

Cashmere Royalty end remarkable year of community service



PHOTO BY VAL CARNEY.

2020 Cashmere Princesses Shaelynn Fitzpatrick (left) and Riley Yonaka (right).



PHOTO BY VAL CARNEY.

Princesses Shaelynn and Riley conducting a community food drive to help during COVID Pandemic.

SUBMITTED BY VAL CARNEY

Oh, what a year it has been for our 2020-21 Cashmere Royalty! This past year threw an unexpected curve to how Princess Riley Yonaka and Princess Shaelynn Fitzpatrick served our Cashmere Community. Not one parade or event that our royalties typically attend took place, but that did not keep these amazing young women from holding their heads high and bringing cheer and service to our community. From holding a very successful food drive for the Cashmere Food Bank to hosting virtual puppet shows and story-times for the young children to trash pickup along our River Front walking trail and so much more. Princess Shaelynn and Princess Riley showed up to serve. At Christmas time Princess Riley and Princess Shaelynn did get to ride along with Santa and Mrs. Claus on their annual parade to greet children throughout the community, and they had a parade earlier in the year that was just for them where they got to ride through town with a firetruck escort practicing their royal wave! I hope we can all take some

CONTINUED TO PAGE A2

Cross Country team begins season in Wahluke



Syd Smith (275) and Kylee Foster (270)



Cashmere Sophomores Garrik Strong (241), Abram Zanol, Micah Guerin (235) and Gunnar Simmons (240)

SUBMITTED BY JEFF KENOYER

The course was 2.25 miles that was mostly grassy and relatively flat. There was a slight breeze and temperatures were in the mid-forties. The racing began with Junior Varsity Boys.

Junior Varsity Boys – We had three boys compete in the Junior Varsity race. Two were first time high school competitors. Seventeen boys from five schools were entered in the race.

CASHMERE FINISHERS

12th	Jackson Donald	19:06
14th	Gustavo Herrera	20:52
16th	Lucas Agnew	23:41

Varsity Boys Results – I was pretty pleased with the way the boys performed. Rob McManus finished in first place nearly one minute ahead of the second place finisher who was from Manson. Our first three boys are seniors and the other six are sophomores. We have a pretty good group of sophomores that need more racing experience and could be in

the thick of it in most meets. Thirty-six boys from six schools ran in the varsity race.

TEAM SCORES

1st	Eastmont	25 pts.
2nd	Cashmere	55 pts.
3rd	Manson	56 pts.
4th	Wahluke	98 pts.
5th	Omak	136 pts.

CASHMERE FINISHERS

1st	Rob McManus	12:02
9th	Dyllion Taylor	14:06
12th	Kyler Knoll	14:21
19th	Garrik Strong	15:11
21st	JJ Groner	15:17
22nd	Micah Guerin	15:36
25th	Gunnar Simmons	16:09
28th	Abram Zanol	16:57
32nd	Drake Hesselschwardt	17:47
16th	Lucas Agnew	23:41

Girls Results – There were 24 girls from five schools that competed in the varsity girls race. Cashmere girls competed very well and had three girls in the top five. Two of our girls, Joslyn Lucero and Stormi O'Keefe competed in their first ever cross country race. Our first three girl finishers are all state meet competitors and know what cross country is all about.

TEAM SCORES

1st	Eastmont	27 pts.
2nd	Cashmere	31 pts.

CASHMERE FINISHERS

2.	Kylee Foster	15:58
3.	Syd Smith	16:17
5.	Tristan Hoffman	16:54
14	Stormi O'Keefe	19:05
19.	Joslyn Lucero	20:10
20.	Carly Schoening	21:27

It was a very successful first meet. Our next race is Saturday March 6 in Ephrata.



PHOTO BY JEFF KENOYER.

Gustavo Herrera and Lucas Agnew competing in their first high school cross country race.

Turn clocks forward
ONE HOUR

Spring Forward

THIS SUNDAY, MARCH 14

THIS WEEK					
Cashmere Royalty.....	A2	Business Directory.....	A3	Classifieds Index	
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AA Meeting Schedule.....	A3	Outdoors Report.....	B1	Advertising Flyers	
				Safeway	



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www.cashmerevalleyrecord.com



Princess Riley and Princess Shaelynn pass out community posters encouraging local businesses during the pandemic.



PHOTO BY VAL CARNEY.

The Princesses ride around town to practice their Royal wave.

Cashmere Royalty

CONTINUED FROM PAGE A1

time when we see Princess Shaelynn and Princess Riley to thank them for their great service through challenging times. No royal court before them has faced the same challenges while continuing to wear their crown straight and with so much pride for their community.

Sadly, our current Royalty has also missed out on their big farewell event where they would typically welcome in a new group of young women who would serve as the next Cashmere Royal Court. Due to circumstances, we are unable to hold a Cashmere Royalty Selection Pageant for 2021-22. This was not a decision that was reached lightly, however with a

lack of available space to hold a pageant or pageant practice sessions due to Covid-19 along with a bleak outlook for a parade/event season ahead we have opted to take a year off from our typical "Royalty Year."

Despite being unable to crown a new Royal Court, the Cashmere Float Association is going to award three scholarships to deserving students in the class of 2022! Along with Cashmere Rotary, we are pleased to announce that we will be offering an essay scholarship contest to this class of students who would typically have the opportunity to participate in the pageant.

We are looking forward to next year, as we are already beginning to plan a Cashmere Royalty Selection Pageant for 2022-23!



Cheers to Life Ahead!

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Stifel's Kristen Taylor Qualifies For Chairman's Council

ST. LOUIS. - Stifel Financial Corp. (NYSE: SF) today announced that Kristen Taylor qualified for the firm's 2021 Chairman's Council. Ms. Taylor is a Senior Vice President/Investments in the Wenatchee, Washington, Private Client Group office of the firm's broker-dealer subsidiary, Stifel, Nicolaus & Company Incorporated. This year's Chairman's Council consists of 248 of Stifel's top-producing financial advisors. Stifel currently employs approximately 2,300 financial advisors nationwide. Ms. Taylor earned a Bachelor of Arts and an MBA from the University of Washington and was named to Forbes' 2020 "America's Top Women Wealth Advisors" list1 and Forbes' 2021 Best-In-State Wealth Advisors list.2 Active in the community, she is president of the Cashmere Rotary Club, former elder in the Cashmere Presbyterian Church, member of the NCW Estate Planning Council, and past chair of the NCW Community Foundation.

Stifel Financial Corp. (NYSE: SF) is a financial services holding company headquartered in St. Louis, Missouri, that conducts its banking, securities, and

financial services business through several wholly owned subsidiaries.



COURTESY PHOTO.

Chelan PUD opens Walla Walla parking lots to support vaccine efforts

By RACHEL HANSEN
Chelan PUD

Chelan PUD continues to provide support for Chelan-Douglas Health District's vaccination efforts at Town Toyota Center. In a report to PUD commissioners, staff outlined a plan to use parking lots at Walla Walla Point Park to help the health district vaccinate more people in North Central Washington. Volunteers will direct vaccination traffic into a line that travels through about half of the parking areas at Walla Walla Point Park, then on to Town Toyota Center. That means parking will be limited to the northern lots, near the ballfields, at Walla Walla Point Park at least through June. Park users may also find available spots at Linden Tree at Ninth Street and Walla Walla Avenue, or Riverfront Park at the end of Fifth Street. Since vaccination began at Town Toyota Center, Chelan PUD has provided snow removal, security, radios, fuel and power generation in support of the effort. In other news, commissioners: Heard about program planning to assist low income and high energy burdened customers. Received updates about the timing for reopening of Parks facilities, maintenance projects, increased visitors in 2020 and project plans for this year. Reviewed Fish & Wildlife successes at the Dryden acclimation facility and received a report on differences between hatchery and wild fish. Heard about best practices related to fire safety outages during extreme weather events, as well as upcoming meetings with emergency response partners. The next PUD commission meeting is at 10 a.m. on Monday, March 15. The public is welcome to attend remotely in accordance with the latest guidance from the state Department of Health.

CASHMERE VALLEY

RECORD

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

Corrections

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

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

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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email 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

Cashmere High School drama department presents "The Drowsy Chaperone"

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

SUBMITTED BY SUSAN GUBSCH

Cashmere High School Drama will proudly be presenting our remote broadcast performance of "The Drowsy Chaperone" on Friday and Saturday, March 26 and 27. Directed by Susan Gubsch, this "movie version" of our full-length musical will be available for viewing at 7 p.m. on both evenings. Our production includes a talented cast, orchestra, and crew, a beautiful and creative set, fun costumes from the 1920s, big dance numbers, comedy, singing and all the other aspects you as an audience have come to love and expect from the Cashmere High School drama department.

The students have been working hard on this show: first on zoom, then in groups of five and now the whole cast. Vocalists and instrumentalists recorded their music at home, and then with great genius and hard work, the individual tracks were put together by Mr. Kent Chalmers and Ms. Cathy Bronson. The show has been choreographed by our 5th Avenue award winning choreographer, Mauro Bozzo and Choreographer and Dance Captain, Hope Erdmann Kunsman. Scenes have then been filmed by students on the crew, under the instruction and guidance of Jarod Breshears of Skeeterbuggins Productions.

"The Drowsy Chaperone" is billed as a musical inside a comedy. Premiering on Broadway in 2006, it won five Tony Awards and seven Drama Desk Awards. The lead character is a man, who infrequently leaves his apartment. When he is feeling down, he puts on his records of his favorite musicals to beat the blues. His favorite musical is a fictional 1920s

musical called "The Drowsy Chaperone". He decides to share the record with the audience and the show comes to life in his apartment, with all of your traditional leading actors and comedic side-kicks. It will be an evening of laughter and delight for your whole family.

The "Man in Chair" is played by Kaitlyn Kennedy. "The Drowsy Chaperone's" plot is based around the marriage of famous show girl, Janet VanderGraaf, played by Faith Kruse and her handsome fiancée Robert Martin, played by Derek Hughes-Roberts. Both Kruse and Hughes-Roberts received nominations from The Wenatchee Apple Awards and received accolades and honors from The 5th Avenue Theater for their roles as Pinocchio and Donkey in last year's CHS production of "Shrek - the Musical". The drowsy chaperone is played by the up and coming talent, Lilia Gebers.

Other cast members include: Katyreena Black, Ethan Goode, Max Hart, Maggie Hill, Bea Kelzenberg, Katherine Lopez, Ali Moran, Angelina Napoles, Isaac Peyton, Easton Risdon, Emmy Risdon, Elle Seidensticker, Korbyn Smith and Asa Trowbridge.

Students will wear clear masks during the show. However, it will look like a movie-version of our normal musicals. Please support the creative efforts of the drama students and staff at Cashmere to continue presenting quality musical theater. Ticket s may be purchased at Showtix4u.com for \$12 plus streaming fees.

The total is approximately \$15 per ticket. Thank you for your support of Cashmere High School Drama.



PHOTO BY DRUCILLE

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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 26**
08:58 Theft, 300 River St.
11:33 Suspicious, 506 Cottage Ave.
14:41 Fraud/forgery, 8650 Dryden Frontage Rd., #5
15:11 Public assist, 817 Pioneer Ave.
February 27
10:00 Civil, 506 Cottage Ave.
23:18 Noise, 7900 Stine Hill Rd., Dryden
February 28
09:43 Suspicious, 200 Cottage Ave., Fire Station
March 1
09:18 Burglary, 405 Pioneer Ave.
14:03 Public assist, 115 E. Pleasant Ave., #12
16:12 Malicious mischief, 8459 Main St., Bad Ass Weed
17:39 Civil, 301 Sullivan St., #5
18:09 Harass/threat, 105 Fasken Dr.
March 2
23:10 Agency assist, 330 Chapel St.
23:23 Suspicious, 106 Titchenal Way, Chevron
March 3
07:43 Animal problem, Stine Hill & Kinney Roads
08:29 Parking/abandon, 8410 Main St.
10:55 Theft, 115 E. Pleasant Ave., #3
18:48 Disturbance, 6840 Dryden Ave., Dryden
March 4
02:42 DUI, Stine Hill & Turkey Shoot Roads
13:34 Disturbance, 400 Blk. Aplets Way

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 Wednesday 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.
Email: Celebraterecovery/cn@gmail.com for information and link to the Zoom meetings.

How Deprescribing Help You

An elderly woman called up her doctor in tears. When the doctor got on the phone, she asked him, "Is there something you're not telling me? Do I need to review my will?"

Her doctor exclaimed, "No, not at all! Why?"

She wailed, "You told me I needed to take this medicine for the rest of my life. When I picked up my prescription today, the bottle said, NO REFILLS!"

This is an old joke, but taking your medications appropriately can be a very serious challenge.

Medications are by far the most common treatment for most medical conditions. Before COVID, whether at a doctor's office or at an Urgent Care center, over 70% of physician visits end in a prescription.

That's because doctors want to treat you with something and patients expect something to be done. And that something

is often a prescription medicine. As people age, they pick up more and more health conditions and drugs to treat them.

As we age, our body becomes slower in detoxifying and removing medications of all types. This means that over time, our body retains our medicines longer, which increases the "dose" we take. It often takes a crisis or an adverse event such as a fall or hospitalization to jumpstart the conversation to reevaluate medicines and their doses.

Evaluating and making sure that you are taking only the medications you truly need at the best doses for you is called deprescribing. It involves balancing the potential for adverse outcomes with the potential benefit of your medicines.

Unfortunately, doctors are not always proactive or enthusiastic about deprescribing.

One reason is that our health

care system is geared towards starting medications, not stopping them. Most guidelines that describe the optimal care for a particular condition include recommendations for initiating medications but not discontinuing them.

Another reason is concern about interfering with what another doctor put in place.

Patient reluctance is another barrier to deprescribing. Patients or their families may feel that decreasing their medicine decreases their level of care or that their doctor is "writing them off" or abandoning them.

A third reason doctors can be reluctant to initiate a discussion about reducing medications is lack of time. Introducing the concept and discussing how best to do it doesn't fit inside a typical doctor visit.

There are 4 steps to deprescribing:

Step 1: Identify drugs that could be adjusted or stopped, focusing on medications known to be affected by changes in our bodies as we age. Doses easily tolerated 10-15 years ago should be reevaluated and possibly adjusted.

Step 2: Engage the patient, family, and other healthcare providers in the process.

Step 3: Develop a plan for tapering or discontinuation.

Step 4: Monitor for and document any adverse outcomes and benefits.

5 Ways to Take Only the Medicines You Truly Need

1. Take the initiative.
If you are over 70 years old and take five or more prescription medications, schedule a "deprescribing" conversation with your doctor. Let the office know ahead of time that you are interested in evaluating your medication list, reducing or eliminating anything that is no longer necessary.

2. Avoid duplication.
Whenever you are prescribed a new medicine, ask how it will affect your other medications. Is it being ADDED to the rest of your pills, or does it REPLACE one of them? If it is supposed to replace a medicine, which one do you stop? This way, when the new one arrives in the mail a week later, you make the switch instead of piling on another drug you don't need anymore.

3. Don't stop medications "cold turkey."

The higher the dose and the longer you have been on it, the more slowly certain medicines should be tapered down or discontinued. With some drugs, stopping abruptly or running out of them can put you in the hospital for several days. It's best to plan out exactly how to transition down from your current dose of prescription medicine with your doctor's input.

4. Be a "Squeaky Wheel."

When you notice a new problem, ask yourself, "Could

this be from one of my medicines?" If you started a new medication recently, inform your doctor of any new symptoms, in case it needs to be adjusted or stopped.

5. Keep a List.
Keep an updated list of EVERYTHING you take, including what you take it for and any allergies or adverse reactions to medications. Bringing it to ALL your medical and dental appointments helps prevent getting medications that can interfere or interact poorly with each other.



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



Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-548-5286 for more information
Or email classifieds@leavenworthecho.com

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Funeral Home

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jonesjonesbetts.com

Honoring the lives of residents in the Valley for over 100 years. You can always rely on our dedicated staff.

Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.

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

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
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, Stefanie 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
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
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

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

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

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

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 782-2601
Virtual Zoom Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
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
FB page: newlifeleavenworth.com

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
"Reconciling Works Congregation"
224 Benton Street • 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 • 548-5292
Sunday Worship 8:30 a.m. and 10:00 a.m.
Lead Pastor: Greg Appleby
www.LCN.org

The Washington Outdoors Report

Outdoors Round-Up

By JOHN KRUSE

Preseason salmon forecasts, news from Washington State Parks, a new watercraft inspection station and fishing reports are all part of this week's outdoors round-up.

Salmon

The salmon forecasts are in from the Washington Department of Fish and Wildlife and it's a bit of a mixed bag. Starting off with the good news, a great run of 1.6 million coho salmon should be coming up the Columbia River this year. Compare that to some 121,600 coho that returned last year and you've got a lot of reasons to smile as an angler. An increased number of coho are also expected for Puget Sound with 615,000 silvers returning to area rivers, an increase of 110,000 fish from last year.

The Chinook salmon forecast is not as dramatic but it is an improvement with 354,000 fish expected to head up the Columbia and Snake Rivers. This is 50,000 more salmon than last year but still below the 10-year average. This is also a pink salmon year and 2.9 million of these fish are expected back in the Sound... way better than the 604,000 fish forecast for 2019. Puget Sound Chinook and chum salmon are once again expected to have a rough year and some stocks heading for the Stillaguamish River and mid-Hood Canal could be very low.



Moses Lake resident Alfonso Anavi caught this chunky trout in the Columbia Basin on March 2nd

PHOTO BY JOHN KRUSE

The Columbia River sockeye run is forecast to be just 155,000 fish with an estimated 27,300 heading to Lake Wenatchee. The overall forecast is less than half of last year's return but it's worth noting that biologists are often off with the sockeye run and they tend to forecast lower returns than what actually comes back. Last year was a good example where the

Columbia River forecast was for 246,300 sockeye while the actual number over Bonneville Dam was closer to 342,000 fish.

State Parks

The Washington State Parks and Recreation Commission has hired a new director after Don Hoch retired earlier this month. Peter Mayer, who

currently serves as the Deputy Executive Director for Metro Parks Tacoma, has been chosen to lead Washington State Parks and will be responsible for the operation of 124 parks and a staff of over 1,000 personnel. Mayer's first day at the helm will be March 15.

In other news, all of Washington's State Parks that are open for free day-use

admission on March 19 in honor of the Washington State Parks 108th birthday. The next free entry day at Washington State Parks is April 3, just in time for spring break.

Boating

The Washington Department of Fish and Wildlife is opening a new watercraft inspection

station off Exit 80 on Interstate 90 west of Cle Elum this month. All watercraft (from powerboats to canoes to stand-up paddleboards) must stop for inspection if they are entering Washington State from another state or country. Employees manning the inspection site will be looking for aquatic invasive species such as zebra mussels, milfoil, and more which can be introduced into waterways by watercraft carrying them.

March Fishing Reports

Early season trout anglers at the Tucannon and Quincy Lakes were treated to open waters on March 1, as were anglers in year-round waters in much of Eastern Washington. WDFW Fisheries Biologist Mike Schmuck said Quincy Lake fished really well with lots of holdover trout caught that measured up to 18 inches. Burke lake also fished well on the opener putting out 11 to 13-inch rainbows. Caliche Lake near George gave up limits of 12 to 13 inches for patient anglers while nearby Martha Lake, usually an opening day hot spot, fished very slow.

At Lake Roosevelt, the bite is picking up for both rainbow trout and walleye. The walleye aren't huge, but they do provide some delicious table fare. Check out the latest reports at <http://northwestfishingreports.com> for further details.

John Kruse - www.northwestoutdoors.com and www.americaoutdoorsradio.com

'Life is what you bake it'



PHOTO BY GARY BÉGIN/NCW MEDIA.

A baking rack of cookies stands ready to decorate.



PHOTO BY GARY BÉGIN/NCW MEDIA.

A drum of retail sweets ready for purchase.



PHOTO BY GARY BÉGIN/NCW MEDIA.

Owners from left Jake and Kristin Creiglow, Leslie and Michael Nelson gather just moments before the Grand Opening last Saturday, March 6.

Sugar Momma's Sweets opens in Cashmere

By GARY BÉGIN

Managing Editor, NCW Media

CASHMERE - As the family-run treat firm's motto states, "Life is what you bake it" and by the Gods of Sugar Plum fairies everywhere, these hands-on owners are shakin' and a bakin'.

Like Sly and the Family Stone used to sing, "It's a family affair."

Michael and Leslie Nelson and daughter Kristin (Sugar Momma) and husband Jake Creiglow are the owners, with Kristin doubling as sweets maker and dad also chipping in with wife and mother of Sugar Momma to get orders done.

Once inside the bright, clean, combination on-site baking and retail business, it's impossible not to want to taste some of the hundreds of delectables on display. NCW Media interviewed the owners last week just prior to Saturday's grand opening.

Here is the exclusive Q&A:

NCW MEDIA: How did Sugar Momma's start?

SMS: We started baking at home for friends and family for the holidays and they began asking us to bake for birthdays and other special occasions. Once we realized we were doing so many orders every month and it began to take over the kitchen, we decided it was time to look for a commercial kitchen to continue while we

also worked our other fulltime jobs.

NCWM: How much was your initial investment?

SMS: When we first started, we began with a \$10,000 initial investment and from there roughly another \$20,000 to start the storefront process. Thankfully, within the business we also have an owner who currently does construction as his daily job aside from being here at the bakery during the evening, so our labor costs were almost non-existent!

NCWM: What product has been your best seller(s)?

SMS: Prior to starting the store front, we solely did online custom orders for our sugar cookies, so that is what we are known for. Since opening, our Ginger Molasses, cake pops

and cupcakes have been close runner ups.

NCWM: Did you join the Cashmere Chamber?

SMS: We absolutely joined the Cashmere Chamber. The Chamber of Commerce has been so amazing in promoting our business for us, it has made it just a bit easier and less stressful for us, especially during our first month!

NCWM: Can you tell the readers about your great variety of baked and other goods?

SMS: Since opening, we have sugar cookies, Gluten Free sugar cookies, cake pops, cupcakes, French meringue, chocolate dipped pretzels and macaroons. We plan to have many more treats and desserts in the near future.

NCWM: You opened a sweet shop in "Aplets & Cotlets-ville." What does that say about your business strategy?

SMS: Aplets and Cotlets has been a favorite of ours since we were all kids. After being open for 100 years, we could only hope to come close to their popularity and fame. However, we are so excited to be a part of the Cashmere community and to come alongside these extraordinary businesses and compliment them along the way.

NCWM: How many people work at SMS?

SMS: There are seven people in the average week that help in our store from owners to employees and our children want to come in every day to help.

NCWM: Anything else to add?

SMS: We want to thank the community for the opportunity to come and serve them while we share our favorite treats and desserts with them.

Visit Sugar Momma's Sweets at 201 Cottage Avenue Suite #2, Cashmere, call (509) 888-1937, or email Sugarmommassweets3@sugarmommassweets3.com. Hours Tues.-Thurs. 10-4 and Fri.-Sat. 10-6. Be sure to read the expanded article about this enterprise with more photos in the April edition of the *Wenatchee Business Journal*. Managing Editor Gary Bégin can be emailed (on the record): Gary@ncwmedia.net.

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.

Join our virtual open house to learn more about proposed changes, ask questions, and make comments.

March 17, 12:00 PM on Facebook Live



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





Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

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General Interest

Trump must have a second four years!!! He accomplished so much during his first term in office. The list is long, the best being the development and approval the covid 19 vaccine. This saved many lives, not only in the US, but also around the world. But in my mind, his good works are not the reason for a come-back; items he was not able to complete are. Here are some projects needing more work: first, completion of the southern border wall. Illegal immigration was well under control until he was ousted. out, President Biden has negated all the good work accomplished; a second Trump term is needed to complete the wall and work out other troubling immigration policies. Next, draining the swamp was started, but curtailed because of his loss. The corruption within the Department of Justice, including the FBI, is much deeper than anyone thought and, most likely, will get worse under Biden. The upper echelon of culprits have been identified and are being investigated, but have yet to be brought to justice. those remaining must be identified and fired. A second Trump term could go a long way to correct this. Third, Trump made great strides in changing attitudes of people not-so-fond of our country. He brought many Blacks and Latinos into the Republican party, mainly because of his successful economic policies. But, work is still needed to change the minds of socialist-minded Democrats and the main stream press. Finally, we need new leadership in our education system. The NEA is too powerful and is too bent on working on teacher problems while ignoring poor results with student education. For the next four years "Think Trump". Wallace Aunun

Wanted

DONATE YOUR CAR TO UNITED BREAST CANCER FOUNDATION!
Your donation helps education, prevention & support programs.
FAST FREE PICKUP
24 HR RESPONSE
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Employment

Help Wanted



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

- Substitute:
Teachers
Emergency Teachers
Para Educators
Custodians
Bus Drivers
Food Service

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

The Brewster School District is accepting applications for a Professional Medical Careers individual to teach within the classroom, laboratory/ or clinical settings and may entail fundamentals of nursing and care giving, critical thinking in nursing practice, legal, psychiatric, mother/baby, pediatrics, health promotion and education, and medical nursing for children and adults. Courses currently include an afternoon session of approximately 15-20 students. In addition, to two morning classes.

The complete job description and application are available on the district's website www.brewsterbears.org

Start Date: Fall of 2021

A complete application consists of the following:
• Letter of Interest
• Application
• Resume
• Copy of Nursing Degree/ License
• Three current letters of recommendation
This position is open until filled.

Mansfield School District is hiring for the following positions:
Para-Educator and Assistant Cook. To view job descriptions and download an application, access our website at www.mansfield.wednet.edu
We are an equal opportunity employer. If you have any questions, please contact us at 509-683-1012.



Help Wanted



We are looking to hire a Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY.
We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated. If you are interested and need more information contact: Mi.mcnamara87@gmail.com for more details. Text at 1-617-586-2587.

Chelan Concrete Inc.

Full-time Truck Driver Wanted
Requirements:
* Valid CDL/CLASS B Minimum
* Pre Employment Drug Screening
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Wheatland Bank seeks upbeat and energetic individual with outstanding customer service skills to work on a full-time basis, in our Chelan branch.

Will perform a variety of teller services such as greeting customers, processing deposits and withdrawals, customer account maintenance, and educating customers on bank products and services. Previous cash handling and customer service experience desired. This is a fully benefitted position.

Wheatland Bank
Email: hr@wheatlandbank.com

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See all available properties at windermereleavenworth.com

Carmen Bagdon - 237-2060
Momi Palmieri - 433-2211
Geordie Romer - 679-8958
Allyson Romer - 630-9898

Help Wanted



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

- Peshastin-Dryden Special Education Teacher
- Icicle River Middle School 8th Grade ELA Teacher
- Cascade School District Social Worker

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

Heidleburger Drive In now hiring part-time/ full-time summer help. Need to be available for weekend and evening shifts. Fast paced environment. Come in and talk to Niki.12708 Hwy. 2.

Bus Driver/ Operator – Full-time Organization: Okanogan County Transit Authority (TranGO)

TranGO is looking for a full-time transit driver (36 – 40 hours per week). One position is based in Okanogan, and one in Twisp, WA. These positions are hourly non-exempt. Compensation is \$19.06-\$20.62 per hour. Benefits include health, dental, vision and life insurance, retirement, sick leave, vacation. Must have a minimum Class B CDL with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to clerk@okanogantransit.com
Application Deadline: Application review will begin March 19, 2021 and will continue until the position is filled.
Okanogan County Transit Authority is an Equal Opportunity Employer.

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548-5286 or 782-3781
YOU WILL Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now!

Help Wanted



The Cascade School District is seeking qualified applicants for the following position.

Elementary School Counselor/ School Psychologist

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



Three Rivers Hospital is currently accepting applications for the following positions:

Revenue Cycle Director - Full-time

Med-Surg RN – Full-time Days (Sign-on Bonus \$5,000)

Med-Surg RN – Full-time Nights (Sign-on Bonus \$5,000)

ER RN – Full-time Nights (Sign-on Bonus \$5,000)

Occupational Therapist - Full-time (Sign-on Bonus \$5,000)

Medical Lab Tech - Full-time (Sign-on Bonus \$1,500)

Interested Candidates may apply online or by mailing their resume to:

Three Rivers Hospital Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net EOE



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

- Cascade High School
- Special Education Teacher
 - Attendance/Athletic Secretary

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

Work Wanted



We now offer ... Lawn Mowing and General Yard Maintenance in the Lake Chelan Valley, and Greater Wenatchee area.

Need landscaping material?
Choose from 10 in house landscaping materials. **Pickup or we deliver visit: tcslingers.com** or **Call us today! 509-393-1244**

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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.

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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.

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-877-330-1491

Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-389-5045 today to see how you can save \$1,000 on installation, or visit www.newshowerdeal.com/echo

Moving Sale

Everything must go !!
2 Push lawn mowers.
150 - 33 1/3 Vinyl records, singles and albums.

Glass patio table, Oster bread maker, vacuum cleaner, set of fireproof tools, one 26 inch Sears 10 speed and two 20 inch folding bicycles. Call 509-679-9318.

2 Days Only! Friday & Saturday

truckload
Meat Sale



March 12th & 13th, 2021

Boneless Beef New York **WHOLE IN THE BAG**

5⁹⁸ LB.

Fresh Lean Ground Beef **10 LBS. OR MORE**
80% Lean, 20% Fat

2⁴⁸ LB.

Market Fresh Boneless Chicken Breast **10 LBS. OR MORE**

1⁸⁸ LB.

Market Fresh Chicken Drumsticks or Thighs **10 LBS. OR MORE**

78[¢] LB.

Boneless Beef Sirloin Tip Roast **WHOLE IN THE BAG**

2⁹⁸ LB.

Boneless Beef Top Sirloin **WHOLE IN THE BAG**

3⁹⁸ LB.

Bone-In Pork Shoulder Butt Roast **WHOLE IN THE BAG**

1³⁸ LB.

Fresh Pork Spareribs **WHOLE IN THE BAG**

1⁹⁸ LB.

Baby Back Pork Ribs **WHOLE IN THE BAG**

3⁹⁸ LB.

Boneless Pork Loin Roast **WHOLE IN THE BAG**

1⁵⁸ LB.

True Valu Sliced Bacon 12 Oz.

4/\$10

2 Lb. Bag Raw Shrimp **2-LB. BAG**
71 to 90 Count

8⁹⁸ EA.

SAINT PATRICK'S DAY SPECIALS

Effective March 10-16, 2021



Reuben Meat Co.
Corned Beef
Flats
3⁹⁸ LB.



REUBEN MEAT CO.
CORNEBEEF
POINTS
2⁹⁸ LB.

Green Cabbage
Goes Great with
Corned Beef **58[¢]** LB.

5 Lb. Bag
Yellow or
Red Potatoes
A Good Source of
Potassium **2/\$5**

1 Lb. Bag
Peeled Baby
Carrots
High in Vitamin A **98[¢]** EA.

Effective March 10-16, 2021



**LONDON BROIL
ROAST BEEF, PASTRAMI
OR CORNED BEEF** **12⁹⁸** LB.
Pile high on your favorite Rye bread
for a flavorful Reuben sandwich.

FREE CHEESE!
Buy One Pound or More
Kretschmar Corned Beef, Pastrami
or Roast Beef and Get One 8 Oz.
Package Kretschmar Shingle Pack
Sliced Swiss Cheese FREE!

**IN OUR
SERVICE DELI & BAKERY**



**Deli Fresh
Cole Slaw** **3⁹⁸** LB.
Goes great
with grilled
sandwiches.

In Ireland, cows roam free in the fresh air
& graze in lush green pastures, turning
fresh cheese & butter into natural "gold".



Irish Cheeses
Selected Varieties, 7 Oz. **5⁹⁸** EA.

Irish Butter
Salted or Unsalted, 8 Oz. **5⁴⁸** EA.

Superior on Main
Shamrock
Sprinkle
Cookies
7.7 Oz.

3⁹⁸



BEER FOR SAINT PATRICK'S DAY

Iron Horse
Irish Death
6 Pack, 12 Oz.
Cans

Harp Lager
6 Pack, 12 Oz.
Bottles

Your
Choice! **9⁹⁸**

Guinness
Pub Draft
4 Pack,
14.9 Oz. Cans **8⁹⁸**

