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Cashmere High School Career Day



PHOTO COURTESY OF REBECCA SWANSON, FAMILY AND CONSUMER SCIENCES EDUCATION, CASHMERE HIGH SCHOOL.

Row 1-kneeling from left to right: Julie Ray, Carmen and Greg Frislie. Row 2-left to right: Dawna Fox, Alex Williams, Makenzie Graff, Ed Thomas, Rudy Joya, Matt Bangcaya, Devan Courtois (kneeling), Caden Stockwell. Row 3-left to right: Travis Fox, Stacy Smith, Jered Paine, Trevor Davis, Svetlana Sauer,Rachel Griffith, Michelle Rosvold, Jim Swanson, Aaron Lowers, Staff Sergeant Pederson. Row 4-left to right-(Beginning by E in Career on sign) Jason Satterfield, Shawn Ballard, Alina Godfrey, Dan Gemeinhart (in back), Staff Sergeant Monte Brown.

Cashmere track and field competes in Sultan Bulldogs win boys division, girls take second

By AL STOVER

The Cashmere High School boys and girls track and field teams kicked off their season with a nonleague meet in Sultan on March 21.

The Bulldog boys came away with the top spot with 96 points.

Head Coach Jeff Kenoyer said the athletes performed better than he expected.

The boys excelled in both running events, recording many personal records along the way.

Carter Ball won the 110 meter hurdles in 18.16 seconds while Henry Varrelman took third with a time of 20.34.

Ball and Varrelman recorded a 2-3 finish in the 100 meters event.

Ball finished in 12 seconds while Varrelman finished third and clocked in at 12.31. Bryson Pratt took fifth in 12.43.

Kyler Knoll won the 400 meters with a time of 55.13. Varrelman took third in 57.66 and James Terrell-Lewis finished fourth in 58.98. Knoll took second in the 200 meters in 25.29.

Rob McManus won the 800 meters with a PR of 1:59.91. Sam Kisner recorded a fifth-place finish with a PR of 2:14.59.

Kisner also won the 1,600 meters in 4:59.22. Blake Brown, who finished eighth, clocked a PR of 5:38.03.

In relay events, Varrelman, McManus, Knoll and Kisner won the



CONTRIBUTED PHOTO BY JEFF KENOYER.

Cashmere's Rob McManus races down the track during the 800 meter. McManus won the event with a personal record of 1:59.91.

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Rotary First Harvest awards Evans

By KALIE DRAGO
Echo Reporter

A local good Samaritan, Jan Evans, was recognized for her good deeds this month - she traveled to Seattle to accept a volunteer recognition award from the Rotary First Harvest. She was nominated by Bob Mark, the Community Cupboard Program Manager at Upper Valley MEND and presented her award from her own daughter and Gleaning Coordinator, Chelsea Evans.

She was chosen for the award based on her work with the Community Harvest program, a branch of the Upper Valley MEND's many charitable programs. Evans began her volunteer work with the Community Harvest gleaning program back in 2017 and wasted no time diving headfirst into the work.

According to her nomination letter, she attended 30 plus gleaning events each season and was a great ambassador for the program. Not only did she put in the time, she put in

the effort to spread the word about the program and encouraged others to follow her lead to support.

Evans would rescue thousands of pounds of locally grown fruit and vegetables to then donate to local food banks. Not only that, but she extended her helping hand further than just gleaning itself - she helped organize the year end end large apple gleans, she used her Facebook profile to constantly promote the Community Harvest program and regularly volunteered at other program activities.

Introducing Princess Leia, support dog

By KALIE DRAGO

Tools for improving school work vary from neon highlighters, a stack of index cards, that lucky pen for particularly hard tests - and for Cascade S chool District students, can even come in the form of a furry, four legged girl named Princess Leia. Princess Leia roams among Cascade school hallways, not as a pet, but as a staff member - she's the Cascade School District's support dog.

"I'd like to introduce our newest support to our program, Princess Leia," said Brett Johnson, Special Education Director at the March 11 school board meeting. "She's a therapy reading dog. It's the highlight of the week if they get to end their week with Princess Leia."

Leia is a purebred Newfoundland with her 4th birthday nearing on April 24. She began working with Cascade School District in May 2018 when she was three years old.

"We waited until she was nearly three before pursuing therapy work since Newfoundlands are very large puppies until they mature into calm and capable dogs at about the age of three," said owner and partner, Kristen Joy Wilks.

Beyond being a sight for sore eyes after a long day of shuffling through school work, she provides professional assistance. Princess Leia has an impressive resume before accepting her new job position with the school district - she has a part time job as being a camp dog to campers at Camas Meadows Bible Camp as well.

"My husband (Daryl Wilks) is a camp director. Our family lives on site at Camas Meadows Bible Camp on Blewett Pass and Leia is the camp dog. She visits the campers with us, providing companionship, fun, and comfort as needed," said Wilks. "Newfoundlands inspire strangers on the street, hurting kids, and their own owners in many surprising ways."

According to Wilks, Leia is typical of her breed and has a calm and patient demeanor - something that most teachers and staff that work with students should have.

"Her quiet presence exudes confidence in your ability and children sense that. Kids chat about their day, difficult situations they are facing, and their love of dogs as they stroke her soft coat," said Wilks.

Her work day at the schools involve: greeting everyone in the classroom when she enters with a wag of her tail, finding a quiet corner for her work space and flopping down (something most of wish was acceptable at our own desk). The children will pet her while they read her stories and she lends a patient ear to the little ones as they chatter.

"Petting a dog lowers blood pressure and your heart rate, soothes reading-related anxiety, and is a pleasant sensory experience in and of itself. I have watched children read larger books to Leia who previously refused to even try anything that looked thick and difficult," said Wilks. "Specifically, for reading, the non-judgmental presence of a dog is a huge boost of confidence for students. They don't have to worry about whether she'll correct their pronunciation or if she thinks they are not doing well."

However, Princess Leia is flexible in her job and has done more than aid students with reading. The last day before Christmas break, the community faced a tragedy that is difficult, especially for teens, to grapple with. Leia came into the high school to provide a sense of comfort for students struggling with grief.

"I was able to bring Leia into the high school and just hang out with students in the library as they grieved and talked through what they were facing. We walked the halls and as students noticed her they poured form the classroom and gathered around her to stroke her coat and get slobbery kisses. She flopped down in the hallway and students sat down beside her to give her pats and talk and take in a moment of piece during a difficult time," said Wilks.

Despite being furrier than the usual Cascade School District staff, she is a professional and beneficial addition to the school district.



PHOTO CONTRIBUTED BY KRISTEN JOY WILKS.

Leia is pictured here with Kristen Joy Wilks' son.

Fox returns from biathlon camps

By AL STOVER

The Biathlon World Championships 2019, held in Ostersund, Sweden, had over 30,000 spectators in attendance. Among the thousands of biathlon fans were Cashmere residents, biathlete Bella Fox and her father, Travis Fox.

Bella Fox recently returned from a biathlon camp held in Ostersund, hosted by the International Biathlon Union (IBU). She was one of two athletes representing the U.S. at camp, which she said had about 35 other kids from different countries. One of the first things Fox remembers about the camp was how many different languages were spoken by the other kids attending the camp.

Prior to her journey to Ostersund, Bella Fox attended another biathlon camp in February held at the Soldier

Hollow Nordic Center in Utah during the IBU World Cup. Bella Fox is no stranger to traveling for biathlon. She has participated in biathlon camps throughout her time in the sport, including a week-long camp in Bozeman, Montana, last summer. She has also traveled to Canada for biathlon competitions and skied at Olympic venues.

During her time in Utah, Bella Fox raced on Soldier Hollow's world championship course, which she noted was difficult for her because she was skiing at a higher elevation. She also stayed a large house with the other 15 athletes attending the camp with her.

Bella Fox was introduced to biathlon

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Reflections from the E-Mail bag

A couple things came across my electronic desk this week that cried out for a response.

First, It seems the wet side Democrats have woke up to the fact that they don't do well in Eastern Washington. Disappointed in the results of the mid-term elections the "Eastern Washington Advocates" announced they are having a town hall meeting in Richland next week to explore why their progressive agenda doesn't resonate with Eastern Washington voters.

Maybe they should take a look at the disaster that their "progressive ideas" have created in Seattle. According to an investigative news piece by KOMO TV, "Seattle is Dying," the city of Seattle now has the second highest number of property crimes of the 20 largest cities in the country. It is exceeded only by San Francisco, another shining example of progressive leadership.

Seattle is just the latest example of the failure of the Progressives social agenda. Everywhere they have run local government the results have been nothing short of disastrous. Chicago has the highest gun deaths despite the most restrictive gun laws.

Tent cities in Los Angeles and now Seattle have turned once vibrant cities into islands of squalor from people who are not just homeless but are functionally incapable of managing their lives. Whether they are mentally ill or addicted to drugs, leaving them on their own to deal with their dysfunction is not compassionate. It is just their classic response of government to managing social issues.

Government loves to pass



BILL FORHAN
PUBLISHER

laws (regulations) that promise to address the problem. Elected representatives often use these issues to increase your taxes or by putting limits on efforts of current government agencies. It is rare that they find real solutions to address these difficult issues.

This is not compassionate. Leaving dysfunctional people to resolve their own problems or worse, developing programs that empower their dysfunctional behavior is just cruel.

Second, I received an opinion submission on "A Different Kind of Socialism." It seems the Bread and Roses Party wants to suggest a new way of thinking about the Alternative American Dream. What – you've not heard of the Bread and Roses Party? It's the first new socialist party in the United States in 4 decades. They have morphed the old Marxist idea to, "From each according to their potential, to each according to their needs."



It doesn't matter how you spin the words. Marxism does not work, Attempts to soften the idea by changing the words is just another way to try and sell you snake oil.

Finally, I received an email with a remake of an old radio program by legendary radio personality Paul Harvey. The piece was juxtaposed with comments from other modern leaders including President Barack Obama, Ronald Reagan, Hillary Clinton and others.

It seems Harvey predicted the socialist threat to our great American heritage over 50 years ago. Harvey cautioned against the decline of our society just like those great societies that came before. Societies not destroyed by the invasion of foreign armies but by the decay of their society from within.

The message is an old one. Those who cannot remember the mistakes of the past are doomed to repeat them. There is nothing progressive about the current "new" socialism. Socialism and communism are a false promise. A promise of security in exchange for individual freedom to make your own decision about what

is best for you.

Socialism has failed wherever it has been tried. The most recent example is Venezuela. But our country is full of immature and gullible individuals who continue to swallow the false promise of a socialist utopia. A just society that finds no problem in confiscating the property of others to give it to those who have done nothing to earn it.

Another famous American once said, "Those who would give up essential liberty, to purchase a little temporary safety, deserve neither liberty nor safety." That famous American was Benjamin Franklin - one of our founding fathers.

Let's hope that the historic wisdom of the American people will once again overcome the insanity of a system that promises much but delivers little.

For those interested in looking at the videos and opinion pieces mentioned here I will post the links to this opinion on our web site leavenworthecho.com

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Kert goes 2-0 in singles play



PHOTO BY AL STOVER/CVR.

Cashmere's Aleah Kert won both of her singles matches against her Cascade and Tonasket opponents this past week. The Cashmere High School girls' tennis team won both of their matches against Cascade (3-2) on March 19 and Tonasket (5-0) on March 22. The Bulldog boys split their matches, defeating the Kodiaks (5-0) and losing to The Tiger (3-2). Both Bulldog teams hosted Quincy on March 25. They travel to Okanogan on March 26 and Cascade on March 29 for Caribou Trail League action.

Crimea river, but carry on

A crazy play on words indeed, but when it comes to wringing our hands over international politics, it's either cry me a river or go to war. Not much wiggle room. Not much gray area. Appeasement of the aggressive country reminds grandfathers everywhere of the appeasement that help cause a full blown war -- as in World War Two.

Britain sent Neville Chamberlain to meet Hitler and the result was more and more aggression on Hitler's part.

With each succeeding generation, that war recedes into a distant chapter of history and ceases to be a living thing. Especially since not too many WWII veterans are still alive to talk about the experiences and atrocities they witnessed first hand.

Czar Vlad (the Impaler) Putin literally took the Crimea and we did nothing. Will he soon



APPLES TO APPLES
GARY BÉGIN
NCW MEDIA
MANAGING
EDITOR

make a move against the Baltic nations of Latvia, Estonia and Lithuania? They also have substantial Russian populations.

Do most Americans really care or is it worth enough to start WWII? President Obama (Democrats) should have done something significant, not necessarily militarily, but certainly more than just a few sanctions.

I think a nice response, which shows we do care about stopping Russian imperialism, would be to take Cuba back. We actually owned it as a spoil of the 1898 Spanish-American War.

We all know that millions of American dollars flow into Cuba from Cuban-Americans with family still in the old country. One could probably raise an entire army in the Little Havana neighborhood of Miami, but this time really support them, unlike the

Bay of Pigs, a Kennedy (read Democrats) failure.

I would first start by assassinating Raul Castro and if that didn't immediately change attitudes, I would send in the Young Hispanic Republican Army - Miami chapter.

In my somewhat biased view of the world, it is always a good thing to, if possible, to promote from within, buy local and keep a strong military when the world economy is threatened.

If the new crop of elected Congressional House Democrats get their way however, socialism will become more and more prevalent and the world communist order will hover on the sunrise just waiting to add a few more negative pounds on the evolutionary scale of history.

The sons and grandson's of the Putin communist elite will be happy to tell our liberal offspring what to say in the history books.

Vis-a-vis Russia "taking back" the Crimea, we can "take back" Cuba, make it a state and by adding Puerto Rico, U.S.

Virgin Islands and Guam as states, create our own extra-robust sphere of influence.

It takes political will and the guts of the electorate to tell the world we won't be spit upon by failed communist states like Russia and N. Korea and Cuba. The Russian economy is in disrepair, while the other two aforementioned countries have nothing to brag about.

BTW, the Philippines were also ours once, but it is too large and crazy over there to want it back. We'd have to spend billions on infrastructure alone.

Our CIA killed "commie" Salvador Allende and installed Augusto Pinochet* in Chile back in 1973, why not give Raul a chance to show the world our clandestine forces still have teeth?

I have heard of many Cubans with Russian first names like Vladimir Diego, Boris Suarez and Aleksandr Perez, but I don't cherish the idea of meeting Hispanic Americans with similar monikers.

It will happen if we don't show strength and courage to these Russian "wolves at

the gate."

Do you really want to have Nicolai Johnson as president and Alexei Smith as Speaker of the House come 2032?

Might as well burn the Constitution now or stand up and fight back. If we don't do something dramatic in response to Crimea and the new world order of commies disguised as Americans take power, they will be doing a book burning somewhere near you.

Communist societies the world over don't allow free speech. In the greatest of hypocrocies, the extreme liberal left in America does not tolerate free speech either, but I guarantee "Freedom Isn't Free" is more than just a bumper sticker cliché.

*Augusto José Ramón Pinochet Ugarte was a Chilean general, politician and US-backed dictator of Chile between 1973 and 1990.

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

State budget revenue forecast up 9.6%

By FRANZ WIECHERS-GREGORY

State lawmakers are enjoying record spring-like temperatures this week, as legislative committees take up bills passed by the opposite house after last week's cut-off for bills in their originating chamber. Regardless of the weather, however, emotional temperatures are likely to rise in Olympia when the lawmakers shift to consideration of tax and spending measures during the remaining 39 days of this year's scheduled 105-day session.

Driving the discussions will be the latest revenue forecasts released by the state's Economic and Revenue

Forecast Council today. The Council is responsible for tracking economic conditions and estimating tax collections on which lawmakers will base their state budget considerations. Its members include House and Senate members from both parties, the State Treasurer, and the head of the state Office of Financial Management.

The forecast released today shows that Washington's revenue collections continue to significantly exceed previous estimates. For the current, 2017-19 two-year budget period, General Fund revenue estimates are up by nearly \$307 million to \$46.1 billion,

or 18.1 percent more than in 2015-17. Projected revenues for the 2019-21 biennium are up \$554 million over previous estimates to \$50.5 billion, which is 9.6 percent higher than 2017-19. According to the forecast reports, Washington residents are paying record levels of taxes to the state government.

Since state spending plans must take a four-year period into consideration, the forecast also projects an increase of nearly \$4.0 billion to \$54.3 billion for 2021-23, or 7.5 percent over 2019-21.

House Democrats have signaled that they want to release and pass a spending proposal next week, but no

details are as yet available. Governor Inslee proposed his budget earlier this session, asking for \$54.4 billion in state spending. To help fund this spending plan, he has proposed new taxes of nearly \$4.0 billion, including a capital gains income tax and increased business taxes. These tax increases would be over and above the more than \$4.2 billion in additional taxes residents will pay in the 2019-21 budget period, as projected by the Forecast Council today.

A capital gains tax is defined by the federal government, and all states that impose it, as an income tax. If passed by the Democratically-controlled Legislature and signed into law by Washington's Democratic Governor, it would likely face

an immediate court challenge, because an income tax would violate the state constitution. The state's voters, too, have rejected an income tax at the polls at least ten times.

HB 2117, directing a work group to "study the elasticity, equity, and adequacy of the state's tax system and develop multiple alternatives to the existing tax system," survived the legislative cut-off and is currently on the calendar for action by the full House. Presumably, the work group would include imposition of a state income tax as one of the alternatives to be considered.

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■ COMMUNITYCALENDAR
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. Call Commander, Ken Komro, 782-4973 (1st Thurs.)
American Lady’s Legion, 7 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.
Saturday
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 each month).
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 every month). 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. (3rd Thurs.)
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. (Tue. & Thurs.)
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.

Cashmere

CMS 6th grade play

March 27 and 28 at 7 p.m., the Cashmere Middle School 6th grade will perform the play “Little Luncheonette of Terror” at 7 p.m. Admission is \$5. (r12,13).

Cashmere Library program

Join Carlos Gil, retired professor from the University of Washington will speak about “ From Mexican to Mexican-American: A Family Immigration Story” Beyond politics, explore the human story of immigration to America, with all its complexity, heartache, and hope.on Friday, April 5, at 6 p.m. at the Cashmere Public Library 300 Woodring Street. (r13).

Arbor Day Tree Distribution

Visit the distribution site in your area on Saturday, April 13. Martin’s Marketplace in Cashmere from 10 a.m - 1 p.m. \$2 suggestion donation for trees and shrubs, 7 species for smaller yards and more open spaces to choose from. (r13,14).

Cashmere Home Tour

The first annual Cashmere Valley Home Tour, to be held from 10 a.m.- 4 p.m. on Saturday, June 1. It will showcase 6 historic homes and gardens in the Cashmere area. Tickets are \$20 each, or \$15 for Museum members, and will be available through the Museum’s website, www.cashmeremuseum.org, or at the Museum on June 1. Each ticket provides an event wristband, map and information on each house,

foot covers, and free admission to the Cashmere Museum and Pioneer Village for that day. All proceeds will go to benefit the Museum. (r12,13).

Leavenworth

Is Truth Really Dead in America?

Professor Steven Stehr from Washington State University will be presenting and NCW United and Humanities Washington will be hosting the event. A free presentation on April 16 at 7 p.m. at the Canyon Wren Recital Hall. For more information, ed@ncwunited.org or (425)457-6266. (re 12,13).

Die Walküre - Met Live in HD

Join us on Saturday, March 30, at 9 a.m., in Leavenworth


for The Metropolitan Opera broadcasts this Wagnerian classic opera live to the Snowy Owl Theater.

Tickets and more information for all of these events can be found at icicle.org. (r13)

Regional

Arbor Day Packing Night

Join us on Thursday, April 11, 4:30-9 p.m. for tree packing night at Ballard Ambulance, 1103 N. Wenatchee Ave. High School aged youth and adults are welcome to come help with this annual event of wrapping the trees to prepare them for distribution. Wear sturdy shoes, bring gloves and a jacket. There will be a break for pizza and door prizes about 7 p.m. (re 13,14).



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.

March 15	18:29 Suspicious, 6747 Flowery Divide Rd.
22:06 Traffic offense, Dryden Ave. & 1st St.	23:51 Animal problem, 7400 Nahahum Canyon Rd.
March 16	March 19
06:43 Suspicious, 102 Titchenal Way., BJ’s.	08:31 Burglary, 121 Cottage Ave., Blackbird.
09:19 Welfare check, 209 Vine St.	09:56 Assist agency, US Hwy 2 MP 107., Dryden.
13:39 Court order violation, 102 Fasken Dr.	11:25 Accident, injury, 7500 Blk. Stine Hill Rd.
19:47 Suspicious, 130 Titchenal Way., Martins.	17:57 Traffic offense, US Hwy 2 & Cotlets Way.
March 17	20:17 Suspicious, 5100 Blk Tigner Rd.
01:29 Suspicious, 5980 Goodwin Rd.	20:33 Suspicious, 300 Aplets Way, Hometown Market.
07:46 Vehicle prowl, 115 Riverfront Dr.	22:06 Public assist, 201 Riverside Dr.
11:48 Vehicle prowl, 216 Elberta Ave.	March 20
13:33 Public assist, 207 River St.	07:12 Parking/abandon, 3191 Allyn Ln., Monitor.
March 18	11:16 Public assist, 329 Tigner Rd., Cashmere High School.
11:26 Harass/threat, 300 Tigner Rd., Cashmere Middle School.	17:29 Harass/threat, 5600 Airport Rd.
12:27 Civil, 427 Cottage Ave. Binder Rd. & Mission Creek.	March 21
13:25 Parking/abandon, 14:14 Burglary, 409 S. Division St.	08:05 Alarm, 117 Aplets Way., Cashmere Valley Bank.
16:23 Assault, 102 Titchenal Way.	12:02 Hazard, Sunset Hwy. & Mill Rd.
	17:58 Alarm, 3157 Main St., Monitor.

Crafting sustainable solutions to our industry’s challenges by bringing together partners and facilitating funding.

Do you know viticulture and enology students?
Help us spread the word to students you know by forwarding this email to your network and sharing on social media! To date, the Foundation has awarded 185 scholarships totaling \$262,900 to students pursuing viticulture, enology, and other wine-related studies.

The 2019 Scholarship deadline is Friday, March 29!
Scholarships are available to students pursuing certificates, undergraduate degrees, or post-graduate degrees in viticulture, enology, or related disciplines. Applications must be received in our office by Friday, March 29, 2019.

■ 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, Kristalls Restaurant, 280 US-Hwy.2, Leavenworth

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.

■ 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

■ SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth

Events Calendar

March 28, Thursday: Half ham sandwich, split pea soup, carrots, tropical fruit, lemon bars.

March 29, Friday: Hamburger steak with grilled onions, potatoes, green bean casserole, spiced salad, pears, whole wheat bread or roll, dessert.

March 30, Saturday and March 31, Sunday: No lunch

April 1, Monday: April’s Fool’s Day No menu update for April

Chelan County ‘financially healthy’ top 10

Where are the nation’s most financially healthy places to live? SmartAsset, a New York financial technology company,

recently released a study to help answer that. The study analyzed debt, bankruptcy, poverty and unemployment

in counties across the country to find where residents were most financially healthy. According to the study, Chelan

Rank	County	Debt As % Of Income	Bankruptcies	Poverty Rate	Unemployment Rate	Financial Health Index
1	San Juan, WA	1.50%	1.31	9.90%	3.90%	75.16
2	Asotin, WA	1.18%	1.85	14.60%	4.20%	72.84
3	King, WA	1.75%	1.19	9.30%	3.70%	71.73
4	Okanogan, WA	1.10%	1.14	19.70%	6.90%	69.97
5	Jefferson, WA	1.49%	1.32	12.00%	6.10%	69.47
6	Whitman, WA	1.25%	0.63	25.90%	4.40%	68.38
7	Benton, WA	1.49%	1.86	10.50%	5.50%	68.30
8	Chelan, WA	1.65%	1.40	11.50%	4.90%	68.16
9	Walla Walla, WA	1.38%	2.07	14.20%	4.90%	66.25
10	Island, WA	1.81%	1.44	9.40%	5.20%	66.05

Chelan County PUD settles with Columbia Riverkeeper

Utility embraces goal of reducing oil releases

Chelan County Public Utility District (PUD) has agreed to resolve a dispute about alleged violations of the federal Clean Water Act. Under the agreement, the PUD will seek National Pollutant Discharge Elimination System (NPDES) permits for its Rocky Reach and Rock Island Hydroelectric projects on the Columbia River. The PUD will pursue a range of water quality, aquatics and environmental improvements in the areas surrounding both projects.

“We’re committed to being good environmental stewards. We have been actively seeking to reduce oil releases from our hydro projects for many years. We view this settlement as helping us move toward a goal we embrace,” said Chelan

PUD General Manager Steve Wright.

Chelan PUD will seek to obtain NPDES permits and will evaluate the feasibility of expanding its use of environmentally friendly lubricants over the next year and work to further develop and implement an oil accountability program that better tracks oils and lubricants that enter and leave the projects.

In addition to continuing to promptly report pollutant releases to the Washington State Department of Ecology, the utility also will notify Columbia Riverkeeper of such releases. The PUD will contribute \$105,000 toward water quality and aquatic programs in the area of its Rocky Reach and Rock Island projects in the Columbia Basin.

County ranked among the top places in Washington.

For a detailed look at how the top counties in Washington performed in each category, check out the table below:

Radically Grateful

Recently I had the opportunity to visit a dear brother and after we shared our struggles and how the Lord is meeting us daily, we bowed our heads to pray.

I want to say, that there is a special closeness that I feel with the people I have the privilege to pray with. It is in those moments, in my opinion, that are the highest demonstrations of love. To put it another way, you must really care about someone to actually lift up your voice and heart and present them before the throne of God above.

As my brother prayed for us both, a portion of his petition was for us to have “radical gratefulness”.

“Radical gratefulness” is a word pairing that I have never heard but it struck a chord in me and is the inspiration of this article.

Firstly, what does it mean to be “radical”? Look up the term in any thesaurus and you will find words like, “extreme”, “militant”, “uncompromising”. Pair it up with the word, “grateful” and you have a very compelling and very Christian concept.

Gratitude is always a pleasing quality in any person but especially for the Christian, we must be determinedly grateful. The reason is that we are so often forgetful of how much we have been given in Christ and therefore fall into murmuring.

I will confess, I grumble a lot.

I gripe about the traffic.

I bellyache about the snow.

I complain about how I didn’t get precisely what I ordered at lunch and about ten thousand other things that I cannot even begin to list.

Yet we have so much to be grateful for. We woke up this morning with life and breath in our lungs. We have running water and have some semblance of comfort and happiness in this fallen world.

But far exceeding creature comforts, Christian, we have been given the King and the Kingdom.

Hebrews 12:28, after the author describes this fierce and violent shaking and tearing down of the old order, states “Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and



A WALK WITH PASTOR JOHN SMITH

King Jesus.

It is Jesus who is the main reason why we should be “radically grateful”.

The Bible says that he gave his very own life because he loves us (Gal. 2:20) and that he is a friend to sinners, welcoming them with open arms to find redemption and healing. Jesus is depicted as the true treasure of heaven, of whom all the heavenly hosts worship (Rev. 5) and he is the greatest gift that has ever been given (Jn 3:16). If we stopped at merely being grateful for the air we breathe or even the salvation that we possess by faith, our radical gratefulness would be woefully inadequate.

As I sit in my office thinking about how much I have been given in this life and about how I have Christ, that compels me to worship. In fact, you can say that is the consequence of the gratitude expressed in Hebrews 12:28 where it says “and thus offer to God acceptable worship.”

Ungrateful individuals are not worshippers. Oh, sure they may sing the songs and clap the hands, but they are not worshiping God with “reverence and awe”. How do I know this? Because in the experience of my murmuring I am not worshiping Christ. In fact, I am saying to Him that what he provides and who he is, is not enough.

But he is enough and he has provided innumerable evidence to prove it.

Next time you feel tempted to complain or grumble, pause and take a moment to reflect on all that you have.

Take a moment to think about Christ.

Because if you have Christ, you have it all and He is worth being radically grateful for.

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

Daniel E. Kill

Daniel E. Kill, 65 of Peshastin, WA died on Tuesday, March 19, 2019.

Arrangements by Jones and Jones-Betts Funeral Home of Wenatchee.

COMMUNITY

Cashmere baseball scores first win in home opener



Carter Alberts relieved Brayden Weatherman in the sixth inning and would collect his first win on the mound during Cashmere’s 7-6 win against Liberty Bell on March 23.

By AL STOVER

The Cashmere High School baseball team secured their first win of the season at their home opener on March 23.

Down 6-5 in the bottom of the sixth inning, Bryce Neu scored the tying run. Cole Scott grounded out, allowing Brooks Elliot to stole home to give the Bulldogs a 7-6 lead heading into the seventh inning.

Cashmere’s defense made their next three outs to clinch their first victory, snapping a four-game losing streak in the process.

Head Coach Jeff Carlson said the Bulldogs still have work to do on defense, but he was pleased with out they played against Liberty Bell. He added that the team’s bats “are getting better” with each game.

“Every time out, it’s an opportunity to progress with this group,” Carlson said. “It was nice to get that win in a home opener. It was good for this group.”



Cashmere’s Kyleer Keogh races toward third base.



Cashmere’s Brooks Elliot (right) slides home to give the Bulldogs a 3-2 lead in the first inning.

Carter Alberts (1-0) picked up the win after sharing pitching duties with starter Nathan Soohn and Brayden Weatherman. Carlson also commended Duke Odenrider, who is coming into his role as the team’s starting catcher.

Before they returned home, the Bulldogs went 0-2 against Royal in a non league doubleheader on March 19.

The Knights edged the Bulldogs, 5-3 in game one, then picked up a 9-5 win in the nightcap.

In game one, Cashmere tied the score 1-1 in the third inning after Neu’s squeeze bunt brought a Bulldog runner to home plate. As the game continued, Cashmere’s offense struggled to string together runs to gain the lead.

The Bulldogs’ efforts were partially hindered by Royal’s right-hander Sawyer Jenks, who struck out nine Cashmere batters and allowed only one hit. Weatherman scored the Bulldogs’ other two runs. Soohn, who had six

strikeouts, shared pitching duties with Alberts. Together, the Cashmere duo only allowed three earned runs.

In game two, Cashmere’s offensive highlights include Elliot producing three hits, including a triple and three RBIs. Phillips added an RBI with his single while Kyleer Keogh scored two runs.

Weatherman (0-1), who had seven strikeouts, shared the mound with Cole Scott and Alberts.

Cashmere (1-4 overall) played Quincy in a nonleague contest on March 26 at home.

The Bulldogs will play the final two contests of their four-game homestead, against Granite Falls on March 29 and Ephrata the next day.

“It’s nice to be here on our field,” Carlson said. “We have all 2A schools next, we’re trying to get a challenging schedule for these guys and play good teams. We’re trying to progress each day and want to play our best baseball by May.”

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

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

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

CASHMERE UNITED METHODIST CHURCH
213 S. Division • 782-3811
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
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

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.
Pastor John Smith www.christforcashmere.org

DRYDEN

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

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 782-2616
Worship Service, 10 a.m., Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
'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 FOURSQUARE 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



Cashmere boys soccer clobbers CTL opponents
Bulldogs begin season at 2-0 in league play

By AL STOVER

The Cashmere High School boys soccer team wasted no time jumping right into Caribou Trail League play on March 19 against Okanogan and Omak two days later. Even with limited time on a practice field before the games, the Bulldogs came away with a 6-1 victory against the northern Bulldogs, and a 4-1 win against the Pioneers.

Against Okanogan, the Bulldogs gained offensive momentum early on with sophomore Evan Bakken's goal in the fourth minute of the contest. Neo Valle followed

with a goal from outside of the box in the 12th minute.

Cashmere continued their offensive momentum in the second half on the contest with a hat trick from Javier Reyna.

Okanogan prevented the shutout with a goal late in the game. The Bulldogs countered with another goal in the 60th minute from Bakken, who earned his first brace of the season.

"It was a great team effort from both teams" said Head Coach Juan Valle.

Assistant Coach Domingo Gonzalez said he was happy with the efforts from the

varsity, as well as the JV, who cruised to a 3-0 victory against Okanogan's JV squad.

"We played smart and went in with the best of our abilities considering we started this season with a league game," Gonzalez added. "Now, we just need to continue working hard if we really want to see what kind of team we can become."

The Bulldogs continued their winning momentum against Omak in what was their home contest of the season.

Both teams played solid defense for most of the first half until Omak scored the first goal in the 19th minute. Corbin

Evans tied the game at 1 – 1 in the 24th minute after his header, with an assist from Bakken.

The Bulldogs came into the second half with fire as Bakken scored a goal in the 43rd minute, followed by Pierce Naccarato's goal in the 45th.

Reyna added the Bulldogs' final goal from up the middle in the 65th minute.

Bulldog goal keeper Brian Damian had five saves during the game.

Coach Valle said the Bulldogs' offense started slow in the first half, but he was pleased with how they battled back and maintained their momentum in the second half. During a quick halftime talk, both he and Gonzalez asked the team to regroup and "go back to basics."

"We told the guys we wanted them go out there and not be fancy, just take care of business," Coach Valle said. It's nice the guys responded to the (halftime) talk and change the pace. That's one of the best things you ask for as a coach."

Cashmere (2-0 CTL, 2-0 overall) continued league play against Cascade (0-0, 1-0) on March 25 at the Wenatchee Apple Bowl.

Valle said the game against the Kodiaks is always exciting because of the passion of the fans and cross-town rivalry between the two teams.

"Going into a game like that, you want to be prepared," Valle said. "We're still taking it one game at a time and we want to respect our opponents."

They will host Highland on March 28 in their first nonleague match of the season. The Bulldogs will play on the road in Tonasket on March 30 and Royal on April 2.

With the snow melting and the warmer weather, Cashmere will have the opportunity to practice outdoors full-time. Coach Valle said practicing on a pitch provides him and Gonzalez with a better look at the players, as well as formations and technique.

"We still have a lot to work on," he added.



PHOTO BY AL STOVER/CVR.

Cashmere's Isaiah Hall (left) is moments away from head butting the ball during the Bulldogs' first match against Omak.



PHOTO BY AL STOVER/CVR.

Cashmere's Eberardo Aguilar is seconds away from kicking the ball past an Omak defender.



PHOTO BY AL STOVER/CVR.

Cashmere's Evan Bakken (left) earned his first brace against Okanogan on March 19. He had a goal and an assist in the Omak match two days later.



PHOTO BY AL STOVER/CVR.

Cashmere's Javier Reyna scored the fourth goal for the Bulldogs during their March 21 match against Omak. Reyna also performed a hat trick in the Bulldogs' March 19 contest against Okanogan.



PHOTO BY AL STOVER/CVR.

Cashmere's Ty Schoening kicks the ball downfield to his teammates.

Cashmere track

CONTINUED FROM PAGE A1

4x400 relay in 3:34.62.

The Cashmere boys also took the top spots in throwing and jumping events.

Aster Dotson won the discus with a PR of 165-06 feet while Miguel Sanchez finished fourth with a mark of 115-09. Brown also recorded a PR of 103-10.

Sanchez recorded a third-place finish in the shot put with a mark of 37-00 and fourth in the discus with a PR of 111-06. Brown (82-5) and Peyton Smith (65-1) also recorded PRs in the discus.

Johnathan Ramey won the high jump with a PR of 6-03. Jonah Groce took fifth with a PR of 5-00.

Kaden Potter recorded a third-place finish in the pole vault with a mark of 9-06.

Ramey won the triple jump with a PR of 39.05.25. Sam Dotson finished second with a mark of 39-00 while Kaden Potter took fourth with a PR of 37-02.50.

Ramey took second in the long jump with a mark of 17-06.50. Third-place Sam Dotson came in inches behind him with a mark of 17-06.00 while Terrell-Lewis took fifth in 16-10.

Varrelman made the team's Fantastic Freshman list for his performances in the 100

and 400 meter races. Knoll, McManus and Sanchez each made the Super Sophomore list for their impressive marks in their events.

Aster Dotson's javelin throw and Ramey's high jump mark joined the team's All-Time List.

The Cashmere girls finished second with 94.5 points, two and a half points behind top finisher King's High School.

Similar to the boys, the Cashmere girls competed well in running events, especially in relays.

The team of Hailey Larson, Brittany Dowell, Sydney Smith and Chloe Diaz won the 4x200 relay in 1:52.16, and the 4x400 relay in 4:21.35. Grace Erdman, Ellie Alberts, Hailey Larson and Diaz finished second in the 4x100 relay in 53 seconds.

Ali Ball won the 100 meter in 13.21 while Diaz finished second in 13.29.

Yailin Pina recorded a third-place finish in the 400 meters with a time of 1:14.97.

Smith won the 800 meters in 2:29.22, and finished second in the 1,600 meters in 5:34.43. Brittany Dowell took fourth in the 1,600 with a time of 6:14.80. Kylee Foster recorded a PR of 6:36.73.

Elanor Nelson finished second in the 3,200 in 13:02.69. Tristan Hoffman took fourth in 14:03.45.

Ali Ball took third in the 100 meter hurdles with a time of

18.48. Nelson claimed fourth place in the 300 meter hurdles in 57.56.

Alberts won the long jump with a PR of 16-03.50. Erdmann took second with a PR of 15-06.50. Both athletes made the team's All-Time List with their marks in the long jump.

Erdmann won the triple jump with a mark of 34-02. Alberts finished second with a jump of 32-10.50.

The Cashmere girls recorded a 2-3-4 finish in the high jump. Erdmann placed second with a mark of 4-08 while Schoening finished third with a jump of 4-06 and



CONTRIBUTED PHOTO BY JEFF KENOYER.

Cashmere girls (from left) Hailey Larson, Chloe Diaz and Ali Ball all prepare for the 100 meter race.

Student
Spotlight

Student Alondra Ramirez

Teacher: Susan Gubsch

Reason: I would like to choose Alondra Ramirez. She has the highest grade in Spanish IV, is an enthusiastic class participator and collaborates well with other students in class. She is also preparing to take the Spanish Language and Culture AP test in addition



to her class work.

Parents: Nober-to and Teresa Ramirez

Grade: 12th

Activities: National Honor Society, Spanish Club and Volleyball

GPA: 3.84

Sports: Volleyball

Future Plans: Attend Eastern Washington University to become a Dental Hygienist

Athlete Christian Hernandez

Coach: Jenn Brunner

Reason: Christian Hernandez is a 3 year member of our stunt team and grew into the leader of the team. Christian's determination,



personality and leadership skills will be missed!

Parents: Hector Hernandez, Silvia R. Ferreyra

Grade: 12th

Activities: Football, Stunt and Leadership

GPA: 3.4

Sports: Football and Stunt Team

Future Plans: Will be joining the United State Marin Corp. Will be shipping out in July.

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SCOREBOARD

BASEBALL	
March 19	Cashmere 3, Royal 5
March 19	Cashmere 5, Royal 9
March 23	Cashmere 7, Liberty Bell 6

BOYS SOCCER	
March 19	Cashmere 6, Okanogan 1
March 21	Cashmere 4, Omar 1

BOYS TENNIS	
March 19	Cashmere 5, Cascade 0
March 22	Cashmere 2, Tonasket 3

GIRLS TENNIS	
March 19	Cashmere 3, Cascade 2
March 22	Cashmere 5, Tonasket 0

BOYS TRACK	
March 21	Sultan HS meet - Cashmere finished 1st with 96 points

GIRLS TRACK	
March 21	Sultan HS meet - Cashmere finished 2nd with 94.5 points

Sports Schedule

BASEBALL	
March 29	Granite Falls at Cashmere at 4:30 p.m.
March 30	Ephrata at Cashmere at 11 a.m.
April 2	Cashmere at Zillah at 2 p.m.

BOYS SOCCER	
March 28	Highland at Cashmere at 4:30 p.m.
March 30	Cashmere at Tonasket at 11 a.m.
April 2	Cashmere at Royal at 1 p.m.

BOYS TENNIS	
March 29	Cashmere at Cascade

GIRLS TENNIS	
March 29	Cashmere at Cascade

BOYS TRACK AND FIELD	
March 28	NCW Meet at Cashmere

GIRLS TRACK AND FIELD	
March 28	NCW Meet at Cashmere

SOFTBALL	
arch 28	Quincy at Cashmere at 3 p.m.
March 28	Quincy at Cashmere at 5 p.m.

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CONTRIBUTED PHOTO BY SEAN MCKENNA.

The Cashmere girls sixth-grade AAU basketball team took third place in their division at the 2019 Washington State Middle School Basketball Championships. Back row from left: Coach Keri Herkenrath and Coach Sean McKenna. Front row from left: Lily Wilson, Ellie Bessonette, Hailey Herkenrath, Lily Erdmann, Allyson Kitchel, Leah Kunz, Allie McKenna, Mary Van Winkle, Kora Traynor and Ady Bjorklund.

By AL STOVER

Spokane Valley, Washington -- The CHS Lady Bulldogs were not the only local basketball team to bring home a third-place trophy from a state tournament in March. The Cashmere Sixth-grade AAU girls basketball team

finished third in the Girls 6th School Silver Division at the 2019 Washington Middle School Basketball Championship, held in Spokane Valley from March 15-17. The Cashmere girls won their first two games to finish undefeated in pool play. The team recorded a 32-15 win

Cashmere sixth-grade girls finish third at state tournament

over Cedarcrest in their first match, and followed with a 40-4 victory against Morton-White Pass. Cashmere continued their momentum in the first round of tournament play with a 28-22 win over the Kittitas Coyotes. The team endured a 60-35 loss in the semifinal game to eventual bracket winner Rip City Nation, out of Lapwai, Washington. In their final tournament game, Cashmere rebounded from the loss to defeat Newport, 42-23, in the third-place contest. “This group of girls has grown tremendously as a team and proved it on the highest stage for sixth-grade girls as one of the top teams around the state,” Head Coach Sean McKenna said. The Cashmere sixth-grade girls AAU basketball team qualified for the tournament after winning their division at the 31st Annual Steve Talbot Memorial Tournament in Wenatchee on Jan. 27. In a Feb. 7 interview, Coach McKenna, who is the head coach for the team, the girls have competed in several tournaments throughout the season. The girls have also moved up in competition and play seventh-grade teams. Coach McKenna said many of the girls have played basketball together since sixth grade, with some athletes entering the sport as early as kindergarten. While the tournament wraps up the AAU season for the girls, McKenna noted that many of the athletes will participate in 3-on-3 tournaments throughout the spring, as well as personal training and camps during the summer. “I could not ask to coach a better team of girls both on and off the court,” Coach McKenna added. “We have the best fans who traveled all way in support of our Bulldogs.”

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Cashmere FCCLA (Family, Career and Community Leaders of America) competed at state competition in Wenatchee last week



PHOTO COURTESY OF REBECCA SWANSON, FAMILY AND CONSUMER SCIENCES EDUCATION, CASHMERE HIGH SCHOOL.

Back row (L to R): Braxton Igne, Eleanor Nelson, Brianna Hughes, Johanna Christensen, Jordan Holladay, Lauren Kert, Erin Kinser, Ani Hartwich. Middle row (L to R): Kristlyn Harrington, Lauren Asmussen. Front row (L to R): Maria Equihuat, Katelyn Cooper, Faith Larson, Taicha Christensen, Maria Sanchez. Not pictured: Ellie Martin, Grace Croci

Fox returns

CONTINUED FROM PAGE A1

when she was younger and she instantly fell in love with the sport. Her biathlon days began with the Methow Valley Biathlon team in Winthrop, Washington. Her introduction to the sport included safety training, and learning how to handle a rifle. She also made friends with many of the kids on the Winthrop team, and at the camps and competitions she has attended. Competing in biathlon has taught her discipline, time management, how to multitask and perform under pressure. Over the years, Bella Fox and her father had watched the biathlon world championships on television. The Biathlon World Championships 2019 was the first time they attended the event in person. “You got to see the athletes’ faces and sense the really big competition (atmosphere),” said Bella Fox, describing her experience in attending the World Championships. “You really see the efforts put in by each, individual athlete,” Travis Fox added. “The whole vibe is amazing. It was such a cool experience.”

Travis Fox, who competed in biathlon when he was younger and introduced the sport to his daughter, noted the IBU World Cup race had around 2,000 spectators. It was smaller number compared to the 20,000-30,000 people who attended the World Championships in Osterlund. “Just in the grandstands alone (one day) there were 20,000 people, and that didn’t include the people on the race course and other places,” Travis Fox said. “On that day there had to be at least 25,000-30,000 people in all.” In addition to attending the World Championships, Bella Fox had a chance to ski on a world championship course in Ostersund, which she described as her favorite moment of her trip. “I didn’t win anything, but I had a lot of fun,” Bella Fox added. She also met some of the athletes competing in the World Championships, and participated in the flag

ceremony for the United States team. Both Bella and Travis Fox said European fans were friendly toward them, and met new, friendly faces each day they were in Sweden. Travis Fox added that many European biathlon fans were delighted to see American fans travel to Sweden for the event, and show a genuine appreciation for the sport. At both camps, Bella Fox received some training and advice from top biathletes, Olympians and world champions. She also obtained some skiing tips from a former Swedish biathlete who now coaches athletes. “The Swedish and Norwegian competitors are much better skiers and they usually dominate biathlon and Nordic skiing events,” Bella Fox added. She also learned some racing and shooting techniques by observing world-class biathlon competitors. “Watching some of the

world class competitors race and how they shoot, they’re very quick in their shooting and they’re very precise,” Bella Fox added. “Watching them, you can get a sense of how to gain better control of your shooting.” Another highlight for Bella Fox during her time in Sweden was when she and other athletes were selected to have dinner with Sweden Prime Minister Stefan Löfven and IBU President Olle Dahlin. In addition to meeting top biathlon competitors and luminaries at both camps, Bella Fox came away with some new friends from the United States and other countries. Travis Fox felt the experience was both great for him, and Bella. “Going to Northern Europe where biathlon originated from to actually be surrounded by the true, real fans,” Travis Fox said. “To see it was a fun experience. I can’t wait for all of us to go back.”



CONTRIBUTED PHOTO BY TRAVIS FOX.

During her time at the biathlon camp in Ostersund, Bella Fox participated in the flag ceremony for the U.S. team during the Biathlon World Championships 2019.

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Nomination forms can be obtained from the Cascade School District website (www.cascadesd.org) under Programs and Highly Capable) and in school offices. In order to be considered for identification for the coming school year, nomination forms should be returned to Mike Janski, Highly Capable Director, at Icicle River Middle School by April 17, 2019 either by dropping them by the middle school, by email (mjanski@cascadesd.org) or by mail; 10195 Titus Rd, Leavenworth, WA 98826.

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades educacionales únicas de todos los estudiantes. En este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de la comunidad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera amplia, para que podamos proveer un mejor servicio de educación individualizada para cada uno de nuestros estudiantes. Los estudiantes nominados para este proceso se van a considerar para la matriculación en el programa, highly capable program- (Programa de alta capacidad), será basado en exámenes y evaluaciones con el permiso de los padres/tutores legales.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org) se encuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 17 de abril, 2019, por correo electrónico (mjanski@cascadesd.org) o por correo; 10195 Titus Rd, Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)



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PUBLIC NOTICES

CITY OF LEAVENWORTH NOTICE OF HEARING

NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold a Public Hearing at their regular meeting on **April 9, 2019 at 6:45 PM** in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington to consider the Planning Commission recommendation and take public testimony regarding permitting cryptocurrency within the Light Industrial zoning district with development standards. The public is encouraged to attend and/ or provide comment to Development Services prior to the hearing. Materials may be viewed, during normal business hours at City Hall or by request, phone Liliith Vespiers 509-548-5275 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/ Cashmere Valley Record on March 27, 2019. #84670

NOTICE OF JOINT CASHMERE COUNCIL & CASHMERE PLANNING COMMISSION MEETING

The Cashmere Council and Cashmere Planning Commission will hold a special joint meeting Monday, April 8, 2019, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. The meeting is to prioritize tasks and discuss the direction of planning in Cashmere for 2019. Kay Jones, City Clerk-Treasurer CITY OF CASHMERE Published in The Cashmere Valley Record/Leavenworth Echo on March 27, 2019. #84715

PUBLIC NOTICES

SPECIAL LEAVENWORTH CITY COUNCIL ANNUAL RETREAT MEETING

Notice is hereby given that the Leavenworth City Council will conduct a Special Annual Retreat meeting to discuss the 2019-2020 Priorities on Friday, April 12, 2019 at the Bavarian Lodge Montafon Room, 810 US Hwy 2, Leavenworth, Washington, from 7:00 a.m. until approximately 3:00 p.m. The public is invited to attend said Special Annual Retreat meeting. Chantell R.Steiner Finance Director/ City Clerk CITY OF LEAVENWORTH Published in The Leavenworth Echo/ Cashmere Valley Record on March 27, 2019. #84810

Superior Court of Washington For Chelan County

In re the Estate of ERNEST LEE SUTTLES, Deceased
NO. 19-4-00070-04
NOTICE TO CREDITORS
The co-personal representatives named below has been appointed and has qualified as the co-personal representatives of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the co-personal representatives, or the attorney of record, at the addresses stated below, and file an executed copy of the claim with the clerk of this court within four months after the date of first publication of this notice, or within four months after the date of filing of the copy of this notice with the clerk of the court, whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred
DATE OF FILING COPY OF NOTICE TO CREDITORS with clerk of the court: March 8, 2019
DATE OF FIRST PUBLICATION: March 13, 2019
Co Personal Representatives: Patricia Rainey
175 Maus Avenue North
East Wenatchee, WA 98802

Debbie O'Dell
9 N. Elliott
Wenatchee, WA 98801

Attorney for Estate: Kyle D. Flick
Attorney at Law
222 South Mission
Wenatchee, Washington 98801
(509)662-3333
DATED this 8th day of March 2019.
LAW OFFICE OF KYLE D. FLICK, P.S.
By /s/ Kyle D. Flick
KYLE D. FLICK, WSBA #14963
Attorney for Estate
Published in The Leavenworth Echo/ Cashmere Valley Record on March 13, 20 and 27, 2019. #84731

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of ORVILLE J. VANDERLIND, Deceased.
No. 19-4-00085-04
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 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 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 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date Of First Publication: March 20, 2019

/s/ Jennifer Ann Rudd,
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: 19-4-00085-04
Published in The Leavenworth Echo/ Cashmere Valley Record on March 20, 27, and April 3, 2019. #84766

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PUBLIC NOTICES

Notice of Intent
Icicle & Peshastin Irrigation
Districts, (P.O. Box 371)
5594 Wescott Dr. Cashmere, Washington 98815-0371,
will be applying Copper Sulfate to their canals to remove algae and other aquatic vegetation starting as early as May 11, 2019 with the possibility of repeat treatments as often as every other week through Sept 15th 2019. Questions should be directed to the district manager at 782-2561 or DOE Central Regional Office at (509) 454-7298.
Published in The Leavenworth Echo/ Cashmere Valley Record on March 27, 2019. #84818

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the matter of the estate of CLARA BELL SHRADER, Deceased.
No. 19-4-00051-04
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 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 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 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: March 13, 2019.

/s/ Karen Ohrazda
Karen Marie Ohrazda
Personal Representative

Attorney for the Personal Representative: Ryan Smolinsky, WSBA# 46521

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: 19-4-00051-04

Published in The Leavenworth Echo/Cashmere Valley Record on March 13, 20, and 27, 2019 # 84676

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Dyes that work like medicine

On an early September morning in 1977, I hustled up three flights of stairs to my very first session in the Pharmaceuticals Laboratory of College Hall at Washington State University. In one hand was my brand new white lab coat, mandatory attire for this and all future lab sessions, and in my other hand was a large box of tissues, to deal with my runny nose from my allergy to the ragweed currently blooming.

My assignment that day was to make a bottle of Gentian Violet 1% solution by precisely measuring and then mixing gentian violet crystals with alcohol and purified water, a recipe with only 3 ingredients. What could go wrong?

Cautiously measuring out the iridescent green crystals onto a pale green rectangle of waxed paper, I painstakingly weighed it to make sure it was exactly 100mg, then carefully cradled the precious powder as I headed to my lab station, trying to avoid bumping into anything or anyone. But while setting the crystals down on the black countertop, disaster struck: I suddenly SNEEZED.

Quickly turning my head, I managed to avoid spraying powdered dye across my lab bench. In relief, I quickly added the colored powder to my alcohol and water mixture before another sneeze could strike. When the rest of the lab went smoothly without another sneeze, I thought I'd avoided further misfortune, but my luck didn't last. As I pulled my lab coat out of the washing machine the following week, I stared in dismay at the bright purple speckles that decorated its front. Stubbornly, they refused to fade. I wasn't the only one with colored speckles on my lab coat, but mine was the most spectacularly purple speckled lab coat for the entire rest of that year and the next.

Gentian violet is one of several compounds that are both a dye and a medicine. Discovered in 1861, Hans Gram would report thirteen years later that gentian violet could irreversibly color certain bacteria. This proved to be instrumental in classifying bacteria and became the basis for the Gram stain method of identifying bacteria still widely used today.

Gentian violet (AKA crystal violet) is used in laboratories across the globe to help identify bacteria but it's also an effective antibacterial and antifungal agent. Gentian violet can treat infections caused by gram positive bacteria which live on the skin and yeast infections of the mouth, skin and vaginal tract. Although mostly replaced by newer antibiotics and antifungal agents, gentian violet is still used in veterinary medicine and developing countries. With resistance growing to our current antibiotics, gentian violet is

getting a second look; not only is it effective, it's inexpensive, simple to use and has very few side effects.

Thrush in infants is usually treated with a suspension of nystatin painted on the inside of each cheek 3-4 times daily for a week, while it takes only ONE application of Gentian Violet 1%, the exact same product I made over 40 years ago in pharmaceuticals lab, to treat thrush.

The main disadvantage to using gentian violet is the one I had personal experience with: it stains clothing. Although gentian violet will stain clothing forever, treated skin or mucous membranes only stay bright purple for about 2 weeks before fading.

Fluorescein is a dye useful in diagnosing eye injuries and damage to your cornea. Small paper strips are soaked in a solution of fluorescein, then dried, sterilized and sealed into individual packets. When the sterile fluorescein strip touches your eyeball, it mixes with tear fluid to create a fluorescein solution that coats your eye. Healthy, intact corneal tissue won't pick up any color, but worn spots or abrasions from contact lenses show up as bright green areas and foreign bodies are surrounded by a fluorescent green ring. The mild anti-infective action of fluorescein is also beneficial because injured eyes are very susceptible to infection.

Phenazopyridine is a reddish-orange dye often used as a medicine. Sold as a prescription medicine under the brand name of Pyridium® in 100mg and 200mg coated tablets, phenazopyridine is also now available without a prescription at a lower strength of 95mg in the products Azox®, Uristat®, and in generic "Urinary Pain Relief".

Originally used to treat bladder infections, phenazopyridine isn't a very effective anti-infective but has an amazing ability to relieve the urgency, pain and burning when urinating of a bladder infection, often within 15 minutes. Phenazopyridine is often prescribed along with an antibiotic to treat the urinary discomfort of bladder infections. Just remember: phenazopyridine turns urine deep reddish-orange and stains clothing.

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