale of 1 to 5 or 1 to 10.

3. Start your new supplement.

4. Score yourself on each symptom.

Every week, notice how you are doing on each symptom and record it in your symptom diary.

5. Evaluate your progress.

Check your before and after scores to determine any changes to your symptoms. If you don't see any measurable difference after four to six weeks, it's not helping you. Try something else, instead.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2022 Louise Achey



INTEREST IN THE PROPERTY

appear within sixty (60) days after of: (1) Thirty days after the February 9, 2022 the date of the first publication of this summons, to wit, within sixty (60) days after the 2nd day of February, 2022, and defend the above-entitled action in the months after the date of first above-entitled court, and answer the complaint of the Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, and serve a copy of your answer upon the undersigned attorneys for Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The object of Plaintiff's action is to quiet title in and to Grant County Parcel No. 15-0956-000, which is more particularly described as follows:

Those portions of the Southwest quarter and the West half of the Court of Probate Proceedings Southeast quarter of Section 4, Township 17 North, Range 24, E.W.M., Grant County, Washington, not included within the boundaries of Irrigation Block 79, Columbia Basin Project, Grant County, Washington, according to the plat thereof filed April 17, 1956

DATED this 27th day of January, 2022.

STW LAW, PLLC

By:_Stephen W. Reagan, WSBA #41328 Attorney for Plaintiff Published in The Cashmere Valley Record/Leavenworth Echo on Feb. 2, 9, 16, 23, and Mar. 2, and 9, 2022. #3551.

were commenced. The claim You are hereby summoned to must be presented within the later personal representative served or mailed the notice to the creditor RCW Attorney as provided under 11.40.020(1)(c); or (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: February 9, 2022 Personal Representative: Carol L. Forhan 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 and Cause Number: Chelan County Superior Court Cause No. 21-4-00474-04 CAROL L. FORHAN Personal Representative Attornevs Personal for 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



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THEME: THE 1940s ACROSS

Monk Kidd

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72. Nucleic acid 73. Term of endearment DOWN Emergency acrony... *1949 international org. 4. Chicken feet 1. Emergency acronym 3. Copycat . Christian hymn (2 words) 7. Gone by 6. Graveside sound . TV's Yellowstone, e.g. 9. Uses a Singer 10. Underwater hermit 11. Ethereal 12. Gridiron official, for short 15. Apollo Creed's son 20. City in northern England 22. Old towel, e.g. 24. Rollerskater's protector (2 words) 25. *Disney's 1942 orphan 26. Abstractionism using optical illusion 27. Kind of salami ," pl. 29. Crafts' companion 31. Network of nerves 32. Treasure collection 33. Dreamer? 34. *Popular music style 36. Ship canvas 38. *1939-1945 42. Parallel grooves 45. Acid turns it red 49. "Bingo!" 51. Daryl Hannah's 1984 movie 54. Open up56. In spite of the fact, arch.57. Church sound 55. Beer acronym 57. *____ Doctrine, U.S. foreign policy 58. Swedish shag rugs 59. Plotting 60. Velum, pl. 61. Zeal 62. New Haven University 63. IRS employee? 65. Yang's opposite 67. Canny

Clutter is like a weight around your neck. Extra CA\$H is not.

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