Cashmere Valley





February 13, 2019 · Volume 112, No. 7 SINGLE COPY \$1.00

Get to know the Cashmere Royalty candidates



Top row left to right: Katherine Silva, Faith Acton, Issy Henshaw. Bottom row left to right: Justine Wood, Brianna Hughes-Roberts, Maritza Orozco, Johanna Christensen.

BY KALIE DRAGO

The tradition continues on and the 2019 Cashmere Royalty candidates sat down to chat to give the community a glimpse as to who the possible future Queen Cashmere could be. This year's theme is "You can be a hero." The pageant will take place on Sunday, February 17 at 4 p.m. at the Cashmere Middle School.

• Faith Acton is the daughter of Craig and Natalie Acton.

Why did you decide to be a Cashmere Royalty Candidate? Faith decided to follow in her sisters footsteps - both of which were involved in the process and one, Rebecca was chosen to be a princess in the past. "When I saw how involved she was able to be with the community and when I saw how many friendships

she got, that made me want to do it," said Acton. "And I was also excited to have the opportunity to be a role model for other girls."

What will your talent be? Acton's talent will be a monologue from a girl getting ready for her first date and that thought process - a monologue that can be relatable for the teenage girls in the audience.

What has been the most exciting

part of the process? Acton was most excited about the Saturday, February 9 opportunity to teach the little girls of Cashmere the dance and spend time with them.

What has been the hardest part of the process? She admits that the other girls are "more than qualified to be a princess, they're so amazing and talented" and that sometimes being in the presence of so much

greatness can be intimidating.

What else are you involved in? She recently finished up a role in the Cashmere High School musical, Legally Blonde, along with her being involved in the Running Start program, a member of the honor society and a member of her youth group at her church. Acton plans on joining track later this spring as well.

• Katherine Silva is the daughter of Alberto and Melanie Silva.

Why did you decide to be a Cashmere Royalty Candidate? Silva's had her eye on the pageant since around freshman year, but said she really decided to go for it when a former queen messaged her on social media inquiring her interest about the pageant.

What will your talent be? She will be doing a dance in contemporary style.

What has been the most exciting part of the process? She credited this to the other girls and how amazing it is to be surrounded by such nice girls.

What has been the hardest part of the process? The most difficult aspect was the speech element juggling schoolwork and a speech.

What else are you involved in? She's in Running Start and spends a lot of time perfecting her hobby of dance, usually from 3 p.m. to 9 p.m.

Johanna Christensen is the daughter of Michelle and Thomas Christensen.

Why did you decide to be a Cashmere Royalty Candidate? She decided to take the plunge and go outside her comfort zone which she leaped into the Cashmere Royalty Pageant headfirst. "I decided to do it because I want to represent Cashmere, the town that I love, and also make new friends. I also like to do things I've never done before and this is kind of totally out of my comfort zone, I like to take my challenges," said Christensen.

What will your talent be? Christensen will be reciting a spoken word poem for her talent.

What has been the most exciting part of the process? She's enjoyed the practices and noted that it's a

CONTINUED TO PAGE B2

Landdeck, Van Lith earn CTL | Cashmere sixth-grade girls gear up for state tourney Player of the Year nods

Cashmere athletes make conference All-League team

BY AL STOVER

Days after the regular season ended, the Caribou Trail League revealed its All-League selections for the 2018-19 season.

Several Cashmere High School athletes made CTL All-League including members of the Bulldogs and Lady Bulldogs championship basketball teams.

GIRLS BASKETBALL

Hailey Van Lith - Player of the Year

Van Lith garnered the league's MVP honors due to her outstanding season. She accomplished numerous accolades during Cashmere's 2018-19 campaign, including breaking the school record for three-pointers in a single game, two times. She also broke 2,000 career points and was named the Washington Interscholastic Activities Association's Athlete of the Week for Week 20.

Grace Erdmann - First Team Erdmann was a starter throughout the season and a consistent rebounder for the Lady Bulldogs throughout the

season.

Grace Hammond - First Team Hammond was a constant contributor to the Lady Bulldogs' scoring throughout the season.

Ellie Alberts - Second Team Alberts started several games during the regular season and scored 15 points during the Jan. 15 game against Cascade.

Claire High - Honorable Mention High was one of the team's starters throughout the season.

In a Jan. 23 interview with the CVR, Head Coach Brent Darnell said both Alberts and High have set a "great precedent for what it means to be a part of Cashmere basketball both on and off the court."

BOYS BASKETBALL

Mason Landdeck - Player of the Year

Landdeck is the team's leading scorer, scoring over 40 points in several league contests. He also briefly held the school's three-pointer record with 11.

CONTINUED TO PAGE B2

Senior Center Menus.....

Sheriff Reports.....

PHOTO BY AL STOVER/CVR

The Cashmere girls sixth-grade AAU basketball team. Back row (from left to right) Allie McKenna, Leah Kunz, Ellie Bessonette, Lily Erdmann, Lily Wilson and Mary Van Winkle. Bottom row (from left to right): Serena Sandhu, Ady Bjorklund, Aly Kitchel, Kora Traynor and Hailey Herkenrath.

BY AL STOVER

While the Cashmere Bulldog boys and girls high school squads are working toward a great run in their respective postseasons, another local basketball team is preparing for their own state tournament.

The Cashmere sixth-grade girls AAU basketball team, who won their division at the 31st Annual

Steve Talbot Memorial Tournament in Wenatchee on Jan. 27. The tournament title qualified them for the 2019 Washington State Middle School Basketball Championship on March 15-17.

Vale Elementary School Principal Sean McKenna is the head coach for the team. Throughout the season, which began in mid-October, the girls have competed in several events, and won tournaments in Ephrata, Tonasket and Wenatchee, with another tournament on the way. The team has competed in Spokane, and the Ferndale tournament against club teams. In some cases they will move up in competition and play against seventh-grade teams.

Coach McKenna explained many

CONTINUED TO PAGE B1



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COMMUNITY VOICES

CASHMERE VALLEY RECORD

FEBRUARY 13, 2019



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watching approved of BILL FORHAN PUBLISHER

themselves Democrats. CNN similarly reported 76 percent of watchers approved of the speech.

Once again media coverage shows the disconnect between the American people and the media covering the President.

State of the Union Speech

was immensely popular

with the viewers of

According to a CBS

the speech, including 30

percent of those who call

CNN dismissed the poll saying the audience was largely partisan Trump supporters and 53 percent of viewers did not believe his speech would increase bipartisanship in the future. However in making their claim of an audience of largely Trump supporters, CNN did not define that claim.

CBS reported that the viewers were 43 percent Republicans, 24 percent Democrats and 30 percent Independents. More importantly CBS reported that 30 percent of the Democrats that viewed the speech rated is as favorable.

President Trump's speech was a reminder of the things that make America great. A strong economy, honoring success

and highlighting the sacrifice of Americans who have made personal sacrifices to make the

world a better place. Finding themselves in the minority the Democrats refuse to celebrate the success of this President and have become even more

radical in their opposition. Despite the historic evidence

of the failures of socialism leading Democrats continue to call for socialized medicine and increasing taxes on the rich.

Leading the charge today is Alexandria Ocasio-Cortez. AOC is a 28 year old Democrat activist from New York. She is the youngest person ever elected to Congress. Her latest program is the "Green New Deal." It calls for economic security for everyone including those who are either unwilling or unable to work. AOC claims that unless her program is implemented the planet will die in 12 years because of our failure to address climate change. She calls for elimination of all airplane travel and replacement of every building in America in the next ten years. We could dismiss this as naïve youthful meanderings but many of our youth today are calling for a guaranteed national income and massive government

programs to overcome the evils of capitalism.

In another travesty, Democrats across the country are moving to expand abortion rights to even include infanticide. Concerned that Republican appointments to the Supreme Court might result in the reversal of Roe v. Wade, Democrats are clearly pushing to build support from women voters by expanding their support of abortion rights. But few are questioning when our concerns for the health of a mother conflict with our concerns for protecting human life.

We should all be concerned about the extremes the Democrats are willing to go to in order to regain their political influence.

While some conservatives are rejoicing at the seeming implosion of the Democrat party, I am not. I am concerned about their apparent need to grab onto fringe political concepts in the hope that they can cobble together a majority to regain their lost political influence.

We need a viable opposition party. I am not for a one party system whether that be a Republican one or a Democrat one. Part of our system of checks and balances calls for free and open debate on big political issues. When you try to be all things

to all people you often become



of no real value to anyone. Democrats for decades have proclaimed they are the party of the big tent. Everybody is welcome. While they describe Republicans as racist, sexist, homophobes.

The Democrat party has now become the party where anything goes. There are no limits to what is considered acceptable policy or behavior.

While they engage in the politics of personal destruction many of their own are now coming under fire for the same transgressions that they used to try and derail Brett Kavanaugh's nomination.

Today's Democrat Party has no soul. No moral compass with which to make important decisions.

We need a party that stands

for something not just a party that stands against the things that have made America great.

President Trump has called on Americans to remember what has made us great. He is calling on all of us to come together and remember that while we are not perfect we are still the envy of the world.

It is time for the Democrats to remember that they lost the election because they put up a flawed candidate. If they want to return to being a substantial player in the political arena they must abandon their flawed agenda of demonizing their opponents and offer real substantive debate on the issues of the day.

Bill Forhan can be reached at 509-548-5286 or publisher@ leavenworthecho.com.

a front row seat when the

winners are announced.

Discounted tickets are

available through March

6th. Table sponsorships are

Cashmere Valley Bank a finalist in 2019 Wenatchee Chamber awards

Wenatchee Valley The 2019 Annual Chamber's Banquet will be held on Thursday, March 21 at the Wenatchee Valley Convention Center. The events presenting sponsor is North Cascades Bank, joined by additional

Our children are

clueless in regards to

the harsh realities of life

in the greatest country

that ever existed. Why?

maybe overly naive

I have a simple and

Jake Davison sponsors, American Family Insurance and Horan Estates Winery. Café Columbia sponsored the Best decorated table award. The evening will be highlighted by announcing the 2018 annual award winners including:

Business of the Year for 2018 finalists:

Salcido Connection **Cashmere Valley Bank** 501 Consultants Non-profit of the Year for 2018 finalists:

Washington State Tree Fruit Research Commission Chelan Douglas County Volunteer Attorney Services Music Theatre of Wenatchee Make plans to attend the

annual banquet and get

Vietnam came on the scene it caused a backlash as we all got sick of this democratic imperative to rule the world simply because we are always right.

A bunch of kids went to Canada and a much greater bunch served in the war. Americans never learned a darn thing because Iraq and Afghanistan kept the war machine well oiled and chugging along with a variety of justifications.

Once again all the loving parents and grandparents didn't want any angst causing their peeps to die from selfinflicted wounds and thus the coddling generation was born and they continue to live in your basement or their friend's basement or Aunt Sally's ... whatever. I think the kids are afraid of failure, as if that was the actual end of the world. The kids are also shellshocked that their college degrees are mostly worthless unless and until they are given a break by God or one of his angels. obligated They just themselves to \$100k+ of debt for a piece of paper that states they might be fairly competent in a certain area of life, but maybe not, please give me a try. Clue the "puppy eyes" and offer to work nearly for free just to get your foot in the door. Sometimes God intercedes out of pity for the helpless, but on many occasions these hapless puppies get run over by cars or thrown into the abyss of a boiling pot operated by supervisor number one

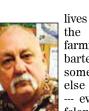
currently available as well as the Dinner Sponsor slot and the Auction Sponsor. or foreman number two or

principal number three or sergeants and unbearable roommates.

I only have one thing left to say about this bleak picture. Let it stay dark and keep your hands off the turmoil and chaos of what everyone needs to mature and that's a bit of hard knocks.

After not too long, a new day will dawn and new flowers will spread their petals and life will go on. Chirp, chirp I hear the birds of spring.

That's it. Leave some of the situations exactly as they are. Human kind is far more durable then one may think. Losing car keys or being behind on rent or having children "accidentally" are not comparable in magnitude of importance, but all do happen to even the most disciplined. Sometimes those we love deserve our love delivered in a formula part bitter, part sweet. If little Johnny doesn't get his butt back to work within a few days or weeks after moving onto your couch then personally drive him to the Marine Corps Recruiting office in East Wenatchee.



answer: Too much of the wrong kind of love. APPLES While we all love our **TO APPLES** kids, we don't always GARY BÉGIN know how to show them NCW MEDIA that hard knocks are the MANAGING only way to get up off EDITOR the ground again with a lesson learned.

own

We are overly protective and go to great lengths to make absolutely sure our "babies" never feel any pain of any sort as if that actual feeling will immediately kill them.

grandparents. Hard scrabble

your and their

of

Think

grandparents

lives were the order of the day, which meant farming, hunting, fishing, bartering, begging and sometimes whatever else was necessary --- even theft and other felonious actions.

That's right. Momma and her great mommas before her had to make do with onion soup or dandelion salad or boiled squirrel if that was the necessity of allowing lives to go on.

Now we coddle, coddle, coddle our kin to such a state of unreality that they don't understand the coddling must end some day. When that day comes we have suicides,

welfare, food stamps, prison

time, shacking up with Leroy

because he has a few bucks or

Why our children are mostly clueless even, God forbid, they sink so low as to join the military.

Anyone who knows me will realize I am joking about the latter, as I think all youngsters ought to join the military for a variety of reasons. I am not a war hawk or someone who wants constantly larger and larger Defense Department budgets, but it is the best way to get rid of that constant codling syndrome and cause the kid to mature.

Let's now revisit the beginning of this syndrome. After World War Two, those who survived and thrived wanted never to see those horrors or suffer those deprivations ever again and they certainly never wanted their kids or grandkids to even

come close that kind of trauma.

folks responded, but when

Korea happened and patriotic

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Guaranteed he will never be the same after trying a bit of tough love.

In the end he will thank you ... or maybe curse you, but it is all up to him.

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



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COMMUNITY CALENDAR

Local,

News &

Events

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)

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

Upper Valley PEO Scholarship

Application are now being accepted for this scholarship offered by P.E.O. Chapter JF for women residing in Chelan or Douglas County. The purpose of the scholarship is to assist women 30 years or older who are returning to or are currently enrolled in higher education in the state of Washington after a two-year

for applications is April 30, 2019. For more information contact Joyce Schiferl at royce. woody2@frontier.com (er 6,7).

Cashmere Public Library

Philosopher David E. Smith will present the program Civil Conversation in an Angry Age at the Cashmere Public Library, 6 p.m., Feb. 21. His talk is part of the Humanities Washington Speakers Bureau. (r 7,8).

CHELAN COUNTY SHERIFF, FIRE & EMS Reports

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

February 1

- 09:20 Atl/atc, 6319 Hay Canyon Rd. 10:58 Accident, no injury,
- Hay Canyon Rd. & US Hwy 2. 15:09 Welfare check, 407 Aplets Way.

February 2

- 08:57 Assist agency, US Hwy 2 & Stevens Rd. 12:31 Runaway, 8650 Dryden
- Frontage Rd. 21:32 Suicide threat, 3717
- Bridge St. #2.
- 22:35 Disturbance, 102 Aplets Way, Flying Pig.

February 3

- 01:46 Suicide threat, 308 River St
- 03:32 Suspicious, 107 Railroad Ave.
- 23:56 Runaway, 8650 Dryden Frontage Rd.

February 4

- 05:43 Vehicle prowl, 5084 Mission Creek Rd.
- 07:12 Parking/abandon, Dorn & 1st Streets, Dryden.
- 08:11 Vehicle prowl, 320
- Chapel St.
- 09:03 Drugs, 421 Norman Ave. 11:02 Public assist, 8211
- Taber Rd 11:57 Suspicious, 103 Meadowsweet PI
- 12:01 Vehicle prowl, 206 Washington St.
- 15:50 Vehicle prowl, 303

Cashmere Food Bank Now Open on Saturdays

New days for the Food Bank are the 2nd and 4th Wednesdays and the following Saturdays and new times now are 2:30-4 p.m., at 109-C Railroad Ave. Contact Jim for information 741-7551. (r 7,8).

4-H Fundraiser

The Chiwawa Valley 4-H Youth Support Group is having a Spaghetti Feed and Silent Auction to help raise funds to support the 4-H kids at fair this year. All you can eat- \$10 adults, \$5 kids on February 16, at 5 p.m., at the Lake Wenatchee Rec Club. (er 6,7).

Regional

The Community Foundation of NCW

Now accepting applications for its scholarship program: The foundation manages over 100 unique scholarships that support high school seniors, current college students, and non-traditional students from North Central Washington who are planning to attend fouryear colleges and universities, community colleges, and trade schools. Each scholarship has its own criteria and eligibility - most seek to support students

TERI MILLER RECIPE

Happy Valentines Day

As we all start a new year with all sorts of resolutions and good intentions, I just have one and that is to eat less sugar. This is a tough one for me as I enjoy soft drinks, cookies, cakes and ice cream just to name a few. Sweets obliviously have copious amounts of sugar, in some other form. Americans consume more sugar than any other nation on Earth. Our consumption is over 60 pounds a year, which breaks down to 77 grams per day, 19 tablespoons, or 306 calories per day. Nutritionist suggest that men should consume a maximum of 37 grams or 9 teaspoons and women 25 grams or 6 teaspoons daily. Teens and toddlers consumption is much lower.

I have noticed that one of the difficulties in lowering my sugar consumption is that sugar and its various forms are in so many foods that you would not think about that are commercially produced. Look at labels on ketchup, salsas, salad dressings and most processed foods. If you love soda that's about 12 tablespoons of sugar per 12 ounce can. As for me I am doing pretty good at lowering my sugar consumption but still have lots of room for improve-

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> served their who have communities, show growth and potential, and demonstrate significant financial need. The application process is online and students can easily apply for multiple scholarships at once. The deadline is March 1. For more information, contact Jennifer Dolge, 663-7716. (er 6,7).

The Cascadia **Conservation District** Board meeting

The Cascadia Conservation District Board meeting will be on Tuesday, February 19th, 2019, 3:30 p.m., in the Upstairs Conference Room at the Wenatchee World Building, 14 N Mission St., Wenatchee. Please sign in at the front desk before coming up to the office. For more information, call the District at 436-1601.

Firewise Day 2019-Preparation, Response, Recovery

The Fourth Annual Firewise Day will be on Saturday, February 23 from 10 a.m.-1p.m. at Pybus Public Market. Representatives from various local organizations will share information and resources on creating defensible spaces, landscaping, disaster planning and the benefits of being a Firewise community. (er 6,7).

& Events or more absence. Deadline

Another way to advertise your News

- Angier Ave. 18:54 Burglary, 404 Valley
- View Dr. 19:02 Property, Pioneer Ave. &
- Evergreen Dr. 20:47 Harass/threat, 308
- River St. 21:26 Runaway, 8650 Dryden

Frontage Rd.

- **February 5**
- 01:05 Suspicious, Mission Ave. & Blue Star Way. 02:27 Suspicious, Pioneer
- Ave. & Sullivan St. 06:23 Harass/threat, 329 Tigner Rd., Cashmere High
- School 16:17 Vehicle prowl, 316 S.
- **Division St** 23:21 Accident, no injury,

100 Hughes Dr.

February 6

Hwy. & Mill Rd.

Rd., Dryden.

February 7

Chapel St.

Rd. #1

08:52 Vehicle prowl, 204 Paton St 15:29 Traffic offense, Sunset

19:56 Burglary, 7949 Kinney

10:24 Fraud/forgery, 213

11:50 Parking/abandon,

14:57 Public assist, 205

15:03 Malicious mischief,

115 E. Pleasant Ave. #1.

Washington St.

10:25 Theft, 61625 Hay Canyon

Mission Ave. & Woodring St.

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. 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.

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

February 14, Thursday, Cheese ravioli in meat sauce, Caesar salad, apricots, garlic bread, dessert.

February 15, Friday, Swedish meatballs over egg noodles, Italian vegetables, spiced salad, peaches, French Bread, dessert.

February 16, 17, Saturday and Sunday, no lunch.

February 18, Monday, Presidents Day, no lunch.

February 19, Tuesday, beef stroganoff, trio vegetables, tossed green salad, apricots, French bread, dessert.

February 20, Wednesday, Chicken salad, croissant, vegetable soup, grapes, dessert.

ment. As Valentines Day is almost here my sweet of choice is anything with dark chocolate. Happy Valentines Day!

- 1 pound of fresh strawberries with stems
- 16 ounces milk chocolate or dark chocolate chips
- 2 tablespoons of shortening

Toothpicks

1. In a double boiler melt the chocolate chips and shortening, stirring occasionally until smooth.

2. Insert a toothpick into the stem end of the strawberry, dip into melted chocolate.

3. Lay berries on a wire rack or insert the toothpick end into a block of Styrofoam to cool.

4. Refrigerate until ready to serve. Serve with a champagne for a special treat.



Teri Miller, Broker

940-A-Hwy 2 Leavenworth, WA 98826 509-669-1585 terismiller@hotmail.com www.leavenworthrealty.com



JOE BROWN J.C. BROWN LAW OFFICE **200 APLETS WAY, CASHMERE** 782-1111

BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

COMMUNITY

Revival: How we get there

WITH

PASTOR

JOHN

SMITH

I remember talking with an old preacher after a series of meetings held at a church I was attending.

He was tired. He had been long in the ministry and after a brief conversation where I gave him my appreciation, his eyes filled with tears and his parting words were "We need revival in this country".

He's right, we do.

As long as I have been in the church, "revival" has been a constant matter of emphasis. I have preached revival sermons, studied revival history and have earnestly prayed for it in many meetings. Even just recently I was in a conversation with a fellow believer about the possibility of revival happening in Cashmere.

It is obvious that the church is hungry for revival and many are claiming evidence of it happening. But I am afraid, we are wanting revival so desperately that we are thinking that it is occurring when in reality it is not.

What is Revival? To put it simply, revival is when God's shows up in his church in an

extraordinary way. It is when God "rends the heavens" and comes down to meet with his people. Revival cannot be scheduled nor can it be manufactured, it is achieved by God's sovereignty alone. A WALK

Revival is not evidenced by more people attending a church function or the feeling you get when the worship band plays just right the chord.

No, revival is explosive, upsets the status quo and it shakes whole communities. In the New Hebrides Revival of 1949, dance halls and taverns were closed and the crime rate nearly evaporated because people were so overcome by the presence of God that they had little appetite for the things of this world.

Although revival ultimately occurs by a sovereign act of God, we do see certain activities that precede a revival movement.

Prayer is one of those activities.

When a fresh outpouring of God's Spirit happens within any given church, you see right before and continuing through, a fervency and deepening of prayer. Going back to what happened in the New Hebrides. two elderly ladies committed to laboring in prayer and urged the church leadership to join them. For two nights out of the week, this small group prayed in earnest for God to show up.

Several weeks later, He did and revival broke out in the community.

Often times, our prayer for revival is merely an add on to a long list of prayers. We casually mention it once and awhile in our prayer time and somehow, we think that is enough to open the gates of heaven. If we really want revival, are we willing to go without sleep, food or comfort and travail in prayer to see it happen? Are we to the point of desperation, as Leonard Ravenhill was when he said: "give me revival or give me death"?

Sadly, I don't think we are. I am afraid we want the blessings of revival without none of its costs.

Along with a fervency of prayer preceding (and in) revival, there is also a profound sense of repentance. In other words, people recognize that they are not right with God and that relationship needs to be restored at all costs. A lack of repentance is sure to hinder revival because God hides his face from those who are quite

complacent in their iniquity (Isa. 64:6-7). To put it another way, why would God show up to people who really don't want him there?

Repentance does require a bit of self-examination. We have to be willing to admit that we are not right and something needs to change. Is there any sin that we are holding onto in our lives? Is there anything that displeases God that we are merely winking at within our churches? Now is the time to do some serious soul searching, asking God to show us if there is "any grievous way in us" (Ps. 139:24) and step into the light as He is in the light (1 Jn. 1:7).

Prayer and repentance are two necessary elements for any revival movement and if we are wanting God to move mightily in our churches and community then we must be willing to endure in both.

Revival has happened in the past and it can happen again. May we be encouraged by that truth and stirred to seek God. knows,

maybe

Cashmere will experience revival? Trust me, we need it.

Pastor John Smith of Evergreen Baptist Church in

Who

Cashmere can be reached at pastorjohnsmithebc@gmail.com.

Olympia lawmaker proposes HB 1003 law to 'shield children from marijuana'

- **Distance requirements** for pot shops
- Shielding children from
- marijuana outlets

 Keeping pot shops away from areas with kids

By MADELINE COATS (EDITED)

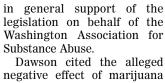
WNPA Olympia News Bureau

OLYMPIA - The House Committee on Commerce and Gaming took up a bill that would include preschools and school bus stops within the buffer requirements of statelicensed marijuana businesses. House Bill 1003, introduced

by Rep. Brad Klippert, R-Kennewick, would further restrict marijuana businesses from operating in areas frequently visited by children. The Liquor and Cannabis

Board is barred from issuing a marijuana license to any business within 1,000 feet of an elementary or secondary school, playground, recreation center, child care center, public park, public transit center or library.

This bill would also prohibit the board from issuing or renewing a license for any locations within 1,000 feet of any preschool or bus stop.



Seth Dawson testified

negative effect of marijuana on youth brain development and his desire for children to be protected from advertising near bus stops and institutions that prompted his testimony in support of the bill.

"I have six schools that I am responsible for and kids are a passion of mine," Klippert said during the hearing. "Protecting them is my life's goal."

Klippert is a law enforcement officer and also serves as a school resource officer. He has taught kids about the dangerous effects of marijuana for many years.

Klippert stated he filed HB 1003 on behalf of one of his constituents.

He explained times that he walked into homes and found parents legally smoking marijuana while they still had children in diapers. Klippert ended the testimony by telling the story of a boy who smoked marijuana before school, at lunch and after school. Stopping improved the adolescent's grades and life substantially, he said.

The location of pot shops close to bus stops has been a hot-button issue in Klippert's district for a couple years.

According to the bill, this act is necessary for the health and safety of public institutions.

The bill contains an emergency clause and would take effect immediately if signed into law.



BY KALIE DRAGO Record Reporter

Some of us have opted for the Great British Bake Show as we scroll through Netflix mindlessly - the only downside of the show being a sudden craving for an apple turnover or a slice of cake. Even though Paul Hollywood and Mary Berry weren't in attendance, the Cashmere Public Library hosted a second round of their own

amateur bake off. On Saturday, February 9 Cashmere locals gathered to show off grandma's chocolate chip cookie recipe or sample a pastry.

In October there were about 30 participants, judges and bakers - and according to the librarian Leah Martin, the impressive turn out inspired another round.

"We decided to do another one (bake-off) in the winter. Winter is a time for baking and getting out and into the community. The last one was in October and it was a big success. But we think this one is going to be bigger and better," said Martin.

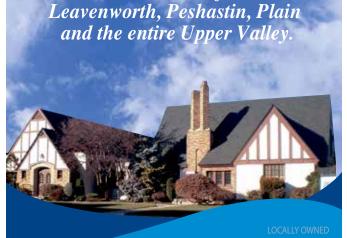
The library put a twist to fit into the season with a Valentine theme. Those who participated got the memo and there were an abundance of pink and heart shaped assorted treats. Everybody is welcome to taste test and add their two cents via scorecard - unlike the Great

British Bake Show that keeps the audience a television screen away from the goodies.

"Everybody is a judge, even if you don't bake anything. You can go around and taste everything," said Martin. "So you're part of that process."

Anyone with a sweet tooth could come judge the cookies, cakes and pastries and anyone with a knack for baking was invited to submit a baked good.

We are here to serve families in



JONES & JONES ~ BETTS

NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family the person who has died. A memorial is

com no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on

The Great Bake Off - Cashmere Library hosts sweet event

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 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.

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



Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561 ionesionesbetts.com

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

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

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



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 CHRISTCENTER 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.midvalley baptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH 'Where God's Word Remains The Pillar Of Truth' 11025 Chumstick Hwy. • 548-4331 Sunday School 9 a.m. Sunday Worship 10:30 a.m. AWANA (Youth Program) Weekly Bible Studies Wednesday 6:30 p.m. (school year) Pastor Todd James www.cmbiblechurch.org

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

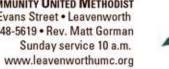
Church: 548-7667 Meetings: Sunday - 10:00 a.m.

FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" www.faithleavenworth.org

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





CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.

10170 Titus Rd. (across from middle school)

224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street • 290-0686 Sunday School, 9:45 a.m. • Worship, 11 a.m. Pastor Michael Brownell



New LIFE FOURSOURE 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



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





Cashmere High School Honor Roll

Seniors

Krishia Bendol, Emma Brunner Tate Draper, Ellie Gear Dora Kelzenberg, Aleah Kert Jared Lindsey, Allie Lopez Aimie Martin, Kylie Micheal Sasha Reyes-Garcia, Madison Schoening, Hannah Walkley Juniors

Mckenzi Bartlett, Michael Christiensen, Brooks Elliott, Emily Fritz, Braxton Igne, Sebastian Martinez, Maritza Orozco, Elizabeth Skoglun, Hailey Van Lith

Sophomores

Carter Alberts, Peyton Brown, Katelyn Cooper, Kylee Foster, Anabella Hartwich, Hector Hernandez, Erin Kinser, Isabella Lyons, Ellie Martin, Raven Moran, Neely Ovenell, Asa Trowbridge

Freshman Kiley Adams, Miriam Bravo, Jonah Groce, Payten Heyen, Tristan Hoffman, Jordan Holladay, Riley Johnson, Mac Kelly, Sebastian Kelzenberg, Lauren Kert, Faith Larson, Gracie Larson, Jianfang Lin, Henry Nelson, Oscar Oropeza, Reichert, Jordyn Carly Schoening

3.5-3.99

Seniors

Alberts, Lauren Ellie Asmussen, Brenda Berglin, Christian Buenrostro, Elizabeth Carney, Jack Cawood, Ryan Cooper, Hope Erdmann, Dylan Gross, Isaiah Hall, Christian Hernandez, Kobe Hersel-Radach, Claire High , Addison Hoffman, Rhawnwen Jones, Kyler Keogh, Olivia Kile, Danali Landin-Cortes, Jose Lima-Herrera, Amanda Low, Katie Martin, Gavin Mccabe, Corey Phillips, Pina-Villafuerte, Yailin Jonathan Ramey, Alondra Ramirez, Summer Schoening, Tyson Seidensticker, Madison Sherman, Alayna Summers, Dylan Thomason, Armando Vazquez, Elizabeth Worley Juniors

Brooke Arthur, Colton Baldwin, Alison Ball, Carter Ball, Johanna Christensen, Breanna Dart, Grace Erdmann, Madeleine Fadenrecht, Daniel Figueroa, Aaron Guerrero, Grace Hammond, Elisha Haney, Brianna Hughes-Roberts, Sam Kinser, Vivian Link,

Phillips, Grace Pixton, Mya Pratt, Ty Shoening, Garrett Smith, Sydney Smith, Dyllion Taylor, Adria Torrence, Yuridia Vazquez, Angelica Walkley, Shelby Williams

Freshman

Juliana Alvarado Villalobos, Gracie Bartlett, Jackson Buhler, Babriella Burts, Emmalee Carnline, Carley Diaz, Isabel Fadenrecht, Bella Fox, Esmeralda Galvez, Renee Gear, Taylen Hall , Megan Hillock, Valeria Hurtado Hillock, Valeria Duarte, Kaitlyn Kennedy, Janna Kitchell, Madison Kriegel, Gennevieve Ledesm, Katherine Lopez-Parkins, Natalie Mendez, Angelina Napoles, Mackenzie Neu, Yajaira Reyes-Ibarra, Elani Scott, Frida Soriano, Henry Varrelman, Byron Vazquez, Lesli Vejar-Garcia

3.0-3.49

Seniors

Caleb Bakken, William Betancourt, Chloe Buterbaugh, Mackenzie Daniels, Naomi Davis, Samuel Dotson, Brittany Dowell, Austin Dueman, Karina Espinosa, Huber Farias, Jordy Fernandez, Mario Guerrero, Kristlyn Harrington, Hailey Hoffer, Lauren Kelly, Wendy Mendoza, Jessica Olguin, Alejandro Oropeza, Rosa Pinulas, Tyson Schmitten, Mikayla Stoffel

Juniors

Acevedo, Faith Manuel Acton, Eberardo Aguilar, Kalea Bergren, Joseph Black, Alyssa Burts, Kadie Crawford, Madision Deyl, Chloe Diaz, Ava Eversaul, Johnathan Gonzalez, Isolina Henshaw, Arianna Herrera, Anthony Ibarra, Gabrielle Kennedy, Macy Lowe, Hope Lundberg, Ellianna Pheasant, Bryson Pratt, Javier Reyna, Crystal Sanchez Heredia, Reid Smith, Tucker Weatherman, Annie Weber, Ashley Worley

Sophomores

Austin Baird, Evan Bakken, Kyle Carney, Fanny Chamagua, Taicha Christensen, Maria Equihuat, Edgar Estrada, Leslie Gomez Perez, Teagan Igne, Kaden Keogh, Kyler Knoll, Ryan Kruiswyk, Faith Kruse, Mason Landdeck, Mercedes Lanuza, Erick Martinez Valdez, Hunter Mccabe, Pierce Naccarato, Alexis Neu, Justice Provo, Lesli Quintanilla, Sara Reyna Sanchez, Patricia Robles-Cerna, Miguel Sanchez, Miranda Sites , Omar Villa-Lopez, Brayden Weatherman, Richard Webley, Sam Wilson, Gregory Worley, Riley Yonaka

Bulldogs advance eight wrestlers to state



Weather postpones wrestling, basketball events,

Cashmere's Whelan Gillikin is one of the Bulldog wrestlers advancing to the Mat Classic

By AL STOVER

There are different factors that can affect a team's postseason, one being Mother Nature.

All three Cashmere High School sports teams had their events canceled and rescheduled because of weather conditions.

The Bulldogs wrestling team was set to compete in the Caribou Trail League-Northeast A League regional tournament on Feb. 9. On the same day, Maddie Fadenrecht was supposed to compete in the Region 4 girls wrestling tournament in Othello.

The day before regionals, the Washington Interscholastic Activities Association (WIAA) announced it had canceled all boys and girls regional wrestling meets due to weather conditions and in the "interest of safety and equal opportunity for all participants.'

WIAA staff expanded brackets to developed 32-competitor brackets for all of

Sixth-grade girls

CONTINUED FROM PAGE 1

of the girls have played

the weight divisions in the Mat Classic tournament and the first matches will begin on Feb. 15. The organization released the details of the tournament schedule on Feb. 11.

The cancellation of regionals means that every Cashmere wrestler regional qualifier will advance to the state tournament.

State qualifiers for the Bulldogs include Whelan Gillikin Myles Chapman, Aaron Guerrero, Duke Odenrider, Erick Rodriguez, Blake Brown and Baz Lloyd. Fadenrecht will advance to the Mat Classic as well.

Wrestling Cashmere Head Coach Ken Hoyt said he and other coaches had pushed for the WIAA to expand the 16-man brackets to 32-man brackets for the state tournament. He hopes this year's format change will be permanent in the coming vears.

Hoyt added that bringing more athletes to state will add excitement for him, as well as the team, especially athletes

strengths lie in dribbling the ball well, while others can shoot from the outside.

"We keep it simple and we're not a tricky team," McKenna

who return next season.

"Even though it's a mistake of nature, they get to build on their future as wrestlers by saying 'I'm a state placer," Hoyt added. "It may be the instrument that motivates them to work harder for next vear.'

He said the athletes will also gain the experience of wrestling in the Tacoma Dome for the first time.

"There's no other feeling than when you're wrestling in the Dome and 30,000 people are watching you," Hoyt said. "This is what makes wrestling unlike any other sport."

The Bulldogs will not deviate from their practice schedule. Hoyt said the team will need to replace the significant "mat time," the team lost from not competing in regionals. The team will rest on Sunday, then have a couple of hard practices on Monday and Tuesday, then fine tune their skills on Wednesday.

Cashmere will also have some time to practice in the Tacoma Dome before

get them ready for high school basketball," he added.

Athletes Allie McKenna and Ellie Bessonette are both looking forward to the opportunity to play in state tournament and face the competition. Their teammate Serena Sandhu is also excited because it is her first year participating in AAU basketball. All three girls said qualifying for the state tournament was a result of the hard work and the dedication from their coaches in pushing them to do their best in practice. Another factor

PHOTO BY AL STOVER/CVR

tournament time. As for basketball, both Cashmere teams had to wait a few extra days to compete for

the District 6 championship. The Feb. 9 district title games featuring both the Caribou Trail League Championship Cashmere High School teams were canceled, and rescheduled for Feb. 11 at

Wenatchee High School. The Lady Bulldogs played Omak for the District 6 girls basketball title at 6 p.m.

The Bulldog faced Okanogan for the boys basketball district title after the girls' contest.

If either Bulldog team lost the district championship game, they would have competed in a loser-out contest the next day against the winner of the game between the No. 3 and No. 4 seed teams.

The District 6 champion will host the NEA No. 3 seed team in a regional game on Feb. 16. The runner-up will travel to the NEA No. 2 seed team for a regional game on the same day.

in the team's success is their chemistry.

"We always have each other's backs," Bessonette said. "We can count on each other to

Asher Neuneker, Kymberlee Olinghouse, Martin Perleberg, Dianaly Ponce Barbosa, Antonia Robles-Cerna, Kailey Smith, Caitlyn Spaeth, Gace Strutzel, Shelbi Thomas, Neo Valle, Mary Wood

Sophomores

Georgia Andrew, Mark Bailey, Mariah Booker, Millie Brunner, Fabiola Diaz, Debra Dodson, Maggie Finch, Alejandra Gil-Camacho, Whelan Gillikin, Brittany Haugen, Andres Hernandez, Eduardo Juarez, Grant Kopp, Hailley Larson, Baz Lloyd, Robert Mcmanus, Mejia, Dayanna Yasleni Mendoza, Bryan Najor-Parra, Jessie Nixon, Lillian Ochoa, Odenrider, Oscar Duke Orozco, Nate Phillips, Sam

Freshman

Gavin Ballesteros, Victoria Carrillo, Maria Damian-Diaz, Samuel Graves, Mitchell Hanson, Molly High, Enrique Jardines, Abraham Johnson, Danelly Lucatero Olivia Martinez, Karina Naranjo, Nakaia Richards, Easton Risdon, Erick Rodriguez, Maria Rojas, Cole Scott, Korbyn Smith, Alicia Torres, Rolando Urrutia-Camargo

basketball together since sixth grade, with some athletes entering the sport as early as kindergarten.

"They know each other on and off the court," McKenna said.

Keri Herkenrath, a CHS alumna who played basketball at Wenatchee Valley College is the team's assistant coach. McKenna said having Herkenrath help lead the team and coaching the girls is valuable because of his work schedule. Cashmere High School Girls Basketball Head Coach Brent Darnell also works with the team on basketball fundamentals and skill development. McKenna noted that some players'

The Leavenworth Echo

Can add:

said. "These girls work hard, they practice three days a week for 1-2 hours." He added that some athletes are also committed to other activities and are "the nicest girls off the court." On the court, the girls play a competitive, physical style.

McKenna said the team qualifying for the state "huge tournament is a accomplishment," for them, especially since it was one they set for themselves.

"Our goal (as coaches) is to develop character, teach them how to persevere and also to

Dueman a part of DWU recruiting class

By AL STOVER

Cashmere High School's Austin Dueman will move on to the next stage of his football career in Mitchell, South Dakota.

Dakota Wesleyan The University (DWU) athletics department announced Dueman one of the 2019 recruiting class for the DWU Tigers football team as an offensive lineman.

He was a two-year starter for the Bulldogs and was a Caribou Trail League All-League second team selection.

The Tigers finished 2018 with a 1-8 record in Great Plains Athletic Conference play and 2-9 overall.

In a news release, Tigers Head Coach Ross Cimpl said the recruiting class is full of talent that the coaching staff can hope to make an impact with as early as their freshman year. He noted the team had specific needs in both the offensive and defense lines.

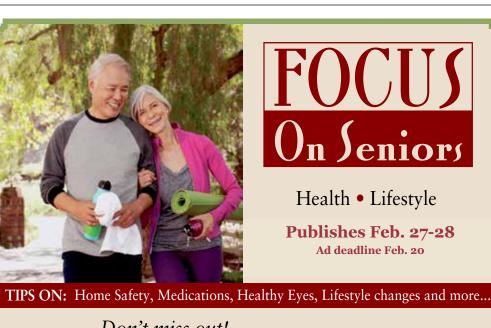
"We cannot wait to get these guys on campus and get them in Tiger uniforms and begin their careers," Cimpl added.

push one another, encourage each other and tell each other 'good job."

It also helps when players enjoy the sport of basketball, and acquiring the experience that will help them transition to the high school level.

"Sometimes, it's about competing, but mostly it's about having fun and playing as a team," Bessonette added.





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Mason Landdeck (right) was selected as the CTL Player of the Year for boys basketball.

Player of the Year

CONTINUED FROM PAGE A1

Sam Phillips - First Team

Sam Phillips was a constant contributor to the Bulldogs' scoring throughout the season. Head Coach Levi Heyen said he has grown into a solid point guard.

Nate Phillips

Nate Phillips scored in the double digits throughout the season. Heyen referred to Nate Phillips as one of the team's best shooters.

Heyen was also named Coach of the Year for boys basketball.

WRESTLING

Several Cashmere wrestlers make All-League teams for their respective weight classes.

Whelan Gillikin (145 pounds) - First Team

Gillikin recently won the 145pound District 6 championship. He also finished fourth in the 145 bracket at the Apple Pie Invitational.

Myles Chapman (113) -Second Team

Chapman took second in the 113-pound bracket at districts.

Aaron Guerrero (126) -Second Team

Guerrero finished second in the 126-pound bracket. He placed third in the 138 division at both the Pioneer Invitational Connell Invitational and tournaments. He also finished sixth in his weight bracket at the Freeman Invite. Duke Odenrider (152) -

Second Team

He also finished in fourth in the 152 bracket at Connell Invitational and Sky Valley Invitational.

Erick Rodriguez (106) -Honorable Mention Rodriguez took third in the

106 division at the District 6 tournament.

Blake Brown (138) Honorable Mention

Brown finished third in the 138 bracket at the district tournament. He also took fourth in the 132 bracket in the Apple Pie Invitational.

Baz Lloyd (152) - Honorable Mention

Lloyd took third in the 152pound division. He finished fourth in the 160 bracket at the Pioneer Invitational.



PHOTO BY AL STOVER/CVE



Goehner Report: 'Bad Budget', business bills

12State District Representative Keith Goehner (R-Dryden) is serving on three committees this session. Here is his latest communique, edited for space, to his constituents:

"I am the assistant ranking member for the House State Government and Tribal Relations Committee.

This committee considers issues related to state agency rulemaking, performance audits, elections, campaign finance, public disclosure and much more.

Governor's budget

Maybe the most eye-catching proposal of the legislative session so far is the governor's budget proposal. Under his budget, state spending will increase by 75 percent over the last eight years, including 20 percent over the last cycle. How would he pay for his spending increase? He is proposing \$3.7 billion in new taxes including:

• a capital gains tax; • an increase in the state B&O tax;

• and the state's real estate excise tax (REET).

While it is only a proposal, we certainly do not need to implement new taxes or raise any others. The state has been experiencing historic levels of revenue. In fact, budget writers will have \$4.2 billion in additional revenue entering the 2019-21 budget cycle, compared to 2017-19.

I will be watching the tax proposals closely as the session moves forward.

Damaging proposals to small business

House Bill 1515, Senate Bill 5513, Senate Bill 5326 - Assault on independent contractors. If you caught the news this week you may have heard about the more than 1,000 hairstylists who flooded the Capitol campus on Monday to testify against these bills. They feared the legislation would do away with booth rental agreements, forcing them to go to work for bigger employers rather than themselves. The hair dressers

and stylists are entrepreneurs, many of whom are women and mothers who are pursuing their dreams, and enjoy the flexibility in setting their own schedules and maximizing their income.

The subject matter appears to be narrow in scope, but the consequences of this legislation could negatively impact all independent contractors or the self-employed, such as home care workers, the hospitality industry, custodial services, delivery workers, contractors, subcontractors, and many other occupations. The sponsor of Senate Bill 5326 said this bill is "dead," meaning they are not going to take further action on it this session. However, there are a number of other bills detrimental to small business. I will be watching for these proposals. I can assure you I will be advocating for our small businesses and the rights of Washingtonians to work for themselves and determine what is best for their own lives and families.

Goehner invites local students to apply to the Page Program

BY KALIE DRAGO

Most of us don't picture a teen pacing the halls with tasks in the state Capitol, however the Page Program is a program that allows those between the ages of 14 and 16 to be a House Page. Representative Keith Goehner is a familiar face for Chelan County residents and he's encouraging students to apply for the program, according to a press release. Students must have a

legislative sponsor and Goehner is making it clear he would be more than happy to fill those shoes for those interested. Beyond needing a sponsorship and meeting the age requirement, applicants must get both parental and school written permission. Pages will be in charge of delivering documents, distributing amendments and bills during debates on the House floor and performing ceremonial tasks.

Pages will earn experience, an opportunity to rub shoulders with powerful figures in government and possibly most appealing - \$35 per day.

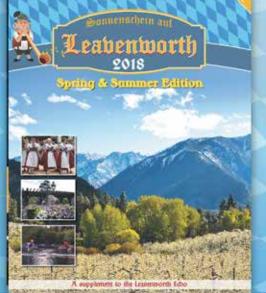
"Civic education is an important part of our state's curriculum and Washington state has an incredible Page Program. I hope there are some students out there that want to take advantage of this great opportunity. I would be happy to sponsor them," said Goehner.



152 weight class at districts.

Odenrider was second in the Hailey Van Lith was named the 2018-19 CTL Player of the Year for girls basketball.





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Cashmere Royalty

CONTINUED FROM PAGE A1

good time working with the other girls at the practices.

What has been the hardest part of the process? Christensen said the process of writing her speech and anticipating the crowd she'll face when she gives her speech.

What else are you involved in? Those who attend Cashmere sports games have probably spotted Christensen since she's involved in quite a few - she's done basketball, soccer, track, cross country. Beyond that she's in FFA, FCCLA and involved with her church's children ministry. She is the class of 2020 Vice President.

· Martiza Orozco is the daughter of Justo and Socorro Orzoco

Why did you decide to be a Cashmere Royalty Candidate? Orzoco has always been interested and when she got the flyer, she said, "I was like, why not just try it out?".

What will your talent be? She explained that instead of taking the singing or dancing avenue, she decided to explore a talent that fits her interest more. "I'm going to the tech center in Wenatchee and I'm doing the cosmetology program. I get a bunch of mannequin heads and do hair foiling, hair perming, a bunch of different things and I record myself through a time lapse and have the video playing behind me while I go to each mannequin and explain what I did. I feel a little outside the box but I'm real excited."

What has been the most exciting part of the process? She's enjoyed getting to know the other girls and getting to

pick out a dress. What has been the hardest part of the process? Orzoco admits that she genuinely hasn't stumbled on any part that is difficult, though she says mastering the dance has been confusing at times but still fun.

What else are you involved in? Orzoco is involved in the Wenatchee Valley tech ASB along with being a part of the Cashmere Leadership class. She is involved in Spanish and Key club along with being a member of the honors society. She's on the track team and in the community she volunteers at food banks, picks up trash and overall helps the community be a better place.

Justine Wood is the daughter of Greg and Ceci Wood.

Why did you decide to be a Cashmere Royalty Candidate? When she initially moved to Cashmere in the 8th grade, she had her eye on becoming a candidate. "I always kind of looked up to those girls growing up and I knew I wanted to do it as soon as I got here."

What will your talent be? Wood will be singing.

What has been the most exciting part of the process? Getting to know the girls and the whole aspect of the Cashmere Royalty process.

What has been the hardest part of the process? Wood thinks the hardest part will be stepping out in front of the community and really showing who she is through her speech and singing.

What else are you involved in? Wood is a Spanish club officer, a Young Life and Under Ground youth group leader. She also is involved in athletics: she does soccer, cheer and

track. She's also a volunteer at many locations here in the vallev

Issy Henhsaw is the daughter of Annette and Brad Henshaw.

Why did you decide to be a Cashmere Royalty Candidate? She decided to do this because she has hopes to be a positive role model to kids for a lifetime.

What will your talent be? Henshaw will tap into her culinary side for her talent by demonstrating how to bake cupcakes.

What has been the most exciting part of the process? She's enjoyed that this opportunity has allowed her to grow closer with the other candidates.

What has been the hardest part of the process? Mastering the group dance has been the hardest part

What else are you involved in? Henshaw is involved in both FFA and yearbook.

Each girl is bringing a unique flair to their pageant performance, but it seemed synonymous amongst all the girls that there is a true admiration for one another and a very deep appreciation for the tight knit community of Cashmere. All six girls noted how supportive, inclusive and family-like the Cashmere community is.

Lizzy Carney, a Cashmere Royalty Princess for 2018 said if she could pass some advice on to the girls stepping into her shoes for this year: "Just have fun. It's either the best or most stressful time depending how you look at it. I wish I could do it again but it's time pass on the crown."

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Leavenworth Nutrition Program Cook: Prepare dietitian approved menu for large groups. Mon-day- Friday, 7 hours/ day. Must have knowl-edge of all aspects of preparation food and serving, supervisory and skills experience purchasing within budget. Must be friendly and efficient. Full job description, application and background check authorization may be obtained online at octn.org, or email request to nutrition@octn.org. Closing deadline is February 8. Closing OCTN is an EOE

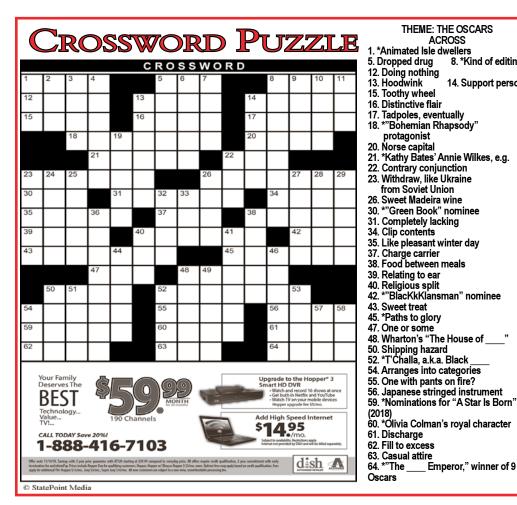
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PUBLIC NOTICES

SUMMONS BY PUBLICATION No. 18-2-01186-04 SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

RAYMOND C. SCHMITTEN, a married man as his separate estate, Plaintiff,

PABTISTINE JUDGE and any Unknown Heirs and Devisees of PABTISTINE JUDGE; also ALL OTHER PERSONS OR PAR-ANY RIGHT, TITLE, FSTATE ANY RIGHT, TITLE, ESTATE, LIEN, OR INTEREST IN THE REAL ESTATE DESCRIBED IN THE COMPLAINT HEREIN, Defendants.

THE STATE OF WASHINGTON to all defendants, named and

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of: GEORGE MELVIN FRESE, Deceased Case No.: 19-4-00013-04

PROBATE NOTICE TO CREDITORS RCW 11.40.030

personal representatives The named below have been appointed as personal representatives 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 mail-ing to the personal representatives 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 latter of: (1) Thirty days after the personal représentatives 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. claim is not presented within this time frame, the claim is forever barred, except as other wise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.

Date of First Publication: February 6, 2019

Personal Representatives: Glen A. Frese and Laurel L. Fife

Attorney for Personal Represen-tatives: Craig Larsen Address for Mailing or Service: 27 Harrison St Wenatchee WA 98801

Court of Probate proceedings and cause number Chelan County Superior Court Case #19-4-00013-04 Published in The Leavenworth Echo/ Cashmere Valley Record on Febru-ary 6, 13, and 20, 2019. #84295

Valentine's Day gift ideas to wow that special someone (STATEPOINT)-Flowers and models, for example, are chocolates are always fun to give and receive on Valentine's Day, but if you are looking to shake things up with your giftgiving, there are plenty of ways to tell someone you love them.

Here are unique gift ideas to really wow that special someone.

• Go Somewhere: Whether it's a pair of concert tickets, a long weekend to an exciting destination or dinner on the town, the gift of an experience, particularly one that allows you to spend time together doing something new and different, can be both meaningful and memorable.

• Give the Gift of Music: Are you shopping for a musician or someone who would like to learn to play an instrument? Wherever that someone is on his or her musical journey, and no matter your budget, you shouldn't have to compromise on quality to make Valentine's Day special. New keyboard making it possible to get great sound quality at a modest price. One example is the CT-X700, which comes equipped with tools for learning to play songs, and faithfully reproduces the sound of acoustic instruments such as guitars, drums, basses, brass, wind instruments, string ensembles and more. Its extensive library of 600 tones and 195 rhythms, allows musicians to create their own masterpieces and is nice for budding and seasoned musicians alike.

• Cook Together: Beat the crowds and surge pricing -- make a romantic playlist, plan a delicious menu and select a great bottle of wine or other beverage of choice for a fine dining Valentine's Day experience in your own home.

 Upgrade Home Technology: Instantaneously upgrade his or her home theater or gaming system with a projector. Look for a model that offers instant

Six tips from doctors for a healthier heart

(STATEPOINT) - February is American Heart Month, and an excellent reminder that there are many easy steps you can take to improve your heart health.

Unfortunately, nearly half of all U.S. adults are living with high blood pressure, putting them at an increased risk of heart attack and stroke, according to the American Medical Association (AMA).

"During American Heart Month, we urge all Americans to take control of their heart health by knowing and monitoring their blood pressure levels and making healthy lifestyle changes that can significantly reduce the serious health consequences associated with high blood pressure," says Barbara L. McAneny, M.D., president of the AMA. "We know that by empowering more patients to monitor and control their blood pressure, we will continue to help improve the health of patients, while reducing health care costs.'

To help you get started, Dr. McAneny and the experts at the AMA are offering six tips for this American Heart Month and beyond.

1. Know your blood pressure numbers. Visit Lower Your HBP. org. The site contains tools, resources and information for both patients and physicians, and was launched by the AMA as part of an effort to reduce the number of Americans who have heart attacks and strokes each year. Having a better understanding of your numbers and taking necessary steps to get your high blood pressure, also known as hypertension, under control



XJ-F210WN from Casio, a mercury-free model, has a high power 16-watt speaker and a long operating life, making it a good choice for serious movie enthusiasts, gear heads and gamers who prefer a low maintenance option.

• Personalize It: Use a photo of a beloved pet, the lyrics of a favorite song or a picture of

the two of you to personalize a special gift. From jigsaw puzzles to throw blankets to tumblers and cutting boards, you can personalize just about anything these days with photos, monograms, sayings and more.

This Valentine's Day, get creative with your gift-giving. Select items that support your recipient's hobbies and offer you an opportunity to spend time together.

will reduce your risk of heart attack or stroke.

2. Commit to manage high blood pressure. Work with your doctor to create an individualized treatment plan that includes healthy lifestyle changes that you can realistically stick to long-term to help you maintain a lower blood pressure and lower your risk for negative health consequences.

3. Be more physically active. Regular physical activity can help reduce the risk of developing high blood pressure. It is recommended that healthy adults 18 to 65 years of age get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorousintensity activity.

4. Eat a healthy diet. Making simple dietary changes can help you manage or prevent high blood pressure. These changes should include eating less sodium, reducing the amount of packaged and processed foods you consume (especially those with added sodium and sugar), reducing consumption of sugar-sweetened beverages and eating foods that are rich in potassium.

5. Maintain or achieve a healthy weight. Being overweight can put you at an increased risk for developing high blood pressure. Take steps to maintain a healthy weight.

6. Drink in moderation. When consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

American Heart Month serves as an important reminder that living a hearthealthy lifestyle is possible. By paying attention to risk factors like your blood pressure, weight and more, you can reduce your risk for heart disease.

Is Folic Acid The Same **Thing As Folate?**

Both folic acid and folate are the same vitamin, B-9, just slightly different forms of it. Like several other vitamins, vitamin B-9 has a synthetic version called folic acid in addition to several forms found in foods. Although all forms of B-9 do the same job in your body, they look slightly different and some are better absorbed than others. Vitamin B-9 was first discovered and isolated from the leaves of green leafy Researchers vegetables. named it folium, from the Latin word for leaf. folia. The scientists went on to identify four closely related naturally occurring compounds that work as vitamin B-9 in our bodies, called folates. While folates are the naturally occurring vitamin B-9 compounds, folic acid is their synthetic cousin. Folic acid is more easily manufactured and absorbed into the body than folates and is widely used in vitamin supplements and fortified foods. Folates and folic acid (FA) have an important role in supporting new cell growth, particularly important for a baby's developing nervous system. Around the third week of pregnancy, the brain and spinal cord start developing from special cells called neural tube cells. A lack of folate or folic acid at this critical point can prevent the normal development of these neural tube cells into a complete brain and spinal cord, resulting in severe and preventable birth defects called spina bifida and anencephaly. In spina bifida the spinal cord remains unfinished and exposed to the outside because the bones in the back that protect and support it don't completely develop. Anencephaly occurs when both major parts of the brain and the skull that normally covers it fail to fully develop, causing death within hours or days of birth.

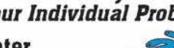


Taking large amounts of folic acid may confuse or mask signs that can pinpoint the source of the problem, throwing off doctors and delaving an accurate diagnosis and allowing mental deterioration and nerve damage to continue. To avoid this, the FDA has recommended a maximum intake of daily supplemental folic acid of 1000 mcg. The labeling of some vitamins is changing. The FDA now requires products containing vitamin B-9 to label their content with dietary folate equivalents (DFEs) instead of folic acid (FA) by January 2021. The equivalent recommended daily dose of 400mcg FA for women is 600mcg using the newer DFE units.

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You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, to wit, within sixty days after January 9, 2019, and defend the real property quiet title action in the Chelan County Superior Court, and answer the complaint of the Plaintiff, Raymond C. Schmitten ("Plaintiff"), and serve a copy of your answer upon the undersigned attorney for Plaintiff, at his office below stated; and in case of your failure so to do, judgment will be entered against you according to the demand of the complaint, which has been filed with the clerk of said Court.

The object of this action is to quiet title in Plaintiff and eliminate any and all interest any defendant may have, if any, in and to a parcel of real estate situ-ated in Chelan County, Washington, more particularly described as follows:

Parcel A: The southerly 30 feet of that portion of the west half of the southwest quarter of Section 3, Township 23 North, Range 19, East of the Willamette Meridian, Chelan County, Wash-ington, described as follows: beginning at the northeast corner of said subdivision and run west on the north line thereof 330.4 feet; thence SOUTH 1332 feet, more or less, to the north bank of the Wenatchee River; thence southeasterly along said north bank to the east line of said subdivision; thence north 1605 feet, more or less, to the point of beginning; AND

Parcel B: That portion of the southwest quarter of the south-west quarter of Section 3, Township 23 North, Range 19, East of the Willamette Meridian, Chelan County, Washington, ly-ing north of the Wenatchee River

Plaintiff seeks no monetary relief from any defendant. DATED this 3rd day of January, 2019.

BROWN LAW OFFICE. J.C. PLLC By: /s/ Joseph C. Brown, Jr., WSBA No. 17991 200 Aplets Way, PO Box 384 Cashmere, WA 98815

Published in the Cashmere Valley Record/ Leavenworth Echo on January 9, 16, 23, 30, February 6, & 13, 2019. #84064

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Providing adequate folic acid or folate levels in very early pregnancy dramatically reduces these severe birth defects. Because the critical time of formation of the brain and spinal cord occur well before a woman would even suspect she is pregnant, it's best to get supplemental folic acid BEFORE a pregnancy is confirmed.

With nearly half of all pregnancies in the United Statesconsidered "unplanned", the Food and Drug Administration (FDA) along with the Centers for Disease Control and Prevention (CDC) recommends all women of childbearing age take 400mcg of folic acid supplementation daily.

In 1996, the FDA required that folic acid be added to all enriched flours, breads, some cereals, pastas, and rice along with other B vitamins like thiamine, riboflavin and niacin. Although this resulted in a significant decrease in neural tube defects, in Hispanic women there was very little change, so in 2016 the FDA approved the voluntary addition of folic acid to masa flour used to make tortillas, tacos, tortilla chips and tamales.

One of the most common assumptions is that because vitamins are natural, if there is some benefit with a smaller dose, a larger dose will give even more benefit. Not so with folic acid. Taking too much folic acid can cover up vitally important clues to diagnose and treat a painful type of anemia caused by a vitamin B12 deficiency.A significant deficiency in vitamin B-12 intake can cause pernicious anemia, which can cause mental confusion and lead to irreversible nerve damage.

4 Final Facts About Folate and Folic Acid:

1. For best absorption of folic acid, take it on an empty stomach.

Food can decrease absorption of folic acid supplements by

2. All women of childbearing age should get at least 400 mcg FA (600 mcg DFE) daily.

Some women may need more; talk to your doctor about what is best for you.

3. The upper limit of safe intake of folic acid and folate is 1,000 mcg/day.

Folic acid tablets sold without a prescription must contain less than 1,000 mcg folic acid.

4. Green, leafy vegetables are an excellent source of folates.

Other good sources of folates are bananas, melons, lemons, tomato juice, orange juice, beans and mushrooms.

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