

Cashmere Valley Record

A Ward Media Publication

Serving the Cashmere Valley since 1907
Volume 117 • No. 13

March 27, 2024

cashmerevalleyrecord.com
Single Copy **\$1.00**

Scammers targeting Chelan PUD customers with aggressive tactics

*NCW News
Ward Media*

WENATCHEE - Chelan PUD is warning customers about an aggressive wave of scammers attempting to extort payments through intimidation and deception this week. Over a dozen customers have reported receiving calls, made in both English

and Spanish, that demand immediate bill payment and threaten to shut off their electric service if they refuse. These scammers are becoming increasingly bold, utilizing more forceful threats and even manipulating caller ID technology to make their calls appear as if they are coming from Chelan PUD's actual phone numbers. Their tactics are designed to catch

customers off guard and pressure them into making hasty payments. Chelan PUD advises that these calls are likely scams if the caller demands immediate payment via unconventional methods like cash, credit card, wire transfer or prepaid cards. Requests for extensive personal information like account numbers, addresses or social security

numbers are also red flags. Evening and weekend call times and blocked or out-of-area caller ID numbers are other indicators of potential scam activity. The utility company states it will never demand immediate payment over the phone nor request alternative untraceable payment methods from customers. If customers receive such

a call, they are instructed to hang up and call Chelan PUD directly at the published number (509) 661-8002 to inquire about the legitimacy of the request. Chelan PUD encourages customers to visit chelanpud.org for more information on recognizing and avoiding utility scam tactics that are on the rise.

Cashmere High School artists shine at regional art showcase



COURTESY OF CASHMERE HIGH SCHOOL
"Denim Debut," by Cashmere High School art student Kimberly Strong won Best of Show. The piece will advance to the state high school art show in Olympia. Stong was also awarded a Central Washington University tuition waiver.



COURTESY OF CASHMERE HIGH SCHOOL
Cashmere High School art student Mykla Smith won Best of Show for her piece "Spring Ride," which will advance to the state high school art show in Olympia. Smith was also awarded a CWU tuition waiver.

By QUINN PROPST
Ward Media Staff Reporter

CASHMERE - Cashmere High School art students had an impressive showing at the 45th Annual Regional High School Art Show in March. Five of the 15 art pieces moving on to the state show are by Cashmere students. They won a good portion of the category awards, and two students were awarded Central Washington University tuition waiver scholarships.

"Essentially, it was kind of a good surprise or a reminder that we're doing some pretty good things in here just to see all that nice work up on the wall and framed and then to have it recognized by judges," CHS art instructor Alan Pace said. "It's good for our school and it's good for me and definitely good for the students to see that you know the work they put in was appreciated and valued by people that know a lot about art," he said. CHS had 29 entries at the Regional Art Show. The juried show was open to all High Schools in the North Central Educational Service District

and had over 200 entries. "I thought we did pretty well, although in some of the cases, there's certain pieces of ours that won and other ones that didn't, that you know, it's a little surprising," he said. "And there's pieces from other schools that I thought were really pretty cool that maybe didn't win anything. That's just how it goes with art." "I knew we would probably have a pretty strong showing when we submitted stuff because I had easily

See **ARTISTS** Page **B2**

Grizzly Bears one step closer to returning to North Cascades

*NCW News
Ward Media*

SEDRO-WOOLLEY - Federal agencies have taken a major step towards reintroducing grizzly bears to the North Cascades ecosystem in Washington state, where the bears have been functionally extinct for decades. On Thursday, the National Park Service and U.S. Fish and Wildlife Service released their final environmental impact statement (EIS) evaluating options for restoring a grizzly bear population to the 6 million-acre North Cascades region. The agencies identified translocating a small number of bears from

other populations to kickstart a new population as their preferred alternative. "Today we celebrate our national parks as places where wildlife thrives and ecosystems are made whole," said Theresa Pierno, president and CEO of the National Parks Conservation Association. "For years, NPCA has worked tirelessly to bring grizzlies back to their historic homeland. The planned return of the grizzly bear to North Cascades National Park is a symbol of the power of perseverance." Under this proposed plan, biologists would capture grizzly bears from healthy source populations and release them gradually in

remote areas of the North Cascades over several years until an initial population of around 25 bears is established. The reintroduced population would be designated as an "experimental" population under the Endangered Species Act, giving wildlife managers more flexibility in bear management. "After years of advocacy the Upper Skagit Tribe looks forward to the day the great bear returns to the rugged North Cascades which our people previously shared with grizzlies for thousands of years," said Scott Schuyler, policy representative for the Upper Skagit Tribe, whose

See **GRIZZLY** Page **B4**

Cashmere St. Patrick's Day 2024



COURTESY OF STEPHANI BATY
Cashmere St. Patrick's Day Parade goes revel in the festive atmosphere and tradition of the city. The 2024 Parade was held on Sunday, March 17, and was hosted by Milepost 111 Brewing Company and the Cashmere Chamber of Commerce.

Cashmere's newest royalty: Meet the 2024 royal court



COURTESY OF THE CASHMERE FLOAT ASSOCIATION
The Cashmere Royalty 2024-25 are (l to r) Princess Brianna Castro, Queen Kimberly Strong, Princess Emory Smith. See **STORY** Page **A4**

Registration now open for Cashmere Founders' Days Car Show



COURTESY OF NICK WOOD
Registration is now open for the 2024 Cashmere Founders' Days annual Car Show, which will be held on June 29.

By QUINN PROPST
Ward Media Staff Reporter

CASHMERE - Registration is now open for the 2024 Cashmere Founders' Days Car Show. The Car show will be held on June 29 from 10 a.m. to 3 p.m. in downtown Cashmere. It is part of the two-day celebration of Cashmere's Founders' Days. Car show organizer Nick Wood said participants should register by May 15 to guarantee a t-shirt, but there is no deadline to register. "The car show is one of the best in Central WA thanks to our beautiful downtown area and our amazing community," Wood said. The show, presented by the Mission Creek Community Club (MCCC), will also feature Touch-A-Truck, live music, burgers, hotdogs, and snow cones. The show will have hot rods,

muscle cars, antiques, motorcycles, trucks, and more. All makes, models, and years are welcome. Wood said that there were about 140 vehicles at the show last year. All proceeds from the car show go to scholarships for Cashmere kids. MCCC awards four scholarships at \$1000 each to Cashmere students, Wood said. "We also donate to the local community when and where we see a need," he said. On the day of the car show, check-in is from 8 to 10 a.m., and the car show ends at 3 p.m. To register, contact Nick Wood at 509-312-2990 or nick.wood323@gmail.com. Registration forms can also be found on the Cashmere Chamber of Commerce website, cashmerechamber.org.

Quinn Propst: 509-731-3590 or quinn@ward.media.

Inside The Record this Week

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\$1.00
Phone:
509-548-5286

www.cashmerevalleyrecord.com

Cashmere Valley Record

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Circulation

509-293-6780

Deadlines

Calendar Listings	Noon, Friday
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	5:00 p.m., Thur.
Legal Notices:	Noon Friday
Classified Ads:	Noon Friday

Subscriptions

In Chelan County (yearly)	\$40
For print and online	\$45
In State-Out of County (yearly)	\$50
Online E-edition	\$40
Out of State	\$52

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.



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Letters policy

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to letters@ward.media.

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

News tips

Have an idea for a story? Call the Record at 509-548-5286 email news@ward.media

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Services

Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

Cashmere Valley Record (USPS 092-600) is published every Wednesday by Ward Media LLC, 29 S. Wenatchee Ave., Suite A, Wenatchee, WA 98801
Telephone: 509-548-5286
Periodical postage paid at Leavenworth, Wash. (and additional mailing offices)
Postmaster: Send address corrections to: Cashmere Valley Record 131 S. Apple Blossom Drive #109, Chelan, WA 98816

Classified Weekly Rates

\$15.00 for first 30 words .10 for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!



5 THINGS TO DO THIS WEEK

Bloody Mary-Fest

Icicle Village Resort will host a Bloody Mary-Fest on Saturday, March 30 from 10 a.m. to 12 p.m.

"Join us for the ultimate Bloody Mary Showdown," the event page states. "Indulge in a morning of delicious fun as we challenge local mixologists to compete for the 'Best Bloody Mary in Town' title. You get to be the judge and taste seven flavor-packed concoctions and cast your vote for the champion."

For more information visit iciclevillage.com.

Wells House egg hunt

The Wenatchee Valley Museum will host their Annual Easter Egg Hunt at

the historic Wells House on Saturday, March 30 at 11 a.m.

"After the egg hunt, the Easter Bunny will be available to meet the children and pose for photos in front of the Wells House," the event page states.

Registration is required. Tickets are \$5 per child. To register and for more information visit wenatcheevalleymuseum.org.

Cashmere Community Concert

The Cashmere Community Concert Series is back with a live performance by Caleb Klaunder and Reeb Willms on Saturday, March 30 at 7 p.m. at the Cashmere Community Church.

The cost is \$5 at the door.

There will be a "pass the hat" for the musicians with a suggested donation of \$8 to \$15.

For more information call (509) 421-0494 or visit www.cashmereconcerts.com.

Blue Elk Inn egg hunt

The Blue Elk Inn will host an Easter egg hunt on Sunday, March 31 from 1-3 p.m. with the egg hunt at 2 p.m.

"The Blue Elk Inn is hosting a community Easter party on March 31 and we would love to see you there," the event page states. "Bring the whole family for Easter crafts, snacks, and an egg hunt."

For more information visit blueelkleavenworth.com.

Lions Club egg hunt

The Leavenworth Lions Club will host an Easter egg hunt on Sunday, March 31 from 1-2 p.m. at the Alpine

Lakes Elementary School. "Children ages one to 12 years old, come join the Leavenworth Lions club Easter egg hunt at Alpine Lakes Elementary School," the event page states.

For more information visit leavenworthlions.com.

Keeping preschoolers safe from fire dangers

NCW News
Ward Media

OLYMPIA—Young children, with their curiosity and limited understanding of risks, face particular dangers from fires and burns in the home. Local fire officials are urging parents and caregivers to take proactive steps to protect preschool-aged kids.

"It is important to have a plan when there are children in your home, because during emergencies children sometimes need help getting out of the house. Their ability to escape may be dependent on other occupants," advised the State Fire Marshal's Office (SFMO).

While the relative risk of children 14 and under dying in a fire was 70 percent less than the general population in 2020 according to a U.S. Fire Administration report, officials say continued education is crucial. In Washington state last

year, three children under age 10 perished in fires, accounting for 3.7 percent of fire fatalities.

The SFMO offers these messages for preschoolers:

- **Firefighters are community helpers** – They wear special clothes and equipment to help them stay safe from smoke and fire. Do not be afraid of firefighters even though their equipment can look and sound scary.
- **When you hear a smoke alarm, get outside, and stay outside.** A smoke alarm will let you know if there is a fire in the home and make a loud 'beep, beep, beep' sound if there is smoke. Get outside until a grown-up says it is safe to go back inside.
- **Parents are also advised to practice fire drills using smoke alarm sounds and tell kids:** Stay away from hot things. Do not touch matches or lighters, or any other items that can be hot, as they are dangerous. Walk away and tell a grown-up if they see them.

For more fire safety information for families, contact the SFMO at (360) 596-3929.

Studded tires must come off by March 31 deadline

NCW News
Ward Media

OLYMPIA – Springtime in the Pacific Northwest often signals blooming flowers and warmer days ahead. It also means Washington's deadline to remove studded tires is fast approaching.

Studded tires must be removed by the end of the day Sunday, March 31, to avoid a potential fine of \$137. The removal date falls on a holiday this year which could mean some shops are closed, so the Washington State Department of Transportation urges travelers to plan ahead now.

Studded tires are legal in Washington from Nov. 1 to March 31. There is no individual exception or "out of state waiver" to the studded

tire dates. Tickets could be issued by the Washington State Patrol as soon as Monday, April 1. WSDOT does not issue tickets.

State law gives WSDOT the authority to extend the deadline when circumstances call for it, most commonly when a forecast indicates widespread snow and ice. While late season storms are possible in the mountain passes, there are no forecasted statewide conditions that would call for an extension to the deadline this year. For mountain travel, WSDOT recommends drivers use approved traction tires and carry chains to have handy if necessary. WSDOT crews will also watch weather closely and respond quickly to any scattered spring snow to keep

travelers moving.

"We know that studded tires cause between \$20 million to \$29 million in damage to state-owned roads in Washington each winter and also damage city and county roads," said WSDOT Maintenance Operations Manager James Morin. "We urge travelers to explore all their traction options, including non-stud, winter-tread tires which are different from all-season tires. These tires are legal year-round and don't damage our highways."

Washington and Oregon share the same studded tire removal deadline. Other states may have different studded tire removal dates, but the Washington law applies to all drivers in the state, even visitors.

Chelan County Sheriff's Report

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.



March 15

- 13:36:04 Trespass, 108 Pioneer Ave# 1
- 13:43:39 Parking/Abandon, 8410 Main St; Mountain Hwy
- 14:06:49 Traffic Offense, Cottlets Way & Titchenal
- 14:11:34 Parking/Abandon, 7900blk Stine Hill Rd, Dryden
- 16:28:41 Traffic Offense, Us Hwy 2 & Old Monitor Rd
- 21:45:56 Accident Injury, 5866 Hughes St

March 16

- 20:15:00 Trespass, 6994 Brender Canyon Rd

March 17

- 17:00:30 Domestic Distur, 917 Pioneer Ave# B210
- 19:05:30 Welfare Check, 5140 Binder Rd
- 19:05:55 Suspicious, Dryden

- Bridge, Dryden
- 19:13:45 Assist Agency, 207 River St
- 23:17:16 Noise, 5240 N Cashmere Rd
- 23:36:54 Accident No Inj, 102 Titchenal Way

March 18

- 14:21:00 Property, 309 Tigner Rd
- 17:24:38 Suspicious, Mission Creek Rd & Binder
- 22:19:48 Domestic Disturbance, 124 W Pleasant Ave

March 19

- 14:55:59 Domestic Disturbance, 4900 Nahahum Canyon Rd
- 19:14:47 Assist Agency, 8650 Dryden Frontage Rd#
- 20:07:20 Welfare Check, 209 Vine St
- 20:54:42 Assist Agency, Us Hwy 2 Mp 111

March 20

- 4:20:43 Disturbance, 100blk S Douglas S
- 6:59:19 Assist Public, 405 Cottage Ave
- 12:22:03 Drugs, 5141 Mission Creek Rd
- 13:12:58 Civil, 6030 Sunburst Ln
- 15:05:48 Traffic Offense, Sullivan St & Airport Rd
- 19:01:20 Juvenile Problem, 216 Elberta Ave
- 20:30:15 Alarm, 100 Apple Annie Ave; Apple Ca

March 21

- 11:38:16 Domestic Disturbance, 4900 Nahahum Canyon Rd
- 14:45:41 Suspicious, 300 Woodring St
- 15:48:03 Traffic Offense, Aplets Way & Us Hwy 2
- 17:33:24 Assist Public, 207 Vine St# 2

Registration open for Kids Makers Market in Cashmere, Leavenworth

By QUINN PROPST
Ward Media Staff Reporter

Registration is now open for Cascade Market's Cashmere and Leavenworth Kids Makers Market. The Makers Market provides an opportunity for local children to learn about selling at the farmer's market, counting and managing money, and using their creativity.

"The Kids Makers Market is a long-standing tradition of ours where we set up a kids-only market adjacent to the Farmers Markets once a month from May to September," said Cali Osborne, Executive Director of Cascade Community Markets.

"They get to practice customer service skills, learn to count change, and learn what it takes to prepare for a market, set up, and host a vending booth," Osborne said. "This is an opportunity for any artist, crafter, or entrepreneur under the age of 18 to sell their works to the public for real money," she said. "Every year, we are more and more impressed by what our local children create."

Makers can sell anything they made with their own hands or designed independently. Common products include paintings, jewelry, duct tape wallets, nature crafts, and even slime.

However, they are not allowed to sell anything edible, such as baked goods, jams, etc. Osborne said the market is a lot of fun for kids.

"At every Kids Makers Market, we see the young entrepreneurs shopping at each other's booths, bartering and trading, and even trading with the Farmers Market vendors, too," she said.

Osborne said the number of participants in the Kids Makers Market during the school year is usually smaller, with about five to ten kids. During the summer, the number of

makers is closer to 20.

Last year, the farmer's market hosted eight maker's markets, and it plans to host nine this year. Registration is accepted on a rolling basis.

"As long as our young vendors comply with the rules, they can sign up as little as 24 hours before an event," Osborne said. "We have lots of space at both markets, so the more, the merrier."

The Leavenworth Kids Makers Markets will be on June 22, July 20, Aug. 17 and Sept. 21.

The Cashmere Kids Makers Markets dates are May 26, June 23, July 21, Aug. 18, and Sept. 22.

Cascade Community Markets is the organization that operates the Leavenworth and Cashmere Community Farmers Markets. The Leavenworth Community Farmers Market was founded in 2008.

In 2021, the organization began managing the new Cashmere Community Farmers Market. In 2022, the Cashmere Market was gifted to the organization by the community members who founded it. That prompted the name change to Cascade Community Markets to represent both communities.

"The Leavenworth and Cashmere Community Farmers Markets are truly for all families," Osborne said. "We have family friendly music, a play mat with books and toys for littles, a Kids Education Booth with a rotation of kids activities hosted by local nonprofits, and we accept these food access benefits: SNAP EBT, Senior & WIC FMNP, and Summer EBT. We even double the value of both EBT programs up to \$25/market day."

Quinn Propst: 509-731-3590 or quinn@ward.media.

Ask us about locally focused advertising opportunities for your business this

Mother's Day

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Cashmere Valley Record
The Leavenworth Echo

Community Calendar

Wednesday

Cashmere Rotary Club, meets at Cashmere Presbyterian Church hall, noon. President Mark Shorb. 509-885-0676.
Mission Creek Community Club, meets every month, 7 p.m. (1st and 3rd Wed.).
Cashmere Food Bank, open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464
Ukulele Circle, Join the Ukulele Circle, 5:30 - 6:30 p.m. every Wednesday, at the Peshastin Library. Please come 15 minutes early to tune and get the sheet music.

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Cashmere Sportsman Assoc., (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.
Cashmere American Legion Post #64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August - June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August - June).

Sunday

CHURCH: See the church page for local service times & events.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)
Tillicum Riders, 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Icicle & Peshastin Irrigation Districts, Current meeting time 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Peshastin Water District, meets at 4:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)
Cashmere Chamber of Commerce, Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)
The Chelan County Cemetery District #2, (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Cashmere Public Library: 509-782-3314
You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).
 Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org
Cashmere Museum and Pioneer Village
 Call for more information 509-782-3230
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

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STUDENT SPOTLIGHT

Jackson Meloy, 10th grade

Reason: Jackson's schoolwork and assessment scores are on another level. He follows through on all assignments and labs and often times will go above and beyond. He participates in class and asks questions. He is looking for the most he can get out of this education.



Parents: Loren & Kara Meloy
Grade: 10th
Activities: FBLS, Knowledge Bowl, Wenatchee Red Apple Flyers Model Aviation
Sports: Varsity Tennis
Future Plans: I plan on attending University of Arizona, getting my private pilot rating and eventually becoming a commercial pilot.

SWEET SUCCESS!

Doane's Valley Pharmacy
 and Old Fashioned Soda Fountain

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doanesvalleypharmacy.com

How to Use Melatonin for Sleep

Several years ago, then-Seattle Seahawks quarterback Russell Wilson shared his work ethic with the media: "The Separation is in the Preparation" and "No Time 2 Sleep".

Preparation is a vital part of success, but when it comes to sleep, Russ got it wrong. You need to sleep!

Arianna Huffington, founder of the successful news website The Huffington Post and author of the books *Thrive* and *The Sleep Revolution: Transforming Your Life, One Night at a Time*, has credited getting adequate sleep as the key to her success: "When I get enough sleep, I am better at everything."

According to Ms. Huffington, Russell Wilson isn't the only one who devalues the need for sleep. Many Americans consider the time spent sleeping as time NOT well-spent. And Amy Myers, M.D., physician and author of the book *The Autoimmune Solution*, insists, "Sleep is medicine."

How much sleep should you get? According to the Sleep Foundation (www.sleepfoundation.org), most adults should get between 7 and 9 hours of sleep every night. Like many Americans, I am guilty of not getting even.

According to a recent Pharmacy Times survey, the non-prescription sleep aids recommended most often by pharmacists contain diphenhydramine. However, for many older adults, diphenhydramine and its close relative, doxylamine, have significant drawbacks.

Agents like diphenhydramine are called sedating antihistamines. They help relieve allergy symptoms but are also used to encourage sleep because they cause significant drowsiness in most people. Sedating antihistamines may also cause dizziness, lightheadedness, blurred vision, urinary retention, dry mouth, constipation, and confusion.

If you have constipation, prostate problems, urinary retention, or take prescription sleep medicine, you should avoid diphenhydramine and doxylamine as sleep aids entirely.

A safer option is melatonin. Melatonin is a hormone that helps regulate sleep. It is produced by a tiny gland called the pineal gland in the center of your brain. Darkness stimulates its secretion, while light inhibits it.

Your pineal gland is connected to certain nerves in your eye that sense light and dark. Epinephrine and norepinephrine carry these signals to the pineal gland. Melatonin secretion increases soon after dark, peaks between 2 and 4 a.m., and gradually falls during the last half of the night.

Your body makes melatonin made from tryptophan and serotonin.

Melatonin has been studied and found to be helpful in delayed sleep phase syndrome (trouble falling asleep) and reducing jet lag when traveling eastward through at least five time zones.

Unfortunately, melatonin is less effective in addressing jet

lag when traveling westward and through fewer than five time zones.

When we hear the phrase "sleep like a baby," we assume it refers to sleeping soundly. However, children younger than 3 months old and the elderly produce the least melatonin!

As we age, we also produce less melatonin. This may contribute to problems getting to sleep (sleep latency) or staying asleep. People with insomnia have been found to have lower levels of melatonin.

Exposure to blue light from computer screens and e-readers also decreases melatonin production, as does a specific type of prescription medicine. Beta-blocking agents like metoprolol, propranolol, carvedilol, and atenolol interfere with melatonin secretion by blocking the actions of epinephrine and norepinephrine in the body.

Melatonin is a safe choice for sleeplessness. Its side effects are mild but include an increased risk of seizures.

Melatonin can also lower blood pressure by 2-4 points. It has also been used in place of more dangerous medications like Valium® (diazepam) and Ativan® (lorazepam) for anxiety before a medical procedure or surgery.

Here are 5 Tips on Using Melatonin:

1. Match the dose and formulation with your insomnia type.

Try an extended-release form of melatonin for trouble staying asleep. The short-acting form seems best for people with trouble falling



asleep (sleep latency).

2. Think ahead.
 Take melatonin 30-60 minutes before bedtime to give it time to work.

3. Consider taking melatonin if you are on a beta blocker medicine.

Drugs like metoprolol, propranolol, atenolol, and carvedilol often interfere with the signaling between your eyes and pineal gland, suppressing melatonin secretion.

4. More is not better.
 Start with a dose of 3mg or 5mg of melatonin daily. Doses greater than 5mg are not usually effective. To minimize side effects, avoid using melatonin with other sleeping pills.

5. Take the lowest dose that works.

I suggest starting with half a dose of any new sleeping pill in case it affects you more than you expected it to. If you're not sleepy within 30 minutes, go ahead and take the other half.

We all need 2 sleep. Sweet dreams!

Dr. Louise Achey, Doctor of Pharmacy, is a 45-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her website TheMedicationInsider.com for daily tips on how to take your medicine safely. ♥2024 Louise Achey

Blending education and technology a goal for Wellman

By ASPEN ANDERSON
 Washington State Journal

OLYMPIA - On the last Monday morning of the 2024 legislative session, Washington State Sen. Lisa Wellman's office brimmed with sunlight, an early peek at spring, as she sipped tea from a white mug.

Her office is full of her macro photography. As a creative outlet, Wellman likes to go to junkyards and photograph bolts and screws that have rusted. On her website, she calls this nature's revenge of rust. It is a hobby inspired by her career in technology and an embrace of creativity.

"I think it's interesting to find beauty in unexpected places," Wellman said.

Although she seems at home in the Legislature, this Democrat from Mercer Island never planned a career in politics.

Wellman said she always thought of herself as a corporate wife, supermom, and "hostess with the mostess." Raising a family, she sewed all the drapes in her house, made a canopy bed, and was a Girl Scout leader. As a homemaker, she also frequently volunteered in her children's schools and was referred to as a "room mother."

One day, she told her husband that all she had heard from their kids was, "Hi Mom, bye Mom," and that she was ready to get a job. Her husband worked in tech, and she became an assembly programmer until Apple eventually recruited her.

"It was not cheek to be a geek," Wellman joked.

She worked in technology for 25 years, but her first job was as a public school kindergarten teacher. Much of her work during her eight years in the Senate lies at the intersection of education and technology.

"I really think that we're in the midst of this transformation of the education system," Wellman said. "As of this year, I can also tell you that it is the paramount duty of the state."

Wellman said the state is not fully funding education.

She is a proponent of keeping up with AI in the classroom so that when kids graduate, they will have what they need to thrive in a 21st-century digital economy.

Wellman suggests that teachers can learn a lot by thinking critically about how students use AI. Teachers can understand their students' thinking patterns by checking what students search for and the questions they ask.

She highlights the increasing number of tech jobs, particularly in Washington, and emphasizes that failing to adapt would disadvantage children.

One of her bills a number of years ago re-created the Broadband Office service, which provided internet access to rural communities.

"I can't think of practically anything that I am not seeing that will not require us to have a very clear concept of what computers do and how they do it," she said.

Wellman characterizes herself as a systems-oriented individual. She explained that her work during the legislative session was not just about one specific bill or priority for this session. Instead, she said all aspects of working together, much like how a computer functions smoothly, is what truly makes a difference.

This session, one bill about competency-based education was introduced but failed to pass. She said that is a shame. Competency-based education focuses on students mastering specific skills and knowledge at their own pace rather than progressing based on traditional grade levels or time spent in the classroom. She points to a wildly successful alternative high school in Issaquah that used a competency-based system.

"More and more kids want hands-on education," Wellman said. And it's not new. I mean, it's the way humans have learned from the very beginning."

She says books are what's new, and kids don't want to read a book and take a test. They want experience-based learning.

Wellman attended a conference in Finland a few years ago about Ed Tech and AI. She talked to teachers and principals visiting schools and went to a teacher preparatory college, and she found the preparatory college is constantly in communication with schools to see what their needs are.

The teacher-preparation college can adapt and evolve to address the evolving needs of students. Through this process, they discovered a greater demand for specialized training in teaching children with special needs.

She highlights March 2020 as a turning point when every child had access to a computer at home, and education moved online. She emphasized the importance for teachers to adapt to such changes. She said she believes this shift is mostly beneficial and will enable Washington children to remain in their home state and secure employment opportunities.

"No matter where in the

world I have ever gone, I can tell you that I have never met a mother who did not want their children to get married and stay in the community," Wellman said. "People would love to have their kids find jobs in the state of Washington, and more and more jobs are in tech."

The Washington State Journal is a non-profit news website funded by the Washington Newspaper Publishers Association Foundation.



COURTESY OF SENATE DEMOCRATS
 Sen. Lisa Wellman, R-Mercer Island, speaks on the floor of the Senate in Olympia.

Forest Service seeks nominees for Pacific Northwest Recreation Advisory Committee

NCW News
 Ward Media

PORTLAND, Ore. - The U.S. Forest Service is seeking nominations for its newly formed Pacific Northwest Region Recreation Resource Advisory Committee (RRAC). The nomination period opened on March 18 and will remain open until May 17, 2024.

The 11-member advisory committee will provide recommendations to the Forest Service on recreation fee programs for federal lands in the Pacific Northwest region. This includes guidance on implementing or eliminating fees for amenities, special recreation permits, and other aspects of the fee program.

"The Pacific Northwest Region Recreation Resource Advisory Committee will play a vital role in shaping the future of recreation fee programs for federal lands," said Sally Butts, Director of Recreation, Lands, and Minerals, for the Forest Service's Pacific Northwest Region. "This committee will contribute to the development of inclusive and impactful recommendations that reflect the interests of our diverse communities."

The Secretary of Agriculture

will approve committee members to represent various recreation and environmental interests, including motorized and non-motorized users, hunters and anglers, outfitters and guides, tribes, tourism officials, and local governments. Members will serve two- or three-year terms.

The Forest Service is encouraging self-nominations and recommendations for qualified candidates representing underserved communities. Nominees should have experience with collaborative groups, working with diverse populations, and unique expertise related to their interest area.

Nomination packages can be submitted electronically to sm.fs.r6_rrac@usda.gov or by mail. Complete details and the nomination form can be found at www.fs.usda.gov/goto/r6/recreac.

The RRAC is being established under the Federal Lands Recreation Enhancement Act and the Federal Advisory Committee Act. The Forest Service says it is committed to equal opportunity and non-discrimination in all committee appointments.

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LEGISLATIVE Coverage

Parental authority initiative approved, but concerns linger

By ASPEN ANDERSON AND MARY MURPHY
Washington State Journal

OLYMPIA - The "Parent's right to know," a citizen-led initiative regarding parental authority over kids in public schools, will become law in June.

While the measure won wide bipartisan support, some legislators say they are monitoring its implementation closely.

Sen. Jamie Pederson, D-Seattle, who voted in favor of the initiative, said he has some concerns about its passage affecting student access to things like birth control or mental health services. He believes parts of the initiative are ambiguous and unclear.

"Does it mean that a parent would have to consent for some health-care decision that older children have the right to make on their own?" Pederson said. "I think it's safe to expect that it will be misused by someone to try to achieve that outcome."

This initiative does not amend any current state laws but adds additional language



COURTESY OF MARY MURPHY / WASHINGTON STATE JOURNAL

Demonstrators carry signs calling for passage of a parental notification initiative during a protest in Olympia. The initiative was approved by the Legislature.

detailing parental rights. Legislators say the courts should refer to it narrowly with current law taking precedence. The Superintendent of Public Instruction is required to provide schools with guidance on how the initiative should be adopted.

"This initiative declares 15 rights that parents and guardians of public-school children have, including the right to receive or be notified of academic, medical, safety,

and law enforcement matters, the right to access certain materials and records, the right to opt their children out of various activities. It shows that parents are involved," Lisa Wellman (D-Mercer Island) said.

Wellman, who previously wrote the Parents Bill of Rights and worked as a public-school kindergarten teacher, backs the initiative but thinks the language could be clearer.

"The Legislature and our

allies will be keeping our eyes on implementation so that we can come back immediately, should interpretation by districts cause any harm to young people because that is not what this is about," Claire Wilson, D-Federal Way, said.

Dawn Land, a signature gatherer for the initiative, said she pulled her kids out of public school because she disagreed with some aspects of the curriculum.

She said her third-grade daughter came home crying after learning that polar bears, listed as endangered 16 years ago, were dying because of environmental changes. Land said she felt like that information might be pushing a political ideology.

"Teachers shouldn't be able to have any political agenda in the classrooms," she said.

Other parents shared stories of teachers and students having private conversations regarding mental and physical health and gender identity, and they said they felt like that shouldn't happen.

However, teachers say such conversations often are routine, especially in the early grades. When a child acts

out or seems depressed, or is failing to thrive in a classroom, teachers nearly always will have a private conversation to determine how they can help the child succeed. Also, teachers also are required by law to report suspected emotional or physical child abuse, and finding out if that is happening often requires a personal conversation.

Semi Bird, a Republican candidate for governor and a former school board member, spoke in favor of the bill.

"Parents are the primary stakeholders in their children's education," Bird said. "Science has proven that when parents are more involved in their children's education, children perform better academically, and acclimate to their education environment better."

Members of both parties widely supported support for parents being actively involved in the education of their children, but some wary Democrats say they won't allow the initiative to be used to limit student rights.

"If some conservative parent brings a case against a school district and gets a conservative

local superior court judge to violate the rights of a child, we're both going to have some work to do to protect the rights of that child, and then also, that will be a reason for us to consider getting rid of that language that's being abused," Pederson said.

The Washington State Journal is a non-profit news website funded by the Washington Newspaper Publishers Association Foundation.

Governor signs bill expanding property tax exemption for seniors and disabled

NCW News
Ward Media

OLYMPIA - Governor Jay Inslee signed House Bill 2375 into law on Friday, expanding a property tax exemption to senior citizens and disabled individuals living in detached accessory dwelling units (ADUs). The legislation, introduced by Representative Keith Goehner (R-Dryden), aims to increase affordable housing options for vulnerable populations in Washington.

Under the new law, qualified seniors and disabled persons residing in detached ADUs will now be eligible for the same property tax exemption previously available only to those living in attached ADUs or the primary residence.

"Washington state has an affordable housing issue. This new law increases housing options for those who may be struggling to find affordable housing," said Rep. Goehner. "It is important to note it does not affect property taxes. This also makes the exemption policy more uniform. Attached ADUs already receive a property tax exemption."

The bill was inspired by one of Goehner's constituents, who is on a fixed income and providing housing to a relative with limited financial means. Goehner emphasized the importance of acting on such proposals from constituents to address pressing issues like the state's housing crisis.

"Many of the best ideas for legislation come from our constituency," he stated. "I am pleased the Legislature took action and is giving those who may be struggling with finances or housing costs some additional options. If we have the opportunity to provide more affordable housing for low-income individuals, we need to take action given our state's housing crisis."

The property tax exemption expansion under House Bill 2375 will take effect on June 6, 2024, 90 days after the legislative session adjourned.

Counties required to adopt security system

By MARY MURPHY
Washington State Journal

OLYMPIA - Under a bill Secretary of State Steve Hobbs endorsed, all counties are required to install "Albert Systems," a technology that notifies counties when there is an attempted cybersecurity attack.

Even though ballot-counting

machines are not connected to the Internet, election data is often circulated on Internet communication channels. Technology like the Albert System can help protect the security of county records by monitoring any attempt to manipulate, intercept, or tamper with data transmitted

See SECURITY Page B1



COURTESY OF SECRETARY OF STATE'S OFFICE

Secretary of State Steve Hobbs, who backed legislation to require additional security systems for county elections, speaks before an audience.

Property crimes can now be hate crimes

By MARY MURPHY
Washington State Journal

OLYMPIA - Some property crimes now can be classed as hate crimes if they are racially motivated or if they target other marginalized communities.

Sen. Andy Billig, D-Spokane, said he was motivated to press for changes in what can be classed as a hate crime when vandals attacked a gay pride display in Spokane that shocked the community.

"The pride sidewalks in Spokane were defaced in a coordinated attack last October with paint poured on them," Billig recalled. He said police began pursuing the incident as a hate crime but were shocked when they discovered property crimes were not included in hate crime statutes. "That didn't seem right," Billig said. "I saw in our community how that crime caused fear and anger, and it just added to that frustration when it wasn't able to be pursued."

Other members of the community remembered the days that followed the incident.

"Like most tragedies facing marginalized communities, the labor of cleaning up these attacks falls upon the shoulders of the impacted community," KJ January, Director of Advocacy at Spectrum Center Spokane, said. "Members of our local queer organizations came together to clean up the mess, redefining queer joy, strength and perseverance in the process."

Betsy Wilkerson, President of the Association of Washington Cities, and city council president in Spokane, spoke to other incidents in her community.

"This isn't the first time that expression of inclusivity was smeared by paint in the dark of night," Wilkerson said. "A Black Lives Matter mural that was painted by some of our city's most prominent pop artists was speared by paint shortly after its inauguration.

We never caught the culprits and repairs had to be paid out of pocket."

Others in support of the bill referenced increased Islamophobia, antisemitism, and a specific incident in Seattle's International district where windows of the Wing Luke Museum were smashed last fall.

An additional bill sponsored by Sen. Javier Valdez, D-Seattle, was approved. It will start a hate crime hotline for Washington State. The hotline will be overseen by the Attorney General's office and replicate similar programs California and Oregon already have in place.

Miri Cypers, regional director of the Anti-Defamation League PNW, pushed to create the model, as well as sharing how increased hate crime has recently affected her personally.

"This Thanksgiving my synagogue was targeted with hateful graffiti covering the entire building, sending ripple

effects of fear throughout our community," Cypers said. "When my kids and I attend services or Hebrew school, we now have to traverse barricades and armed guards to enter the building. This is our reality. The problem of hate is urgent."

The FBI reports Washington State had 590 hate crimes in 2022, 651 in 2021, and 462 in 2020. Though data for more recent years are not yet available, persons testifying perceived an increase in hate crime in their communities, especially since last fall.

Kendall Kosai, a Japanese American serving as a board member for Asian Pacific American Advocates, explained how this hotline will open closed doors for victims.

"It is no secret that API's (Asian & Pacific Islanders) have experienced a recent surge in hate across our country with over 11,000 unique hate acts reported from 2020 to 2022. However, many

of these incidents don't rise to a level of our crime, and thus oftentimes are not captured by conventional hate crime data."

Kosai added some people don't always feel comfortable reporting to officials at a school or workplace, a point supported by others who testified.

"This is just another resource for them, and to allow them to report it," Kosai said. "What we see in Oregon with the hotline is actually that they help mediate or become that third party that helps them navigate those systems of reporting to a school."

The bill mandates that the person who reported the incident to the hotline must consent before their identity is released to law enforcement. The law will go into effect starting in June.

The Washington State Journal is a non-profit news website funded by the Washington Newspaper Publishers Association Foundation.

Cashmere's newest royalty: Meet the 2024 royal court



COURTESY OF THE CASHMERE FLOAT ASSOCIATION
Event organizer and President of the Cashmere Float Association, Valerie Carney, talks to candidates as they wait for the judges to finish their talks.



COURTESY OF THE CASHMERE FLOAT ASSOCIATION
Candidates (l to r) Gabby Winchester, Kimberly Strong, Brianna Castro, Kyla Neal, Ashlee Smith, Emory Smith and outgoing Royalty Princess Naomi Valle and Princess Faith Kert (not pictured Queen Reese Westlund) wait to hear who will be crowned.

By QUINN PROPST
Ward Media Staff Reporter

CASHMERE - The new Cashmere Royal Court was selected and crowned on Friday, March 23, after interviews by a panel of three judges.

The 2024 members of the Cashmere Royal Court are Queen Kimberly Strong, Princess Emory Smith, and Princess Brianna Castro.

"Interview night was so

much fun," said Val Carney, event organizer and President of the Cashmere Float Association.

"It's always one of my favorite parts of being involved in the Cashmere Float Association is spending the evening watching the candidates bond and enjoy each others' company," she said. "I also love taking that time getting to know the girls a little better."



COURTESY OF THE CASHMERE FLOAT ASSOCIATION
Candidates for Cashmere Royalty group together before interviews begin (l to r) Kimberly Strong, Brianna Castro, Ashlee Smith, Kyla Neal, Emory Smith, Gabby Winchester.

Judges were Cassie Warman, Kristine Jahr, and Kristina Webb.

Carney said the judges did a phenomenal job.

"Their job was not easy with such a stellar group of young ladies in the running," she said.

"We are so excited about our new royalty, and they are all so excited and ready to serve our community in this new capacity," she said. "Wishing a huge congratulations to Queen

Kimberly Strong, Princess Emory Smith, and Princess Brianna Castro."

The Cashmere Royal Court is a longstanding tradition of Cashmere's Founders Days. The three young women will serve as Cashmere ambassadors throughout the state and appear at local festivals and parades throughout the summer.

Quinn Propst: 509-731-3590 or quinn@ward.media.



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Bulldog Scoreboard

BOYS VARSITY SOCCER	
Mar. 19:	Cashmere 1, Omak 0; Win
Mar. 21:	Cashmere 0, Cascade 3; Loss
BOYS VARSITY BASEBALL	
Mar. 20:	Cashmere 10, Tonasket 2; Win
GIRLS VARSITY SOFTBALL	
Mar. 20:	Cashmere 21, Tonasket 5; Win
BOYS VARSITY TENNIS	
Mar. 19:	Cashmere 3, Omak 2; Win
GIRLS VARSITY TENNIS	
Mar. 19:	Cashmere 3, Omak 2; Win

Sports Schedule

CASHMERE BOYS VARSITY BASEBALL	
Mar. 30:	Chelan; Home at 1 p.m.
CASHMERE GIRLS VARSITY SOFTBALL	
Mar. 30:	Chelan; Home at 11 a.m.
CASHMERE BOYS VARSITY SOCCER	
Mar. 28:	Chelan, Home at 4 p.m.
CASHMERE BOYS & GIRLS VARSITY TRACK	
Mar. 29:	Home at 4 p.m.
Mar. 30:	Away, Eisenhower at 10 a.m.
CASHMERE BOYS & GIRLS VARSITY TENNIS	
Mar. 28:	Chelan; Home at 4 p.m.

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ATHLETE OF THE WEEK

Juan Cacho Senior Cashmere Boys Soccer

Cacho was a major contributor to the Bulldog's three wins over Okanogan, Selah and Zillah this week. He scored a pair of goals in Saturday's win over Zillah, and added a goal in Thursday's win over Selah. He has played multiple positions, and has shown great leadership in the first four games of the season. **Coach Flores:** "As one of our captains, Juan's leadership skills have been on display this season with how versatile he has been. Juan has stepped up to play any role the team needs. With 3 goals and 10 saves at goal keeper, he's helped lead our team to a 3-1 start this season."



Kate Jacobson Junior Cashmere Girls Softball

Jacobson had a productive week in the Bulldogs three wins. She batted 4-for-7 with a double, and no strikeouts this week. She also reached base five times on base on balls, and stole four bases. Kate has been very solid defensively while playing two new positions this season (2nd base & 3rd base). **Coach Mongeon:** "Kate, as well as several of her teammates, are putting in extra work daily. She has been part of this group that consistently takes extra reps in the field and at the plate after every practice."



Cashmere Bulldogs Sports Roundup

Softball: Bulldogs Cruise Past Tonasket in Offensive Outburst

The Cashmere Bulldogs softball team continued their impressive start to the season, improving to 4-0 with a dominant 21-5 victory over the visiting Tonasket Tigers on Wednesday, March 20. The Bulldogs' offense remained in top form, with Kate Jacobson leading the charge, going 3-for-3 and scoring four runs. Macie Zimmerman and Dina Schoengarth also contributed with two hits each. In the circle, Reylin Boyd

pitched a complete game, allowing five runs (three earned) on seven hits while striking out five batters to secure the win.

Baseball: Wilkinson's Historic Day Propels Bulldogs Past Tonasket

Senior Caed Wilkinson etched his name in Cashmere High School's record books with a remarkable performance in the Bulldogs' 10-2 victory over Tonasket on Wednesday, March 20. Wilkinson achieved the rare feat of hitting for the cycle,

going 4-for-4 with a single, double, triple, and a home run, while driving in seven runs.

Wilkinson's exploits weren't limited to the batter's box, as he also earned the win on the mound, pitching four innings of relief, allowing only one hit and no earned runs while striking out five.

The Bulldogs' offense was complemented by Sophomore Tom McDevitt, who went 2-for-3 and scored three runs. Rylan Hatmaker, Corey Knoll, and Jake Peterson also contributed with base hits.

Tennis: Bulldogs Capture Victories Over Omak in CTL Opener

The Cashmere High School tennis teams started their Caribou Trail League campaigns on a high note, with both the boys and girls squads defeating the visiting Omak Pioneers on Tuesday, March 19.

The boys' team secured a 3-2 victory, with Albin Eskew winning in first singles, Tony Bumgarner triumphing in third singles, and the second doubles team of Kyle Weedman and Jackson Meloy

clinching the dual victory.

The girls' team continued their undefeated season, improving to 4-0 with a 4-1 win over Omak. Faith Kert and Hazel Schade secured straight-set victories in first and third singles, respectively, while both doubles teams emerged victorious.

Soccer: Bulldogs Edge Omak in CTL Opener

The Cashmere Bulldogs boys' soccer team kicked off their Caribou Trail League schedule with a hard-fought 1-0 victory over the Omak

Pioneers on Tuesday, March 19, extending their winning streak to four matches.

The match remained scoreless until the 70th minute when senior Jose Silva set up sophomore Ethan Theiss with a well-timed through ball inside the goal box. Theiss subsequently beat a defender and the keeper to find the back of the net and secure the game-winning goal.

The Bulldogs' defense continued their impressive form, keeping their fourth consecutive clean sheet to improve their record to 4-1 on the season.

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Artists

Continued from page A1

twice as much high-quality art as I normally would," he said. Pace said that is because he has had a lot of talented and motivated students in the last couple of years.

The stated criteria for the competition fall into three categories: creativity, technique, and composition. So, he advises his students to focus on those elements.

Jurors chose from pieces submitted by students from 11 North Central Washington schools. The "Best of Show" selections advanced to the statewide competition in Olympia.

This year's judges for the Regional Awards were Lindsay Breidenthal, a Wenatchee artist and NCW Arts Alliance board member; Ellen Bruex, a Wenatchee artist and Wenatchee Valley College art teacher; and Gregg Schlanger, Chair of the Department of Art and Design at Central Washington University.

The judges carefully evaluated each entry, and student names and schools were kept secret throughout the process.

"We had a lot of kids that won," he said. "I would say there were several pieces that didn't win anything that also, easily could have won awards in another show, but you know, art can be really subjective. And you have three jurors, and they kind of like what they like."

The show is made possible each year through the sponsorship of the North

Central Educational Service District and partnership with the Office of Superintendent of Public Instruction.

Entries are on display at the Wenatchee Valley Museum through April 6. Regional Awards were presented to the winners on Saturday, March 16.

Awards are as follows.

Best of Show:

These 15 works will move on to the State Show in Olympia

Ethan Flansburg from Cascade High School for "My World"

Savannah Hamilton from Cashmere High School for "Morning Bus Ride"

Kimberly Strong from Cashmere High School for "Denim Debut"

Mykla Smith from Cashmere High School for "Spring Ride"

Maite Madsen from Cashmere High School for "Fido"

Saige O'Keefe from Cashmere High School for "Homecoming Blues"

Devon Cervine from Eastmont High School for "Douglas Creek"

Mariah Spencer from Okanogan School for "Just A Mutton Buster"

Lexi Vargas from Pateros High School for "Recycled Ocean"

Clara Hawkins from Tonasket High School for "10th Grade Wrestler"

Katherine Bertschy from Wenatchee High School for "Ideas: The Matrix Of The Heart"

Josh Jacobs from Wenatchee High School for "The Claw"

Matias Soto from Wenatchee

High School for "Fear Me Not"

Ruby Koski from Wenatchee High School for "Gills In Color"

Oscar Lopez from Wenatchee High School for "Staring Pretentiousness Right In The Eye"

Category winners:

Drawing

1st Place: **Maurice Brown** from Eastmont High School for "Mette Linturi"

2nd Place: **Kimberly Strong** from Cashmere High School for "Looking Glass"

3rd Place: **Jada Wood** from Cashmere High School for "Dreamscape"

Painting

1st Place: **Naomi Corbaley** from Cashmere High School for "Radicoon"

2nd Place: **Quinn Pace** from Cashmere High School for "Cozy With Color"

3rd Place: **Lexi Ann Vargas** from Pateros High School for "Peanut"

Mixed Media

1st Place: **Nova Reed** from Okanogan High School for "Ring"

2nd Place: **Jesus Gonzalez Gutierrez** from Wenatchee High School for "Beth O'Daimhim"

3rd Place: **Madelyn Rudolph** from Wenatchee High School for "My Eyes Are Annotated"

Photography

1st Place: **Antonio Godinez-Martinez** from Bridgeport High School for "Bubbles"

2nd Place: **Augustus Ray** from Tonasket High School for "Appreciation Of Growth"

3rd Place: **Selena Hernandez** from Bridgeport High School for "Green Marble"

3-Dimensional

1st Place: **Maite Madsen** from Cashmere High School for "Self-Lidded Mushroom Pot"

2nd Place: **Megan Kassebaum** from Wenatchee High School for "Squished #3"

3rd Place: **Emma Banker** from Wenatchee High School for "The Sea Held In A Vase"

Digital Media

1st Place: **Sophie Bolz, Oliver Friedli, Starla Anderson, Jaelynn Burns**, Wenatchee HS for "Open Mind"

2nd Place: **Sophie Neuman** from Wenatchee High School for "Deer Sign"

3rd Place: **Ava Morales** from Eastmont High School for "Cat Skull and Spider Friends"

Honorable Mentions

Pilar Arriaga Alba from Warden High School for "Landscape"

Erin Irelan from Cashmere High School for "Granville Island"

Leandro Lopez from Cashmere High School for "Beyond the Imaginary of Thoughts"

NCESD Superintendent's Award:

Laurel McLaughlin from Wenatchee High School for "Perceiving Light"

CWU Scholarship:

The following students will be awarded tuition waivers at Central Washington University. These students were selected by Gregg Schlanger, Dean of Art+Design at CWU.

Mykla Smith - Cashmere High School

Jesus Gonzalez Gutierrez - Wenatchee High School

Maurice Brown - Eastmont High School

Kimberly Strong - Cashmere High School

Lexi Ann Vargas - Pateros High School

Emma Banker - Wenatchee High School

Mariah Spencer - Okanogan High School

Selena Hernandez - Bridgeport High School

Quinn Propst: 509-731-3590 or quinn@ward.media.



COURTESY OF CASHMERE HIGH SCHOOL

A painting by Cashmere High School art student Grace Smith.



COURTESY OF CASHMERE HIGH SCHOOL

Cashmere High School art student Erin Irelan received an Honorable Mention for her piece "Granville Island."

WDFW opens applications for Wildlife Diversity Grants

NCW News Ward Media

OLYMPIA - The Washington Department of Fish and Wildlife (WDFW) announced that it is now accepting applications for Wildlife Diversity Grants to fund projects aimed at protecting the state's most vulnerable wildlife species.

With approximately \$1 million available for the 2024-2025 fiscal year, WDFW plans to award between 8 to 12 grants ranging from \$20,000 to \$200,000 each. The grants are open to public, nonprofit, academic, and tribal organizations working on projects to benefit imperiled species in Washington state.

"WDFW's new Wildlife

Diversity Grant Program is an exciting step forward in our ability to support recovery actions for a suite of at-risk species in Washington," said Jenna Judge, WDFW wildlife diversity assistant division manager. "We're thrilled to have the opportunity to fund projects that accelerate our work with conservation partners to implement recovery actions for Washington wildlife and gather necessary data to inform land use and habitat management decisions."

Grant applications are due by May 5, and project work will take place between July 1, 2024, and June 30, 2025. WDFW will host a virtual information session for prospective applicants on

March 28.

The new grant program was made possible by funding from the Washington State Legislature aimed at restoring biodiversity. WDFW anticipates this will be an ongoing funding source for continuing the grant program in future years.

"By increasing the scope and scale of conservation actions, we can recover imperiled wildlife and may prevent the need to list a species as threatened or endangered," said Hannah Anderson, WDFW wildlife diversity division manager. "Through this grant program, we're excited to fund actions that will help stem the tide of biodiversity loss and contribute to healthier wildlife populations."

The WDFW website provides full details on eligibility, the application process, and the March 28 webinar.

WSDA opens \$2 million grant program to boost local food infrastructure

NCW News Ward Media

OLYMPIA - The Washington State Department of Agriculture (WSDA) announced it is accepting applications for \$2 million in grants to strengthen local food supply chains and market access across the state. The Local Food System Infrastructure grants will provide funding from \$10,000 to \$75,000 to farmers, ranchers, food businesses, and organizations working to expand Washington's regional

food systems.

"Small farms, ranches, and food business entrepreneurs play an important role in maintaining Washington's vibrant and robust local food system," said WSDA Director Derek Sandison.

Eligible projects include those focused on post-harvest handling, aggregation, processing, manufacturing, storage, distribution, and sales of locally sourced food products. Grant funds can be used for physical infrastructure like processing facilities and business planning.

The state legislature approved the \$2 million funding pool to bolster collaboration and linkages across Washington's local and regional food supply chains. An additional \$1.5 million in federal coronavirus relief funds is also available for specific meat processing projects.

Applications are open now through April 17. Full program details and application materials are available at agr.wa.gov/grants or by emailing localfoodinfrastructure@agr.wa.gov. The grant program is part of WSDA's broader Focus on Food Initiative, which promotes safe, sustainable food production and distribution statewide.

Upper Valley Church Guide
To Place Information In The Church Guide Call 509-548-5286

<p>Cashmere</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 509-782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke • www.cashmerepres.org</p> <p>CASHMERE COMMUNITY CHURCH 213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana cashmerecommunitychurch@gmail.com</p> <p>CHRIST CENTER Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 christcentercashmere.com</p> <p>GRACE LUTHERAN CHURCH • 509-860-0736 • 401 Elberta Ave., 9 am Formation of Faith, 10 am Worship. Combined service with St. James Episcopal Church. Pastor Rob Gohll</p> <p>ST. JAMES EPISCOPAL CHURCH • 509-860-0736 • 222 Cottage Ave., 9 am Formation of Faith, 10 am Worship. Combined service with Grace Lutheran Church. Pastor Rob Gohl</p>	<p>Leavenworth</p> <p>CASCADE MOUNTAIN BIBLE CHURCH Office: 509-548-4331 11025 Chumstick Hwy. Please join us Sunday mornings 9 a.m., Sunday School, 10:30 a.m., Worship Service</p> <p>CORNERSTONE CHURCH Leavenworth Grange Hall 621, Front St. info@cornerstoneleavenworth.com Sunday Worship – 10 a.m.</p> <p>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout leavenworthumc.org leavenworthumc@outlook.com</p> <p>FAITH LUTHERAN CHURCH - ELCA "Reconciling in Christ Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jensen, Pastor https://www.ficleavenworth.com</p> <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. www.leavenworthbaptist.com Email: info@leavenworthbaptist.com</p> <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossett Worship Pastor-Jacob Mitchell www.LCN.org</p> <p>SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 509-548-4345 Saturday Services • Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 509-860-3997</p> <p>SPIRIT LIFE CENTER 210 Benton Street • 509-548-7138 Sunday Worship 10 a.m., Prayer 6 p.m. • Wednesday Bible Study 6:30 p.m. • Pastor Russell Esparza</p>
<p>Dryden</p> <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 509-782-2935 Sunday Worship at 11 am. • Prayer Meeting Wed. at 6 pm. Pas- tor Bill Clem</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 509-782-2616 Worship Service, 10 a.m., • Sunday School, 9 a.m. • Pastor Mike Moore www.midvalley baptist.org</p>	<p>Monitor</p> <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 509-782-2601 In-person service, Sunday, 9 a.m. Pastor Lilia Felicitas-Malana</p>
<p>Peshastin</p> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • Sunday Worship 10 a.m. • Pastor John Romine www.lightinthevalley.org</p> <p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com</p>	<p>Plain</p> <p>PLAIN COMMUNITY CHURCH Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org facebook.com/plaincommunitychurch office@plaincommunitychurch.org</p>

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

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Announcements

General Interest

PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-877-765-1117. You will need to have your zip code to connect to the right provider.

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details, 855-635-4229.

ADVERTISE STATEWIDE with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-360-1582.

Spread the News about your **COMMUNITY EVENT** online at ncw.news/leavenworthecho.com cashmerevalleyrecord.com lakechelanmirror.com qcherald.com

Employment

Help Wanted



Douglas PUD has an opening for:

- Hydro Electrical Engineer I

Details at www.douglaspu.org <http://www.douglaspu.org>

PUD No. 1 of Okanogan County is seeking to fill a public information officer position.

Please see www.okanoganpu.org for job description and requirements; and submit application with resume. Okanogan PUD is an equal opportunity provider and employer.

Brewster School District is Hiring!

- HS Science Teacher
 - HS Part-Time Alternative Teacher
 - School Speech & Language Pathologist
 - Elementary Teacher Positions
 - Principals Opportunities
 - Athletic Director
- Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.



The City of Leavenworth is hiring for:

- Accounts Payable-PRSA Clerk
 - Permit Technician
 - Building Official
 - Utility Maintenance Worker
 - Seasonal Parks Maintenance Workers
 - Seasonal Lifeguards and Swim Instructors
- Details at cityofleavenworth.com/employment/. EOE

HELP WANTED

Responsible Animal Lover to occasionally feed 2 mini donkeys and 1 outside cat. Lower Brender Canyon area Cashmere. For more information please text or call 509-860-4665.

Help Wanted



Public Works-Truck Driver/Laborer

The Chelan County Public Works Department seeks applicants for a Truck Driver/Laborer in the Leavenworth District. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 4 at \$25.65 per hour up to Step 9 at \$32.44 per hour. Starting salary is Step 4 at \$25.65 per hour. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 2 or 3 floating personal holidays (dependent on hire date). This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources Career Opportunities page: <https://www.co.chelan.wa.us/human-resources/jobs> The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA, 98801, or emailed to human.resources@co.chelan.wa.us no later than April 22, 2024 at 5:00 p.m.

The Okanogan Co. Tourism Council is seeking a part-time Contractor.

Must be detail oriented and a self-starter with strong organizational and communication skills, and a team player who is comfortable in a support role. Must enjoy working on a variety of projects in a fast-paced positive environment and work closely with the Board of Directors to help complete the goals of the OCTC/DMO. Must be highly resourceful and have the ability to plan and implement requirements to achieve goals. Position requires the ability to work from home. Please call for a full job description 509 826-5107 or email to info@okanogancountry.com ask for Carolyn.



Windermere Real Estate/NCW
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Give us a call today! Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898
See all available properties at windermereleavenworth.com

Help Wanted

Utility Maintenance Worker (Full-Time, Weekends Required)

The City of Leavenworth, an equal opportunity employer, is now accepting applications for the position of Utility Maintenance Worker.

This position is full-time/permanent, union covered, and requires weekends. Salary range is \$5,073 - \$5,713 per month. Requirements: Minimum 18 years of age and Washington State driver's license with record acceptable to the City. Position will require a pre employment drug/alcohol screening and physical evaluation. This position requires a CDL which means individuals will be subject to applicable federal regulations, including random drug testing.

Individuals must be able to work weekends, holidays, and required overtime. Duties involve assistance in basic maintenance and repair of, which includes but is not limited to, garbage and cardboard collection, streets and roadways, sidewalks, ROW maintenance, buildings and structures, municipal water distribution system, sewer and stormwater collection system, cemetery grounds, headstones, restrooms, and which includes but is not limited to the scope of functions and duties listed. The typical schedule is five days per week; although, schedules may vary to support requested needs of the City. Weekend work will be required to accommodate the work demands and service requirements of the City in order to ensure safety, cleanliness, and aesthetic appeal, as well as to meet public needs and standards. The full job description, job application, and instructions on how to apply are available at City Hall, 700 US Hwy. 2, from 9:00 AM to 5:00 PM, online at www.cityofleavenworth.com, or by contacting us at (509) 548-5275. First review date for submitted application(s) is Friday, March 22, 2024. Position will remain open until filled.

Real Estate

Rentals

Leavenworth Cute studio in town. Furnished. All utilities included. No pets. No smoking. \$1,125. per month. 1 year lease and references required. \$1,000. Security Deposit 509-860-4564

Rentals

Brewster Harmony House Apartments

1 Bedroom Apartment \$900.00 per month \$300.00 Damage Deposit Water, Sewer, Garbage included Sign up with PUD References Not Pets allowed (509)733-0088

Bridgeport, WA. Joseph Cove Apartments

accepting applications for a two-bedroom apartment with central air, wash/dry hook ups, must be income eligible. For more information call Shannon at 509-686-4731

In Chelan: Remodeled 1 bedroom apartment, townhouse style for privacy. New appliances. 1 block to city park. No pets. \$1,050/ month, plus deposits. 509-682-5108.

Boat Slip for Sale

\$142,500



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.

808-298-1031 Seller is licensed Realtor Maui, HI

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY In the Matter of the Estate of RANDALL LEE MCCARVER, Deceased. No. 24-4-00054-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Administrator named below has been appointed as Administrator 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 Administrator or the Administrator'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 Administrator 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 20, 2024 ADMINISTRATOR: Denise McCarver ATTORNEY FOR ADMINISTRATOR: Kera Dexter ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices Attn: Kera Dexter 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No. 24-4-00054-04 Overcast Law Offices By: /s/ Kera Dexter, WSBA No. 58486 Attorney for Administrator Published in the Leavenworth Echo/Cashmere Valley Record on March 20, 27, April 3, 2024. #7452

Superior Court of Washington For Chelan County In the matter of the estate of Teresa J. Crawford, Deceased. No. 24-4-00081-04 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 his 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 20, 2024. Russell H. Wells, 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: 24-4-00081-04 Published in the Cashmere Valley Record and Leavenworth Echo on March 20, March 27, and April 3, 2024. #7450

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of RODNEY E. MOLZAHN, Deceased. No. 24-4-00091-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. 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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: Wednesday, March 27, 2024 Personal Representative: Taylor E. Molzahn Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 24-4-00091-04 TAYLOR E. MOLZAHN Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Leavenworth Echo/Cashmere Valley Record on March 27, April 3, 10, 2024. #7476



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SLIDE WATERS
EARN UP TO \$13K THIS SUMMER!

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY In the Matter of the Estate of WANDA LEE MCCARVER, Deceased. No. 23-4-00054-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed

Public Notices

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

Public Notices

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

Public Notices

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 20, 2024 PERSONAL

Public Notices

REPRESENTATIVE: Denise McCarver ATTORNEY FOR ADMINISTRATOR: Kera Dexter ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices Attn: Kera Dexter 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND

Public Notices

CAUSE NUMBER: Chelan County Superior Court, Cause No. 23-4-00054-04 Overcast Law Offices By: /s/ Kera Dexter, WSBA No. 58486 Attorney for Personal Representative Published in the Leavenworth Echo/ Cashmere Valley Record on March 20, 27, April 3, 2024. #7451

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN IN PROBATE In the Matter of the Estate of GILBERT LEE EGGLESTON, Deceased. NO. 24-4-00099-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

Public Notices

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

Public Notices

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 creditor as provided under RCW 11.40.020; or (2) four months after the date of first publication of the notice. If the claim is not

Public Notices

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 27, 2024 By LEE B. VANDEGRIFT Personal Representative Address: 718 Kriewald Ct

Public Notices

Wenatchee, WA 98801-3100 Attorneys for Personal Representative: JEFFERS, DANIELSON, SONN & AYLWARD, P.S. By COURTNEY G. MAHON, WSBA NO. 57158 2600 Chester Kimm Road Wenatchee, WA 98801 P. O. Box 1688 Wenatchee, WA 98807-1688 CHELAN COUNTY CLERK'S

Public Notices

OFFICE Martin D. Young, Clerk Chelan County Superior Court Chelan County Law & Justice Facility 350 Orondo Avenue, Suite 501 Wenatchee, WA 98801-2885 Published in the Leavenworth Echo/ Cashmere Valley Record on March 27, April 3, 10, 2024. #7492

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of M. TERESA PUYEAR, Deceased. No. 24-4-00057-04 AMENDED PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed

Public Notices

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

Public Notices

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

Public Notices

barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: March 13, 2024 Personal Representative: Patrick S. Puyear Attorney for the Personal Representative: Russell J. Speidel

Public Notices

Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 24-4-00057-04 /s/ Patrick S. Puyear PATRICK S. PUYEAR Personal Representative Attorneys for Personal

Public Notices

Representative: SPEIDEL BENTSEN LLP By: /s/ David J. Bentsen RUSSELL J. SPEIDEL WSBA No. 12838 DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Leavenworth Echo/ Cashmere Valley Record on March 13, 20, 27, 2024. #7445

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY In the Matter of the Estate of MELVIN DEAN GARDNER, Deceased. No. 24-4-00076-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this

Public Notices

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

Public Notices

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

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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 20, 2024 PERSONAL REPRESENTATIVE:

Public Notices

Harold Leon Gardner ATTORNEY FOR PERSONAL REPRESENTATIVE: Laurence P Chamberlain ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices Attn: Laurence P Chamberlain 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE

Public Notices

NUMBER: Chelan County Superior Court, Cause No. 24-4-00076-04 Overcast Law Offices By: /s/ Laurence P. Chamberlain, WSBA No. 58990 Attorney for Personal Representative Published in the Leavenworth Echo/ Cashmere Valley Record on March 20, 27, April 3, 2024. #7456

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of KIM M. FENNER, Deceased. No. 24-4-00070-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed

Public Notices

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

Public Notices

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

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and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: Wednesday, March 13, 2024 Personal Representative: Kyle A. Fenner Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP

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7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 24-4-00070-04 KYLE A. FENNER Personal Representative Attorneys for Personal Representative:

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SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Leavenworth Echo/ Cashmere Valley Record on March 13, 20, 27, 2024. #7402

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CALL FOR BIDS CITY OF LEAVENWORTH 2024 SCRUB SEAL

Notice is hereby given that Sealed Proposals will be received by the City of Leavenworth for the 2024 Scrub Seal project. Proposals will be received by the City Clerk at Leavenworth City Hall in person: 700 US 2, Leavenworth, Washington 98826 or by US Mail: P.O. Box 287, Leavenworth, Washington 98826, up to 2:00 PM; local time on Wednesday, April 3, 2024, for furnishing the necessary labor, materials, equipment, tools, and guarantees thereof to construct the 2024 Scrub Seal. The Proposals will be publicly opened and read

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along shortly after the time and date stated above. Proposals are to be submitted only on the form provided with the Bid Documents. All Proposals must be accompanied by a certified check, postal money order, cashiers check, or Proposal bond payable to the "City of Leavenworth" and in an amount of not less than five percent (5%) of the total Proposal amount. This Contract provides for the Citywide pavement preservation, including, but not limited to, surface preparation, application of emulsified asphalt and aggregate for Scrub Seal, application of emulsified asphalt for fog seal, temporary pavement

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markings, striping, and other work all in accordance with the attached Contract Plans, these Special Provisions and the Standard Specifications. The Work shall be physically complete within 60 working days after the commencement date stated in the Notice to Proceed. All bidding and construction is to be performed in compliance with the Contract Provisions and Contract Plans for this project and any addenda issued thereto that are on file at the office of the City Clerk, City Hall, Leavenworth, Washington. All work performed on the project will be subject to State prevailing wage

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rates. Bidders may download the digital bid documents for \$22.00 by entering Quest project #9025721 on the website's Project Search page. Please contact QuestCDN.com at (952) 233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital information. A review set will be at the Leavenworth City Hall, 700 US 2, Leavenworth, Washington 98826. Financing of the Project has been provided by the Washington State Transportation Improvement Board, and the City of Leavenworth, Washington. The City of Leavenworth expressly reserves the right to reject any or

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all Proposals and to waive minor irregularities or informalities in any Proposal. Contract questions shall be directed only to the office of the Project Engineer by calling (509) 453-4833. The City of Leavenworth, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42 U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be

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discriminated against on the grounds of race, color, or national origin in consideration for an award. The Contractor shall assure to City of Leavenworth that all services provided through this contract shall be completed in full compliance with the Americans with Disabilities Act ("ADA"). No bidder may withdraw their proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding forty-five (60) days. Published in the Leavenworth Echo/ Cashmere Valley Record on March 20, 27, 2024. #7467

Security

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through these channels. While 36 of 39 counties across the state already use this system, the counties that don't have expressed concern about requiring this technology. Lincoln County officials, for example, spoke to its use of the Albert System and its potential flaws. "Lincoln County became a victim of a ransomware attack in 2020," Rob Coffman, Lincoln County Commissioner, said. "At the time, it had Albert Systems monitoring the county network. That attack brought the county to its knees for months, costing tens of thousands of dollars." Coffman said the third-party non-profit which runs Albert Systems, the Center for Internet Security, never notified the county of the attack.

"We are under threat from seen and unseen vulnerabilities within our election systems, and in Washington State," prime sponsor, Sen. Joe Nguyen, D-White Center, said. "Thanks to the leadership of our secretary of state, we figure by example. But we are not immune to the dangers that cast a shadow over the safety of our own votes." Nguyen described an instance last fall when an attempt was made across our state to compromise the systems. "Not all of these attacks are as obvious, but it's a stark reminder of the fragility of our democracy," Nguyen said. Hobbs, as well as his office personnel, added that attacks happen on a daily basis, more than we know, and that outside threats like "Russia and China" must be considered. Washington state law states that counties are given power to decide how they handle their internet security, but this law tweaks that. "Part of it is ensuring that the fortification of our election security systems is consistent across Washington state, and that we have a centralized area for us to review some of the protocols and testing the equipment as well," Nguyen said. "Oftentimes, I think local jurisdictions for a variety of reasons are able to have their own methodologies, but in certain cases, it's good to make sure that there's an extra level of check." Thurston County Auditor Mary Hall spoke in support

on behalf of the Washington State Association of County Auditors, stating that Washington's election security is "only as good as our weakest link." Hall said a portion of the bill she appreciates puts counties on a timeline to certify their election results. While no counties in Washington State have ever done this, lawmakers, Hobbs and Hall recognized that this has been an issue across the country in the past, specifically as it relates to "stolen elections." "There are a lot of disinformation campaigns that are targeting election officials, but it's a sobering reality that bad actors have been elected to positions like mine," Hall said. "So, this bill will ensure that valid election results will be certified and that there are consequences for someone trying to disrupt our election process." The bill requires election results to be transferred from counties to the secretary of state by certification deadlines. Deadlines can vary for each election cycle.

Grizzly

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territory lies within the recovery zone. "We thank leaders at the National Park Service, U.S. Fish and Wildlife Service, and Department of Interior for their intention to restore a cultural icon in the North Cascades." Grizzly bears once roamed the rugged North Cascades for thousands of years before being pushed to the brink of extirpation in the late 20th century by excessive hunting and habitat destruction. The last confirmed grizzly sighting in the U.S. portion of the ecosystem was in 1996. "The Snoqualmie Tribe is excited to hear this news, and to know that this hard-fought effort to bring home grizzlies is close to becoming a reality," said Snoqualmie Indian Tribe Tribal Chairman Robert M. de los Angeles. "This is a critical moment in history, with governments, organizations, and individuals working together to welcome grizzlies back after human action removed them from their home. Snoqualmie thanks the leadership of our congressional leaders, the National Park Service, U.S. Fish and Wildlife Service, and the Department of Interior for their persistent work and advocacy." The release of the final EIS does not constitute a final decision to reintroduce bears. Federal agencies must next issue an official record of decision in the coming weeks after a 30-day waiting period.

Supporters say reintroducing a predator like the grizzly is key to restoring the ecological integrity of the vast North Cascades wilderness. "The agencies have shown that they are listening to local communities by including necessary management flexibility for a successful reintroduction effort in the long run," said Jasmine Minbashian

of the Methow Valley Citizens Council, noting that 85% of Americans support grizzly restoration according to a recent poll. While celebrating the long-awaited progress, advocates vowed to continue pushing for grizzly reintroduction to finally become a reality in the North Cascades after decades of absence.

Speak Up for Grizzly Bears! Grizzlies roamed Washington's North Cascades for thousands of years, but now none remain. Hunted, trapped, and poisoned, the bears were exterminated. We now have a plan—and a responsibility—to bring them back. Rural communities have coexisted and thrived alongside grizzly bears. Let's help bring back this iconic native species to the North Cascades. Grizzlies Need our Help to Bounce Back. Learn more at: www.northcascadesgrizzly.org/action

