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Baseball 'Dogs

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Senate puts \$2M on US 2/West Cashmere Bridge

OLYMPIA -- The long-standing effort to replace the 85-year-old US 2/ West Cashmere Bridge received a \$2 million boost in the Senate-approved 2017-19 transportation budget April 6.

Twelfth Legislative District Sen. Brad Hawkins said the Senate appropriation, if carried through to the final 2017-19 transportation budget, would raise the combination of federal, state and local funding commitments to a total of \$20 million. A new bridge is expected to cost \$23 million.

Hawkins said credit for the Senate appropriation belongs to local ambassadors for the project who met with the Senate and House transportation committee chairs March 22.

"The committee leaders heard directly from the county, the city, the school district, the port, the transportation council and Crunch Pak, and that presentation – along with our continued advocacy helped make this additional funding possible," he said.

"Our local officials presented a compelling case for a new bridge how it's critical for freight mobility and public safety, and most of the funding is lined up already. I think the committee chairs came away with a firm understanding of the need for this project and what a priority it is for our area," said Hawkins, a member of the Senate Transportation Committee.

The current bridge, on Goodwin Road west of Cashmere, crosses over the BNSF rail line and the Wenatchee River. Local officials worry it may fail to the point of closure within five years, and the condition of the bridge is constraining local economic development efforts.

Weight restrictions already force heavy trucks to move through downtown Cashmere - including some 250 trucks per week associated with Crunch Pak, the packaged-fruit company that is the city's largest private employer.

The bridge also represents a



PHOTO BY MIKAILA WILKERSON/CVR.

primary route for emergency responders because on average, more than two dozen trains pass through town every 24 hours, often blocking surface-road crossings.

The bridge-replacement project has been a high priority with local officials for many years and was highlighted in Chelan County's 2009 comprehensive plan. Later that year the federal government agreed to put up \$12 million, and the Chelan-Douglas Transportation Council awarded another \$1 million in federal funds under its control. However, the bridge was not included in the Legislature's 2015 "Connecting Washington" package of transportation projects.

Hawkins said, "It's unusual to get this much funding outside of a gas tax. I'm very excited with what we've accomplished so far, and I'm optimistic that this project will be reflected in the next version of the House budget or included in the final budget.'

He also will look for opportunities to secure the remaining \$3 million needed and is willing to lend his help in seeking funding from other sources, such as freight mobility

Hawkins said, "I will not slow down on this project. It is too important."

Along with Hawkins, fellow 12th District lawmakers Rep. Cary Condotta, Rep. Mike Steele, and eight local officials took part in the March 22 meeting with Sen. Curtis King, R-Yakima and Senate Transportation Committee chair, and Rep. Judy Clibborn, D-Mercer Island and House Transportation Committee chair (pictured below).

• Keith Goehner, Chelan County commissioner:

• Eric Pierson, Chelan County engineer;

• Jeff Wilkens, executive director, Chelan-Douglas Transportation Council:

• Jeff Gomes, mayor of Cashmere; • Paul Nelson, Cashmere School District board of directors (and Chelan County deputy sheriff);

• JC Baldwin, Port of Chelan County commissioner;

· Pat Jones, executive director, Port of Chelan County; and

• Drew Dalgetty, general manager, Crunch Pak.

Cascadia Conservation District discussed at latest City **Council Meeting**

By Mikaila Wilkerson

Staff Writer

On Monday, March 27 the City Council members met at 6 p.m. to discuss new, arising issues such as the Goodwin Bridge, a Driver Evaluation Point System for city vehicle drivers and information on the Cascadia Conservation District.

Chuck Zimmerman, the city attorney, recently traveled to Olympia and met with Senator Hawkins and others to discuss the Goodwin Bridge on the westside of the city.

· "We had a really good meeting," Zimmerman said.

• Unfortunately, the city is not going to know the results on the bridge's plans for a while because Zimmerman was informed that there are other things being made immediate priorities before the bridge.

• Such matters as transportation are being looked at as priorities needing to be looked into before dealing with the Goodwin Bridge.

According to Zimmerman, the sheriff's contract is needing to be renewed soon. Craig Gyselinck, the new

Program Manager for the Cascadia Conservation District, went up next to speak about updates on the Cascadia Conservation District and to give more information on it.

· As the name implies, the Cascadia Conservation District aims to conserve resources in any way that

• The Cascadia Conservation District was formed in 1946 and was originally known as the Entiat Soil and Water District.

• Gyselinck explained that Cascadia is within the same category as a water district or anything that works in the

CONTINUED TO PAGE B4

Cashmere High School Knowledge Bowl Club's first State win

By Mikaila Wilkerson Staff Writer

On March 17-19 Cashmere High School's Knowledge Bowl Club took part in the Knowledge Bowl State competition in Arlington, and came home as the State champions.

Cashmere's Knowledge Bowl team consists of senior Ellen Perleberg, junior Skylar Larson, sophomore Dora Kelzenberg, junior Josh Johnson, junior Scott Bailey, senior Grant Bauscher and their advisor, John Taylor. Bailey and Larson are new to the team this year.

This was the first time Cashmere High School's team has won at State.

"It was just incredible," Perleberg, the Knowledge Bowl team Captain, said. "It was incredible to get through that kind of thing with 15 smart kids. You just go there and you know that you're among your people."

According to Perleberg, the Cashmere students all knew most of the answers and were ringing in with their answers very quickly.

"It was intense, super intense," Perleberg said.

CONTINUED TO PAGE B4



The Cashmere High School Knowledge Bowl team presenting their trophy after winning at their State Competition in Arlington March 17-19. From left to right: John Taylor, the Knowledge Bowl Advisor, Ellen Perleberg, Skylar Larson, Dora Kelzenberg, Josh Johnson and Scott Bailey. Not pictured: Grant Bauscher.



Cashmere High School FFA Districts winners who will be moving on to the State competition. Winners at Districts included Reilly Schoening and Madison Schoening (Public Speaking), Sydnee Mongeon and Summer Schoening (Extemporaneous Speaking), and two teams of freshmen for Novice Parliamentary Procedure. The freshmen team that took home 2nd place in Parliamentary Procedure included Kailey Smith, Grace Strutzel, Katherine Silva, Noah Johnson, Johanna Christensen and Caitlyn Speath. The freshman team that placed 3rd in Parliamentary Procedure consisted of Brooke Arthur, Kaylee Johnson, Braxton Igne, Martin Perleberg, Ali Ball and Maddie Fadenrecht.

By Mikaila Wilkerson

Staff Writer

Cashmere High School's FFA (Future Farmers of America) recently took place in the FFA State competition with livestock at Washington State University Friday, March 31-Saturday, April 1. They did exceedingly well at their Sub Districts in Cashmere and their District competition in Chelan, allowing the highest ranking teams to move on to the State competition.

Sub Districts:

At the FFA Sub Districts competition on Thursday, March 16, held at the Cashmere High School, Cashmere competed against Wenatchee, East Wenatchee and Chelan in Novice Parliamentary Procedure, Public Speaking and Extemporaneous Speaking.

According to senior Jade Jaspers, the FFA President, the Novice Parliamentary Procedure event is meant specifically for freshmen.

'We have four Parliamentary

CONTINUED TO PAGE B4

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Office hours

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9 a.m. - 5 p.m. Monday-Friday **Contact information**

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Circulation

509-689-2507 1-509-293-6780

Cashmere Valley Record (USPS 092-600) is published every Wednesday by NCW Media Inc., 201 Cottage Ave., Suite 4 Cashmere, WA 98815 Telephone: 509-782-3781 Fax: 509-782-9074 Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster:

Send address corrections to: The Leavenworth Echo, P.O. Box 39. Leavenworth, WA 98826-0039

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286 or emailing classifieds@leavenworthecho.com.

Weekly rates: \$12.00 for first 30 words

50¢ each additional 5 words (over 30) Borders, bold words, headlines, logos and photos subject to additional charges.

Subscriptions

In Chelan County (yearly) - \$33 In State (yearly) - \$34 Out of State (yearly) - \$36.50 Senior (65+ yearly in county) - \$31

The Cashmere Valley Record does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week in which case the cost of the issues missed would be refunded as an extension Subscriptions may be transferred to another individual or organization. Toll Free 1-509-293-6780

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Back Issues are available up to one year after publication for a small fee. Photo Reprints are available for most

Deadlines

Calendar Listings News Submissions: Letters to the Editor: Display Advertising: Legal Notices: Classified Ads

photos taken by staff.

5 p.m., Thurs. Noon, Friday Noon, Friday 5 p.m., Friday Noon, Monday



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How to kill a midget or start World War Three

Some people fear clowns. I fear midgets. I am pretty short, but a midget in my closet when I went to grab a shirt early in the morning would make me cling to the ceiling and possibly do other things I'd be ashamed to admit. **TO APPLES**

APPLES The world now has **GARY BÉGIN** a midget problem. Actually we've had one MANAGING for a while now. It's

this bad-haircut weirdo Dennis Rodman-loving, son of a son of a dictator with a name only found on restaurant menus specializing in Korean Midget Shoe Soup. North Korea isn't called the Hermit Kingdom for no reason. Hermits, kin-killing midgets and a host of incredibly pedestrian Communist Party apparatchiks (A Russian term for a professional functionary of the Communist Party) populate



he watches Alec Baldwin playing him on Saturday Night Live, might feel a NCW MEDIA bit awkward, but if you watch "Strangelove"

> what could happen if the wrong person pushed the wrong button." One might think, if one were a Millennial, that the film was made yesterday if you substituted the word Russia in place of the defunct U.S.S.R. A Millennial and millions of other Americans could plausibly think the movie might be just a few years old or at the most a decade or two. Not the case my friends. It was made in 1964.

you'll see "a film about

Let's welcome back the Cold

likes dressing up in army tanks and watching things blow up through binoculars. What's not to like? Here's the plan. Hack into his missile computers and redirect them to Beijing and Moscow. Then kick back and watch the fun. Simultaneously station a few dozen American ships around his troubled little Hermit Kingdom and fill them with a division of Marines along with combined Naval/Marine air power and I think the dancing in Seoul will continue into the wee hours.

Let's get this party started

invade the North driving two

War and pray there's no "hot" World War Three on its way.

Back to the midget issue. This boy named Kim uniforms and pointing at

with a direct strike on his May Day Parade festivities. As a pre-nuclear warning to his people, drop a few million leaflets showing the latest Kia models available at the dealer "iust across the border."

Can South Korean troops

million Hyundai's and Kia's? Perhaps I should Tweet this idea to "the Donald?" The Japanese can add in some Toyota's, etcetera instead of sending them stateside. Then they'll be more dancing in the

*1964 comedy where an insane general triggers a path

streets – of Detroit.

to nuclear holocaust that a war room full of politicians and generals frantically try to stop.

Gary Bégin can be reached at gary@ncwmedia.net. His views are his own and do not reflect the views of NCW Media or other employees of same.

NCAA exploits student-athletes

So don't be mistaken,

Slavery might have been 43,256. Last year's attendance abolished a long time ago, but it seems that college athletics was one caveat to law.

This is illustrated by the continuous exploitation of our college athletes in order to make exorbitant amounts money off of them with little to compensation. After all, that is what capitalism is all about right? Obtain a profit at all costs.

Don't let the amateur non-profit designation fool you, the NCAA is big league money. In fact, just the television ad revenue from the 2014 NCAA Tournament totaled \$1.13 billion. That isn't enough though. No, the NCAA in 2009 decided they needed to increase their revenues in the Final Four by switching from regular basketball stadiums to NFL stadiums. The attendance in the 2008 National Championship was



the NCAA is a billion dollar corporation and involved in the moneygrab business. As a gesture of DEAL

gratitude, but more-so WITH IT a result of a February By Zach 2017 lawsuit, the NCAA Johnson will pay 40,000 athletes

from 11 conferences between \$5,000 and \$7,000 each for food and the cost of living. Keep in mind this was fought tooth-and-nail from the NCAA side to not give the athletes anything.

This comes just two years after the NCAA conducted a study and found that 80 percent of college basketball players in the top conferences, live below the poverty line despite full ride scholarships. Many of these athletes reported not being able to afford transportation at home and had trouble paying for

food and books. In the same study, Duke basketball players - one of the premier basketball programs - were valued at \$1,025,656 each for what they bring in for the University. The average team member lived \$732 above the poverty line. This all while their coach is among the top paid employee at the University.

If you are asking yourself, why don't these athletes get a side job?

First, a lot do because they $need\,at\,least\,some\,extra\,money.$ But really how many hours do you think they are able to work? On average, college athletes practice around 30 hours per week. Keep in mind that is just practice, it doesn't take into account all the time they spend doing extra work either on the field or in the weight-room, time spent doing homework or with a tutor - which are more and more becoming mandatory for college athletes - or in class. Still think they can balance all of that with a little side job

and still afford to pay for their

own food, books, clothes or cost of living? And you wonder why there

are so many scandals with players receiving money/ benefits from coaches and boosters? That actually happens a lot more than what is known or reported. Of course broke, over-worked teenagers are going to accept money, food or clothes if offered from a booster.

But these guys are going to go pro right? They'll make enough money to cover what they lost in college, I mean the average NBA salary this year was \$6.2 million. Unfortunately that theory doesn't match up with the numbers. On average only a little more than one percent of college players make it to the pro's in their respective sport.

The NCAA runs quite a brilliant scheme. Did you know they even invented the term 'student-athlete' so they could fight insurance claims for injured football players. Pretty slick, huh? But that seems quite

obvious to me. The issue that needs to be investigated

deeper is the discrepancy between black men that are full-time degree-seeking undergraduate students and black men that are on the athletic teams. For example, a 2010 study from the Penn Graduate School of Education found that in the big six NCAA conferences (ACC, Big East, Big Ten, Big 12, Pac 12 and SEC) found that between 2007 and 2010, Black men were 2.8 percent of full-time degree seeking students but on 57 percent of the football teams and 64.3 percent of basketball teams.

To me that says that these top and prestigious Universities, which already charge an arm and a leg for tuition, won't admit black students unless they can exploit them.

That is a serious problem.

The views and opinions expressed in this article are those of the author and do not necessarily reflect those of the publisher or NCW Media as a whole.

Zach Johnson can be reached at lcmeditor@gmail.com or (509) 682-2213.

■ LETTERS TO THE EDITOR

I am a lifelong resident of Chelan County. I am an owner of one of the nearly 40 cannabis farms Chelan County officials seek to shut down by regulating us out of business. Our farm employs eight to ten of the over 600 people county officials are forcing out of a job. Our farm is two generations of family owned and operated. We have lived in the area of our farm for 27 years. We have great relationships with our neighbors. We have used all our resources, including two full years of our lives without a salary, to build our farm with the American Dream of the opportunity for success. A shutdown of our farm, which the proposed regulations shuts every farm down, would force three members of my family to file for bankruptcy, including myself. We would lose just about everything. It would ruin our credibility and

it would turn our world upside down. There are about 40 other farms with similar stories. A shutdown could force 50-100 people into bankruptcy. Chelan County officials approved, permitted and allowed us to build and operate our farms at our locations. Now they are trying to take that away. What does that say of them? Should Chelan County commissioners let a few select people convince them to bankrupt that many honest, hardworking Chelan County residents? Do not forget about the 600 people forced out of a job in the midst of 600 jobs already lost at Alcoa, and more jobs lost at Hastings, Staples and many other local businesses shutting down. Grandfathering existing farms forces no one into bankruptcy. Chelan County is an agricultural community. Along with agriculture comes offsetting smells. We live with

it because it is our culture. Everyone understands the gripe, but it is not the only gripe involving agriculture in Chelan County. Chelan County's Code of the West Pg. 8 Sec. 5.6 states: Agriculture is an important business in Chelan County. If you choose to live among the orchards, farms and ranches of our rural countryside, do not expect county government to intervene in the normal day-to-day operations of your agribusiness neighbors. In fact, Washington has "Right to Farm" legislation that protects farmers and ranchers from nuisance and liability lawsuits. It enables them to continue producing food and

is intervening in the normal day-to-day operations of agribusiness neighbors. It is complete hypocrisy. If you wish to access Chelan

fiber. Well, county government

County's Code of the West, here is a link:

https://www.co.chelan. wa.us/files/public-works/ documents/code_of_the_west.

Chelan County commissioners have an important decision to make. One decision ruins the lives of a large group of Chelan County residents. The other ruins the lives of no one. All we farmers ask for is what every entrepreneur asks for:

not to fail by the hands of our county officials. Help Chelan County commissioners make their decision by writing them and voicing your opinion: District 1 Commissioner Kevin

the opportunity to fail or to

succeed by our own accord,

kevin.overbay@co.chelan. District 2 Commissioner Keith

Goehner: keith.goehner@co.chelan.

wa.us District 3 Commissioner Doug England:

doug.england@co.chelan. wa.us

Sincerely, John Nelson Wenatchee, WA

The economy is now the big question

risk-taking. However,

so far, that confidence

hasn't trickled down

into the economic

numbers. The economy

has clearly picked up a

little bit since the first

half of 2016. But we've

had other short spurts

of stronger economic

activity in recent years.

Over the last 9 months of

2014, our GDP averaged

more than 4% - but it

The stock market is up approximately 10% since the election (S&P 500). Part of the reason for the strong market was optimism over the Republican controlled government and the end of gridlock. However, based on the health care bill that couldn't even get through the House, that might be a fantasy.

Without the hope for positive government stimulus, all the stock market eggs are in the economy basket. Fortunately, the economy seems very solid. But it's been solid for years. To justify the lofty stock market gains we've seen, we're going to need something better. Unfortunately, this still seems like the same old slow growth economy we've had since the Financial Crisis.

The most positive economic news out there doesn't have to do with money, or goods or services. It's something much less tangible: Confidence. Both consumer confidence and business confidence are at highs we haven't seen in more than 12 years. That's impressive.

Hopefully, that confidence will translate into more spending, more investment, and more



COMMUNITY **VOICES** By BRAD **BLACKBURN**

didn't last.

So, the big question is whether American's newfound confidence is enough to break us out of the economic rut we've been in since the Financial Crisis. Confidence can be fleeting. But the stock market is charging ahead like an economic boom is a sure

thing. That disconnect between the economy and stock market can be rectified in one of two ways. Either the economy will finally reach a higher level – or stocks are way too high. The best news might be that while the economy hasn't picked up much, a recession looks very unlikely. So I don't think there's another "crisis" coming anytime soon. But the stock market and the economy need to battle this thing out to see which side is right. Only time will tell.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@ blackburn financial.net.





Friday, April 21, 6:00 p.m. - 10:00 p.m. Saturday, April 22, 1:00 p.m. - 9:00 p.m.

This year's entertainment is featuring some of the best bands in the Pacific Northwest. Many are favorites of the Leavenworth Ale-Fest and this year joining us for the first time Saturday evening is the Dusty 45s band.

> Discounted tickets are available online or purchase at full price at the door!

www.leavenworthalefest.com

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

Cashmere

Vale Yearbooks

To order a Vale yearbook for your child, complete and return the yearbook order form or purchase online. Yearbooks are \$10 if you order by the end of Spring Break. After April 10, the price for the yearbooks will go up to \$12. If you have any pictures that you want to be considered for this year's book, please email them to coxnikki@hotmail.com. If you would like to use a credit or debit card to purchase a yearbook, go to schoolannual. com. Contact the Vale office at 782-2211, coxnikki@hotmail. com or the Vale PTO at valepto@hotmail.com. (r14,15)

Leavenworth

Icicle Trout Unlimited meeting

Icicle Valley Trout Unlimited will hold it's monthly membership meeting on Wednesday, April 12 at 6:30 p.m. at Leavenworth's Icicle Inn. Washington Department of Fish and Wildlife Regional Director Jim Brown will present on the Wild Future Initiative, the Department's proposal to the legislature to improve the long-term funding outlook for the Department of Fish and Wildlife. Director Brown will also respond to any questions members may have. As always, no-host food and beverages are available from JJ Hills, the in-house restaurant and bar at the Icicle Inn. Please join us. (e13,14,15)

Leavenworth Ale-Fest 2017

There will be over 50 ales and ciders to taste at this annual fundraiser for the Nutcracker Museum to be held April 21 and 22 at the Festhalle. Festival goers will enjoy continuous music with some of the Northwest's popular bands, featuring Shaggy Sweet and Dusty 45s. Discounted tickets can be purchased online at www.leavenworthalefest.com. (e14.15)

Northwest Alphorn Workshop

Study and play the alphorn. All players welcome,

CASCADE FARMLANDS 14TH ANNUAL

regardless of ability. The includes: Group workshop seminars for beginning, intermediate, and advanced players, individual instruction from alphorn masters, evening virtuoso concert, group recital at the gazebo. The workshop is May 6-7 at the Enzian Inn. For information and registration, please contact NWAW chair, Thomas Tilton at info@ projektbayern.com or call 548-3494. (e15,16)

Kids' Emotional Intelligence

A fun course for kids and parents in Emotional Intelligence (EQ) development. Four Thursday evenings in May, 5-7 p.m. at Icicle Junction Activity Center. Create more empowered kids and greater harmony at home. Help kids feel safe navigating their social/emotional world. Course includes dinner and games each night. Register now, 509-741-7419 or info@ Wilderenergetics.com. (e15,16)

The Geology of the Inland Pacific Northwest Explore north central Washington geology with you tube "ROCK" star and award winning University of Central WA Professor Nick Zentner. Event is from 7 to 9 p.m. on Friday, April 14 at The Barn @ Barn Beach Reserve, 347 Division Street, Leavenworth. (e15)

Spring Wildflowers and Landscapes

Grab your brushes and come join us for an amazing weekend of learning to paint the spectacular wild flowers of the Cascades east slopes in fresh watercolors. The talented Molly Hashimoto guides you in creating sketches as well as larger, more detailed landscapes, working both in the classroom and with photos. Event is 9:30 a.m. on Saturday, April 22 and 4:30 p.m. on Sunday, April 23 at The Barn @ Barn Beach Reserve, 347 Division Street, Leavenworth. (e15,16)

Regional

Backyard Gardening Workshop

Attendees will participate in a series of lectures. See "how to" demonstrations and practice the various steps in creating a successful backvard garden. There will also be time for questions. From 9 a.m. to 1 p.m. on Saturday, April 15 at the Community Education Garden at 1100 N. Western Ave., Wenatchee. RSVP to 509-436-1601 or sandyl@cascadia. org. Hosted by Cascadia Conservation District and Chelan-Douglas Garden Program. (er13,14,15)

Give blood and help save lives this spring

Eligible blood donors of all blood types are encouraged to give blood through the American Red Cross this spring to help ensure a sufficient supply for hospital patients. Whole blood can be donated every 56 days, up to six times a year, and Power Red donations may be made every

112 days, up to three times per year. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting redcrossblood. org or calling 1-800-RED CROSS (1-800-733-2767). Next blood drive is from noon to 5 p.m. on Tuesday, April 18 at Wenatchee Community Center, 504 S. Chelan Avenue. (er15,16)

WVC Knight Athletics Auction

The community is invited to support Wenatchee Valley College Knight Athletics at the eighth annual Knight Athletics Auction and Extravaganza on Saturday, April 15. Join the WVC Knights coaches and athletes for an evening of food, drinks and auction in Smith Gym at 7 p.m. Tickets are \$25 each. To purchase a ticket, call Greg Franz at 682-6771 or Anya Belcher at 682-6886 Proceeds from this event will support WVC athletic teams, and there will be opportunities to donate to the athletic scholarship fund. (er15)

FBLA heads to State Conference



PHOTO BY MIKAILA WILKERSON/CVR

Cashmere High School's FBLA (Future Business Leaders of America) recently gave four money management presentations to Crunch Pak employees.

By Mikaila Wilkerson

 $Staff\ Writer$

Cashmere High School's FBLA (Future Business Leaders of America) students will be heading to Spokane for their State Conference April 19-22.

Kross Knoll, Addison Hoffman, Evan Gambill, Tyler Kert, Alvaro Guerra-Lima and Aleah Kert have all qualified to compete at the State Future Business Leaders of America Conference.

"They all qualified at a local level with about 30 schools around here to be able to go to this," Trevor Kert, the FBLA advisor, said. "They had to place well to earn the trip so I'm excited to see them have a good trip and compete at a larger level."

The students will compete in business-related events such as public speaking, computer networking, global business and personal finance.

If a student places 1st or 2nd at State, then he/she will get to move on to Nationals later in the year.

Last year Tyler Kert, the club's Vice President, won at State in the Public Speaking competition. He and Aleah Kert got to take part in last year's FBLA Nationals.

Students will also present a Community Service Project that they completed this last fall.

Trevor Kert and club members partnered with Human Resources Director Melissa Grimm to conduct a financial literacy presentation for Crunch Pak employees November 29-30.

"She was great to work with and encouraged partnership with Crunch Pak," Trevor Kert said.

The Cashmere FBLA chapter wanted to focus on one of the major FBLA goals when presenting to the employees: practicing efficient money management.

According to Kert, FBLA

reached out to Cashmere Rotary last year when Tyler and Aleah Kert qualified for Nationals.

At Rotary, the club tried to gain support so they could afford their trip to Atlanta, Georgia.

"We're supposed to be trying to merge Future Business Leaders of America with our business world so different years we just look for ways to interact," Kert said. The club put up a flyer at the Rotary that was asking for anyone who would like to connect with FBLA and work with the club.

Melissa Grimm with Crunch Pak expressed her interest in connecting.

"We look for ways in FBLA to help students learn more about businesses," Kert said. "Crunch Pak is a big business here in Cashmere and Melissa's willing to listen to kids do interviews and practice their interview skills in case they want to get a job at Crunch Pak."

To Kert, experiences such as these are a good way to combine the real world and school for the students.

"That's what we're trying to develop is future business leaders," Kert said.

Alvaro Guerrero is a Cashmere High School student who is currently employed at Crunch Pak.

"So that was fun for him to be there in kind of a leadership role or a presenter role and at the same time he was part of the team that was down there," Kert said.

The Cashmere students researched the benefits of

CONTINUED TO PAGE A4

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Date/Time

Location

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Thurs. April 13 – 6:30 p.m.

Pybus Public Market (south end of the building), 3 North Worthen Street

Wed. April 12 – 6:30 p.m. Leavenworth Fire Hall, 228 Chumstick Highway, Leavenworth

Chelan Chamber of Commerce Building, 216 East Woodin Avenue

visit

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QUESTIONS? For more information or to ask us a question about advanced meters, please visit chelanpud.org/AdvancedMeters

The Devil is a Dope

As a pastor I am fielded questions on a regular basis. Even some of you have written, asking me about what the Scriptures teach, and I pray through that correspondence, as well as these weekly articles, you have been given clarity and perhaps challenged to see a different perspective.

Some of the frequent questions that I often encounter when

talking to people are about Satan. "Does he exist?", "Why does he exist?", "Is he Satan. really someone we should be concerned about?" are a few of the questions that are brought to the surface when Satan is discussed.

First, does Satan exist? Absolutely, Jesus Christ was tempted by him in Luke 4:1-13



JOHN SMITH

Satan is the embodiment of evil, yes, but he is not an equal to God. The universe does not have God on one side, and the Devil on the other, and that they are equal in strength and power. No, although Satan may be powerful, he is still a created being and he cannot be compared to Creator God who is infinitely more powerful and sovereign.

rather he is a real entity

bent on destruction.

If Satan is a created being who is evil and is aimed at destroying people, then why has God allowed him to exist? If God is indeed omnipotent and good, why doesn't he take out Satan and thus end the struggle that believers have with him? Well, to address the last question, God will take out Satan in the lake of fire eventually (Rev. 20:10), but why hasn't he already?

The Bible is clear that God is indeed sovereign over all, including Satan. It is also clear that God is a God of Redemption, and that he is most glorified in the saving and sustaining of his people. In allowing Satan to exist, God shows that in and through the suffering that is inflicted by the Devil, God is able to redeem, strengthen and preserve his people from falling amidst the fiery trails of faith, to the glory of Him alone.

It is a difficult concept, but let me try to illustrate with a story I heard many years ago.

One day there was a preacher that was taking an afternoon walk, and as he strolled along the village streets he came across a blacksmith shop. Watching it for a moment, he saw a huge beast of a man, swinging a large hammer and pounding a piece of metal. As the preacher continued to watch this behemoth swing and pound with his massive hammer, the preacher observed this man to be simple minded and far from bearing any sort of intelligence.

drew As the preacher nearer to blacksmith shop, he saw a gentleman in the back pointing and telling the one with the hammer where to hit. Intrigued, he entered the blacksmith shop and approached the gentlemen.

"Good Sir, curiosity begs me to ask you this: Why are you telling this man where to hit? Wouldn't it be easier for you to pick up a hammer and do it yourself?"

The gentleman responded, "I am the master of this blacksmith shop..." gesturing toward the one pounding on the piece of metal "That man over there believes he is destroying that piece of metal, however, I am telling him where to hit because after it is finished, it will be considered a masterpiece".

Satan is the biggest fool in the cosmos. In thinking that he is winning the battle, he is actually playing into God's hands. The crucifixion of Jesus is a prime example. Satan sought to destroy Jesus by putting it in the heart of Judas to betray him (Jn. 13:2), yet when Jesus Christ was delivered and crucified, the cross was a public display of Satan's defeat. That act of Satan was a suicidal one.

Is Satan real? Yes, however Jesus has won over him, the cross assures us of that. The suffering caused by Satan is unknowingly served for God's redemptive process for followers of Christ. Christian, be strong in the battle, know that Satan has been overcome and that God works all things for your good (Rom. 8:28).

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

FBLA

CONTINUED FROM PAGE A3

401(k) retirement plan to prepare a multimedia presentation to inform employees about the beneficial financial opportunity available to them.

"The club, in general, did a great job," Kert said. "It was a team effort for us to do all

Four separate sessions were conducted both in English and Spanish about the benefits of enrolling in a 401(k) savings program.

Bilingual student presenters included Lorena Carreno, Yulissa Infante and Neo Valle.

"It was a good experience for them," Kert said. Other presenters included

Aleah Kert, Addison Hoffman, Jackie Horn and Tyler Kert.

Approximately 50 employees attended the presentations over the course of the two days according to Kert. About 17 Crunch Pak employees started up 401(k) after the presentations were given.

'We received very positive feedback from the people who attended the student presentations,' **FBLA** President Aleah Kert said. "Over 90% of the employees were interested in enrolling in a 401(k) retirement program after attending."

One of Cashmere's FBLA goals is to partner with businesses and this was such a positive experience that more presentations may be offered to Crunch Pak employees in the spring.

According to Aleah Kert, the FBLA President, the students used a H&R Block simulation to teach the employees about personal finances.

"While it really taught our members how to present in public and public speaking, it taught us a ton about money management and allowed us to give back to our community through the hundreds of employees that are at Crunch Pak," Aleah said.

For Aleah, the experience gave her a chance to be able to

gain experience and practice for her to teach about 401(k) to others later in life.

"For me, it was really special to be able to take knowledge that was valuable to me and give it to people who really needed it and would use it and put it into practice," Aleah

Mikaila Wilkerson can be reached at reporter@ cashmerevalleyrecord.com

CASHMERE SCHOOL MENUS

Vale Elementary School

Wednesday, April 12 Breakfast= Choice of Cereal, Pumpkin Muffin Lunch= Chicken Burger, Baked Beans Thursday, April 13 Breakfast = Breakfast Wrap Lunch=

Chicken Nuggets, Chips, Green Beans Friday, April 14 Breakfast = Breakfast Pizza Lunch = Brunch for

Lunch, Waffle Sticks, Sausage, Strawberry Milk Monday, April 17 Breakfast= Pancake Wrap Lunch= Ravioli &

Tuesday, April 18 Breakfast= Choice of Cereal & Blueberry Loaf Lunch= Hamburger with Fries, Jell-O Cups Wednesday, April 19 *Late Start* Breakfast= Omelet & Biscuit Lunch= Mini Corndogs, Green Beans

Cashmere Middle School

Wednesday, April 12 Breakfast= Cereal & Bagel W/ Cream Cheese Lunch= 1) Chicken Burger, 2) BBQ Rib Sandwich, 3) Grilled Cheese, Baked Beans, Bowtie Pasta Salad

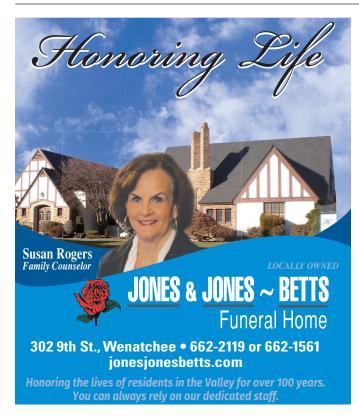
Thursday, April 13 Breakfast= Pop Tarts or Cereal & Muffin Lunch= 1) Teriyaki Chicken W/ Rice, 2) Egg Roll W/ Rice, Green Beans, Oriental Pasta Salad

Friday, April 14 Breakfast= Breakfast Pizza Lunch= 1) Brunch for Lunch, Waffle Sticks, 2) Omelet, Sausage, 3) Sunbutter Sandwich W/ Yogurt, Strawberry Milk, Chicken Caesar Salad

Monday, April 17 Breakfast= Funnel Cake & Smoothie Lunch= 1) Sweet Chili Thai Chicken W/ Rice, 2) Teriyaki Chicken W/ Rice, Fortune Cookie, Asian Cabbage Salad Tuesday, April 18 Breakfast = Cereal & Muffin Lunch = 1)

Hamburger W/ Fries, 2) Egg Salad Croissant W/ Chips, Baked Beans, Jell-O, Macaroni Salad

Wednesday, April 19 *Late Start* Breakfast= Omelet & Biscuit Lunch= 1) Western Taco, 2) BBQ Shredded Beef Sandwich, 3) Fish Sandwich, Green Beans, Broccoli Salad





NCW Media Inc.'s Obituary and Memorial **Policy**

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

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

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

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

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

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

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CASHMERE

CASHMERE BAPTIST CHURCH

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CASHMERE PRESBYTERIAN CHURCH



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

CASHMERE UNITED METHODIST CHURCH



213 S. Division • 782-3811 Worship and Sunday school at 10 a.m. Office Hours: Monday-Thursday from 10:00 am - 1:00 p.m. Rev. Lilia Felicitas-Malana, Pastor

CHRIST CENTER

Worship Celebration & Sunday School 10 A.M. Meeting at The Conservatory behind Apple Annie's Underground Youth Group, Sundays, 6 P.M. - 206 Vine Junior High, Wednesdays, 7 P.M. - 206 Vine Steve Haney, Pastor CHRISTCENTER

Andy Robinson, Pastor christcentercashmere.org (509)782-2825

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. christforcashmere.org . John Smith, Pastor

GRACE LUTHERAN CHURCH

Vine & Elberta Streets • (509) 680-0736 Worship 10:30 a.m. Rev. Robert Gohl, Pastor

CASHMERE St. James Episcopal Church



222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. Rev. Carol Forhan, Deacon 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 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. Steve Bergland, Pastor

MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. Dryden, WA 98821. 782.2616 Worship Service, 10 am, Sunday School, 9 am Travis Connick www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH

'Where God's Word Remains The Pillar Of Truth' 11025 Chumstick Hwy. • 548-4331 Sunday School 9:00 a.m. Sunday Worship 10:30 a.m. Weekly Bible Studies AWANA (Youth Program) Wed. 6:30 p.m. (school year) Todd James, Pastor • www.cmbiblechurch.org

COMMUNITY UNITED METHODIST



418 Evans Street - 548-5619 Worship and Sunday school for children at 10 am. Nursery provided. Rev. Denise Roberts, Pastor www.leavenworthumc.org

LEAVENWORTH

CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall • 621 Front St. 548-0748 • Sunday Worship 10 a.m. Weekly Bible Study/Fellowship Groups Monday & Wednesday 6:30 p.m

Church of Jesus Christ of Latter-day Saints

10170 Titus Rd. (across from middle school) Meetings: Sunday - 10:00 am Church: 509 548-7667 For any other information: 509 868-2620

FAITH LUTHERAN CHURCH

224 Benton Street Worship 9:30 a.m. w/coffee following Web: www.faithleavenworth.org Reconciling Works Congregation

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street • (509) 290-0686 Sunday School 9:45 a.m. • Worship 11 a.m. Michael Brownell, Pastor email:mkb3123@gmail.com

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292 Sunday Worship 8:45 a.m. & 10:30 a.m. Lead Pastor: Andy Dayton, Pastor Pastor of worship & Youth: Associate: Brian Shubert Pastor to Children & Families - Becky Goodman

Our Lady of the Assumption

145 Wheeler Street 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. Parish Office - 548-5119 • Fr. Miguel Gonzales

LEAVENWORTH

SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 509-860-3997

SPIRIT LIFE CENTER



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

MONITOR

Monitor United Methodist Church 3799 Fairview Canyon, (509) 782-2601

Church Service & Sunday School 9:30am Pastor David Raines

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517

Sunday Worship 10 a.m. John Romine, Pastor • www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD

School and Lake St. Peshastin, WA. - 509.860.1088 Sunday Worship Service 10:30 am Bible Adventures for Kids at 10 am sharp Pastor Vern & Linda Watterud

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Senior Jay Lightfoot at the mound in the Tuesday, April 4 home game against the North Mason Bulldogs. Lightfoot was 2 for 4 with two doubles. He also drove in five runs and made two base hits.

By Mikaila Wilkerson Staff Writer

The Cashmere Bulldogs Baseball team defeated the North Mason Bulldogs 9-4 in a home game April 4 and then lost to both the Freeman Scotties and Cheney Blackhawks in Spokane April 5.

Senior Jay Lightfoot (6IP, 4R, ER, 5H, 9K, 2BB) had some quality pitching throughout six innings and sophomore Austin Dueman (IP, 0R, 0H, K) pitched in a scoreless inning that helped Cashmere out tremendously as well.

"I'm real happy with Jay Lightfoot's performance on the mound for us," Coach Jeff Carlson said. "He just did an outstanding job. As a guy that hasn't pitched a lot for us, he gave us 6 outstanding innings.'

Lightfoot went 2 for 4 with two doubles and drove in five runs.

Tanner Van Lith added a RBI triple while Hudson White added a RBI double when Cashmere got four run scoring extra-base hits in.

Tyler Chipman, who reached base three times, was 1 for 2 and scored 2 runs.

Daniel Junior catcher Wright walked twice and was 1 for 1.

Wright stole two bases and also scored three runs.

Kross Knoll and Garrett Tarver added a hit each as the Bulldogs out-hit the North Mason Bulldogs 8-5.

As the game came to an end, the Cashmere Bulldogs were victorious as they came out with a 9-4 win.

With this win, Cashmere was 9-0 overall.

"We weren't real sharp defensively today like we are accustomed to," Carlson said. "A little bit more errors, our pitchers had to throw a little more pitches than we wanted to just because we weren't making the plays behind them. But all that being said, you win by 5 runs so there's a lot of good things as well."

According to Carlson, one thing that the team needs to improve on in the next couple of games on Wednesday is to get bunts down when in key situations.

"The great thing about it is that we bounce right back tomorrow with two tough games in Spokane," Carlson said. "So our guys will be fired up and ready to go tomorrow."

Traveling on to the Avista Stadium in Spokane on Wednesday, April 5, the Cashmere boys found themselves playing against the Freeman Scotties first.

McKabe Cottrell, a Freeman ace and a Gonzaga signee, pitched a complete game 2-hit

shutout (12K, 1BB) while the Cashmere Bulldogs committed 4 defensive errors and allowed 8 walks to the Scotties.

Junior Tyler Chipman (4IP, 6R, 3ER, 3H, 7K, 6BB) was at the mound and took his first loss of the season while Kross Knoll (2IP, 2R, ER, 2H, 2K, 2BB) got to pitch two relief

Both Jay Lightfoot and Garrett Tarver made two base

The Bulldogs lost 8-0 against the Scotties.

In their second game at the Avista Stadium Cashmere played against the Cheney Blackhawks.

defense Cashmere's committed 6 errors and the pitchers allowed 8 free passes.

Garrett Tarver (5IP, 6R, 2ER, 3H, 5K, 6BB) was on the mound for five innings and then Hudson White (2IP, R, ER, 0H, 2K, 2BB) provided relief.

Garrett Tarver (2RBI, R) and Jarec Kunsman (2RBI, R) both got in two hits.

Tanner Van Lith scored two runs and was 1 for 3 with a

double. Izaiah DeJong was 1 for 3 with a RBI and Jay Lightfoot

helped add on a base hit. Kross Knoll (2BB, HBP) scored a run and reached base

three times. In their game against the

Blackhawks, Cashmere lost 7-5. The boys are now 9-2 overall and are 4-0 in the Caribou Trail League.

The Bulldog boys will be looking to rebound from their losses on Tuesday, April 11 when they face off against the Cascade Kodiaks at 4:30 p.m.

Mikaila Wilkerson can be reached at reporter@ cash mere valley record.com







Cashmere, Bridgeport, UVCS at

Cascade, 3:30 p.m

Quincy Invite, 10:30 a.m.

4 p.m.

4 p.m.

Wed, April 19

Tue, April 22

Vale Students of the Month: March 2017 COOPERATION



Vale Elementary School's March students of the month were selected for the trait of cooperation. top row, left to right:

Abby Swanson, Damani Shabazz-Pheasant, Santiago Mirelez, Paula Ramirez, Gerardo Romero, Josue Sierra, Yanely Garcia, Skyler DeJesus, Tayler Marden, Owen Heflin, Taylor Van Winkle

2nd row left to right:

Conner Sprauer, Keith Ledbetter, Mia Ochoa, Hannah Cox, Claire Piestrup, Kyson Traynor, Bailey Rutherford, Ella Dowling, Brett Rubio, Emily Cornelio, Alec

3rd row left to right:

Thomas Batanoiu, Kenyon Shabazz-Pheasant, John Peery, Nickolas Simpson, Thomas Tran, Kaiden Ruiz-Cook, Brenda Carrillo, Logan Lindsay, Zoe Caruso, Adele Esmond, Cristo Heredia

4th row left to right:

Jaime Lopez, Trinity Guiver, Zennon Cortes, Jayson Sutherland, Teagan Kerns, Lili Ruiz, Gaige Provo, Kira Webber, Quentin Christensen, Makenna Saunders, Dionicio Torres

5th row left to right:

Jaden Herrera, Jayden Cockrum, Paxton Lopez, Wyatt Rutherford, Saebrianne Hocking, Hillary Hernandez, Melanie Garcia, Jayson Marron, Alondra Gil-Camacho, Isaiah Rose, Jaxon Dewitz

6th row left to right:

Alex Pina, Paris Avilez, Gizelle Vazquez, Jasmine Arroyo, Leonardo Sanchez-Martinez, Ayden Premro, Alyson Perkins

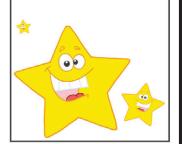
Not pictured: Danny Vasquez



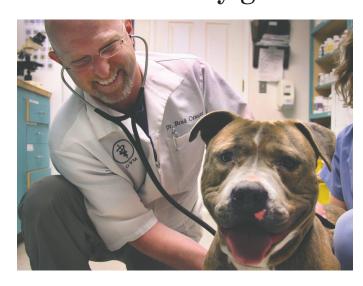
Congratulations & Cheers to **Vale Students** of the Month!

Terry & Patti Davis Jamie R. Davis

103 Cottage Avenue, Cashmere 782-1122 www.ncwrealtyinc.com



Humane Society gets new veterinarian



WENATCHEE -- Dawn Davies, executive director of the Wenatchee Valley Humane Society (WVHS), announced the appointment of Dr. Brad Crauer to the recently-created position of in-house shelter veterinarian.

overseeing a shelter medicine program at WVHS, with a strong emphasis on spay/ neuter surgery.

"This appointment helps us realize a dream we have been working on for some time," notes Davies. "We want every homeless animal that comes through our doors to have a thorough in-house vet checkup, and to receive spay/neuter surgery as quickly as possible to ensure they are ready for adoption with little delay."

Davies points out that the volume of spay/neuter surgeries the shelter requires can often overwhelm the important partnerships WVHS has with the veterinarian community in our area. "With an in-house veterinarian, these will be handled more efficiently, and routine health checks will avoid delays in treatment," Davies says. "We will still need to rely on our veterinarian partners for more complex surgeries and treatments on specific cases, and greatly appreciate all they do for us, often without advance warning, and during evening and weekend hours."

Dr. Crauer has served as Assistant Professor at Kansas State University, where he developed a shelter medicine program. Prior to joining the faculty at Kansas State University, he served as Seattle Humane Society's Chief Medical Officer and as an Adjunct Professor at Washington State University. He is a 1991 Iowa State University graduate with over 20 years of experience as a veterinarian and administrator in private practice, emergency and shelter facilities.

"When Hurricane Katrina struck New Orleans, Dr. Crauer acted as an advisor to FEMA and was the lead veterinarian in charge of rescue, triage, treatment and long-term management of an evacuation shelter," Davies says. "We believe his background equips him very well for the position at WVHS."

Dr. Crauer's family includes his wife, two college age children, two dogs and two Katrina rescue cats. He will begin his position at WVHS in July of this year.



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PHOTO BY MIKAILA WILKERSON/C

Starpetal, to the left, and her friends calling for peace in one of their songs. Wanting to put on a battle of the bands, Starpetal and her fellow classmates work hard to find the perfect location. The teenagers learn along the way just how important their freedom of speech is and how far peace and love will truly get you.

"The music's the best part,"

Stephanie Arizmendi, Don

For Cindy Smith, Don Smith's sister, the outfits

of the play take her back to

her high school days when Flower Power was a big deal

Cindy even owned a pair of

Smith's niece, said.

in society.

By Mikaila Wilkerson

Staff Writer

On Wednesday, March 29 and Thursday, March 30 the sixth grade musical production of Flower Power was put on in the Cashmere Middle School auditorium.

Flower Power, directed by 6th grader teacher Don Smith, focuses on a group of high school teens during the 60's who are trying to do a battle of the bands in their high school.

After their principal refuses to allow the event to take place at the school, the students set out to find the perfect venue.

Starpetal, played by Kaitlyn Bjorklund, is the leader of a girl band known as Flower Power.

Pete, played by Jack Croci, leads a band consisting of his friends Paul and Harry, played by Canyon Tritt and Jackson Donald, and himself.

Shelly, played by Sydney Young, leads a girl band known as the Darnettes.

After having been denied at the school, Starpetal leads the others on a quest to locate other areas around town for their battle of the bands, including the downtown park, which also gets denied.

On the verge of giving up, Starpetal and her friends finally decide on a farm as their perfect venue.

After enduring a vicious biker gang led by Crusher, who is played by Kellen Kimes, and dealing with a mysterious British Duo called the Kooks, Starpetal and the others finally get to have their battle of the bands and find out that peace and love truly do make a difference in life.

go-go boots similar to what characters in the play wore in

a few scenes.

"I think they're just adorable," Cindy said of the performers.

Mikaila Wilkerson can be reached at reporter@ cashmerevalleyrecord.com

Silly String for Box Tops







COURTESY PHOTOS.

Principal Sean McKenna gets "Silly Stringed."

By Mikaila Wilkerson

Staff Writer

DeAnn Kruiswyk's 3rd grade class recently got to Silly String Vale Elementary School Principal Sean McKenna and Vice Principal Rhett Morgan. Kruiswyk's kids were the winners in the school-wide Box Tops for

Education drive put on by the Vale PTO (Parent Teacher Organization). By the end of the Box Tops drive, the school had raised over \$550. The class who brought in the most Box Tops, which was Kruiswky's 3rd graders, got to Silly String the principals. Other winning classes got a visit from the Vale PTO

Hot Cocoa Cart: Heidi Hartnell's kindergarteners, Kim Bryant's 1st graders, Hunter McLeod's 2nd graders, Kim Thibault's 3rd graders and Heather Couture's 4th graders.

Mikaila Wilkerson can be reached at reporter@ cashmerevalleyrecord.com



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cility

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housing opportunity





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Office Hours: Monday - Friday 8 a.m. to 12 noon

This institution is an equal opportunity provider and employer

Phone: 509-548-6262







SERVICES

Estate Manager For Hire

Twenty five years experience. I do everything! Live-in preferred. Supurb references. Think non-taxable incentives.

For appointment please Call 928-466-6383 Doing business in the Upper Valley.

ANNOUNCEMENTS

HELP OUR ECONOMY **SHOP LOCAL** Our families live and work here.

HAPPY ADS

READ IT IN THE CLASSIFIEDS *HAPPY BIRTHDAY! *HAPPY ANNIVERSARY *CONGRATULATIONS!

*WILL YOU **MARRY ME?** Terms: ad must be prepaid. \$6.00 for the first 15 words,additional words -a bit extra.

Ask about Adding a picture for only \$2.00 more. Or

Bold words

Special Fonts and Borders for a small additional charge.

Leavenworth/Cashmere 509-548-5286 classifieds@ leavenworthecho.com

Chelan 509-682-2213 mirrorads@ lakechelanmirror.com

Quad City Herald 509-689-2507 heraldads@qcherald.com

LOST & FOUND

DID YOU LOSE OR

FIND AN ITEM? Lost or found items can be placed in the newspaper/online for one week for FREE. Limit 20 words.

Call Leavenworth. 548-5286 Lake Chelan Mirror 682-2213

Quad City Herald 689-2507

before Noon on Mondays.

HELP WANTED

Leavenworth, Caregiver needed for elderly male, minimal duties. Mainly Tuesday thru Friday, A.M. and P.M. No pets, no smoking 509-860-3432.

> Lake Chelan Winery and **Wapato Point Cellars**

> > We're hiring for

all positions! **Attend our**

CAREER FAIR April 15 For more information

see our ad in this week's paper

or to go lakechelanwinery.com/ careers or wapatopointcellars.com/ careers to download an application

HELP WANTED



Hiring an Accounting Coordinator

Stevens Pass Mountain Resort is hiring for full-time Accounti-ng Coordinator. This position full-time, benefited year round. This land position is responsible for thoroughly reviewing retail invoices to ensure that they are in accordance with contracts, purchase orders, work orders and packing slips. They also ensure that retail invoices are paid timely and correctly, maintain files for each Capital Maintenance Project and regularly report on them to senior management. Associate degree; or equivalent from a two-year college or technical school; or 3 years or more related experience and/ or training; or equivalent combination of education and experience.

To apply, please go to: www.stevenspass.com /jobs



Wapato Point Resort Job Fair!

Saturday, April 22nd 10 a.m. – 1 p.m.

~ Lunch Provided ~

Immediate Interviews For: •Facilities Maint Techs

 Groundskeepers Housekeepers Front Desk Associates

 Recreation Associates Be a part of a GREAT

team! **Competitive Wages** Monthly Bus Passes (restrictions apply)

Application Packets available www.wapatopoint.com

Lake Chelan School District is seeking applicants for the following positions:

•2 HS Spanish Teachers •HS ASB Advisor Grounds/ Maintenance Assistant Coaches Substitute Bus Drivers

Detailed job postings and online application process are available at: www.chelanschools.org For assistance, call 509-682-3515 EOE

Find the Best Qualified Local Employee in our Classifieds Ads. Your ad will appear online and in the newspaper for one low price.

Deadline Monday at noon Lake Chelan Mirror 682-2213 mirrorads@

lakechelanmirror.com Leavenworth/ **Cashmere** 509-548-5286 classifieds@ leavenworthecho.com

Deadline Tuesday at noon **Quad City Herald** 509-689-2507 heraldads@qcherald.com All Classified Ads go in all of

our newspapers

Chelan 76 EZ Mart is looking for reliable and hard-working people to join our team. Year around positions open. No experience necessary. Must be 21 years of age, pass a background check and drug screening. \$11.00 to start. Apply in person, 302 E. Woodin Ave., Chelan.

Leavenworth: 548-5286 • classifieds@leavenworthecho.com

Windermere

Ready to sell or buy?

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?

Geordie Romer · 679-8958 Allyson Romer · 630-9898

Momi Palmieri · 433-2211 Julie Averill · 206-234-2225

Give us a call today! See all available properties at windermereleavenworth.com



Highly Capable Program

March 20, 2017

Cascade School District is committed to identifying and providing for the unique educational needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community members for students that are believed to have a high capacity to learn quickly, deeply and/ or broadly, so that we can better provide an individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assess ment with the permission

Definition of highly capable students ´ meansl students wh Perform or show potential for performing at significantly advanced aca demic levels when compared with others of their age, experiences, or en vironments.

of their parent/ guardian.

(1) Capacity to learn with unusual depth of under standing, to retain what has been learned, and to transfer learning to new situations;

(2) Capacity and willingness to deal with increasing levels of abstraction and complexity earlier than their chronological peers;

Creative ability to make unusual connections among ideas and concepts;

Ability to learn auickly in their area(s) of intellectual strength; and

Capacity for intense concentration and/ or fo cus.

Nomination forms can be obtained from the Cascade School District lwebsite (www.cas cadesd.org under Programs and Highly Capa-ble) and in school offices. In order to be considered for identification for the coming school year, nomination forms should be returned to Mike Janski, Highly Capable Director, at Icicle River Middle School by April 19, 2017 either by dropping them by the middle school, by (mjanski@casemail cadesd.org) or by mail; 10195 Titus Rd., Leavenworth, WA 98826.

(WAC 392-170-035 WAC 392-170-036)



Mountain Meadows Senior Living Campus has immediate opening for the following full-time beneffited position: **Experienced Cook**

32 - 40 hours/ week. Will be scheduled on both and weekdavs some weekends. Scratch home style cooking experience in a moderately fast paced environment preferred. Wages DOE.

This position requires a food handlers card, background check and job references. Hired applicant will receive paid time off, holiday particiand can pate in an excellent insurance package. If interested, apply at 320 Park Ave., Leaven-Ave., worth, WA.

> Mill Bay Casino Job Fair April 28, 2017 10 a.m.- 2 p.m. At Mill Bay Casino DeepWater **Amphitheater**



455 Wapato Lake Road Manson, Wash 800-648-2964

Drive-in Heidleburger now hiring for part-time/ full-time counter person for summer. Needs to be available on weekends. Come in and talk to Niki. 12708 Highway 2, Leavenworth.



Strider Construction Co., Inc. based out of Bellingham WA., has imopenings mediate Heavy Equipskilled ment Operators, Truck **Drivers and Laborers** for heavy construction work in the Chelan area. The equipment operator position requires basic understanding of construction techniques and procedures and knowledgeable of equipment capabilities and is expected to perform labor tasks and maintain equipment. Truck drivers must have a CDL and have 2 years experience knowledge land water dump trucks and ltrucks. Must pass a background check and drug test. We provide excellent benefits and wages. Please fax reto (360)sumes 380-3456 or you can

employment@strider construction.com.

inquiries phone please. We are an Equal Opportunity Employer.

Cashier/ Clerk

Peshastin Market is now hiring for full-time Cashier/ Člerk. Must be 21 or older, dependable, and able to work evenings and weekends. Apply at 10170 Main St. Peshastin, WA. or call 509-548-7327.



DOKU

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Get a Pain-Relieving Knee Brace At Little or **No Cost to You You May Qualify for Free Shipping** We Do All The Papenwork Shoulder Braces, Ankle Braces, Back Braces Also Available

Medicare Patients Call Us Right Now 1-800-984-0360

4 3 9 8 5 9 2 8 5 4 3 1 8 5 9 4 5 1 9 5 9 7 6 4

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

HELP WANTED

CITY ENGINEER / **SPECIAL PROJECTS MANAGER** WITH SUCESSION TO **PUBLIC WORKS** DIRECTOR **OPPURTUNITY** CITY OF CHELAN. WASHINGTON

The City of Chelan is seeking a qualified person to fill a newly created position of City Engineer / Projects Special ager. The person who fills this position will be responsible for duties as outlined in the Job Description which can be found online at

www.cityofchelan.us//employment but consists primarily of assisting the Works Director

Public in the planning, funding execution of large capital projects, with an emphasis on record keeping throughout the process. This position is also a planned succession meant to provide an opportunity for a person to experience training with the City of Chelan sufficient to, ultimately move into either **Public** Assistant Works Director or Public Works Director position when they become cant.

A Bachelor's Degree in civil engineering or related field is required, additional consideration will given those candidates that can demonstrate experience in the engineering specific to public works, leadership skills, and are on a path to a career as a Public Works Director.

A job description and application can be found online at: www.cityofchelan.us//em-

ployment Position is open until filled. First review is April 28, 2017. Public Works contact number is (509) 682-8030. Submit application and resume to:

City of Chelan Attn: City Clerk P.O. Box 1669 Chelan Wa. 98816

Code Enforcement Officer CITY OF CHELAN, WASHINGTON

City of Chelan is accepting applications for a Code Enforcement Officer. Two years of municipal code enforcement expeis preferred. School Diploma or GED and a valid Washington State Driver's License are required. Salary range: \$3,831- \$4,606 per range: \$3,831- \$4,606 per month + benefits. Additional information and application packet are available at:

www.cityofchelan.us or by contacting (509) 682-8019. Position is open until filled. First review is May 12,

PARK MAINTENANCE/ PUBLIC WORKS CITY OF PATEROS

Performs a variety of in construction, maintenance and repair of park equipment and facilities; to operate a variety of park maintenance vehicles, equipment and tools; and to perform tasks related to assigned area of responsibility. Inspect and repair irrigation systems; drain and winterize irrigation systems. Perform tree and ground maintenance. Assist in streets, water and sewer repair as needed.

Applicants should have one year of park maintenance, landscaping, grounds keeping or similar experience. Requires ability and willingness to perform manual labor, including lifting of heavy objects.

Salary is \$12- 14.85/ hour depending on experi-ence. Applicants may be asked to obtain a Drug & Alcohol Test and also background check.

For more information and an application, please contact Pateros City Hall, 113 Lakeshore Drive Pateros, WA 98846; (509) 923-2571 or email pateros@swift-stream.com. applications Completed

along with a letter of interest and resume should be submitted to the city

Position is open until filled.

HELP WANTED



Highly Capable Program - Programa de Alta capacidad

20 de marzo, 2017

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

∟a definición del estudiante de alta capacidad significa que:

Trabajan o demuestra el potencial para funcionar niveles académicos significativamente avancuando se le compara a otros de su misṁa edad, mismas experiencias o de los mismos ambientes.

capacidad de àprender con la profundidad rara de entendimiento, retener lo que se ha aprendido, y transferir el aprendizaje a nuevas situaciones;

La capacidad y la voluntad de tratar con niveles cada vez mayor abstracción y complejidad más temprano que sus compañeros de misma edad cronológica;

La creativa de hacer inusuales conexiones con las ideas y concep-

La capacidad de aprender rápidamente en su(s) área(s) de fortalèźa/ destréza intelectual; y

La capacidad para la concentración y/o enfoque intenso.

_as formas para hacer ına nominación se pueden obtener por la página de web del Distrito Cascade Escolar de www.Cascadesd.org encuentran bajo la pestaña del Programs Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 19 de abril, 2017, por electrónico correo (mjanski@cascadesd .org) o por correo; 10195 Titus Rd., Leavenworth, WA 98826.

WAC 392-170-035, WAC 392-170-036)

City of Leavenworth Pool

The City of Leavenworth, an equal opportunity employer, is now accepting applications for Certified Lifeguards or those willing to become certified. In addition to applicable certifica-tions, job seekers must posstrong public relations communication skills, with the ability to understand and implement all rules related to the facility.

Job applications are available

at City Hall, 700 US Hwy. 2, from 9:00 AM - 5:00 PM, via our website at www.cityofleavenworth.com, or by contacting us at 509-548-5275.

Application deadline is 5:00 P.M. on May 1, 2017.

HELP WANTED



Caregiver A kind, nurturing person with good listening

skills is needed. for our 'float pool'. This is a part-time, on-call position. We will train and assist with credentialing as a Home Care Aid. Please apply in person at Heritage Heights, 505 East Highland Ave.,

LAKE CHELAN COMMUNITY HOSPITAL **CLINICS**

Chelan, 509-682-1998.

LCCH is a 25-bed critical access facility, wages DOE. Extensive benefit package available if eli-gible. We are an EOE welcoming diversity and do not discriminate on the basis of race, color, national origin, disability or age. To review the complete position description, visit our website's career center at www.lakechelancommunityhospital.com about us tab. Follow the links to apply or by calling (509) 726-6005 for an application.

CNO (Chief **Nursing Officer)**

Full-time, salaried position with benefit pack-Candidate must age. professional possess eadership skills, critical thinking, team oriented & support a patient centered care philosophy Must have a current WA State RN license, BSN and minimum 5 years experience with emphasis on management and knowledge of regulatory requirements.

Credit Services Representative

Full-time, benefited position working M-F, 8 a.m. – 4:30 p.m. Responsible for collection of all private pay accounts in a prompt and professional manner. Must be a High School graduate/ GED with 2 years prior business office experience and a general knowlof collection poliedge Computer and lcies. 10-key calculator experience required. A medibackground knowledge of working CPT coding, insurance claim processing, UB-92's and HCFA 1 preferred.

Love Crossword Puzzles? Be a Sponsor

PUZZLE SOLUTION



8 4 3 9 8 9 3 2 6 7 2 9 5 1 6 8 3 4 8 4 1 9 2 6 5 7 5 4 2 6 3 9 8 9 2 6 8 7

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Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon

Lake Chelan Mirror 682-2213 mirrorads@ lakechelanmirror.com

Leavenworth <u>Cashmere</u> 509-548-5286 classifieds@ leavenworthecho.com

Deadline Tuesday at noon **Quad City Herald** 509-689-2507 heraldads@qcherald.com

All Classified Ads go in all of

our newspapers

ANTIQUES & Collectibles

Get cold hard cash for your Antiques by placing them for sale in a classified ad.

Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon Lake Chelan Mirror

682-2213 mirrorads@ lakechelanmirror.com <u>Leavenworth</u> **Cashmere** 509-548-5286

classifieds@ leavenworthecho.com Deadline Tuesday at noon **Quad City Herald**

509-689-2507 heraldads@qcherald.com All Classified Ads go in all of ur newspapers

Still can't find what you're lookin' for? Might be in the classified section.



GARAGE & YARD SALE

CLEAR SOME SPACE WITH A



Fill your pockets with

Let others know what items you are selling! Your ad appears online & in the newspaper for one low price Deadline Monday at noon **Lake Chelan Mirror**

682-2213 mirrorads@lakechelanmirror.com Leavenworth/ **Cashmere** 509-548-5286 classifieds@leavenworthecho.com

Deadline Tuesday at noon **Quad City Herald** 509-689-2507 heraldads@qcherald.com

WANTED

DID YOU KNOW?

'Items Wanted" will notify you when what you want appears in our classifieds within 7 days. Whether it's your dream job or your dream car. Wanted" "Items email you a notification when it becomes available.

To use "Items Wanted" go to

leavenworthecho.com cashmerevalleyrecord.com lakechelanmirror.com

qcherald@qcherald.com Go to Advertising, Submitted A Classified and follow the easy steps



CAMPERS, TRAILERS & **RVs**

2013, 28 ft. Fifth Wheel Trailer. Like new condislide-outs, Three Two flat screen TV's, fireair queen bea, matterss hide-a-bed, and outdoor Bar-B-Q. Priced sell, \$19,500. 509-860-3419.

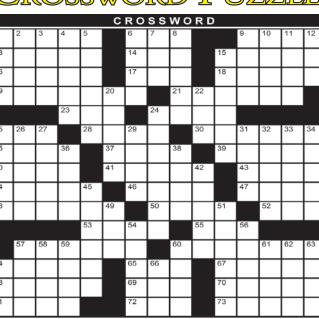
Travel Trailer 2007 Gulf Stream Conquest RBL 24 foot. Walk around queen bed. Lots of storage plus under storage bed. Sleeps 6. Bathroom with tub and shower. Kitchen includes double sink, microwave, propane stove, oven, refrigerator. Light-weight for towing. EZ lift. Non-smoking. Television, good tires/ spare. Excellent condition. No pets. Trailer in Chelan but will be in Kirkland in a week. \$8,500. 206-947-8942

Public NOTICES

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code

of Washington 61.24, et seq. TS No.: WA-16-745998-SW APN No.: WA-16-745998-SW APN No.: 22-20-10-534-110 Title Order No.: 8667663 Deed of Trust Grantor(s): KRISTIN L MONES-MITH Deed of Trust Grantee(s): FIRST HORIZON HOME LOAN CORPORATION Deed of Trust Instrument/Reference No.: Instrument/Hererence No...
2228417 I. NOTICE IS
HEREBY GIVEN that Quality
Loan Service Corp. of Washington, the undersigned Trustee, will on 4/21/2017, at 10:00 AM At the main entrance to the Chelan County Courthouse, located at 350 Orondo St, Wenatchee, WA sell at public auctions. tion to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified cashier's check or certified checks from federally or State chartered banks, at the time of chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 20, W.H. DICK-SON'S REPLAT OF AMENDED PLAT OF FIRST ADDITION TO WENATCHEE ACCORDING PLAT OF FIRST ADDITION TO WENATCHEE, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 2 OF PLATS, PAGE 63, RECORDS OF SAID COUNTY. More commonly known as: 402 METHOW ST, WENATCHEE, WA 98801 Which is subject to that certain which is subject to that certain Deed of Trust dated 5/30/2006, Deed of Trust dated 5/30/2006, recorded 5/31/2006, under Instrument No. 2228417 records of CHELAN County, Washington, from KRISTIN L MONESMITH, A SINGLE PERSON, as grantor(s), to CENTRAL WASHINGTON TITLE SERVICES, INC , as original trustee, to secure an obligation in favor of FIRST HORIZON HOME LOAN CORPORATION , as original beneficiary, the beneficial interest in which was subsequently assigned to U.S. BANK NATIONAL ASSOCIATION AS CORPORATION SUCCESSOR BY MERGER TO U.S. BANK NATIONAL ASSOCIATION ND , the Beneficiary, under an assignment recorded under Auditors File Number 2237626 II. No action com-menced by the Beneficiary of the Deed of Trust is now pend-ing to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/ secured by the Deed of Trust/ Mortgage. III. The default(s) for which this foreclosure is made which this lovelostie is had a follows: Failure to pay when due the following amounts which are now in arrears: \$40,900.43 IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$103,546.83 , together with interest as provided in the Note from 11/1/2013 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy pense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 4/21/2017 . The defaults referred to in Paragraph III must be cured by 4/10/2017 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 4/10/2017 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 4/10/2017 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encum-brance by paying the principal and interest, plus costs, fees and advances, if any, made pur-suant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which

Puzzle ROSSWORD CROSSWORD



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THEME: EARTH DAY 1. Old European thrusting spears Art degrees

Slight amount, pl. 13. African sorcery
14. *Snowy one is endangered
15. Prince's "Raspberry ____" 16. Former Greek coin

17. Hawaiian token of farewell 18. Make one 19. *No more 21. *Meatless day?

23. Unknown power 24. Texting button 25. Roll of Benjamins, e.g. 28. Noisy talk 30. First among siblings 35. Black tropical cuckoo

37. Not Sunni 39. Comforter stuffing 40. *Outer layer of Earth's crust 41. *Gardener's cover 43. Australian palm

44. 2nd T in a T&T 46. Jane Lynch's high-school musical TV show 47. Newts in terrestrial stage

48. Bewitch 50. Consequently 52. Kum Ba 53. Like vacation day, sometimes 55. Old-fashioned "before"

57. *Driver's bad habit 60. *lt's changing 64. Anemic-looking 65. Grazing area

67. Arabian chieftain 68. Sound of colliding pots 69. Roman goddess of fertility 70. Smart candy? 71. Snaky swimmers 72. Acorn tree

73. Rendezvous DOWN 1. *South Amundsen-Scott Station location

3. Best ____ secret 4. Dine at home 5. Ice fishing shelter
6. World's fastest man

is in the possession of the Trus-

2. Wild goat

7. Leave speechless 8. Snail trail 9. Be inclined 10. "Tosca" tune, e.g. 11. What oppositions do 12. Chester White's home

15. ___ of joy, a.k.a. baby 20. Difference of opinion 22. Comes before first Mississippi

24. Like an expert 25. *____-free lifestyle

26. Opposite of cation 27. Prince William's mother 29. Chihuahua-Pug hybrid

31. Have supper 32. Instruct

33. Anatomical divisions *Treasure to some?

36. Whitman of "Indian Love Call" fame 38. Tennis serving whiz 42. Father of dialectical idealism 45. Dealing with difficulty 49. Famous Akira Kurowasa movie

51. Home to superb rugs 54. Meltable home 56. Type of wheat 57. Capri, e.g.

58. Lentil soup 59. Carl Zeiss' product 60. Wine container

61. Insubstantial 62. Kennedy and Turner

63. Formerly, formerly 64. Highest card in "War" 66. *Now headed by Scott Pruitt

Public Notices

and the Borrower Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 10/27/2016 Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor all their interest in the above-described property. IX.

Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20 th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the of trust, including occupants who are not tenants. After the 20 th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. tenant-occupied property, purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORE-STEP BEFORE THE FORE-CLOSURE SALE OF YOUR YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING AS-SISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the fol-The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME

(1-877-894-4663) or Web site: http://www.dfi.wa.gov/consum-ers/homeownership/post_purchase_counselors_foreclosure. htm . The United States Department of Housing and Urban De-Toll-free: 1-800-569-4287 or National Site: http://portal.hud.gov/hudportal/H UD or for Local counseling agencies in Washington: http://www.hud.gov/offices/hsg/s fh/hcc/fc/index.cfm?webListAction=search&searchstate=WA&f ilterSvc=dfc The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Tele-phone: 1-800-606-4819 or Web

http://nwjustice.org/what-clear Additional disclaimers provided by the Trustee: If you have predischarged viously been through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only.

QUALITY MAY BE CONSIDERED A DEBT COLLECTOR
ATTEMPTING TO COLLECT A AND ANY INFORMA-OBTAINED WILL BE DEBT FOR THAT PURPOSE **USED** 12/14/2016 Quality Loan Dated: Service Corp. of Washington, as Trustee By: Lauren Esquivel, Assistant Secretary Trustee's Mailing Address: Quality Loan Service Corp. of Washington C/O Quality Loan Service Corp. 411 Ivy Street, San Diego, CA 92101 (866) 645-7711 Trustee's Physical Address: Quality Loan Service Corp. of Washington 108 1 st Ave South, Suite 202 Seattle, WA 98104 (866) 925-0241 Sale Line: 916-939-0772 or Logi n to: http://wa.qualityloan.com Trus-Sale Number: WA-16-745998-SW **IDSPub** #0119916 3/22/2017 4/12/2017

Published in the Leavenworth Echo/ Cashmere Valley Record on March 22, and April 12, 2017. #77265.





Public

Notices NOTICE OF TRUSTEE'S Pursuant to the Revised Code of Washington 61.24, et seq. TS WA-15-684744-SW 222004665090 Title Order 150320294-WA-MSO Deed Trust Grantor(s): Deed **REYES** Trust JPMORGAN Grantee(s): CHASE BANK, N.A. Deed of Trust Instrument/ Reference Trust Instrument/ Reference No.: 2350632 I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washingthe undersigned Trustee, on 4/21/2017 , at 9:00:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 2, Washington, to-wit: LOI 2, BLOCK 3, LANDRETH ADDITION CHELAN COUNTY, MASHINGTON, ACCORDING
TO THE PLAT THEREOF RECORDED IN VOLUME 4 OF
PLATS, PAGE 134. More comknown SON ST, WENATCHEE, WA 98801 which is subject to that Deed of Trust dated 10/7/2011 recorded under Instrument 10/18/2011, No. 2350632 records of CHE-LAN County, Washington , from ABRIL REYES, UNMARRIED as grantor(s), to FIRST AMERI-PANY., as original trustee, to secure an obligation in favor of JPMORGAN CHASE BANK, , as original beneficiary, the beneficial interest in which was subsequently assigned to Federal National Mortgage Association ("Fannie Mae"), a corporation organized and existing under the laws of the United States of America., the Beneficiary, under an assignment re-corded under Auditors File Number 2429442 II. No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/ Mortgage. III. The default(s) for which this foreclosure is made is/ are as follows: Failure to pay when due the following amounts which are now in arrears: \$15,889.38. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$94,794.77, together with interest as provided in the Note from 3/1/2015 on, and such other costs and fees as are provided by statute. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession encumbrances on 4/21/2017 The defaults referred to in Paragraph III must be cured by 4/10/2017 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will at any time before 4/10/2017 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers certified checks from a State or federally chartered bank. The sale may be terminated any after the 4/10/2017 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pur-suant to the terms of the obligation and/ or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed requirements were 10/14/2015 . VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor

Public NOTICES

pants who are not tenants. After the 20 th day following the sale the purchaser has the right to occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060.
THIS NOTICE IS THE FINAL
STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING AS-SISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclo-sure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consum-

ers/homeownership/post_purchase_counselors_foreclosure. htm . The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 National http://portal.hud.gov/hudportal/H UD or for Local counseling agencies Washington: http://www.hud.gov/offices/hsg/s fh/hcc/fc/index.cfm?webListAction=search&searchstate=WA&f ilterSvc=dfc The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Tele-phone: 1-800-606-4819 or Web

http://nwjustice.org/what-clear Additional disclaimers provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only.
QUALITY MAY BE CONSIDERED A DEBT COLLECTOR
ATTEMPTING TO COLLECT A
DEBT AND ANY INFORMATION OBTAINED WILL BE OBTAINED WILL BE FOR THAT PURPOSE 12/2/2016 Quality Loan Service Corp. of Washington, as Trustee By: Maria Montana, As-sistant Secretary Trustee's Mailing Address: Quality Loan Service Corp. of Washington C/O Quality Loan Service Corp. 411 lvy Street, San Diego, CA 92101 (866) 645-7711 Trustee's Physical Address: Quality Loan Service Corp. of Washington 108 1 st Ave South, Suite 202 Seattle, WA 98104 (866) Sale 925-0241 800-280-2832 or Logi n to: http://wa.gualityloan.com Trushttp://wa.qualityloan.com tee Sale WA-15-684744-SW Number: **IDSPub** #0119260 3/22/2017 4/12/2017

Published in the Leavenworth Echo/ Cashmere Valley Record on March 22, 2017 and April 12, 2017. #77141.

> **Superior Court Of** Washington For Chelan County

In the Matter of the Estate

Shellen-Lowery Clifford barger, Deceased No. 17 4 00087 8 **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 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. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the credias provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both decedent's probate nonprobate assets

Date of First Publication: April 12, 2017

Personal Representative: Roger Perleberg 5280 Wohlers Drive Cashmere WA 98815

all their interest in above-described property. IX.

Anyone having any objections

to this sale on any grounds whatsoever will be afforded an

opportunity to be heard as to

those objections if they bring a

lawsuit to restrain the sale pursuant to RCW 61.24.130. Fail-

ure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS -

The purchaser at the Trustee's

Sale is entitled to possession of

the property on the 20 th day following the sale, as against

the Grantor under the deed of trust (the owner) and anyone

having an interest junior to the

deed of trust, including occu-

Attorneys for Personal Representative: Robert L. Parlette, WSBA No. 4752 of Davis, Arneil Law Firm, LLP P.O. Box 2136 Wenatchee, Washington 98807

Published in the Leavenworth Echo/ Cashmere Valley Record on April 12, 19, and 26, 2017. #78392.

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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.

Friday, March 31

3:10 a.m. 127 Riverfront Dr., Cashmere; miscellaneous

10:40 a.m. 5133 Pine Flats Loop Rd., Cashmere: vehicle prowl

12:09 p.m. 3412 Ingalls Ln., Peshastin; public assist 12:33 p.m. Sunset Highway & Mill Rd., Cashmere; traffic offense

2:23 p.m. 6454 Pioneer Dr., Cashmere; fraud/forgery 5:35 p.m. 201 Riverside Dr.,

Cashmere; domestic

9:19 p.m. 6672 Pinnacle View Rd., Dryden; suspicious

Saturday, April 1

disturbance

12:02 a.m. 5720 Vale Rd., Hitching Post, Cashmere; disturbance

Tuesday, April 4

5:55 a.m. 7797 N Dryden Rd.. Dryden; vehicle prowl 8:42 a.m. 103 Paton St., Cashmere; graffiti

11:25 a.m. 5930 Sunburst Ln., Cashmere; public assist 1:05 p.m. 5607 Sunset Highway, Cashmere; theft

1:42 p.m. 5755 Evergreen Dr.,

Cashmere; graffiti 4:06 p.m. Hay Canyon Rd., Cashmere; **weapons** violation

8:50 p.m. 103 Mission Creek Rd., Cashmere; suspicious

Thursday, April 6

1:39 a.m. 223 Independence Way, Cashmere; noise 10:40 a.m. 7348 Williams Canyon Rd., Dryden; theft 10:50 a.m. 117 Aplets Way, Cashmere; suspicious

12:20 p.m. 6011 Goodwin Rd., Cashmere; animal problem 4:21 p.m. 200 Blue Star Way,

Cashmere; malicious mischief 6:34 p.m. 5501 Tigner Rd.,

Cashmere; theft

8:51 p.m. US 2 & Cotlets Way, Cashmere; traffic offense

Fire/EMS logs:

Friday, March 31

10:29 a.m. breathing

problem; 302 Fisher St.; Cashmere Fire Department,

Ballard 12:27 p.m. illegal burn; 5992

Larson St.; CC6 10:27 p.m. chest pain; 208 Cottage Ave.; Cashmere Fire Department, Ballard

Saturday, March 1

7:25 p.m. **unconscious**; 6050 Nahahum Canyon Rd.; CC6, Ballard

Monday, April 3

6:57 a.m. heart problem; 817 Pioneer Ave.; Cashmere Fire Department, Ballard Wednesday, April 5

6:46 p.m. unconscious; 107 Cottage Ave., Brian's Pizza; Cashmere Fire Department, Ballard

Thursday, April 6

8:05 a.m. sick person; 5802 Ruby St.; CC6, Ballard 7:43 p.m. vehicle fire; 2930

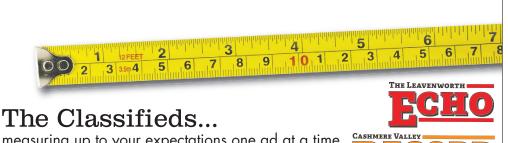
Mission Creek Rd.: CC6

8:40 p.m. fall; 9020 Foster Rd.; CC6, Cascade





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Martin's Market shoppers aid high school students in food drive



Cashmere High School Key Club Members and other students organizing a food drive at Martin's Market on Saturday, March 18. From left to right: Dallian Pina, Yailin Pina, Ashely Worley, Grace Strutzel, Dylan Gross and Travis Read.

By Mikaila Wilkerson

 $Staff\ Writer$

On Saturday, March 18 High School Cashmere students and members from the school's Key Club donated 62 bags of groceries to the Cashmere Food Bank.

These bags of groceries were donated by very generous customers at Martin's Market.

Kathleen McNalty, the parent of a Cashmere High School junior, started up the event after finding out that the local food bank was in need of more food.

"I had the idea about doing a food drive, and I knew Kris Reinhart at Martin's Market," McNalty said.

After speaking Reinhart, McNalty wanted somehow get students Cashmere's high school involved as well.

McNalty connected with

Karen Gemeinhart, the advisor of Cashmere High School's Key Club, and spoke about the possibility of getting students together for a food drive involving Martin's Market.

After Gemeinhart agreed to help, there wound up being around 15 students who got involved with the food drive.

The students spent a lot of time at Martin's Market informing shoppers about their food drive.

Martin's Market shoppers were onboard with the idea.

The Key Club members and other high school students who were involved in the food drive even participated in the St. Patrick's Day parade the day before. They held signs and attempted to advertise what they would be doing on Saturday.

"We weren't effective advertisers, but we tried," McNalty said.

"We've done \$1 million

Then on Saturday, March 18 the students went and collected their donations from Martin's Market. There were 62 bags that had been donated, which were then distributed to the Cashmere Food Bank.

"I thought it was a huge amount of groceries," McNalty said. "People in Cashmere are very generous."

McNalty was also impressed by the fact that the students seemed to get more and more excited with each donated bag they were given.

"It was fun," McNalty said with enthusiasm.

McNalty congratulates all of the students who were involved with the event and expressed her thanks to everyone who supported the food drive.

Mikaila Wilkerson can be reached at reporter@ cashmerevalleyrecord.com



Cashmere High School students Jasmin Silva, left, and Maritza Orozco, right, as they take part in the Martin's Market Food Drive on Saturday, March 18. Members from the high school's Key Club along with other students at the school collected 62 bags of groceries to go towards the Cashmere Food Bank. All of the donated groceries were from Martin's Market shoppers.

Cascadia

CONTINUED FROM PAGE 1

same manner.

The Conservation District's main goal for the time being is to apply for more grants that the workers can utilize.

• According to Gyselinck, the top priorities are to provide free home assessments, provide access to grants and work with landowners.

• The program has 12 staff members, including fish

The program is allvolunteer based

- Everything is confidential The second priority being focused on is water resources. Cascadia is looking to do

projects up Bender Creek. • "We've done a lot of farming up there," Gyselinck

The program is also working on Dairy Management and is currently working on a \$100,000

water conservation plan. · "Our mission is that we can do anything conservation," Gyselinck said.

Cascadia is also working hard to make sure that for each project they think up there isn't a duplicate project already happening elsewhere.

- "We've been able to really develop trust in the community," Gyselinck said.
- · According to Gyselinck, Cascadia sends out a newsletter about 4 times a year in the community describing what the program has done and any new updates.

and a half worth of work," Gyselinck said. Cascadia is currently working with orchards and farms and trying to stop producers from having to be regulated under Growers

Entiat.

The program is working on many other projects at this point in time, including working with a land trust in

• "We'll work with anybody," Gyselinck said with a laugh. After Gyselinck spoke, the City Council members spoke about possibly adopting a Driver Evaluation Point System for city vehicle drivers.

- · Employees who drive city vehicles would have to present their driving records for proper evaluation/inspection. · This system would change
- the evaluation of a driver and would change the rating of being a poor driver to being an unacceptable driver.
- If a driver has 3 at-fault accidents on his/her record, then he/she would be deemed

an unacceptable driver.

· A driver deemed as unacceptable, due to their records, would be unable to drive a city vehicle for about 5 years.

This is something that is being looked into for the time being by the City Council members.

The City Council Meeting was adjourned at 7:02 p.m.

Mikaila Wilkerson can be reached at reporter@ cash mereval ley record.com

FFA

CONTINUED FROM PAGE 1

Procedure teams of freshmen competing," Jaspers said. "It's like an in-class extension competition. So they learn it in class and the kids interested can compete in the competition."

When Jaspers was a freshmen competing in the Sub Districts her team took 5th place at the State competition.

The public speakers had to write an essay, memorize it and then present their speech

while extemporary speakers came up with their speech on the spot. As President, Jaspers managed the event and the participants of the competition.

Jaspers has put on career development events, participated in livestock judging, meats judging and dairy evaluations.

The Sub Districts events determined who would move on to Districts, which were held in Chelan on Wednesday, March 22.

Those who won at Districts will take part in the State tournament at Washington

State University.

"We have more competitions that other kids are going to be competing in in the upcoming spring," Jaspers said.

Winners of the Sub Districts included Dani Monroe, Reilly Schoening and Madison Schoening in Public Speaking, Summer Schoening and Sydnee Mongeon in Extemporaneous Speaking and two teams of 6 freshmen for Novice Parliamentary Procedure.

"I'm excited for seeing the students apply something academic, something that they learned," Rusty Finch, FFA

advisor, said.

Finch is pleased to see that the students care about wanting to learn more about agriculture and applying what they learn in class to other aspects in life.

"Even if they don't all become agriculture-centered, they'll become better citizens and voters through what they learn with this program, Finch said.

Districts:

On Wednesday, March 22 competitors took to Chelan High School for their Districts competition.

Extemporaneous Speaking, Summer Schoening took 1st place and Sydnee Mongeon took 3rd.

Speaking The Public competition ended with Reilly Schoening taking 3rd place while Madison Schoening placed 4th.

The 2nd place team of freshmen in the Novice Parliamentary Procedure included Kailey Smith, Grace Strutzel, Katherine Silva, Noah Johnson, Johanna Christensen

and Caitlyn Speath. The Novice Parliamentary

Procedure team that took 3rd place included Brooke Arthur, Kaylee Johnson, Braxton Igne, Martin Perleberg, Ali Ball and Maddie Fadenrecht. Then the competitors

moved on to Washington State University Friday, March 31 through Saturday, April 1 for the FFA State Livestock competition.

Mikaila Wilkerson can be reached at reporter@ cash mere valley record. com

Knowledge Bowl

CONTINUED FROM PAGE 1

competing, the Cashmere team was always about 5 or 10 points ahead of the opposing teams in every

round. "To me, Knowledge Bowl means giving a group of people the opportunity to share in knowledge together," Skylar Larson said. "I feel like it's representational of not just relying on yourself for your own knowledge but everybody works together with their own knowledge to make something happen."

For Dora Kelzenberg, the first few rounds of the competition were not too stressful.

"I only felt stressed as I got to the preliminary rounds for the championship round," Kelzenberg said.

There were four preliminary oral rounds and a written round, according to Perleberg. With the cumulative score

for those rounds, the top 9 teams compete in the semifinals. From the semi-finals, the top three teams then compete in the finals.

Throughout the competition, about 400 questions were asked of the teams in attendance.

"It's funny because if you get a quarter of those you're doing very well," Perleberg said. "It's such a different experience than taking a multiple choice at school."

Many of the questions asked during the competition were from the book The Count of Monte Cristo, which is Larson's favorite book.

"Her (Skylar) talking about it helped us get those," Perleberg said. "She very much helped Perleberg, For

experiences with Knowledge Bowl have taught her to celebrate knowledge.

but no one pays attention to the academic related things." Kelzenberg said. Knowledge Bowl, to Larson,

contributes to the group when they can and with what they can. Cashmere's team is a smaller

"Sports get all of the attention

is a very friendly and open environment and everyone For Perleberg, the fact that

group helps them become closer together as friends and as teammates.

"In my 30 -too many years- of coaching Knowledge Bowl, this year's group has probably been the best at working together," Knowledge Bowl Advisor John Taylor said. "That's what I love about this group, they run themselves. It really is a great

Ellen Perleberg and senior Grant Bauscher have both been a part of Knowledge Bowl since their freshman years.

"The culmination of many years of almost getting there was pretty satisfying," Bauscher said about having been at State.

Mikaila Wilkerson can be reached at reporter@ cashmerevalleyrecord.com

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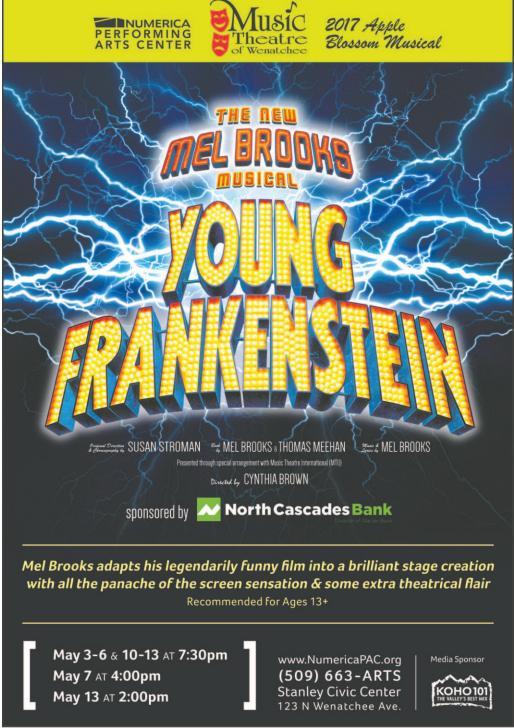
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CASHMERE VALLEY RECORD · APRIL 12, 2017

LIFE & HEALTH

Can you get too much Magnesium?

"I've fallen and I can't get up!" Last week 84-year-old Martha was taken to the emergency room by paramedics, where the doctor examining her found muscle weakness and a very low blood pressure. Her head, heart, lungs, and kidneys all checked out fine, but her blood level of magnesium was sky-high. When asked if she was taking a magnesium supplement, Martha said, "No, I only take my thyroid pill and a pain pill at night for my arthritis when it starts bothering me." The doctors were at a loss. How else could she have gotten so much magnesium in her system? I asked her, "Martha, have you taken any laxatives lately?" "Laxatives? Sure. Every night. That pain pill really helps my arthritis but it binds me up, too. I need to take a laxative pretty regularly." "Any laxative in particular?" "Ahh... Phillips®, the one in the blue bottle. It

works just fine. Dependable, if you know what I mean." "How often have you been taking it, recently?" "Oh, I've been having a spell with my joints, so I've been taking it every night. Why?" "Do you ever take anything for stomach acid. burning, or indigestion?" "Just some Mylanta®. I like the mint flavored bottle best." "How about Epsom Salts? Do you ever use them?" "Sure, they're good for soaking sore feet. I've been doing that this week, too. It really helps."

Although she didn't realize it, Martha was getting magnesium from three different sources: Maalox® antacid, Phillips® Milk of Magnesium and Epsom Salts. Magnesium lurks places you wouldn't expect: in laxatives and liquid antacids. Magnesium hydroxide is milky and found in the antacids Maalox® and Mylanta® as well as in the laxative Phillips® Milk of

Magnesia. Magnesium citrate is a clear, effervescent solution of magnesium with sodium bicarbonate and citric acid added to make it bubbly, sold as a laxative in small glass bottles as citrate of magnesia. Both Phillips Milk of Magnesia® and citrate of magnesia are salts of magnesium and are classified as saline (salt-based) laxatives. The magnesium salt enters the lining of your intestine and works by pulling water out of your body and into your intestines, increasing both moisture and movement to your bowels to relieve constipation in as little as 30 minutes to about 3 hours. While effect of these laxatives happens inside your intestines, you can also absorb up to 20% of the magnesium in each dose of milk of magnesia or fizzy citrate of magnesia into your bloodstream, which will raise your magnesium

Martha was also using another source of magnesium: Epsom Salts, or magnesium sulfate. Because magnesium sulfate crystals were originally obtained by evaporating the mineral waters found in the town of Epsom, England they were called Epsom Salts. Today, both table salt and Epsom salts are produced by evaporating water from the sea. After extracting the desirable sodium chloride (table salt) from seawater, the brine left over contains nearly pure magnesium sulfate (Epsom Salts). Soaking in a concentrated salty solution of Epsom salts dissolved in hot water can help decrease swelling and relieve aches and pains. Magnesium chloride spray is also available that you can apply to your skin and rub in for relief of muscle cramps. However, your body absorbs some of the magnesium through your skin as you spray it or soak in it. I find a quick

soak in Epsom Salts immensely helpful when removing a deep splinter. Instead of digging around after it, soaking the area first shrinks and

softens the skin around the splinter, making it much, much easier to see and remove.

Here are 5 Tips on Take Magnesium Safely:

1. Keep track of how much magnesium you are taking. In addition to taking a magnesium supplement your body can also absorb magnesium from other sources, like some antacids, liquid laxatives, Epsom Salts and magnesium sprays.

2. If you notice diarrhea, cramping, weakness or low blood pressure you may be getting too much magnesium.

3. Avoid magnesiumcontaining antacids or laxatives or topical magnesium sprays If you have kidney problems or are under the care of a kidney doctor or nephrologist.

repeatedly covered the tracks

4. If you need a laxative on a regular basis, use powdered Miralax® which works very similar to milk of magnesia and magnesium

citrate but without the risk of too much magnesium.

5. Some antibiotics should not be taken with minerals like magnesium because the magnesium can attach itself to the antibiotic, preventing it from being absorbed into your body,

causing treatment failure.

Dr. Louise Achey, Doctor of Pharmacy is a 38-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 ©2017 Louise Acheu

Dr. Hoxsey risks avalanches on trip to Wellington

History has ignored the important part played by Dr. George Hoxsey after an avalanche swept two trains from the tracks beyond the first summit tunnel on March 1, 1910. The only

clue that he made the 33-mile trek under hourly- worsening avalanche conditions is a brief acknowledgement in the local paper on his return, though this was undoubtedly the worst disaster to come his way during his long career.

Born in Illinois in 1860, his father and three brothers all chose medicine as a profession. He took his training at the American Medical College in St. Louis and started his practice at age 21. The town of Hoxsey, Kansas, was named for him.

In 1887 he was hired by the Great Northern Railroad Company, as the rails were extended from Havre, Montana, west to Puget Sound. In 1892 he was assigned to Wenatchee. His remark that before summer ended gunshots rang out so frequently there that no one any longer turned to see who was being shot at was a classic!

When the rails had passed that town and were progressing up the Wenatchee Valley in late October, numbers of workmen were hurled into the swift current of the river by the collapse of a temporary bridge; a car of ties was drawn along and dumped on top of them as they struggled to escape, killing five

Dr. Hoxsey was one of the physicians summoned to assist the injured. Earlier, he had suffered the loss of his wife following the birth of an infant son. At Wenatchee, he met and married 17-year old Ida Wilson.

The Hoxsey family moved to the division point at Leavenworth in 1893, when there was hardly a town there. His railroad calls to treat the injured meant he answered calls from Everett to Harrington. He was the only railroad doctor for this large area. In addition, his practice among the settlers ranged from Leavenworth to Cle Elum and from Lake Wenatchee and beyond to Old Blewett, ministering throughout a

vast and almost inaccessible region wherever aid was needed.

When the county commissioners for the new Chelan County were selected, Dr. Hoxsey was among them. He refused the honor because he could not leave his smallpox patients.

Soon after Leavenworth became an incorporated town in 1906, he was elected major. Later, he found he could not attend to that business properly when called away so frequently and resigned. By 1920, he reported that he had delivered almost 4,000 babies during his nearly 40 years of practice!

Dr. Hoxsey had an uncanny ability to remember dates, faces and places. Easily, he became an inexhaustible source of information regarding the history of the region in pioneer

Always professional in appearance, the picture of physical fitness and virility, he was an outstanding personage in any crowd. He enjoyed a card game in a saloon with friends, though he seldom had time to indulge. He was most remembered setting off in a buggy or on horseback, medical bag and often snowshoes accompanying him. Realizing the town's need for a hospital, he constructed one in 1906 on the lot adjoining his home on Main Street. Anywhere from two to a dozen patients could be found under his care at any

These were the days of yearly epidemics that took the lives of many, especially youngsters. When the North Road cemetery was platted, he purchased a large block of burial lots. Families pressed for funds were permitted to bury there for free.

A friend wrote of the doctor in 1919, "From the cradle to the grave he was the family physician, counselor and friend of thousands in western Chelan County. The night was never too dark nor the road too long, when he received a call to relieve suffering, but he promptly responded, often when he knew there was no fee at the end."

In the light of these things it was not surprising to find him making the difficult trip to Wellington alone, carrying food and medicine. An incident previous to the disaster by perhaps 10 days is worth relating. Heavy snows had



in February. The strident ringing of the phone awakened him early one morning. A familiar voice of General Superintendent George Stewart informed him that several men had been injured in a snow slide in Tumater Canyon. "But you are not expected to go, " explained the official. "I excuse you from going, Doctor, on account of your age (50). Still, I wish you would get someone younger and have him report to the depot at six o'clock." Presently the phone in Mr. Stewart's office rang. "This is Hoxsey. I will be ready for the jaunt at six o'clock!"

"But see here," responded he astonished supervisor, "As I said before, you cannot go on account of your age. The trip will be difficult and dangerous and we cannot allow it!" "Age!" sputtered the doctor "What do you take me for? A helpless paralytic? If any man in the county can make the trip, I can and will!"

Later in telling of that strenuous day, he said, "I went and came to Leavenworth in one day and was received a most handsome acknowledgement from the company. But the next day, I was so stiff and sore from crawling over snow slides and hiking through deep snow, that I could not have made it again for \$1,000!"

News of the Wellington disaster did not reach Leavenworth immediately because slides had torn out the communication lines in the canyon. On the day it hit, Tuesday, Billy Smith and Will Greve, unaware of the tragedy a few miles above, set out from Merritt to Leavenworth. Billy told of the trek like this . " The snow was fairly well cleared from the tracks except in the canyon. From the Wenatchee River bridge we encountered one slide after another, one of them nearly 25-feet deep and extending across the river. We ran most of the way and recently heard the roar of an avalanche of snow, ice, rocks and trees as it rushed down, sometimes in front and sometimes behind

The Spokane newspapers during late February had been full of reports about two trains stalled at Wellington and snowbound with food rapidly dwindling and little hope of rescue as long as the slides continued. It was by way of Spokane that the Wellington news broke at Leavenworth on Wednesday. Appalled by the disaster, the townsfolk talked of lending relief parties. Dr. Hoxsey knew there was little likelihood of medical help

for the injured from the west for the line above Scenic was socked in solid, even snowplows disappearing as one avalanche after another came down. Realizing fewer slides would come down after the cold of night set in, he quickly left for the scene. The poles of the phone lines should be a guide as he negotiated the canyon. The trip would take two days; a farmhouse here and there could be counted on for food and rest. Fortunately, he had been over the line many line man times in his railroad work.

Newspapers from Spokane reported that the avalanche beyond the summit tunnel had buried the passenger and mail train so deeply that it was almost 10 hours before it was known where either lay. Where a board or wreckage stuck up above the snow, rescuers dug.

Medical help had eventually arrived from the west. Even so, there was need of the doctor's services for many days. After being gone a week, he returned from the site of the tragedy. When interviewed, he reported that 67 bodies had been taken out, when he left at 8 p.m. on Wednesday. As soon as a train could get through, seven of the injured being cared for in the temporary hospital at Wellington would come through. With it the body of an engineer, whose family resided at Leavenworth was to also arrive. This was the sole acknowledgment that Dr. Hoxsey had made the quelling

trek to give aid.

Dr. Hoxsey retired at age 69, when ill health made it necessary. Two years later, the following tribute to his memory was carried in the local paper. "In the death of Dr. George Hoxsey, Leavenworth loses one of its pioneer citizens, whose name was almost as well known in the far corners of the state as it was in the little town and community he served so long,

so faithfully and so well.
"Dr. Hoxsey watched over and aided in the growth and progress of Leavenworth from its infancy until it grew up. Few citizens now living were here before Dr. Hoxsey.

"First in almost everything pertaining to the town, Dr. Hoxsey rented Box Number One in the Leavenworth post office. Known as the "Hoxsey Box", it has never been used by another. A bit of sentiment perhaps, but also a tribute to a good man now gone, but whose spirit "goes marching on", an inspiration to all. He needs no monument other than that set up and enshrined forever in the hearts of its citizens."



A typical log train of that era.





B6 CASHMERE VALLEY RECORD · APRIL 12, 2017

PHOTO BY GARY BÉGIN/NCW MEDIA. A variety of aliens, Star Wars creatures, even a replica "Back to the Future" DeLorean populated the convention April 8.

Marines aim for superhero recruits

By Gary Bégin

NCW Media

Marine PFC Erick Straub, left, hands a Marine Corps lanyard to potential recruit Anthony Grant of Eastmont High School in East Wenatchee, Washington. On the right stands SSGT Christopher Pederson of PCS Wenatchee. The two Marines were on assignment at the Wen-Con "pop culture convention" at the Town Toyota Center TTC), Saturday, April 8. Wen-Con featured comic book and

Star Wars characters and memorabilia, fantasy gaming and a multitude of creative sci-fi exhibits and games. The action packed the TTC thoroughly filling the area normally frozen for skating and hockey. Straub, whose dad Marc runs the Building NCW office in Wenatchee, is on temporary assignment at the Wenatchee PCS and is supervised by Pederson. The men offered potential recruits a chance to do some pull ups and talk about the hundreds of opportunities available as a Marine.

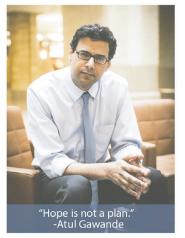












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■ COOKING WITH TERI

FROHE OSTERN, FELICES PASCUAS, **JOYEUSES PASQUES, HAPPY EASTER**

By Teri Miller

Easter is almost here the Holiest Day of the year for Christians worldwide. As a Christian holiday many of us will attend church services and hunt for Easter eggs, before enjoying an Easter lunch or dinner. Traditionally families will come together to enjoy a dinner to celebrate the resurrection and the end of Lent. Festive cakes, and confectionary treats are very popular this time of year. While the message of Easter is universal for Christians worldwide the celebration of the feast varies from culture to culture. So as we enjoy the tradional baked ham and spring lamb, I thought I would share what other cultures will be eating on Easter Sunday.

First let's look at our German friends who typically have a brunch of lamb, vegetables and potatoes, followed by kuchen and other festive cakes. They prefer brunch so that they can spend the day outdoors with family and friends. Our Italian friends love to serve "Gubana" a dense, sweet brioche that is filled with chocolate, raisins and alcohol. L'agneau Pasaca is the fancy sounding French name for leg of lamb that is part of Easter dinner in France. The Dutch make a special beverage called Advocaat. Considered an apertif it is very similar to our eggnog, and is also used as a topping for waffles. Our Jamaican friends keep it simple as they enjoy a "spiced bun" which is a sweet bread topped with a mild

and creamy cheese that is served on Easter morning. A little closer to home our Mexican neighbors serve plenty of sweets on Easter an a tradional favorite is "Caprirotado" which is a type of bread pudding.

As you can see many of the traditional foods that are served at Easter are based on the seasonal availabilty and end of the Lenten season

when people were eating very simple and doing without milk, sweets and other rich foods. The recipe this week is great for an Easter celebration and you will free up your oven to make lots of festive desserts. Enjoy

SLOW COOKER HONEY **BAKED HAM**

17-10 pounded spiral ham (precooked) 2 tablespoons Dijon mustard 1/2 cup brown sugar 1/2 cup honey 1/2 teaspoon cinnamon 1/4 teaspoon nutmeg

2 tablespoons cornstarch 1. Spray you slow cooker with non-stick cooking spray or use a slow cooker liner. Place ham in the crock pot.

1/3 cup water

2. Combine sugar, honey, nutmeg, cinnamon and mustard in a sauce pan on medium heat. Cook 2-5 minutes until all ingredients have melted and combined, whisk well. Remove from heat.

Pour water in the bottom of the crock pot. Pour the honey/brown sugar mixture over the ham. Place the lid on the cooker, if it does not fit make a tent out of foil and cover tightly. Cook the ham on low for 6-8 hours. Baste the ham with the juices in the bottom of the cooker every hour or so.

Once the ham is done, remove it from the cooker. Pour the juices in the bottom of the cooker into a saucepan. Mix together two tablespoons of cornstarch with one tablespoon of water and pour into the saucepan. Cook on medium heat until it starts to thicken. Use as a glaze for the ham or as a gravy for potatoes. Ham will be very moist and tender.

Teri Miller, Broker

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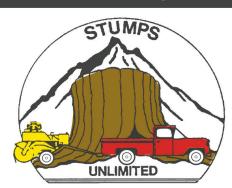
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