



Cashmere Valley Record

A Ward Media Publication

Serving the Cashmere Valley since 1907
Volume 117 • No. 22

May 29, 2024

cashmerevalleyrecord.com
Single Copy \$1.00



COURTESY OF THE WENATCHEE PUBLIC LIBRARY
Wenatchee Public Library employees Chelsea Evans and Molly Schuringa visit the Chelan County Juvenile Detention Center each month as part of the library's outreach program. They bring books and do activities with youth in the center. Pictured in the center's classroom are from left to right, Evans, ParaPro Jennifer Cervantes, teacher Michelle Campbell, and Schuringa.

Library outreach brings hope to incarcerated youth

By **QUINN PROPST**
Ward Media Staff Reporter

WENATCHEE—For Wenatchee Public Library employees Chelsea Evans and Molly Schuringa, outreach with youth at the Chelan County Juvenile Detention Center is one of their favorite parts of their job. Their least favorite part is that they only get to go once a month. At each visit, they bring books and activities like crafts, games, or STEM projects to do with the children. Recently, they made native flower arrangements with the children, which was a popular activity.

Comments from the incarcerated kids included:
"I miss seeing flowers."
"Can I bring these into my cell?"
"This is my favorite thing about nature."
"I love nature so much, when I get out I am going to touch and smell everything ..."
"I miss nature."
"I love flowers so much."
Michelle Campbell has been teaching children at the Chelan JDC for 13 years and appreciates the library's outreach program and what it brings to her students. "It's just been such an amazing

connection with the students because Molly and Chelsea really bring community into the juvenile detention center because the kids don't have that except for, you know, within their units and with the staffing," she said. "It makes them feel connected to the community."
The Chelan JDC serves youth ages up to 18 from Chelan and Grant counties. The school program is run through the Wenatchee School District. Visits begin with books. Evans and Schuringa bring books that have

See **LIBRARY** Page **B2**



COURTESY OF THE WENATCHEE PUBLIC LIBRARY
Wenatchee Public Library employee Chelsea Evans sits at a desk adorned with wildflower arrangements made by youth in the Chelan County Juvenile Detention Center. The kids arranged flowers with Evans and her colleague Molly Schuringa as part of the library's outreach at the center.



COURTESY OF THE WENATCHEE PUBLIC LIBRARY
Wenatchee Public Library employees Chelsea Evans and Molly Schuringa display snowflakes, made from popsicle sticks by youth at the Chelan County Juvenile Detention Center.

Construction begins on Icicle Creek irrigation project

Cashmere Valley Record
Ward Media

LEAVENWORTH - Construction has begun on a \$9 million project to modernize a century-old irrigation system along Icicle Creek near Leavenworth. The upgrades are expected to provide major environmental benefits to the fragile creek and its fish habitat.

The Cascade Orchard Irrigation Company (COIC) Improvement Project officially launched construction near the end of Shore Street earlier this month. Contractor Strider Construction of Bellingham has started work building a new pump station that will be a key component of the upgraded system. "This system has served its users well since 1907, but the infrastructure

is aging and in need of many repairs and upgrades," said Dan Wilkinson, former president of the COIC board. "The modernization of the system will not only benefit shareholders but also have significant environmental benefits to the creek and fish habitat."
The project will shift COIC's

See **ICICLE CREEK** Page **B2**

NOAA allocates funding to local fish passage projects

By **TAYLOR CALDWELL**
Ward Media Staff Reporter

WASHINGTON D.C. - Two fish passage through barrier removal projects within the Wenatchee River watershed were recommended for National Oceanic Atmospheric Administration (NOAA) funding under the Bipartisan Infrastructure Law and Inflation Reduction Act. The Yakama Nation was one of

eight tribes in Washington state to receive recommendations for funding three different projects, including one located near Lake Wenatchee. The project aims to relocate a portion of Route 207, which currently restricts migratory fish access to half of the Nason Creek floodplain. The project will reconnect 13 acres of floodplain habitat, which is critical for the spawning and rearing of endangered Upper Columbia spring-

run Chinook and threatened Upper Columbia steelhead. The Yakama Nation will receive \$3 million in the first year, and up to \$6.1 million total over three years. The other two Yakama Nation projects focus on fish passage in the Yakima and Klickitat watersheds. Chelan County was recommended to receive \$1.6 million for the

See **NOAA** Page **B2**

Cashmere FFA shines at State Convention, earns spots at Nationals



COURTESY OF CASHMERE FFA
The Cashmere FFA Freshman Novice Parliamentary Procedure Teams finished 3rd and 7th in the State Finals.

Cashmere Valley Record
Ward Media

CASHMERE - The Cashmere FFA Chapter is celebrating an impressive showing at the 2024 State FFA Spring Convention, with two teams earning the right to represent Washington at the National FFA Convention in Indianapolis this fall.

The Environmental Natural Resources (ENR) team clinched the State Championship on April 15, with Tony Bumgarner taking the individual State Champion title by a single point over teammate Ivette Alvarado. Aztlan Oropeza, Adi Poole, and Dina Shoengarth also placed in the top ten, contributing to the team's success.

Cashmere's Milk Quality team also secured their spot at Nationals,

See **FFA** Page **B2**



COURTESY OF CASHMERE FFA
Cashmere freshmen Amelia Flick and Kaelee Cox competed in Creed Speaking at the State FFA competition this spring. Flick finished 6th and Cox in 4th place.

1 ST - ENR(22/94)	
Tony Bumgarner	1st
Ivette Alvarado	2nd
Aztlan Oropeza	5th
Adi Poole	6th
Dina Shoengarth	9th
1 ST - MILK QUALITY(36/165)	
Brianna Castro	1st
Sophie Hill	3rd
Aztlan Oropeza	4th
Anna Flick	5th
Lexi Lutton	
2 ND - ENR(22/94):	
Eliana Thomas	3rd
Jesse Hall	4th
Lucy Ray	10th
2 ND - FOOD SCIENCE(35/158):	
Sophia Batanoiu	3rd
Ally Kitchel	7th
Seth Martin	9th
2 ND - MEATS EVALUATION(24/114):	
Sophie Hill	2nd
Aztlan Oropeza	5th
Jacob Holladay	9th
Aleida Nolasco, Aubrey Potter, Anna Flick	

3 RD - CONDUCT OF CHAPTERS(26)	
Mackenzie Van Bogart, Autumn Todd, Logan Potter, Colton Stendera, Makenna Fritz, Aliza Cloakey	
3 RD - MEATS EVALUATION(24/114)	
Levi Strutzel	10th
Paige Dart, Grace Smith, Jesse Hall	
4 TH - CREED SPEAKING(36 AT STATE)	
Kaelee Cox	
6 TH - CREED SPEAKING(36 AT STATE)	
Amelia Flick	
6 TH - FARM FOR KIDS(18)	
Sophia Batanoiu, Dayami Najar, Aleida Nolasco	
7 TH - CONDUCT OF CHAPTERS(26)	
Gloria Smith, Addie Talley, Kate Croci, Ada Missal, Madisyn Stoffel, Zinaee Zaragoza	
STATE FFA DEGREE RECIPIENTS:	
Ivette Alvarado, Dru Heyen, Kira Potter	
\$1000+ Earned/Invested from FFA Project	
\$360+ Hours of Agricultural Education	
Demonstrate 10 Procedures of Parliamentary Law	
5 Different Activities above the Chapter Level	

Inside The Record this Week

5 Things to do This Week.....	A2	Church Guide.....	B2	Dr. Louise.....	B2
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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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Obituaries can be placed during normal business hours by calling 509-548-5286 or by emailing obits@ward.media

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
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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!



Historic Home Tour

The Cashmere Museum and Pioneer Village will hold their Historic Home Tour on Saturday, June 1, from 10 a.m. to 4 p.m.

"The Historic Home Tour provides a rare opportunity to explore private historic properties that are generally not open to the public," the event page states. "In this one-day event, explore six homes and one local church, each with accessible gardens in addition to the historic architecture, as a self-guided tour starting at the museum."

Tickets are \$20 and may be purchased before the event at cashmeremuseum.org or at the museum the day of the event. Proceeds to benefit the Cashmere Museum.

Farmers market

The Cashmere Farmers Market will be held at the Cashmere Museum on Sunday, June 2, from 9 a.m. to 1 p.m.

"A weekly farmers market with local crafts and goods," the event page states.

For more information, visit cascademarkets.org.

Basket making class

Waste Loop will host a Salvaged Denim Basket Making Class on Tuesday, June 4, from 5-7 p.m.

"Join us to learn how to turn denim and cloth scraps into a functional basket and reduce textile waste," the event page states.

For more information, visit wasteloop.org.

Sustainable Wreath Workshop

The Wenatchee Library will host a Sustainable Wreath Workshop on Wednesday, June 5, from 4 to 6 p.m. in the Balsamroot Meeting Room.

"Come join us and create your own reusable, sustainable wreath," the event page states. "We will be using grapevine bases and customizable wood flowers. This is a 2-part workshop, with sessions 6/5 and 6/12."

Pre-registration is required.

For more information and to register, visit nculibraries.org.

June Repair Cafe

Waste Loop will host its June Repair Cafe on Wednesday, June 5, from 6-8

p.m. The event page states, "Do you have items that need fixing? Join us for our June Repair Cafe."

For more information, visit wasteloop.org.

Man rescued from Wenatchee River after attempting to avoid law enforcement

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH—A 60-year-old man was rescued from a small island in the Wenatchee River after attempting to flee law enforcement.

At approximately 8:30 a.m. on May 22, Chelan County Deputies responded to a report of a male subject who had fallen into the Wenatchee River near Black Bird Island. Cascade Medical and Chelan County Fire District #3 joined the scene, sending a Fire District #3 rescue swimmer to the

stranded man.

"Collaboration between Cascade Medical, Fire District 3, and Chelan County Sheriff's Office was crucial for this successful operation and rescue," Chelan County Sheriff's Office stated in a press release.

The rescuer reached 60-year-old Victor V. Martin, who was hypothermic but uninjured. A nearby fishing boat lent Martin and the rescuer a ride to the East Leavenworth Boat Launch, where Martin was treated by Cascade Medics.

Martin was evasive at the time of initial questioning from

responders but later shared that in an effort to escape impending law enforcement, he had fled on foot and then jumped into the river on the night of May 21. The swift, cold water put Martin in distress, forcing him to take refuge on the small island on which he was later found.

According to a USGS gauge

for the Wenatchee River, the river temperature was approximately 47 degrees Fahrenheit near the time of the response, and flows were almost five thousand cubic feet per second.

The Sheriff's Office reported, "Martin acknowledged the danger of his actions and expressed gratitude for the

rescue." "Chelan County Sheriff's Office would also like to remind anyone trying to outswim the law that it might seem like a ree-ly good idea, but it's more likely to make you the catch of the day!" the press release stated.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

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.

May 17

- 1:07:25 Alarm, 407
- 8:27:19 Juvenile Prople, 917 Pioneer Ave# B314
- 10:03:43 Runaway, 319 Cottage Ave,
- 16:24:27 Accident No Inj, 130 Titchenal Way; Martins
- 17:51:01 Trespass, 101
- 20:27:42 Accident No Inj, 7900 Stine Hill Rd, Dryden
- 21:02:06 Domestic Distur, 115 E Pleasant Ave# 12
- 22:18:16 Alarm, 407 Aplets Way; Mp 111 Bre
- 22:54:36 Alarm, 407 Aplets Way; Mp 111 Bre

- Cottage Ave# 5; Weeds
- 8:34:17 Suspicious, 117 Mission Ave; Liberty Orchards
- 8:39:12 Trespass, 300 Aplets Way; Hometown Mca
- 9:00:25 Suspicious, 6400 Hay Canyon Rd
- 9:26:18 Fraud/Forgery, 5650 Vale Rd; Chipman Construction
- 14:31:24 Civil, 130 Titchenal Way; Martins
- 16:32:57 Civil, 205 River St# 1
- 18:12:39 Civil, 205 River St# 1
- 18:36:55 Accident No Inj, 7755 Smith Rd, Dryden

May 22

- 2:30:21 Suspicious, 308 Orchard St
- 12:27:47 Parking/Abandon, 300blk Maple St
- 12:41:30 Suspicious, 309 Mission Ave; Liberty Orchard
- 15:32:05 Suspicious, 117 Aplets Way
- 15:35:26 Assist Public, 849 Mission Creek Rd
- 16:08:45 At/Atc, 6229 Flowery Divide Rd
- 17:40:19 Trespass, 7350 Stine Hill Rd
- 18:12:56 Traffic Offense, S Division St & Mission Ave

May 18

- 1:07:25 Alarm, 407 Aplets Way; Mp 111 Bre
- 10:32:05 Vehicle Prowl, 207 Riverside Dr; Riverside
- 11:14:25 Suspicious, 121 Elberta Ave
- 14:28:49 Disturbance, 207 Mission Ave; Leoni's C
- 17:40:44 Assist Public, 207 Riverfront Dr,
- 22:59:32 Accident Unk, Us Hwy 2 Mp 108; Eb, Dryden

May 19

- 0:04:03 Harass/Threat, 513 Cottage Ave, Cashmere, Ca
- 13:36:35 Disturbance, 300 Aplets Way; Hometown Mca
- 18:04:48 Civil, 208 Cottage Ave# 2, Cashm Ca
- 19:03:33 Harass/Threat, 4580 E Nahahum Canyon Rd, 5
- 20:42:55 Civil, oblk Bridge St, Monitor, W 5

May 20

- 0:04:03 Harass/Threat, 513 Cottage Ave
- 6:56:56 Welfare Check, 201

May 23

- 7:22:59 Malicious Misch, 600blk Cottlets Way
- 15:37:04 Domestic Distur, 423 Cottage Ave
- 15:42:35 Trespass, 108 Creekside Pl
- 15:56:42 Runaway, 4870 Mission Creek Rd
- 16:11:05 Scam, 7737 Stine Hill Rd, Dryden
- 19:28:54 Assist Public, 6030 Hazel Pl, Cashmere
- 20:12:00 Suspicious, 5720 Vale Rd; Outpost Saloon

Pangborn's Festival of Flight to be held on June 22

NCW News
Ward Media

EAST WENATCHEE—The City of East Wenatchee and the Chelan-Douglas Port Authority will host the Pangborn's Festival of Flight on June 22 from 9 a.m. to 3 p.m. at Pangborn Memorial Airport. The free community event will feature airplane displays, food vendors, family activities, and performances by the TAIKO Drum Group and America's First Corps Band.

On June 21, a free "Movie on the Tarmac" screening of Top Gun: Maverick will be held. Gates open at 8 p.m., and the movie starts at 9 p.m. Food vendors and a beer garden will be available.

Ridgeline Aviation, RH2, Davis Arneil Law Firm, Airlift Northwest, and Ardurra sponsor the event. For more information, visit EastWenatcheeWA.gov or FlyWenatchee.com.

Genealogist to discuss Homestead Act's impact at WAGS hybrid meeting

NCW News
Ward Media

WENATCHEE - The Wenatchee Area Genealogical Society (WAGS) is set to host a hybrid meeting on Monday, June 10, 2023, at 2:00 p.m. The event will feature a presentation by renowned genealogist Cyndi Ingle, titled "How the Homestead Act Shaped My Family . . . and Maybe Yours."

Attendees can join the meeting in person at the FamilySearch Center at 667 10th Street, East Wenatchee, or via Zoom. Those interested in attending the virtual session should contact Library@

wags-web.org to receive the necessary Zoom information.

The presentation will explore the impact of the Homestead Act on Ingle's family history and how it may have influenced the lives of other families as well. The Homestead Act, signed into law by President Abraham Lincoln in 1862, granted land to individuals who were willing to settle and cultivate it, playing a significant role in the westward expansion of the United States.

This event is free and open to the public. For general information, please call 509-782-4046.

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209 WOODRING STREET, CASHMERE
WEDNESDAY, MAY 29 | 3 - 7 PM



Please join us at our newly renovated building in Cashmere. Mingle with our team, meet our new financial advisor, Tyler Kert, and learn about our tax-smart approach to investing. Enjoy light refreshments and live music.



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Cast your line for free during Washington's Annual Free Fishing Weekend

NCW News
Ward Media

OLYMPIA - Fishing enthusiasts across Washington state are gearing up for the annual Free Fishing Weekend, set to take place on June 8-9. The Washington Department of Fish and Wildlife (WDFW) is inviting anglers of all ages and skill levels to cast their lines and enjoy the state's diverse fishing opportunities without the need for a license.

During this special weekend, anglers can fish for a variety of species, including trout and warm-water fish, in lakes throughout the state. The WDFW website offers a comprehensive guide to help anglers find a lowland lake near them and check which lakes have recently been stocked.

Additionally, anglers participating in the Free Fishing Weekend can take part in the Department's 2024 Trout Fishing Derby and win exciting prizes by redeeming tags from trout caught over the weekend. The derby features tagged fish stocked in lakes across the state, and plenty of prizes are still up for grabs.

For those looking to venture to the coast, the Free Fishing Weekend also offers the opportunity to fish for lingcod, cabezon, and rockfish along the Washington shoreline, with no boat required. The WDFW has also provided a helpful

blog post on jetty fishing for those interested in trying their hand at this unique fishing experience.

Another popular spot during the Free Fishing Weekend is the Columbia River, where anglers can harvest shad. The WDFW offers guidance on where and how to catch these fish effectively.

While the Free Fishing Weekend waives the need for a license for many species, anglers should note that any fish requiring a catch record card, such as sturgeon, salmon, steelhead, and halibut, as well as all shellfish, will still require a license. It is essential for anglers to check the current fishing regulations, emergency rules, and area closures before heading out to ensure a safe and enjoyable experience.

"Fish and Wildlife police remind you that failure to follow the regulations may result in a citation," said Kirt Hughes, WDFW fish management division director. "Knowing the rules before heading out will make for a safe and enjoyable outdoor experience."

In addition to the fishing license, other requirements waived during the Free Fishing Weekend include the Vehicle Access Pass, Discover Pass when parking on WDFW, DNR, or Washington State Park lands, and the Two-Pole Endorsement where applicable.

Drownings rise for first time in decades; young children face high risk

By ERIN BLAKEMORE
Special to The Washington Post

Drowning deaths jumped for the first time in decades after the start of the coronavirus pandemic, a Centers for Disease Control and Prevention analysis found. More than 4,500 people fatally drowned each year between 2020 and 2022, the agency says.

The study, published in the agency's Vital Signs report, found a sharp rise in pre-pandemic drowning rates, especially among young children and those with American Indian/Alaska Native and Black/African American ancestry.

Drowning rates were "significantly" higher between 2020 and 2022 than before the pandemic, the researchers write. In 2019, 1.2 per 100,000

people accidentally drowned, but that number rose to 1.4 in 2020 and 2021 before diminishing slightly to 1.3 per 100,000 people in 2022.

Men and boys were most likely to die by drowning, though the study also showed a 22.2 percent increase in drownings among women and girls in 2021. The highest drowning rates occurred among 1- to 4-year-olds and adults over 65.

The sharp increase in unintentional drownings among children could reflect pandemic-era disruptions and increased exposure to backyard pools, the researchers note.

As in previous years, accidental drownings varied by race and ethnicity. They remained highest among American Indian/Alaska Native people and rose most among Black/African

American people, whose drowning deaths jumped 22.2 percent in 2020 and 28.3 percent in 2021.

The research also reported that an estimated 40 million adults said they did not know how to swim. Women, older adults and Black adults were likeliest to report not knowing how to swim. While 51.8 percent of White adults reported having taken swimming lessons at some point in their lives, just 36.9 percent of Black and 28.1 percent of Hispanic adults said they had taken swim lessons.

Black adults also reported spending less time swimming compared with White adults. This reflects ongoing barriers to swimming participation, the researchers write, including pool closures, staffing shortages, and a

lack of culturally responsive swimming and water safety skills programs.

"People need access to swimming lessons," said Deborah Houry, CDC's deputy director for program and science and chief medical officer, in a May 14 news briefing. "More than half of all U.S. adults have never had a swim lesson."

The researchers recommend emphasizing basic swimming and water safety skills and investing in evidence-based prevention strategies that address systemic barriers to swimming and water safety training.

"It's never too late to take that swim lesson to get those water safety skills, particularly as we're going into the summer," Houry said. "It's really a crucial time, it can save your life."



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New Western themed market event coming to Douglas County fairgrounds

NCW News
Ward Media

WATERVILLE - The Douglas County Fairgrounds is set to host a new event on June 1 and 2 called the Junk Rodeo -- Western Market. Despite its name, the event is not an actual rodeo but rather a unique shopping experience with a Western twist. According to Carolyn Morley, the Fair

Manager, the Junk Rodeo will feature a wide variety of vendors offering western-inspired goods, including boho, vintage, rustic, farmhouse, and repurposed items, as well as trendy fashion and more. The event aims to showcase local talent and businesses from across the state of Washington. "This market has turned into an EXPERIENCE you will not want to miss," Morley

stated in a press release. "With barns full of shopping, so many talented artisans + makers, plus good food, sips + sweets, and of course some fun cocktails and photo ops!"

The event organizers are excited to venture into this new event space and promise an enjoyable experience for all attendees. Over 50 vendors are expected to participate in the Junk Rodeo, which will

take place in the barns of the Douglas County Fairgrounds.

Tickets for the event are priced at just \$5, making it an affordable outing for those looking to enjoy a day of shopping and entertainment. More information about the Junk Rodeo -- Western Market can be found on the North Central Washington Fair's website at www.ncwfair.org.

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: 509-782-3344**
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 Cottle's 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.**

Mended Hearts chapter meeting to feature talk on stress-induced heart attacks

NCW News
Ward Media

EAST WENATCHEE—The Greater Wenatchee Mended Hearts chapter will hold its monthly meeting on Monday, June 3, 2024, from 11:30 a.m. to 1:00 p.m. at the Aging & Adult Care Meeting Room in East Wenatchee. The meeting

is open to heart patients and their caregivers across Chelan, Douglas, Okanogan, and Grant Counties.

The featured speaker will be Vita Monteleone, Director of Community Relations for the Lake Chelan Health & Wellness Foundation. Monteleone will share her personal experience with

Takotsubo cardiomyopathy, also known as "broken heart syndrome," a stress-induced heart attack she suffered in 2016. She will also discuss her involvement with the American Heart Association's "Go Red" event in Chelan to raise awareness about cardiovascular disease in women.

Additionally, Gigi Shaw will be highlighted as June's Member of the Month.

The meeting will be held in a hybrid format, with options to attend in person or via Zoom. Those interested in attending should email atthehelmsters@hotmail.com or call 509-293-1603 for more information.

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Jamie Oliver's lemony arugula pasta is a refreshing 20-minute meal

By **JOE YONAN**

The Washington Post

Arugula must be the ultimate palate cleanser. With its peppery bite, the green - especially when dressed simply in lemon juice, olive oil, salt and pepper - is my absolute favorite accompaniment to pizza or pasta, because it cuts through that carby and sometimes-cheesy richness we all love. It gives your taste buds a contrasting flavor, a little shock to the system that helps them head back to the main course for another round, as bracing as an ice plunge in between sauna sessions.

This pasta dish, which blends arugula with pistachios and parmesan into something of a smooth pesto, integrates the two extremes. It's so hearty and yet somehow simultaneously refreshing: If we stick with that sauna metaphor, it's akin to periodically pouring a bucket of cold water on your head without even standing up from

the bench.

It comes from Jamie Oliver's most recent book, "5 Ingredients Mediterranean," in which he challenges himself once again to coax interesting flavors and textures from a limited list of components. (If you're counting in this recipe and coming up a little over, it's because he's not including in the total such staples as olive oil, salt and pepper.) The last time he did this, with 2019's "5 Ingredients," I needed to do a little lentil tweaking to get the right results with the recipe I tried, but once I did I appreciated the ease and speed with which dinner came together. This time, the affair was smooth sailing, start to finish.

I recently noticed on Oliver's social media that he's celebrating a quarter-century since he first came onto the food scene as "The Naked Chef." And what a quarter-century it's been: He and his formidable team have written more than

two dozen cookbooks, an output matched by few others. He's been involved in the push for healthy school lunches (not without controversy), he founded (and later closed) a charitable London restaurant, Fifteen, aimed at helping rehabilitate troubled young people, and he has mentored such figures as Anna Jones, who became a best-selling cookbook author in her own right.

I've had the pleasure on multiple occasions of sitting down with Oliver for an interview. I also once got the chance to see him in action in front of a videographer, and was wowed by his sharp mind, articulate nature, dizzying energy level - and his approach to the visual details. He was flying almost solo, in (and outside) a rental kitchen not his own. His suggestions to the videographer included positions, angles and such technicalities as the camera's settings, and at one point he

even grabbed the camera to demonstrate. Talk about hands-on. If I had any doubts about just how he had become so widely watched on TV and social media, they evaporated.

As working - and hands-on - parents know, family life can be just as busy as work, if not more so. Oliver and his wife, Juliette ("Jools"), have five children, which is no doubt part of the reason that Jools was the impetus behind Oliver's return to the "5 Ingredients" formula. "She told me to stop thinking about anything else," he writes. As she put it, "It's where people are at, when our lives are so incredibly busy - it's the book all the parents at school talk about."

This time around, Oliver is using his travels around the Mediterranean as inspiration, and he strips both classic and newfangled recipes down to the studs, rebuilding them with the use of such smart flavor bombs as harissa, tapenade, sumac and sausage. (The fewer the ingredients, after all, the more pressure there is on each one of them.) The book isn't vegetarian, but more than 50 recipes in it qualify, especially if you make sure to buy a parmesan (such as BelGioioso) that uses vegetarian rennet.

For the farfalle I tested, Oliver cites as his inspiration the "vivid and packed full of flavor" Sicilian pasta sauces that use pistachios and herbs and are finished with lemon. It's yet another reminder of why pasta is the weeknight cook's MVP. While the farfalle cooks, you puree the remaining ingredients in a blender, saving some for garnish. And when the pasta is ready, you toss the two together while the farfalle is still hot, loosening the sauce as needed with another hero ingredient: the starchy cooking water.

Honestly, the only misgivings I experienced had to do with the palate-refreshing aspect I mentioned at the beginning. I found little

reason to take a break from eating bite after bite, until it was too late.

Farfalle With Lemony Arugula and Pistachio Sauce

This quick Jamie Oliver recipe results in a vivid green pasta with a tart, peppery flavor. He was inspired by Sicilian pasta sauces that use pistachios, local cheese and herbs, finished with lemon. This sauce is akin to a super-smooth, lemony pesto, and the pasta is just as good at room temperature (pasta salad!) as it is warm or hot. Serve with a crisp salad, if you'd like.

4 to 6 servings

Total time: 20 mins

Storage: Refrigerate for up to 4 days.

Make ahead: The sauce can be made and refrigerated for up to 2 days before you make the pasta. Combine the two while the pasta is hot so it warms up the sauce.

INGREDIENTS

- Fine salt
- 1 pound dried farfalle
- 4 ounces arugula (4 cups lightly packed), divided
- 4 ounces shelled unsalted pistachios (raw or roasted), divided
- 3 1/2 ounces finely grated parmesan cheese (1 3/4 cups), plus more for serving (see Substitutions)
- 6 tablespoons extra-virgin olive oil, plus more for serving
- 1 tablespoon finely grated lemon zest (from 2 lemons)
- 6 tablespoons fresh lemon juice (from the same 2 lemons)
- Freshly ground black pepper, for serving

STEPS

Bring a large pot of salted water to a boil over high heat. Cook the pasta according to the package directions, until al dente. Reserving 1 cup of

the cooking water, drain the pasta and return it to the pot, off the heat.

While the pasta is cooking, reserve a small handful of arugula and 2 tablespoons of pistachios for garnish. Chop the reserved pistachios, and chop the reserved arugula unless the leaves are small.

In a blender, combine the remaining arugula and pistachios, parmesan, olive oil and lemon zest and juice. Add 2 tablespoons of the pasta cooking water and puree until smooth to form a sauce.

When the pasta is ready, add the sauce to the pot and toss to combine. Loosen the sauce with a splash of the reserved pasta cooking water, if needed.

Transfer the pasta to a serving platter or individual bowls, and sprinkle with the reserved arugula and pistachios. Grate extra parmesan on top, drizzle with oil and generously grind black pepper over everything. Serve hot, warm or at room temperature.

Substitutions: To make this gluten-free && use gluten-free pasta. To make it vegan && use nutritional yeast instead of parmesan. Arugula && spinach, watercress, Swiss chard leaves. Pistachios && any other nut, pumpkin seeds or pine nuts.

Notes: If you're vegetarian, look for a parmesan made with vegetable-based and not animal-rennet, such as BelGioioso brand.

Nutrition | Per serving (1 1/3 cups), based on 6: 586 calories, 66g carbohydrates, 14mg cholesterol, 28g fat, 5g fiber, 19g protein, 6g saturated fat, 357mg sodium, 4g sugar

This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.

Adapted from "5 Ingredients Mediterranean" by Jamie Oliver (Flatiron, 2024).



COURTESY TOM MCCORKLE FOR THE WASHINGTON POST; FOOD STYLING BY GINA NISTICCO FOR THE WASHINGTON POST
Farfalle with lemony arugula and pistachio sauce.

How to keep pests from destroying your garden

By **ALLYSON CHIU**

The Washington Post

While you might welcome the recent pattern of milder winters followed by the earlier arrival of spring, the greater number of warm days could spell trouble for your garden.

Many common plant pests and pathogens are thriving as temperatures rise because of climate change, said Matt Kasson, an associate professor of mycology and plant pathology at West Virginia University. At the same time, unseasonable and, in some cases, extreme weather can stress plants that haven't adapted to the changing climate, leaving them more vulnerable.

"The scales basically tip in favor of the pathogens and pests in these situations," Kasson said. For example, a longer growing season means more time for plant pathogens, such as fungi, to develop infectious spores. Some garden pests, such as spider mites, also reproduce faster in hotter conditions.

"When we think about disease, we need three things for it to occur: We need a susceptible host, a virulent pathogen and a favorable environment," he added. "At least two of those things - a susceptible host and the virulent pathogen - are pretty much ever present on the landscape. It's really the slight changes in the environment that allow for the pathogen to really proliferate on that host."

Here's what might attack your garden and what you can do.

How to tell if your plants are under siege

Keep an eye out for signs that your plants may be in trouble. Do you see any insects frequently hanging around? Is there mold covering leaves or other plant parts? Are you noticing worrisome symptoms, including blight or stunting? Are leaves yellowing, browning or wilting?

To help figure out what could be harming your plants, Kasson recommended using online resources, such as the iNaturalist app or social media gardening groups, where you can upload photos and potentially get help identifying the problem. Local

plant disease clinics can also diagnose plant damage.

Here are some common garden pests to look out for:

- **Aphids:** These insects are tiny - about two to four millimeters long - with pear-shaped bodies. They can be green, black, red, yellow, brown or gray. Signs of severe aphid feeding include twisted and curled leaves, yellowed leaves, stunted or dead shoots and poor plant growth.
- **Spider mites:** The two-spotted spider mite is the most common species. They have eight legs and are about the size of a grain of sand or a period drawn with a pencil. You might have a spider mite problem if you notice the following: pale or unusually yellow leaves; stippling, or when leaves have tiny white or yellow spots on them; leaves developing a bronze or brownish color; dusty, gritty feeling leaves; or fine webbing similar to spiderwebs showing up on new plant growth and between leaves.
- **Squash bugs:** Usually



Squash bugs.

dark gray to dark brown, these flat large insects are about 5/8 inches long. They typically attack squash and pumpkins, but they can also go after other plants in the cucurbit family, such as cucumbers. Signs of feeding include yellow spots on leaves that eventually turn brown and, in severe cases, wilting.

- **Hornworms:** These large caterpillars have a hornlike tail and love tomatoes. They munch on leaves and can completely defoliate plants, and they can chew holes in fruit.

Invisible pests

What's attacking your plants may also be lurking out of sight in the soil. Milder winter temperatures often lead to wetter soils, Kasson said. Typically when soil is frozen during winter, plants are dormant and there's often less microbial activity, he said. But the warmer weather means more winter rain that can saturate soil.

This wet soil favors pathogens that can attack and invade the roots of dormant perennial plants, creating the opportunity for more disease.

Here are some common

problems related to invaders hiding in your soil:

- **Water molds:** Pythium and phytophthora are two types of molds that are ubiquitous in soil. They create root and crown rot, resulting in yellowing, stunting or wilting of parts of the plant that are aboveground. Affected roots are soft and mushy and could appear to be soaked with water, glassy and dark brown.
- **Southern blight:** Caused by a fungus that lives in soil, on plants including weeds, and in plant debris, this disease initially causes a water-soaked appearance on lower leaves or water-soaked spots on lower stems. Infected plants yellow and wilt, often within days of infection, particularly when the weather is moist and warm. It can also cause rot.
- **Verticillium wilt:** A soil-borne fungal disease that can affect many fruit, vegetable and ornamental plants. It infects plants through the roots, causing dieback and making leaves yellow and wilt.

How to protect your plants

After you identify a problem, it can be helpful to reach out to extension programs at nearby universities. These experts can provide resources for how to deal with pests and diseases, including guidance on integrated pest management. If you need pesticides and fungicides, they can also help with questions about how much you should be using.

But in some cases, if you're facing a virulent pest, you may need to cut your losses and get rid of the infected plant, said John Saltiel, lead horticulturist at Smithsonian Gardens. Though he noted that you might make an exception for particularly valuable plant specimens.

Removing afflicted plants can help protect their healthy neighbors. "Those pests can spread to another plant nearby that is an alternative host for the pest," Saltiel said.

To safeguard your plants, it's critical to be proactive, he and other experts said. Here's what you can do to help avoid problems:

- Pick a good spot. Check your soil fertility before you plant. You should also make sure you're putting plants in the right place. For example, plants that typically grow better in cooler northern areas shouldn't be planted in the hottest part of your yard, Saltiel said.

Because stressed plants aren't as resilient against pests and diseases, set your plants up to be as healthy as possible.

"The pest will actually pick the plant that's stressed; they can sense whatever's going on," Saltiel said. "They're going to attack that one first."

- Give your plants some space. Crowding can contribute to pest and disease outbreaks, Kasson said. Managing weeds can also help because it increases air flow and reduces humidity around your plants, making it harder for pests and pathogens to thrive.


Taking an integrated approach to protecting your garden is key, he said.

"These small, subtle changes we make in trying to kind of optimize conditions in our gardens could have profound effects on the outcome," he said.



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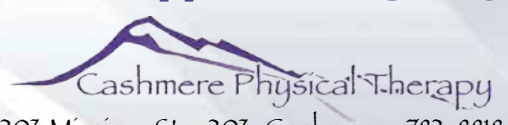
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Cashmere athletes shine in Spring Sports All-League selections

Cashmere Valley Record
Ward Media

CASHMERE - As the 2024 spring sports season comes to a close, the Caribou Trail League (CTL) has announced its all-league selections, with Cashmere athletes making a strong showing across multiple sports.

In girls tennis, senior Faith Kert was named the CTL Girls Tennis Player of the Year and earned a spot on the First Team for singles. Sophomore Freya Dronen also made the Second Team in singles. The Cashmere

girls tennis team, coached by Trevor Kert, secured the team championship title and the Team Sportsmanship Award. The boys tennis team, also coached by Trevor Kert, earned the Team Sportsmanship Award, with freshman Albin Eskew making the First Team in singles.

Cashmere's softball team dominated the All-CTL selections, with junior Kate Jacobson being named Player of the Year and earning a spot on the First Team as a first baseman and third baseman. Sophomores

Macie Zimmerman, Dina Schoengarth, and Tryniti Collum also made the First Team, while senior Anisa Gonzales, sophomores Reylin Boyd and Adi Poole, and junior Lily Wilson were named to the Second Team.

In boys golf, sophomore Landon Baker made the First Team All-CTL as a defender. Senior Juan Cacho, junior Jack Niederstadt, and sophomore Tom McDevitt also earned spots on the First Team, while senior Tyler Peterson and sophomore Jake Peterson were named to the Second Team.

The baseball team saw senior Caed Wilkinson named Player of the Year and earning a spot on the First Team All-CTL. Other Cashmere athletes on the First Team included senior Corey Knoll and junior Ivan Gonzalez, while senior Luke Fox made the Second Team.

Cashmere's track and field teams had a particularly impressive season, with Coach Jeff Kenoyer being named the CTL Coach of the Year. Senior Kaden Miller was named the Boys Track Event Athlete of the Year, earning First Team honors in both the 110m and

300m hurdles. Senior Raquel Pedraza was named the Girls Field Event Athlete of the Year, dominating in the shot put, discus, and javelin.

Other standout track and field athletes included freshman Brynne Patrick (First Team, 100m and 200m), sophomore Keenan Knoll (First Team, 800m), senior Michael Acton (First Team, triple jump; Second Team, pole vault), freshman Taylor Kunz (First Team, 100m hurdles and long jump), and senior Brianna Talley (First Team, triple jump). The Cashmere track

and field teams also excelled in the relays, with both the boys' and girls' 4x400m relay teams earning First Team honors.

The success of these Cashmere athletes across various sports demonstrates the strength of the school's athletic programs and the dedication of its coaches and students. As the school year concludes, the Cashmere community has much to be proud of in the realm of athletics, celebrating the hard work and achievements of these remarkable young individuals.

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10 years ago, I was traveling with my father to Italy. Maybe it was from something I ate when I was using up the food in my refrigerator before leaving for 2 weeks, or a stomach bug I caught from a seatmate on the flight from Seattle to London. Whatever it was gave me a sudden attack of diarrhea just as I was ready to leave on a bus tour to the town of Assisi, 3 hours away.

Luckily, I had packed a proven diarrhea remedy which came to my rescue that morning, allowing me to enjoy my day, taking in some truly amazing Italian art and scenery, instead of sprinting to Italian toilets!

My secret weapon against traveler's diarrhea is Imodium-AD®, also known by its generic name, loperamide. First introduced as a prescription medicine in 1976, loperamide has been available over the counter (OTC) for over a decade. It is a VERY effective medicine for acute diarrhea. It could even save your vacation like it did for me in Italy.

Loperamide can stop diarrhea in its tracks.

During digestion, your food eventually turns into a liquid mass of nutrients, ready to be absorbed into your body. There are muscles all along the inside of your intestines designed to work together, squeezing in a coordinated rhythm called peristalsis to move your food through your intestines.

This movement of your internal intestinal muscles moves the goopy mass first through your small intestine, then through your large intestine and colon, and out your rectum. Your body absorbs nutrients and water all along the way, with the leftovers eliminated as feces. The longer it takes the food to move through your intestine, the more water is absorbed into your body and the firmer your feces or stool becomes. If the food moves too slowly, you'll absorb too much water and your stool will become hard, causing constipation. If the food moves too quickly, your body won't be able to absorb much of the liquid, causing diarrhea.

When I came down with whooping cough some years ago, my doctor put me on a cough syrup containing codeine. It relieved the cough

enough to help me sleep but ended up giving me a new problem: constipation.

Constipation is a very common side effect of narcotic pain medicines like codeine, hydrocodone, and oxycodone because they slow down the movement of the muscles that line your intestine. Loperamide is closely related to these powerful painkillers and combats diarrhea the same way, by slowing down the movement of your intestinal muscles.

Loperamide doesn't relieve pain like its narcotic cousins. However, if you take enough of it you can delay the symptoms of narcotic withdrawal or even get "high". The Food and Drug Administration (FDA) has reported several incidences of people who, when taking four times the maximum recommended dose of loperamide experienced euphoria, confusion and heart palpitations.

Another medicine I always take with me when I travel is Pepto-Bismol® (bismuth subsalicylate) chewable tablets. Although not quite as powerful against diarrhea as loperamide, it helps relieve my nausea, stomach upset and stomach cramps.

Some people recommend taking probiotics for diarrhea, but when traveling, I prefer the immediate relief I can count on with Imodium-AD®. When I travel, I want to meet new people and see new sights, not spend my precious vacation time inside bathrooms.

Here Are 6 Tips on Treating Diarrhea When Traveling:

1. Pack at least one diarrhea remedy and keep it close at hand.

I never travel without taking both Imodium-AD® tablets and Pepto-Bismol® chewable tablets, and I keep them where



I can get to them quickly.

2. Pepto-Bismol chewable tablets taste like wintergreen.

I prefer the chewable tablets of Pepto-Bismol, but if you hate the taste of wintergreen, buy the non-chewable tablets instead.

3. Pepto-Bismol turns your stools black.

Beware: bismuth subsalicylate will turn your stool a dramatic charcoal-black color, which can be quite alarming if you don't expect it.

4. Don't overdo loperamide.

The maximum dose of 8 tablets of Imodium-AD (loperamide) in a 24-hour period should be plenty to do the job. Start with 2 tablets after your first loose stool and then only one tablet after each loose stool after that. For more relief, you can take both loperamide and Pepto-Bismol® (bismuth subsalicylate) together. If that doesn't help, seek medical attention.

5. Some types of diarrhea need immediate medical attention.

If you have bloody diarrhea, experience both vomiting and diarrhea for more than 24 hours, or have severe abdominal pain with diarrhea, don't wait; seek medical attention right away.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ♥2024 Louise Achey



STOCK PHOTO

Library

Continued from page A1

been requested and books they think the kids will like.

"We really focus on bringing in diverse books for them to be able to relate to or find something of themselves in," Schuringa said.

Kids share about the books they have read in the last month and make recommendations to their classmates.

"It's pretty awesome to hear kids talking books with each other and sharing what they like and what they don't like," Campbell said.

Books are very important to the kids because that is the only thing they are allowed to do in their rooms.

After books, they move into their activity.

STEM activities have included coding robots, Legos, and 3D printing. Sometimes, a speaker will visit to talk to the kids. Once, a local author conducted a writing workshop.

They have made dominos out of resin, air-dry clay ornaments, and large snowflakes that Evans and Schuringa brought back to the library for winter decorations.

"And then this is the second year in a row we'll be doing a mental health-centered activity," Schuringa said. "So last year, we created a word cloud and had the kids talk about their like, What's one word that you would describe yourself? A positive thing about yourself?"

"They're (Chelsea and Molly) pretty amazing," Campbell said. "And I think they get a lot out of it, too. I mean, I really think they like coming in. When people show up for these kids, and they're consistent, and they care, and they talk, and they're interested, that means a lot to the kids."

"My favorite part is that these kids, these students, are seeing how creative they are and how kind they are and how much potential they still have in them," Schuringa said. "They're all really beautiful souls. So I just really enjoy

each and every one of them."

"That's basically what I love, talking to them and getting to know them," Evans said. "They're such amazing kids. When I think of them, I just, I think, you know, smart and friendly and funny and engaging and generous. And they're so engaged in every activity that we've brought, and they surprise me every time, so just spending time with the kids and getting to know them (is her favorite part)."

Evans and Schuringa both have particular things that they hope the kids get out of their time with them.

"They let us know that they appreciate us; they thank us many times every time we go," Evans said. "And I think that having positive interactions with adults is just probably meaningful in itself in addition to their amazing teacher and ParaPro and the staff there, too."

"And we, I mean, well, we obviously think they're awesome," Evans said. "And we're excited to be there, and so I hope that they can tell that we care about them and we're rooting for them."

"We're invested in their wellbeing and their futures and then also making sure they know they have a safe and welcoming place to come, if they get out, at the library and inviting them here," Evans said. "And even if they're not going to get out, the library is coming to them. Important enough to us that we want to make sure that they have library services."

"I think that they have a lot of uncertainty in their future, and giving them the knowledge that the library is a safe space that they can come to, ask questions without any biases and that we're really eager to see them succeed in whatever next steps they take," Schuringa said.

With any job there are peaks and pits or highs and lows. Evans and Schuringa shared their peaks and pits of doing outreach at the Chelan JDC.

For Schuringa, her peak was watching a student feel success and pride with 3D printing and

the software used to create the objects.

"And the pit was seeing this specific student's, seeing their trial date be pushed back and pushed back and pushed back until they became an adult and then were tried as an adult," she said.

"I have a story that happened recently, a teen, which is like a full circle story because the teen came into the library, and I could tell they wanted to talk in particular to me, and then once we started talking, I realized it was someone that Molly and I had seen at the juvenile detention center a year ago, and they remembered both of us they remembered everything about the visit," Evans said.

The student remembered making zines and even what their classmates drew in their zines. She said they remembered a particular book and how much they appreciated it.

"It was a really nice conversation," Evans said.

"They got a library card, and then I let them know that the zine project was really popular here, and library patrons took so many of them, and I still use them as examples, and they were like, 'Do you still have it?' And I say yes," she said. "And so I went and got the one that they had created and brought it to them, and they were so excited. They were still so proud of what they had created and showed everyone they were with. And it was a very happy moment."

"For me, it's just every time I go, I can see in their faces, sometimes it's important enough to just see them and Chelsea's story after she told me that story, I was like, yeah, it's just important to just go and show up and see, like, just be there. Sometimes that's enough," Schuringa said. "And just sharing in whatever moment that we have with them. Then they get to come back in and know that this, that the library, is a space for them."

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



COURTESY OF CASHMERE FFA

The Cashmere FFA Milk Quality Team won first place at the State FFA competition this spring. Pictured left to right are: Aztlan Oropeza, Anna Flick, Brianna Castro, Lexi Lutton, Sophie Hill and FFA Advisor Rusty Finch.

FFA

Continued from page A1

outscored 35 other teams by a margin of over 170 points. Brianna Castro led the team as the individual State Champion, with Sophie Hill, Aztlan Oropeza, Anna Flick, and Lexi Lutton rounding out the winning squad.

The chapter's success extended beyond these two teams, with nine teams placing in the "Elite 8" and 21 students earning top ten individual finishes. Freshmen

Kaelee Cox and Amelia Flick made their mark, placing 4th and 6th, respectively, in the Creed Speaking competition. The Freshman Novice Parliamentary Procedure Teams also had a strong showing, finishing 3rd and 7th in the State Finals.

Three Cashmere FFA seniors - Ivette Alvarado, Dru Heyen, and Kira Potter - were awarded their State FFA Degrees, a significant accomplishment requiring extensive involvement in agricultural education and leadership activities.

To support the National Teams, Cashmere FFA will host its Annual Prime Rib Dinner on Saturday, October 5. The community is invited to attend and celebrate the chapter's achievements while helping to fund its journey to the National FFA Convention.

With their outstanding performance at the State Convention, Cashmere FFA is poised for success on the national stage, showcasing the talent and dedication of their members and the strength of their agricultural education program.

NOAA

Continued from page A1

Wenatchee Basin Fish Barrier Removal Project, which is a continuation of a longstanding effort to improve access to high-quality fish habitat in the Wenatchee watershed.

In total, 46 recipients across the nation were chosen for \$240 million in funding this year and an additional \$38 million in funding in future years.

As Chair of the Senate

Committee on Commerce, Science, and Transportation, Senator Maria Cantwell (D-WA) helped secure \$2.855 billion in the Bipartisan Infrastructure Law for programs that could fund salmon and ecosystem restoration. This included her \$1 billion National Culvert Removal, Replacement, and Restoration Grant Program, which funds culvert removal to improve fish passage.

"Habitat restoration works, and these projects will

help boost the salmon and steelhead runs our tribes and our regional economy depend on," said Sen. Cantwell. "These grants will make lasting and meaningful improvements to habitat, including for Puget Sound Chinook stocks that orcas need to thrive. Removing fish barriers will also boost endangered Upper Columbia River Chinook and threatened Upper Columbia steelhead."

Taylor Caldwell: 509-433-7276 or taylor@ward.media

Icicle Creek

Continued from page A1

irrigation from an open gravity-fed canal system to an enclosed, pressurized pipeline. It will move the diversion point on Icicle Creek 2.6 miles downstream, separating it from the Leavenworth National Fish Hatchery. These changes are projected to restore 11.9 cubic feet per second of streamflow to the creek's lower reaches.

Low streamflows have been

a chronic issue in Icicle Creek, and they stand to worsen with climate change. The COIC project is the first of several planned initiatives under the Icicle Strategy, a regional water management plan to improve flows for fish and wildlife.

"This project will be the first big step toward meeting the instream flow goal," said Mike Kaputa, director of Chelan County Natural Resources, which is

overseeing construction. "Our goal is to meet the water needs of all users, including fish, agriculture and domestic supply."

The bulk of the project's \$9 million budget comes from state and federal grants. In-stream construction work is slated for August, with pipeline installation to follow in the fall. The aim is to have the new irrigation system online for the start of the 2025 growing season next May.

Upper Valley Church Guide

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

	Leavenworth
	<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>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout leavenworthmc.org leavenworthmc@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 Jenson, Pastor https://www.ficleavearth.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. 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>
	Cashmere
	<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>CHRIST CENTER Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 christcentercashmere.com</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>
	Dryden
	<p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 509-782-2935 Sunday Worship at 11 am. • Prayer Meeting Wed. at 6 pm. Pastor 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.midvalleybaptist.org</p>
	Peshastin
	<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.com www.newlifeleavenworth.com</p>
	Plain
	<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

Conflict Resolution
509 521 6441
NCW
Mediation
Chelan & Manson

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.

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.

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

General Interest

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, truck, boat, RV and more to support our veterans!
Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-877-225-8568 today!

Employment

Help Wanted

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:
• Food Service Cook/Baker 7hrs per day M-F
Position starts this fall (9 months per year) Full benefits
Fast Track application process and information can be found on our website at www.cascadesed.org EOE

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:
• Icicle River Middle School Resource Room Teacher
Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Help Wanted

DOUGLAS COUNTY P.U.D.
Douglas PUD has an opening for:
Hatchery Specialist
Details at www.douglaspu.org

DOUGLAS COUNTY P.U.D.
Douglas PUD has an opening for:
Student Intern – Civil Engineer
Details at www.douglaspu.org

CITY OF LEAVENWORTH
THE BAVARIAN VILLAGE WA
The City of Leavenworth is hiring for the summer pool season!
Assistant Pool Manager Must be 18 or older.
Must have lifeguarding experience. \$23.00 - \$27.20 per hour
Details at cityofleavenworth.com/employment/. EOE

Part Time Experienced Cook wanted. Leavenworth Senior Center.
Prepare home cooked style meals for 20-25 people on Wednesdays. Must be able to plan menus, purchase food and supervise helpers. Please submit resume to Leavenworth Senior Center, PO Box 1033, Leavenworth, WA 98826

Public Notices

Note Amount: \$255,123.00
Interest Paid To: 5/1/2023
Next Due Date: 6/1/2023
IV. The sum owing on the obligation secured by the Deed of Trust is: Principal \$189,880.93, together with interest as provided in the note or other instrument secured from 5/1/2023, and such other costs and fees as are due under the note or other instrument secured, and as are provided by statute.
V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. The sale will be made without warranty, express or implied, regarding title, possession, or encumbrances on 6/28/2024. The default(s) referred to in Paragraph III must be cured by 6/17/2024, (11 days before the sale date) to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 6/17/2024 (11 days before the sale) the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 6/17/2024 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance paying the entire principal and interest secured by the Deed of Trust, plus costs, fees, and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults.
VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower and Grantor at the following addresses:
NAME ADDRESS
REBECCA MARIE HURD 311 MARIE AVE WENATCHEE, WA 98801
STEVE CAMARILLO AKA STEVEN CAMARILLO 311 MARIE AVE WENATCHEE, WA 98801
by both first class and certified mail on 1/18/2024, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served 1/18/2024, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting.
VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale.
VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above described property.
IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale.
X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants and tenants. After the 20th day following the sale the purchaser has the right to evict occupants and tenants by summary proceedings under the Unlawful Detainer Act, Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060.

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

Real Estate
Boat Slip For Sale

\$139,500

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

Vehicles

Campers, Trailers & RVs

Like New Tent Trailer For Sale:

2017 Rockwood 1640 LTD eight-foot tent trailer.
Queen and full beds, heated mattresses. Three-way fridge, two-burner carry-out range and BBQ. Furnace. Awning. Motorized Lift. Always garaged. \$8,000 or best offer. 509-679-4619

2017 Rockwood 1640 LTD eight-foot tent trailer.
Queen and full beds, heated mattresses. Three-way fridge, two-burner carry-out range and BBQ. Furnace. Awning. Motorized Lift. Always garaged. \$8,000 or best offer. 509-679-4619

Public Notices

Legals
Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of SANDRA ROSE GIBBS Deceased.
No. 24-4-00167-04 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: May 29 th , 2024
ADMINISTRATOR: Stephanie Gibbs
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. 24-4-00167-04 Overcast Law Offices By: /s/Kera Dexter, WSBA No. 58486 Attorney for Administrator Published in the Cashmere Valley Record/Leavenworth Echo on May 29, June 5, 12, 2024. #7870

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In re the Estate of THOMAS DECHENE Deceased.
NO. 24-4-00178-04
NOTICE TO CREDITORS
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: May 29, 2024
Personal Representative: Leesa Myrbo
Attorney for the Personal Representative: Kyle D. Flick
Address for Mailing or Service: 222 South Mission Street, Wenatchee, WA 98801
Court of probate proceedings and cause number: Chelan County Superior Court, Cause No. 24-4-00178-04
DATED this 24th day of May, 2024.
LAW OFFICE OF KYLE D. FLICK, P.S.
By _____ KYLE D. FLICK, WSBA #14963
Attorney for Estate
Published in the Cashmere Valley Record/Leavenworth Echo on May 29, June 5, 12, 2024. #7898

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• Leavenworth Echo • Lake Chelan Mirror
• Quad City Herald

Public Notices

THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME.
You have only until 90 calendar days BEFORE the date of sale listed in this Notice of Trustee Sale to be referred to mediation. If this is an amended Notice of Trustee Sale providing a 45-day notice of the sale, mediation must be requested no later than 25 calendar days BEFORE the date of sale listed in this amended Notice of Trustee Sale. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help.
SEEKING ASSISTANCE - Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following:
The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Telephone: 1-877-894HOME (1-877-894-4663)
Web site: <http://www.dfi.wa.gov/consumers/homeownership/>
The United States Department of Housing and Urban Development: Telephone: 1-800-569-4287
Web site: <http://portal.hud.gov/hudportal/HUD>
The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys Telephone: 1-800-606-4819 Web site: <http://www.ocla.wa.gov/>
This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation.
DATED: 02/20/2024
North Star Trustee, LLC, as Trustee
Lisa Hackney, Vice President of Trustee Operations
Address for service: North Star Trustee, LLC 6100 219th ST SW, Suite 480 Mountlake Terrace, Washington 98043
Trustee Phone No: (206) 866-5345
Trustee Fax No: (206) 374-2252
Beneficiary / Servicer Phone: 317-537-3821
STATE OF WASHINGTON)
) ss.
COUNTY OF SNOHOMISH)
I certify that I know or have satisfactory evidence that Lisa Hackney is the person who appeared before me, and said person acknowledged that (he/she) signed this instrument, on oath stated that (he/she) was authorized to execute the instrument and acknowledged it as the Vice President of Trustee Operations of North Star Trustee, LLC to be the free and voluntary act of such party for the uses and purposes mentioned in the instrument.
Dated: 02/20/2024
Kellie Barnes
NOTARY PUBLIC in and for the State of Washington, residing at Lynnwood, WA
My commission expires 6/10/2024
EPP 39460 Pub Dates 05/29 & 06/19/2024
Published in the Leavenworth Echo/Cashmere Valley Record on May 29 and June 19, 2024. #7340

Public Notices

NOTICE OF TRUSTEE'S SALE
Grantor: STEVEN CAMARILLO, A SINGLE MAN WHO ACQUIRED THE TITLE AS STEVE CAMARILLO AND REBECCA MARIE HURD, A SINGLE WOMAN, AS JOINT TENANTS WITH RIGHTS OF SURVIVORSHIP
Current beneficiary of the deed of trust: Freedom Mortgage Corporation
Current trustee of the deed of trust: North Star Trustee, LLC
Current mortgage servicer for the deed of trust: Freedom Mortgage Corporation
Reference number of the deed of trust: 2541121
Parcel Number(s): 222005935090
I. NOTICE IS HEREBY GIVEN that the undersigned Trustee, North Star Trustee, LLC will on 6/28/2024, at 10:00 AM at the main entrance Chelan County Courthouse, 350 Orondo St, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable at the time of sale, the following described real property, situated in the County of Chelan, State of Washington, to-wit:
LOT 5, BLOCK 2, WEST PARK ADDITION, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 5 OF PLATS, PAGE 44.
Commonly known as:
311 MARIE AVE WENATCHEE, WASHINGTON 98801
which is subject to that certain Deed of Trust dated 2/18/2021, recorded 4/9/2021, as Instrument No. 2541121, Loan Modification recorded April 19, 2023, as instrument number 2580509 records of Chelan County, Washington, from STEVEN CAMARILLO, A SINGLE MAN WHO ACQUIRED THE TITLE AS STEVE CAMARILLO AND REBECCA MARIE HURD, A SINGLE WOMAN, AS JOINT TENANTS WITH RIGHTS OF SURVIVORSHIP, as Grantor(s), to FIRST AMERICAN TITLE INSURANCE COMPANY, as Trustee, to secure an obligation in favor of Mortgage Electronic Registration Systems, Inc. ("MERS"), as designated nominee for FREEDOM MORTGAGE CORPORATION, beneficiary of the security instrument, its successors and assigns, as Beneficiary, the beneficial interest in which was assigned to Freedom Mortgage Corporation, under an Assignment recorded under Auditor's File No. 2586495.
II. No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust.
III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears:

PAYMENT INFORMATION			
FROM	THRU	NO.PMT	AMOUNT
TOTAL			
6/1/2023	06/30/2023	1	\$1,752.90
\$1,752.90			
7/1/2023	03/01/2024	9	\$1,740.92
\$15,668.28			
Corporate Advances:			\$1,939.17
LATE CHARGE INFORMATION			TOTAL
TOTAL LATE CHARGES			\$143.73
PROMISSORY NOTE INFORMATION			
Note Dated:			2/18/2021

Kid Scoop® .COM

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Puzzle answers, recipes, videos and more at www.kidscoop.com

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Kid Scoop Together

Shadow Path

Work with a family member to see how a shadow changes throughout the day.

Hand Shadow Puppets

Creating the shapes of animals, trees and faces using hand shadows is fun and sometimes challenging. You'll need a dark room and a flashlight or small desk lamp. Then, try to create some of the hand shadows on this page. See if you can make your hand shadow puppets speak or move realistically. It takes some practice!

Standards Link: Follow visual cues.

Match the hands to each of the animal shadows.

Can you create these shadow animals? Give it a try!

Standards Link: Find similarities and differences in common objects.

How many differences can you find?

Extra! Extra! Comical Shadows

Look in the newspaper comics and find a character you like. On a piece of construction paper, carefully draw the character's outline. Cut out the shape and tape it to a popsicle stick. Use a flashlight to project its shadow on the wall and see if your friends and family members can recognize the character.

Standards Link: Reading Comprehension: Follow simple written directions.

Kid Scoop® Puzzler

Look carefully! Can you find each flashlight's exact twin?

Standards Link: Find similarities and differences in common objects.

Double Double Word Search

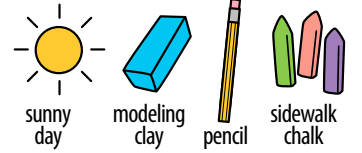
- ANIMALS
- CREATE
- CUT
- DRAW
- FIND
- FLASHLIGHT
- FUN
- HAND
- LAMP
- MOVE
- PAPER
- PUPPETS
- SHADOW
- TAPE
- WALL

Find the words in the puzzle. How many of them can you find on this page?

T	H	G	I	L	H	S	A	L	F
S	J	M	W	D	F	U	N	S	L
L	D	O	T	N	R	S	K	T	C
A	W	J	S	A	Z	A	P	E	R
M	M	A	V	H	P	M	W	P	E
I	O	B	L	W	A	E	K	P	A
N	V	H	C	L	M	D	I	U	T
A	E	V	D	N	I	F	O	P	E
C	U	T	R	E	P	A	P	W	A

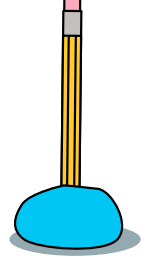
Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

STUFF YOU'LL NEED:



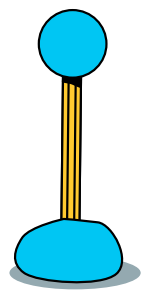
STEP 1

Make a ball of clay and place it on the cement outside. Stick the pencil in the clay so it stands upright.



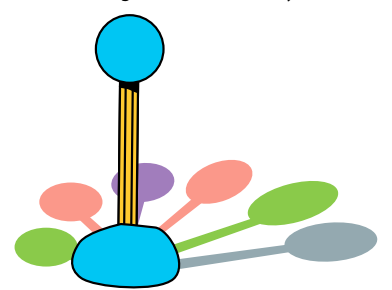
STEP 2

Make another small ball of clay. Stick it on the top of the pencil.



STEP 3

Starting at 1:00 p.m., use sidewalk chalk to trace the shadow. Trace it once an hour for six hours to show how the shadow moves and changes as the sun gets lower in the sky.



Standards Link: Follow multiple-step directions.

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Kid Scoop VOCABULARY BUILDERS

This week's word: **CREATE**

The verb **create** means to make something.

I was able to **create** a small cow out of modeling clay.

Try to use the word **create** in a sentence today when talking with your friends and family members.

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