



Cashmere Bulldogs take Second Place at State



PHOTO BY MIKAILA WILKERSON/CVR

The Cashmere Bulldog girls come in at second place for the State Championship game at the Yakima Valley SunDome. Cashmere played against La Center on Thursday, March 2 and won 60-28. They played against Okanogan on Friday, March 3 and won 41-36. Then on Saturday, March 4, Cashmere lost to Mount Baker 44-45. Mount Baker came in at first place, Cashmere got Second and Okanogan got third.

Cashmere vs Okanogan:

On Friday, March 3, Cashmere faced off against the Okanogan Bulldogs. Ranked 13 in the state, Okanogan is 22-5 overall in their season.

Throughout the first quarter of the game, Okanogan had the upper hand. Cashmere got a few points in, with Abbie Johnson, Sydnee Mongeon and Thies scoring baskets.

The first quarter also saw good layups made by Johnson and Van Lith.

At the end of the first quarter, Cashmere was down 5-14.

During the second quarter, the Cashmere girls remained down by quite a few points as Okanogan continued to up their score. Grace Hammond, Hailey Van Lith and Molly Thies kept adding to Cashmere's score and half-time saw Okanogan in the lead 24-15.

The intensity began to heat up as the third quarter had Okanogan staying at 26 points while Cashmere started to catch up. Cashmere went from having 15 points at the start of the quarter to tying 26-26 with Okanogan by the end of the quarter, with Cami Knishka and Van Lith scoring a few of the points.

There was an excellent 3-pointer scored by Van Lith in the third quarter.

The final quarter of the game was just as intense as both teams remained close in score. But Cashmere pulled ahead and took control. They won their hard fought game 41-36.

Throughout the game against Okanogan, Van Lith was the game's highest scoring teammate with a total of 9 points and 4 rebounds made. Johnson scored 6 points and 9 rebounds.

Cashmere vs Mount Baker:

Saturday, March 4 saw the Cashmere girls fighting against the

CONTINUED TO PAGE 5

By MIKAILA WILKERSON
Staff Writer

Cashmere vs La Center:

On Thursday, March 2, Cashmere played against the La Center Wildcats, a team who is 21-3 overall and ranked 38 in the state.

The first quarter saw great shots made by Cashmere including the first two 3-pointer shots by Sydnee Mongeon and Abbie Johnson.

Cashmere was in the lead 21-0 by the start of the second quarter.

The second quarter had La

Center beginning to score a few points, with their #10 player, Molly Edwards scoring quite a few of the points.

This quarter saw a great 3-point shot scored by Cami Knishka and scores made by Johnson and Molly Thies. By half-time, Cashmere was leading 34-9, ending with a terrific 3-pointer made by Knishka.

The third quarter had two 3-pointers made by both Knishka and Van Lith. The third quarter

ended with Cashmere leading 43-19.

Sydnee Mongeon scored a 3-pointer in the final quarter, along with Johnson and Thies continuing to help up Cashmere's score.

The fourth quarter ended with the Cashmere girls walking away victoriously with the final score of 60-28.

Van Lith scored 6 points during the game, Knishka scored 5 and Johnson scored 4. Johnson and Van Lith both made 4 rebounds.

Town Toyota Center hires Cashmere High School graduate Cooper Elliott

Cashmere High School graduate Cooper Elliott was hired as the new marketing executive assistant for the Town Toyota Center in February, according to a TTC news release.

Elliott graduated from Washington State University (December 2016). He was a student athlete playing baseball for three years and honored to be on the 2014 WSU Athletics All-Academic Team. During his college years, he worked as an intramural official and supervisor in sports such as softball, football and basketball. Elliott had often volunteered for numerous baseball camps before that. Elliott will assist in planning in-house events, sponsorship sales and premium ticket sales for the hockey season.



PHOTO BY TTC

Cooper Elliott

Cashmere's Michael experiences Confluence Mentor Program

By MIKAILA WILKERSON
Staff Writer

For many years Confluence Health, formerly known as Wenatchee Valley Medical Center, has offered a mentorship program for local high schoolers all throughout the valley who are interested in the medical field.

Students selected gain a health care mentor with whom they spend 10 hours with in the program outside of school. Students get hands-on experience and see for themselves what their health care mentor does on a daily basis.

For 2016 there were 12 mentorship spots to be filled. Three high school students from Cashmere were selected to take part in the experience.

Kylie Michael, a sophomore, completed a mentorship program at Confluence Health in 2016 and was one of the three local students selected.

She wants to be a pediatric oncologist, so she applied for a mentorship in the Oncology Department.

The two other local students were Horacio Bustos, who applied to the Urology Department, and Rafael Urrutia, who applied to Pharmacy Services.

"It is like getting a job," Michael said. "You have to fill out an

application, letter of interest and have an interview."

Once she was selected, Michael was given Lori VanLith as her mentor.

VanLith is a Certified Medical Assistant at Confluence Health who had studied Medical Assisting at Wenatchee Valley College and was a medical assistant for Dr. Julie Smith in the Oncology Department.

Since Wenatchee does not have a Pediatric Oncologist office, patients under the age of 18 have to travel to the Children's Hospital located in Seattle.

"I was OK with that because I still was able to get a glimpse in Oncology," Michael said. "The program is very professional. You have to sign confidentiality paperwork."

Michael was given a badge with her picture on it to allow her access wherever she went.

The program held a luncheon that welcomed all of the students and their selected mentors.

According to Michael, she had to complete the required 10 hours needed with VanLith and then received her Certificate of Completion.

"We also got to hear what the other students learned in different departments throughout Confluence Health," Michael said.

CONTINUED TO PAGE 5



Cashmere High School sophomore Kylie Michael, left, holding up her Certificate of Completion, joined by her health care mentor, Lori VanLith, a Certified Medical Assistant at Confluence Health.

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| Letters to the Editor | Noon, Friday |
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Beware the government environmentalist education complex

Monopolies are dangerous. And the government/teacher's union monopolization of our schools is especially dangerous.

There is no better evidence for this fact than the current climate change mania that is sweeping across our country and most of the civilized world. Global warming/climate change fearmongering has been planted in the minds of most of our young people convincing them that only government action can save the planet from the ravages of human development.

Politicians of course will take advantage of any opportunity to increase their power and influence. And it is always easier to sell snake oil based on fear than on its unproven curative power.

Fixing our climate is a perfect snake oil issue for politicians. Only big government is big enough to tackle such an issue. If we don't give them all of our money through their convoluted carbon tax programs then we will all



BILL FORHAN
PUBLISHER

die from drinking contaminated water and breathing dirty air.

Yes, you can call me a climate change denier. I am however among a growing number of independent thinkers and scientists who are beginning to speak out on the issue.

Take, for example, Australian geologist Ian Plimer. Plimer is professor emeritus of earth sciences at the University of Melbourne. He recently gave an address to the British Parliament where he adeptly laid out the case against irrational concerns over global climate change.

Plimer points out that the one thing we miss in the climate change debate is the past. Climates have always changed. In the past carbon dioxide was at much higher levels compared to today's exceptionally low level of point zero four percent. Carbon dioxide is a naturally occurring gas that today is at dangerously low levels. It is not a pollutant. It is plant food and when it has been at higher levels plant life thrived. Plimer points out that the earth's

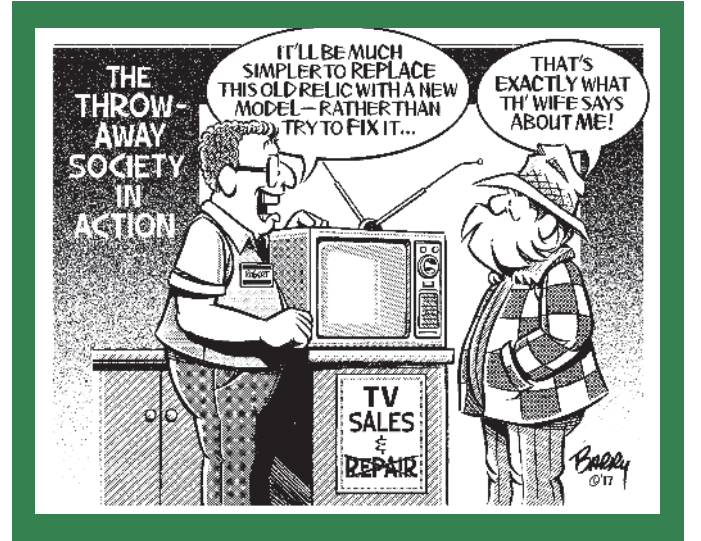
climate is constantly changing because the continents move causing changes in sea currents. Volcanoes also effect the planets climate. Currently we only measure 20 of the 1500 terrestrial volcanoes, and we know little about the over 3 million volcanoes on the sea floor that regularly cause changes in ocean currents.

Plimer says the only reason climate change science has got any traction is it only relates to the last 30 to 40 years of climate activity.

"In science there is no consensus. In science skepticism is not a pejorative word. In science there are constant battles" says Plimer.

According to Plimer the sums of money floating around for climate research are corrupting science and the scientific method.

Plimer is not the only scientist of note to take exception to the climate industry's arguments that man is destroying our environment. Former Greenpeace President Patrick Moore has taken exception to the claims of environmentalists that human dependence on fossil fuels is



destroying our planet.

It should be telling that environmentalists meet all of these critics with personal attacks on their motivation not on their scientific foundation.

The truth is that cheap fossil fuels have done more to improve human life on this planet than all of the environmentalists and climate research specialists.

It is true we have made some mistakes in putting those resources to work but human progress is always imperfect.

Wind and solar may have a place in meeting our energy needs in the future but they are far from a perfect replacement for coal, gas and oil. And the batteries that power electric cars are more environmentally toxic than the fossil fuels they replace.

Liberals like to say we are all entitled to an opinion but not to our own set of facts. It's time the environmentalists looked at the scientific facts. A very real fact is if we continue to reduce carbon dioxide, plants will die. Fewer plants will mean less oxygen.

Maybe you should start asking the environmentalists, teachers and government bureaucrats what they are going to do when we can no longer breath.

For those bold enough to consider the real scientific facts you can view Plimer's address at www.iceagenow.info/geologist-exposes-climate-change-hoax-video-3/

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

Minding other peoples' business

By WILLIAM SLUSHER

World wars have been fought because people who lived in one land took it upon themselves to tell people living in another land what they had to do. The Germans once tried to tell the rest of Europe how Germany would permit them to live. Earlier, Romans tried the same thing. The Japanese ran their own version in the 20th century Pacific.

The newly minted United States of America emerged from a revolutionary war begun because a people in one land presumed to give orders to the people of another. Even the American civil war, ostensibly over slavery, was more broadly fought because the northern states presumed to tell the southern states how the north would permit them to live in their own southern land.

It could be argued that the US tried to tell Vietnam how the US would permit it to live in its own land.

Today, Islam presumes to tell the world how it will permit the people of other lands to live there according to their prophet, and it attempts to enforce its mandate with violence.

These affairs don't ever go well, and there's a reason for it. There is an ... almost ... universal feeling among people everywhere that if they are minding their own business in their own land no outsider has any right to interfere. This sentiment is so strongly

felt that those people being commanded from without tend to dig in and fight.

I say that this feeling is 'almost' universal because, regrettably, there is always a contingent of folk in all societies who are convinced of their personal superiority as thinkers, usually because Mommy told them so, and they thus feel exempt from the generally accepted ethic of not telling people elsewhere what they must do in their own lands. It is as though they are driven from some divine compulsion to 'improve' on everything they behold, as ... they ... define improvement, whether or not there is any agreement outside their own cloistered circles that a particular situation even needs improvement.

So, content in their superior notion of what needs to be fixed and why, they blithely dictate to other people what they must do even in those other people's own lands. Oh, these folk always have what for them seem to be splendid reasons for their meddling, and they seem to resent having to account for meddling in other people's lives. After all, Mommy always told them they were just the smartest little kids in the whole wide world, and Mommy knows about these things.

Soon, history has shown us from ancient times, a bitter conflict develops between the self-superior meddlers and the mere mortals being meddled with. Often, it degenerates into a blind battle of wills that

observes all legitimate merits of whatever issue the meddlers are trying to shove onto the meddleds.

Cue the newest iteration of 'improving' the Cascades with grizzly bears. Here, the meddlers claim that the grizz were in the Cascades before the meddleds living in or near the cascades were. Of course, grizzlies were also in Seattle and the entire urban western seaboard before the meddlers were there too, but, curiously, the meddlers' concern for 'rewilding' doesn't quite extend to rewilding the lands ... they ... live in. Go figure.

The meddlers pontificate that the Cascades where they want to re-infuse grizzlies are publicly owned (in theory), ergo they are everyone's lands, but even they know this is smoke to obscure who has to wake up where there could be a half-ton omnivore in their yard ... and who doesn't.

I like the grizzly myself - they're much like dogs if you discount the incidentals like ... oh, say ... they are wild and one of the biggest land meat eaters in the world. The statistical risk grizzly would pose to people in or near the Cascades is often exaggerated. They usually mind their own business (as they see it ...), which is more than can be said for the meddlers. Yet ... grizzly have killed many bear experts who knew them well and skillfully posed them no threat.

I'd hope everyone would look

at all sides of the Cascades/grizzly question with as much objectivity as can be wrung from such a classic meddler vs meddlee scenario. Maybe there's a place for grizz in the Cascades where the risk to those people who call it home is realistically (and apolitically) adjudged acceptably.

But grizzly are not an endangered species and are no more likely to become so than any other wild animal in America facing the results of unwisely planned human population growth. If grizzly are not artificially reseeded

into the Cascades their species (if perhaps not the precise DNA strain that was once there) will survive elsewhere.

So be it.

William Slusher spent fifteen great years in Okanogan County before recently returning to his native Virginia. Among other novels available from Amazon, he is author of the political comedy: Cascade Chaos, or, How Not To Put Your Grizzly In The Statehouse. He may be complained to at williamslusher@live.com.

SENIOR CENTER MENU & ACTIVITIES

Leavenworth Senior Center, 423 Evans St., Leavenworth

Please call 548-6666, 24 hours in advance to reserve a meal.
Meals are served at noon.

- March 08, Wednesday:** Taco salad, fruit cup, roll or bread, & dessert.
- March 09, Thursday:** Shrimp Fettuccine, with noodles, bread, salad, fruit, & dessert.
- March 10, Friday:** Reuben sandwich, veg salad, fruit, & dessert.
- March 13, Monday:** Chicken Cordon Bleu with noodles, salad, vegetables, roll, fruit, & dessert.
- March 14, Tuesday:** Pork riblets, potatoes, vegetables, green salad, fruit, & dessert.
- March 15, Wednesday:** 1/2 ham and cheese sandwich, vegetables, salad, fruit, & dessert.

Event Calendar

Monday, Wednesday, and Friday 10:30 a.m., **Gentle Exercise**
2nd Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council
Board meeting
Tuesday, 1:00-3:00 p.m., **Crafts**
Thursday, 1:00-3:00 p.m., **Square Dancing**
Friday, 6:00 p.m., **Bingo**
Saturday 6:30-9:00 p.m., **Music, Public Welcome, No cover charge**

LETTERS TO THE EDITOR

Florence Robinson enjoys CVR archives

Dear Editor,

I had so much fun looking at the closest day to my birth of August 9, 1940 at the Cashmere Valley Record across from the Fire Station in Cashmere. Believe it or not you can walk in any time, they are open and read the actual newspaper printed 76 years ago.

I do believe the article about Mrs. Morgan, who lived in what has been my house

for the last 44 years! I didn't know she was a piano teacher!

That is fun you can't have in most towns, so if you or your family has a birthdate or special date just call them up and find out if they are open and come look it up. Their number is 509-782-3781.

I celebrate each new blade of grass that is fed by the sun from our long cover of snow!

Florence K. Robinson,
Cashmere



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

Cashmere

Chamber to honor Business and Citizens of the Year

Each spring, Cashmere Chamber of Commerce presents a Business and Citizen of the Year who have demonstrated dedication and excellence for their outstanding contributions to the community. Sure to Rise Bakery, Tom Green and Jack Pusel will be honored at the Cashmere Chamber of Commerce Annual Auction and Recognition Dinner to be held on March 24 at 5:30 p.m. at the Cashmere Riverside Center. Tickets for the event are \$30 a person. Tickets are on sale now at the Chamber office, or are available through a board member. (er08,09,10)

Leavenworth

Cascade Mountain Bible Church concert

Join us for a night of Southern Gospel Music with Keepers of the Faith Quartet, Friday, March 10 at 7 p.m. at Cascade Mountain Bible Church, 11025 Chumstick Hwy. No charge. Doors open at 6 p.m. Contact Kellie James, 509-

421-1717 for more information. (e09,10)

eBird 101: Become a Citizen Science Birder

There are two free trainings, March 22 from 6 to 8 p.m. at Chelan-Douglas Land Trust and March 23 from 9 to 11 a.m. at Barn Beach Reserve with an additional field course offered from 11 a.m. to noon. Do you like to bird? Would you like to see your observations contribute to something greater? Then become a citizen scientist with eBird. (e09,10)

Upper Valley Scholarship available

Applications are now being accepted for this scholarship offered by P.E.O. Chapter JF for local women. The purpose of this \$1,500 scholarship is to assist women returning to or currently enrolled in higher education in the state of Washington after a two-year or more absence. Deadline for applications is April 30, 2017. For more information contact Ruth McIntyre at Drruth1@nwi.net. (e09,10)

Empty Bowls Artists Bowls Auction Begins

Don't miss the 21st annual Empty Bowls on-line auction of bowls hand painted by local

artists. From 8:00am March 8 through 10 p.m. March 22, nineteen bowls designed and created by local artists and potters will be available for bidding on-line at the Upper Valley MEND website (www.uvmend.org). Each bowl is also available for immediate purchase with a "buy it now" price. All proceeds from the auction benefit Leavenworth's Community Cupboard food bank and a small art grant benefitting local youth. Contact Diane Priebe, dndpartytour@gmail.com, 548-7336 or 509-630-4681. (e10)

TU Gear Exchange

Icicle Valley Trout Unlimited Chapter is hosting a fishing equipment and general outdoor gear exchange on Saturday, March 25 from 10 a.m. to 2 p.m. under the covered playground at Osborn Elementary School. No charge to attend as a buyer. Donations to the Chapter's conservation and youth education projects are welcome. Sellers will be charged \$10 for a 10' X 10' space to display their wares. Children under nine years will receive a free fishing rod and reel while supplies last. Additional information can be found at Icicletrout.org or by calling 548-7747. (e10,11)

Hiking the Pacific

Crest Trail: Washington with Tami Asars

"Hiking the Pacific Crest Trail: Washington" offers boots-on-the-ground trail beta for the state's more than 500 miles of the Pacific Crest Trail and break it down into shorter routes from the Columbia River to the Pasayten Wilderness near Canada. See Asars at 7 p.m. on Friday, March 31 at Barn Beach Reserve. Admission by donation. All ages welcome. Doors open at 6:30 p.m. For no-host refreshments. (e10,11)

Regional

North Central Regional Library launches new website

North Central Regional Library has launched its new website at www.ncrl.org. The new site was designed with user experience in mind and debuts a fresh look, more informational content, and new online resources.

Improvements to the library's website include new site navigation, mobile-friendly responsive layout, integrated event software, and significantly more opportunities to highlight what the library has to offer.

For more information, contact Barbara Walters at 663-1117, ext. 129. (er10,11)

Join the Red Cross movement by giving blood

All eligible blood donors are encouraged to give blood and help save lives in March, Red Cross Month. March has been recognized as Red Cross Month by every U.S. president since 1943 in celebration of the Red Cross volunteers who help those in need by giving their time, money or blood. Join their ranks by making an appointment to give blood by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). (er10,11)

Wenatchee Native Plant Society

When folks look at plants, they often look for the key features that distinguish one species from another. Once the plant is recognized, most simply move on exploring other plants. What is often missed is that many species of native plants are at the center of a complex diversity of other organisms that are strictly dependent on them. Our guest speaker, Ron Russo,

is the former Chief Naturalist of the East Bay Regional Park District in California and has spent over 45 years collecting and studying plant galls throughout the western states and has discovered over 100 species new to science. The next meeting is from 7 to 8:30 p.m. On Thursday, March 9 at the Wenatchee Valley Museum and Cultural Center, 127 South Mission Street. (er10)

Cascadia Conservation District Earth Day Essay Contest

Cascadia Conservation District is pleased to announce our 6th annual Earth Day Essay Contest! The essay contest is open to students who live or attend school in Chelan or Douglas counties and who are in grades 6-8. This year, the essay question is: Describe an experience you have had in nature, and how you connected with that experience personally. How does that make you want to be more environmentally responsible? Call for more information, 509-436-1601. The top three essays will get hand painted field journals created by local artist Heather A. Wallis Murphy and a student membership to the Wenatchee Valley Museum and Cultural Center. (er10,11)

Rudy Martinez Hernandez leaves his mark on the world

BY MIKAILA WILKERSON
 Staff Writer

Rudy Martinez Hernandez, a 32-year-old Monitor man whose body was found in the Columbia River in February, lived a life of grandeur and adventure.

Hernandez, who was last seen leaving his home on foot on November 4, 2016, touched the lives of all of those around him.

Rudy was born on October 10, 1984 to Juan R. Martinez and Erlinda Martinez Hernandez in San Antonio, Texas.

His family moved to Walla Walla in 1986 and Rudy started Kindergarten in 1990. For the time of his freshman year, Rudy lived with his sister, Veniece, in Moses Lake. He then moved back to Walla Walla to finish his schooling.

While growing up, Rudy and Veniece were very close and did many things together.

"It was like he felt a sense of security when around me," Veniece said. "He had this attachment because he felt the need to protect me. In his eyes, I was delicate and could do no wrong."

One of the greatest things Rudy and Veniece had in common was their love for house plants. They would often grow starter plants for each other and for friends.

"Rudy always had a way of making friends," Veniece said. "These friends always turned into family. He was the life of the party. A wonderful host



COURTESY PHOTO

Rudy Martinez Hernandez, a Monitor man whose body was found in a nearby river. Hernandez left a big impact on those who knew him. He was a dear friend to many and lived life to the fullest.

with a charm and wit that everyone loved."

Many of their pastimes were spent dining at various places, watching movies, hiking and being outdoors.

"Through our ups and downs, fights or arguments

and everyday life struggles, we would often get together or talk on the phone for hours to give each other the love and support that we needed to pull through."

Shortly after graduating, Rudy pursued his passion



COURTESY PHOTO

Rudy traveled to many places around the world including London, Spain and France. Traveling was one of the many luxuries in life that Rudy loved to indulge himself in.

and found himself working with fine dining and wine. He worked at the PhoSho Vietnamese and Saffron Mediterranean restaurants both of which were four star restaurants.

But Rudy had even bigger

dreams that he wanted to chase after. So he soon moved to Las Vegas, Nevada, where he began to work as a bartender for two of the city's well known nightclubs: Free Zone and Spotlight.

While working his new jobs in the city, Rudy met Samuel Simmons, who was from

London. The two hit it off and Rudy moved with Samuel to London in 2010, where he then married Simmons.

For the next three years in London, Rudy worked as a Sales Assistant at Burberry and was a Sales Assistant and a Brand Manager at Harrods. He also found work as a Brand Manager at Michael Kors and Diane Von Furstenburg.

In 2013, while Rudy was in the process of divorcing Simmons, he heard that Veniece had lost her husband. Rudy up and moved to Wenatchee to care for his sister and her family during their time of grief.

Rudy was described as very family-oriented and he loved to spend time with his family whenever he could. If he wasn't with his family, then people could usually find him visiting with friends.

According to Brandy Martinez, Rudy and Veniece's sister-in-law, Rudy was the 'embodiment' of many things including joy and acceptance.

"But above all, Rudy was life," Martinez said. "He had this understanding about living that doesn't seem too common. It's as if he thoroughly understood the value of his time here. He treated life not as a mere backdrop to live in, but as a tool to grasp and use completely. Life was tangible for Rudy and he embraced it fully."

Rudy also developed a passion for traveling over the years. He traveled to London, Spain, France, Barbados and around the United States.

According to Veniece, Rudy

CONTINUED TO PAGE 4

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Compassion here and abroad

As I sit reflecting about my mission to New Orleans, I am still feeling the effects of the movement of God during that extraordinary week. Last week Mardi Gras was in full swing and it was incredible to witness the power of God in the midst of what many would consider absolute chaos. Thousands of people were confronted with the glorious gospel, and I was personally blessed to offer Christ to a great many people. However, sometimes the greatest work doesn't necessarily happen on the mission field, but rather in the missionary's heart.



A WALK WITH PASTOR JOHN SMITH

question these things in your hearts?" and then he healed the paralytic to the great amazement of all the crowd.

However, what is so amazing is that not only was Christ aware of his surroundings, but how he responded to people that surrounded him.

The level of Jesus' compassion was immense, which raises the question, how can anyone reject such a compassionate Christ? When he saw the hungry, he fed them. When he saw the sick, he healed them. He even shed heavy tears at the passing of his friend and grieved with his family at their loss. As the Scripture says "a bruised reed he will not break, and a smoldering wick he will not quench" (Matt. 12:20) which in other words means that when Christ encountered the brokenness of individuals or the throw-aways of society, he brought them in close and displayed unparalleled compassion on them when others would not.

Christ saw people as people, not as homeless, drunks, tax collectors or even prostitutes. As he traveled, he would look

on the crowds that followed him and "had compassion for them, because they were harassed and helpless, like sheep without a shepherd" (Matt. 9:36). During my time in New Orleans, I often imagined what Christ would see as he walked Bourbon Street in the height of the debauchery. When thousands of people are indulging in all manner of vices openly and explicitly, would Christ be disgusted? Would Christ label them and dismiss them from his presence? From the testimony of the Gospels, the answer is no. Instead Christ would meet these people, call them to the fountain of living water that satisfies every need and show them that there can be life in the place of deadness. Jesus Christ wouldn't stop at just merely labeling the spiritually dead, he would raise them to new life.

Having returned from the bedlam that is Mardi Gras, and am now settling back into the quiet and quaint life of Central Washington, I am convinced of this, the brokenness that was on full display in New Orleans exists within our undisturbed suburbia although cloaked underneath a veneer of tranquility.

What would Christ see if he were to walk the streets of Cashmere? What if you passed him by in the market, what would he see in you? Compassion is in short supply, not just any level of compassion, but one that is reflective of Christ. My prayer as I have returned is to have the eyes of Christ, to be aware of people and to see them as they ought to be seen.

Next time as you are out, take the time to see people and seek an opportunity to display compassion. I guarantee, you will experience a powerful demonstration, and one that will change you forever.

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



Rudy Martinez

CONTINUED FROM PAGE 3

worked as a bartender and server at Applewood grill and Wenatchee Valley Brewing Company. He also worked as a Java Buzz barista in Cashmere and was a server at McGlenn's Public House.

Rudy loved to travel, read and write poetry, hike and spend time in the great outdoors. He loved fine dining, wines and beers.

Rudy was described by Veniece as an energetic, adventurous, cheerful, and entertaining extrovert who was very reliable, resourceful and self-motivated.

"He filled a much needed void in my life during his time living in Las Vegas," Rudy's friend, Chelsea La Vane from Las Vegas, said.

Teresa Spalding, another friend of Rudy's from Las Vegas, worked with Rudy at a local Applebee's.

"I introduced myself to him and I could tell right away that we would be friends forever," Spalding said. "He had this great aura and energy about him that attracted me to him. He was an amazing person with this insatiable appetite for life. He was a very outgoing and adventurous soul."

According to Spalding, she and Rudy had even traveled together at times. Rudy had the biggest heart, Spalding said. He truly loved life and his family and friends.

"He would literally give his shirt off his back if you needed it. Anyone that met him loved him, he had such a great personality," Spalding said.

Gracie Alegria was another friend of Rudy's whose life was greatly impacted by Rudy.

"He could be meek or a force to be reckoned with,"

Alegria said. "We were alike in that respect. Rudy was an amazing guy."

Rudy truly touched the lives of so many people around him and he will always live on in the hearts and memories of those who knew him.

"Rudy embodied life and set an example that should be honored, valued and, ultimately, followed," Whitson said. "His whole life was one gigantic lesson from a master teacher to his pupils. I hope all who knew him were paying attention, for he left us something valuable in his absence. The most important lesson of all: 'Use life completely every single day'."

Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com

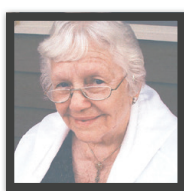


COURTESY PHOTO

Rudy, pictured above, as he enjoys one of his many trips around the world. According to friends, Rudy made friends wherever he went and always had a positive, upbeat outlook on life.

I have always thought of myself as a compassionate person, yet this last week I learned that compassion is in short supply not only within me, but also within the world. People so easily pass each other by, neglecting to observe the heartache or pain that surrounds them. Is it because of fear? Is it because of our busyness? Or perhaps, we simply do not know what to do, and therefore we do nothing. Honestly, I do not know the answer, and these questions I have often asked myself.

Yet, when we look at Christ, we immediately notice that he was not oblivious to the human condition. In fact, time and time again in the Gospels we see him powerfully demonstrate his ability to cut through all the smoke and see things with divine clarity. For example, in Mark 2:1-12, Jesus encountered the man who was paralyzed and said to him "Son your sins are forgiven", he also was fully aware of the religious scribes taking issue with such a statement and called them out in front of the crowd saying, "Why do you



Leona Rayfield

Minnie Leona Rayfield, 89, resident of Leavenworth and a former longtime resident of Dryden died Wednesday March 1, 2017 at Mountain Meadows in Leavenworth.

She was born on Sept. 17, 1927 to Lincoln and Ethel (Manning) Whaley at Sevier County Tennessee where she was raised and received her education. Leona married Amos Rayfield at Dalton, Georgia on Jan. 3, 1946 and they later moved to Leavenworth. In 1957, the couple moved to Dryden where they raised their family of three boys and a girl. Leona moved back to Tennessee and after 20 years, moved back to Leavenworth to be near her family. Leona was an avid seamstress and as a hobby enjoyed quilting, making many quilts for her children, her grandchildren and great-grandchildren. She loved to fish, garden, sing and cook especially pies. She also enjoyed bowling and softball. Leona's greatest love was for her grandchildren and great-grandchildren and the time that she got to spend with them.

She is survived by her children, Wayne Rayfield of Leavenworth, Dennis (Sharon) Rayfield of Dryden, Sharon (Kenny) Gilmore of Colville Washington and Allen (Lori) Rayfield of Dryden; brother Earl Whaley of Leavenworth; grandchildren Margaret, Elizabeth, Tracy, Julie, Dawn, Ron, Eric, Breanna, Shannon and Madison 17 great-grandchildren she was preceded in death by her parents, four brothers and three sisters.

A funeral service of commemoration to celebrate the life of Leona Rayfield will be held Saturday, March 11, 2017 at 11 a.m. at Ward's Funeral Chapel in Leavenworth. Visitation will be held on Friday March 10, 2017 from 1 to 7 p.m. at Ward's Funeral Chapel. A private family burial will be held at the Mountain View Cemetery in Leavenworth.

THE FAMILY OF LEONA RAYFIELD WOULD LIKE TO EXTEND A HEARTFELT THANK YOU TO THE WONDERFUL PEOPLE AT MOUNTAIN MEADOWS FOR THE EXCEPTIONAL CARE THAT WAS GIVEN TO LEONA.

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

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

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

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

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

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Mount Baker Mountaineers for the First Place title in the State Championship game. The Mountaineers, ranked as 16th in the state and 20-4 this season, made the Championship game very fun and intense for the Bulldogs.

The heat was on right from the start as Mount Baker had a better start than Cashmere. Mount Baker worked hard and began scoring points quickly. The first half of the first quarter saw Mount Baker in the lead 15-6 and then it ended with Mount Baker leading 15-30.

When asked during half-time what he hopes to see improved during the second half, Coach Brent Darnell said that he just hopes that the girls 'make good shots' and to 'play some defense'.

In the third quarter of the Championship game, Cashmere was tied with Mount Baker 34-34 before Cashmere began to up their score faster than they had before. The end of the third quarter saw the girls winning 40-34 thanks to a great play made by Hailey Van Lith.

The second half of the game did not calm down the craziness of the nearby audience members as they excitedly chanted for the girls to claim their #1 spot.

Both teams were neck to neck throughout the last ten minutes of the game. The score quickly changed from Cashmere being up 42-41 to Mount Baker being in the lead 45-42.

Ultimately, Mount Baker pulled ahead and won First Place in the State Championship game. The final score was 45-44 and Cashmere came in at Second Place.

"I've never seen a comeback like that," Coach Darnell said of his girls in the last game. "This was the first game that I've ever lost where we forced the other team to more turnovers. We forced 21 turnovers and they only forced us to 8."

According to Darnell, although he wished he'd seen the ball move around more, he was very pleased with the shots



PHOTO BY MIKAILA WILKERSON/CVR

Sydnee, above, prepares to shoot as Okanogan's #20 Makensie Jones runs up to stop her. Sydnee made 1 basket and 4 rebounds during that game. This year was the first time the Cashmere girls played in the State Championship game.



PHOTO BY MIKAILA WILKERSON/CVR

Abbie, pictured above, as she scores a point during the game against Okanogan on Friday, March 3. Cashmere won 41-36 against Okanogan and then lost 45-44 to Mount Baker on Saturday. Cashmere came in at Second Place in the State Championship game.

CONTINUED TO PAGE 8

Mentor Program

CONTINUED FROM PAGE 1

During her time at Confluence Health, Michael felt that one of the best moments that truly stood out to her was the first minute that she entered her first patient's room alongside her mentor.

"I got to see first hand how Lori and Dr. Smith changed the

feel of the room in one minute," Michael said. "I never knew that in being an Oncologist you got to change the way people feel. They could be scared and not know what's ahead of them, but when Lori or Dr. Smith walked into the room they made it a happy, comfortable place and you could totally see the patient relax and know that they were in great hands."

It was upon seeing this that

Michael truly realized that this was a job she could envision for herself.

"That's when it clicked for me that this was a field I could see myself working in everyday and be happy," Michael said. "Doing it with a smile everyday."

Michael was very appreciative of having VanLith for her mentor during her mentorship experience and

said she learned a lot from her. "Lori was an amazing mentor," Michael said. "She showed me so much behind the scenes. Patients have no idea what needs to get done before they are even seen. I was taught how to take blood pressures and then I was able to take patient's blood pressure."

According to Michael, Oncology requires a ton of lab

work. During her mentorship she was shown the computer systems that the program runs and what the process of ordering new labs is like.

This is a very beneficial thing to patients, Michael said. More labs leads to less waiting time for both the patients and the doctors.

"I am very thankful that I was given the opportunity to have Lori as my mentor,"

Michael said. "She taught me so much and was very patient with all of my questions. She has continued to be my mentor and friend. By being in the mentorship program, it has solidified my decision in becoming a Pediatric Oncologist."

Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com

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We are looking for dedicated, caring professionals to join our team!

Mid-Valley Hospital is a not for profit Critical Access Hospital providing services to the people of Omak and the surrounding areas of the Okanogan Valley. We are committed to providing optimal quality health care services and meet the needs of our community. Our employees are offered a generous benefits package including, health, dental, vision & life insurance, a profit sharing plan with the option to participate in a 403b plan, and vacation/sick leave to both full-time and part-time employees.

If you would like to join our team we have the following positions available:

- REGISTERED NURSE-**
- (1) .9 NOC ACUTE CARE and (1) Per Diem
- (2) .9 NOC LABOR AND DELIVERY
- (1) .75 NOC RN ER
- (2) .75 NOC RN ER Float
- (1) .6 NOC RN Acute Care Supervisor
- CERTIFIED NURSING ASSISTANT-**
- .9 NOC Acute Care CNA
- .9 NOC Emergency Room CNA
- EMERGENCY ROOM PHYSICIAN**
- .9 MRI Tech

Visit www.mvhealth.org to view these openings. Interested candidates can submit an application online and attach a cover letter and resume. For further information please contact the Human Resources department at 509-826-7646.

Help wanted: Assembly Chelan Falls
 Call or E-mail Ed Larkin
 509-745-9555
 hr@bainbridgemfg.com

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 classifieds@leavenworthecho.com
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Quad City Herald 509-689-2507
 heraldads@qcherald.com
 All Classified Ads go in all of our newspapers

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

- **Special Services Director/ IRMS Dean of Students**

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

Receptionist/ Administrative Assistant

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. This qualified individual will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities as needed. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine a big plus. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan communities. Dependability and dedication are important work skills for this rare opportunity. Interested applicants can send their resume to P.O. Box 39, Leavenworth, WA 98826.



is taking applications for Summer Employment
 Please visit www.slidewaters.com for more information and to find out about being a part of our Kitchen Team or Guard Team

BUILDING OFFICIAL CITY OF CHELAN, WASHINGTON

City of Chelan is accepting applications for the position of Building Official. Monthly pay range: \$5054 - \$6092. Application deadline: March 31, 2017 or until filled. Go to: www.cityofchelan.us for additional information and employment application.



Cook

Scratch home style cooking experience in a moderately fast paced environment preferred. Full time benefitted 32 hours/ week position. Schedule will include both weekdays and some weekends. Excellent benefit package including medical/ dental offering, PTO, and holiday pay. If interested, bring your culinary skills and apply at 320 Park Ave., Leavenworth. Wages DOE.

Park / Cemetery Maintenance Worker -Seasonal Positions

The City of Leavenworth, an equal opportunity employer, is now accepting applications for the following positions:
 • One (1) vacancy for a Seasonal Parks / Cemetery Worker - maximum of 24 hours per week position.
 • Two (2) vacancies for a Park Maintenance Worker-Returning Seasonal 7- month position. Both positions are non-union covered positions with a starting pay of \$11.00 - \$13.00/ hour. DOE.

Requirements: Minimum 18 years of age and WA. State driver's license with record acceptable to the City; position will require a drug/ alcohol screening and physical evaluation. Individual must be able to work weekends, holidays, and required overtime. Duties include: Landscape and turf maintenance, building and restroom maintenance, litter control, irrigation maintenance, operation of light and/ or special use equipment (ball field and turf maintenance equipment), and cemetery maintenance. Job application and full job description are available at Leavenworth City Hall, 700 US Hwy. 2, from 9:00 a.m. to 5:00 p.m., via our website at www.cityofleavenworth.com, or by contacting us at (509) 548-5275. Applicants will be interviewed upon submittal of application. Jobs will remain open until filled.

LADY OF THE LAKE

accepting applications for Seasonal Ticketing Office Staff and Boat Concession Freight Handlers. Varying start dates of April and June through August and October. Fun jobs on the Lake. Applications available at: www.ladyofthelake.com under CONTACT or at the Lake Chelan Boat Company office.

Events & Membership Manager: Leavenworth Chamber

invites you to join our team. The position primarily coordinates the 5 chamber hosted festivals (Icefest, Taste Leavenworth, Maifest, Kinderfest and Christmas Lighting) and arrange the gazebo summer entertainment schedule. An applicant should have an abundance of organization, creativity, problem solving and communication skills. Position 32 - 40 hours a week, salary \$30 - 35K. Contract position or job sharing available after event proficiency, usually 1 year. Vacation, sick and benefits negotiable. Please email cover letter and resume to guestservices@leavenworth.org

DARNELL'S LAKE RESORT

accepting applications for Front Desk (mid-April thru mid-October), Cabana Snack Bar (Memorial Day Weekend and mid-June thru Labor Day) and Security (4.5 hour night to early morning shifts, mid-May thru Sept). College students and Snow Birds welcome. Applications at: www.darnellsresort.com under Contact tab or at Lake Chelan Boat Company Office.

THREE RIVERS HOSPITAL Receiving Clerk Full-time

Three Rivers Hospital is seeking a Receiving Clerk for the central supply area. This position is responsible for monitoring and filling all departmental supplies, checking freight and tracking inventory. High School Diploma or Equivalent required. No previous experience necessary; willing to train the right candidate. Must be able to work well under pressure and work independently.

Interested Candidates may apply in person or by mailing their resume to:
 Three Rivers Hospital
 Anita Fisk,
 Director of Human Resources
 PO Box 577
 Brewster, WA 98812
 (509) 689-2517 x 3343
www.threerivershospital.net

Or for quicker submission Send resume to: afisk@trhospital.net
 EOE

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HELP WANTED

MWH AMERICAS, Inc. seeks Resident Engineer – Quality/ Inspection in Pateros, WA to provide mechanical engineer expertise on project to install & refurbish hydro electric generating units. Perform design activities related to hydraulic turbines. BS in Mechanical Engineering or related field + 8 yrs of experience. To apply visit www.mwhglobal.com/careers/job-search, click on USA & search job 11790BR

MUSICAL



Leavenworth, for sale, Gibson Country and Western guitar with case. Excellent condition. Asking \$4900. Call John 509-548-6171 for more details.

PUBLIC NOTICES

CITY OF LEAVENWORTH

On the 28th day of February, 2017, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents of each provides as follows:
Ordinance 1540: An ordinance of the city of Leavenworth, Washington adopting amendments to the Leavenworth municipal code to section 18.28.050 to increase the building height of the General Commercial (GC) District from 35' to 50'.
 A copy of the full text of the ordinances are available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/ City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826.

Published in the Leavenworth Echo/ Cashmere Valley Record on March 8, 2017. #78049.

Superior Court of Washington For Chelan County

In the Matter of the Estate of **Don Alan Jean**, Deceased.
 No. 17-4-00050-9
 Notice To Creditors (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

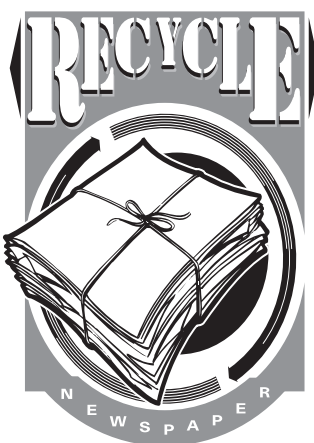
Date of First Publication: March 1, 2017

Julie E. Jean
 Personal Representative

Attorney for the Personal Representative:
 Thomas D. Overcast,
 WSBA# 14486
 Address for Mailing or Service:
 Overcast Law Offices, PS
 Attn: Thomas D. Overcast
 23 South Wenatchee Avenue,
 Suite 320
 Wenatchee, WA 98801
 (509) 663-5588

Court of probate proceeding and cause number:
 Chelan County Superior Court
 Cause Number: 17-4-00050-9

Published in the Leavenworth Echo/ Cashmere Valley Record on March 1, 8, and 15, 2017. #77969.



PUBLIC NOTICES

The Leavenworth Mosquito Control District board will hold their first meeting of the 2017 season on Monday March 20th at 7 p.m. at the Chelan County PUD building at 222 Chumstick Highway, Leavenworth. Meetings are scheduled at the same time and site on the first and third Mondays of each month but are often cancelled due to a lack of pressing business. For up-to-date information call Manager Jennifer Mullins at 548-5904.

The District will begin larvicide treatments as soon as mosquito larva are found (but no earlier than March 20) continuing until October 15 at the latest. Larvicides used include *Bacillus thuringiensis* subspecies *israelensis*, *Bacillus sphaericus*, and methoprene. Spinosad may also be used. Additional larvicides which may be used also serve as pupicides; these are a monomolecular surface film and a paraffinic white mineral oil.

The District seeks to reduce mosquitoes through habitat reduction and larviciding. Adulticides were not used from 2007 through 2016. If an adulticide is needed, we may choose to use malathion, natural pyrethrins, piperonyl butoxide (PBO), permethrin, etofenprox, naled, prallethrin, resmethrin and/or sumithrin. Such spraying could occur in June, July or August anywhere within the District and will be noted at our website: www.leavenworthmosquito-district.com. Larvicide treatment locations are also posted at this website. Additional sites may be added as needed.

More information on these pesticides is available online at npic.orst.edu/pest/mosquito/. For additional information or to be placed on a "No Spray" list, leave a message for Manager Jennifer Mullins at 509-548-5904. Placement on the list is not a guarantee on non-treatment. The Department of Ecology Aquatic Pesticides Permit Manager may be reached at 360-407-6600.

Published in the Leavenworth Echo/ Cashmere Valley Record on March 8, 2017. #78060.

Rummage Sale Get the word out! 548-5286

PUBLIC NOTICES

State of Washington
 Department of Ecology
 Yakima Washington

Notice Of Application To Appropriate Public Water

Take Notice:

That Yakama Nation, Toppenish, Washington, on November 19, 2014, under Application No. G4-33128, applied to appropriate public groundwaters, subject to existing rights, at the rate of 560 gallon per minute each year, and 386 acre-feet per year from October 1 to June 15, for the purpose of fish propagation. Yakama Nation proposes to use the water non-consumptively in a flow through fish acclimation pond and return it back to the creek at a point downstream.

That the proposed source is located within the NE 1/4 of the NE 1/4 of Section 28, Township 30 N., Range 16 E.W.M., Chelan County, Washington.

That the proposed place of use is located within the NE 1/4 of the NE 1/4 and the SE 1/4 of the NE 1/4 of Section 28, Township 30 N., Range 16 E.W.M., Chelan County, Washington.

Protests or objections to approval of this application must include a detailed statement of the basis for objections. All letters of protest will become public record. Cash shall not be accepted. Fees must be paid by check or money order and are nonrefundable. Protests must be accompanied by a \$50 recording fee payable to the Department of Ecology, Cashiering Unit, PO Box 47611, Olympia WA 98504-7611, within 30 days from March 8, 2017.

Published in the Leavenworth Echo/ Cashmere Valley Record on March 8, 2017. #77955.

State of Washington
 Department of Ecology
 Yakima, Washington

Notice of Application To Appropriate Public Waters

Take Notice:

That Yakama Nation, Toppenish, Washington, on March 3, 2016, under Application No. S4-33172, applied to appropriate public waters, subject to existing rights, from the Phelps Creek at the rate of 3.5 cubic feet per second each year, and 1,468 acre-feet per year, from October 1 to June 15, for the purpose of fish propagation. Yakama Nation proposes to use the water non-consumptively in a flow-through fish acclimation pond and return it back to the creek at a point downstream.

That the proposed source is an existing diversion on Phelps Creek located within the SE 1/4 of the SE 1/4 of Section 15, Township 30 N., Range 16 E.W.M., Chelan County, Washington.

That the proposed place of use is located within the NE 1/4 of the NE 1/4 and the SE 1/4 of the NE 1/4 of Section 28, Township 30 N., Range 16 E.W.M., Chelan County, Washington.

Protests or objections to approval of this application must include a detailed statement of the basis for objections. All letters of protest will become public record. Cash shall not be accepted. Fees must be paid by check or money order and are nonrefundable. Protests must be accompanied by a \$50 recording fee payable to the Department of Ecology, Cashiering Unit, PO Box 47611, Olympia WA 98504-7611, within 30 days from March 8, 2017.

Published in the Leavenworth Echo/ Cashmere Valley Record on March 1 and 8, 2017. #77956.

PUZZLE SOLUTION

PLAID DOC WHOM
 HOURI ERA SHOVE
 DORIC NBC HABIT
 PASTRY ALAMODE
 HUE BOOK
 SPA MILE PERMIT
 USER NEWS SAUNA
 GYRE STILT CLEF
 ACIDS STIR KERF
 RHESUS CMON STY
 BASH LEA
 CARAMEL FLAMBE
 ALIBI APE ROARS
 ROGET WIT LLANO
 TEST SEA YESES

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BOATS & TRAILERS

WANTED TO RENT

Lake Chelan dock space or slip for 19' boat from mid-May to mid-September. 253-279-9577

PUBLIC NOTICES

Superior Court of Washington For Chelan County

In the matter of the estate of **Jordan F. Bulger**, Deceased.
 No. 17-4-00030-4

Notice To Creditors
 (RCW 11.40.030)

The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or her attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: March 8, 2017.

Vera G. Bulger,
 Personal Representative
 Attorney for the Personal

Representative:
 Joseph C. Brown, Jr.,
 WSBA# 17991
 Address for Mailing or Service:
 J.C. Brown Law Office, PLLC
 200 Aplets Way, P.O. Box 384
 Cashmere, WA 98815
 (509) 782-1111

Court of probate proceeding and cause number:
 Chelan County Superior Court,
 Cause Number: 17-4-00030-4.

Published in the Cashmere Valley Record/ Leavenworth Echo on March 8, 15, and 22, 2017. #78079.

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CROSSWORD PUZZLE

THEME: DELICIOUS DESSERTS

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- ACROSS
- Scottish Highlands' pattern
 - Brown from "Back to the Future"
 - "For ___ the Bell Tolls"
 - Alluring maiden
 - Feminists' 1923 proposal, acr.
 - Push
 - Not Ionic or Corinthian
 - SNL's "home"
 - Acquired behavior pattern
 - *Danish or croissant
 - *With ice cream
 - Color wheel feature
 - "Baking with Julia," e.g.
 - Rejuvenating spot
 - Stephen King's "The Green ___"
 - License to park, e.g.
 - Olympic castaway?
 - Read, watched or listened to
 - Hot spot
 40. Swirling vortex
 - Wife "The ___" Chamberlain
 - Beginning of musical staff
 - DNA and RNA
 - Recipe direction
 - Saw incision
 - Rh in Rh disease
 - "Follow me!"
 - Pig's digs
 - Loud get-together
 - Actress Thompson
 - *Apple coat
 - *Like Cherries Jubilee
 - Defendant's excuse
 - One who copies behavior of another
 - Lion sounds
 - "Thesaurus" author
 - Intelligent humor
 - Grassy plain
 - School activity
 - Anagram for #49 Down
 - Those in favor
- DOWN
- High degree
 - Roller coaster feature
 - Heavenly glow
 - March celebrants
 - Authoritative declaration
 - Refuse to accept
 - Eyeball shape
 - *Chocolate tree
 - George Michael/Andrew Ridgeley duo
 - Great Depression drifter
 - "Metamorphoses" poet
 - Boundary line
 - *Milk-based concoctions
 - Buggy control, pl.
 - Chop off
 - Cause to be enamored
 - *Common dessert ingredient
 - Study of behavior and mind, for short
 - Eagle's nest
 - "Make a Deal"
 - Medieval torture device
 - The cocktail Moscow ____, pl.
 - Dead to the world
 - *Seaside candy
 - *In M&M's pack: browns, greens and these
 - Fit for a skinny one
 - Online troublemaker
 - What to do with an application
 - Greek letters on campus
 - Almost
 - Shredded cabbage dishes
 - Mexican detergent plant
 - Rental on the links
 - Medicinal succulent
 - Semis
 60. Lend a criminal hand
 - Sheep's milk cheese
 - Barnyard sounds
 - Marine egl
 - * ___-throwing contest
 - Vessel's last call

“Healthy Tips For Diabetics”

Do you know a diabetic? Most people do. There are 3 diabetics in my immediate family, and I have been pre-diabetic myself for over 30 years. Not only do you have to take pills, many diabetics must test their blood several times a day and inject themselves with insulin. Yikes!

At our clinic, all of our new family medicine doctors learn about starting diabetic patients on insulin by experiencing it personally. One memorable assignment in their first year of training is called “Diabetic for a Week” because for 7 days in a row they must test their blood sugar 4 times daily and give themselves an injection every night from an insulin pen device containing salt water. Afterward, they reflect on their experience, often commenting that they never realized how overwhelming it felt to have to stop and test their blood all the time and give themselves shots every day. It completely changes how they approach their diabetic patients.

I often get questions from newly diagnosed diabetics,

like, “Where do I start? There’s just so much to learn!” Here are some of my favorite tips for brand new diabetics:

If you like to drink sweetened beverages, like “sweet tea” soda pop, or fruit juices, one of the easiest ways to start controlling your blood sugar is to GRADUALLY replace those sweetened drinks with unsweetened ones. Just making this ONE change can also help you lose weight, which also helps control your blood sugar.

Some people can cut out the sugar in their beverages cold turkey, but most folks succeed by slowly decreasing the amount of sugar they add to their tea or coffee, or adding water to their fruit juice a little bit at a time, eventually drinking water or unsweetened ice tea. Drinking diet soda may be somewhat better than drinking regular, but shifting to water is even better for weight loss and blood sugar control.

Be wary of “low fat” foods. When a manufacturer cuts the fat out of cookies and cakes,

they usually add something else to make up for it, such as a sweetener like sugar or corn syrup. Without the stabilizing effect of fat, these foods will make your blood sugar skyrocket up and crash back down; which is NOT very pleasant for you!

Please MOVE MORE. Even just a little bit of movement counts! New evidence shows that the longer you sit in your chair before standing up and moving around the more weight you gain and the SHORTER life you will have. We’re not talking about exercising 30 minutes a day here, only a few minutes every hour or so. It all adds up to improve your health and blood sugar control. Don’t sit too long before getting up and moving around.

When testing their blood sugar with their glucometer, most diabetics poke their fingers too hard or too deep. This habit not only causes more pain and bruising but it eventually damages the nerves on the tips of their fingers, decreasing their sense of touch.

Here are 5 tips to Minimize the Pain of Blood Sugar Testing:

1 DON’T use alcohol wipes on your fingers before poking. They only remove surface dirt and make your fingers more sore afterward.

2 Wash your hands in warm water right before doing the poke. This cleans your skin nicely and brings your blood close to the surface so you don’t have to

poke as hard to get a good drop of blood.

3 Relax by taking a slow breath right before you poke. Tensing up makes it will hurt more and moves blood away from the surface of your skin, making you have to poke again or poke even deeper.

4 Poke a spot halfway between the middle of your finger and where your fingernail starts. Looking at your finger sideways so it makes a half circle like the bottom half of a clock face, pick a spot halfway

5 Unless you have symptoms of low blood sugar or you think your blood sugar could be changing rapidly, poke your hand or arm instead. Most machines today allow you to use these “alternate sites” for getting a blood sample.

Ask...

Dr. Louise

between the 6 o’clock spot (the exact middle of your finger, where you have most of your nerve endings) and the 9 and 3 o’clock spots (the edges of your fingernail) to do your poke. Poking here hurts less and doesn’t damage the nerves on the most sensitive area of your fingers.

Most machines today allow you to use these “alternate sites” for getting a blood sample.

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 Achey



Cashmere Bulldogs

CONTINUED FROM PAGE 5

that the Bulldog girls took. Cashmere had even gotten in more offensive rebounds than Mount Baker during this game.

Darnell gave a huge credit to Mount Baker for how tough and competitive this game turned out to be.

“They did exactly to us what they did last time,” Darnell said.

Darnell is very proud of his team this year and how

well they have done. He is especially proud of the seniors on his team.

“They’re one of the greatest group of seniors,” Darnell said. “I couldn’t ask for better leaders on and off the court.”

Darnell also expressed his gratitude towards the Cashmere community for supporting the girls like they have this year.

“I’m pretty grateful to coach basketball in a community that supports student athletes like Cashmere,” Darnell said.

Overall, this has been a very exciting and successful year for our lady Bulldogs.

“This was an outstanding year for our girls,” Darnell said.

Okanogan came in at third place at State. Lynden Christian took fourth, Granger came in at fifth and Bellevue Christian took sixth place.

Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com.



PHOTO BY MIKAILA WILKERSON/CVR

Knishka, pictured above, looking to pass in the game against Mount Baker on Saturday, March 4. Cashmere lost to Mount Baker and came in at Second Place. The final score of the last game was 45-44.



PHOTO BY MIKAILA WILKERSON/CVR

Van Lith scores a point during the game against La Center on Thursday, March 2. Van Lith scored 6 points and 4 rebounds that game.

Senate approves Hawkins’ ag-wage bill

OLYMPIA - The state Senate today passed legislation from Sen. Brad Hawkins that would offer remedies to tree fruit growers and other agricultural producers tangled in a recent Supreme Court decision about compensating workers for rest breaks.

“This bill would resolve a major issue from the court decision in a way that is good for both employers and workers,” Hawkins said after Senate Bill

5720 passed in a bipartisan vote of 28 to 18. “The workers would have an expedited opportunity to receive what amounts to back pay, and growers would have a defense against lawsuits currently affecting the tree-fruit industry and the communities that depend on it.”

The 2015 ruling in *Demetrio v. Sakuma Brothers Farms, Inc.* addressed workers paid not by the hour but by the piece or pound. The high

court decided employers must pay employees for rest breaks separate and apart from piece-rate wage payments – and the rate of pay for the rest break time must at least equal the applicable minimum wage or the employee’s regular rate, whichever is greater.

Hawkins, whose 12th Legislative District is renowned for the production of tree fruit, said the court ruling has created a “dark cloud looming over the

industry” and has spawned numerous recent lawsuits about prior uncompensated breaks that jeopardize orchards and people’s livelihoods.

“The bill that passed the Senate today details a process for how growers can compensate employees for past uncompensated rest breaks. If they choose the options we approved, their workers will get paid and they will be protected from lawsuits,” Hawkins

said. “Our growers were compensating their employees in good faith, following state guidance and industry practices. I don’t want them punished by extended lawsuits, and I want the workers to get paid.”

SB 5720 would provide employers two options for paying workers for past, uncompensated rest breaks: the uncompensated amount across three years, plus interest, or a payment equaling 4.35 percent of a worker’s gross earnings. Employers doing either would be exempt from lawsuits.



Sen. Brad Hawkins

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