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Cashmere Cares exemplifies community outreach

By Kalie Drago Record Reporter

It takes a village - One particular program is a demonstration of this mantra. Cashmere Cares uses internal connections and external connections within Cashmere to project children to reach the high standard set. Kickstarted by Cashmere School District superintendent, Glenn Johnson, the program has become a flourishing non-profit. Since its inception, the good cause has gained traction and participation in its goal of implementing steps to meet students' needs beyond education.

"The genesis of Cashmere Cares came from that there's kids that have gaps in their life and we talk a lot about achievement gaps in education and achievement that way - but there's a predecessor to the achievement gap and that's an opportunity gap. Some kids just don't have the same opportunities," said Johnson.

Cashmere Cares has set four pillars for its foundation, a motto that's well known amongst those involved in the Cashmere School District realm: 'No kid cold, no kid hungry, every kid with mentor, every kid literate.' Johnson stressed the importance of making sure those needs are met so every student has the same chances of meeting the standards set. A lack of an integral component in a child's life, such as food or a mentor, shouldn't stunt a child's ability to achieve success.

'We're closing those gaps, because at the end of the day, we can't lower the bar for kids, it'll cripple them. We can't lower our



Cashmere School District superintendent, Glenn Johnson, was a founder of the Cashmere Cares program but credits many members of the community for helping Cashmere Cares flourish.

standards for the kids, we can't say want them to be successful. But to we don't care enough to hold them

do that we're going to have to do accountable to attain our goals, we somethings to close those gaps,"

said Johnson. "If our mission is to provide a quality education for every child, then every child means

With the aid of local businesses, churches, service clubs, parents, empathetic citizens and the school district - the program has developed a series of opportunities to form solutions to these four needs.

"Cashmere Cares, even though it's a school based program, it truly is a community program," said Johnson. "The school on its own can only do so much, the community can only do so much, the parents can only do so much but together we can make a difference. '

Contribution and help funnels into the effort to help kids from many avenues in the community. Such as Martin's owner, Phil Blackburn, who buys groceries at wholesale value and donates for Cashmere Cares program, Packing Friendships. School district staff stuff a backpack with food inside in an effort to make sure students are fed over the weekend, instilling the 'No kid hungry' motto.

"Phil is a huge supporter of that (Packing Friendships). He knows the kind of food we need, he looks for donations from his suppliers, he looks for down the road when there's going to be a special from his suppliers," said Bob Wildfang, chairman of Cashmere Cares.

Beyond the school district's effort to achieve the literate goal for students, which is ensuring children are enrolled in preschool, after school and during the day intervention, etc. - Vale teacher, Scott Griffith, leads a volunteer group at Vale Elementary that according to Johnson, is largely a retired group of adults. The group reads to the kids which helps progress the students reading fluency and comprehension which also serves the need of 'Every kid literate'.

'Our Vale Volunteers go above and beyond expectations. Not only are they committed to the program by giving hundreds of hours each year, but they are committed to the kids lives, truly care about them, and develop a close bond with them. When kids know they are cared about, their desire to learn to read increases and they look forward to this special time with their adult helper. This is just one of the many ways our community supports the children of Cashmere and their education," said Griffith. "This is a special community Which I am proud to be a member of and am glad to call home."

Despite Cashmere Cares roots being grounded in the school district, the dedication to meeting those needs of children branches out within the whole community.

"Without a community, tree wouldn't be a Cashmere Cares. As the word gets out, people like what Cashmere Cares is about so we get more and more contributions all the time. It continues to grow and get bigger," said Wildfang.

Cashmere Rotary, Mission Creek Community Club, Kiwanas, individual do-gooders, such as John Prescott, just to name a few - play an instrumental role in supporting Cashmere Cares.

"The greatest strength of Cashmere is its unyielding commitment to kids. Kids are first in the community and I think we've seen that reflected in the support for Cashmere Cares," said Johnson.

City Council focused on roof collapse, streetlight outage

By Kalie Drago

Record reporter

With buzz surrounding the darkened streetlight situation and speculation about the Sherman Water Reservoir roof, a lot of discussion unfolded amongst council members. The Monday, April 22 city council meeting tapped into the city's to do list and how to tackle the issues.

Cottage, Elberta, Olive, Chase, Washington, Birch, Paton, Perry and Pioneer streets and the school

have been shut off after electrical problems. At the meeting, Steve Croci, Director of Operations, elaborated on what the current standing is with the streetlight issue.

"Schmitt Electric came out today and looked at a couple of the boxes. Its something underground, as we expected. They talked about trying some other industrial level breakers and hope that will fly with L&I (WA Labor and Industries)," said Croci. "It's hard to know what the specific crosswalk sign near Vale Elementary problem is, where's the ground fault lights, because we're not supposed to

in the string of eight lights."

The city has narrowed down the issue to being underground. As for the school crosswalk, Croci stated it appeared there is some wire missing but that should be an easy fix and will most likely be the first problem tackled. According to Croci, the lack of available electricians is stalling the first step of solving the streetlight

"We did put a request in for a variance so we can at least test the

put in a different breaker - we asked for the variance so we can put in a different breaker to at least test the system," said Croci.

Council member Daniel Scott raised the question as to funding and looked to the Transportation Improvement Board. Croci confirmed that the TIB is aware of the situation and that help is available - the amount of funding that the TIB would be able to offer isn't a a set figure.

"That's the hold up is finding the electrician that can do at least the first phase, identifying where the problem is," said Mayor Jim Fletcher. "We're trying hard to keep it open and

as we have progress, keep people in

As for the Sherman Water Reservoir, the roof had partially collapsed due to snow accumulation during the winter. The city feels October is the best time for the work to be done on the roof.

"To keep the water reservoir on line during the summer, we need the capacity to keep the town wet. If we shut it down we have to ration water, no outside watering lawns, things like that in the summer," said Fletcher.

The city is looking at options as to how to fund the fix and who to

CONTINUED TO PAGE A2

Firefighter Challenge By Kalle Drago groups," said Brautaset.

Echo Reporter

With fire season nearing, the local firefighters have been preparing and bracing themselves. The third annual Leavenworth Firefighter Challenge hosted by Chelan County Fire District No. 3 has become a way to kick off the fire season on a light, but impactful start. On Saturday, April 27, locals, children, the community firefighters, and firefighters traveling from out of state gathered to participate in the community event.

"It's kind of becoming a kick off to fire season. It's like waking up our local community here in the North Central Washington area," said Glenn Brautaset, Chelan County Fire District No. 3 representative.

Despite being the opener to the challenging season with a rigorous course for the firefighters, the atmosphere was lighthearted. With the striking scenic venue on Ski Hill setting the backdrop and a live band, The Hoyer Brothers, providing a cheerful soundtrack, those in attendance appeared entertained.

"Its an opportunity to really interact with their local fire service Children got a hands on opportunity

at the event with a District No. 3 fire truck and many gravitated toward the engine, eager to explore. Games and activities also kept the kids occupied while adults gravitated toward the beer garden and El Chavo food spread. Regardless of age, everyone mingled and chatted with their local firefighters.

"I would consider it a fun, family event and they also get that benefit of seeing this really unique firefighter race challenge that involves firefighters from across the whole northwest United States to come and compete against one another," said Brautaset.

Firefighters drifted in from the local districts, such as Chelan County Fire District No. 6 and Lake Wenatchee Fire and Rescue. Some groups made the trek from Oregon and California to participate in the challenge. Some of those participating in the challenge got competitive with the race and charged for the finish line. While others hiked at their own stride and made it a more casual experience.

Continued to page A2



PHOTO BY KALIE DRAGO/NCW MEDIA

Firefighters eye the starting line of the Firefighter Challenge on Saturday, April 27.

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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 nonprofiorganizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

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Firefighter Challenge

CONTINUED FROM PAGE 1

Some that had been in the fire service for many years, came to partake in the comradery and cheer on their fellow firefighters.

"(One of the highlights of the event) is to feel this kind of palpable competition going on with all these firefighters here in the area," said Brautaset.

The proceeds from the challenge go beyond just the local volunteers, but firefighters everywhere. Wildland Firefighter Foundation has teamed up with the program as well, according to the Leavenworth Firefighter Challenge website.

"For just being the third annual event, it's interesting to see how its blossomed across the whole Northwest. Last year we had firefighters from as far as Montana. Everyone is starting to make this a homage to come over and run in Leavenworth and challenge each other," said Brautaset.

COMMUNITY NEWS

It was a chance to invite residents to rub shoulders with their regional firefighters before the impending hard work ahead of the fire districts. The challenge also prompts residents to recognize the season and offers a learning experience for fire season preparation.

"It's like, hey it's not only

the firefighter challenge but fire season is quickly coming upon us so maybe we should be a little more fire wise or learn a little more about

fire prevention. And we had those opportunities up at the venue," said Brautaset.

With resources as Department of Natural Resources and the Forest people Service. themselves educate simultaneously enjoying the fun atmosphere.



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BUSINESSJOURNAL



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Link Transit offers more options with a price tag - sales tax increase

By Kalie Drago

Echo Reporter

Throughout the Valley, residents check bus routes, climb on and off Link Transit buses and depend on the public transportation to make it to work or class. At the April 23 City Council meeting, Richard DeRock, Link Transit General Manager, came to present the sales tax increase option on the upcoming August 6 ballot. Voters will have the option for an increase in the local sales tax up to two tenths of a percent (two cents on a ten dollar purchase).

DeRock set the disclaimer that Link is monetarily stable and the sales tax increase isn't a vital need, but rather optional improvements to the system. Sales tax currently supports 76% of the budget (the increase would cause it to jump from four cents to six cents - it has been steady at a .4% sales tax since LINK's start in 1990).

"Financially, we are not in need of any additional money. We can operate the system we have for the next ten, twenty years based on our financial projections of where we're at," said DeRock. "But the question we raised to the board is, is that where we should stop?"

LINK's operations have

City Council

contract for the fix. It could

be a million dollar project,

according to Fletcher. He then

elaborated into an idea as to

how to pull together the fund.

Fletcher stated that the city

could fund the fix on its own

without having to borrow

transfer money into the water department and the

wastewater department to the

reserves. \$400,000 each, put

them together that's \$800,000

that could go to the water

fund to help cover the cost of

this thing. That would deplete

the reserves and that water

fund to \$200,000," explained

engineering fees and those

from

The million dollar number

demolition,

"Typically each year we

money.

Fletcher.

came

CONTINUED FROM PAGE A1

actually shrunk since 1995 population usage despite increasing 35% in the same period, according to DeRock. While LINK is stable, its growth is currently stunted to remaining as is.

"We don't meet a lot of needs of the community. We've never operated on Sundays, we only have about 25% of the service on Saturday we have on weekdays, on the most part we don't operate after 7 at night or before 6:30 a.m. in the morning which means we can't service second or third shift employees," said DeRock.

LINK underwent community interactive process that allowed communities to , offer suggestions for improvements and then narrow down suggestions by asking the community how much they'd be willing to pay for these options.

"As they went through that process, what we ended up with was 67% of our community said they were in favor of services cost about a two tenths of a sales tax," said DeRock.

sales contribution would serve as a means for LINK to undergo around 30 projects to better serve riders. These changes and improvements will happen in two phases over the course of two years. One tenth will be

responsible for building these tanks estimating \$700,000. But that is still being adjusted and examined while the city

considers the array of options

for how to fix the issue. Despite the construction window being in October, there is still an urgency to the matter. It is declared as a public health emergency so the city is hustling to get their i's dotted and t's crossed to get the fix underway.

Other business tended to at the meeting:

- Tom Green came to update the council on the 9/11 memorial and Flight 93 site plan. He presented a stone that is a fragment from where Flight 93 crashed that is on permanent loan to the city. There will be a presentation for the stone at a later date.

- There was an executive session where no action was effective immediately while the second tenth further down the timeline, according to DeRock.

"To make that leap to higher level service that could generate more ridership takes a lot. We're essentially proposing to do it all at once," said DeRock.

Projects directly impacting Cashmere residents: later evening service, better frequency throughout the day (currently there can be an hour between buses that come into Cashmere, according to

DeRock), minimize transfers (LINK has proposals to split the routes to get direct access to certain locations) and Sunday and holiday service. "The capitol project here is

to develop a Park and Ride for Cashmere. That is undefined because we have no idea where to put it," said DeRock. He explained there is movement for this to be established, the question is just where to put it.

It was reiterated that these proposals and improvements aren't a necessity, but rather options for riders to consider for the August ballot. Sales tax as the chosen revenue route was due to it being the only source allowed under state law.

"What we're asking the community is not the question of how much the increase is, but do you want the service? This is what it costs to do it. We're not using any of this revenue to cover basic operations," said DeRock. "This is an investment for expansion."



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Staple foods like: Canned vegetables, fruit, peanut butter, tuna and beans are always appreciated. The Cashmere Food Distribution Center • Located at 109 "C" Railroad Ave. • Distribution times and dates have been recently changed: Wednesdays: 2nd and 4th of each month Saturdays: schedule follows the Wednesday distribution For additional

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■ COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple Street. Call Karen Jackson, president, 782-4408.

Cashmere Food Bank, 2:30 p.m. - 4 p.m., Cashmere food distribution center, 109 "C" Railroad Avenue, for more information call Jim, 741-7551. (2nd and 4th Wed.& Saturdays.)

Tillicum Riders Drill Team, 6:30 p.m., Chelan County Fairgrounds arena. Call Cindy, 662-5984.

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

The Underground Youth Group, sixth to eighth graders. 6:30- 8:00 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 and 4th Thursdays)

Free weekly community meal, 5-7 p.m. Cashmere United Methodist Church Gym, 213 S. Division Street.

For more information, please call 782-3811.

Cashmere Sportsmen's Gun Club, 6:30- 10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.

American Legion Post 64. 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st

American Lady's Legion, 5:30 p.m., American Legion Hall, 401 Sunset Highway. Call President Linda Ingraham,

679-0243 (1st Thurs.)

Friday

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8:00 p.m., 5837 Evergreen Drive. Call 782-1662.

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904. (October to May)

Cashmere Food Bank, 2:30-4 p.m., Cashmere food distribution Center, 109 "C" Railroad Avenue, for more information, call Jim, 741-7551. (2nd and 4th Sat. following Wed. of the same week, subject to change)

Sunday

CHURCH: See the church page for local service times and events. The Underground, youth group for high schoolers. 6:00 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 Florence, 670-2414. (2nd and 4th Mon.) Young Life Club, 6:30 p.m. Open to all high school age students. Call T.J. Kaapuni. 509-679-3247.

Tillicum Riders: 7:00 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)

Cashmere City Council, 6 p,m., City Hall (2 & 4th Mon. of each month (unless a holiday, then Tuesday).

Planning Committee Meeting, 5 p.m. at City Hall (1st Monday of

Cashmere Fire Department, Business management, 7:00 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.) Cashmere Fire Department, meeting, 8:00 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.)

Tuesday

I.P.I.D. meeting, 8:00 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.)

Ministerial Association, 8:00 a.m., Epledalen lunchroom, Call 782-7600. (2nd Tues.)

Cashmere Chamber of Commerce. Noon, anyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)

Monitor Homemakers, Noon. location varies. Call Florence, 663-1570. (2nd Tues.)

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

Ongoing events

Cashmere Public Library: 782-3314

Open: Monday, Tuesday, Wednesday, Friday, 9:00 a.m.- 6:00 p.m.

Thursday: 11:00 a.m.- 8:00 p.m.

Saturday, 9:00 a.m.- 1:00 p.m.

Sunday: Closed.

Events:

Tuesday & Wednesday, Story time Pre-K & up 10:00-10:30 a.m.

Wednesday: Preschool Story time, 10:00-10:30 a.m. Wednesday: Bilingual Story time, 4:30-5:00 p.m. (last Wed. of

Thursday: ATLAS events, 3:30- 5:00 p.m. (during school year) Friday: Baby/Toddler Story time, 10:30-11:00 a.m.

Cashmere Museum and Pioneer Village

Open: Saturday, 10:00 a.m.- 4:00 p.m., and Sunday Noon- 4:00 p.m.

Chelan County Historical Society board meeting, 7:00 p.m., at the Cashmere Museum, 600 Cotlets Way. Call 782-3230.

Regional events

Leavenworth Fish Hatchery, Daily: 8 a.m. to 3:30 p.m. Call 548-7641.

SCORE, (small business counseling), 1:00 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900.

Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. Call: 436-1601.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

What: Items pertaining to local events that are free or maximum charge of \$100 fee.

Cashmere

Comic Book & the Real World

T. Andrew Wahl, Evertt Community College professor, is coming to the Cashmere Public Library May 2, 6:30 p.m. T. Andrew Wahl has read more than 20,000 comic books, and owns more than 200,000 pages of historical and primary source documents related to the comic book industry. 782-3314 (r 18)

Spring Wellness Seminar

Experts from Aging and Adult Care and Link Transit will have presentations health, preon heart diabetes friendly eating and transportation for seniors. This will be on May 8 at 1 p.m. and 2 p.m. hosted at the Cashmere Library. Bring a brown bag with your medications/supplements for a 1-on-1 discussion with a diabetes educator and clinical pharmacist. 782-3314 (r 18, 19)

Adult Art Class

Karen Hartman guide everyone through the strokes needed to create a masterpiece to take home. All supplies provided. Hosted at the Cashmere Public Library on May 15 from 12 p.m. to 2:30 p.m. Register at the library or online. 782-3314 (r 18,19)

Annual Spring Tea

The Community is invited

to the Annual Spring Tea on May 11, from 1- 3 p.m. at Cashmere United Methodist Church, 213 S. Division St. Tea and cookies. See antique dolls and we invite you to bring your own doll. Free raffle and vocal entertainment. Please RSVP to 509-669-5648 (re18,19).

Taste of Cashmere

Cashmere High School FCCLA and Cashmere Chamber of Commerce are hosting a restaurant walk May 17, 5-7 p.m. With \$25 ticket, one person can go to nine different restaurants in Cashmere. Tickets can be purchased at the Chamber or CHS. Proceeds benefit FCCLA students going to the national leadership

Regional

Landowner Wildfire

Bootcamp classes offered in May by Wenatchee Valley College Continuing Education in partnership the Okanogan Conservation District. The series began April 27. The bootcamp consists of four free classes for landowners of one or more acres of forest or sageland who want to be better prepared for wildfires. Register through WVC Continuing Education, 509-682-6900, visiting wvc.edu/ CED or in-person with Cindie Martin at the WVC at Omak campus registration office.

conference. (r 18,19)

Bootcamp Wildfire

Landowners

(er 17,18)



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.

April 19

12:17 Scam, 8186 Brender Canyon Rd.

12:52 **Disturbance**, 4900

Nahahum Canyon Rd. 17:07 Water rescue, US Hwy. 2 MP 108 20:04 Civil, 4900 Nahahum

April 20

Canyon Rd.

03:22 Suspicious, Hay Canyon Rd. & US Hwy. 2.

April 21

01:40 Warrant, US Hwy. 2 & Hay Canyon Rd.

01:43 Traffic offense, US Hwy 2 & Hay Canyon Rd. 06:17 Alarm, 603 Cotlets Way, Antique Market.

07:33 Alarm, 100 Apple Annie Ave.

13:59 **Public assist**, 9511 Nahahum Canyon Rd.

18:55 Welfare check, 3500 Blk Bridge St., Monitor, 20:02 Parking/abaond, US Hwy. 2 & Goodwin Rd.

20:04 Juvenile problem, 5025 Harnden Rd. 21:29 Civil, 308 River St.

22:31 Domestic disturbance, 308 River St., Apt. 2.

April 22

02:55 Burglary, 5397 Hughes

07:23 Welfare check, 209 Elberta Ave.

Cotlets Way. 11:31 **911**, 113 Oak St.

Elementary.

15:22 Traffic offense, 6100 Blk Tigner Rd.

16:41 Suspicious, 329 Tigner Rd., Cashmere High School. 18:15 6160 Pioneer Dr.

April 23

06:26 Accident, unknown, US Hwy. 2 MP 115.

12:11 Accident, no injury, 4050 Monitor Orchard Rd.

14:43 Welfare check, 310 Flberta Ave

15:59 **Public assist**, 101

Woodring St. 16:00 Civil, 5711 Sunset Hwy.

19:17 Property, 115 E. Pleasant Ave., #3. 21:54 Drugs, 5700 Wescott Dr.,

Chelan County. 22:49 Warrant, S. Division St.

& Mission Ave.

April 24

10:53 Malicious mischief, 117 Aplets Way.

14:17 Animal problem, 508 Cottage Ave.

15:40 Court order violation, Nahahum Canyon Rd.

17:20 Drugs, 300 Aplets Way, Hometown Market.

April 25

09:11 Public assist, 3555 Yaksum Canyon Rd.

12:38 Animal problem, Tigner Rd.

13:04 911, 817 Pioneer Ave.

13:22 911, 809 Pioneer Ave. 15:02 Suspicious, 3627 Bridge St., Monitor.

Cottage Ave. & Aplets Way.

09:03 Traffic offense, 600 15:26 Accident, no injury, 23:45 Assault, 318 Peshastin 11:33 Property, Vale Cashmere



Friday, May 17th 5:00-7:00 pm

\$25 buys 1 person 9 "tastes" of specialties from **Cashmere Restaurants** Tickets can be purchased at Cashmere Chamber of Commerce OR Cashmere High School *Limited supply! *Buy early!

All proceeds benefit FCCLA students attending FCCLA National Leadership Conference in June.

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■ 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

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

Thursday, 6:30-7:30 p.m., Bavarian Dancing Friday, 6:00 p.m., Bingo

Leavenworth Senior Center, 423 Evans St., Leavenworth

April 25, Thursday: Chicken fettuccine, asparagus, spinach salad, apple slices, whole wheat roll, dessert.

April 27, Saturday & April 28, Sunday: no lunch April 29, Monday: Chicken fried steak, potatoes and gravy,

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■ SENIOR CENTER MENUS

Events Calendar

April 26, Friday: Lentil veggie soup, cottage cheese, 7 layer salad, citrus salad, cornbread, dessert.

green beans, tossed green salad, whole wheat roll, apricot

May 1, Wednesday: Sloppy Joe sandwich, Baja vegetables,

(509) 548-3314 Los Trovadores Band 200 8th St. In Alley, Upstairs

AAMEETING SCHEDULE

Sunday, May 5th from 5-8 pm

Come join

US FOR

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 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.

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

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

April 30, Tuesday: Pork chops, au gratin potatoes, Brussels sprouts, mixed greens salad, applesauce, biscuit with chives,

coleslaw, peaches, dessert.

Which ear drops remove ear wax best?

Some people (like yours truly) are enthusiastic earwax producers and end up asking themselves this question frequently.

The medical name for earwax is cerumen, which comes from the Latin word "cera", which means wax. But cerumen isn't really a "wax" at all. It's a sticky liquid secreted by the cells of the skin lining your ear canal, and it has an important job: protecting your eardrum by trapping dirt and dust as it works its way along the ear canal and eventually out of your ear. Along the way, earwax has an antimicrobial effect, which helps prevent infection of your ear canal.

Some people's earwax just flakes away and never causes any trouble. But for the rest of us, it can be an ongoing source of discomfort. In fact, problems with earwax are one of the most common reasons people make appointments to

see their doctor.

Wearing hearing aids or ear buds increases production of ear wax and can block the normal movement of it out of your ear.

Cerumen trapped inside your ear canal can cause pressure, discomfort and hearing loss. Trying to remove ear wax by sticking cotton-tipped swabs or bobby pins into your ear canal forces it into a plug inside your ear, leading to pressure, pain and impaction.

The best way to remove ear wax is to soften the waxy plug so that it can come out on its own or be flushed out.

There are two main types of cerumen removal drops: oil-based and water-based. Oil-based "drops" include olive oil, coconut oil, and almond oil, while saline, hydrogen peroxide, glycerin, and docusate are water-based earwax softeners.

There isn't any one best ear

drop for ear wax removal. A recent systematic review of products used to remove ear wax showed no clear differences between the oil-based and water-based products.

COMMUNITY

The 3 top earwax removal drops in the United States are 6.5% solutions of carbamide peroxide, available as Debrox®, and Murine® NeilMed ClearCanal®. According to a 2018 survey from US News and World Report and Pharmacy Times, 96% of American pharmacists surveyed carbamide recommend peroxide drops to soften ear wax, while the other 4% recommended glycerin drops.

Carbamide peroxide reacts with earwax to release oxygen, creating foam that liquefies the cerumen and helps it rinse away. I stopped using Debrox® because of the annoying crackling and popping sounds and unbearable tickling sensation inside my ear canal.

Docusate sodium (Waxsol®) ear drops are used to soften earwax in the UK. Docusate is a stool softener or lubricant laxative, pulling liquid into hard stool to make it softer and easier to eliminate. It's believed to do the same thing to impacted cerumen. In our clinic we use docusate liquid in the ear first for 1-3 days, then flush the ear canal with warm water.

I currently use docusate 250mg capsules, snipping a hole in the end and squeezing out the contents into my ear canal, repeating up to three times a day for one or two days. The softened earwax can be flushed out gently with warm water in a bulb syringe or by rinsing it out during a warm

Placing the nose of the bulb syringe along the top of the ear canal rather than in the middle helps chunks of ear wax escape. Avoid "power washing", as you can damage your ear drum with too much pressure.

Dry your ears out afterward by tipping your head and blotting with a towel, using a hair dryer on a low setting, or using ear drops designed to dry up water in your ear, like Swim-Ear®, which contains isopropyl alcohol and anhydrous glycerin.

Here Are 5 Tips to **Combat Earwax:**

1. Don't push cottontipped swabs, bobby pins or rolled napkins into your ear.

They only force ear wax further inside your ear canal, leading to impaction and pressure, pain and muffled hearing.

2. Both oil-based and water-based drops can help soften cerumen.

It's often a trial and error process to find something that works for you. 3. Avoid using eardrops

if you have ear pain,

bleeding or any discharge from your ear. Call your doctor instead. You could have an external ear infection, which requires a

very different approach. 4. Don't use a Water Pik® or high-powered device to flush out your

Too much pressure can



damage your eardrum or force fluid past it, triggering an inner ear infection.

5. Use warm water when flushing.

Cold water is uncomfortable and can cause problems with your balance.

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. Your questions and comments are always welcome at www. AskDrLouise.com. ®2019 Louise Achey

Are you born again?

Everyone has birthday-that moment in time where they entered the world through birth. But here is a question: Are you born again?

It seems like an odd question to ask but it is an important question to answer because how you answer it will determine where you spend eternity. After all the Bible says, "it is appointed man once to die and then comes judgment" (Heb. 9:17). What will happen after you die matters.

Jesus said "unless one is born again, he cannot see the kingdom of God...you must be born again" (John 3:3-7). In order for you to gain entrance into heaven, this new birth has to take place in your life.

A WALK WITH **PASTOR JOHN SMITH**

not one...all have sinned and fall short of the glory of God." (Rom. 3:10, 23). We are "dead in the trespasses of sins" (Eph. 2:1) and "hostile in mind, doing evil deeds" (Col. 1:21). Without the new birth, you are hopeless and because of our sin, we are guilty, unclean and separated from God. That is bad news.

diagnoses our condition.

"None is righteous, no

But the good news is this: That Jesus came so that we may "have life and have it abundantly" (John 10:10). Jesus Christ lived a perfect life-a life without sin--and he died a

perfect death on the cross to pay the sinner's debt. His shed blood on the cross is enough to pay for every sin, cleanse every stain and remove the guilt that is justly deserved. After suffering and dying on the cross, taking your blame and taking upon himself the entirety of God's wrath for your sin, he rose on the third day and secured the promise of a new life to those who will turn away from their old one and trust Jesus.

"Being born again" means that you have a new life. A life that is changed radically by the love of God. A life that is no longer is under the condemnation of God but instead walking as one who is completely forgiven and free from the slavery to sin. 2 Corinthians 5:17 says, "If anyone is in Christ, he is a new creation; the old has passed away, behold the new has come!" Are you a new creature? Are you born

Examine yourself: do you have a desire for things of God? Is Christ Jesus your treasure? Do you hunger and thirst to know him more? Are you assured that God is your Father?

The Bible says "But to all who did receive him [Jesus], who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God." (John 1:12-13). The one who is born again, not only has a new life but also a new family.

Jesus freely offers this new life to you today. The joy of the new birth can be yours! Again, Jesus said "you must

be born again" So, are you?

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





Put some spring in your life

By Joyce Williams

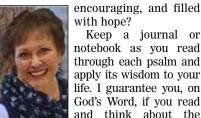
In case you haven't noticed, the spring bulbs are poking up little green shoots, trees boast promising buds, and a few courageous bulbs and trees have even popped out blooms. I'm reminded of Psalm 1:3, which promises that the person who meditates (read and thinks about) on God's Word will be "like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall

not wither; and whatever he does shall prosper."

Are you feeling like a dried up stick? Take heart. There is a sure antidote: Start reading the Word and thinking about what you read. I challenge you to start with Psalm 1. Read through it several times. Make a list of what the blessed man does/does not do and what the end of those who disregard wise counsel will be. Then consider how your life measures up. The first few

verses talk about who you listen to regarding how to live your life. If the true measure of a person is the fruit of their life (Matthew 7:20), then ask yourself if those you listen to exhibit the kind of character you want in your life; i.e. are those in my closest circle toward their children, spouses, teachers,

public servants, pastors, authorities? Or are they patient, generous, peaceful,



JOYCE **WILLIAMS** Pastor of

with hope? Keep a journal or

notebook as you read through each psalm and apply its wisdom to your life. I guarantee you, on God's Word, if you read and think about the verses you read each day and then apply their wisdom to the choices critical or disrespectful Congregational and decisions you make, you will poke up little green shoots, boast some

promising buds, and even burst with blooms. Come on...it's time for spring in your life!

UPPER VALLEY CHURCH GUIDE New to our area? On vacation These churches welcome you! New to our area? On vacation?

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 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana

> CHRIST CENTER Cashmere Assembly of God • 509-782-2825

> > christcentercashmere.com

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 CHRISTCENTER Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director



GRACE LUTHERAN CHURCH Vine & Elberta Streets • 860-0736

Worship 10:30 a.m. Pastor Robert Gohl

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

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.

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

Pastor John Smith www.christforcashmere.org

MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616

Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

LEAVENWORTH

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



COMMUNITY UNITED METHODIST 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. www.leavenworthumc.org

> CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748 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 - 10:00 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 • 290-0686

Sunday School, 9:45 a.m. • Worship, 11 a.m. Pastor Michael Brownell email: mkb3123@gmail.com 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 Pastor to Children & Families: Becky Goodman www.LCN.org



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

SPIRIT LIFE CENTER

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

MONITOR

MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 782-2601 Church Service & Sunday School 9:00 a.m. 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

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

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

SPORTS & SCHOOLS

MAY 1, 2019 **PAGE B1**

Bulldogs soccer finishes second in CTL

By Al Stover

With a solid grip on second place in the Caribou Trail League standings, the Cashmere High boys soccer team will enter the postseason with a ton of momentum.

The Bulldogs (12-2 overall) rebounded from their April 18 overtime loss against Cascade and cruised to a 6-2 victory over Brewster two days later. They ended their regular season with a 6-0 shutout over Chelan on April 25.

The victory over the

Goats brought the Bulldogs' conference record to 6-2, with their only losses against first-place Cascade in matches that went into overtime.

In the Brewster game, sophomore Ty Schoening got the offensive momentum going for his team with a goal in the ninth minute. Javier Reyna scored a brace to boost the Bulldog's score to three in the first half.

Sophomore captain Evan Bakken, and Caleb Bakken also put their best foot forward against the Bears. Evan scored on a penalty at the beginning of the second half while Caleb Bakken launched the ball into the net at the 69th minute.

Neo Valle scored the final point Cashmere after deflecting the ball off an unfortunate defender.

In the Chelan game, Evan Bakken scored a hat trick after a series of opportunities throughout the match. Reyna earned a brace after outpacing the Goats' defense.

Senior Jose Lima scored a goal in the 64th minute in his final regular season game in a Bulldogs jersey.

"The team came away with a collective result," Head Coach Juan Valle said. "I was very pleased with their control of the ball, and most importantly their mentality."

Although the second-place conference finish denies Cashmere a first-round bye in the CWB/CTL District tournament, they will host a playoff game on May 4 against the CWB No. 3 seed.

Brewster and Manson are tied for third in the CWB with identical 4-4 records. The Bulldogs have two wins over the Bears and one against the Trojans.

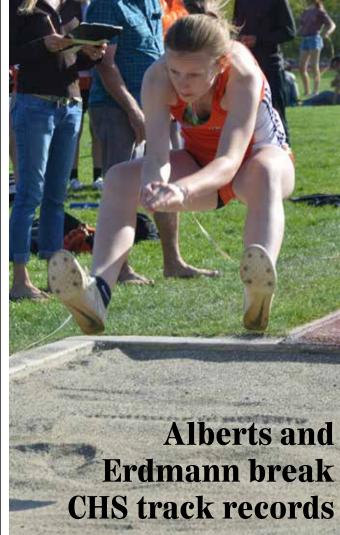


PHOTO BY AL STOVER/CVR.

Cashmere's Ellie Alberts set a new school record for the long jump with a mark of 16-7 during the April 23 NCW meet. She also won the long jump at the Reike Invitational. For more photos of the event, visit the Cashmere Valley Record website.

By Al Stover

Two new Cashmere High School track records were set during the April 23 NCW meet on the Bulldogs' home turf.

Ellie Alberts won the long jump with a record-setting leap of 16-7. Alberts' mark beat the old record of 16-6.75 set by Jesica Bauer in 2014.

Alberts' teammate Grace Erdmann won and set a new triple jump record of 35-7, breaking the previous mark of 35-6.75, which former Bulldog Laura Jordan set in 2001.

The record-breaking performances from Alberts and Erdmann were just two factors that propelled the Bulldog girls

to a first-place finish in team scores with 115. The Bulldog boys also won their division with 70 points.

Cashmere dominated the racing events with Ali Ball winning the 100 meters in 13.23 seconds.

The Cashmere girls took four of the top five spots in the women's 200 meters. Ball won the event with a PR of 26.44 seconds, which puts her at No. 2 in the 1A state rankings. Second-place Carley Diaz recorded a PR of 27.10.

The Cashmere girls also dominated the 800 meters, with six athletes placing in

CONTINUED TO PAGE B2



PHOTO BY AL STOVER/CVR.

Corey Phillips pitched in relief for Brayden Weatherman during game one of the Bulldogs' doubleheader against Chelan.

By Al Stover

The Cashmere High baseball team faced another tough challenge at home on April 27 after going 0-2 in a Caribou Trail League doubleheader against Chelan.

The first-place Goats defeated the Bulldogs 14-0 in game one, and 16-5 in the nightcap. Both games ended early due to the 10-run mercy

Cashmere struggled to find any offensive momentum in game one as Chelan took a 6-0 lead in the second inning and never looked back. Game starter Brayden Weatherman took the pitching loss after sharing the mound with Corey Phillips. Weatherman also collected the Bulldogs' only hit of the game.

In game two, the Goats took an early 5-0 lead in the first frame and added three more in the second. Cashmere's bats showed some life in the third inning with RBI doubles from Phillips and Corey Scott, and a two-run home run from Bryce Neu. The Bulldogs capped their scoring with one run in the fourth.

Starter Nathan Sohn took the loss on the mound while Carter Alberts three four innings in relief.

The losses drop Cashmere's CTL record to 1-6 and 3-14 overall.

Head Coach Jeff Carlson said the young, inexperienced Bulldogs were outmatched against a state contender Chelan team.

"We knew this was going to be tough," Carlson said. "Chelan is a talented and tough team. That said, our guys didn't show quit and battled back after game one and were more competitive in game two."

The Bulldogs prepare for their final week of the regular season. After hosting second-place Okanogan on April 30 in their final home game, they travel to Cascade on May 2 to play the fourth-place Kodiaks.

Carlson said the team is looking forward to focusing on the remaining two regular season games and the upcoming district tournament.



PHOTO BY AL STOVER/CVR.

Cashmere's Brooks Elliot races toward second base.

Cashmere tennis continues CTL winning streak



FILE PHOTO. partner

Tony Ibarra (pictured) picked up another doubles win with partner Gage Andruss during the Bulldogs' April 23 match against Chelan.

By Al Stover

The Cashmere High School tennis teams to blaze their path toward Caribou Trail League championships on April 23 after conference victories against Chelan. The Bulldog boys won their contest, 4-1, while the girls earned a 3-2 victory.

No. 1 singles Ryan Cooper secured a 6-0, 6-1 win while No. 2 Huber Farias, normally a doubles player, earned a 6-3, 6-1 in his singles match.

No. 1 doubles Tony Ibarra and Gage Andruss picked up another victory as a team after winning their match, 6-1, 7-5.

No. 2 doubles Michael Christensen and Kobe Hersel rounded out varsity scoring with a 6-4, 6-2 win.

On the girls' side, No. 1 doubles Aleah Kert and Lauren Kert continued their winning streak after a 6-4, 6-1 win. No. 2 doubles Kate Cooper and Lexi Neu added another win to their

No. 3 singles Teagan Igne



FILE PHOTO.

May 2

May 3

May 3

May 2

May 3

Cashmere's Aleah Kert advanced to the No. 1 singles finals at the Inland Empire Tournament.

clinched the match point for the girls after her close 6-3, 7-5 win

On April 27, A couple of Cashmere racketeers reached the finals of their respective divisions at the Inland Empire Tournament.

Aleah Kert reached the No. 1 singles championship finals, losing to Lewis and Clark's Brooke Fager 6-0 6-2

Brooke Fager, 6-0, 6-2.
Lauren Kert won the No. 2 singles championship after she defeated her Selah opponent,

The Bulldogs returned to their home courts on April 30 with a conference match against Okanogan. They finish their regular season on May 2 with a CTL contest against Omak.

Both Cashmere teams are undefeated in conference play at 6-0. If the boys and girls win their next two matches, they will have swept their conference competition and claim sole ownership of their respective league championships.



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GIRLS TENNIS

BOYS TRACK AND FIELD

SOFTBALL

Omak at Cashmere at 4 p.m.

Cle Elum Invitational at 3:30 p.m.

CTL Meet at Cascade at 4 p.m.

Omak at Cashmere at 4:30 p.m.

Cashmere at Cascade at 4:30 p.m.

GO BULLDOGS

Lady Bulldogs break 17-game CTL skid

By Al Stover

To quote "Major League II" character Lou Brown, the Lady Bulldogs softball team is on what he called "a winning streak.'

The Cashmere High School softball team boosted their winning streak to four games this past week, beginning with a 2-0 sweep over Omak in a Caribou Trail League doubleheader on April 23.

Cashmere's 16-7 win in the first contest not only broke a seven-game skid, but also snapped a 17 conference game losing streak. Cashmere followed the victory with a 22-2 win in the nightcap. Both games ended early due to the 10-run mercy rule.

After Omak took a three run lead in the top of the first, the Lady Kodiaks answered with six runs, including RBIs from Hannah Tyler and Bianca Sevrin, followed by another run

in the third. In the fourth inning. Tyler crushed the ball for a three-run home run. The Lady Bulldogs added three runs in both the fifth and sixth innings.

Cashmere opened game two with six runs in the first inning and never looked back, scoring 12 runs in the second inning and four in the third.

Head Coach Steve Mongeon said the team had a good plate approach and did not swing at a lot of bad pitches.

"Defensively we were pretty clean," he added. "Both sides were pretty solid which made for a good day."

Peyton Brown earned both wins on the mound. Mongeon said rebounded from a tough week against Zillah and Cascade.

"She's getting back to her old self," Mongeon said. "She pitches every inning for us and it's a struggle, but she plays tough."

added Cashmere two more CTL wins on April 27 after sweeping Chelan in a conference doubleheader. The Lady Bulldogs earned a 16-12 win in game one and a 9-8 victory in the nightcap.

"Coming off Tuesday, it was nice to get another two wins," Mongeon said.

The Lady Bulldogs' bats came alive with five runs in the first inning and never looked back. Cashmere's best inning came in the fourth with nine

In game two, Chelan put up more of a fight after scoring five runs in the seventh inning to tie the game at 8-8. Molly High's base hit brought home Stormi O'Keefe to seal the win for Cashmere.

Mongeon said he felt the Lady Bulldogs continue to improve at hitting and base running and showed their progress in both

"We made some errors, we're still fighting it out," he added.

Brown earned the pitching win in both games. Mongeon said he was proud of Brown for throwing two complete games and battling through both contests. He also commended the team's defense, including Ella Burts who has been playing well on offense and defense.

The wins bump Cashmere (4-5 CTL, 7-10 overall) to third place in the conference standings. The Lady Bulldogs continued the final round of conference play on April 30 when they traveled to Okanogan to play the northern Bulldogs (8-2, 12-4).

Cashmere will face Omak in their final home game of the regular season on May 2. The Bulldogs wrap up regular season play against Cascade the next day.

Mongeon said he knows Okanogan and Cascade will be tough while he feels Omak is a game the Lady Bulldogs can

"I'd like to go the distance with those two teams,' Mongeon added.



Cashmere's Ella Burts reaches second base en route to third during game one of the Lady Bulldogs' doubleheader against Omak.



PHOTO BY AL STOVER/CVR.

In field events, Miguel

The Cashmere boys took

four of the five spots in the

pole vault. Kaden Potter's mark

of 11-00 won the event while

Sam Dotson finished third with

high jump with a leap of 5-08

and Sam Dotson clinched the

top spot in the triple jump with

and field teams came home

with first-place finishes

from the 22nd Annual Reike

The Bulldog girls won their

division with 206 points, 200

more than second-place

Cascade. The Cashmere boys

clinched their division with

Once again, the Cashmere

girls dominated running

events. Chloe Diaz (12.66

seconds) and Ali Ball (12.89)

recorded a 1-2 finish in the

women's 100 meters. Ball also

won the 200 meters in 26.65

while teammate Carley Diaz

finished second with a personal

Syd Smith's PR of 2:25.91

earned her the 800 meters title.

Invitational on April 26.

Both Cashmere High track

Jonathan Ramey won the

Sanchez finished third in the

javelin with 125-07.

a leap of 39-01.25.

115.33 points.

record of 26.83.

Cashmere's Brianna Hughes (right) passes the baton to Ali Ball (center) during the 4x100 relay. Ball, Hughes, Hailey Larson and Chloe Diaz won the event in 51.66.

Cashmere Track

CONTINUED FROM PAGE B1

the top seven spots. Syd Smith won the event with a time of 2:31.23 while Brittany Dowell's PR 2:35.44 garnered her second

Cashmere also placed in the top three of the 1,600 meters. Gabriella Terrell-Lewis won the event with 6:21.23 while Katie Martin finished second in the 6:21.82.

Eleanor Nelson won the 300 meter hurdles with a PR of 54.25 while Justine Wood finished second in 54.66.

Smith won the 400 meters with a PR of 1:04.53 while Hoffman finished second in the 3,200 meters in 13:54.02 Justine Wood took second in the 100 meter hurdles in 19.22

The relay team Larson, Erdmann, Alberts and Chloe Diaz won the 4x100 meter relay with a time of 53.28.

Chloe Diaz, Carley Diaz, Ball and Smith took the top spot in the 4x200 in 1:49.30. Larson, Smith, Natalie Dart and Carley Diaz won the 4x400 in 4:27.02.

In field events, DeJesus won the high jump with a PR of 4-04. In the pole vault, Carley Diaz (8-00) and Dowell (8-00 PR) finished first and second, respectively.

Stoffel finished second in the javelin in 98-07 and third in discus with 85-01.

Cashmere recorded a 1-5 finish in the long jump. Behind Alberts, Erdmann finished second with a jump of 15-06.50.

Alberts finished behind Erdmann in the triple jump with a leap of 31-00.

On the boys side' Aster Dotson's PR in the javelin (179-06) bumped him up to first place in the 1A rankings.

In running events, the Bulldogs recorded a 1-5 finish in the 800 meters. Rob McManus won the race with a 2:09.81 and Sam Kisner took second with 2:13.93.

McManus (4:44.37) and Kisner (4:47.76) recorded a 1-2 finish in the 1,600 meters.

Bryson Pratt finished first in both the 100 meters with 12.05 and the 200 meters with a PR of 24.34

The Cashmere boys recorded a 2-3 finish in the 4x100 relay. Pratt, Carnline, Kyler Knoll and Aster Dotson took second

in 47.91. The 4x400 team of Carter Ball, Guerrero, Kisner and McManus finished second in 3:46.01.



PHOTO BY AL STOVER/CVR.

Cashmere's Rob McManus won the men's 1,600 meters during the 22nd Annual Reike Invitational on April 25.

Elanor Nelson scored a first-place finish in the 3,200 meters with a time of 12:36.57 while Tristan Hoffman's PR of

13:27.76 earned her second. Natalie Dart took second in 400 meters in 1:09.08 and Gariella Terrell-Lewis (6:20.34) was second in the 1,600 meters.

The Bulldog girls won all three relay events. The 4x100 team of Hailey Larson, Ball, Chloe Diaz and Brianna Hughes finished in 51.66. Ball, Carley Diaz. Chloe Diaz and Smith finished the 4x200 relay in 1:48.46. The team of Carley Diaz, Chloe Diaz, Larson and Smith finished the 4x400 relay in 4:15.06.

In field events, Mikayla Stoffel took second in the javelin with a PR of 108-02.

Carley Diaz (8-06) recorded a second-place finish in the pole

Alberts won the long jump with a leap of 16-03. Erdmann clinched the triple jump title with a mark of 34-06 while Alberts finished second with

On the boys' side, Rob McManus won the 1,600 meters with a PR of 4:27.96, which moved him to second place in the 1A rankings. Kisner also finished second in the 3,200 meters with a PR of 10:25.31.

In field events, Aster Dotson claimed the javelin title with a throw of 174-11.

Jonathon Ramey won the high jump with a mark of 6-02 while Jonah Groce finished second with a PR of 5-08. Ramey also finished second in the triple jump with a leap of 37-09 while Kaden Potter tied for second in the pole vault with a mark of 10-06.

The Cashmere High track and field teams concluded a busy week on April 27 in Wenatchee for a North Central Washington Invite. The Bulldog boys finished

eighth with 25 points while the girls were 12th with 9.33. Carter Ball finished second

in the 200 meters (23.48) and the 110 meter hurdles (16.05). On the girls' side, Dowell's

2:34.31 earned her second in the 800 meters. The Bulldogs return to action on May 3 when they

travel to Cle Elum to compete in the High Mountain Classic. For more results on the

three track meets, visit the Cashmere Valley Record website.

BUSINESS & SERVICE Directory Add your business or service to this directory: 548-5286 DRILLING **Tumwater Drilling and Pump Inc.** "Water Treatment Systems Built to Your Individual Problem' **Free Water** Analysis/Estimates Conveniently located on Hwy 2 across Tumwater from the Big Y Cafe Drilling & Pump, in Dryden @ 9290 Hwy 2 548-5361 www.tumwaterdrilling.com • email info@tumwaterdrilling.com WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSI SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES PEST CONTROL STORAGE STEVE'S PEST CONTROL DOWNTOWN Over 35 years of experience! Full Service Pest Control **CASHMERE** Free Inspections Crawl Space Repairs MINI STORAGE Handyman Services ww.Steves-PestControl.com Steve is Back! 5x10- \$60 Per Month Lic#13858 Contr. STEVEC812B0 10x10- \$80 Per Month 509-439-0358 8x14- \$90 Per Month Have spare room in your facility? Secure Timed Keylock System Mobile Platform Available •Burglar Alarm• Camera Surveillance



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ing for real estate that is in violation

of the law. To complain of discrimi-nation call HUD at 1-800-669-9777.

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ANNOUNCEMENTS

CHILDFIND 2019 REGISTRACION PREESCOLAR Y **EVALUACION DISTRICTO ESCOLAR DE LAKE CHELAN**

El Distrito Escolar de Chelan llevará a cabo Childfind, Registración ECEAP Preescolar exámenes el 6 y 7 de mayo del 2019. Las horas serán de las 8:00 am a 6:30 pm el día 6 de mayo y de 3:15 pm a 6:30 pm el 7 de mayo y solo con cita previa llamando al 888-8752. La registración los exámenes sus hijos/as prescolares se llevarán a cabo en el esde la escuela pacio Prescolar de Lake Chelan, localizado en la Avenida Johnson.

Nuestro programa preescolar ECEAP está abierto a niños/as de cuatro años (quienes cumplen 4 años para el 31 de agosto, 2019), residentes del Distrito Escolar de Chelan, y quienes califican para el ECEAP (Programa de Asistencia Educación Temprana) porque tienen ingresos limitados. Si su familia vive en un alojamiento temporal. Puede contactar al distrito escolar de donde está quedando, para que le una evaluación. hagan En el Distracto de Chelan por favor de llamarle al Sr. Kelly Kronbauer al 509-682-7744.

No hay cobro para el programa de ECEAP ni para los programas de Educación Especial, ofrecidos por el Distrito Escolar de Lake Chelan.

Por favor de traer la información siguiente para su cita:

Registro de vacunalción Acta de nacimiento Copia de la declaración de impuestos del 2018 para verificar elegibilidad para el programa de ECEAP

Prueba de residencia.

** Si tiene alguna preocupación sobre el desarrollo de su hijo/a. edades de recién nacidos hasta la edad de 21 años, por favor pónganse en contacto a Kronbauer 682-7744 del Distrito Escolar de Lake Chelan.

TRYING TO AMBUSH A BUYER?

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Run it till it sells Automotive \$25.00

Don't just park your car on the side of the road with a "For Sale" sign! Promote it on the web for one low price where local buyers can see it at their leisure.

ANNOUNCEMENTS

CHILDFIND 2019 PRESCHOOL REGISTRATION AND SCREENING **LAKE CHELAN** SCHOOL DISTRICT

Lake Chelan School District will be holding Childfind and Preschool Registration and Screening on May 6th and 7th, 2019. The hours are 8:00 a.m. to 6:30 p.m. on May 6th and 3:15 p.m. to 6:30 p.m. on May 7th and are by appointment only by calling 888-8752. The registrascreening of tion and your preschooler will take place in the Lake Chelan Preschool rooms on Johnson Avenue.

Our preschool program is open to four year olds (who turn 4 by August 31, 2019), residing in the Lake Chelan School District, and who qualify for the ECEAP (Early Childhood Education and As-Program) be-Isistance cause of limited income. The program is also open to 3 and 4 year old students who qualify for Special Education Services because of a disability or health condition. If your family is liv-ing in a temporary living situation, you may contact the district where you are staying to attend a screening. Homeless Liaison Kelly Kronbauer, 682-7744.

The district has limited space for children who will be three years old by August 31, 2019 and will only be able to serve those who screen for the intervention pro-Parents of three early intervention lgram. year old students who have any concerns about their child's development should register at this time.

There is no charge for the ECEAP and Special Education programs of-fered by the Lake Chellan School District.

Please be sure to bring the following information when registering your child:

Immunization Records Birth Certificate

Copies of 2018 tax return to verify eligibility for ECEAP program. Proof of Residency

* If you have any concerns about the development of your child, age birth - 21, please contact Kelly Kronbauer at 682-7744 at Lake Chelan School District.

HAPPY ADS

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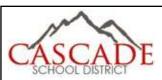
HELP WANTED



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

Substitute Bus Drivers (paid training)

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



EOE

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

Icicle River Middle School CTE STEM Highly Capable Teacher

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

EOE

Manson School **District**

is seeking applicants for the following position:

Science Teacher for the 2019-2020 school year

Detailed job posting and online application process are available at: www.manson.org, EOE

Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for eneraetic service oriented individuals to join our breakfast/ catering team Position provides oppor tunities to learn and perform a variety of duties present and Prepare, serve the daily breakfast buffet and at catered

functions. Full and part-time positions requiring sor 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.

Full and Part-Time Bed Maker, Laundry and Housekeeping ₋eavenworth Enzian Inn

hiring for full and part-time Housekeeping Ľaundry / Bed Makers Enjoy а competitive wage and positive workenvironment. Shifts typically begin at 9:00 and end between 2:00 4:00 daily. Hotel ameni ties such as fitness room indoor pool and jacuzz are available to employ ees and their immediate family to enjoy in the winter months.

Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

HELP WANTED

SAFEWAY ()

Chelan Safeway is looking for several motivated people to join our team.

> Open positions include: Produce

• Deli Clerks Night Crew Meat Cutter Checkers

apply online@ careersatsafeway.com

Please contact Matthew or Jeremy at 509-682-2615

with any questions

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Three Rivers Hospital is seeking an Administrative Assistant to provide administrative support to the Chief Executive Officer, Chief Operating Officer and the Board of Directors. Performs a wide scope of clerical AA Degree pretasks. ferred, High School Diploma required. At least three years of advanced clerical office experience Competence preferred. personal computers and related software; Strong word, excel, etc. organizational skills, excellent customer service time management Superior oral abilities. and written skills. Monday - Friday; 9:00 a.m. 5:30 p.m.

Interested Candidates may apply in person or by mailing their resume

Three Rivers Hospital Anita Fisk, Director of Human Resources PO Box 577 Brewster, WA 98812 (509) 689-2517 x 3343 www.threerivershospital.net afisk@trhospital.net EOE

EPIC is now recruiting for the upcoming Migrant Program!

Positions Available Lead Teachers Infant/ Toddler Teachers Classroom Assistants

Please visit our website for full list of job openings and job descriptions. www.epicnet.org

Part-time position available at Chelan Senior Center in the office. Hours vary, and will usually be 5 to 10 hours a week, and will include most weekends. Good Spanish as well as

English is very important, and the ability to use Excel, Word and the other programs in Windows Office 10. Applicant needs to be and able flexible,

solve problems. Please call the Chelan Senior Center at 509-682-2712 and ask for Vita or email: CSC@nwi.net

HELP WANTED Manson Parks is

searching for a hard-working individual to fill a seasonal Maintenance position. Position begins immediately and ends in mid-November. Candidates must have a positive attitude, be excited to learn, possess a valid WA State Driver's license, pass a background check, & have a driving record free of major infractions. \$14-\$19.50 DOE. Benefits include State retirement, medical stipend, & vacation. For more information, visit www.mansonparks.com or stop by our office at 142 Pedoi Street in

Manson Parks está buscando una persona trabajadora para ocupar un puesto de Mantenimiento por la temporada. La posición comienza

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inmediatamente y termina a mediados de noviembre. Los candidatos deben tener una actitud positiva, estar emocionados de aprender, poseer una licencia de conducir del estado de WA válida, pasar una verificación de antecedentes y tener un registro de manejo libre de infracciones graves. \$14-\$19.50 dependiendo la experiencia. Los beneficios incluyen jubilación estatal, estipendio médico v vacaciones. Para obtener más información, visite www.mansonparks.com o visite nuestra oficina en 142 Pedoi Street en

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is growing and we are

hiring at our Chelan location. We are looking for someone who enjoys helping people and being outdoors. Knowledge of building materials and forklift operation are helpful but not required. You will be assisting customers, loading and unloading materials, and cleaning and organizing the lumber yard and warehouses. If you have a positive attitude and are willing to learn and grow this could be a great fit. Please call



Jerry at 509-682-1617

or stop by.

www.leavenworthecho.com • www.cashmerevalleyrecord.com

HELP WANTED



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

Cascade High School **English Learner** Teacher/6-12 Migrant **Graduation Specialist**

Fast Track application process and information can be found on our website at:

www.cascadesed.org EOE

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Looking to clean private rental homes part time in the Coles Corner/ Lake Wenatchee area Call 509-763-0355

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APPLIANCES

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

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Deadline Monday at

for the paper Lake Chelan Mirror **Leavenworth Cashmere**

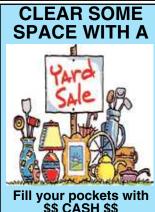
Deadline Tuesday at noon for the paper **Quad City Herald**

APPAREL

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Deadline Monday at noon for the paper
Lake Chelan Mirror Leavenworth/ **Cashmere Deadline Tuesday** at noon **Quad City Herald**

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Leavenworth 1/2 Price, Inventory Reduction Garage Sale. 135 Ski Hill May 3 & 4, 9 a.m. -3 p.m. Benefits Cascade Medi-

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Public NOTICES

Meeting Time Change Alpine Water District will meet on Wednesday May 15th at 1:00 p.m, at the Fire Station building in Leavenworth Published in The Leavenworth Echo/ Cashmere Valley Record on May 1, and 8, 2019. #85044

ALPINE WATER DISTRICT is currently accepting contractors resumes for the 2019 Small Works Roster. Please list your contact name, emergency contacts, whether or not you would be available within 24 hours for emergency work. Only bonded, licensed Contractors with water installation or repair experiline installation or repair experience need respond to: Alpine Water District P.O Box 109 Cashmere, WA 98815.
Published in The Cashmere Valley Record/ The Leavenworth Echo on

Public NOTICES

Superior Court of Washington for Chelan County In the matter of the estate of Dean M. Fisher, Deceased. No. 19-4-00113-04 **Notice To Creditors**

(RCW 11.40.030) The person 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 his attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced.
The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as

provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is for-ever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication:

April 17, 2019. **Douglas Allen Fisher,** Personal Representative Attorney for the Personal Representative: Joseph C. Brown, Jr., WSBA #17991

WSBA #17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509)782-1111

(509)/82-1111 Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 19-4-00113-04 Published in the Cashmere Valley Record and the Leavenworth Echo on April 17, April 24, and May 1, 2019. #84919

SUPERIOR COURT OF WASHINGTON IN AND FOR KING COUNTY

Estate of GERALD A. PARK Deceased No. 19-4-07628-1 SEA PROBATE NOTICE TO CREDITORS

(RCW 11.40.030)
The Personal Representative named below has been appointed as Personal Representative tative 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 Represen-tative'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 within this time presented the claim is forever

barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
PUBLICATION: **PERSONAL**

REPRESENTATIVE:
WE TRUST COMPANY
ATTORNEY FOR PERSONAL REPRESENTATIVE: JENNIFER L. KING ADDRESS FOR MAILING OR

SERVICE: Three60 Law Group PLLC 915 118th Ave SF #360

Bellevue, WA 98005 Published in The Leavenworth Echo/ Cashmere Valley Record on April 17, 24, and May 1, 2019 #84918

Public NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of INA O. ANDERSON, Deceased.

No. 19-4-00134-04
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 dece-dent must, before the time the dent 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

Public NOTICES

stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as pro-

vided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever harred executes as otherever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060.

This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST

PUBLICATION: May 1, 2019

Public Notices

Margaret C. Weber, Personal Representative

Attorney for the Personal Representative: Thomas D. Overcast, WSBA# 14486

Address for Mailing or Service: Overcast Law Offices, PS Attn: Thomas D. Overcast 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 (509)663-5588

Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 19-4-00134-04
Published in The Leavenworth
Echo/Cashmere Valley Record
on May 1, 8, and 15, 2019. #84998







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May 1 and 8, 2019 #85047



. May occasion

8. Auto unit 11. Lyft alternative 12. "On Golden 13. Zetkin of International Women's

Day fame

15. Forever and a day 16. "The Simpsons" palindrome

17. Angler's decoys 18. *Mother, e.g. 20. Friend in war 21. Divided, it cannot stand?

22. Black gold 23. *Mother, e.g. 26. Like anti-cruelty proponents

29. "This land is your land..." 30. Loan shark 33. *Like Old Mother Hubbard's cupboard 35. "Captain Marvel" genre

37. It also rises, in Spanish 38. Faulkner's "As I Lay _ 39. Ant construction 40. "Not my brother's

42. First Tudor monarch's number 43. Meteorologist's line 45. Battles royal 47. Modus operandi

Chocolate source 50. Barrymore or Carey 52. *Like grandmother on mother's side 55. Like Al Yankovic

56. Gaelic 57. Joie de vivre On pins and needles 60. *She played Zuzu's mom in Christmas movie classic

61. Left to a Russian 62. Pastrami partner 63. Greek H 64. One quarter of a Presidential term DOWN 1. *School org. with moms (and dads) as members 2. Indian music

3. Farm team 4. Pool hall mishap 5. Powerball, e.g. 6. Playwright Chekhov 7. Perfume property 8. Lime-rich soil

9. Mouse to a snake 10. Fossil fuel 12. Accepted truths 13. Request to Geico 14. *Mother's song

19. Tedium 22. "Days of _ Lives" 23. *Delivery room word 24. Binary digits code

25. Train runners 26. *What many mothers want 27. Lacking guile "Sesame Street" regular

31. Olympic cast-out 32. Future fish 34. Shining armor 36. *Form of thank you to mom 38. Gloomy and drab

40. Jared's competitor 41. Hosted 44. Off-color 46. With nobody to call your own

48. Editor's insert 49. Between harbors 50. Controvert 51. *Mother's Day, e.g. 52. *Emmanuel Macron's mom, e.g.

53. Toward shelter, nautically 54. Volcanic flow 55. "The Art of

58. And not

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