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Cashmere girls basketball sweep Omak, ML





PHOTO BY AL STOVER/CVR.

Cashmere's Riley Johnson drives past an Omak defender on her way to the basket while teammate Claire High (No. 33) looks on.

By Al Stover

The Cashmere High School girls basketball team kept the top spot in the Caribou Trail League standings after a 69-31 win over Omak on Jan. 4. The Bulldogs lead the Pioneers 2-0 in the series.

Cashmere started out with a strong lead, scoring 20 points in the first quarter, including 13 points from Hailey Van Lith. After a slow start in the second quarter, the Bulldogs' offense surged ahead with 24 points to lead 44-16 at halftime.

The Bulldogs' offense continued to add offensive pressure with 20 points in the third quarter, and added five more in the final eight minutes.

Van Lith had a double double with 39 points and 12 rebounds. Grace Hammond also had double digit

Head Coach Brent Darnell felt the team played at a slower speed at times during the game and "was not as sharp" on the court as they should

have been, something he expected coming off Christmas break. He noted the team is learning to execute offensively, and are becoming more comfortable on the court.

Darnell was also happy to see the team be unselfish with the ball, and players like Ellie Alberts, who scored eight points in the game, come off the bench and earn some playing

Cashmere picked up a 62-44 win over the Northeast A League Medical Lake Cardinals on Jan. 5.

The Bulldogs took a 16-12 in the first quarter and never looked back, adding 16 points in the second quarter. Cashmere scored 15 points in the second and third quarters.

Van Lith led Cashmere with 42 points

Cashmere, 5-0 CTL and 11-2 overall, return to conference play on Jan. 11 to play fourth-ranked Okanogan in an away game, followed by a road game against No. 2 ranked Chelan on Jan. 12.

Sen. Hawkins readies for 2019 session



I will continue my service this year on the Senate's Early Learning and K-12 Education Committee, which is chaired by Sen. Lisa Wellman (right) of Mercer Island. In my new role as the committee's ranking member, I will work more closely with the chair and staff on committee legislative matters. This position will give me opportunity to put my 10 years of school board experience to good use on issues.

Legislative session begins Monday, January 14

Like most years, the start of session brings a continuation of certain things but also some changes and additional responsibilities. The Senate Republicans are down a few positions following recent retirements and elections. The split in the 49-member Senate chamber for this year will be 28 Democrats and 21 Republicans, which has resulted in fewer committee assignments for Republicans.

Re-elected to Republican leadership position

I was recently re-elected to my role of Deputy Floor Leader for the Senate Republicans and am honored that my colleagues have again selected me for this position. With the 105-day session upon us and the three state budgets (operating, transportation, and capital) to develop, we will certainly stay busy with legislation on the Senate floor. As a member of the elected leadership, I meet regularly throughout session with the Republican leadership team and discuss issues regularly with elected leaders from the Democratic Caucus.

Expanded role on education committee

The Legislature will also stay busy with its committee work this vear. I will serve on two policy committees this session instead of three from last year. These include the Senate's Early Learning and K-12 Education Committee and the State Government, Tribal Affairs and Elections Committee. In addition to my leadership role in the caucus, I have been selected as the ranking member of the education committee. This is the title assigned to the highest-ranking minority member of the committee and refers to the senator who works closely with the chair and staff on committee matters.

Prior to my election as state representative, I served for 10 years on two different local school boards. This work included about two years of service on the North Central Educational Service District board in Wenatchee and eight years of service on the Eastmont School Board in East Wenatchee, including multiple terms as school board president. My hope is to put this school district background to good use during my continued service on the committee and now as its ranking member.

Visits with me in Olympia or back home

Listening and being accessible to you are my top priorities, and I welcome your feedback on issues or concerns. Please contact my office anytime by phone, letter, or email. If you are planning a trip to Olympia, please let my office know so that I can try to connect with you when you're here. If you or your group would rather save the trip and meet back home, I will be making myself available during scheduled times on Saturdays. Please contact my office at 360-786-7622 or by email at brad. hawkins@leg.wa.gov to schedule a Saturday appointment in the district.

Al Stover has joined The Leavenworth Echo and Cashmere Valley Record

Al Stover has joined The Leavenworth Echo and Cashmere Valley Record as a reporter/ photographer. He will mainly focus on covering Cascade High School and Cashmere High School athletics.

Stover is a lifelong resident of eastern Washington. He graduated from Rogers High School in 2003 and attended Spokane Falls Community College where he earned his associate's degree, and later Eastern Washington University.

After graduating from EWU with a bachelor's degree in journalism,

Stover relocated to Wolf Point, Montana, to work at the Wolf Point Herald News as an editor. He moved back home in December of that year to take a job with Free Press Publishing.

During his time at Free Press Publishing, Stover worked at the Chenev Free Press for three and a half years, then transitioned to The Ritzville-Adams County Journal for one year.

In his time as a reporter, Stover has covered different beats, but his favorite subject is sports.



have."

Chelan PUD approves new rates for cryptocurrency

WENATCHEE -- Chelan PUD commissioners approved a new rate for cryptocurrency last month, blockchain and similar operations effective April 1, 2019. The District will accept new cryptocurrency service applications on that date. "We've taken the time needed for a careful look at the risks and costs involved, considered public comments gathered at a dozen meetings and arrived at a solution we believe protects existing PUD customers-owners and maintains opportunities for this emerging industry," said General Manager Steve Wright.

The new rate, plus fees and charges, strives to have operators carry the cost and risks - operational and financial of providing them power, said Lindsey Mohns, Customer Utilities business adviser. The rate will allow the District to serve cryptocurrency operations while protecting other customers from the uncertainty and volatility of the cryptocurrency industry, Mohns

Rates for neighborhood-based operations, if capacity is available, will start at about 9 cents a kilowatt hour (kWh) and increase to 10.5 cents/kWh in April 2020. Operations in commercial and industrial areas with available capacity will pay a little more than 6 cents a kWh.

Average 2017 commercial power

rates by state range from over 7 cents/kWh to nearly 27 cents/kWh, according to the federal Energy Information Administration.

Commissioners said the new rate helps manage risk and protects the interest of all customer-owners.

"I am not without sympathy for changes in technology," said Commissioner Randy Smith. "...I keep coming back to what's in the best interest of the most people for the longest period of time.'

"It's important to point out that what we're really doing is being respectful of all," said Commissioner Garry Arsenault. "I'm looking for balance and to embrace the potential of this technology ... but, we have to do it in a way that protects what we

Commissioners lifted moratorium in two steps. Evaluation of applications received before the March 19 moratorium will resume over the next several months. The PUD will accept new applications starting April 1, 2019, when the new rate is effective.

PUD staff will send existing applicants a letter this month asking them to confirm their information and

CONTINUED TO PAGE A3





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The Cashmere Valley Record welcomes

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Confronting the impotence of the law

The

COMMUNITY VOICES

couple unsolicited emails came across my desk this week that reinforced my column from last week. One was new. One was old. In fact the old one was so old I had forgotten $\;$ BILL FORHAN about it and had to do some research to

verify its authenticity. The new one was an oped from my friend Roger Harnack which I offer here because I couldn't write it any better.



PUBLISHER

testimony from Darrel Scott before congressional hearing following the Columbine High School shooting in 1999. Scott was the father of one of the children that died in that tragedy. His testimony is very

compelling but not what the left wants to hear on this issue. I have included a poem written by Scott as a sidebar to this column. If you would like to review his complete testimony, I have put the video of it up on our webpage.

Nearly 20 years after the tragedy in Colorado we are still bent on trying to fix the problem of school violence with ineffective legislation.

And I find it a little bit curious that conservatives are now adopting the tactics of the left to invalidate laws they find inconvenient. Ultimately, this only serves to weaken our concept of equal justice under the law. Either the law is fair,

Your laws ignore our deepest needs, Your words are empty air. You've stripped away our heritage, You've outlawed simple prayer. Now gunshots fill our classrooms, And precious children die. You seek for answers everywhere, And ask the question "Why?"

You regulate restrictive laws, Through legislative creed. And yet you fail to understand, That God is what we need!

Darrel Scott

just and applied equally or it should simply be abolished.

The bottom line however is that we have to look at ourselves and face the truth that we cannot ignore our spiritual nature. Laws will

not prevent people who are morally ignorant from doing evil things.

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

Gun dealer shoots hole in I-1639

COMMUNITY

VOICES

By Roger

HARNACK

Call it a loophole if you want.

But I call what Talos Tactical owner Matt Cieslar is doing in West Richland a moral win for rural residents and 2nd Amendment supporters ... albeit temporary.

The owner of the gun shop at 4096 W. Van Giesen St. vowed last week to continue selling hunting rifles

to adults older than 18 and younger than 21 despite the enactment of portions of Initiative 1639 effective Jan. 1.

The gun-control measure restricts all sales of "assault" rifles to state residents older than 21 as of Jan. 1 and enacts a myriad of other gun-control regulations.

According to Matt, here's the loophole:

the gun-control While measure defines "assault rifles" to include all semiautomatic hunting rifles, the definition doesn't become law until July 1. That leaves a sixmonth window for law-abiding adults between the ages of 18-21 to continue purchasing semi-automatic rifles legally.

I spoke with Matt for a while last Friday. And as with all businessmen, he didn't make the decision to shoot holes in the initiative lightly; he did his homework.

"We didn't throw caution to the wind," he told me, adding his decision to continue selling is the "right thing" to do for his business, his customers and rural residents everywhere. "I've no intention of breaking the law. I'll continue to sell

everything I legally can to every one I legally can until the day I legally can't." That day comes July 1.

In the meantime, he hopes the law will be rewritten or thrown out in court challenges. And the law is being challenged.

Last month, Republic Police Chief Loren Culp took heat for saying he wouldn't enforce Initiative 1639. And in Centralia (yes, west of the Cascade Crest), Lewis County Sheriff Robert Snaza came under fire for saying he won't actively pursue violations under the new law. Call it law enforcement nullification of an unconstitutional law.

In addition, the city of Republic has also been roundly criticized by Western gun-control Washington advocates for discussing a measure that would declare

the city a "sanctuary" from the overreaching gun law, which is also being challenged in U.S. District Court in Seattle by the National Rifle Association Second Amendment Foundation.

The legal challenge and nullification efforts are welcomed by Matt, myself and other rural lifestyle advocates.

Matt. who also owns land near the Lake Roosevelt National Recreation Area's Fort Spokane just outside of Hunters, said he didn't mean to become a lightning rod in the gun-control debate. Instead. he decided to continue selling because it is the right thing to do.

Looking around the state, the anti I-1639 is growing.

A Lynnwood firearms dealer has also said she will continue selling semiautomatic rifles to adults ages 18-21 until July 1. Others too, after having read about Matt's effort, have called him and law enforcement agencies, looking for clarification.

"It's snowballing," he said. "You cannot ban something that doesn't exist (under state law)."

In Colville, Clark's All-Sports owner Ray Clark said he's studying the issue before making a decision on how to proceed.

Clark points out that Initiative 1639 takes aim at a large percentage of Stevens County residents, businesses and others in Eastern Washington.

He says most rural residents ages 18-21 will still have to "bite the bullet" and jump through the hoops of I-1639 if they attempt to purchase a semi-automatic hunting rifle in Washington. That's because gun store owners are under constant scrutiny by state and federal agencies.

So, don't be surprised if many firearms dealers are hesitant to risk their business. A check of the voting record

supports Clark's assessment of the impact on residents in Eastern Washington.

Voters in 18 of the 20 counties east of the Cascades rejected the measure by wide margins.

Lincoln County led the way with 75.09 percent of voters opposing the initiative - that's three out of every four voters. In Stevens County, 73.14 percent of voters opposed it. In Ferry County, 72.79 percent opposed it, while Garfield County voters rejected I-1639 72.95 percent of the time.

Around Eastern Washington, more than 60 percent of voters in Adams, Benton, Columbia, Douglas, Grant, Okanogan and Pend Oreille counties also rejected the measure.

Only residents in the moreliberal bastions of Spokane Whitman counties supported the measure.

In Spokane County, the measure squeaked by with 50.89 percent of voters supporting the stringent gun-control rules. In Whitman County — home to Washington State University, and many liberal professors and students who moved into our region of the world — the percentage of support was 54.33 percent, the highest east of the Cascades.

In our state, at the age of majority (18), you are considered an adult. As such, vou should be entitled to all the rights and protections guaranteed by the Constitution. To me, that includes the ability to purchase, own and carry a firearm.

Between now and July 1. let's hope more residents. officials and businesses stand up and oppose the onerous regulations encapsulated in the text of Initiative 1639. Let's hope more law enforcement agencies and municipalities nullify the unconstitutional measure. Let's hope Matt's message continues to spread.

Our culture, economy and way of life here east of the Cascades depend on it.

Roger Harnack is the publisher and editor of the Statesman-Examiner and Deer Park Tribune. Email him at publisher@statesmanexaminer.

What ever happened to 'Joe Smith'?

Words and names do mean something, but I'm not sure exactly what. Let the psychologists figure it all out, but to me it spells diversity and that diversity has been with us for at least the last decade, perhaps since America's inception.

Here are some musings and rants I carried into the new year like a bad case of the mental yips:

 Take the current roster of NFL players and look at the "old school" days when we had famous folks with easily recognizable names and

One of the toughest players in the NFL today is a fellow named Ndamukong Ngwa Suh (Los Angeles Rams), in the old school days we had Johnny Cash's A Boy Named

A subscription makes

I'll continue anyway.

• On the Seattle Seahawks we have Barkevious Mingo. When I was a kid we had Ming the Merciless in the Flash Gordon movies and television show. Or maybe it was Annette Funicello in Beach Blanket Bingo? I get confused. (Am I thinking of Mungo Jerry?)

 Why not cross breed brown colored poodles with chocolate Sue. A worthless analogy, but labradors and charge about

\$2,000 each for the offspring? The higher the cost the greater the snob appeal, eh? I would hope they come out as brown colored and hence the double entendre of "snickerdoodle."

It's a goal meant for TO APPLES those who have little to **GARY BÉGIN** live for and even less NCW MEDIA to do: "Snickerdoodle" just like the food concoction. I got the idea after seeing the penny

labradoodles. They are pricey. Ok, maybe I am out in front of my skis with that one.

saver ads for puppies called

Then we have the unfortunate case of former gangster actor Ray Liotta. He is doing anti-smoking commercials, but apparently forgot to tell the folks that hired him that he can hardly speak coherently. It is painful to listen to this formerly glib actor tell the camera, "I ... don't ... like to have ... any ... thing control ... my ... life.'

An hour and lifetime later in the same commercial he is shown sprinkling cheese on some lady's salad. Hope they know each other. Perhaps the "nose candy" addict he portrayed in Goodfellas finally destroyed his ability to form sentences longer than 2 words.

In case the general public thinks people get paid based on their brain power, consider this: I once worked for a publisher in Nevada who thought Saskatchewan was the name of the lady on the new dollar coin.

She also used the phrase "cyst and deceased" instead of "cease and desist." I kid you not. Her job in life before running the newspaper was selling novelty advertising items like coffee cups, pens and hats with "your company logo" on them. Giveaway junk that someone learned in marketing 101, but is still being used by thousands of companies out there, especially at trade shows and seminars.

I admit to having a room full of such worthless bling.

· I met and worked for another fine lady publisher

kept telling me that her husband was 6'6" and 250 pounds. To this day I still don't understand what that had to do with working for her as a reporter. Perhaps she wanted me to know that if my vocabulary wasn't to her liking she'd have him tackle me?

APPLES

MANAGING

EDITOR

Maybe it was a Grand Junction thing?

Life is full of mysteries. • By the way, I actually

did previously work with a guy named Joe Smith back in my postal service days. He was self-admittedly, dumb as a bag of rocks, but he was also a tall handsome blue-eyed, blondhaired Swedish-American built like Arnold. He called himself the Swedish Oak in honor of Schwarzenegger, who was the Austrian Oak.

He was exactly what the ladies loved and I'm sure still

In the words of that great Canadian Red Green, "If the ladies don't find you handsome, at least let them find you handy."

As a point of introspection. I must be somewhere in between.

• Finally, I know several wonderful and well meaning people who have worthless college degrees. If you are paying your kid's tuition then you ought to have a right to counsel them on what to major in.

For their sake and your own pocketbook, don't let them major in any of the so-called "social sciences" that are less scientific as opposed to social. It's even worse now that we have social media.

Paraphrasing Willie Nelson who sings, "mommas don't let your babies grow up to be social workers, let them be doctors and lawyers and such."

• And yes Donald, I still want to see your tax returns. Fess up or resign, I've had enough of your Slick Willie routine.

Hope your 2019 is all you make it to be.

Managing Editor Gary Bégin can be reached at gary@ ncwmedia.net. His opinions









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Call for information on any of these items. 509-548-5286

■ COMMUNITY CALENDAR

Wednesday

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

Cashmere Food Bank, 3:30 p.m.-5:00 p.m., Cashmere food distribution center, 109 "C" Railroad Avenue, for more information call Jim, 741-7551. (2nd and 4th Wed.& Thurs.)

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, 3-4:30 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

Cashmere Food Bank, 3:30-5 p.m., Distribution Center, 109 "C" Railroad Ave., Call Jim, 741-7551.

(2nd and 4th Wed. and Thurs.)

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.

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.)

Call T.J. Kaapuni, 509-679-3247.

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,

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.

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.

Leavenworth

A Storyteller Presentation

For two weeks only (space limited).

Please join the PEO Chapter JF at a wonderful presentation of "The Story of the Other Wiseman" by storyteller, Debbie Dimitre. Thursday, January 17 at the Leavenworth Community United Methodist Church, 418 Evans Street. Dessert and Coffee 6 p.m. and Program 7 p.m. Tickets are \$10. Please call Joyce 206-351-5725 for reservations. (er 1,2).

Peshastin

Peshastin Water District

Peshastin Water District will have rate increase meetings on January 16, 23 and 30 2019 at 5:30 p.m. at the Peshastin Memorial Hall, contact Abby, waterdept@peshastin.org (er1,2).

Regional

Genealogical Society

Wenatchee Area Genealogical Society will meet at 2:00 p.m., Monday, January 14, at the Douglas County PUD Auditorium, 1151 Valley Mall Parkway, East Wenatchee. We will present a webinar, "Genealogy and the Little Ice Age," by Canadian geologist and genealogist Wayne Shepheard. For more information, call 782-4046. Free and open to the public. (RE1,2)

Cascadia Conservation District Board

The Cascadia Conservation District Board meeting will be on Tuesday, January 15 at 3:30 p.m., in the Upstairs Conference Room at the Wenatchee World Building. Please sign in at the front desk before coming up to the office. For more information, call the District at 436-1601.

Chelan PUD

CONTINUED FROM PAGE A1

desire to proceed. New upfront capital charges will apply to all new cryptocurrency load.

Existing cryptocurrency operations will be billed under Schedule 35 until the new rate, Schedule 36, is effective April 1. other business,

commissioners: Declared the PUD's Confluence Technology Center condominium units LL1 and 201 surplus to District needs and approved the multiagreement Horan Property purchase. Included are the purchase by the PUD of 19 acres of Port-owned land, the sale of the CTC units to the Port and leaseback of the units to the PUD, several purchase options to provide flexibility for future decision-making and related agreements. The package preserves important Olds Station-area options for commissions as they considers a move of PUD operations that would provide long-term cost

savings and improve service

No, you can't wrap a fish in a Web site,

but you can get the local news online at

www.cashmerevalleyrecord.com

Leavenworth Senior Center, 423 Evans St., Leavenworth

Please call 548-6666, 24 hours in advance to reserve a

January 10, Thursday: Tuna noodle casserole, peas and

January 11, Friday: Oven fried chicken, mashed potatoes,

January 14, Monday: Sweet and sour chicken, rice, stir fry

January 15, Tuesday: Baked fish, wild rice, green bean

■ SENIOR CENTER EVENTS

buttered corn, spiced salad, pineapple, WW roll, dessert. No

veggies, cabbage apple slaw, tropical fruit, WW bread or roll,

casserole, coleslaw, citrus salad, WW bread or roll, dessert.

January 16, Wednesday: BBQ country ribs, sweet potato, pasta

Leavenworth Senior Center, 423 Evans St., Leavenworth

salad, carrot raisin salad, pineapple tidbits, cornbread, dessert.

carrots, spinach salad, peaches, WW bread, dessert.

■ SENIOR CENTER MENUS

meal. Meals are served at noon.

lunch on the weekends

Events Calendar

for customer-owners.

· Reviewed plans for connecting with customers, employees and the community on the next round of strategic planning as well as the message for initiating the process from General Manager Steve Wright (00:03). Justin Erickson, District Services managing director, outlined the steps, starting immediately, to draft the plan, gather comment and seek agreement on it by

summer 2019. • Approved the 2019 budget. The spending plan includes a projected positive bottom line of \$77 million, up from this year's budget of \$72 million. Planned are total expenditures of \$400 million, including net debt reduction of \$38.5 million, and major investments of about \$150 million at the dams and in other key assets. Electric rates will stay the same for the seventh year in a row.

· Directed staff to issue a request for proposals to supply advanced electric meters and services. Options for how to implement an "opt-out" program will be provided to the board in 2019. (01:10)

Cashmere Chamber accepting nominations for Business, Citizen of the Year Each spring, Cashmere

Chamber of Commerce presents a Business and Citizen of the year to persons and companies that have demonstrated dedication and excellence and for outstanding contributions to the community. The award is given at the Chamber's Annual Auction and Recognition Dinner, scheduled for April 19 at the Chelan County Expo Center from 5:30-8:30 p.m.

Nominations for the 2018 Business & Citizen of the Year will begin starting January 1 – 31. Submissions may be made by any person, business or agency who feels that a nominee is worthy of either award.

Nomination forms will be available starting January 1 at the following locations: Cashmere Chamber Commerce, City Hall, Doane's Valley Pharmacy, Cashmere Post Office and the Cashmere Public Library. Criteria will be outlined for

both awards on nomination

"The recognition dinner is an opportunity for the community

to come together to honor the contributions that both the Business and Citizen of the Year made to Cashmere," said Gina Imperato, Chamber Manager. The event is also the primary fundraiser for the Chamber. Auction funds raised help continue community tourism events including Founders' Days, Scare~Crazy, Gnomes of Cashmere, Christmas in Cashmere and other marketing efforts of the Chamber of Commerce in promoting Cashmere as a great place to stay, shop, dine and explore.

The Cashmere Chamber of Commerce is a non-profit member association whose purpose is to promote and support new and existing businesses in the Cashmere community. Honorees to be chosen in February by a review committee of their peers. Tickets for the Chamber's Annual Auction and Recognition are \$35 per person available at 103 Cottage Avenue or 509-782-7404. nominate online:

surveymonkey.com/r/R2RSMZV





CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

This report is compiled from records provided by the Chelan certify the complete accuracy of the information provided.

December 29

09:52 Suspicious, 7690 Stine Hill Rd., Dryden. 10:57 Accident, injury,

Nahahum Canyon Rd. & E.

Nahahum. 12:05 Court order violation, 300 Paton St. #A.

14:19 Civil, 5607 Sunset Hwy. 17:54 **Runaway**, 207 Vine St.

19:08 Civil, 6310 Hay Canyon Rd.

December 30

Mission Ave. & Woodring St. 18:16 Fireworks, Pioneer Ave. & Evergreen Dr. 19:29 **Harass/threat**, 330 Chapel St.

10:17 Accident, no injury,

December 31

11:19 Suspicious, 700 Cotlets Way, Rustys Drive In. 11:45 **Theft**, 5688 Alrport Rd.

12:09 Malicious mischief,

200 Titchenal Way. 14:29 Welfare check, 310 River St. 17:47 **Public assist**, 5681

Wescott Dr. 18:16 Court order violation, 300 Paton St #A. 19:36 Suspicious, 329 Tigner

Rd., Cashmere High School. 21:14 **Runaway**, 6251 Kimber Rd. #12.

January 1

No Sheriff Report

January 2

04:37 Traffic offense, US Hwy 2 MP 114, Monitor. 07:06 Hazard, Sullivan St. & Pioneer Ave

08:27 Fraud/forgery, 210 Division St. 09:17 Welfare check, 208

Cottage Ave. #2. 11:37 911, 307 Mission Ave., Liberty Orchards.

12:12 Welfare check, N. Dryden Rd Mp 1.

January 3

US Hwy 2 & Hay Canyon Rd. 06:53 **Vehicle prowl**, 115 E. Pleasant Ave. #18. 07:13 Assist agency, US Hwy

06:23 Accident, no injury,

2 & Hay Canyon Rd. 08:11 **Vehicle prowl**, 208 Perry St.

09:00 Vehicle prowl, 110 E. Pleasant Ave. 09:17 Parking/abandon, 201

Riverside Dr. 09:27 Traffic offense, Pioneer & Wescott Dr.

09:35 Alarm, 100 Creekside Pl. 09:59 Vehicle prowl, 108 E. Pleasant Ave.

10:01 Vehicle prowl, 101 Perry St. #6.

12:19 Traffic offense, Pioneer & Hinman Dr.

15:17 **Vehicle prowl**, 307 Woodring St. 15:40 Accident, no injury,

205 Mission Ave 18:56 Theft, 307 River St. #D.

19:17 Court order violation, 101 Perry St. #6.

JOE BROWN J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE

BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

782-1111

■ AA MEETING SCHEDULE

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.,

Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Information number for Alanon: 509-548-7939

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

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

Information numbers for AA:

Tuesday, noon, First Baptist Church, 429 Evans St. Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin

Thursday, noon, Kristalls Restaurant, 280 US-Hwy.2, Leavenworth Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Alanon Meeting Schedule

January 9, 2019

God's grace

One of the most unsettling and disconcerting things can happen within a church or a Christian's heart is when they forget what grace is.

Grace is the very air the church breathes. It is the fundamental reality for the believer. Everything—good and bad—that surrounds the Christian is all grace.

We typically define "grace" as unmerited favor from God. In other words, God's good disposition toward us is not contingent on us or what we do. We are not owed or entitled to God's grace, he just gives it freely.

Our response to God's grace is first and foremost praise and thanksgiving. When you understand how much God has given you, in not only providing salvation but daily sustenance of the created order that we live in, how could we not praise God? However, in my experience

that is not where most people struggle. Christians are typically very thankful people. Believers are always quick to praise God from whom all blessings flow". The second response to

God's grace is much more challenging. We respond to God's grace by being gracious to one another.

But sadly, at times, the grace that we sing about and the grace that has radically changed our heart is nowhere to be found when we deal with people. When God's grace is unmerited towards

us, we expect other people to earn ours and this proves all the more challenging when an individual's sin looks very different than

Whenungraciousness manifests in a person's heart (in addition to a church), the tendency is to write people off and to view them as beyond the scope of redemption. Even the past sins of an individual come into

AWALK

WITH

PASTOR

JOHN

SMITH play and are believed to be unredeemable. Simply put, they are just too "bad" and hopeless.

> Ungraciousness is also hypocritical. The inability to extend grace to someone because they sin differently than you is refusing to comprehend how much grace you have received. "Respectable sins" like gossip, a critical spirit and pride are equally condemned along with the sin of homosexuality and drunkenness. Even though telling a white lie is not to the same degree of sin as let's say, murdering someone, it is still wrong and deserves justice. Yet God's grace extends amazingly to sinners and calls them to Christ. It is the reason why John Newton, former slaver turned Christian preacher, wrote the hymn "Amazing Grace" because that same grace worked mightily in his life and is needed for all sinners, respectable or not.

> In ungraciousness, love is quickly replaced with

legalism and a warm heart is replaced with a cold one.

COMMUNITY VOICES

It's tragic. It's unloving.

And it is nauseating to witness.

Strong Words. I know. But ungraciousness is the direct opposite of Biblical Christianity. J.I. Packer, theologian, and author, says "This one word 'grace' contains within itself the whole of New Testament theology". So, the ungracious Christian not only distances themselves from Christian orthodoxy but practically denies the very faith they claim to believe.

Being "gracious" doesn't mean we justify or defend people's sin, rather we recognize the answer to their sin and point them to the hope in the gospel. As God who responds to our brokenness with grace, we too, as God's people, should do the same when we see the brokenness of other people's lives.

Because grace heals and is nourishing to the soul.

"Gracious words are like honeycomb, sweetness to the soul and health to the body' (Prov. 16:24).

Before you put down someone or refuse to extend grace, take a moment to look at your own life and see how God has been so gracious to you. Then, when you are overwhelmed with that reality, give grace to everybody.

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

Chelan PUD: Stay safe, warm when winter weather arrives

CHELAN PUD NEWS RELEASE

Wet, windy, icy - winter 2019 has arrived.

Chelan County PUD line crews and the many employees who support them want to help you be ready if winter storms cause power or other utility service outages.

First step, we encourage customers to follow Chelan PUD on Twitter and Facebook. We share good tips all year long, but especially updates during outages.

Folks also can follow our Twitter feed on the home page at chelanpud.org (you don't have to be on Twitter). And keep our 24/7 outage number handy: 877-783-8123 to report any problems.

Remember to sign up for Chelan County safety and emergency alerts, too.

Next talk with your family and make a plan. RedCross.org and "Take Winter By Storm"

have great information on what to put in an emergency kit.

If the power does go out, these tips can help keep you and your family safe, as well as help PUD crews safely restore service as quickly as possible:

• Turn off all but one light on the porch or inside where it can be seen from the street - so you and PUD crews know when power is restored

 Turn off power strips and unplug electronics

Unplug or turn off appliances and your heating

• Never use fuel-burning devices, like gasoline-powered generators, gasoline-powered pressure washers, camp stoves and lanterns, or charcoal grills inside, or in any confined space, or within 10 feet of windows, doors or other air intakes. Using these items in your home can produce carbon monoxide, which can be deadly

· Wait 10 minutes after power is restored before turning on the heat to ease the load on the system - our old friend "cold-load pickup"

DO NOT go near, touch or try to move any lines on the

ground – stay far away! If you plan to use a portable generator, make sure you plug appliances directly into the generator. Or make sure your home is disconnected from the PUD's electric system with a transfer switch installed by a licensed electrician. We have more information about back-up generators in the "Outage" section of chelanpud. org under "If the lights go out."

If there is a fiber outage:

· Call or check your service provider's website for information or to report a problem. The provider will let Chelan PUD know if repairs are needed on the broadband network.

Find us at Facebook.com/ ChelanPUD and follow us on Twitter @ChelanPUD.

IRS reminds employers, business owners of Jan. 31 filing deadline for wage statements, independent contractor forms

IRS NEWS RELEASE

WASHINGTON — The Internal Revenue Service today reminded employers and other businesses that Jan. 31 remains the filing deadline for wage statements and independent contractor

The Protecting Americans from Tax Hikes (PATH) Act of 2015 started a requirement for employers to file their copies of Form W-2, Wage and Tax Statement, and Form W-3, Transmittal of Wage and Tax Statements, with the Social Security Administration by Jan. 31. Certain Forms 1099-MISC, Miscellaneous Income, filed with the IRS to report non-employee compensation to independent contractors are also due at this time. Such payments are reported in box 7 of this form.

The IRS can more efficiently verify income that individuals report on their tax returns because of the Jan. 31 deadline; this helps prevent fraud. File these forms correctly and timely to avoid penalties. IRS e-file is the quickest, most accurate and convenient way to file these forms

Pointers to help filers

Employers should verify employees' information. This includes names, addresses, and Social Security or individual taxpayer identification numbers. They should also ensure their company's account information is current and active with the Social Security Administration before January. If paper Forms W-2 are needed, they should be ordered early.

Automatic extensions of time to file Forms W-2 are not available. The IRS will only grant extensions for very specific reasons. Details can be found on the instructions for Form 8809, Application for Time to File Information Returns.

For more information, read the instructions for Forms W-2 & W-3 and the Information Return Penalties page at IRS.

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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

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

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH 103 Aplets Way • 782-2869

Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor, Bob Bauer Find us on Facebook at Cashmere Baptist Church

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

CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor, Lilia Felicitas - Malana

CHRIST CENTER

Cashmere Assembly of God • 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 **CHRIST**CENTER

> 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 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. Pastor, John Smith www.christforcashmere.org

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.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 St. . Leavenworth

509-548-5619 Rev. Matt Gorman www.leavenworthumc.org leavenworthumc@outlook.com

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.

> FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. with coffee following

> > www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street • 290-0686 Sunday School, 9:45 a.m. • Worship, 11 a.m. Pastor, Michael Brownell email: mkb3123@gmail.com

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor, Andy Dayton Youth Pastor, Kent Wright Pastor to Children & Families, Becky Goodman www.LCN.org

OUR LADY OF THE ASSUMPTION

145 Wheeler Street • Parish Office: 548-5119 Daily Mass . Tuesday & Thursday 8:30 a.m. Saturday Vigil 5 p.m. • Sunday Mass - 10:30 a.m. Spanish Mass . Saturday, 7 p.m. Fr. Miguel Gonzales

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

Pastor, John Romine

LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m.

> 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 newlifeleavenworth@gmail.com FP Page: newlifeleavenworth



SPORTS & SCHOOLS

PAGE B1



PHOTO BY AL STOVER/CVR.

Cashmere wrestling goes 1-1 in CTL double dual

The Cashmere High School wrestling team earned their first team win during a Caribou Trail League double dual at home on Jan. 3.

The Bulldogs mat squad began the evening with a 42-24 win against Omak. The victory not only snapped a four-dual losing streak but also allowed the Bulldogs to avenge a Dec. 19, 2018 loss against the Pioneers.

Cashmere opened the dual with three victories, including a pinfall win from Whelan

After the Bulldogs suffered back-to-back losses, Maddie Fadenrecht earned a pin to boost Cashmere's lead. The team gained their final points from Aaron Guerrero's pinfall victory and Blake Brown's forfeit win.

Cashmere ended the evening with a 61-12 league loss to Cascade.

Gillikin picked up the first win for the Bulldogs after he pinned D'Andre Vasquez in the second period. Fadenrecht's forfeit win scored the other six points for Cashmere.

Cashmere is 1-3 in CTL duals and 1-5 overall. Wrestling head coach Ken Hoyt noted the Bulldogs are a young team and will continue to improve and challenge themselves on the mat.

Hoyt added he was satisfied with the team's effort in both contests.

"We've been extending matches more than we have in the past," Hoyt said. "We're looking more confident in our skills and footwork."

The evening also marked the Senior Night for the Bulldogs. Senior Blake Brown was honored for his contributions to the Cashmere wrestling program.

Cashmere finished the week after competing in the Sky Valley Invitational on Jan. 5 at Sultan High School.

Duke Odenrider finished fourth in the 145-pound bracket. Tucker Weatherman took fourth in the 170-pound division.

Brown and Gillikin earned wins in their respective weight divisions.

The Bulldogs will travel to Tonakset on Jan. 12 to compete in the Apple Valley Invitational.

Bulldogs basketball defeats Pioneers, Cardinals

Cashmere's Erick Rodriguez attempts to complete a takedown against his Cascade opponent.

The Cashmere High School boys basketball team began 2019 with a 66-57 win over Caribou Trail League rival Omak on Jan. 4, followed by an 84-63 nonleague victory against Northeast A League's Medical Lake.

In the first game, Cashmere struggled to get their offense off the ground as the Pioneers outscored the Bulldogs, 17-13 in the opening quarter.

Cashmere came back in the second quarter with 17 points. Mason Landdeck landed a twopointer to give the Bulldogs a 30-28 lead.

Cashmere continued their momentum in the third quarter, outscoring Omak 18-10. The Bulldogs added 18 more points in the final eight minutes.

Head Coach Levi Heyen said

Here today...

...gone tomorrow!

Omak managed to slow down the Bulldogs' high tempo, fast break offense and kept top scorers like Landdeck, who averaged 35 points a game, from building a strong lead.

Landdeck led the team with 20 points while Nate Phillips added 16 points and Sam Phillips had 14.

"We had a lot more balance in scoring this time," Heyen said. "Teams have seen Mason now and their defense usually goes after him, which he doesn't mind. He has the extra

Hoyt also credited the Bulldogs' defense and passing as factors in maintaining the lead in the second half.

Against Medical Lake, Cashmere fought from behind to score 24 points in the second quarter to take a 37-26 lead at halftime.

The Bulldogs maintained the lead, scoring 19 points in the third quarter and adding 28 in the fourth.

Landdeck once again led the Bulldogs with 35 points with Sam Phillips adding 24.

Cashmere, who is 5-0 CTL and 10-2 overall, still holds the top spot in the conference standings. They continue their road schedule with league games against Okanogan on Jan. 11 and Chelan the next

Even with a hold on first place in the conference standings, Heyen expects the second round of CTL play to be a challenge for the Bulldogs.

"We're hoping we can grind a couple more (victories),' Heyen said. "We're going to have to scratch and claw for every win."

Get rid of all that extra stuff with an ad in the Echo/Record Classified Ads. Call us at 548-5286



PHOTO BY AL STOVER/CVR.

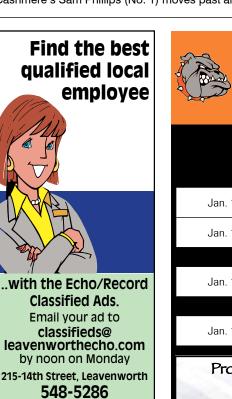
Cashmere's Nate Phillips (No. 3) has a clear path to the basket with his teammates in tow.





PHOTO BY AL STOVER/CVR.

Cashmere's Sam Phillips (No. 1) moves past an Omak defender on his way to the basket.







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BUSINESSJOURNAL

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subsequent issue. No monetary refunds will be given.

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Quad City Herald

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Three Rivers Hospital is seeking a Lead Radiology Technologist to perform the regular duties required of technicians This posiin this field. tion will help supervise and train other radiology Oversees staff in techs. operation of imaging equipment, such fluoromachine, x-ray CT scanner, or scope, mammography equipevaluates ment. accuracy and quality of images, and provides technical assistance. Radiol-Technologist specializing in Radiography credentialed from ARRT Current ARRT, CT and BLS certifications. mum of 3 years' radiology experience required and previous lead or supervisory experience preferred. Knowledge and training in the modalities of x-ray, CT and mammography.

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 (509) 689-2517 x 3343 www.threerivershospital.net afisk@trhospital.net EOE

Brewster School District is accepting applications for a kitchen cook.

Assist in the preparations, serving and cleanup of breakfast and lunch program, at both the Elementary and High Distribute school. fruit and vegetable snacks to elementary classrooms. 7 hours/ day \$14 to \$16/ hour, depending on experience plus benefits. Applicant is required to have a high school diploma or equivalency. This position is open until filled.

Applications may be obtained on the district's website www.brewsterbears.orgor by contacting district the office. 509-689-3418

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Interested Candidates may apply in person or by mailing their resume

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

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afisk@trhospital.net EOE

HELP WANTED

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an outgoing individual to serve as a receptionist Monday- Friday. 9-5. A qualified individual will answer phones, take

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skills.

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Leavenworth, WA.98826 Or bring in a current resume to The Leavenworth Echo

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eavenworth Enzian Inn

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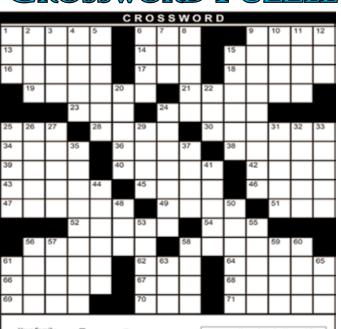
Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth **Cashmere**

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



Crossword Puzzle

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dish ₫

THEME: FACES AND PLACES Fraternity K

Jeeves.com Civil rights icon

13. Think tank output 14. Like a dim star

15. What pigeon did

16. *Up on compass 17. Shakespearean fuss

18. Did like goo

19. *On a novelty button 21. Decline

23. Galley tool

24. "Workers of the world, _ -Air in L.A. 28. Way off freeway

30. *Pain scale faces, e.g. 34. "-zoic" periods

_good example" 38 Xe

39. Hokkaido native

40. *Face in a text

42. Crescent

43. *Like Jason's or Freddy's face 45. October birthstone

46. Genealogical plant 47. Capital of Taiwan

51. Blunder 52. Chopper blade

One of Indiana's quests

*On a prankster's face? 58. *Like one at a haunted house

Selected

62. Water snake 64. Prejudiced person

66. Macho men 67. Pastrami holder

68. South American camelid 69. *Like one in front of Taj Mahal? 70. Create with cloth 71. George to George W.

DOWN 1. Reunion bunch

2. #17 Across, pl. 3. Make waves

4. BBQ spot 5. Masonry unit

6. Not home 7. *Like one at a funeral

8. Familiar

9. *Face on Mount Rushmore 10. Do like goo

11. "As ____ on TV" 12. Put two and two together

15. Cerebral part

20. Clear the board 22. Doesn't mix with water

24. To the required standards, 3 words

25. *In Beauty's magic mirror 26. "The Goldbergs" sibling 27. Hawaiian veranda

29. Memorandum, for short 31. Accustom

32. Not a gregarious one 33. *On a snob's face 35. *One receiving something unex-

pected 37. A bit cracked

41. Hipbone-related 44. Monarch bodyguard

48. I in T.G.I.F. 50. Fit for farming

53. Deed hearings

55. Whale's lunch 56. Sound of relief

57. Opening page 58. A whole bunch

59. "Goodness gracious!" 60. Top of the Capitol 61. Repeated Cuban dance step

63. Needle hole 65. Makes feathers stick

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Public Notices

NOTICE OF AVAILABILITY FINAL PROGRAMMATIC **ENVIRONMENTAL IMPACT** STATEMENT FOR THE ICICLE CREEK WATER RESOURCE MANAGEMENT STRATEGY CHELAN COUNTY, WASHINGTON

The Washington State Department of Ecology (Ecology) Office of Columbia River (OCR) and Chelan County Natural Re-source Department (Chelan County) are releasing a Final Programmatic Environmental Impact Statement (Final PEIS) on January 3, 2019 for the Icicle Creek Water Resource Management Strategy (Icicle Strategy). Ecology and Chelan egy). Ecology and Chelan County are co-lead agencies for this Final PEIS, prepared in ac-cordance with the State Envi-Chelan

ronmental Policy Act (SEPA).

Description of Proposal:

The Icicle Work Group (IWG) was convened by Ecology OCR and Chelan County to find collaborative solutions for water management within the Icicle Creek drainage. The IWG is made up of a diverse set of stakeholders representing local, state, and federal agencies, tribes, agricultural and municipal water users, and community or-ganizations who are collectively developing the Icicle Strategy. The objectives of the lcicle Strategy are to improve instream flows, improve the sustainability of Leavenworth Na-tional Fish Hatchery, protect tribal and non-tribal fish harvest, improve domestic supply, improve agricultural reliability, enhance Icicle Creek habitat, and comply with state and federal law, including the Wilderness Acts within the Icicle Creek Subbasin, Chelan County, Washing-

Chelan County and Washington State Department of Ecology issued a determination of significance on February 9, 2016 and formally initiated the SEPA EIS scoping process. This Final scoping process. This Final PEIS evaluates a No Action Alternative and five (5) action al-ternatives, each of which con-template water management solutions that balance principles of the IWG members and stakeholders. Following the comprehensive scoping and public comment for the PEIS, Ecology and Chelan County have selected Alterative 1 as the Preferred Alternative, comprised of several combinations of projects, including

National Fish •Leavenworth Hatchery (LNFH) conservation and water quality improvements elmproved efficiencies for Icicle Peshastin Irrigation District (IPID) and Cascade Orchards Irrigation Company (COIC) Domestic conservation projects

for the City of Leavenworth and rural Chelan County

modernization. Optimization, and automation of Alpine Lakes reservoir

•Eightmile Lake restoration Pump exchanges at LNFH, COIC, and IPID
 Tribal and non-Tribal fisheries

protection

 Habitat improvements throughout Icicle Creek and the sur-

rounding watershed •Modernized fish screens for LNFH, IPID, COIC and City of Leavenworth

 Water markets •Instream flow rule amendments

(WAC 173-545)
This Final PEIS was prepared in compliance with the State of Washington Environmental Policy Act (SEPA), Chapter 43.21C RCW, and the SEPA Rules (Chapter 197-11 WAC).

Availability of the Final PEIS:
The Final PEIS and other information grounding the leicle

mation regarding the lcicle Strategy may be accessed online at the following links: https://fortress.wa.gov/ecy/publications/SummaryPages/181201

6.html And http://www.co.chelan.wa.us/natu ral-resources/pages/icicle-work-group?parent=Planning

To request an electronic copy on portable media or a hard on portable media or a hard copy of the Final PEIS, contact: Mary Jo Sanborn, Chelan County Natural Resource Department By e-mail to: maryjo.sanborn@co.chelan.wa.

or By phone at: (509) 667-6532

SEPA Responsible Officials: Mike Kaputa

Director, Natural Resource Department Chelan County

G. Thomas Tebb Director, Office of Columbia Washington State Department of Ecology.

Published in The Leavenworth Echo/ Cashmere Valley Record on January 9, 2019. #83938

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-TIES UNKNOWN CLAIMING ANY RIGHT, TITLE, ESTATE, LIEN, OR INTEREST IN THE REAL ESTATE DESCRIBED IN THE COMPLAINT HEREIN,

THE STATE OF WASHINGTON to all defendants, named and

You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, 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 under-signed 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 situated 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, Washington, 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 southwest quarter of Section 3, Township 23 North, Range 19, East of the Willamette Meridian, Chelan County, Washington, lying north of the Wenatchee

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

BROWN LAW OFFICE, 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

Public NOTICES

SUPERIOR COURT OF WASHINGTON FOR **CHELAN COUNTY** In the Matter of the Estate of JENAE PAPE

aka Jenae Pape-Miller, aka Jenae Marie Pape Deceased. No. 18-4-00297-04 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 Representa-Resident Agent who is also the Personal Representative's attorney at the address stated below a copy of the claim

sented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor

and filing the original of the claim with the court in which the

probate proceedings were com-

menced. The claim must be pre-

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

DATE OF FIRST PUBLICATION:January 9, 2019 Personal Representative: Wade A. Miller Attorneys for the Personal Representative: John I. Weston, Jr., WSBA # 2316 Rani K. Sampson, WSBA# 37486 Address for Mailing or Service must serve both: Weston & Associates, PS Weston & Associates, PS Attn: John I. Weston, Jr. 19502 48th Ave W # 1 Lynnwood, WA 98036-5507 (425)712-7111 Overcast Law Offices, PS Attn: Rani K. Sampson 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509) 663-5588

Court of probate proceeding and cause number: Chelan County Superior Court Cause Numbér: 18-4-00297-04

Presented by: OVERCAST LAW OFFICES, PS By: <u>/s/ Rani K. Sampson</u> Rani K. Sampson, WSBA No. 37486 Attorney for the Personal Representative.

Published in The Leavenworth Echo/ Cashmere Valley Record on January 9, 16, and 23 2019. #84005

Find us online at: nworthecho.com

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of DIEGO RAMIREZ GONZALEZ

DIEGO GONZALEZ-RAMIREZ, Deceased.
No. 18-4-00386-04
PROBATE NOTICE TO
CREDITORS
(RCW 11.40.030)

Personal Représentative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of:
(1) Thirty days after the per-

sonal representative served or mailed the notice to the creditor as provided under RCW as provided 11.40.020(1)(c); or

(2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICA-TION: January 2, 2019

Sandra Gonzalez, Personal Representative

Attorney for the Personal Representative: David A. Kazemba, WSBA# 48049

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

Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 18-4-00386-04

Published in The Leavenworth Echo/ Cashmere Valley Record on January 2, 9, and 16, 2019. #84007



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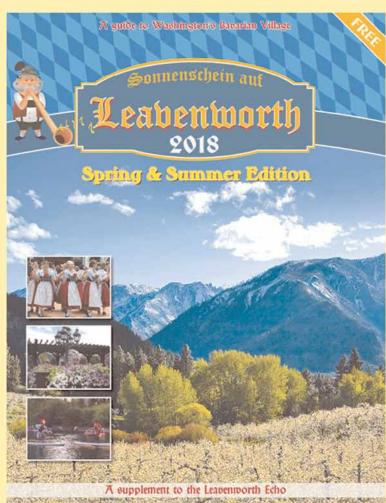
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How many B vitamins make up a B-complex vitamin?

I see that some brands labeled B-Complex contain 4 different B vitamins, like B1, B2, B3 and B6, while others also include B-12.

It IS confusing, isn't it? There isn't any standard or official formula for what a B-complex vitamin should contain. That's because "B-complex" was a term that wasn't meant to describe any particular or specific grouping of B vitamins. A vitamin formulation labeled as B-complex may contain any number of the eleven miscellaneous B vitamins, and in various doses and combinations of each.

Although we are used to thinking about vitamins as having an alphabetical designation, like vitamins A, C, D, and E, not all B vitamins are referred to by a number. Although B-1 and B-6 are obviously B vitamins, they have other names too. For example, B-1 is also referred to as thiamine and the vitamin named B-6 is also called pyridoxine. There are other B vitamins, too, but you may not realize what they are because they were never named as a vitamin B followed by a number, and only have "plain" names, like folic acid, biotin and pantothenic acid.

Back when scientists were discovering the many critical nutrients needed by our bodies, they called some of their newly discovered compounds "vitamins". The first vitamin identified was a fat-soluble compound named Vitamin A. Next to be discovered were 2 water-soluble compounds, christened vitamin B and

Then, in 1930, the scientists hit a snag. Although vitamin A and vitamin C were distinct, easily identifiable compounds, what they originally called vitamin B wasn't simple at all. Originally identified as one specific molecule, vitamin B turned out to be much, much more: a cluster of distinctly different compounds. Instead of one single B vitamin, scientists ended up isolating, identifying and naming one unique "vitamin B" component after another.

COMMUNITY

When the first individual B vitamin was identified, it was called vitamin B-1, or thiamine. As a second unique vitamin closely related to thiamine was discovered, it was named Vitamin B-2, or riboflavin. The next one, B-3, ended up with 4 different names: nicotinic acid, nicotinamde, niacin and niacinamide.

After it was discovered that vitamin B was not a single compound, scientists referred to it as "B-complex"

to express the potential of more than one vitamin still be isolated. Over time, several more distinct vitamin B nutrients were isolated, but they weren't all given a B designation. Eventually, 11 separate vitamins originated from that the initial "vitamin B" compound. All eleven B vitamins are water soluble and eight of them are considered essential nutrients in humans.

Today, each B vitamin has

its own name instead of just a numeric designation like B1, B2, or B3. If you are interested in taking a supplement containing B vitamins, you should choose ones that include the eight essential B vitamins, which include thiamine or B1, riboflavin or B2, and pyridoxine or B6. Vitamin B-3, another essential B vitamin, can be quite confusing because it has four different common names: niacin. nicotinic acid, niacinamide, and nicotinamide. The other essential B vitamins are folacin or folic acid, pantothenic acid, and biotin, which was once

called vitamin H.

Here Are 6 Key Facts **B-Complex About Vitamins:**

1. There isn't anv standard **B-Complex** vitamin formulation. All B vitamins were isolated from the original B vitamin complex, so if a supplement contains more than one B vitamin, it can label itself as a B-complex. There's also no consistency in the selection of which individual B vitamins are included in products labelled B-Complex.

2. Although there are 11 different individual B vitamins identified, only 8 are considered essential nutrients of the human body. **Most B-Complex**

vitamins contain three to eight of the eight B vitamins considered essential in humans.

4. Although some B vitamins are identified by the name B followed by

a number, each of the B vitamins has its own name as well.

5. All B vitamins are water-soluble, which means that any excess that isn't needed by your body will be eliminated into your urine by your kidneys.

6. Thiamine (vitamin B-1) is responsible for the characteristic bright yellow urine experienced by many people who take **B** vitamins.

Dr. Louise Achey, Doctor of Pharmacy is a 39-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. ®2018 Louise Achey

Restoration plan adopted for Icicle watershed

DNR NEWS RELEASE

LEAVENWORTH - A just released final programmatic impact environmental statement (EIS), adopted by Chelan County and the Washington Department of Ecology, spells out a plan for improving water efficiencies and boosting streamflows in the Icicle Creek Watershed.

"The Icicle is a challenging watershed where we rely on snowpack and stored water, sourced in a wilderness area, to meet all our water needs,' explained Mike Kaputa, natural resources director for Chelan County. "We appreciate all the feedback received in this process and believe this is a sensible plan that takes into account the unique characteristics of the basin."

plan's preferred alternative identifies a mix of conservation and storage projects to achieve reliable water supplies. Efforts include implementing fish hatchery, irrigation, and domestic water use efficiencies; enhancing habitat, fish passage, and fish screening; automating and optimizing reservoir releases at seven lakes; and protecting tribal and non-tribal fisheries.

The EIS is built around guiding principles adopted by the Icicle Work Group. Each project identified in the plan requires separate feasibility, funding, and environmental analysis. Cost of the program is estimated at \$82 million, with funding opportunities for early implementation projects to be explored next. Chelan County and Ecology considered the advice of the work group, as well as over 8,800 public comments when adopting the

The work group comprises stakeholders representing the cities of Leavenworth and Cashmere, Icicle-Peshastin Cascade Orchard irrigation districts, Icicle Creek Watershed Council, Washington Water Trust, Trout Unlimited, Yakama Nation, Colville Confederated Tribes, US Forest Service, and Washington Department of Fish & Wildlife, NOAA Fisheries, US Fish & Wildlife Service, Bureau of Reclamation, and Cascadia Conservation District.

"It's great to see the folks

in the Icicle watershed tackle the issue of how we're going to meet our current and future water needs, especially in the face of changing climate," said Tom Tebb, director of Ecology's Office of Columbia River. "This EIS lays a foundation for success, and is the integrated approach we're seeking to implement across Eastern Washington and the state."

The Final Programmatic EIS and additional information on the Icicle Strategy is available on Chelan County's Natural Resources Department page. To request a thumb drive or hard copy version of the EIS, please call 509-667-6532 or send an email to maryjo.sanborn@ co.chelan.wa.us.

Award-winning movie by National Geographic coming to Numerica Performing Arts Center

NPAC NEWS RELEASE

The Washington Elementary PTSA is hosting a screening of Science Fair Tuesday, Jan. 15 at the Numerica Performing Arts Center, 6 p.m. Following the film, there will be a short panel discussion.

Hailed bv critics as "immensely likeable," "brilliant and quirky" and an "ode to the teenage science geeks on who our future depends," and winner of the audience award at Sundance and SXSW, National Geographic Documentary Films' Science Fair follows nine high school students

from around the globe as they navigate rivalries, setbacks and, of course, hormones, on their journey to compete at The International Science and Engineering Fair. Admission/Suggested

Donation: \$10. available are here: sciencefairwenatchee. eventbrite.com All proceeds benefit

Washington Elementary PTSA. This is the first film this year in a three-part series of documentaries focused on youth issues and education.

Check the weathercams on the web before travelling over the mountain passes!

Find these links on our Web sites www.leavenworthecho.com

State Parks: 12 free days in 2019

www.cashmerevalleyrecord.com







PARKS COMMISSION NEWS RELEASE

The Washington State Parks and Recreation Commission will again offer 12 free days next year, in which day-use visitors won't need a Discover Pass to visit state parks by

State Parks free days are in keeping with 2011 legislation that created the Discover Pass, which costs \$30 annually or \$10 for a one-day visit. The pass is required for vehicle access to state recreation lands managed by Washington State Parks, the Washington Department of Fish and Wildlife (WDFW) and the Department of Natural Resources (DNR). The Discover

Pass legislation directed State Parks to designate up to 12 free days when the pass would not be required to visit state parks. The free days apply only at state parks; the Discover Pass is still required on WDFW and DNR lands

"We think the State Parks free days are a great way for people to try a new park or visit an old favorite," said State Parks Director Don Hoch.

State Parks, in coordination with WDFW, will once again offer a free day on Sunday, June 9, as part of WDFW's Free Fishing Weekend. This day, combined with the June 8 free day for National Get Outdoors

Day, will give visitors an entire weekend to explore state parks for free. The 2019 State Parks free days

• Tuesday, Jan. 1 — First Day

Hikes; New Year's Day • Monday, Jan. 21 — Martin

Luther King, Jr. Day • Tuesday, March 19 — State

Parks' 106th Birthday • Saturday, April 20 —

Springtime free day • Monday, April 22 — Earth

• Saturday, June 1 — National

Trails Day • Saturday, June 8 — National Get Outdoors Day

• Sunday, June 9 — Free

Fishing Day

 \bullet Sunday, Aug. 25 — National Park Service Birthday

Saturday, Sept. 28 National Public Lands Day • Monday, Nov. 11 — Veterans

• Friday, Nov. 29 — Autumn free day

more information For about the Discover Pass, visit: discoverpass.wa.gov.

Find a park here: parks.state. wa.us/281/Find-a-park

Winter recreation permit

requirements The free days do not apply to Sno-Parks. During the winter

season, visitors to Sno-Parks will need Sno-Park permits, which are available for purchase online or from vendors throughout the state. For more information about winter recreation permit requirements, visit: parks.state. wa.us/winter.

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North Central Educational Service District calls for nominations

North Central Educational has announced the call for nominations for the Classified School Employee of the Year award. The deadline is January 25.

School districtsthroughout the NCESD's four-county service district are encouraged to nominate outstanding classified school employees for this distinguished award. A classified employee defined as a person who is employed as a paraeducator and a person who does not hold a professional education certificate or is employed in a position that does not require such a certificate.

A committee will review all nomination submissions and select a winner who will represent the NCESD service district in the statewide selection process. Avid Castro was the award recipient in 2018. She is a Paraeducator at Manson Elementary School. Carolyn Griffin-Bugert, grants administrator for the Wenatchee School District, was named the 2017 NCESD Classified School Employee of the Year and went on to secure the top honor with Office of Superintendent of Public Instruction (OSPI).

Nominations can be made ospi.2019-cseoy-nom. sgizmo.com/s3/?fbclid=IwA R0t4eKQQhHUVTk3qpcmts fJSvxaa9n1pfmkIhl7HeMlo1 FB_uvnpaIswO4

The North Central Educational Service District is a resource to the 29 districts within the four-county service area, providing professional and timely tools to meet the needs of individual schools and districts, and a reliable point of

education-related information for the communities served. The NCESD is a respected resource to other ESDs throughout Washington State.

