



## Bulldogs Bring Pear Bowl Trophy back to Cashmere



PHOTO BY BILL FORHAN  
Photos and story on Page B1

### Liberty Orchards Company, Makers of Aplets & Cotlets Candies, To Close

SUBMITTED BY LIBERTY ORCHARDS

Cashmere - After more than 100 years of business, Liberty Orchards Company, the Washington State family-owned makers of Aplets & Cotlets candies, will close operations by June 2021. The Company will continue to seek a buyer for the assets, including the brands, the production equipment, and the factory and warehouse buildings.

The company's Board of Directors and Shareholders wish to thank its many employees, its long-time suppliers, the people of Cashmere, where the factory and retail store are located, and its customers from around the globe for their loyalty over the last century.

The company was founded in 1920 by two Armenian immigrants, Mark Balaban and Armen Tertsgian, who bought a small apple orchard and were inspired to use their surplus fruit to create Aplets, an apple and walnut confection based on Locoum, the famous Near East candy popularly known as Turkish Delight. A few years later, a second product, Cotlets, made with apricots and walnuts, was introduced.

Three generations of family members have managed the business since 1920. The founders' legacy was carried into the second generation by John Chakirian and Richard Odabashian, who ran the business from 1956 into the 1980s. Since then, Greg Taylor, the grandson of Armen Tertsgian, has served as the company's President.

Besides Aplets & Cotlets, the company produces Fruit Delights, Dessert Delights, and Fruitlets, to name just a few of its products. More recently, the company created Orchard Bars, a nutritious fruit-nut-seed bar, to meet the growing demand for gluten-free, non-GMO snacks.

The company was founded by immigrants who came to this country as refugees, filled with gratitude, an entrepreneurial spirit, and a willingness to work hard. The family is immensely proud to have carried forward the founders' legacy in providing more than 100 years of the highest quality products and employment to generations of families in its community.

### Cashmere Food Bank moving to River Street

CAROL FORHAN



PHOTO SUBMITTED BY STEVE CROCI

Cashmere Food Bank, Executive Director, Pam Leighton said that she and the committee have signed a 5-year lease agreement with City of Cashmere. The new facility will be located at 316 River Drive and will be used for the food bank storage, and distribution center.

"We will clean and fix the flooring to accommodate the freezers and refrigerators, shelves," said Leighton

who also stated that they will be applying for a Cares Act Grant to purchase a walk-in cooler to replace some of the freezers as they take up a lot of floor space. We are hoping to be in the new facility by the end of May. Right now we are providing food for approximately 80 to 100 people on the 2nd and 4th Wednesdays at Riverside Park with the continued help by the National Guard. For additional information or to make a donation you can call Pam at 509-245-6464.

### Chelan County Sheriff Burnett: Short Term Rental rules will only be enforced during normal work hours ... for now

By GARY BÉGIN

Managing Editor, NCW Media

**MANSON** - At a recent Zoom meeting of the Manson Community Council (March 16), Chelan County Sheriff Brian Burnett explained that when the time comes to start enforcing Short Term Rental (STR) rules, it will be handled by a force of "code enforcement" sheriff's office officers who will be on duty Monday through Friday, during normal working hours.

Burnett went on to say that these officers must undergo similar police academy training on certain subjects like use-of-force, firearms and driving before they will be allowed on the streets to enforce STR issues. This learning curve is expected to last four weeks, but some applicants may take less time if they are already previously experienced law enforcement officers.

Once these criteria are met, candidates for the three positions would also be required to learn code enforcement. Burnett expects the county offices responsible for STR rules will be teaching staff the new rules. That would mean Chelan County Community Development staff.

Burnett said there would be one position (new hire) for Leavenworth, one for Chelan and one supernumerary as in an "at need" or "on call" basis.

Normal working hours in this case would mirror any other government agency's 8-5 or thereabouts office

hours. Burnett said it may become more flexible in the future and might even be subject to evening and weekend shifts within the code enforcement department.

As of right now, Burnett is asking for some "slack" as the entire concept is a fairly new one in the realm of county law enforcement and he sounded sure that minor tweaks will be an ongoing chore before the kinks are ironed out, hopefully by the fall season.

As far as the expected deployment of these officers, Burnett stated it would be around mid-May to early June.

He said he still needs to work with his staff to formulate a job description, policies and procedures as well as deal with sworn and administrative personnel and their respective unions.

The codes are due to be officially on the books around April 5, in time for tourist season. Burnett said there was a distinct difference between the expected Memorial Day crowd and the July Fourth tourists.

He noted the 4th tourists were perhaps a bit more rambunctious, but the code enforcers would already have boots on the ground, and with a little mud on them, by that time.

Burnett said the Leavenworth/Plain and Chelan/Manson areas are the two parts of the county expected to receive the most attention when STR rules start to apply.

He said most if not all county residents, live in Commissioner Bob Bugert's (Leavenworth) district or, in the case of Lake Chelan, in Commissioner Tiffany Gering's district.

Perhaps the biggest surprise, as gauged by the reaction of MCC members, was the fact that these code enforcers will not be available 24/7 like the normal sheriff's office patrol deputies.

Burnett told them that in the meantime, complaints should be called-in to a non-emergency administrative phone voice mail for action beginning the following workday morning.

So, if you are complaining about loud noise or parking on a Saturday night, it isn't going to be handled by the Chelan County Sheriff Office (CCSO) department of code enforcement until Monday, depending on where your complaint might fall in the order of complaints received.

However, if you hear gunshots or see acts of violence or public safety concerns, then call the regular Rivercom emergency dispatch center and a deputy will be sent to that location asap.

Burnett said his office is experienced in serving warrants and legal notices and the like, but not in the area of STR's.

He clearly made sure the MCC members and a couple dozen citizen

listeners understood that there was a huge difference between a criminal act and a code violation. The latter may be subjected to a fine, like a barking dog complaint, if the issue isn't corrected. After the initial response by the officer, a \$75 fine on second infraction or \$150 on third violation may result in an issuing of an order to appear in court. Details not yet set.

Burnett said the regular CCSO patrol cars would be painted in silver and have lettering on the car stating: "Code Enforcement."

The enforcement officers would be armed and in uniform and that is why they must undergo police academy training, he said.

About 33 people, including MCC, staff and invited guests, attended the meeting.

They were also witness to Burnett's description of taking on this code enforcement challenge when he said he didn't really jump at the chance to take on this responsibility, but realized it was the best thing to do for the citizens of Chelan County.

"I try to be a team player" with the close cooperation of the Commissioners and the Community Development Department," he said.

He then asked the MCC and the entire STR-affected area to give him "a little bit of grace and patience" as he was hoping to iron out the kinks by a year from now, once tactics and policies are worked out.

**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

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## Stifel's Roxanne Bryant Qualifies For President's Council



Stifel Financial Corp. (NYSE: SF) announced that Roxanne Bryant qualified for the firm's 2021 President's Council. Ms. Bryant is a Senior Vice President/Investments with the Taylor/Bryant Investment Group and Branch Manager of Stifel's Wenatchee, Washington, Private Client Group office.

Ms. Bryant has more than 35 years of experience

in the investment industry and works closely with multigenerational families of various backgrounds and helps businesses manage their 401(k) plans. She earned a B.S. in Business Administration from Central Washington University. She is a member of the NCW Estate Planning Council and past board member of the United Way of Chelan and Douglas Counties.

## It's the principle of 'the thing' and the best deal for taxpayers

Sometimes clichés are spot on, dead to right and hammered on the nail. There is a reason for clichés and I think it dates back to caveman days and the very survival of the species.



**APPLES TO APPLES**  
**GARY BÉGIN**  
NCW MEDIA  
MANAGING  
EDITOR

Imagine a leopard is getting dangerously close to a troupe of monkeys and then one of them sees this leopard, but there is no fast, immediate way to warn the others if the observer had to explain himself in monkey-talk. So he screams "spots!" "spots!" "spots!"

Here we are in 2021 and I am screaming "Spots!" "Spots!" "Spots!"

The leopard has arrived in Olympia and is famished. I now invoke the old cliché and yell "Spots!" again. When Democrats are in charge they will raise taxes.

Representative Dan Newhouse and the entire Republican caucus in Olympia is against this "hidden out in the open" attempt to bust the state constitution by imposing an income tax.

Many Republicans and

staunch Conservatives, elected or not, have been warning Washingtonians for years and now it has come to pass. In Newhouse's own words last week, "I joined the Washington State House Finance Committee to testify in opposition to ESSB 5096, a bill that would impose a new 7% tax on capital gains."

This bill would not only recklessly stifle our state's economic development but is unconstitutional. According to the IRS, a tax on capital gains is considered an income tax - which cannot be taxed at a rate higher than 1% according to the Washington State Constitution.

Enacting this new capital gains tax will open the door to an income tax on all Washingtonians and eliminate one of our state's most competitive advantages offered to entrepreneurs and small business owners. I firmly oppose this measure and encourage our state representatives to vote NO."

Maybe now the loyal rank

and file Democrats will break ranks at least a little and realize that they are indeed, part of the problem slowing economic growth in this state and in the nation itself.

The old cliché is that leopard ain't changing its spots. Now Republicans must make sure the 2021-2024 election races drive the point home: Elect a Dem and destroy a job.

We already pay sales tax, property tax and federal taxes, why must this be happening especially when we are working with a surplus of budget money. Especially since liberal Democrats (and others) got what they wanted in the legalization of marijuana enriching the state coffers by millions.

Why must the hard working and the passive income and the mixed income taxpayers have to keep paying more and more for having the nerve to reach a modicum of success in their financial lives?

Sometimes yelling "Spots!" just isn't enough to rock the status quo in Olympia. Sometimes the people must picket peacefully and make darn sure they tell their elected leaders and neighbors

that they are against a capital gains tax and will be voting against those who favor it.

This bill is an abomination and must be stopped. If the GOP ever regains the House and Senate in Olympia, repealing this insult must be priority number one.

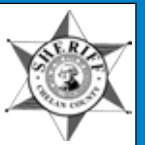
Many state taxpayers already face over-regulation if they are business owners and millions of Washingtonians have suffered financially under Governor Inslee's tyrannical COVID-19 closings for unknown reasons.

Both business owners, their employees and entire families and communities have been run to ruins by unnecessary restrictions.

I urge all readers to call, email, and vote against this dubious "hidden out in the open income tax" measure immediately.

Remember, one pesky fox can decimate an entire chicken coop.

*Managing Editor Gary Bégin can be reached at gary@ncwmedia.net. His opinions are not necessarily those of NCW Media.*



### 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.

<b>March 12</b>	Way, Martin's Market
07:13 Welfare check, 702 Pioneer Ave.	<b>March 16</b>
11:42 Civil, 302 Sullivan St.	12:26 Unknown accident, Eels Rd. & US Hwy. 2
12:35 Trespass, 2 Riverfront Dr.	12:36 Injury accident, Cotlets Way & Museum St.
<b>March 13</b>	21:27 Traffic offense, 107 Cottage Ave.
08:39 Theft, 7900 Stine Hill Rd., #C6	21:30 Weapons violation, 6550 Turkey Shoot Rd.
11:35 Parking/abandon, 113 Mission Creek Rd.	<b>March 17</b>
<b>March 14</b>	No Incidents
10:23 Suspicious, S. Division St. & Mission Ave.	<b>March 18</b>
20:58 DUI, Mission Ave. & Aplets Way	07:03 Extra Patrol, 7949 Kinney Rd., Dryden
<b>March 15</b>	08:09 Extra patrol, 322 Chapel St.
16:23 Parking/abandon, 100 Blk. Aplets Way	16:04 Juvenile problem, 241 Independence Way
19:56 Public assist, 8703 Alice Ave., Dryden	17:40 Domestic disturbance, 241 Independence Way
21:43 Trespass, 130 Titchenal	21:07 Disturbance, 300 Blk., Woodring St.

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### LETTERS TO THE EDITOR

**What's up within the Democrat Party?**

I have to wonder what Nancy Pelosi and Chuck Schumer are thinking. What do we do with a President who, every day, loses more and more brain function? I know the Democrat leadership and the liberal press are trying to hide the facts. But, if you are interested at all, in how our President is functioning, you must see that he is failing. It is not a pleasant sight! And one we should all be concerned with. But, we must know that Chuck and Nancy are thinking about their future; can they continue to hide Biden's failures? Why not? The media has allowed them to get away with it, so why change? If their actions

the past decades tell us anything, they will continue the deception. Corruption has brought them into power and they intend to keep it, by any means possible.

If any one word defines the operation of the Democrat party, it is corruption. Corruption has been a part of our politics for years. I suppose it's impossible to get rid of, but, since Bill and Hillary's era, it has gotten worse. Obama's tenure perfected it. Then Trump came along and tried to eliminate it by getting rid of the swamp. All of the elites in Washington DC fought his effort. Then, the Democrats ousted Trump by corrupting the electoral system. There's that word again. There are

so many examples, it's hard to keep track. Here are a few more: the Democrats attempt to tie Trump to Russian collusion. Joe and Hunter Biden's connection with Russia, China, and the Ukraine; more recently, the efforts by New York Governor Cuomo hiding data concerning Covid deaths in nursing homes. It has been reported that this happened in other Democrat run states. There is more but, too many to enumerate here.

America is a divided country. If you look at the total numbers of votes cast in 2020, it is almost equal, give-or-take a few million either way. Politically, one side believes in smaller government with the power belonging to the

people and the other side favoring bigger government led by people who no longer believe in our Constitution, but change the rules to suit their current politics. Both sides have arguments, so it's up to us, the American people, to decide. Until a few years ago, we had an unbiased press who reported untainted news. Now, the press is so blatantly one-sided it's hard to compete. But I know this, we are being lied to every day. Half of America knows the truth and the other half believes the liars. The guys in the white-hats must win this fight, if not, we will no longer be a Constitutional Republic. God bless the USA.

**Wallace Aunan,**  
Leavenworth

## HELP MOVE LINK FORWARD!

Link Transit wants your feedback!

on proposed changes to public transportation in Chelan and Douglas Counties. These proposals suggest changing where bus routes go, the times of day and days of the week they operate, and how often they arrive. Other ideas include changing Link to a zero-fare system.

Learn more by visiting our online open house at

www.MovingLinkForward.com

or scan the QR code to take the survey.



Scan this QR code with your phone to take the survey!



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**COMMUNITY BULLETIN BOARD**

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- Items pertaining to local events that are free or minimum charge.

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- Garage and Yard Sale Ads are paid events, please email those to classifieds@leavenworthecho.com or NCWMARKET.COM
- For more info call: Leavenworth: 509-548-5286, Cashmere: 509-782-3781
- Email to: editor@leavenworthecho.com or reporter@leavenworthecho.com

**Help Support The Cashmere Food Bank**

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

Since there is such a high demand for help with food we will be offering boxes the 2nd and 4th Wednesdays from 2:30-3:30 p.m. during the Pandemic crisis. The National Guard and CDCAC will be distributing at our same location at Riverside Park.

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



This ad sponsored by the Cashmere Valley Record



**Contact the listed organizations or events for updates on the Covid-19 regulations.**

**PEO Chapter JF Scholarships**

Applications are now 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 in 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, 2021. Scholarship funds will be available by the Fall of 2021, and be sent directly to the school financial department upon confirmation of enrollment. Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application form by contacting:

Mimi Keller Chair, Scholarship Committee mimi.keller5@icloud.com

**Free Clinic Opens**

The free clinic is now open every Monday at Cascade Medical, downstairs, 6:30-8:00 p.m. Please call Terri for additional information. 509-393-8271.

**Leavenworth Nutcracker Museum board opening.**

The Leavenworth Nutcracker Museum (a nonprofit corporation) is seeking talented and/or experienced applicants interested in adding their skills and enthusiasm to the LNM Board of Directors. The board meets monthly and members are expected to volunteer on one or more committees. Direct inquiries to Briar Hoper, LNM Board President, 509-679-4478.

**COMMUNITY CALENDAR**

**Wednesday**

**Cashmere Rotary Club:** Zoom meetings Noon, Call President Kris Taylor, 663-8604 for more information.  
**Cashmere Food Bank,** open 2nd and 4th Wednesdays from 2:30-3:30 p.m. Cashmere Food Distribution Center, Riverside Park, 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, 782-3099.  
**Cashmere American Legion Post 64.** 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 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, 679-0243. (1st Thurs. of every month, August-June).  
**Underground Middle School** youth meet 7-8:30 p.m., in person, in the Conservatory. Call Kelsie Folden for more info. 782-2825

**Friday NO MEETINGS**

**Saturday**

**Bingo,** 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904. No Bingo due to the COVID-19.

**Sunday**

**CHURCH:** See the church page for local service times and events.  
**Underground High School** meet at 6 p.m., in-person, at the Conservatory, call Kelsie Folden for more info. 782-2825

**Monday**

**Cashmere Wacoka Kiwanis Club,** 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (No Meetings at this time due to COVID-19)  
**Tillicum Riders:** 7 p.m. Chelan County Fairgrounds. Call Cindy, 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, 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,** Zoom Meeting, 6:30 a.m. (1st Mon.)  
**Cashmere School Regular Board Meeting,** Zoom, 7 p.m. (3rd Mon.) Schedule changes do occur. See: www.cashmere.wednet.edu. or Call 782-3355.  
**Chelan Douglas Republican Women,** luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-9869 (1st Mon. each month).

**Tuesday**

**Icicle & Peshastin Irrigation Districts:** Call for day and time Anthony Jantzer, cell, 509-433-4064 or tony.iid.pid@nwi.net (2nd Tues.)  
**Cashmere Chamber of Commerce.** Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)

**NCW Libraries**

**Cashmere Public Library: 782-3314**  
**You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).**  
 Customers will be required to wear a mask, practice social distancing, and limit their visit to around thirty minutes, all of the library buildings will have a 25 percent occupancy limit. Library patrons who prefer minimal contact service, curbside pickup will continue to be offered at all branches. Service hours and availability plans to launch in March. Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page.  
 Curbside Pick-Up -patrons can still pick up items during this hour from our outdoor curbside pick-up table. The library will still remain closed to the public during this time. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org

**Cashmere Museum and Pioneer Village**

Call for more information 782-3230  
**Chelan County Historical Society Board meets,** 7 p.m., Cashmere Museum, 600 Cotlets Way. Call 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, 9 a.m., and 7 p.m., Leavenworth Senior Center, 423 Evans St.  
 Tuesday, noon, First Baptist Church, 429 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, noon, First Baptist Church, 429 Evans St.  
 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.  
**Celebrate Recovery,** Friday, 6:30 p.m.  
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# Taking Your Thyroid Medicine Successfully

**Q:** On my thyroid medicine bottle, there's an additional label that says to take it in the morning on an empty stomach. Sometimes I forget to take it before breakfast. Is it okay to take it later?

You're not alone in asking about this. The synthetic thyroid hormone levothyroxine is the most prescribed medication in the United States. My mother was always worried about what might happen if she didn't take her thyroid medicine "correctly." Taking her first bite of breakfast, if she saw her yellow levothyroxine tablet still waiting on the counter, she'd skip her dose that day.

"Louise, what if it can't be safely mixed with food? Could it start a chain reaction in my stomach?"

"Mom, if you do forget to take your thyroid medicine before you eat breakfast, the worst that could happen is your body won't get the full dose. That's because food can change how much of the levothyroxine your body can take in.

Taking it with breakfast gives you a lower dose, but skipping it guarantees you get none of your dose. Taking no thyroid medicine at all affects you more than accidentally taking it with food."

My mother wasn't the only one.

85-year old Ellen would set her alarm for 5 am every day to take her levothyroxine in the morning an hour before having

breakfast. That's because otherwise, she'd forget about it altogether.

Ellen took medicines four times daily. She'd start with levothyroxine at 5 am, take her morning pills with her breakfast, a blood thinner medicine at 5 pm, and her cholesterol medicine at bedtime. She was taking her medication 4 times a day, which felt overwhelming.

"I want to take my medicines correctly, but it's so hard to remember to take all of them the way I'm supposed to."

I suggested she take her usual morning medicines at breakfast, then take her thyroid medicine, the blood thinner, and cholesterol medicine together at bedtime. That way, she only had to remember to take pills twice a day.

Within 2 weeks of taking her thyroid medicine at night, her improved consistency was paying off. Ellen told me she felt less overwhelmed and more energetic. Just as importantly, she no longer worries about taking her medicine correctly.

"It's such a relief to have less to remember and wonderful to have more energy!"

Your body processes and metabolism are controlled by the level of active thyroid hormone in your body. Your thyroid gland secretes a form of thyroid hormone called T3 or liothyronine into your bloodstream.

Most of your T3 needs to

be converted to active thyroid hormone, called T4, in your tissues by specialized proteins called enzymes. Levothyroxine is a synthetic version of T4 that can be taken once daily.

Your doctor monitors your thyroid hormone level by checking the amount of TSH in your blood. If TSH is too high, your body needs more thyroid hormone, and if TSH is too low, you need less. This may seem backward, but TSH is just a messenger, not thyroid hormone itself. Your doctor may also check your T4 level.

If your TSH blood level is elevated or your T4 level is low, you need more levothyroxine (synthetic T4). Checking TSH 4-6 weeks later will confirm whether your thyroid hormones are back to normal.

### 5 Ways To Getting the Most Out of Taking Levothyroxine:

#### 1. Be consistent.

Levothyroxine is absorbed better if you take it on an empty stomach (30 minutes to an hour before a meal or 4 hours afterward). If you take it the same way every time, however, you'll get a consistent dose, and your thyroid level will be more stable.

#### 2. Avoid taking levothyroxine with coffee or tea.

Coffee and tea can decrease how much levothyroxine you absorb by nearly 30%. If possible, wait an hour after taking your thyroid supplement for your first cup of joe.



Ask...

**Dr. Louise**

**3. Don't skip your dose.**  
Even if you forget to take it at your usual time, absorbing some of your thyroid supplement every day is far better than getting none.

#### 4. Space out any mineral supplements.

Some minerals interfere with levothyroxine absorption, including calcium, iron, aluminum, and multivitamin supplements containing those minerals. One solution is taking any multivitamin and mineral supplements later in the day, at least 4 hours before and after your levothyroxine. You can safely take multivitamins without any minerals with levothyroxine.

#### 5. Try taking levothyroxine at bedtime.

If you avoid eating for 4 hours after your evening meal, bedtime can be an ideal time to take levothyroxine.

*Dr. Louise Achey, Doctor of Pharmacy, is a 40-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. ©2021 Louise Achey*

## His Mercy is More

The Puritan Richard Sibbes once wrote, "There is more mercy in Christ than sin in us." For some, that is incredibly hard to believe because we think that Christ is far too distant for us. We live in the shame of our sin and therefore, thinking that we know the extent of our depravity, that Christ wants nothing to do with us. We are far too unclean, too guilty, have too large of record, and are accustomed to constant rejection from others.

Yet, we must remember that the Son of God, Christ Jesus, stepped into the depravity of this world through his incarnation, and lived among wretches. Christ draws near to the sinner, inviting them to dine with him at his table so, in that closeness, they would be made whole.

Jesus is looking for sinners, that is why he came. In Mark 2:13-17, as Jesus was eating with tax collectors (the absolute dregs of Jewish society) and others, he was challenged by the religious leaders who were appalled that a Jewish Rabbi would ever dare to set foot in a sinner's home, let alone share a meal. Jesus replies in Mark 2:17, "Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners."

People error when they think that they must clean themselves up before ever coming fully to Christ. But it is Jesus who cleanses because he is the only one that has the power to do it effectually. We can try to change our behavior and have some marginal success or, attempt to "turn over a new leaf" but to deal with the radicalness of our sin and bring about true change, that can only come from Christ. Think of us as lepers, our bodies diseased and decaying. Yes, we can put on ointment and bandage our open wounds but due to the

spread of the disease and the pervasiveness of the decay, our efforts have very little effect. Yet, here walks Christ who is the Great Physician, and we turn to him and say, "Will you make me clean?" Moved with compassion and without one shred of disgust toward us, Christ replies "I will; be clean" (Mk. 2:41). That simple act of turning from the corruption and decay of our sin to Jesus in repentance and faith is all one has to do to experience the mercy of Jesus and the salvation he brings.

What about those who have received salvation by faith and feel as if Christ is against them because they have sinned? Indeed, believers who are still plagued with the fallenness of this world will sin. The idea of "Sinless Perfectionism" is not only unbiblical but frankly untenable. None of us can love God or our neighbor perfectly as the Law demands and therefore as long as we are in this world, we will fall short. When a Christian sins, their conscience is pricked and due to the softness of their heart by the work of the Holy Spirit, they mourn over it. However, in that grief over our sin, we can easily fall into despair and believe the lie of the Devil that we have been cut off from God, forever condemned.

Believers who struggle with assurance have, on one hand, an appropriate view of sin. Sin is deadly, ruinous for the soul, and corrupts everything it touches. Yet, on the other hand, they fail to fully see Christ, in all his redemptive work. To those struggling with sin, the worst thing you can do is run from Jesus. Instead, turn to him all the more and draw near because he will draw near to you (Jas. 4:8).

Your sin is great, make no doubt about that, but Christ's mercy is more.

*Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithbc@gmail.com.*



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## Obituary & Memorial Policies

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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](mailto:classifieds@leavenworthecho.com)



**Due to lifted Covid-19 state regulations, some churches will be opening up for in person services. Call the church of your choice to see any changes.**

*Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.*

# UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

### CASHMERE

**CASHMERE BAPTIST CHURCH**  
103 Aplets Way • 782-2869  
Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church

**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
[www.cashmerepres.org](http://www.cashmerepres.org)

**CASHMERE UNITED METHODIST CHURCH**  
213 S. Division • 782-3811  
Virtual Zoom Service, Sunday, 11 a.m. until further notice.  
Pastor Lilia Felicitas-Malana

**CHRIST CENTER**  
Cashmere Assembly of God: 509-782-2825  
Worship Service Sundays 10:00 a.m., in-person, Conservatory  
© Apple Annie's and on-line, [christcentercashmere.com](http://christcentercashmere.com)  
Underground High School Sundays 8:00 p.m., In-person, Conservatory  
Middle School Youth Thursdays 7-8:30 p.m., In-person, Conservatory  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregational Care Pastor, Joyce Williams  
High School Director, Kelsie Folden  
Community Outreach, Steffanie Haney

**GRACE LUTHERAN CHURCH**  
Morning Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions.  
Service on YouTube or Email link: [CashmereEpiscopalLutheranMinistries.org](http://CashmereEpiscopalLutheranMinistries.org)  
Contact Pastor Rob Gohl 509-860-0736 for more information.

**ST. JAMES EPISCOPAL CHURCH**  
Morning Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions.  
Service on YouTube or Email link: [CashmereEpiscopalLutheranMinistries.org](http://CashmereEpiscopalLutheranMinistries.org)  
Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.

**EVERGREEN BAPTIST CHURCH**  
5837 Evergreen Drive • 782-1662  
Sunday School - 9:45 a.m.  
Morning Worship - 11 a.m.  
Evening Service - 6 p.m.  
Pastor John Smith  
[www.christforcashmere.org](http://www.christforcashmere.org)

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

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

### DRYDEN

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

**MID-VALLEY BAPTIST CHURCH**  
8345 Stine Hill Rd. • 782-2616  
Worship Service, 10 a.m., Sunday School, 9 a.m.  
Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.org)

### LEAVENWORTH

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

**CORNERSTONE BIBLE CHURCH**  
Leavenworth Grange Hall  
621 Front St. • 251-635-3435  
Sunday Worship 10 a.m.

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

**FAITH LUTHERAN CHURCH - ELCA**  
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224 Benton Street • 548-7010  
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**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509- 470-7745  
Sunday Worship: 11 a.m.  
Website: [www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto:info@leavenworthbaptist.com)

**LEAVENWORTH CHURCH OF THE NAZARENE**  
111 Ski Hill Drive • 548-5292  
Sunday Worship 8:30 a.m. and 10:00 a.m.  
Lead Pastor: Greg Appleby  
[www.LCN.org](http://www.LCN.org)

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)

**NEW LIFE FOURSQUARE CHURCH**  
7591 Hwy. 97 • 548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth.com](http://newlifeleavenworth.com)



# Cashmere dominates Cascade in Pear Bowl

TEXT AND PHOTOS BY BILL FORHAN

The Cascade Kodiaks drew first blood Friday night after holding the Bulldog's scoreless on their first possession. But from there the Bulldogs dominated

with total offense of 320 yards slightly higher than their average of 302 yards per game.

In the shortened season the Bulldogs have averaged 35.7 points per game vs their opponents 19.3.

They stand at 2 and 1 overall, losing only to Moses Lake in a heartbreaker. In that game the team went for 2 with no time on the clock but came up short losing by only 1 point.



Sam Phillips tosses a pass to No. 5 for 6 points



No. 5 Nate Phillips grabs the pass from Sam for a touchdown.



Hunter McCabe follows his blocker, Anthony Olguin, around the right side for another big gain.

**INDIVIDUAL RUSHING STATISTICS**

PLAYER	CARRIES	YDS GAIN	YDS LOSS	NET	YPC	LONG	TD
HUNTER MCCABE	64	314	-11	306	4.8	20	3
SAM PHILLIPS	19	117	-4	114	6	37	4
HECTOR HERNANDEZ	12	55	-5	50	4.2	15	
JORDY SANCHEZ	9	27	-1	26	2.9	9	
FELIX DOTSON	3	9	0	9	3	5	
JACK CROCI	1	4	0	4	4	4	
PEYTON SMITH	2	1	0	1	0.5	1	1
MIGUEL SANCHEZ	2	8	0	8	4	5	1

**INDIVIDUAL RECEIVING STATISTICS**

PLAYER	REC	YARDS	YPC	LONG	TD
NATE PHILLIPS	13	197	15.2	38	1
DOM HARRINGTON	3	105	35	71	2
HUNTER MCCABE	4	43	10.3	21	1
HECTOR HERNANDEZ	3	30	10	13	1
JACK CROCI	2	15	7.5	10	1

**BOX SCORE**

Team	1	2	3	4	T
Cascade	6	0	8	7	21
Cashmere	8	13	14	7	42

**BULLDOGS' SEASON STATISTICS**

STATISTIC	CASHMERE	OPPONENT
SCORING	107	58
POINTS PER GAME	35.7	19.3
TOTAL OFFENSE	906	597
YARDS PER GAME	302	199
PASSING YARDS	390	336
PASS YARDS P/G	130	112
COM-ATT-INT	25-50-2	23-50-4
PASSING TDS	6	4
RUSH YARDS	516	261
RUSHING ATT	112	69
RUSH YARDS P/G	172	87
YARDS PER RUSH	4.6	3.8
RUSHING TDS	9	4
1ST DOWNS	49	31
RUSH 1ST DOWNS	26	13
PASS 1ST DOWNS	18	14
PENALTY 1ST DOWNS	5	4
3RD DOWN CONV	20 for 36	8 for 28
4TH DOWN CONV	4 for 8	3 for 8
SACKS	2 for 16	2 for 2
PENALTIES	25 for 248yds	23 for 178yds
TURNOVERS	3	7

# Cross Country teams getting ready for regional championship



126 Ellie Martin, 127 Tristan Hoffman



119 Kyler Knoll, 103 Kaden Miller, 102 Landon Baker

BY JEFF KENOYER

The Cashmere High School cross country team competed at Walla Walla Point Park on Saturday March 20th. The race was hosted by Cashmere High School and there was a lot of parent help. Retired head coach, John Durheim, designed

the 5 km race course which was a different course than our usual Walla Walla Point Park race course. The conditions were good for the race which included the softball field area of the park for part of the race course. Teams from Cashmere, Cascade, Wenatchee and Liberty Bell competed in the

race. The boys raced first. Boys results - 49 runners competed in the boys race. Cashmere's Rob McManus won his fourth straight race of the season and was 27 seconds ahead of the second place runner. State meet veteran, Oscar Orozco, finished in third place running in his

first meet of the year. Hugh Wheeler, JJ Groner, Gunnar Simmons, Luis Morelos, Drake Hesselschardt and Jackson Donald all ran their fastest 5k races of the season.

**TEAM SCORES**

Cascade	28
Cashmere	49
Wenatchee	57
Liberty Bell	94

**INDIVIDUAL FINISHERS FROM CASHMERE**

1st	Rob McManus	16:40.1
3rd	Oscar Orozco	17:58.0
12th	Dyllion Taylor	19:06.3
16th	Kyler Knoll	19:40.9
17th	Hugh Wheeler	19:47.5
18th	Kaden Miller	19:50.3
19th	JJ Groner	20:04.7
20th	Garrik Strong	20:12.1
23rd	Henry Nelson	20:44.3
31st	Gunnar Simmons	21:54.0
33rd	Abram Zanol	22:29.8
35th	Luis Morelos	22:33.6
37th	Aidan Campbell	22:52.8
38th	Drake Hesselschardt	22:59.1
45th	Ahren Campbell	27:30.9
46th	Jackson Donald	27:36.9
48th	Lucas Agnew	32:43.

Girls results - 25 runners competed in the girls race. The girls had excellent performances. Joslyn Lucero completed the first 5k race of her career. Carly Schoening and Kylee Foster each ran personal record times for a 5k race! Ellie Martin and Tristan Hoffman each had season best times for a 5k race while Syd Smith was just a few seconds away from a season best time.

**TEAM SCORES**

Wenatchee	29
Cascade	45
Cashmere	49

**INDIVIDUAL FINISHERS FROM CASHMERE**

5th	Kylee Foster	20:45.9
6th	Syd Smith	21:22.6
9th	Ellie Martin	21:59.4
12th	Tristan Hoffman	22:07.0
23rd	Carly Schoening	19:47.5
27:31.0	Kaden Miller	19:50.3
24th	Joslyn Lucero	29:10.1

Our next race is Thursday March 25th and will again be held in Walla Walla Point Park. This race will be for the league championship and decide the seeding for the regional championship race on April 1st. Complete results of the race are at <https://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=187980&show=all>

**CONGRATULATIONS!**

Cashmere Bulldog Player of the Game **Sam Phillips**

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**CHIEFTAINS OF THE MONTH**

**Virtual Learning Edition**

Brett Rubio, 5th grade

Mac Carlson, 5th grade

Angel Moreno, 6th grade

Madisyn Stoffel, 6th grade

Danna Moreno-Montelongo, 7th grade

Jesus Arrieta-Pacheco, 7th grade

Kade Maison, 8th grade

Valeria Ramirez, 8th grade

Jordy Gonzalez-Perez, Remote Learning

Proud to recognize our hometown youth. Well done Chieftains!

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**Student Spotlight**

**Athlete: Kylee Foster**

**Reason:** Kylee has had some very good cross country races this spring. She has been our number one runner in them. Kylee is learning to run at the front of the pack this season. At the state meet last year Kylee's average time per mile was 6:56 and was a season best. Her average time per mile at our recent race at Ephrata was 6:28 which is a huge improvement!

**Sports:** Cross-Country and Track

**Future Plans:** I have been accepted to WSU where I will major in Business.

**Coach:** Jeff Kenoyer

**Parents:** Jamie & Matthew Foster

**Grade:** 12th

**Activities:** Honors Society and Church Activities

**GPA:** 3.9

**Student: Julian Hernandez**

**Reason:** I appreciate Julian in class because he has a positive attitude, gives his best effort and is kind to others. He also displays leadership skills and is a good example in the classroom.

**Future Plans:** Join the Laborer's Union and work construction.

**Teacher:** Kim Bullion

**Parents:** Maria Hernandez, Abel Hernandez

**Grade:** 11th

**Activities:** I enjoy helping my brother with side jobs. I also enjoy working on cars.

**GPA:** 2.13

**Sports:** Soccer and am going to try Tennis this year.

**Congratulations Students of the Month!**

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**A Variety of Bavarian Clothing for Sale:** Three-Bavarian-styled vests, sizes small-medium, 2 woolen and one velvet. \$25 each. One Loden grey and green wool suit, German size 44. \$90 One pink and green dirndl with apron. \$40. 2 aprons, light blue and copper-colored. \$10 each. One medium-sized long-sleeve white blouse. \$10. 3 girls' dirndls, sizes 6, 8 and 10. \$35.00 each. One man's green overcoat, \$50. Contact Carol at The Leavenworth. 215-14th St. or call 548-5286 or cell:670-1723.

**General Merchandise**

**Greeting Cards for Sale** 1/2 price To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth cards like: Wish you were here with me in Leavenworth.

'Special Friends' Or I miss you.

Happy Birthday from Leavenworth!

Many more titles. No boxed cards. Thank you for your support.

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

**Moving Sale**

Moving Sale  
\* Sears table saw with 7 1/2" blade, 14"x 26" arbor  
\* 2 Push lawn mowers  
\* 2 Heavy Sea fishing poles and reels  
\* Atlas Snow blower  
\* Folding 6' Painters platform table  
\* Loft aluminum orchard ladder  
\* 150- 33 1/3 Vinyl records, singles and albums  
Eureka up-right vacuum, glass patio table, Oster bread maker, set of fire place tools, one 26" Sears 10 speed and two 20" folding bicycles. 509-679-9318

**Real Estate**

**Rentals**

**Joseph Cove Apartments**  
Now Accepting Applications

Rent based on 30% of adjusted income. Must be income eligible.

For more information call 509-686-4731 TTY#1-425-562-4002

Located at 700 Fairview Ave. Bridgeport, WA.



**Legals**

**Public Notices**

**NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold three public hearings on April 7, 2021 at 7:00 PM via ZOOM (Meeting ID 861 8562 3369 Passcode: 224455) or connect by phone at (253) 215-8782. The topics for each hearing are:

- (1) Wildland Urban Interface (WUI) building code adopting a new code chapter 15.06 Wildland-Urban Interface Building Standards.
- (2) Creation of a new District Use Chart which reviewed current uses, in all zoning districts, and definitions. Where a listed use included additional regulations, those areas were moved to existing or new code sections, as necessary. Specific code sections proposed to change are: LMC Chapter 21.90 Common Definitions; Chapter 18.20 Residential Low Density 6,000 District (RL6); Chapter 18.21 Residential Low Density 12,000 District (RL12); Chapter 18.22 Multifamily Residential District (MF); Chapter 18.23 Residential Low Density 10,000 District (RL10); Chapter 18.45 Light Industrial District (LI); Chapter 18.28 General Commercial District; Chapter 18.32 Central Commercial District; Chapter 18.35 Commercial District Mixed Use Incentives; Chapter 18.44 Tourist Commercial District; Chapter 18.46 Recreation District; Chapter 18.47 Recreation Public District; and, new chapters - 18.42 Supplementary Commercial District Regulations, 18.43 Supplementary Industrial District Regulations and 18.25 District Uses.
- (3) Consistency code updates for Section 18.04.030 Interpretation; Chapter 18.24 Supplementary Residential District Regulations; and, Chapter 18.56 Variances.

There will be time for public testimony on each item. The materials may be requested electronically or paper copies or may be reviewed by appointment during normal business hours at City Hall, 700 Highway 2, PO Box 287, Leavenworth, WA; or requested by phone 509-548-5275 or email [dsmanager@cityofleavenworth.com](mailto:dsmanager@cityofleavenworth.com). Published in The Leavenworth Echo/ Cashmere Valley Record on March 24, 2021. # 1771.

**Public Notices**

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of ROBERT C. BENSON, Deceased. No. 21-4-00056-04 NONPROBATE NOTICE TO CREDITORS RCW 11.42.030 The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the State of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed.

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 11.42.070 by serving on or mailing to the notice agent or the notice agent'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 notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: March 10, 2021 The notice agent declares under penalty of perjury under the laws of the State of Washington on the 22nd day of February, 2021, at Wenatchee, Washington, that the foregoing is true and correct.

DANIEL V. BENSON  
Notice Agent:  
DANIEL V. BENSON  
Attorney for the Notice Agent:  
David J. Bentsen  
Address for Mailing or Service:  
Speidel Bentsen LLP  
7 North Wenatchee Avenue,  
Suite 600  
P.O. Box 881  
Wenatchee, Washington 98807

Court of Notice Agent's Oath and Declaration and Cause Number: Chelan County Superior Court Cause No. 21-4-00056-04 Prepared By: SPEIDEL BENTSEN LLP By: David J. Bentsen WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, Washington 98807 (509) 662-1211 Published in The Leavenworth Echo/ Cashmere Valley Record on March 10, 17, 24, 2021. #1680

**Public Notices**

**ADVERTISEMENT FOR BIDS**

Notice is hereby given that sealed bids will be received by the City of Cashmere, Washington, until 2:00 p.m. on **Monday, April 19, 2021**, for CAPITAL IMPROVEMENT PROJECT W2 - SULLIVAN STREET WATER AND SEWER REPLACEMENT. Bid proposals will be received at City Hall located at 101 Woodring Street, Cashmere, Washington, in accordance with the Instruction to Bidders contained in the contract documents. Bids will then be opened and publicly read at 2:05 p.m. on that same day. Order of magnitude of cost is approximately \$600,000.00. Proposals received after the time fixed for opening will not be considered.

Note: The Proposed Subcontractors list must be submitted with the bid package within the deadline listed above, and will NOT be accepted after that deadline. The Work to be performed within 70 working days from the date of Notice to Proceed consists of furnishing all materials, equipment, tools, labor, and other work or items incidental thereto. The project will include: Replacement of existing 6-inch cast iron water main in Sullivan Street with approximately 700 linear feet of new 8-inch ductile iron, new water services and appurtenances from Pioneer Avenue south to the City Limits. Approximately 760 linear feet of sanitary sewer main will also be replaced from Pioneer Avenue south to the city limits, including new side sewers and related work. Following the replacement of the utilities and associated services above Sullivan street's paved area will be replaced with Asphalt via full depth reclamation from Pioneer Avenue to the City Limits. Due to COVID-19 restrictions on businesses, the office is closed. However, bidders may deliver their bids in person by calling Cashmere City Hall ahead of arrival. A member of the staff will come out to receive the bid at the front door. Bidders may use alternative methods of delivery such as mail, package, or courier services, but the City will assume no responsibility for bids arriving past the deadline of 2:00 p.m. on Monday, April 19, 2021.

In order to promote social distancing, the bid opening will not be open to the public. However, interested bidders can join the **City of Cashmere's Zoom meeting** or call to listen in to the live reading of the bids, **which will commence at 2:05 p.m. on Monday, April 19, 2021.** To join the virtual bid opening see the information below:

<https://zoom.us> Meeting ID: 882 719 9871 Passcode: 788276 Audio Only: PH#1-(253)-215-8782

Comments and questions will not be accepted over the call. Bid results will be posted on the BXWA project website. Plans, Contract Provisions, addenda, and plan holders list for this project will be available online free-of-charge through Builders Exchange of Washington, Inc. at <http://www.bxwa.com>. Click on: "Posted Projects", "Public Works", "City of Cashmere, WA." Bidders are encouraged to "Register as a Bidder" in order to receive automatic email notification of future addenda and to be placed on the "Bidders List". Bidders that do not register will not be notified of addenda or other documents added. Contact Builders Exchange of Washington at 425-258-1303 should you require further assistance. Bidders are not to contact the City of Cashmere or the Engineer to obtain bidding documents. Starting March 24, 2021, informational copies of Plans and Contract Provisions will be available on file for inspection at City Hall, Department of Public Works, 101 Woodring Street, Cashmere, Washington 98815. Due to COVID-19 restrictions, bidders are required to call Cashmere City Hall and schedule an appointment to inspect the documents and follow all health safety guidelines consistent with the most current State and Federal requirements. All bid proposals shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, or surety bond in an amount equal to five percent (5%) of the total amount of such bid proposal, including sales tax. Checks should be made payable to the City of Cashmere. Should the successful bidder fail to enter into such contract and furnish satisfactory payment and performance bonds within the time stated in the Contract Documents, the bid proposal deposit shall be forfeited to the City of Cashmere. The City of Cashmere reserves the right to reject any or all bids and to waive irregularities in the bid or in the bidding. The City of Cashmere is an equal opportunity and affirmative action employer. Small, minority-and women-owned businesses and Section 3 business concerns are encouraged to submit bids. No bidder may withdraw their proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding forty-five (45) days. The Contractor shall assure to the City of Cashmere that all services provided through this contract shall be completed in full compliance with the Americans with Disabilities Act (ADA) and Architectural and Transportation Barriers Compliance Board, Federal Register 36 CFR Parts 1190 and 1191, Accessibility Guidelines for Buildings and Facilities: Architectural Barriers Act (ABA) Accessibility Guidelines: proposed rule, published in the Federal Register on July 23, 2004. 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. This Invitation to Bid may be canceled at the discretion of the City. If the invitation is canceled, notice of cancellation will be sent to all parties who have registered on the Plan-holders list at Builders Exchange. The notice will briefly state the reason for cancellation. The City reserves the right to reject any and all bids, to waive any informality in the bidding, and to make the award to the lowest responsible bidder as determined by the City. Dated at Cashmere, Washington, this 24th day of March, 2021. Kay Jones, City Clerk-Treasurer Published in the Cashmere Valley Record/ The Leavenworth Echo on March 24, 31, 2021. #1786

**Public Notices**

[www.leavenworthecho.com](http://www.leavenworthecho.com) • [www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

**CROSSWORD PUZZLE**

THEME: THE 1960s

ACROSS

- \*Kennedy and Ruby
- Credit card acr.
- Yemeni's neighbor
- Just in case
- "First full-disk image of it was taken in 1966"
- Scheduled to arrive
- Alleviated
- Wildfire remains
- One born to Japanese immigrants
- "Catch-22" author
- "Oscar-winning leading lady of "Mary Poppins"
- Green or black beverage
- Piercing woodwind
- Mom in U. K.
28. \_\_\_ and drab
- Good-for-nothing
- TV's Batman, \_\_\_ West
- Figure skater's jump
- Make happy
- Hitchhiker's quest
- \*\*Wilt the \_\_\_ of pro basketball
- Femur, e.g.
- Cut it out
- Away from port
- Largest organ of human body
- Like anti-cruelty society
- Same as #42 Down
- Even, to a poet
- Roaster's spot
- \*\*The loneliest number
- "Sam Walton's company
- "Haircut popularized by the Beatles
- Relating to axis
- PC brain
- "Sting Ray and Mustang, e.g.
- Threshing hand tool
- \*\*On \_\_\_ Majesty's Secret Service"
- Dostoyevsky's novel, with The
- Seaside bird
- Tibetan ox
74. Condemn

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HIGH IN VITAMIN C  
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