

Cashmere art students shine at Wenatchee Museum regional art show

PHOTO BY KALIE DRAGO/NCW MEDIA.

Dinalay Ponce, left and Baz Lloyd Jr., the two Cashmere High School students who placed at the regional art show.

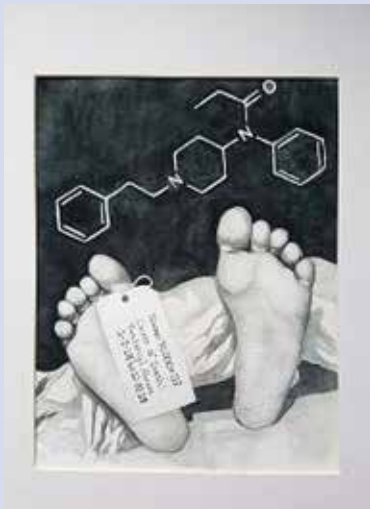


PHOTO BY KALIE DRAGO/NCW MEDIA.

Fentanyl

BY KALIE DRAGO
Record Reporter

Two Cashmere High School students placed at the Wenatchee Valley Museum annual art show on Friday, March 1 - with 14 North Central Washington schools participating, competition was thick and made placing no easy feat. Baz Lloyd Jr. and Dinalay Ponce walked away from the art show knowing they placed in a very competitive setting.

The two tapped into their artistic side and produced two very different pieces on the spectrum, Lloyd Jr. using digital media as his canvas and Ponce went with the painting avenue as her platform.

Ponce, with her painting "Fentanyl" placed 3rd in the paintings category along with being considered one of the Best in Show. Since she ranked in Best in Show she is invited to the state show in Olympia, taking place in April.

"It's really hard to predict who is going to win awards at an art competition, but I had a good feeling about her "Fentanyl" painting because she used her impressive technical skills to bring attention to important current topic without using overly cliché imagery," said Alan Pace, Cashmere High School art teacher. "That's not easy to do."

She also got one of only 4 awards from Central Washington University, a tuition waiver - which Ponce emphasized was exciting since she has been eyeing Central Washington as her next step in her education after high school since she was a freshman.

"I'd never thought I'd win something, I've never really been in competitions so yeah it made me pretty proud," said Ponce. "I knew about the competition (in



PHOTO BY KALIE DRAGO/NCW MEDIA.

Peaceful Isolation

Wenatchee), I knew it was a regional art show. I didn't know exactly how it went and so my art teacher called me and told me I placed for state and I obviously was very happy."

Her muse comes from a beloved artist of hers. She used her art to circle back on bringing awareness to an issue that caused the death of her favorite artist.

"One of my favorite artists passed away in September and he passed away from drug abuse, fentanyl. So I wanted to do something for him. That's why in my art there's the chemical structure, fentanyl - to bring awareness to that epidemic," said Ponce.

Ponce said she researched the topic and dug deep into the opioid epidemic in America, particularly fentanyl. In her monochromatic artwork she managed to capture alarming statistics, such as using a 'death toe tag' to illustrate the number of people who have died just in the year from fentanyl abuse.

"I hope Dianaly continues to develop her artistic side because I think she has a lot more potential than she may realize," said Pace.

Lloyd Jr. placed 3rd in the digital media category with his work, "Peaceful Isolation". His tool of choice was the web-based software on the chromebook that the Cashmere School District has recently started issuing to every student. Combining black and white line art with watercolor textures he managed to capture peaceful isolation.

"I was excited for him because he'd only been in my beginning art class for a couple weeks before entering his image. It was the first project of the class, so I'm impressed he had the courage to enter it. I really appreciate how seriously he's been approaching his art class," said Pace.

Lloyd Jr.'s art stemmed from his personal background - he said instead of relying on imagination, he stated that he uses God's beauty and what he's created on Earth for inspiration. His entry was inspired by the backdrop of his surroundings, but also a time when he finds himself most at peace.

"The main theme for mine is just peace and solitude. I mainly find my peace when I'm all alone and can hear my own thoughts and listen to the calmness of the water," said Lloyd Jr. "That's a big, important thing for my family, it's our lifeblood. My dad is a fisherman and that's what supports my family"

Lloyd Jr. stated he's dabbled with art for six years as a hobby and wants to continue. Despite scooping an impressive placement under his belt this year, he wants to push a little further next year.

"I wanna try the competition again and maybe place a little higher up. I love entering in stuff like that and being able to show my talents to others," said Lloyd Jr.

With the helpful guidance of Pace and a knack for creativity - both Ponce and Lloyd Jr. worked on their pieces differently, but equally diligently. Both students shaped their artwork around their own interests, passion or personal connection.

Among these two, other Cashmere High School students also participated in the contest and are worthy of recognition as well: Angelica Walkley, Mikayla Stoffel, Zach Zamudio, Mckenzie Forster and Millie Bruner.

The exhibit will be open until April 6 at the Wenatchee Valley Museum and Cultural Center, 127 South Mission St. Call 509-888-6240 for more information. It is open Tuesdays through Saturdays 10 a.m. - 4 p.m.

Expert guides communities on suicide prevention

BY KALIE DRAGO
Record Reporter

LEAVENWORTH -- Experts visited the Cascade High School auditorium on March 5 to offer a free forum for suicide prevention - a difficult topic to tackle, but one of importance. The preventive presentation was given by two individuals seasoned in the field - Dr. Julie Rickard, founder of the Suicide Prevention Coalition of North Central Washington and psychologist Maxwell Moholy, Behavioral Health Consultant at local hospital, Cascade Medical.

Cascade School District parents, staff and superintendent all filed into the auditorium, greeted by cookies, lemonade and a wide array of suicide prevention guides and informative packets.

"We're all here because we have a caring heart. We're interested in helping our students and community heal from past events. And move forward, knowing how to prevent these events from happening in the future," said Cascade High School principal Elia Ala'ilima-Daley, as he opened the presentation.

Rickard navigated through the delicate topic, not with child proof gloves nor in a emotionless, sterile, harsh manner - but firmly explaining facts with a personable attitude.

Rickard launched into the forum with statistics that illustrated some staggering matter of fact numbers and percentages. Some numbers focused on which demographics were considered high risk groups (seniors, LBGTTQQ, teens, veterans) and which states have the highest suicide rate (rural states where its difficult to access care).

However some of the statistics zeroed in on youth specifically - for instance, Rickard explained age groups 10-14, 15-24 and 25-35 that suicide is the second leading cause of death and shared the fact that about 20% of teens will consider suicide.

"I think it's surprising when we think about all the ways people can die and for youth, (suicide is) the second leading cause." Rickard. "It's not uncommon when we look at suicide statistics we have a cut off around age 24 and that is based on the maturation of the brain. Part of the work we have to do is teach them (youth) resiliency skills, teach frustration tolerance."

She stressed that suicide multi-determined - there is not one particular factor that propels an individual to suicide. It's a complex array of factors that all funnel into the decision.

"Suicide is always multi-determined. It's not uncommon people believe that it's one thing that made this

happen. The truth is, it's always multi-factorial," explained Rickard. "It's not because you chose not to call or chose not to post a thank you or whatever the person feels as guilt."

Rickard touched on some factors that weigh in on why an individual would attempt or commit suicide, particularly pertaining to youth: substance abuse (including marijuana), most youth have the mindset their issues won't get better (this emotional moment they're currently immersed in will never pass) and having access to lethal means (mom's prescription drugs or dad's gun safe).

"83% of youth who had lethal doses of medicine got them from their grandparents, got them from people in their life," said Rickard. "86% of youth are able to get in the gun safe without any issue."

She tackled covering myths surrounding suicide or misinformed conceptions. One myth was that suicide isn't preventable - she reiterated that research shows if people get good help when they need it, they usually never attempt again. There was emphasis on looking beyond what the stereotypical, assumed "mold" of a suicidal person - that people often are shocked when good looking or popular people take their own life.

"A lot of people have some thoughts about suicide: whether you can talk about it, whether you can't talk about it. And that really plays a large role in how people move forward and talk about suicide to other people because they have this kind of misguidedness."

Another important segment of the forum was when Rickard defined various degrees of clues that are red flags. Rickard gave examples of behavioral, situational, direct and indirect clues.

"Part of what we look for is a baseline change in how they've always been," said Rickard.

Lastly, she offered avenues for how to offer help or pose a question over someone's suicidal tendencies. She expressed that its key to let them talk freely, avoid trying to fix it and how imperative is to be a listening ear - and the primary first step is to seek out treatment for the individual.

At the end of Rickard's spiel, a Cascade High School student, Alana presented her peer support group. She has begun kickstarting to provide a safe space for her peers in need. There was also a question and answer opportunity for the audience to engage. Despite being a somber and triggering conversation, the audience appeared to have left receptive for the forum.

Snow flowers have arrived



PHOTO BY JANICE DICKENS

Photographer Janice Dickens of Cashmere is thinking Spring! in her portrait of painted flowers on a driveway snow bank last week.



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Cashmere boys soccer returns veteran lineup

PHOTO BY AL STOVER/CVR.

The Cashmere High School boys soccer team returns several starters to this year's lineup.

By AL STOVER

The Cashmere High School boys soccer team is gearing up for another season on the pitch.

The Bulldogs finished 2018 with a 9-8 overall record, with their season ending after a 3-1 loss to Bridgeport.

Head Coach Juan Valle said the first weeks of practice have gone well, though he and the players would prefer to practice outside on the field. Like many local teams, the Bulldogs are practicing indoors because of the snow.

Valle said the team spent the first several days focused on getting back into soccer shape, as well as fundamentals, footwork and drills to improve touches on the ball.

"We are limited in what we can do because of the weather," Valle added.

Valle expects Cashmere to have speed and experience in the front and midfield as several varsity athletes from last season have returned to this year's Bulldog lineup.

Returners Caleb Bakken, Hector Hernandez, Jose Lima, Jose Lazuna and Isaiah Hall

all played midfield last year. Evan Bakken and Corbin Evans bring experience to the forward position. Another returning starter is goalie Brian Damian, who has played the position since his freshman year.

"We also have a few freshmen who joined the team," Valle added. "It's good when you get talented freshmen who have potential."

The Bulldogs' first games against Brewster, Granger, Manson and Ephrata were canceled due to weather. Cashmere is set to begin conference play on the road

against Okanogan on March 19.

In regards to season goals, Valle said the team will focus on staying healthy, executing, getting better with every match and taking the season "one game at a time." He is also excited to see how the returning athletes and new players mesh together on the field.

"I'm excited to see what that chemistry brings, how it helps execute plays and carries the team through the season," Valle added.

Date	Opponent	Time	Place	
X Sat, Mar 16	Granger	11:00 AM	Home	CSE
-	—Postponed, new date to be determined			
Tue, Mar 19	Okanogan	4:30 PM	Away	CVSC
Thu, Mar 21	Omak	4:30 PM	Home	CSE
Tue, Mar 26	Cascade	4:30 PM	Away	CCUP
Thu, Mar 28	Highland	4:30 PM	Home	CSE
Sat, Mar 30	Tonasket	11:00 AM	Away	THS
Tue, Apr 2	Royal	TBD	Away	RHS
Thu, Apr 4	Brewster	4:30 PM	Home	CSE
Tue, Apr 9	Chelan	4:30 PM	Home	CSE
Thu, Apr 11	Okanogan	4:30 PM	Home	CSE
Sat, Apr 13	Manson	4:30 PM	Home	CSE
Tue, Apr 16	Omak	4:30 PM	Away	EQP
Thu, Apr 18	Cascade	4:30 PM	Home	CSE
Sat, Apr 20	Brewster	11:00 AM	Away	BSP
Thu, Apr 25	Chelan	4:30 PM	Away	ML Goat



Cashmere baseball features youth, potential

PHOTO BY AL STOVER/CVR.

The 2019 Cashmere High School baseball team. Back row from left to right: Head Coach Jeff Carlson-Head Coach, Kyler Keogh, Korben Agidius, Corey Phillips, Brooks Elliott, Carter Alberts, Colson Brunner, Mason Andruss, Dylan Thomason, Dylan Gross, Cole Scott, Nathan Sohn, Hunter McCabe, Assistant Coach Bryan Bremer and Assistant Coach Ryan Weatherman. Front row from left to right: Jack Croci, Bryce Neu, Aden Klump, Daniel Rosales, Gage Yonaka, Martin Perleberg, Kaden Keogh, Cort Lawson, Duke Odenrider and Mitch Hansen. Not pictured: Bryaden Weatherman and Justin Patrick.

By AL STOVER

With seven starters from the 2018 Cashmere baseball team graduating in 2018, it leaves several open spots in the Bulldogs' lineup.

There is extra pressure when those players were a part of a team who finished third in last year's 1A State Championships.

Even with the openings in the starting lineup, Bulldogs Head Coach Jeff Carlson is looking forward to seeing which athletes step up and fill those spots.

"This is my 12th year coaching and this the most youth and inexperience I've seen in my 12 years," Carlson said.

One of the two returning starters to Cashmere's ball club is Tyler Chipman, who Carlson said will likely see some time on the mound.

The other returner is left-hander Nathan Sohn, who

pitched nine innings on varsity last year and make up part of the Bulldogs' bullpen.

While Cashmere only has two returning starters, there are several athletes who come into this season with varsity experience, including Brooks Elliott, a Caribou Trail League All-League second-team selection. Carlson said Elliott, who finished last year with a .322 batting average, will transition from the outfield to shortstop, as well as spend some time pitching.

Another familiar face in the varsity lineup is Kyler Keogh, who finished last season with a .319 batting average. Keogh, who spent time in the outfield, will likely play shortstop when Elliott is on the mound.

Also in the infield is Duke Odenrider, who is slated to be the team's starting catcher. Odenrider was the catcher for JV last season, and Carlson is excited to see how he grows

into the role.

Sohn and Colson Brunner will likely share first-base duties while Justin Patrick and Cole Scott spend time at third base.

The Bulldogs' outfield will consist of Corey Phillips, who started nine games last season, Carter Alberts, Brayden Weatherman, Keogh and Sohn. As for the Bulldog's batting order, Carlson said Keogh will lead off, while Elliott will bat around the 3-4 spot.

Other than Carlson and Keogh, Carlson added that the Bulldogs' batting lineup is "up in the air."

"There's a lot of competition for those spots," Carlson added.

Like all teams across north central Washington, Cashmere's ball players have had to spend the first few weeks of practice indoors because of the snow. The Bulldogs also shifted their practice schedule

during the first week, working on drills in the morning and spending time in the classroom in the evenings.

Carlson said the coaching staff has been "creative," when it comes to practicing indoors.

"We're going to be ready when we do start the season," he added.

The Bulldogs were scheduled to open their season against Orting on March 9 in Quincy, but the game was canceled and rescheduled due to weather conditions. Carlson said one of the challenges the Bulldogs will face this season are games that get canceled and rescheduled later in the season. He added that playing back-to-back games during the same week can be taxing for players, especially the pitching staff.

As for the Caribou Trail League landscape this season, Carlson said Chelan is bringing back their 2018 lineup.

Last season, the Bulldogs 10-ruined Chelan in all three of their regular season games, but the goats defeated Cashmere to win the district title.

With Cashmere winning nine CTL titles in the last 10 years, Carlson said he and

the coaching staff have high expectations of the players.

"There are a lot of young guys in this group, and I know we'll be better in May than we are now," Carlson said. "It's fun as a coach to see these guys develop."

Date	Opponent	Time	Place	
X Sat, Mar 9	Orting	6:00 PM	Home	QMI
-	—Postponed, new date to be determined			
X Tue, Mar 12	Royal	4:30 PM	Away	RHS
-	—Postponed, new date to be determined			
Sat, Mar 16	Naches Valley	12:00 PM	Away	Naches Val
Sat, Mar 16	Naches Valley	2:00 PM	Away	Naches Val
Tue, Mar 19	Royal	4:30 PM	Home	CSE
Sat, Mar 23	Liberty Bell	1:00 PM	Home	CSE
Tue, Mar 26	Quincy	4:30 PM	Home	CSE
Sat, Mar 30	Ephrata	11:00 AM	Home	CSE
Tue, Apr 2	Zillah	2:00 PM	Away	
Tue, Apr 9	Chelan	4:30 PM	Away	Mt. Goat F
Sat, Apr 13	Cascade	11:00 AM	Home	CSE
Sat, Apr 13	Cascade	1:00 PM	Home	CSE
Sat, Apr 20	Okanogan	11:00 AM	Away	PMF
Sat, Apr 20	Okanogan	1:00 PM	Away	PMF
Sat, Apr 27	Chelan	11:00 AM	Home	CSE
Sat, Apr 27	Chelan	1:00 PM	Home	CSE
Tue, Apr 30	Okanogan	4:30 PM	Home	CSE
Thu, May 2	Cascade	4:30 PM	Away	PD

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Bulldogs track lineup brings state-level experience



PHOTO BY AL STOVER/CVR.
The 2019 Cashmere High School girls track and field team. Back row from left to right: Jasmin Silva, Tristan Hoffman, Brianna Hughes-Roberts, Madison Schoening, Grace Erdmann, Neely Ovenell and Hailley Larson. Middle row from left to right: Syd Smith, Eleanor Nelson, Emily Dean, Kylee Foster, Elisa DeJesus, Annie Weber and Mikayla Stoffel. Front row from left to right: Ali Ball, Yailin Pina, Brittany Dowell, Johanna Christensen, Chloe Diaz, Natalie Dart and Carley Diaz. Not pictured: Faith Acton, Ellie Alberts, Evelyn Edwards, Rhawnie Jones, Erin Kinser, Adria Torrence and Justine Wood.



PHOTO BY AL STOVER/CVR.
The 2019 Cashmere High School boys track and field team. Back row from left to right: Rob McManus, Mark Bailey, Andres Hernandez, Sam Dotson, Miguel Sanchez, Tyson Schmitt, Henry Varrelman, Evan Pheasant, Jonah Groce and Jonathan Ramey. Middle Row from left to right: Tyler Knoll, Sam Kinser, Payton Webley, Kaden Potter, Bryson Pratt, Ryan Johnson, Aster Dotson and James Terrell-Lewis. Front Row from left to right: Carter Ball, Colton Duke, Caden Cenotto, Iziah Oropeza, Blake Brown, Derek Hughes-Roberts and Aidan Campbell. Not pictured: Daniel Carline, Myles Chapman, Jordy Fernandez, Aaron Guerrero and Peyton Smith.

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BY AL STOVER
With a combined 70 boys and girls in their ranks, the Cashmere boys and girls track teams have the numbers to make a big run in the Caribou Trail League this season.
The Cashmere boys, who finished first in the league last season, are hoping to add another CTL title to their trophy case. The Bulldogs have won 10 conference championships in the last 12 years.
The Lady Bulldogs are coming off a 2018 season where they finished second in the conference. Similar to their male counterparts, the girls have captured eight league championships in the last 12 years.
Of the 70 athletes who came out for this year's team, 13 are freshmen, according to Jeff Kenoyer, the team's head coach.
Kenoyer, once again leading the Bulldogs, credited the middle school coaches "for doing such a good job" in preparing incoming freshmen for high school-level track

competition.
"Besides the freshmen we also have quite a few athletes who are new to Cashmere High School track, and are giving it a try for the first time," Kenoyer added. "The coaches are very optimistic about the season."
In addition to the athletes who are donning Cashmere track jerseys for the first time, Kenoyer confirmed that several competitors from last year's lineup have returned. Among them is Tyson Schmitt, who finished fifth at the state championships in the pole vault with a mark of 13 feet and 6 inches.
Other returning state qualifiers are Jonathan Ramey, Sam Dotson and Carter Ball.
"The boys team should be in the running for the league championship," Kenoyer said.
Chloe Diaz, Hailey Larson, Millie Brunner and Syd Smith, who collectively finished second at state in the 4X400 meter relay in 4 minutes and 6 seconds, all return to the lineup. Diaz also competed in the 100, 200 and 400 meter events at the state championships.

Senior Ellie Alberts, who finished eight in the triple jump at state with a mark of 33-09, also returns. Grace Erdmann and Eleanor Nelson, two of the team's top scorers last season, also came out for this year's squad.
"Two-time defending league champion Okanogan will be

the team to beat on the girls' side," Kenoyer said. "With our six top scorers returning from last year, the (Cashmere) girls team should give the Okanogan girls a tussle in the championship meet."
The Bulldogs will begin the season March 23 at the Ray Cockrum relays in Wenatchee.

Date	Opponent	Time	Place
Sat, Mar 23	Ray Cockrum Relays Wenatchee (Host)	10:00 AM	Away WHS TR
Thu, Mar 28	NCW Meet	4:00 PM	Home CHS Trac
Tue, Apr 9	Brewster Relays Brewster (Host)		Away BPHS
Sat, Apr 13	Cashmere Invitational	12:00 PM	Home CHS Trac
Tue, Apr 16	NCW Meet	4:00 PM	Home CHS Trac
Hosted by UVCA & Enlat			
Sat, Apr 20	Quincy Invite Quincy (Host)	10:30 AM	Away JCS
Tue, Apr 23	NCW Meet	4:00 PM	Home CHS Trac
Fri, Apr 26	Reike Invitational Cascade (Host)	4:00 PM	Away CHS
Sat, Apr 27	NCW Invite Wenatchee (Host) Cashmere Eastmont Ephrata Lake Roosevelt Okanogan	10:00 AM	Away WHS TR
Fri, May 3	Cie Elum Invitational Cie Elum (Host)	3:30 PM	Away
Fri, May 3	CTL at Cascade Cascade (Host) Cashmere	4:00 PM	Away CD

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Bulldog tennis lineup features state placers, returning athletes and new faces



PHOTO BY AL STOVER/CVR.

The 2019 Cashmere boys and girls tennis team. Back row from left to right: Trevor Kert, Lauren Kert, Kane Andruss, Addison Hoffman, Tony Ibarra, Huber Farias and Michael Christensen. Front row from left to right: Lexi Neu, Aleah Kert, Teagan Inge, Sophie Graybill, Kate Cooper and Gage Andruss, Ryan Cooper. Not pictured: Lauren Kelly and Gavin McCabe.

By AL STOVER

The 2019 CHS Bulldogs boys and girl tennis team will feature familiar faces, as well as competitors new to Cashmere's courts.

Trevor Kert, who returns as the Bulldogs head coach, said 28 athletes turned out for this year's team, which is enough to fill varsity and JV lineups in both divisions.

Both Cashmere teams are coming off strong performances at the 2A/2B/1A State tournament. The Bulldog boys finished second at state with 17 points. Tyler Kert won the boys singles division, while Kurt Andruss went 0-2 in the tournament. In doubles, the team of Ryan Cooper and Huber Fracias went 2-2 to finish sixth.

The Lady Bulldogs tied for first as a team with 11 points. Aleah Kert tore through the girls singles bracket to claim the state championship.

Coach Kert said Andruss, Farias and Cooper returned to the boys' lineup while Aleah Kert comes back to the lineup for her senior season.

"It's good to have that senior leadership," Coach Kert said.

Besides the three state competitors, the Bulldogs' boys lineup has several returning athletes with varsity experience, including Tony Ibarra, Addison Hoffman and Gavin McCabe. Two newcomers to the varsity boys are Gage Andruss and Michael Christensen.

On the girls' side, both Kate Cooper and Lauren Kelly return to the varsity roster. The girls varsity team has four new faces: Lauren Kert, Lexi Neu, Sophie Graybill and Teagan Inge.

Coach Kert also hopes to fill the openings in the varsity's singles and doubles spots. He noted it is difficult to determine where players will go because of the snow covering the courts.

Like many local sports teams, the Bulldogs have held their practices indoors because of the weather. During the first weeks of practice, the team worked on volleys, technique and conditioning. Coach Kurt added that the players also plan to shovel

snow off the courts, "for a little bit of cardio."

The Bulldogs were originally scheduled to play Ellensburg on March 9, but the contest was rescheduled for May 2. They are set to travel to Royal for a nonleague match on March 16, then play in East Valley-are Gage Andruss and Michael Christensen. They begin Caribou Trail League conference play against

Cascade on March 19.

Coach Kert said Chelan has a good girls team and will be a solid challenge for the Lady Bulldogs. On the boys side, he sees Omak as good opponent for the Cashmere boys.

"We're looking forward to playing all of the teams," Coach Kert said. "We're hoping to compete well in the league, in both the boys and girls (divisions)."

Date	Opponent	Time	Place	
Sat, Mar 16	Royal	11:00 AM	Away	
Mon, Mar 18	East Valley (Yakima)	4:00 PM	Away	EVYak
Tue, Mar 19	Cascade	4:00 PM	Away	OSB
Fri, Mar 22	Tonasket	4:00 PM	Home	CHSTC
Mon, Mar 25	Quincy	4:00 PM	Home	CHSTC
Tue, Mar 26	Okanogan	4:00 PM	Away	OTC
Fri, Mar 29	Cascade	4:00 PM	Away	OSB
Tue, Apr 9	Chelan	4:00 PM	Home	CHS
Sat, Apr 13	Royal	11:00 AM	Home	CHS
Tue, Apr 16	Omak	4:00 PM	Away	Omak HS
Thu, Apr 18	Cascade	4:00 PM	Home	CHS
Fri, Apr 19	Tonasket	4:00 PM	Away	TMS
Tue, Apr 23	Chelan	4:00 PM	Away	LCSHores
Fri, Apr 26	Inland Empire Classic Mead (Host)	TBD	Away	
Sat, Apr 27	Inland Empire Classic Mead (Host)	TBD	Away	Mead
Tue, Apr 30	Okanogan	4:00 PM	Home	CHS
Thu, May 2	Omak	4:00 PM	Home	CHS
Thu, May 9	CTL CHAMPIONSHIPS Chelan (Host)	3:00 PM	Away	Harmony Me
Sat, May 11	CTL CHAMPIONSHIPS Chelan (Host)	10:00 AM	Away	Harmony Me

Lady Bulldogs softball ready for 2019 season Mongeon returns to head coach role



PHOTO BY AL STOVER/CVR.

The 2019 Cashmere High School softball team. Back row from left to right: Elizabeth High, Peyton Brown, Molly High, Esme Galvez, Olivia Martinez, Stormi O'Keefe, Bianca Servin, Danielle Tritt and Katherine Lopez. Front row from left to right: Kristlyn Harrington, Lauren Asmussen, Hannah Tyler, Alexes Osborne, Genevieve Ledesma, Ella Burts and Korbyn Smith. Not pictured: Ashlee Worley and Katie Schell.

By AL STOVER

The Cashmere High School softball team will feature the return of several familiar faces, including former Head Coach Steve Mongeon.

Mongeon, who coached the Lady Bulldogs in 2017, returns to lead the team for their 2019 campaign. In an earlier interview, Mongeon said he took off the 2018 season to watch his daughter play softball for the Community Colleges of Spokane.

The returning head coach is not alone in leading the team. Among the coaching staff are Makenzie Bremer, Jamie High, Craig Wisemore and Stan Evenhus. Mongeon said the coaching staff have varying levels of softball experience, and specialize in different areas of the sport, but they all come together to help guide the team.

According to Mongeon, at least 18 athletes came out for the team this year.

Among the returning athletes to this year's Lady Bulldog lineup is Peyton Brown, who pitched for the team as a freshman. Brown will

likely see time on the mound.

Infielders Elizabeth High, Hannah Tyler and Ashlee Worley also return to the Cashmere ball club. High primarily played at first base while Tyler was the team's shortstop and Worley held down second base.

Catcher Danielle Tritt also returns to the Lady Bulldogs lineup for her senior season. Another returning player is Bianca Servin, who played outfield last year.

The team features several new players, including, Olivia Martinez, Stormi O'Keefe Ella Burts and Genevieve Ledesma. While the new athletes may lack softball experience, they bring athleticism to Lady Bulldogs, as many of them played on Cashmere's volleyball and basketball teams.

"The experienced athletes and underclassmen know what it takes to be in a winning program, and that's what we need," Mongeon added.

The Lady Bulldogs started the season indoors, due to the snow. Mongeon said the team has been drilling down on softball mechanics and conditioning. He hopes to have

a clearer picture of player positions once the team can practice on the field.

Cashmere is scheduled to begin the season with a nonleague game against Quincy on March 21.

Mongeon foresees Cascade and Okanogan as two of the top ball clubs in the Caribou Trail League, though he will not overlook the other conference teams.

One of Mongeon's goals this season is for the team to score more runs and play as many seven-inning games as possible. During their 2018 season, Cashmere was 10-run by their opponents in all but two games.

"We also want to improve the quality of play and scoring, and be more aggressive and faster with our baserunning," Mongeon added.

Date	Opponent	Time	Place	
× Sat, Mar 16	Royal	11:00 AM	Away	
-	-	-	-	-
× Sat, Mar 16	Royal	1:00 PM	Away	BMS
-	-	-	-	-
Thu, Mar 21	Quincy	4:30 PM	Away	QUI
Sat, Mar 23	Omak	11:00 AM	Away	EOP
Sat, Mar 23	Omak	1:00 PM	Away	EOP
Tue, Mar 26	Granger	3:00 PM	Home	CSE
Tue, Mar 26	Granger	5:00 PM	Home	CSE
Thu, Mar 28	Quincy	4:30 PM	Home	CSE
Tue, Apr 9	Chelan	4:30 PM	Away	ML Goat
Sat, Apr 13	Cascade	11:00 AM	Home	CSE
Sat, Apr 13	Cascade	1:00 PM	Home	CSE
Tue, Apr 16	Zillah	3:00 PM	Away	
Tue, Apr 16	Zillah	5:00 PM	Away	
Sat, Apr 20	Okanogan	11:00 AM	Home	CSE
Sat, Apr 20	Okanogan	1:00 PM	Home	CSE
Tue, Apr 23	Omak	4:30 PM	Home	CSE
Sat, Apr 27	Chelan	11:00 AM	Home	CSE
Sat, Apr 27	Chelan	1:00 PM	Home	CSE
Tue, Apr 30	Okanogan	4:30 PM	Away	CSE
Fri, May 3	Cascade	4:30 PM	Away	CHS

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BULLDOG SCOREBOARD

Sports Schedule

BASEBALL

March 16	Cashmere at Naches Valley at 12 p.m.
March 16	Cashmere at Naches Valley at 2 p.m.
March 19	Royal at Cashmere at 4:30 p.m.

BOYS SOCCER

March 19	Cashmere at Okanogan at 4:30 p.m.
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TENNIS

March 16	Cashmere at Royal at 11 a.m.
March 18	Cashmere at East Valley-Yakima at 4 p.m.
March 19	Cascade at Cashmere at 4 p.m.

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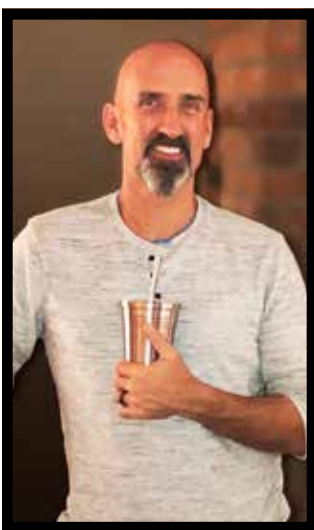
GO BULLDOGS

OBITUARY

Douglas Jerald Moser

1967-February 28, 2019

Doug Moser, 51, passed away February 28, 2019. He was born in San Diego, California to Jerry and Dodie Moser (Olson). Doug's early years were in Snohomish, but most of his young adulthood was spent working alongside his family in their business the Cougar Inn and developing the popular 59er Diner located in Lake Wenatchee. At the time of his death, he resided in Lynnwood WA and was employed as the General Manager at Chown Hardware in Bellevue. Doug leaves behind the two most precious women in his life, his loving wife Cari, and his smart, artistic and beautiful daughter Raegan. He is also survived by his twin brother Darrell and his sister-in-law Donna, his sister Nicole Olson, his father Jerry and Karen



(Mom II), his mother Dodie Olson, nephews Cameron and Jordan, as well as his best friends T.R. Gibson and Ed Hall. Many other extended family and dear friends will also miss him greatly.

Doug was an amazing man that we lost too soon. He brought creative energy and high level of fun to everything he did. His family, friends, and co-workers loved his big

personality, kindness, and wit. The heartbreaking sadness of his death leaves his family and loved ones overwhelmed with grief. There are no words for our sorrow at the loss of such a wonderful man. Doug had a sweetness in his heart, a beautiful soul, quick mind, and a generous spirit. Our family will never be the same without him. We will never ever forget the joy he brought into our lives.

A celebration of his life will be held at 12 noon, Saturday, March 16th at Purdy & Walters at Floral Hills, 409 Filbert Road, Lynnwood, WA. A light reception will follow the service. Please follow the below link for more information about the service. <https://www.dignitymemorial.com/obituaries/lynnwood-wa/douglas-moser-8195898>



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Find out more at one of the Open Houses scheduled in March:
Service Center open houses, 4-6 p.m.:

- **March 18** — Wenatchee Valley Museum and Cultural Center, 127 S. Mission, Wenatchee
- **March 19** — Cashmere Riverside Center, 201 Riverside Drive
- **March 20** — Chelan County Fire 3 station, Leavenworth, 228 Chumstick Hwy
- **March 21** — Lake Chelan Chamber of Commerce, Chelan, 216 E. Woodin Ave
- **March 25** — Entiat Fire Hall, 2200 Entiat Way

You also can view a virtual Open House at chelanpud.org/ServiceCenter.

Enter to win an iPad by giving us your comments.*

* Must be a current PUD customer and over the age of 18. PUD employees and their immediate families ineligible to enter.



CHELAN COUNTY
www.chelanpud.org

NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family members to commemorate a loved one's life and to notify the larger community of the deceased.

Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

For publication in the Cashmere Valley Record or The Leavenworth Echo, an obituary or memorial needs to be typed and emailed to editor@leavenworthecho.com no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on Monday, except holidays.

Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement.

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

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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

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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 • 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
Pastor, Andy Robinson
Pastor, Joyce Williams
Ian Ross, Director of Operations
Steffanie Haney, High School Director
christcentercashmere.com

EVERGREEN BAPTIST CHURCH
5837 Evergreen Drive • 782-1662

GRACE LUTHERAN CHURCH
Vine & Elberta Streets • 860-0736
Worship 10:30 a.m.
Rev. Rob Gohl



ST. JAMES EPISCOPAL CHURCH
222 Cottage Ave. • 782-1590
Holy Eucharist 9 a.m. or Morning Prayer 9 a.m.
Deacon Carol Forhan - Cell- 670-1723
Rev. Rob Gohl, Vicar - Cell - 860-0736

OUR LADY OF THE ASSUMPTION
300 S. Division • Office: 548-5119
Rectory: 782-2643
Sunday Mass • 8:30 a.m.
Spanish Mass • 12:30 p.m.
Daily Mass • Wednesday 5:30 p.m.
Friday 9:30 a.m. Mass at Cashmere Convalescent Center
Fr. Miguel Gonzales

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

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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.

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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

OUR LADY OF THE ASSUMPTION
145 Wheeler Street • Parish Office: 548-5119
Daily Mass • Tuesday & Thursday 8:30 a.m.

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 Streets • 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.
Ministry night • Wednesday, 6:30 p.m.
Pastors Darryl & Mindy Wall
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Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number. What: Items pertaining to local events that are free or maximum charge of \$100 fee. Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

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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. 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.
Boy Scouts, 7:00 p.m. Boy Scout building, 201 Riverside Drive. Call Scoutmaster, Jim, 783-3513.
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 Neither Woolf Nor Dog Film Screening

Cashmere Public Library, on March 19, 6 p.m., there will be a film screening based on the novel by Kent Nerbern. Free admission. For more information, call 782-3314 (r 11)

Wacoka Kiwanis Annual St. Patrick's Benefit Dinner

To help Samantha Himmelhaver, who is a senior at Cashmere High School, and was diagnosed with Stage 4 Ovarian Cancer. This fundraiser is on Sunday, March 17, 4-6 p.m. at Cashmere Vale Elementary School Cafeteria Admission by donation, Great Raffle Prizes, one raffle ticket included with meal of Corned beef and cabbage or Irish beef stew and more. Additional tickets are sold for \$1.00 each. Suggested donation of \$8.00 per person/ \$30 for a family of 4. (r, 10,11).

Pages to Pennies
Books will be for sale at the Cashmere Public Library on March 22, 1- 6 p.m., March 23 9 a.m.-1 p.m. and March 25, 9 a.m.-5 p.m. All purchases are by donations for programs and supplies at the library. Friends of the Cashmere Library will be hosting the event. For more information, call 782-3314 (r 11,12).

It's Scholarship Time for our Seniors. Scholarships available for seniors include the following:
Crunch Pak: 3/15/19
Cafe-Saul Gallegos: 3/31/19
Confluence Health: 4/1/19
Cashmere School Foundation: 4/1/19
Lanham Foundation: 4/1/19
Cashmere Kiwanis: 4/10/19
Cashmere Rotary: 4/11/19
Knights of Columbus: 4/15/19

CHS Wall of Fame

The CHS Wall of Fame is open for nominations. The requirements: a CHS graduate, graduated for 10 years, a good citizen and performed community service. Send nominations to Cashmere High School, 329 Tigner Rd., to Brittany Dowell, CHS A.S.B vice president by March 31. For more info, contact 387-5364 or Brittany.dowell728@gmail.com (r 11,12).

Mexican to Mexican-American, bilingual program

University of Washington professor Carlos Gil will give a bilingual program about immigration based on his own family's experience over several decades at the Cashmere Public Library on April 5, 6 p.m. For more information, call 782-3314 (r 11,12).

North Central WA Opioid Response Conference

Pathways to Prevention will be at the Leavenworth Fire Station on Chumstick Hwy, Friday, March 15, 9 a.m.-noon Drug overdoses are now the leading cause of death for Americans under 50. Families across the country are dealing with the health, emotional, and economic effects of the opioid epidemic. We hope you will join educators, students and community leaders/members

in a unique opportunity for a facilitated discussion to address the opioid epidemic by taking action to increase awareness and prevention and by developing innovative, out-of-the-box strategies for opioid prevention for our community. Share your ideas. Be part of the solution. Register online for a location near you. https://www.eventbrite.com/e/new-opioid-response-conference-pathways-to-prevention-registration-56045603910 For additional information contact: Christal Eshelman, North Central Accountable Community of Health, 509-886-6434 or Christal.Eshelman@cdhd.wa.gov (er 10,11).

DR. O'BRIEN DDS GENERAL DENTISTRY
Dr. Bradford O'Brien's office would like to Introduce Clarissa Manzano
Clarissa received her dental assisting certificate from Everest College in 2012. She worked for many years as a lead dental assistant at Sunrise Dental in Kent, WA. Clarissa moved back home to Leavenworth in September 2018. She joined Dr. O'Brien's team in Jan 2019. Clarissa enjoys learning new skills from Dr. O'Brien and staff. She is great at making her patients feel comfortable, and offers her bilingual skills in many areas of the practice. Clarissa has a very energetic 4 yr old son; JR. Clarissa said she entered the dental profession due to her love of art, working with her hands, and her passion for helping people. In her free time, she enjoys spending time with family, knitting, and going on road trips, GO MARINERS!

JOE BROWN J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE 782-1111 BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

No, you can't wrap a fish in a Web site, but you can get the local news online at www.cashmerevalleyrecord.com

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 14, Thursday: Sweet & sour chicken, rice, spinach salad, pineapple tidbits, garlic bread, dessert.
March 15, Friday: Corned beef & cabbage, boiled potatoes, carrots, tropical fruit, whole wheat bread or roll, pistachio pudding.
March 16, Saturday: no lunch.
March 17, Sunday: Happy St. Paddy's Day!
March 18, Monday: Baked chicken, wild rice, carrots, three bean salad, peaches, bread pudding.
March 19, Tuesday: Baked fish, rice pilaf, mixed vegetables, tossed salad, apple celery salad, garlic bread, dessert.
March 20, Wednesday: Lasagna, green beans, tossed salad, bread sticks, dessert.

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.

Table with 2 columns: Date/Time and Description of incident (e.g., Suspicious, Accident, Harassment, Public assist, Fraud, etc.)

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ECHO RECORD MIRROR HERALD

PUBLISHER'S NOTICE
 All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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ANNOUNCEMENTS

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circulation@lakechelanmirror.com

Thank You!

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COMMERCIAL RENTALS

Office space for rent, 160 Wapato Way in Manson. Great location over Manson Dental Clinic. 500 sq. ft. of office space. Great visibility with parking behind office and street. \$575 a month plus electricity. Electricity averages \$30 per month. Water and sewer paid by owner. 509-687-9227

BUSINESS OPPORTUNITY

Profitable Flower Shop For Sale

Kashmir Gardens Florist, is a successful, well-known, respected business, and a Cashmere mainstay since 1949. Great growth potential! Owner retiring. Asking 35K. Includes inventory, equipment, and displays. Terms-cash. Building is for sale separately. 509-782-2071 Kashmirgardens florist@yahoo.com

HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS

AT NCWMarket.com

*HAPPY BIRTHDAY
 *CONGRATULATIONS!
 *WILL YOU MARRY ME?
 *I'M SORRY!!
 *Happy Anniversary

Only \$15 for 30 days includes 3 photos

HOMES FOR SALE

For Sale, Chelan four bedroom, 2 bath home. Quiet neighborhood above municipal golf course, great views, newly landscaped. Carport and much more. \$369,000. Call 425-503-9530

Over built. Under priced. Was \$750,000, now \$550,000.

Short walk to Bridgeport's no stop light, post office, medical center, sheriff's office, markets, library, etc. Where quality living on the river trumps big city location, location, location. 3,854 square feet. Three bed (possibly five), three full baths includes his, hers, and three 1/2 baths. Large professional kitchen. Elevator to three floors. Much, much more. Call for flattering publications. Possible owner financing. Call 602-625-5376.

Looking for a home for your furry friend?
 Try the pet section on NCWMarket.com

HELP WANTED

Manson School District is seeking applicants for the following position.

Elementary Principal
 2019-2020 school year

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

Find the Best Qualified Local Employee in our Classifieds Ads.

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

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

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

HELP WANTED

City of Brewster Employment Opportunity
 The City of Brewster has one opening for a full-time year-round Parks and Public Works position and one opening for a temporary part time Parks and Public Works position. Duties include: All aspects of Public Works and Park maintenance, cleaning and other duties as required. This position requires the ability to work outside in adverse weather conditions. Work hours may vary but are anticipated to typically be 40 hours per week, Monday through Friday, from 7:00 a.m. to 4:00 p.m. with a one hour lunch break. Wage for the temporary position is DOE, wage for the full-time position is per Union Contract. The successful candidate for the part-time position should anticipate the position will commence on April 1, 2019 and continue through approximately September 15, 2019. Criminal background check will be required, as will pre-employment drug testing. Random drug testing throughout the employment period may occur. Applicants must have a valid WA State Driver's License. An application can be obtained by visiting cityofbrewster.washington.org by calling (509) 689-3464, or picking up at Brewster City Hall. Application deadline is March 8 at 4:30 pm.

HELP WANTED

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

Substitute Cooks and Cashiers

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

HELP WANTED

Full and Part-Time Bed Maker, Laundry and Housekeeping

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

Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

HELP WANTED

Full or Part-Time Front Office Receptionist

The Leavenworth Echo Newspaper is looking for an outgoing individual to work full time or on Mondays, Tuesdays part-time

A qualified individual must have good customer service skills, adept at utilizing computer systems Accurate typing, spelling, and math skills are a must. Interested applicants can send a resume to: Attention: Publisher P.O. Box 39 Leavenworth, WA. 98826 Or bring in a current resume to The Leavenworth Echo 215-14th St. (9 a.m. to 5 p.m.)

HELP WANTED

MOUNTAIN SPRINGS LODGE

Head Chef
 Full-time \$22-\$28/ hour plus gratuities.

Mountain Springs Lodge, located in the beautiful Plain Valley is seeking an experienced and creative banquet chef. Excellent customer service skills and a team player are a must.

Job Description
 Manage and train kitchen staff, communicate well and work closely with other managers and employees.

- Manage all aspects of the kitchen: Plan, price and prepare meals from 300- person banquets, intimate weddings, weekly Sunday Brunch to lunch.
- Create menus and execute special event meals such as Winemaker & Brewmaster Dinners, Mother's Day & Easter Brunches
- Maintain a clean and organized kitchen, from refrigerators and freezer space to the grill and to the office.
- Place orders.
- Communicate well with clients: meeting and planning menus with brides & grooms and event planners.

Full and Part-Time Breakfast Catering Staff

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

Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.

Apply in person. 590 Hwy. 2 Leavenworth.

Find us online at:
www.leavenworthecho.com
www.cashmerevalleyrecord.com

NCW MARKET.COM
 CLASSIFIED ADS

CROSSWORD PUZZLE

THEME: THE 1940s

1	2	3	4	5	6	7	8	9	10
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ACROSS
 1. *Japanese attack locale
 5. *Chairman of the Communist Party of China
 8. Parent group
 11. Horsefly
 12. Voldemort's title
 13. Ohio city
 15. Saintry glow
 16. Never a UK currency
 17. Disapproved by audience
 18. *American concentration camp
 20. Peters out
 21. *Harry Truman to Margaret
 22. Feedbag morsel
 23. Mountain climber's tool
 26. Overplay in front of audience
 30. Negative conjunction
 31. Within a building
 34. Leafy green
 35. Captain America actor
 37. Party bowful
 38. Diction, pl.
 39. Network of nerves
 42. "To ___ is human"
 43. #23 Across victim
 45. Like a human
 47. "Never ___ never"
 48. Raccoon's South American cousin
 50. Mount Olympus' famous dweller
 52. *Manhattan Project site
 55. Does like a sponge
 56. Horizontal wall beam
 57. Pelvic parts
 59. Actress Parker
 60. Geologic time divisions
 61. Steve Urkel, e.g.
 62. Eat, past tense
 63. Lt.'s subordinate
 64. "___ Louise"

DOWN
 1. Mozart's "L___ del Cairo"
 2. Homecoming guest
 3. #50 Across wife
 4. Kenya's neighbor
 5. Native American earthen structure
 6. Orderly arrangement
 7. Shoe emanation
 8. Circus trainer's poker
 9. Zac Brown Band's body part hit
 10. A in FANBOYS
 12. Like weighed down with metal
 13. At right angle to a ship
 14. *Thor Heyerdahl's raft
 19. Third axis
 22. Dinghy propeller
 23. Unable to move
 24. Don't judge a book by it
 25. Muse of love poetry
 26. Shoshonean people
 27. "It is silent" in sheet music
 28. U in UV
 29. * ___ Harbor
 32. *a.k.a. Operation Neptune
 33. Black gold
 36. Miniature Japanese carving
 38. Hindu garment
 40. Blue overhead
 41. Intelligence
 44. Impudent
 46. Horse-involved activity
 48. Man-made stone pile
 49. Ladies' fingers
 50. *Popular 1940s suit
 51. "Ill at ___"
 52. Type of molding
 53. High school club
 54. Ireland's previous name
 55. Hot springs
 58. Wood-shaping tool

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4	1		6					5
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	6		1			5		9
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1					5		8	7

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

CROSSWORD PUZZLE

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 55. Hot springs
 58. Wood-shaping tool

HELP WANTED



Administrative Assistant Full Time

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.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital Anita Fisk, Director of Human Resources PO Box 577 Brewster, WA 98812



Join Team Slidewaters for a summer of fun work with the #bestsummerjobever! Slidewaters & Lakeside Surf are now hiring for all teams.

PUZZLE SOLUTION



Grid of numbers for crossword puzzle solution

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GENERAL MERCHANDISE

SPECIAL Fundraiser for Autumn Leaf Festival Leavenworth Cards With sayings like Happy Birthday!

AUCTIONS

Cut Rate Storage Abandoned Storage Locker Auction On March 16, 2019 10:00 a.m. at 107 Railroad Ave. Cashmere, WA. 98815

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that on Monday, March 25, 2019, at 5:00 p.m. at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, the Cashmere Planning Commission will hold a public hearing for taking testimony concerning adoption of a new City land use comprehensive plan.

Published in The Cashmere Valley Record/Leavenworth Echo on March 13, 2019. #84720

NOTICE IS HEREBY GIVEN that on Monday, March 25, 2019, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, the Cashmere City Council will hold a public hearing for taking testimony concerning adoption of a new City comprehensive land use plan.

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of JOHN S. VAUGHN, Deceased

No. 19-4-00059-04 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.

Attorney for the Personal Representative: RUSSELL J. SPEIDEL

Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881

Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 19-4-00059-04

BARBARA E. YANAGIMACHI Personal Representative

Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807.

Published in The Leavenworth Echo/ Cashmere Valley Record on March 6, 13 and 20, 2019. #84630

PUBLIC NOTICES

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.

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 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.

DATE OF FIRST PUBLICATION: March 13, 2019

/s/ Karen Ohrzda Karen Marie Ohrzda 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

TRYING TO AMBUSH A BUYER? Here's a better option Advertise it on NCWMarket.com



Using disinfectants, antiseptics, and antibiotics

When you need to clean a cutting board or take care of a cat scratch, what do you reach for? A disinfectant, antiseptic or an antibiotic?

Disinfectants

Disinfectants and antiseptics are chemical compounds with the power to either completely destroy organisms that cause disease, or keep them from multiplying. These compounds can be effective against bacteria, fungi, viruses and other micro-organisms like amebae that live in water.

There are 2 main types of disinfectant chemicals and disinfecting procedures: sanitizers or sanitization, and sterilizers or sterilization. Sterilization is a procedure meant to destroy all forms of life on a surface, while sanitizing is less complete, killing most of the organisms it touches and reducing the number left down to what is considered a safe level.

Sterilization can be done at room temperature or below, or with heat. Surgical instruments are sterilized by first soaking them in a disinfectant solution of a particular concentration for a period of time (cold sterilization) followed by exposing them to very high temperatures inside a pressure cooker-like appliance called an autoclave (heat sterilization). Immersing empty canning jars into boiling water for a set period of time and processing filled jars with a pressure cooker are forms of heat sterilization.

Disinfectants work to clean inanimate surfaces like your kitchen cutting boards, but in order to clean and treat a cat scratch you need something that kills bacteria and other micro-organisms while being applied to living tissue: an antiseptic. Antiseptics may be further specialized into antibiotics targeting bacteria, antifungals that attack fungus, and antivirals against viruses.

Not just any chemical can qualify as an effective disinfectant or antiseptic. You need a compound that can work on a wide range of micro-organisms, kill on contact, and work quickly. Other very helpful characteristics include a sustained effect on microbes and being able to penetrate into cracks and crannies where microorganisms can lurk, especially into bacteria forming a tight layer over a surface, called a biofilm. When bacteria form biofilms they become much harder to destroy, and the ability of a compound to penetrate into a layer of bacteria and kill it is extremely valuable.

Disinfectants and antiseptics also should be able to be used safely with soaps and other compounds also used on the materials needing to be treated, not have any toxic fumes, and be economical to use. In addition, disinfectants shouldn't create any pitting, corrosion or staining of instruments or surfaces, and antiseptics must be safe to use on living tissue.

Some examples of commercial disinfectants include phenol, formaldehyde, hydrogen peroxide and sodium hypochlorite (the ingredient in household bleach). Although bottles of hydrogen peroxide and laundry bleach are common household items, those chemicals may be used in different concentrations as commercial disinfectants.

Antiseptics

Antiseptics include compounds that reduce the spread of certain types of organisms or kill them outright. An anti-infective can suppress the general growth of microbes, or be more focused on specific organisms, like antibiotics



which affect bacteria, antifungals, and antivirals. Some are topical agents that should only be applied to intact skin, while others can be applied to wounds or given internally.

A compound containing mercury and bromine called Mercurochrome® was widely used in the 1960s as a topical antiseptic, and like many kids at that time, my mother painted it on my cuts. After stinging like mad it left a bright reddish-orange stripe that would take days to fade.

mercury from vaccination. Chlorine bleach is still useful to disinfect surfaces like cutting boards and countertops. Iodine tablets decontaminate water for drinking and povidone iodine solution (Betadine®) cleans skin prior to procedures.

Hand gels containing 60% alcohol are hand sanitizers because they reduce the number of germs on your hands but don't kill them all. Parabens and benzalkonium chloride interfere with the growth of microbes and are widely used as preservatives in eye drops and nose sprays.

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.

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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

PEST CONTROL STORAGE STEVE'S PEST CONTROL Over 35 years of experience! DOWNTOWN CASHMERE MINI STORAGE

STORAGE NCWMarketing.com Have spare room in your facility? STORAGE

EXCAVATION Complete Excavating Service Power & Water Systems Dump Truck & Dozer Drainfield Repair Free Estimates Septic Systems Road Grading Upper Valley EXCAVATING