

Cashmere celebrates Van Lith's latest national honor



PHOTO BY BILL FORHAN, NCW MEDIA

Hailey Van Lith holds up her honorary game jersey at Thursday night's award ceremony in Cashmere.

By BILL FORHAN

At half time on Thursday night the Cashmere Basketball teams came together to celebrate Hailey Van Lith's selection to the McDonald's All American Games. Van Lith is one of 24 girls across

the country that were chosen for the Girls Basketball Team. Van Lith has had an illustrious career at Cashmere High School and on the world stage with Team USA where she has earned 4 gold medals. A few of her many accomplishments as a Cashmere

Bulldog include; Washington State Gatorade Player of the year in 2019, 2019 USA Today 1st Team All American, and Washington State Class 1A Player of the Year in each of the last two seasons. Van Lith will compete in the 2020 All American Games on

April 1, 2020 in Houston. The game will be televised on ESPN2 beginning at 2 p.m. McDonald's has sponsored the All American Games since 1978. The games have showcased the best high school talent in the country including Magic Johnson,

Michael Jordan, Candace Parker, LeBron James, and Maya Moore. Annually the teams are chosen from a pool of 900 nominees providing the nations most talented student-athletes the opportunity to compete on a grand stage.

Cashmere High School reveals its new digs

By BILL FORHAN
Publisher

Way back in March of 2016 the Cashmere School District asked the voters to support a bond issue to raise \$12.4 million for a \$23.6 million remodel of the High School. The other \$11.2 million was to be financed with a matching grant from the state. At the time the school was in bad need of repairs. It was 35 years old and the underlying mechanical systems for temperature control, plumbing, electrical systems were failing, and the roof was beginning to leak. The school was over capacity and three teachers were operating without a classroom.

They kept their materials in a cart so they could float from classroom to classroom. Looking at the districts Kindergarten enrollment showed the problem was only going to get worse. Voters overwhelmingly approved the bond. So, on a Monday night a few weeks back the School opened the newly remodeled facility to show the results to the community. Principle Tony Boyle discussed the work that has been completed including the addition of 4 more classrooms, moving the office closer to the front door to improve security and how the staff struggled with the

construction disruptions during the process. A walk around the newly remodeled facility revealed most classrooms that were equipped with modern computers and well lit. Home economics were remodeled to allow the teacher to observe the entire class and the shop class was enlarged. The instructor said he wasn't always checking for blown fuses now. Cashmere School Superintendent Glenn Johnson said back in 2016 that the reason they chose to remodel instead of rebuild was the building was essentially sound. Looking at the result, it seems he was right.



PHOTO BY BILL FORHAN.

Cashmere High School Principal Tony Boyle addresses a packed house about the changes and challenges of the remodeling project.



PHOTO BY CAROL FORHAN.

On Saturday, February 8, Loves Me Flowers owner and designer, Kendra Clark had a soft opening of her new floral and gifts business. Kendra and her family moved to Cashmere from Seattle where she had her wedding and special events business for the last 20 years. Kendra grew up in Walla Walla and went to Central Washington University in Ellensburg. Kendra and her husband wanted to be in a small community to raise their daughter and this was also the perfect place for her to continue her business. Stop in to say hello and see the beautiful array of flowers, plants and gifts like Lavender products, and local freshly hand made chocolates. Open Monday-Friday 9 a.m.-4:30 p.m., Saturday 9 -1 and closed on Sunday. 101 Cottage Ave. Suite F. Or call 509-393-6567.



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Half Time full of disgrace

I was one of the poor unfortunate souls who witnessed this year's Superbowl. With the constant leftist agenda-pushing, veiled (sometimes not so much) Feminist propaganda and the controversy swirling around a refusal to air a pro-life advertisement, Superbowl LIV should have been renamed "Woke Bowl 2020".

However, one moment stood out more than others as a testament to the blindness and the inconsistency of what is called "Female Empowerment": Pepsi's Half Time Show.

Usually, the Half Time Show is an excuse to refill the snack plate, go to the bathroom or razz friends on Social Media about the score. Furthermore, the Half Time performances are often done by fading musicians who are desperately trying to stay relevant by lip-synching songs that were popular decades ago and frankly, nobody wants to see that anyway.

This year's Half Time Show didn't stop at just at being uninteresting but was unwatchable due to its hyper-sexualization and overt objectification of



A WALK WITH PASTOR JOHN SMITH

women. Try as J-Lo and Shakira might to put on the front of being strong, powerful women and that women have a voice and deserve to be heard, but I am sorry, a mostly naked woman gyrating on a stripper pole does nothing to communicate the value of women. It is pornographic. And as a father of a young daughter, it made me angry. Although I couldn't stomach watching it in its entirety, the brief glimpses of the "performance" were enough for me to realize that the message that was sent out should send every so-called Feminist through the roof. Yet strangely, the condemnation is silent on their end. Instead, we see praise and lauding that women have the liberty to flaunt their sexuality, thumbing their nose at any type of restraint. When in times past, men exploited women now it seems, tragically, women are willing to exploit themselves. Unlike the world, the Bible values women. Women possess the image of God equally as men do (Gen 1:27) and therefore have intrinsic worth. By

God's amazing design and stamping his image upon them, women are wonderfully and beautifully created and given the ability to do amazing things that men can't. Additionally, we see in the Scriptures how women are elevated to a place of equality. For example, we see women laboring alongside the Apostles (Rom. 16:1) and were mentioned as the first witnesses to the empty tomb (Luke 24:8-11). Although women are different than men (in biology and roles), those differences no way undermine their worth. The Christian call for purity, chastity, and modesty is not some oppressive puritanism rather it is an acknowledgment that womanhood is sacred and should be cherished and protected. When a woman is exposed and flaunts ungodly sensuality under the guise of "empowerment" it dehumanizes them and cheapens femininity. Women become objects and are not valued as people. The NFL, Pepsi and the other people involved in the Half Time Show should be ashamed of themselves for promoting and encouraging the exploitation of women. However, in our pornographic society whose chief end is sexual gratification, shame is no longer in our vocabulary. To the women out there, I apologize that the world thinks so very little of you.

As a pastor, I encourage you to see how the Bible celebrates femininity and to allow that to define you rather than succumb to the world's standards. God views your femininity as a wondrous and cherished gift, don't allow it to be spoiled or stained by the world. To the men reading this, our charge is very simple: protect women and children. As men, we have to take seriously the call to protect women from being mistreated, disrespected and used. That means we have to fight against the over-sexualization in our culture and cease participating in it. If anything, the Half Time Show is just another example of supply and demand. The culture demands that women dishonor themselves by giving up their precious femininity, becoming sex objects, and it is supplied. Men, we have to raise our standards, repent by disavowing the prevailing culture of lust and perversity and hold to a Biblical definition of purity and chastity. In doing so, we hold ourselves and the world accountable and show our daughters what it means to truly be a man of honor.

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

NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family members to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died.

A memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

For publication in the Cashmere Valley Record or The Leavenworth Echo, an obituary or memorial needs to be typed and emailed to editor@leavenworthecho.com no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on Monday, except holidays. Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement.

For information call 509-548-5286, or email editor@leavenworthecho.com

BULLDOG SCOREBOARD

| BOYS BASKETBALL | |
|-----------------|----------------------------|
| Feb. 4 | Cashmere 76 vs Okanogan 52 |
| Feb. 6 | Cashmere 61 vs Cascade 41 |

| GIRLS BASKETBALL | |
|------------------|----------------------------|
| Feb. 4 | Cashmere 69 vs Okanogan 27 |
| Feb. 6 | Cashmere 73 vs Cascade 14 |

| CASHMERE SCHEDULE | |
|-----------------------------|----------------------|
| Feb. 11 | Cashmere at Okanogan |
| Boys at 7:15, Girls at 5:45 | |

| FEB 15 CTL CHAMPIONSHIPS | |
|--------------------------|--|
| Cashmere Boys | vs. Okanogan 7 p.m. Eastmont High School |
| Cashmere Girls | vs. Omak 5 p.m. Eastmont High School. |

WRESTLING

No results posted for CTL Championships on Feb. 8

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A special notice to our loyal readers

I'm asking for a little patience.

This week I will be having some surgery. The surgery will keep me in the hospital for the rest of this week. Putting a lot of pressure on the rest of my staff to pick up the slack. We have plans to keep the papers as informative as we are able over the next few weeks. If you have some concerns about important local news we may have missed please don't hesitate to call us or email us with some information. We'll endeavor to get it covered.

Bill Forhan, Publisher

UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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| <p>CASHMERE</p> <p>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</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p> <p>CHRIST CENTER Cashmere Assembly of God • 509-782-2825 Worship Celebration & Sunday School 10 a.m. Meeting at The Conservatory, back entrance of Apple Annie's Underground High School Group, Sundays, 6 p.m. Junior High, Wednesdays, 6:30 p.m. Meet at - 206 Vine Street Lead Pastor, Steve Haney Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director christcentercashmere.com</p> | <p>GRACE LUTHERAN CHURCH Vine & Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl</p> <p>ST. JAMES EPISCOPAL CHURCH 222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. 5th Sunday Morning Prayer 9 a.m. Deacon Carol Forhan - 670-1723 Vicar Rob Gohl - Cell - 860-0736</p> <p>EVERGREEN BAPTIST CHURCH 5837 Evergreen Drive • 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. Pastor John Smith www.christforcashmere.org</p> | <p>COMMUNITY UNITED METHODIST 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. www.leavenworthumc.org</p> <p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.</p> <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.</p> <p>FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following Rev. Nancy Gradwohl www.FLClavenworth.com FLClavenworth@gmail.com</p> <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM www.leavenworthbaptist.com info@leavenworthbaptist.com</p> <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Andy Dayton Youth Pastor, Kent Wright www.LCN.org</p> | <p>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</p> <p>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</p> |
| <p>DRYDEN</p> <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p>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</p> | <p>LEAVENWORTH</p> <p>CASCADE MOUNTAIN BIBLE CHURCH 'Where God's Word Remains The Pillar Of Truth' 11025 Chumstick Hwy. • 548-4331 Sunday School 9 a.m. Sunday Worship 10:30 a.m. AWANA (Youth Program) Weekly Bible Studies Wednesday 6:30 p.m. (school year) Pastor Todd James www.cmbiblechurch.org</p> | <p>MONITOR</p> <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 782-2601 Church Service & Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana</p> | <p>PESHASTIN</p> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org</p> <p>PESHASTIN ASSEMBLY OF GOD School and Lake St. • 548-7523 Sunday Worship Service 10:30 a.m. Bible Adventures for kids at 10 a.m. sharp Pastor Jorge Torres</p> <p>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 www.newlifeleavenworth.com</p> |

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| COMMUNITY BULLETIN BOARD | Local, Regional, Community News & Events | Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number. What: Items pertaining to local events that are free or maximum charge of \$100 fee. Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com | Another way to advertise your News & Events | Go to: www.NCWMARKET.COM • 247 Choose your category and pay for Print & Online at one time For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com |
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COMMUNITY CALENDAR

Wednesday

Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Melissa Grimm, 860-1535.

Cashmere Food Bank, 2:30-4 p.m., Cashmere Food Distribution Center, 109 "C" Railroad Avenue, for more information, call Pam, 509-669-3159.

Cashmere Park and Recreation Committee, 6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.)

The Underground Youth Group, 6th-8th graders. 6:30-8 p.m. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

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. (2nd & 4th Thurs.)

Cashmere Sportsmen's Gun Club, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 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).

Indoor Playground Cashmere, 10-11:30 a.m., 7th Day Adventist Church, 507 Pioneer Ave. Contact: Kalen, 425-772-6507. (Every Thurs. except school breaks and March 5).

Friday

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662.

Saturday

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904.

Sunday

CHURCH: See the church page for local service times and events.

The Underground, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.)

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).

Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)

Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)

Cashmere School Board, 6:30 p.m., School District Office. Call 782-3355. (4th Mon.)

Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. at the Wenatchee Red Lion. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday

I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.)

Ministerial Association, 8 a.m., Epledalen lunchroom. Call 782-7600. (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.)

Buns, Books and Tea, Peshastin Book Club, Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.)

Ongoing events

Cashmere Public Library: 782-3314
 Call for other information if not listed.
 Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m.
 Thurs., 11 a.m.- 8 p.m.
 Sat., 9 a.m.-1 p.m. Sun., Closed.

Events:
 Tues. & Wed., 10-10:30 a.m. **Story time Pre-K & up**
 Wed., **Preschool Story time**, 10-10:30 a.m.
 Wed., **Bilingual Story time**, 4:30-5 p.m. (last Wed. of every month)
 Fri., **Baby/Toddler Story time**, 10:30-11 a.m.
Cashmere Museum and Pioneer Village
 Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m.
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.

Cashmere Cashmere Library Events

ATLAS (At the Library After School) 3D Printing, February 20, 3:30-5 p.m. Homeschooler's STEM - Little Bits electronics kits, February 27, 12:30 - 2 p.m. STEM Little Bits electronic bits, February 27, 3:30 - 5 p.m. (r6,7).

Creative Yarns Workshop
 Join us at the Cashmere Public Library every first and third Wednesday of the month from 4-6 p.m. to learn how to work creatively with yarn. Bring your own project or start a new one (r6,7).

Cashmere Book Clubs
 The Cashmere Book Club will meet on Thursday, February 13, at the library at 6:30 p.m. The Book & Movie Club will gather on Tuesday, February 18, at 6 p.m. to watch the film adapted from the book this club has read. (r6,7).

Storytimes at the Cashmere Public Library
 Tooth Storytime, February 18 & 19, at 10 a.m. Bilingual Storytime & Craft, February 24, 10 a.m. Friendship Storytime, February 25 and 26, 10 a.m. Little One's Storytime with Playtime After, Fridays, February 14, 21, 28, 10:30 a.m. (r7,8).

Second Annual Cashmere Teen Poetry Slam
 Enjoy an evening of poetry by 15 Cashmere teens, who will perform their original compositions on the theme, "WHO I AM". Awards given to the top four poems, including a grand prize of \$100. This event is at the Cashmere Public Library on February 26, at 7 p.m. (r7,8).

Regional Community Foundations Scholarships
 The Community Foundation of NCW is now accepting scholarship applications for students who plan to attend community college, university, or trade school in Fall 2020. The deadline is March 1 for most scholarships. For more information, call 509-663-7716 or visit www.cfncw.org. (er7,8).

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.

| | |
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| January 31 | 13:19 Domestic disturbance , 102 Titchenal Way., BJS |
| 14:05 Civil , 8305 Olalla Canyon Rd. | 17:25 Parkin/abandon , 5401 Hinman Dr. February 4 |
| 17:07 Traffic offense , Sunset Hwy. & River St. | 20:59 Domestic disturbance , 315 Chapel St. |
| February 1 | 11:18 Animal problem , 7000 Block Olalla Canyon Rd. |
| 14:56 Agency assist , 110 E. Pleasant Ave., Apt. 2 | 16:36 Suspicious , 101 Woodring St. |
| 23:11 Traffic offense , US Hwy. 2 & Cotlets Way | 21:40 Traffic offense , 119 Cottage Ave. |
| February 2 | 21:49 Traffic offense , Cottage Ave. & Vine St. |
| 15:30 Civil , 7652 Stine Hill Rd., Dryden | 23:18 Hazard , Aplets Roundabout |
| 20:26 Domestic disturbance , 115 E. Pleasant Ave., #8 | 23:45 Traffic offense , Hay Canyon Rd. & US Hwy. 2 |
| February 3 | February 5 |
| 10:46 Traffic offense , Dryden Ave., & US Hwy. 2, Dryden | 14:29 Fraud/forgery , 117 Aplets Way |
| 11:49 Suspicious , 115 Mission Creek Rd. | February 6 |
| | 11:37 Fraud/forgery , 6125 Hay Canyon Rd., #10 |
| | 15:09 Sex offense , 101 Woodring St., #200 |
| | 17:27 Accident/no injuries , 329 Tigner Rd. |
| | 18:30 Fraud/forgery , 204 Paton St. |
| | 21:03 Theft , 319 Chapel St. |

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AA MEETING SCHEDULE

Information numbers for AA:
 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379

Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.

Sunday, 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

Information number for Alanon: 509-548-7939

Alanon Meeting Schedule

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

Celebrate Recovery

Friday, dinner, 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene. 111 Ski Hill Drive, Leavenworth.

Please contact us for questions: Dave and Nancy Bartholomew, 509-596-1510.

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SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth

February 13, Thursday: Chicken fajitas, Spanish rice, tossed green salad, Oregon berries over ice cream.

February 14, Friday: Fish & chips, cabbage apple slaw, fruit cocktail, rice crispy treats.

Saturday and Sunday: No lunch.

February 17, Monday: No lunch. (Washington's Birthday)

February 18, Tuesday: Country fried steak, mashed potatoes, trio vegetables, garden salad, chilled pears, whole wheat roll, dessert.

February 19, Wednesday: Pepper steak, rice, garden salad, Mandarin oranges, whole wheat roll, dessert.

SENIOR CENTER EVENTS

Leavenworth Senior Center, 423 Evans St., Leavenworth

Events Calendar

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise

Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting

Tuesday, 1:00-3:00 p.m., Crafts

Thursday, 1:00-3:00 p.m., Square Dancing

Thursday, 6:30-7:30 p.m., Bavarian Dancing

Friday, 6:00 p.m., Bingo

Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge



HORTICULTURE 2020

74TH LAKE CHELAN HORTICULTURE DAY WRAP UP

Entomologist Nottingham reviews pear psylla controls

By MIKE MALTAIS
STAFF WRITER

CHELAN – If you are a pear and you are reading this, chances are you are not being attacked by pear psylla, at least not yet. Pear psylla are reddish-brown orchard pests that resemble small cicadas and invade orchards early in the season around February or March, colonize and lay eggs after which the nymphs excrete sugar water that marks fruit, suffocates leaves and provides for sticky working conditions for orchard laborers. They are also a special interest of Louis Nottingham a research assistant professor in WSU's Department of Entomology.

Nottingham addressed the 73rd annual Lake Chelan Horticultural meeting on Jan. 20 about psylla, their natural enemies and the conventional, integrated pest management (IPM) and organic approaches to deal with them.

"There are three generations per year," said Nottingham of pear psylla, "and 95 percent of our orchards are conventional so as the nymphs become adults this is where we see the massive overwintering psylla populations."

Nottingham asked why, with all the insecticides being applied diligently throughout the season, are these nymph explosions in orchards? He explained that conventional orchards don't provide the natural enemies for pear psylla and are found in IPM and



ABOVE: Pear psylla nymph (hardshell).

BELOW: Pear psylla summer form adult.



organic programs. "What we want to do is talk about these programs that are more IPM and organic and from that we won't have these big influxes of nymphs coming at the end of the season."

So, what tools suppress psylla and promote natural enemies?

Nottingham recommends applications of particle films like Surround (Kaolin clay) or Celite (diatomaceous earth) early in the season that coats tree sur-



Courtesy wsu.edu
Entomologist Louis Nottingham

faces that makes landing and gripping difficult for the insects and acts as a general irritant as well.

Reflective ground covers like Extenday and reflective mulch provide a more novel approach to psylla deterrent that also increase light to shaded areas and do not require a tractor to install.

SEE PSYLLA ON PAGE 5

WSU plant pathologist addresses cherry powdery mildew controls

By MIKE MALTAIS
STAFF WRITER

CHELAN – When the topic of powdery mildew control comes up among cherry orchardists there is no better authority to turn to than Gary Grove, professor of Plant Pathology at WSU. Who is a research specialist on the epidemiology and management of fungal diseases in stone fruits, grapes and hops.

Grove shared his expertise with growers at the 73rd annual Lake Chelan Horticultural meeting held at Chelan High School last month where he addressed the latest developments to combat powdery mildew in the face of resistance.

Stone fruit powdery mildew is a common fungi disease generally caused by moist conditions where spores overwinter in foliage. The gray, powdery growth is easily recognizable on fruit and leaves. Where moisture control and adequate ventilation does not prevent powdery mildew from forming, growers often resort to fungicides to combat the disease.

"If you have one good year don't tend to forget about the disease the next year," said Grove. "The severity of these epidemics during growing season is related to the previous year or two."

Referring to a visual side during his slide presentation to an assembly of growers in the school's Performing Art Center, Grove illustrated that the amount of time growers should spend managing powdery mildew in fruit foliage and the critical time of "hyperacutis susceptibility which is two weeks before harvest," Grove said.

Grove's opening remarks about the background and cycle of powdery mildew provided a natural lead-in into treatment recommendations for the disease as recommended by an organization called the Fungicide Resistance Action Committee (FRAC). FRAC as described by Grove is a



ABOVE: Powdery mildew on cherry fruit.

BELOW: Powdery mildew symptoms on cherry leaves.



worldwide body of scientists that make recommendations and later approve recommendations for each specific group of fungicide.

"There's a working group of scientists working with every different fungicide as to resistance risk," Grove said and encouraged his listeners to visit frac.org or frac.info online to learn more about fungicide resistance.

Grove next explained fungicide product labels including the product trade name, common name, chemical name and FRAC group number.

As an example, the trade name Quash fungicide used for the control or suppression of certain diseases in peanut, stone fruit and tree nuts is half comprised of a common named ingredient named Metconazole. Metconazole's chemical name is a long and complex combination of letters, numbers and symbols of more

than 70 characters used by organic chemists.

FRAC numbers categorize fungicides according to their specific molecular actions with respect to resistance and cross-resistance effectiveness.

"The FRAC group is very important information when you're looking at the label vis-à-vis fungicide resistance," Grove said.

Grove illustrated the importance of FRAC number grouping by explaining various group modes of action. For example,

- Sulfur inhibits spore germination.
- SFHI (Group 7) inhibits respiration.
- QoI (Group 11) inhibits respiration (how organisms derive energy).
- Demethylation inhibitors (Group 3) inhibit membrane synthesis (in fungus organism).

SEE MILDREW ON PAGE 6

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Tree specialist DuPont tackles fire blight management

By MIKE MALTAIS
STAFF WRITER

CHELAN – Before she launched into her topic of Fire Flight Management at the 73rd annual Like Chelan Horticultural meeting held at Chelan High School last month, WSU Tree Fruit Extension Specialist Teanna DuPont polled her audience of professional orchardists.



WSU Tree Fruit Extension Specialist Teanna DuPont

blooms.”

DuPont then asked what moves the canker bacteria from flower to flower during the bloom period?”

“The earwigs,” said some prankster referring to a previous speaker’s mention of the flightless insect’s effectiveness combating pear psylla infestations.

Actually, the answer DuPont was looking for is, humidity, in the form of rain or



Courtesy wsu.edu

CLOCKWISE: Canker on apple tree. Bloom symptoms 12 days after infection. Characteristic shepherds crook. Note presence of ooze.



dew that moves the bacteria from the floral stigma into the floral cup.

DuPont then discussed approaches to fight back against cankers in pears and apples by both conventional and organic means from early bloom through full bloom petal fall to petal fall post 2-3 weeks.

One method is to cut and move cankers while the trees are dormant.

DuPont said Blossom Protect could be applied as a

high-risk biological treatment for canker in early bloom pears and Blossom Protect or Lime Sulfur for apples. From full bloom to petal fall Antibiotic mixes plus Actigard is recommended for both conventional pear and apple trees.

Summer pruning for fire blight should be applied a minimum of 12 to 18 inches before the symptomatic area using sanitized tools. In young or high vigor varieties more aggressive pruning

nearer the trunk is suggested.

Following removal of a canker portion of lime, treatment with concentrated Actigard (1 oz./1qt. w/1% silicone-based penetrant) on

a meter of tree trunk below the infected limb is recommended.

DuPont advised that to further eliminate risk it is best to burn cut fire blight as quickly as possible.

Hoheisel reviews sprayer best management practices



By MIKE MALTAIS
STAFF WRITER

CHELAN – For years WSU Regional Extension Specialist Gwen Hoheisel has been preaching the gospel concerning a practice that for many orchardists is as requisite and regular as planting or pruning fruit trees: proper spray application. Hoheisel, an entomologist and zoologist, was back at this year’s 73rd annual Lake Chelan Horticultural

meeting last month to share her latest topic, the Five Most Important Things to Prep your Sprayer for this Winter, with orchard maintenance professionals.

While Hoheisel’s approach involves the obvious requisites of a plan plus maintenance, it seems that it is often the routine jobs that tend to get less attention in proportion to how familiar the operator becomes in its completion.

Along with a having a

based Hoheisel stresses what she calls the Best Management Practices (BMPs) with respect to both the mechanics and operation of an orchard sprayer.

She suggests the month of February as a good time to begin the planning process because “by March or April, you need everything ready to go.”

To get equipment ready to go from post-harvest to pre-spring, Hoheisel itemizes her BMPs as follows:

Sprayer set up:

- Maintenance
Once a year inspect all parts end-to-end, top-to-bottom. One part affects the whole.

- Pressure
Annually ensure pressure gauge is working properly by testing or replacement.

- Nozzles
Calibrate once yearly to check nozzle output. Install ceramic nozzles to minimize wear and damage. Consult treefruit.wsu.edu for additional calibration training.

- Droplet size
Pressure controls flow rate and droplet size. High pressure/fine droplets, low pressure/coarse droplets. Select the proper droplet size that will remain on target and not drift (less than 150 microns (um) will drift; greater than 300 um will bounce).

- Nozzle alignment
Annually determine if nozzles are directed into the canopy, matches canopy shape to reduce spray loss in the air or on the ground.

- Air volume
Air volume controls where the drops go. Use flags on top, middle and low branches on the far side of the canopy to monitor air volume.

As to the sprayer operation itself, Hoheisel notes three factors:

1. Maintain proper operating speed.
2. Monitor wind volume and direction.
3. Provide adequate training of sprayer operator.

Material application considerations include:

- Rate to canopy size.

- Water pH
- Integrated Pest Management (IPM).

- Mix and loading.
As nozzles go, Hoheisel recommends longer-lasting ceramic over brass or stainless steel owing to less wear, citing a 20-percent wear rate in non-ceramic tips. Hoheisel said she did not select the 20-percent figure randomly but performed some due diligence.

“About a decade ago I put my finger in the air and ran up and down the state and I tested everybody’s sprayers that I could get hold of and said: ‘Well, how far off are they?’” Hoheisel wondered.

“They ranged from a minus-43 percent of what was expected - which means they were putting out almost half of what they wanted - to plus-44 percent, meaning they were putting out 1.5 times what they wanted.”

Hoheisel did the math on extra costs based on what that 20 percent amounted to if extended.

- A 16 nozzle airblast sprays a product that costs \$60/acre.
- Nozzle tips wear at an average rate of 20 percent, which sprays an additional \$12/acre.

- Sixteen new ceramic hollow cone tips and gaskets cost \$80 at \$5 per.
- The nozzles pay for themselves after five acres or, represented in dollars/ acres:

- \$60/acre = \$6,000 for a 100-acre farm.
- \$72/acre = \$7,200 for a 100-acre farm.

Citing a corrosion/resistant ratio that ranks materials from 1 (lowest) to 600-2,000 (highest) Hoheisel explained that brass has a resistance ratio of 1, stainless steel’s ratio is 4-6 while ceramic is 90-200.

“Ceramic is hugely stronger,” Hoheisel said.

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PSYLLA
CONTINUED FROM PAGE 5

IPM summer strategies through July 1 include particle films through June and soft products such as Cyd-X, Intrepid or Altacor. Avoid applying broad spectrum materials. Nottingham also talked about a washing technique used after July to remove the nymph honeydew. Test plots were sprayed with a water and a surfactant like Regulaid at the rate of 70 gallons per acre per minute to achieve 1-3 hours of dripping leaves to clean the trees.

Nottingham also advised that Surround applied at about double the amount of early season applications on test plots in October provided adequate psylla protection through the winter months.

An organic approach to psylla control involved releases of earwigs that are important psylla predators but are absent in many conventional orchards. They do not fly, recolonize slowly and are easy to trap and store in large numbers.

Pear growers can follow the latest developments in psylla control online at treefruit.wsu.edu/crop-protection/pear-ipm/ or join the pear IPM email: louis.nottingham@wsu.edu.

Not mothballs, but Moth Bombs! Drones unleash organic cures

STORY AND PHOTO
BY GARY BÉGIN

CHELAN -- At the recent Horticultural Show/Seminar at the high school here, Natalie Rodriguez manned a peculiar-looking booth on behalf of M3 Consulting Group.

She was out of the Omak office, but the company itself is based in Dayton, Ohio and specializes in SIT, aka Sterile Insect Technique. The method of treating pests on farmlands and ranchlands has been used since the 1950s, but now it is airborne via drones dropping sterile Coddling Moths (*Cydia pomonella*) in selected areas.

These sterile insects mate with those in situ and cause the local population to become extinct after just a few "unsuccessful" matings. The company motto is simple - "Suppressing the wild population, one mating at a time."

Rodriguez is the area coordinator for M3 and was well-versed on the subject. She even referred those interested to a video on the company's website.



Consulting Group Area Coordinator Natalie Rodriguez holds a drone that can be used to drop sterile Coddling Moths on orchards.

According to the company marketing brochure, "M3 Consulting Group is committed to safeguarding apple production through the use of SIT. We have

worked with a wide variety of insect suppression and eradication programs, both domestically and internationally."

M3 pioneered the re-

lease of sterile insects via unmanned aircraft in cooperation with the U.S. Department of Agriculture "and we look forward to further growth of the

*"Suppressing the wild population,
one mating at a time."*

-M3 Consulting Group motto

program during the 2020 growing season."

These "evil" critters were first introduced into the United States from Europe accidentally and now cause an estimated \$557 million in damage to Washington's apple and pear industries.

SIT got its start when the cattle industry needed an answer to the Screw-worm fly, a flesh eating parasite that impacted that industry. Using SIT and other pest control methods, the screw-worm was successfully eliminated from the U.S. and many other countries and regions.

The moths are propagated in mass amounts just north of us in British Columbia's "Canadian Okanogan."

"With more than 25 years of experience in Codling Moth SIT and a 94 percent reduction in wild Codling moth population in the Canadian Okanogan, it is this

program that M3 models its program after.

The moth SIT application has also resulted in a 96 percent reduction in pesticides used against those orchards."

M3's drone technique, according to company officials, is handled like this, "We release 800 sterile moths per acre once a week for 20 weeks throughout the growing season."

The expected start of the 2020 eradication campaign is around May 1.

In 2019 M3 released 21,974,400 sterile moths via 1,180 individual drone flights that took 136 hours of total flight time covering 1,250 acres in Washington and 100 acres in Michigan.

For more information contact Natalie Rodriguez by email: natalie.rodriguez@m3cg.us or call her: 509-429-0092. Go to: m3cg.us for company website information.

Next-Gen Network: Panel, demos Feb. 13

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WENATCHEE - What: Educational and networking event.

When: Thursday, February 13, at 4-7 p.m.

Where: Pybus Event Center, 3 N Worthen St, Wenatchee.

Who: Designed for young, new, and next-generation tree fruit growers, managers, and professionals.

What: Panel discussion and demonstration of software tools to aid tree fruit management in the field and office.

Five panelists will share what they like about a software tool and one thing they wish it did, then they will have hands-on demos at computer stations.

Software tools will include Semios, soil moisture sensors, fruit surface temperature monitoring, cherry cold-hardiness, and Excel.

Schedule: 4-4:30 p.m. Casual networking time with appetizers provided

4:30-5:30 p.m. Panel presentations and discussion

5:30-6 p.m. Hands-on demos

6-7 p.m. Buffet provided by Visconti's

Please RSVP here to help us plan for the correct amount of food: <https://www.eventbrite.com/e/software-and-apps-for-tree-fruit-management-tickets-76137895495>

No cost to attend.

More information on events here: <http://tree-fruit.wsu.edu/events/>

Wine Foundation opens 2020 scholarship application season

Scholarships are being offered by the Washington Wine Industry Foundation for undergraduate and post-graduate students studying viticulture, enology, or related disciplines. All applications are due by Tuesday, March 31. Scholarships include:

Walter J. Clore Scholarship

Walter J. Clore Scholarship was established by the Washington Winegrowers Association, in honor of Dr. Walter Clore's grape research and lifetime achievements in viticulture and enology. These scholarships start at \$1,000 and are granted to students pursuing viticulture and enology related careers in Washington. The number

of award recipients is determined annually.

Foundation Fund Scholarship

The Foundation Fund was established as an endowment by the Washington Wine Industry Foundation's Board of Directors. Recipients of this fund are awarded \$2,000-\$10,000 scholarships and the number of award recipients is determined annually.

George and Susan Carter Scholarship

The George and Susan Carter Scholarship was established in 2017 as an endowed fund in honor of Washington State University researcher and winemaker George Carter and his wife, Susan. The scholarship was established to



assist students of limited means to attain associates, bachelors, and graduate level degrees in viticulture and enology. One auto-renewing scholarship in the amount of \$1,000 is determined annually.

The Foundation manages scholarships, funds and grants, while developing resources in support of a mission to craft sus-

tainable solutions to our industry's challenges by bringing together partners and facilitating funding.

Since 2002, the Foundation has awarded over \$300,000 to over 200 students in the grape and wine industry. The Foundation is a place where families can create tax-deductible funds in support of the Washington wine industry.

For more information: washingtonwinefoundation.org.

MILDEW

CONTINUED FROM PAGE 4

• Quinolines (Group 13) appressoria (infection) formation.

And so on.

Grove's expansion on the various FRAC groups illustrates the changes, complexities and continuing advances in the field of fungicide treatments. Among the continuing advances is the Cherry Fungicide Resistance Project (CFRP). Initiated in 2018 the CFRP's objectives are:

• Investigate the presence and extent of fungicide resistance in commercial orchards in the Pacific Northwest.

• Identify and develop specific genetic markers



Courtesy WSU

Gary Grove is a WSU plant pathologist, extension plant pathologist and professor.

for better identification of fungicide resistance.

• Develop alternative programs for disease management, if sufficient fungicide

resistance is identified in this study (conditional).

As to the last point, "We have found significant resistance particularly in Group 11," said Grove, "so we are now stepping into developing alternative programs."

In his summary, Grove highlights four significant points:

1. Isolates (DNA extractions) have been collected representing all cherry growing regions of Washington and Oregon. Additional isolates will be collected this year.

2. The molecular and bioassays have been standardized but still may need improvement. Target genes have been identified.

3. Fungicide resistance is widespread for FRAC 11 compounds. Other inef-

fective FRAC groups will be included in molecular assays.

4. Cross resistance is the norm in FRAC group 11.

As to powdery mildew management guidelines, Grove recommended:

• Spray preventively.
• Tank mix fungicides with different modes of action (both effective against the target organism); sulfur is a super companion product.

• Avoid sequential use of any resistance prone compounds.

• Limit the number of applications per growing season. Some labels suggest 3-4. Grove prefers 2.

• Know what is being applied per FRAC code.

• Keep multi-site compounds in the mix.

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509-665-4916
jed@landscapebyanderson.com

HELP WANTED

Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.
Apply in person.
590 Hwy. 2
Leavenworth.

Pateros School District High School Girls Assistant Softball Coach

Practice starts the first week of March. Experience preferred. Starting salary is \$2,912.39. per season. Must favorably pass background check. All applications processed through
FAST TRACK:
www.pateros.org>Our District>Employment>Assistant Coach
200203001.

Position descriptions available online. Contact employment@pateros.org or the district office at 509-923-2751 x 4 for more information. Application deadline is 2/18/2020. Position open until filled. EOE

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HELP WANTED

Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.
Apply in person.
590 Hwy. 2
Leavenworth.

CASCADE SCHOOL DISTRICT

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

District Migrant Recruiter

Cascade High School Assistant Softball Coach

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

CASCADE SCHOOL DISTRICT

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

Icicle River Middle School Head Track Coach

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

HELP WANTED

Anderson Landscaping

DATA ENTRY CLERK PART-TIME

Are you a whiz with Excel spreadsheets and data entry? Can callers hear the friendly professional manner in your voice? Do you take pride in your work, no matter the task? If this sounds like you, we want to talk. Anderson Landscaping is the leading landscape construction and design company in the valley. For decades, we have been creating stunning outdoor spaces for our clients and community. We currently have an opening for a team member who strives for excellence in every project. You will be entering accounting data, creating positive interactions with clients by phone and performing administrative support duties. Required: Data entry and excellent customer care experience; highly organized, detail-oriented and proficient with Microsoft Excel and Word. Construction field experience preferred. Competitive wages DOE. Visit our website for more www.landscapebyanderson.com. Email your resume to nenalandscapebyanderson.com.

PART-TIME FINANCE RECEPTIONIST/ CLERICAL ASSISTANT CITY OF CHELAN, WASHINGTON

City of Chelan is accepting applications with resumes for a part-time (24 hours a week) Finance Receptionist/ Clerical Assistant. Hourly pay range: \$20.54- \$24.63. Application and resume deadline: Friday, February 14, 2020 or until filled.

Go to www.cityofchelan.us for additional information and employment application.

CASCADE SCHOOL DISTRICT

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

- Emergency Sub. Teachers
- Para Educators
- Food Service
- Custodians

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

Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.

Apply in person
Enzian Inn
590 US Hwy. 2
Leavenworth

Health & Wellness FOUNDATION

Operations Assistant

The Lake Chelan Health & Wellness Foundation, a 501c3, seeks a part-time Operations Assistant. Looking for a candidate with strong computer skills, administrative support experience and financial knowledge. Resumes can be sent to kim@LCHealthWellness.com

Advertise 548-5286 or 782-3781

CROSSWORD PUZZLE

THEME: BLACK HISTORY MONTH

ACROSS

- Sell illegally
- Crime scene evidence
- "From California to the New York Island," e.g.
- Berth deck in relation to poop deck
- Poetic over
- Chocolate cake ingredient
- Like Solitaire player
- Go a-courting
- Packing
- "Go Tell It on the Mountain" author
- "South Africa's first black president"
- Bag, † Paris
- Schooner pole
- #1 on Billboards Chart, e.g.
- One way to memorize
- "Civil rights activist and Ferguson opponent"
- Single pip cards
- Give a shot of novocaine
- Call forth
- Long John Silver's walk
- Sauna product
- Dashing style
- Pariah, for medical reasons
- Back arrow key
- As opposed to gross
- Kane and Goldberg, TV characters
- Georgia university
- Poseidon's domain
- MXN, as in currency
- Snowman Olaf's favorite thing
- "2019 onomymous movie character"
- Errand runner, at court
- Matter of debate
- Harry Potter's Hedwig
- Ineffectual vomiting
- Gilberts part
- "Famous movie director, Spike"
- Ruhr's industrial center
- Played at military funerals

DOWN

- Hunk of something
- Flavored with kola nuts
- Absent without leave
- Give a helping hand
- Antebellum
- Pillow filler
- colonial or classical
- Oven emanation?
- Lady's man
- Famous Coward
- Man Ray's genre
- Back of a saddle
- Popular Byzantine artwork
- Nile viper
- Reminder of times past
- "First African American to win Best Actress Oscar"
- More slippery
- Allegro and lento, in music
- "Nobel Peace Prize laureate, 1984"
- Like fair share
- Arch and ball location, pl.
- "On Debi Thomas' foot when she won Olympic medal"
- Busybody, in Yiddish
- Work detail
- Bid, past tense
- Coffee shop order
- D'Artagnan's weapon of choice
- Get the picture
- "Harlem Renaissance poet"
- Fur shawl
- Canada flyers
- Handle of #45 Down
- Most populous continent
- Invitation request
- Regrets
- Commoner
- Diamond's corner
- Walkie-talkie word
- Japanese money, pl.

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12 days, departs May - Sep, 2020
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

Join the Digital Age!

HELP WANTED

LAKE CHELAN Health & Wellness FOUNDATION
Executive Director
 The Lake Chelan Health & Wellness Foundation, a 501c3, seeks a full-time Executive Director. The ideal candidate is a strategic leader, people connector with knowledge of program management and fundraising. Resumes can be sent to kim@LCHealth-Wellness.com

PUZZLE SOLUTION

SCALP DNA LAND
 LOWER OER COCOA
 ALONE WOO ARMED
 BALDWIN MANDIELA
 SIAC MAIST
 HIT ROTE PLESSY
 ACES NUMB EVOKEE
 LIMP STEAM ELAN
 LEPER UNDO NETT
 ERICAS TECH SEA
 PESO HUG
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APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at www.NCWMarket.com

Your ad will appear online and in the newspaper for one low price.

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**

Deadline Tuesday at noon for the paper **Quad City Herald**

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Reuse, Rescue, and Re-purpose from Elsie's Studio. Collectibles, Antiques, and Usable Items. Come and See. 107 Railroad Ave. Cashmere, WA.

GENERAL MERCHANDISE

SPECIAL Leavenworth Cards Fundraiser for The Royal Ladies of the Autumn Leaves. With sayings like I Miss You--- Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Now only \$1.50 Pick up one or more Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

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

Check the weathercams on the web before traveling over the mountain passes!
www.leavenworthecho.com www.cashmerevalleyrecord.com

PUBLIC NOTICES

CASCADE SCHOOL DISTRICT NO. 228 CHELAN COUNTY, WASHINGTON
NOTICE OF INTENT TO SELL REAL PROPERTY
NOTICE IS HEREBY GIVEN that the Board of Directors (the "Board") of Cascade School District No. 228, Chelan County, Washington (the "District") is proposing to sell real property that is no longer required for District purposes. The property is located at 225 Central Avenue, Leavenworth, WA (the "Property") and is legally described as lots 1, 2, 3, 10, 11 and 12, Block 6, Plat of Leavenworth Gardens, Chelan County, Washington and includes the former Osborn Elementary School located at 225 Central Avenue, Leavenworth, WA. The Board has scheduled a public hearing regarding the proposal to sell the Property to be held at Cascade High School, 10190 Chumstick Hwy., Leavenworth, WA, at 5:30 p.m. on February 24, 2020. At that time, the Board will receive evidence and comments for and against the propriety and advisability of the proposed sale. CASCADE SCHOOL DISTRICT NO. 228 CHELAN COUNTY, WASHINGTON /Superintendent
 Published in The Leavenworth Echo/ Cashmere Valley Record on February 5, 12, 2020. #87147

ADVERTISEMENT FOR BIDS
STEVENS PASS SEWER DISTRICT
 SEWER DISTRICT PO BOX 98, LEAVENWORTH, WA 98826
WWTP STANDBY GENERATOR AND INFLUENT VALVE REPLACEMENT
General Notice
 Stevens Pass Sewer District (Owner) is requesting Bids for the construction of the following Project:
 Stevens Pass Sewer District WWTP Standby Generator and Inflow Valve Replacement

Bids for the construction of the Project will be received at HDR Engineering, Inc., located at 929 108th Ave NE, #1300; Bellevue, WA 98004, until February 27, 2020 at 2:00 pm local time. At that time the Bids received will be publicly opened and read. The Project includes the following Work:
 Replace an existing backup generator, two influent valves and associated equipment for the existing WWTP. The Project shall take place during the summer of 2020.
 Owner anticipates that the Project's total bid price will be approximately \$384,000 to \$430,000. The Project has an expected Substantial Completion date of October 31, 2020.

Obtaining the Bidding Documents
 Information and Bidding Documents for the Project can be obtained at the following designated website under the project name above:
<https://www.abadanplanroom.com/obs/public>
 Bidding Documents may be downloaded from the designated website beginning February 7, 2020. Prospective Bidders are urged to register with the designated website as a Bidding Documents holder, even if Bidding Documents are obtained from a third-party plan room or source other than the designated website in either electronic or paper format. The designated website will be updated periodically with Addenda lists of registered Bidding Documents holders, reports on the Site, and other information relevant to submitting a Bid for the Project. All official notifications, Addenda, and other Bidding Documents will be offered only through the designated website. Neither Owner nor Engineer will be responsible for Bidding Documents, including Addenda, if any, obtained from sources other than the designated website.

Contact Andrew Staples with HDR Engineers, Inc. with any questions at 509-343-8459 or by email at andrew.staples@hdrinc.com

Pre-bid Conference
 A pre-bid conference for the Project will be held on February 12, 2020 at 1:00 p.m. local time at Stevens Pass Sewer District WWTP. Bidders attending the pre-bid will need to meet at 1:00 p.m. local time at the parking lot, west side of US Hwy. 2, mile post 66.22, at the parking lot on the east side of the bridge. Stevens Pass staff will provide transportation from the parking area to the WWTP. Attendance at the pre-bid conference is encouraged but not required. For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

This Advertisement is issued by: Owner: Stevens Pass Sewer District
 By: Tom Maher
 Title: Business Manager
 Published in The Leavenworth Echo/ Cashmere Valley Record/ Lake Chelan Mirror on February 12, 19, 2020. #87239

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
 In the Matter of the Estate of M. BARBARA WATTS, Deceased.
 No. 19-4-00411-04
PROBATE NOTICE TO CREDITORS
 RCW 11.40.030
 The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); 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 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 Date of First Publication: January 29, 2020
 Personal Representative: GARY WILLIAMS
 Attorney for the Personal Representative: PEGGI MOXLEY
 Address for Mailing or Service: Elder Law of Wenatchee 216 S. Mission Street Wenatchee, WA 98801

ELDER LAW OF WENATCHEE, P.S.
 By: Peggi Moxley
 WSBA No. 21680
 Published in The Leavenworth Echo/ Cashmere Valley Record on January 29, February 5, 12, 2020. #87128.

SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN
ROBISON ESTATE, LLC,
 a Washington limited liability company,
 Plaintiff,
 vs.
 THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein,
 Defendants.
 NO. 20-2-00073-04
SUMMONS (20 DAYS)
STATE OF WASHINGTON to: THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN:
 You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 5th day of February, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Robison Estate, LLC, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Michelle A. Green, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.

Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named.
 DATED this 31st day of January, 2020.
 JEFFERS, DANIELSON, SONN & AYLWARD, P.S.
 By s/ Michelle A. Green
 MICHELLE A. GREEN,
 WSBA # 40077
 Attorneys for Plaintiff
 PO Box 1688
 Wenatchee, WA 98807-1688
 (509) 662-3685/ (509) 662-2452

Published in The Cashmere Valley Record/ Leavenworth Echo on February 5, 12 and 19, 2020. #87187.

Healthy side dish will balance out the Valentine's Day sugar high

With Valentine's Day almost here, they'll soon be candy and chocolates to enjoy, so it's nice to have a healthy side dish to balance out the sugar high. This tried and true salad is wonderful chilled or room temperature, and there's no mayonnaise in it, so you don't have to worry about having it at room temperature for hours at a time.

Many of us have a signature dish or a requested favorite that we bring to potluck events. This mayonnaise-free salad is my own "most requested" dish that I have been bringing to my family's potlucks for years.

My original version used salad oil, packets of ramen seasoning and crushed ramen noodles. I've updated it to make it gluten-free and healthier. My family swears they like this version even better than the old one.

I took out the ramen noodles because they contain a lot of carbohydrates and fat. I use shredded carrots instead, making the salad gluten-free, lower in fat, tastier and more visually appealing from the bright orange of the carrots taking the place of the white ramen noodles.

Instead of using corn or



Ask... Dr. Louise
 vegetable oil, I've tried using olive oil or canola oil, but I find I much prefer avocado oil, which gives it a sweet, almost nutty flavor. If you want a more pronounced Oriental accent, you can add a tablespoonful of sesame oil. Yum!

Gluten-Free ORIENTAL COLESLAW

Dressing:
 ¼ cup Avocado oil
 1 Tbsp Sesame oil (optional)
 ¼ cup White vinegar
 6 Tbsp White sugar
 1 heaping tsp Bouillon paste (chicken or beef)

Salad:
 2 ½ lb. (1 large head) Shredded cabbage
 ½ cup Chopped green onion
 ½-1 cup Carrots, shredded or grated
 1 cup Toasted slivered almonds
 2 Tbsp Toasted sesame seeds

Make dressing at least

an hour ahead of time, if possible, because it takes a while for the sugar to dissolve. I use a pint-sized wide mouth canning jar to mix up the dressing, and if I have to travel, I transport the dressing right in the canning jar. Be sure you stir or shake the dressing well before pouring it onto the salad.

I like to throw the slivered almonds and sesame seeds together on a baking sheet to toast under the broiler in my oven. If I get distracted and they get a little TOO dark, I don't toss them out, instead I add them to the salad anyway, since even when they've looked a bit burned they don't detract from the flavor of the salad.

As my new French son-in-law would say, "bon appétit!"

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. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. 2020 Louise Achey



APPLES4THETEACHER.COM

Daily brushing keeps the teeth clean, stimulates the gums and keeps the gums firm. Children should brush their teeth immediately after eating, to remove food particles. If a person cannot brush his teeth after eating, they should rinse their mouth thoroughly with water. Cavities are

holes caused by decay in teeth. Teeth tend to decay on surfaces that touch because it is difficult to clean between teeth with a toothbrush. Thin, strong thread called dental floss is used to clean between the teeth.

Guide to brushing your teeth

1. Hold the brush with the bristles pointing toward the gums.
2. Move the brush so it sweeps over the gums and teeth toward the biting



surfaces

3. Brush the teeth of each jaw separately - the upper teeth downward, the lower teeth upward.

4. Use a scrubbing motion to clean the chewing surfaces.

5. Brush the inner as well as out surfaces.

6. Brush each area at least 10 times.

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2020 Spring & Summer
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 Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it