



Jive Time in the Cascades' returns

Fundraising concert features big sounds, classic favorites

By NEVONNE McDANIELS
CMF Administrator

LEAVENWORTH - It's all about the jazz and the brass, the bass, and the big band sounds. Sept. 17 at Jive Time in the Cascades, a Cascade Medical Foundation fundraising concert at Snowy Owl Theater. The Wenatchee Big Band, a 20-piece jazz orchestra ensemble with members ranging in age from 17 to 82, returns to center stage for this year's event, bringing a set lineup that includes swing and jazz standards and popular crowd favorites.

"The Wenatchee Big Band is looking forward to the opportunity to play and support a very worthy cause," said Tim Zanol, the band's manager, and bass trombonist. Proceeds from the concert, sponsored by Kahler Mountain Club, will be used in the Foundation's mission to enhance, and financially support Cascade Medical.

"Audiences get a chance to hear a live band playing all sorts of big band jazz, from the big band heyday to the most modern big band jazz being performed," Zanol said.

Raising money while listening to great music is a pairing that's hard to beat, said event organizer and Foundation Board Chairperson Shannon Keller.

"People can come as they are and just sit and listen, or don their dancing shoes," Keller said. "It amazes me how those sounds of yesteryear — and the sounds reminiscent of the Glenn Miller era — draw people of all ages." This is the concert's second year. Last year's debut event attracted a fun crowd, Keller said. The hope is to continue its success this year.

Returning this year is a "Buy-It-Now" board, featuring deals on gifts cards and gift packages donated by local businesses. The offering gives concertgoers a chance to shop and support



Wenatchee Big Band returns to the stage for this year's Jive Time in the Cascades fundraising concert Sept. 17 at Snowy Owl Theater.

the work of the Foundation. Additional sponsorship opportunities also are available. Call the Foundation office at 509-548-2523 or email foundation@cascaedmedical.org for details.

Concert tickets are \$40, available at the Icicle Creek Center for the Arts box office (icicle.org) or at the door. The Snowy Owl Theater is at 7409 Icicle Road, Leavenworth. The doors for the concert open at 6 p.m., with music starting at 6:30 p.m.

A pre-concert social from 4:30 to 6 p.m., featuring a gourmet charcuterie table by Modern Mountain Creations, is available for \$25. The "grazing table" will be packed with meats, cheeses, nuts, fresh fruits and so much more. Tickets, at icicle.org, must be purchased in advance.

The concert is one more way the Foundation brings the community

together while supporting its fundraising mission. In June, the Foundation's Marson and Marson Cascade Golf Classic raised more than \$46,000 for a cardiac rehabilitation center at Cascade Medical.

"Events like these help the Foundation fund critical needs for us and, in turn, we're able to continue to provide high quality care to our community," said Cascade Medical CEO Diane Blake. "We're so fortunate and grateful for our community's support — it really takes us all, working together, for a healthier community."

"We are basically the same type of band, but with many personnel changes," said Zanol, who has been involved from the get-go. "I'm a semi-retired pro," he said, who joined because he wanted to keep playing.

He is still having fun, he said. He also enjoys the band's sense of family, some of which comes from the varied demographic of its members.

One of the founders' tenets was to allow high school students to play in a more adult setting, Zanol said. That still holds today. Wenatchee Valley College students can earn credit for participating and the band is also offered as a continuing education course.

Listeners seem to enjoy the band's sound as well.

"Audiences get a chance to hear a live band playing all sorts of big band jazz, from the big band heyday to the most modern big band jazz being performed," Zanol said. "Once in a while we have a concert setting, but not often. Usually dancing is encouraged."

Join Senator Hawkins for his seventh annual listening tour



COMMUNITY VOICES
By BRAD HAWKINS

As your state senator, it is very helpful for me to hear directly from you, but I know it can be difficult to come to Olympia during the legislative session. That is why I created an annual 12th District "listening tour" after my first election to the Senate seven years ago. These

listening tours have really helped me hear directly from constituents on issues important to your communities, and the discussions each fall prepare me for the legislative session.

Seventh annual listening tour: September 5-8

This year's 12th District listening tour will be split between the traditional areas of the 12th District and the new areas of the district resulting from last year's state redistricting. The first portion of the tour will take place on Tuesday, September 5 for Chelan County and East Wenatchee residents. The remaining tour will take place September 6-8 in the King and Snohomish counties portion of the new 12th District. Past listening tours have taken me throughout the 12th District and helped connect me with issues important to all communities of the district, such as Leavenworth, Cashmere, Quincy, Wenatchee, East Wenatchee, Pateros, Twisp, Chelan, Grand Coulee, Bridgeport, Waterville, Rock Island, Mansfield, and Mazama. Many of these areas are no longer within the 12th District boundaries, which is why this year's stops include visits for Wenatchee and the recently added communities of the district. It is always helpful to hear directly from you, the people I serve, on issues important to your community.

September 6-8 "listening tour" in new areas

With last year's redistricting changes, the 12th District has added many communities. The new 12th District boundaries include much of East Wenatchee, all of Chelan County, and portions of Snohomish County (Index to Monroe) and King County (North Bend to Duvall). Approximately half of the population of the new areas include the cities of North Bend, Carnation, Sultan, and Monroe with the other half of the new area located in unincorporated King and Snohomish counties. A new feature of the new 12th District is the Cascade Mountains, including Snoqualmie Pass and Stevens Pass. I have worked hard throughout the year to outreach to all communities in the district and will continue my efforts by dedicating a good portion of this year's listening tour to westside communities.

How do you feel about tourism in Chelan County?

Newly released, online survey crucial to development of destination plan

Submitted by JERRI BARKLEY

Executive Director, Visit Chelan County

WENATCHEE - How happy are you, as a local resident, with tourism in Chelan County? Do you see where improvements can be made? Do you have concerns about the industry's impact on our local way of life? What are we missing, here in Chelan County?

Visit Chelan County, a newly formed destination marketing and stewardship organization, seeks answers to these questions and more as the organization develops a long-term Destination Stewardship Plan for tourism in the region.

Visit Chelan County is asking area residents to complete an online survey that was posted earlier this week. The survey can be found at www.surveymonkey.com/r/ChelanCountyCommunitySurvey and takes about 15 minutes to complete. It is open through Oct. 8, and is also available at www.visitchelancounty.com.

"In developing the Destination Stewardship Plan, our goal is to gather and listen to all voices so we can create a shared vision for not only making Chelan County an even better place to live and work but also keeping it an appealing place to visit," said Jerri Barkley, executive director of Visit Chelan County. "Your participation will help guide our needs for stewardship and sustainability, ensuring that we protect and support our natural assets and the environment that makes our county so special."

A 10-year roadmap for tourism development, the Destination Stewardship Plan aims to provide a framework for responsible tourism development and promotion in Chelan County; its goal is to enhance the quality of life for residents as well as visitor experiences across the county.

The community survey includes questions about not only where participants live and how they feel about tourism, but also how it impacts them personally, what changes or improvements they would like to see and how they envision tourism in the area in the next five to 10 years.

A second survey, targeted at stakeholders, is also being distributed directly to a mix of tourism industry leaders, community leaders, government officials and customers. Information gathered by both efforts will be shared with the Chelan County Lodging Tax Advisory

Committee, which coordinates the Visit Chelan County campaign, to use when prioritizing local tourism investments in the near future and beyond, Barkley added.

Barkley encourages the public to complete the online survey and have a voice in the future of tourism in Chelan County. "When we talk about responsible tourism promotion, we aren't focused only on the visitor's experience," she said. "The concerns and priorities of our local residents also will play heavily in the plan's development."

Visit Chelan County is the newly formed destination marketing and stewardship organization that is responsible for the promotion and management of tourism in the unincorporated communities in Chelan County. For more information, visit www.visitchelancounty.com. Or call 509.699.8555

Chelan PUD commissioners update crypto, data center rates

Submitted by RACHEL HANSEN

Chelan PUD commissioners unanimously approved rate changes for crypto miners and data center customers Monday, August 21. Effective February 2024, rate 36 customers will pay a cost-of-production energy charge until collectively, they reach 10 megawatts (MW). Cryptocurrency and data centers currently use about 9 megawatts with another half megawatt anticipated later this year. When their collective energy needs exceed 10 MW, the rate will reflect a market energy charge.

The new rate structure also includes several requirements intended to address the risks of these uses, and to protect residential rates and other rate classes from the associated impacts. The changes include:

- A size limit of 3 MW per service point for rate 35 and 36 customers.

- Data centers are included in rate 36.
- Limits on where new services can be located to preserve the capacity and operability of substations and distribution equipment.
- Interruptability. For example, if there's an outage or some other issue with the electrical grid, Chelan PUD would prioritize continued service to other customer classes first.
- Security deposit up to 3 months of the estimated bill. Rate 35 and 36 customers will also continue to pay an upfront capital charge.

"These proposed changes represent a fair shake," said Commissioner Steve McKenna. "We're offering a rate structure that doesn't shut out small operations, with safeguards to prevent this type of customer from impacting

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Landlord and tenant fire safety

Submitted by WA STATE FIRE MARSHAL'S OFFICE

OLYMPIA - According to a Washington housing data report, there are over 3 million housing units in the state of Washington. Of those, more than 1 million are rentals. Renters make up 36% of the housing market in our state.

In 2022, Washington State reported over 8,000 fire incidents in residential properties. As a landlord or a renter, it is important to be familiar with the requirements of RCW 43.44.110, which speaks to smoke detection devices in dwelling units.

The SFMO urges landlords and renters to be familiar with fire alarm requirements:

- Rental units must have working smoke alarms.
- Checking with local fire or building departments for information about state laws and local ordinances on smoke alarm installation and maintenance.

- Landlords must ensure smoke alarms are installed in the rental unit prior to the tenant occupying the space.

- Renters must maintaining the smoke alarms in operable condition, following the smoke alarm manufacturer's specifications.
- Ensuring smoke alarms are installed in every bedroom, outside of each separate sleeping area, and on every level of the home or unit. This includes any basements.
- Testing smoke alarms at least once a month.
- Replacing smoke alarms when they are 10 years old from manufacturing date.
- Making sure rental agreements include the maintenance of smoke alarms.

For more information, contact the State Fire Marshal's Office at 360-596-3929.

Meet with me in-person or by video conference

While I am looking forward to in-person meetings for this year's listening tour, group meetings can still take place by Zoom or as traditional conference calls. My office will schedule the meetings approximately 20 minutes apart to accommodate as many groups as possible. If you are interested in an appointment, either in-person or via Zoom, please contact me at senatorbradhawkins.org or 360-988-3674.

Listening tour ideas successful in the Legislature

Hosting a listening tour each year allows me to hear directly from you in preparation for the upcoming session. Ideas shared during past listening tours have even turned into successful legislative action. As examples, a suggestion by Leavenworth officials to dispose of brush and yard clippings

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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 publisher@leavenworthecho.com.

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

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Guidelines for Submitting Press Releases and Stories

From the Publisher

As the proud new proprietors of the Wenatchee Business Journal, Leavenworth Echo, Lake Chelan Mirror, Cashmere Valley Record, and Quad City Herald, we are thrilled to continue serving our vibrant communities with accurate and engaging news coverage. Our aim is to provide our readers with insightful and pertinent information that resonates deeply with their interests and concerns. With this in mind, we've received numerous inquiries from community members regarding our criteria for press releases and article submissions. We're delighted to shed light on this aspect and offer guidance on how you can effectively contribute to our newspapers.

Clarity and Conciseness:

Communication is key. Make sure your content is clear, concise, and easily digestible for our diverse readership. Avoid using jargon or technical terminology that might alienate those not familiar with the subject matter.

Relevance: Our communities thrive on topics that directly impact their lives. When submitting your work, focus on subjects that are relevant to our readers' interests and needs. Illustrate how the information you're presenting can bring about positive change within our local neighborhoods.

Accuracy and Fact-Checking: Truthfulness is paramount. Verify all facts, figures, and details before sharing your content.

Maintaining accuracy is fundamental in upholding the trust we've built with our readers over the years.

Engaging Narrative: Craft your press release or story with an engaging narrative that captivates our audience. Stories

driven by anecdotes or real-life instances help convey the significance of the information you're conveying.

Quote-Worthy Content: Infuse your submission with quotes from key individuals whenever possible. This personal touch provides insights that resonate with our readers on a human level.

Contact Information: Don't forget to include your contact information in your submission. This ensures that our editorial team can connect



TERRY WARD

with you should further information or clarification be required.

Editing and Revisions: Flexibility is appreciated. Be open to potential edits and revisions from our editorial team, as we aim to maintain

a consistent style and tone throughout our publications.

Timeliness: If your submission pertains to time-sensitive matters, indicate the relevant timeframe. This allows us to prioritize accordingly and ensure our readers receive the information when it matters most.

High-Quality Images: Visuals enhance understanding. If appropriate, include high-quality images that complement your content. Make sure you have the

necessary permissions to use any images provided.

Submission Process: To submit your press release or story for consideration, kindly email it to news@ward.media. Our editorial team will carefully review your submission and may reach out for additional information or clarification.

We extend our heartfelt gratitude for your eagerness to contribute to our community newspapers. By adhering to these guidelines and best practices, you play an integral role in upholding the caliber and relevance of the content we deliver to our readers. We're excited to delve into your submissions and look forward to the valuable insights you'll bring to our publications.

Warm regards,
Terry Ward, CEO & Publisher Ward Media

Which nose spray is best for hay fever?

Pollen and animal dander can trigger sinus pressure, nasal congestion, watery eyes, runny nose, and sneezing. Years ago, these symptoms were called "hay fever" because they were much more common during the late spring and summer when hay was harvested. These days, doctors refer to them as allergic rhinitis.

Saline nose drops or spray can help liquefy mucus and relieve stuffiness. Add ½ teaspoonful of salt to 1 cup of distilled or boiled tap water to make your own saline. Adding a pinch of baking soda makes it sting less.

Decongestant nose drops and sprays such as Afrin® (naphazoline) and Neo-Synephrine® (phenylephrine) relieve nasal congestion by rapidly shrinking the blood vessels in your nose, reducing swelling. However, there's a catch: they often stop working after several days of continuous use, which is called rebound.

Some people use decongestant nose sprays for months without getting rebound stuffiness. In contrast, others have problems after

only a few days of regular use. Decongestants often increase blood pressure. Avoid decongestant nose sprays entirely if you have high blood pressure or a heart condition.

Steroid nose sprays decrease inflammation and help ease sneezing, sniffing, and stuffiness. Several options are available without a prescription, dosed as 1-2 sprays once daily or 1 spray twice a day. However, steroid sprays can take several days to get complete relief, while decongestant nose sprays work within minutes.

A new type of rapid-acting nasal spray is now available without a prescription. Astepro® nasal spray starts working faster than steroid nasal sprays.

When you come in contact with something you are allergic to, it triggers a chain reaction of redness, swelling, and itching. This reaction is engineered by a chemical called histamine.

Your body stores histamine in special cells called mast cells. They are found in high concentrations in your eyes and nose. When exposed to

something you are allergic to, these mast cells open up, releasing the stored histamine. This triggers an allergic reaction.

Some medicines, called mast cell stabilizers, block allergic reactions by keeping histamine safely locked up inside your mast cells. Astepro® nasal spray contains a mast stabilizer called azelastine. Azelastine does more than that; it is also an antihistamine. Azelastine not only prevents histamine release but also blocks its action.

Astepro® can be used in addition to other nose sprays for allergic rhinitis.

7 Tips for Getting the Most Out of Your Nose Spray:

1. Try a steroid nasal spray first.

The most potent treatment for allergic rhinitis is a steroid nose spray. There are several products available without a prescription: Nascort Allergy 24-Hr® (triamcinolone), Flonase Allergy Relief® (fluticasone), Rhinocort® (budesonide), and Nasonex® 24HR Allergy (mometasone).

2. Start your steroid or Astepro® nose spray as soon as possible, even before exposure.

It can take several days or longer before getting

the maximum effect from a steroid nasal spray. Astepro® (azelastine) starts working faster but may not be as effective as a steroid nose spray. Starting before exposure to your allergy triggers often helps them work better.

3. Limit decongestant nasal spray use to 3-5 days.

Decongestants like Afrin® work fast, but you should switch to a steroid nasal spray for more extended relief and to avoid rebound stuffiness. You can use a steroid nose spray with decongestants and azelastine together.

4. Shake steroid nasal sprays well and "prime" them before using.

Before you use it for the first time, shake the spray bottle gently, and then, while pointing it away from you, use the sprayer repeatedly until you see a fine mist appear. This usually takes 6-10 actuations. The bottle may be stored unused for up to 1 week without being primed again.

5. Aim it correctly.

To avoid irritation, aim the tip of a nose spray toward your ear, away from the tissue between your nostrils. Breathe gently while spraying. Snorting can carry the medicine down your throat instead of your nose.



6. Try a different one.

There are several different steroid nasal sprays, plus an antihistamine/mast cell stabilizer. Try another one if you don't get relief or experience side effects like nosebleeds.

7. Use saline nose drops for infants.

Using saline nose drops to relieve stuffiness is safer than decongestants and just as effective. Put 1-2 drops in each nostril, wait 15 minutes, and then use a small bulb syringe to suck out the liquefied goo.

For more severe symptoms, Nasacort Allergy 24-Hr® is safe for children as young as 2, and Astepro® is safe for children 6 and up.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-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. ©2023 Louise Achey*

Rep. Schrier and the Fentanyl Roundtable with Local Elected Officials, Law Enforcement, First Responders, and Community Members



CONGRESSWOMAN
KIM SCHRIER, M.D.
Serving the 8th District of Washington

Wenatchee - On Friday August 18, Representative Kim Schrier, M.D. (WA-08) hosted a roundtable discussion regarding fentanyl in Chelan County with Chelan County Commissioner Kevin Overbay; Wenatchee Valley Fire District Fire Chief, Brian Brett; Wenatchee School District Superintendent, Kory Kalahar; Chelan Douglas Health District Deputy Director, Kristen Hosey; Chelan Douglas Health

District Regional Emergency Response Coordinator, Kent Sisson; Wenatchee Police Department Chief, Steve Crown; Center for Drug and Alcohol Treatment Director, Loretta Stover; Chelan County Sheriff, Mike Morrison; and Director Chelan County Regional Justice Center, Chris Sharp. Following the event, Congresswoman Schrier addressed her work to combat this crisis.

Overdose deaths have tragically skyrocketed in Washington state. As a physician and a mother, Congresswoman Schrier understands the severity of this crisis and shares the concerns of parents throughout Washington state. In Congress, Rep. Schrier has worked to address the fentanyl crisis in Congress by:

- Voting for the HALT Fentanyl Act, which

passed the House of Representatives and designates fentanyl as a Schedule 1 drug.

- Cosponsoring the Invest to Protect Act, which became law last year and increased funding for small law enforcement departments.

- Signing onto a letter advocating for increased funding for border security. This year alone, federal agents have seized more than 19,000 pounds of illicit fentanyl at the border, already totally more than CBP intercepting in all of 2022. Representative Schrier joined her New Democrat Coalition colleagues in signing this letter.

- Introducing the bipartisan ALERT Parity Act, which would increase connection to emergency services for rural communities. Access to emergency services is critical in medical emergencies such as overdoses. This bill passed the House with overwhelming bipartisan support.

- Hosting town halls dedicated to informing parents and teens about the dangers of fentanyl and how to stay safe.

- Hosting a series of fentanyl roundtables to gather feedback from community members and local experts throughout the Eighth District.

September Wenatchee River Institute Events

SUBMITTED BY WRI

Birding by the River: Wednesday, September 13 from 8-9:30 a.m. Join WRI for Birding by the River happening the second Wednesday of every month. Join us for as many as you can. You'll walk around the WRI campus with knowledgeable WRI staff. All birding experience levels are welcome. Need binoculars? We have loaners.

Red Barn Event: Inspiring Community-driven Conservation Thursday, September 14 from 7-8 p.m. Join WRI and Trust For Public Land for the first Red Barn Event of the 2023-2024 season. Learn about the Upper Wenatchee Community Lands Plan, which

aims to add 35,000 acres of publicly owned land, reduce wildfire risk, and increase access to trails.

Cascades Track & Sign Evaluation with David Moskowit: Saturday, September 16 and 17. Spend two full days in the greater Leavenworth area, with professional wildlife tracker, naturalist, educator and author, David Moskowit. This class is a wildlife track and sign evaluation through CyberTracker North America. This class is an excellent way to learn, with the chance to achieve a certificate.

Red Barn Event: Fall Color Hikes with Tami Asars Friday, September 22 from 7-8 p.m. Join WRI and A Book for

All Seasons to welcome writer and nature photographer, Tami Asars. She will walk us through some of her favorite autumn hikes and colorful scenic drives from her latest book, *Fall Color Hikes: Washington*.

Bilingual Salmon Spawning Tour: Saturday, September 23 from 8:30-2 p.m. Join WRI and Chelan-Douglas Land Trust, and Cascade Fisheries on this driving tour to observe and learn about the last stages of a salmon's life. Education for this event will be bilingual in English and Spanish. Learn about the amazing world of fish and how fish need our help.

Hawk Watching with WRI: Sunday, September 24 at 8-3 p.m. Join WRI for a birding

trip to Sugarloaf Peak. Late September is a great time to observe migration of all types of birds, particularly hawks

and other raptors. You'll learn about these fascinating birds and their migration from two local birders.



COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-548-5286, email: Reporter@cashmerevalleyrecord.com

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).

Friday, no events

Saturday, no events

Sunday

CHURCH: See the church page for local service times and events.
Cashmere Farmers Market
 600 Cotlets Way, 9 a.m-1 p.m.

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 5:30 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.

Regional

Elder Speak: Journey to Wisdom Event - A Chance to Connect, Reflect, and Learn

Join us for an enriching afternoon that promises to illuminate your journey through life's complexities. The Elder Speak: Journey to Wisdom Event is scheduled for September 10, from 2 to 4 p.m., at the Snowy Owl Theater, Leavenworth. Esteemed community members Liz Saunders, Pat Turner, Andre Nowacki, Dick Ryan, and Julie Ryan will each share a personal experience from their lives and the profound wisdom they've gained from those moments. Their stories will resonate with you and offer insights that can shape your own journey. www.theripplefoundation.org

Leavenworth

Grand Opening of New Exhibit at the Greater Leavenworth Museum

The Greater Leavenworth Museum invites everyone to the Grand Opening of their new permanent exhibit: Šnpəšq'áwšəx': We Are Still Here from 1 to 5 p.m., Sunday, September 10. Cultural displays at the Gazebo in Front Street Park will feature P'squosa artisans, native plants and traditional uses, traditional basketry demonstrations, and guest speakers.

The Leavenworth Women's Exchange

The monthly luncheon meetings will resume on Wednesday, September 13, 12 p.m. at the Icicle Inn Restaurant, 505 Highway 2, Leavenworth. The cost is \$26.50 per person. Lunch buffet, beverage, tax, and gratuity are included. The 2023 Royal Lady of the Autumn Leaves, April Watson will share her experiences as this year's Royal Lady. LWE board members will also discuss the history and facts about our 38-year-old women's

group. Check or cash to LWE only. Since this is a catered event, any cancellations after Sept. 7 will be responsible for the cost of the lunch. To make your reservation, please contact Claire Burlingame, 509-548-7142 by Thursday, September 7.

Leavenworth Rotary Duck Race Fundraiser

Adopt a duck for the duck race on the river, Saturday, September 9. Duck drop 2 p.m. Blackbird Island bridge, West Bridge release and East Bridge catch. Only \$10 a duck to win money prizes. The proceeds will go to fund local community projects. View on the website at: leavenworthrotary.com

Leavenworth Library

Art show for Brian Strickland from now to Sept. 22. Brian was inspired to do art ever since he was 6 years old watching Bob Ross on TV. Over the years he has explored art in many forms including oil painting, chalks, music, poetry writing and culinary art. He served on the Anacortes Art commission and this year he started Wenatchee River Studio.

The Leavenworth Lions Club

Is serving up Breakfast in The Park each 2nd and 4th Saturday through September. Come enjoy hearty all you can eat breakfast of pancakes, eggs, and sausage from 7 a.m.-11 a.m. in Lions Club Park.

It's Jive Time in the Cascades

Wenatchee Big Band performs at 6 p.m. Sept. 17 at the Snowy Owl Theater, 7409 Icicle Road, Leavenworth. The concert is a fundraiser for Cascade Medical Foundation. Tickets, \$40, are available at icicle.org or at the door. A pre-concert social and gourmet charcuterie table, 4:30 to 6 p.m. Tickets are \$25, also available through the ICA box office, icicle.org. Pre-sale only. For information, go to cascadedmedicalfoundation.org

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MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:
 Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
 Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379
 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
 Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
 Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
 Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Alanon Meetings, Call 509-548-7939
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

BUSINESS & SERVICE Directory
 Add your business or service to this directory: 509-548-5286

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Help Support The Cashmere Food Bank

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna.

Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 3-4 p.m.

For further information or to make a cash donation call Pam, 509-245-6464

Or you can write a check to: **Cashmere Food Bank, PO Box 225, Cashmere, WA 98815**

This ad sponsored by the Cashmere Valley Record

Classes blend garden, kitchen interests



STOCK PHOTO

Classes on garden topics and ways to use your garden produce are being offered at the Celebration Lutheran Church Community Garden, 801 8th St. NE, East Wenatchee.

The Wednesday classes start at 6:30 p.m. and continue through the first week in October. The free series is offered by WSU Extension, SNAP-Ed Nutrition Program and Chelan-Douglas County Master Gardeners. The community garden is the combined effort of those programs and Celebration Lutheran Church.

Aug. 30, Grill Those Veggies: Learn three tasty and easy ways to grill your garden vegetables. Turn those common veggies into a show-stopping side dish to compliment your entrée.

Sept. 13, Let's Make Salsa: Learn how to turn your garden bounty of tomatoes, cabbage, peppers, and onions into fresh and

flavorful salsas that you can serve with baked tortilla chips or pita.

Sept. 27, What to Do with Squash: Need new ideas for using squash? How about apple butternut soup, spaghetti squash lasagna, butternut apple crisp or tasty roasted squash? Join us to taste these recipes!

Oct. 4, Putting Your Garden to Bed: The gardening season is winding down quickly. Learn how to put your garden to bed for an easy start up in the spring. Discover plants you can grow and enjoy over the winter months.

Contact: Margaret Viebrock, director of WSU Extension - Chelan & Douglas Counties (509) 745-8531 Email: viebrock@wsu.edu

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

WASHINGTON OUTDOORS REPORT

Dove Hunting

By JOHN KRUSE

Washington's mourning dove hunting season opens up September 1 and goes until October 30 with a daily bag limit of 15 birds and possession limit of 45 birds. This is a popular season for a niche group of hunters. In 2021, 3,626 hunters reported harvesting 42,458 birds, for an average of nearly 12 doves harvested per hunter. There were likely many more hunters in the field than this since typically only 50% of hunters report their harvest and reporting your dove harvest is not required anymore.

Most dove are harvested in Central Washington or Southeastern Washington, where abundant grain fields and nearby water sources attract these birds. The bulk of the dove will stay in our area until the first day the temperature drops to freezing, at which point many of the birds will migrate south to warmer climates. Like many human snowbirds, many of the mourning dove end up in Arizona or Southern California for the winter.

LOCAL PROSPECTS:

Grant and Adams County-Paula Clements with WDFW says they don't do surveys but they do dove banding every year between July and the end of August. If you harvest a banded bird, Clements requests you call the number on the band and report where you harvested it. This gives biologists an idea of what hunter harvest looks like for birds. Grant County is consistently one of the best locations to harvest dove. Last year a little more than 9,500 dove were shot there and in Adams County some 1800 birds were taken by hunters. Clements expects a harvest similar to last year.

Clements says scouting is key when it comes to having success on opening day. Scoring private property access where there are grain

fields is also helpful. You can find both public lands and private land access through WDFW partnerships on the WDFW hunt planner web map available at www.wdfw.wa.gov.

Klickitat County - Speaking with Stephanie Bergh, this area's district biologist for

WDFW, she said they don't do any surveys or banding of doves in Klickitat County so she doesn't have a good read on how things are going to be this year. One challenge hunters face is the fact that there is little public land suitable for dove hunting in the county. In fact, in 2021 no dove were harvested in Klickitat County though in 2020, 600 birds were harvested by eight people.

Biologists were unavailable for comment in the Wenatchee and Omak District offices prior to this column's publication deadline.

Dove hunting tips:

Troy Rodakowski is a well-known Pacific Northwest outdoors writer and avid dove hunter who has some good advice for those venturing out for dove. To start with, dress for success and that means wearing camouflage. Hunter orange clothing is not required for dove hunting and Rodakowski points out dove are very wary and have excellent eyesight. Rodakowski suggests looking for dove in areas near food and water. Grain fields, water sources and recently burned areas where lots of seeds are present are all places that attract these birds. In terms of feed look for cut wheat, oat, barley or millet fields. Trees next to these fields are often places where doves will roost after feeding.

Dove are the most active in the morning and in the evening so hunt for them early and late in the day. Rodakowski also recommends using multiple dove decoys, and not just one or two, to attract curious birds to fence lines or trees where you are hunting.

When it comes to preparing



PHOTO COURTESY TROY RODAKOWSKI

Mourning dove harvested after a successful hunt

those birds to eat after the hunt, Rodakowski loves to cook up dove poppers! He breasts out the birds and rolls the breasts in brown sugar and chili powder. He then wraps each breast in maple bacon and either grills them up or bakes them until the bacon and dove meat are cooked. Rodakowski will sometimes add a little jalapeño pepper to spice them up or a few drops of

honey to sweeten the poppers. Dove hunting is a low-key and sociable pursuit that helps get you ready for other wing-shooting opportunities that become available this fall. If you haven't done so before, give it a try this season.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

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Chelan PUD

CONTINUED FROM PAGE A1

everyone else served by Chelan PUD."

Rates 35 and 36 were adopted in 2016 and 2018.

Low water year offset by strong energy prices

In other news, commissioners heard updates on Chelan PUD's budget and energy trading that show Chelan PUD's financials are holding steady, even during a low-water year. According to the Northwest River Forecast Center, the January through July water supply forecast

for the Columbia River at Grand Coulee ended up at 76% of normal. Low-water conditions mean hydropower generation at Rock Island and Rocky Reach dams are down, resulting in wholesale revenues about \$36.8 million less than budgeted.

However, revenues from

long-term slice contracts are up thanks to higher wholesale market pricing. Those factors combined, energy-related revenue is projected to be \$4 million better than budget. Overall, Chelan PUD's bottom line is forecasted to be \$119 million for 2023, about \$16 million better than budget.

Obituary & Memorial Policies

Ward Media, LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH

103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church



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



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



Sunday Worship Service at 10 am
Lead Pastor Steve Haney
5800 Kimber Rd., Cashmere
509-295-8006
christcentercashmere.com

GRACE LUTHERAN CHURCH

• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH

• 509-860-0736 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH

Hwy 2 at Dryden Ave. • 509-782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

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

LEAVENWORTH

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

CORNERSTONE CHURCH

Leavenworth Grange Hall
621 Front St.
info@cornerstoneleavenworth.com
Sunday Worship - 10 a.m.



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
cashmerecommunitychurch@gmail.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA

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224 Benton Street • 509-548-7010
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Eva Jensen, Pastor
<https://www.cleavenworth.com>

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

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

SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 509-548-4345
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Worship 11 a.m. • Fred Smith • 509-860-3997



SPIRIT LIFE CENTER

210 Benton Street • 509-548-7138
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Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR



MONITOR UNITED METHODIST CHURCH

3799 Fairview Canyon • 509-782-2601
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Pastor Lilia Felicitas-Malana

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PLAIN COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org



NEW LIFE FOURSQUARE CHURCH

7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com
www.newlifeleavenworth.com



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U-pick fruit

This weekend Kat took me to her favorite u-pick orchard. She and I were heading home from shopping in town when she got a text from a friend; turned to me and asked, "Mom, would you like to pick some peaches on our way home? This is the first day they are open." I nodded. I knew she'd been waiting for them to open all summer and I was interested in seeing this place she'd described to me this spring. I must admit it did feel different to have my daughter taking me to pick food instead of the other way around. Having been a gleaner all her life up until she was in

high school, I was the one to lead the charge into the foray of finding nutritious healthy food. Now it's her turn. I can't say I'm upset about the change in roles, because I am, in fact, tickled pink about it. But it did give me cause to reminisce.

I got to thinking about the first paid u-pick farm we found. (We'd picked blackberries for free at a dairy when I carried her in a backpack baby sling but that wasn't really a u-pick situation.) Kat was small then, three or four, before elementary school. I found a u-pick farm a few miles out of town where we lived. I'd take her with me, and we'd pick berries. Correction, I'd pick berries and she'd eat berries.

Kat made fast friends with the farm wife, and they would have a fine talk every time we visited the u-pick farm. One day as the two were chatting as only grandmas can chat with little girls the farmer came wandering by, so I struck up a conversation with him. He was a bit out of sorts. He was growly and when I asked how he was doing I found out.

He was irritated because he was going to have to buy a part for his plow, and this was the third time he had bought that part. It was a part of the plow that turns the dirt and the foreign steel he bought had worn out. He was irritated because there wasn't an American steel part for that plow to be had; he needed to plow now; he didn't want to buy that foreign steel for a third time.

I asked how often he had to replace the part. He told me, "I usually get one season out of each part if it's American steel." He told me tersely then changed the subject and eventually headed back out to the fields. His wife told me the rest of the story.

"This spring he bought the plow part, foreign steel, for half the price as American steel, but now it's going to take three of the parts made of foreign

steel to do the job he used to get done with one made of American steel. On top of that, the American steel parts are all sold out and now he's going to get stuck with foreign steel rather he likes it or not."

I did the calculation. One American part at \$Y for three foreign parts for \$1/2Y. Cost per season for American part is \$Y. Cost per season for foreign part is 3 x \$1/2Y=\$1 1/2Y.

Say the American part cost \$10 and the foreign part cost him \$5, the price to do business with American part is \$10. The price to do business with foreign parts is \$15. That doesn't include the cost to remove and replace two extra parts. Labor isn't cheap! No wonder that farmer was irritated. I was remembering that farm as Kat and I made it to her favorite u-pick orchard to check out the fruit. I glanced over at the cashier counter as I got ready to go picking. Sure enough, there was Kat, having a fine talk with the orchard owner's elderly mother. The more things change, I was thinking, the more they stay the same.

We spent a couple hours picking delicious fruit for ourselves then headed home with apples for Grandma to make cake with. The early

peaches will be eaten as-is, they are too precious for processing. Life is good.

Grandma Lydia's Fresh Apple Cake Recipe

From Sharon Finney

- 4 cups apples chunked
- 2 cups sugar
- ½ cup vegetable oil
- 1 cup walnuts
- 2 eggs
- 2 teaspoons vanilla
- 2 cups flour
- 1 teaspoon soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- ½ cup milk or water



STOCK PHOTO

Mix all together and pour into a 8x13 pan. Bake at 350° until toothpick inserted in the center comes out clean (½ to 1 hour).

Note: One of these days I'm going to try peaches or pears instead of apples in this recipe. Pears have more or less the same texture as apples so the recipe will stay the same, but peaches will be juicier, so I'll probably have to cut back on the milk or water. I'm betting it's going to taste great.

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes. You can contact the Leavenworth Echo at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.

Wenatchee Valley Humane Society Pawscars Gala

SUBMITTED BY JENNIFER BUSHONG

Wenatchee -The Wenatchee Valley Humane Society's largest fundraiser of the year, the Pawscars Awards Gala is Saturday, September 23 at the Wenatchee Convention Center. The community is urged to purchase a ticket at \$100 per seat or a table for 10 seats for \$950 by September 1.

This Oscars-style gala will

feature a red-carpet runway and a lot of old Hollywood charm. From 6-7 p.m. guests will enter the Wenatchee Convention Center Grand Ballroom and be welcomed by the glamour and glitz with professional photography by JP Portrait Studio, an interactive photo booth, bidding on silent auction items, and complimentary champagne. At 7 p.m., a sit-

down three-course dinner will feature a Waldorf salad, and a selection of Maple Glazed Flat Iron Steak with Gorgonzola Mashed Potatoes, Bourbon Glazed Salmon with Brown Sugar Sticky Rice, or Vegan Risotto Cakes with Roasted Potatoes all served with fresh seasonal vegetables, freshly baked rolls, and finished with Wenatchee Caramel Apple Crisp with

Vanilla Bean Whipped Cream. During social hour and dinner service, Glenn and Friends jazz trio, will entertain along with celebrity emcee and auctioneer Jesse Shapiro. The dinner will be followed by fabulous live auction items, a beautiful cinematography story by North 40 Productions, and an opportunity to support animals in need in our community. It will be

an Oscar-worthy evening to remember.

Three awards are being bestowed: Humanitarian of the Year, Volunteers of the Year and Foster Parent of the Year. These awards recognize the selfless service of community members to help animals in need through the Humane Society. The Pawscars is the largest fundraiser of the year for the Humane Society and a fun way to save thousands of animals and give them a second chance at a loving

forever home.

The Wenatchee Valley Humane Society has been actively working to build a more humane society by bringing pets and people together for more than four decades. The generous support of community members, volunteers, and donors helps sustain the Humane Society's good work. For tickets, visit www.wenatcheehumane.org/gala23, email vwhs@wenatcheehumane.org or call 509.662.9577.

CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

August 18

- 08:21 Suspicious Circumstance, Fircrest Dr., and Aldous St.
- 09:30 Domestic Disturbance, 7652 Stine Hill Rd., Dryden
- 09:36 Harassment/ Threat, 8703 Alice Ave., Dryden
- 10:26 CPS/ APS Referral, 817 Pioneer Ave.
- 10:44 CPS/ APS Referral, 817 Pioneer Ave.
- 10:54 CPS/ APS Referral, 817 Pioneer Ave.
- 11:14 CPS/ APS Referral, 817 Pioneer Ave.
- 12:11 Littering, 8400 block Taber Rd.
- 13:41 Welfare Check, 9230 Olalla Canyon Rd.
- 14:10 Parking/ Abandoned Vehicle, 7900 Stine Hill Rd.
- 14:15 Trespassing, 301 Sunset Hwy., Crunch Pak
- 16:50 Court Order Violation, 2930 Mission Creek Rd.
- 17:25 Noise Complaint, 125 White Birch Pl.
- 18:02 911-call, 7652 Stine Hill Rd., Dryden

August 19

- 00:25 DUI Arrest, US Hwy. 2 MP 113 westbound
- 01:03 Juvenile Problem, 328 Sullivan St.
- 09:08 Weapons Violation, 7900 Stine Hill Rd., Dryden
- 09:46 Suspicious Circumstance, 6501 Hay Canyon Rd.
- 12:02 Public Assist, 106 Chase Ave.
- 14:03 Traffic Offense, 1st and Dorn streets, Dryden
- 14:39 Suspicious Circumstance, 7900 block Stine Hill Rd., Dryden
- 20:31 Noise Complaint, 7700 Stine Hill Rd., Dryden

August 20

- 11:13 Domestic Disturbance,

- 115 E. Pleasant Ave. 11:44 Fraud/ Forgery, 817 Pioneer Ave.
- 21:40 Welfare Check, 115 E. Pleasant Ave.

August 21

- 04:34 Suspicious Circumstance, 102 Titchenal Way
- 07:05 Theft, 3525 Zager Rd., Monitor
- 08:41 Trespassing, 8000 block Stine Hill Rd., Dryden
- 11:43 Missing Person, 115 E. Pleasant Ave.
- 11:50 CPS/ APS Referral, 7202 N. Dryden Rd.
- 12:08 CPS/ APS Referral, 7202 N. Dryden Rd.
- 14:50 Suspicious Circumstance, 8805 Olalla Canyon
- 15:20 Suspicious Circumstance, 7900 block Stine Hill Rd., Dryden
- 15:58 Off Road Vehicle, Mission Creek Rd. MP 6
- 16:54 Malignant Mischief, 6994 Brender Canyon Rd.
- 20:28 Suspicious Circumstance, 4835 Mission Creek Rd.
- 20:28 Court Order Violation, 2930 Mission Creek Rd.
- 08:51 Theft, 7652 Stine Hill Rd., Dryden

August 22

- 09:28 Suspicious Circumstance, 5200 block Sunset Hwy.
- 15:32 Disturbance, 600 Cotlebs Way
- 18:26 Trespassing, 407 Aplets Way, Milepost Brewing
- 20:32 CPS/ APS Referral, 3197 Allyn Ln., Monitor
- 20:52 Suspicious Circumstance, 207 S. Division St.

August 23

- 08:39 Disturbance, Sunset Hwy., and Evergreen Dr.
- 13:33 Trespassing, 117 Aplets Way, Cashmere Valley Bank
- 14:33 Agency Assist, 3751 Bridge St., Monitor
- 15:33 Trespassing, 117 Aplets Way, Cashmere Valley Bank
- 16:32 Diversion, 115 E. Pleasant Ave.
- 17:44 Welfare Check, 300 Aplets Way, Hometown Market
- 19:44 Welfare Check, 201 Riverside Dr., Riverside Park
- 19:55 Trespassing, 7900 Stine Hill Rd., Dryden
- 20:37 Suspicious Circumstance, Cottage Ave., and Maple St.
- 21:01 Suspicious Circumstance, 117 Riverfront Dr.
- 21:23 Suspicious Circumstance, Aplets Way and Cottage Ave

August 24

- 02:37 Suspicious Circumstance, 8780 Deadman Hill Rd., Dryden
- 09:11 Suspicious Circumstance, 7652 Stine Hill Rd., Dryden
- 10:09 911-call, 7652 Stine Hill Rd., Dryden
- 10:55 Theft, 6820 Dryden Ave., Dryden
- 11:03 Trespassing, Stine Hill and Kinney roads, Dryden
- 11:55 Agency Assist, BNSF crossing
- 16:24 Malignant Mischief, 6076 Sunburst Ln.
- 16:27 Civil Dispute, 3855 McKee Ln., Monitor
- 17:12 Civil Dispute, 5420 Woodring Canyon Rd.
- 17:35 Trespassing, 5510 Mill Rd.
- 18:00 Warrant, 130 Titchenal Way, Martin's IGA Market
- 18:25 Trespassing, 5418 Binder Rd.
- 19:20 Miscellaneous, Riverfront Dr. and Kelly Rd.
- 21:22 Traffic Offense, S. Division St., and Sunset Hwy.

Senator Hawkins

Continued from page A1 resulted in a bill that became law in 2018. A funding request related to the Saddle Rock trail in Wenatchee became reality when it was included in the state capital budget two years ago, and a road paving project to a popular fishing location in Okanogan County was recently funded. A biochar demonstration project in the Methow Valley to reduce wildfire risk was also funded, as well as significant

future improvements to the city of Wenatchee's Community Center utilized by Pinnacles Prep School. Funding for the new Wenatchee Valley YMCA was also recently secured in the capital budget. All were ideas first discussed with constituents during past listening tours. Besides legislative ideas, I also collect helpful comments that prepare me to make better decisions to represent you in Olympia. Whether you are able to participate in the upcoming

listening tour or not, please know that my position exists to serve you. Please feel free to reach out to me and my office anytime. For immediate assistance, call our Legislative Hotline at 1-800-562-6000. Please like and follow me on Facebook @ SenatorBradHawkins for my latest updates. I appreciate hearing your thoughts and ideas about state government and thank you again for the opportunity to serve as your state senator.

Pedestrian deceased after being struck by passing train in Cashmere, WA.

SUBMITTED BY THE CHELAN COUNTY SHERIFF'S OFFICE

A tragedy in the community as a local woman in Cashmere passes away after being hit by a passing BNSF train.

On September 24, 2023 at approximately 1155 hours, RiverCom advised and dispatched Chelan County Sheriff's Office (CCSO) Deputies that a person was struck by a passing Burlington

Northern San Francisco (BNSF) Railroad train near Division Street and Mission Avenue in Cashmere, WA. The reporting party, an BNSF employee, advised the train had struck a person who was standing on the train tracks just east of the train crossing. Sadly, the person struck by the train did not survive the collision. Through their investigation, CCSO Detectives, were able

to identify the deceased as Melinda I Smith, a 31-year-old woman from Cashmere. Detectives and the County Coroner were able to notify her next of kin on September 25. CCSO offers our deepest condolences to the family and to the community.

The investigation into this collision remains ongoing and there is no further information to report.

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Administrative

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7	8	5	1	4	3	2	9	6
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OTIC	PALE	BONNY
PORT	EROS	EMCEE
SPARTA	CUS	GEES
OARED	SOL	
ONEILL	TITANIC	
COP	OSAGES	NONE
CROWN	RED	ODDER
AIDE	EGESTS	ERE
MAESTRO	WAISTS	
TAR	BOOKS	
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The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

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Help Wanted

WSU is hiring a full-time SNAP-Ed Program Assistant. This position is with the WSU Extension Food Sense Nutrition Education program in Okanogan County. Bachelor's degree in nutrition or related field or equivalent education and work experience is required. To apply, visit <https://wsu.edu/jobs/> and search position number R-10091. For questions, call Margaret Viebrock, WSU Chelan-Douglas County Director at 509-745-8531. Applications are due September 8. WSU is an EO/AA Educator and Employer.



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Legals

Public Notices

Superior Court of Washington For Chelan County
In the matter of the estate of Rev. Otto Koltzenburg, Deceased. No. 23-4-00247-04 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 her attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: August 23, 2023 Elisabeth Hunziker, 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: 23-4-00247-04
Published in the Cashmere Valley Record and Leavenworth Echo on August 23, August 30, and September 6, 2023. #6172

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Public Notices

Public Notices

SUPERIOR COURT, SPOKANE COUNTY, WASHINGTON

In the Matter of the Estate of: DAVID V. WHITE, Deceased. Case No.: 23-4-01472-32 PROBATE 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 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 claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of (1) Thirty (30) 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: August 16, 2023. PERSONAL REPRESENTATIVE: DANNY A. WHITE ATTORNEY FOR THE PERSONAL REPRESENTATIVE: JOSHUA P. GREWE, WSBA #53653 ADDRESS FOR MAILING OR SERVICE: 103 E. Indiana Ave., Ste. A Spokane, WA 99207 COURT OF PROBATE PROCEEDINGS Spokane County Superior. Published in The Leavenworth Echo/Cashmere Valley Record on Aug. 16, 23, and 30, 2023. #6124

SUPERIOR COURT, STATE OF WASHINGTON, COUNTY OF SPOKANE

In the Matter of the Estate of GEORGE B. TIFFANY, Deceased. No. 23-4-00901-32 PROBATE NOTICE TO CREDITORS The Personal Representative named below has been appointed as the Personal Representative of the 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 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(3); 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 the Decedent's probate and non-probate assets. Date of First Publication: August 30, 2023. Personal Representative Paul A. Tiffany Address for Mailing Notice: Evergreen Estate & Elder Law Mirisa Torres, WSBA #38089 818 W. Riverside Ave., Ste. 510 Spokane, WA 99201 Telephone Number: 509-325-5222. Published in The Leavenworth Echo/Cashmere Valley Record on August 30, and Sept. 6, and 13, 2023. #6190

Peach cobbler – a family favorite

A few years ago, I purchased a small box of tree-ripened peaches directly from a farmer. They were perfectly ripe, ready to eat fresh, and I wanted to make peach cobbler. My paternal grandmother often made fruit cobbler by putting tablespoonfuls of drop biscuit dough onto a fresh fruit filling. Her cobblers were a deep-dish fruit pie, with fluffy soft biscuits on top instead of pie crust on top and bottom. Although I looked and looked through her recipes, I couldn't find one for "cobbler."

I wanted peach cobbler instead of peach pie, so I kept looking. I searched on the Internet but didn't find anything close enough to try. Then I consulted my favorite cookbooks. I didn't locate a recipe for "fruit cobbler" until my Discover Dayton cookbook.

My husband, Charlie, was born and grew up on a farm outside Dayton, Ohio. We met in 1982 while he was working at Sunrise on Mount Rainier. In 1985 we moved to Ohio, living on one of the family farms while working in downtown



Dayton. Before we returned to Washington State in 1990, I purchased a Discover Dayton cookbook, the main fundraising project of the Junior League of Dayton at that time. My copy is from its fourth printing in 1984.

With 354 pages of recipes featuring many local favorites, the Discover Dayton cookbook is over an inch thick, consisting of 5 main sections, distinguished by alternating white and bright-colored pages.

The first section, Appetizers, is printed on lime green paper. Savory Side Dishes follows on crisp white pages. Elegant Entrees stand out on mustard yellow paper, while dessert recipes grace the white sheets of the next grouping, Sweet Endings. A final section shares recipes contributed by Dayton area restaurants, printed on cran-

berry red paper.

Between Company Cheese-cake and Baked Cheddar Apples, I found Five Generation Peach Cobbler on page 244, contributed by Mrs. George L. Word (Paige Early). It had a pie-like top crust for the cobbler, which I suspected would be more work than a drop biscuit version. I was right; it was.

Pulling the cobbler out of the oven, I asked myself, "Will it be worth it?"

After my first bite, I was hooked. I have seen people return for seconds, even third helpings at potlucks. Best peach cobbler EVER!

Five Generation Peach Cobbler

5 cups fresh peaches, peeled, pitted and sliced
3 tablespoons flour
1-1/4 cup sugar
1 teaspoon cinnamon
4-6 tablespoons butter
Slice peaches into a heavy, greased baking dish measuring approximately 9 inches around and 3 inches deep. Mix together flour, sugar, and cinnamon, and sprinkle over

peaches. Dot with butter.

CRUST
1 cup flour
1/2 teaspoon salt
2 teaspoons baking powder
2 tablespoons sugar
1/3 cup shortening (I use butter)
1/3 cup milk
Sift together dry ingredients. Cut in shortening until the mixture resembles coarse cornmeal. Pour milk in all at once, and stir with a fork. Roll dough out on a floured board until it is the size of the baking dish – it will be 1/4 to 1/2 inch thick. Place crust on top of peaches. Bake in preheated 425-degree oven for about 30 minutes.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-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. ©2023 Louise Achey

How to help keep your child safe and healthy this school year

STATEPOINT - As students return to classrooms, doctors say that it's important to ensure that children are up to date with routine childhood vaccinations.

"The evidence around vaccinations is abundantly clear; they're safe, effective and will help protect you, your loved ones, and your community from preventable diseases. If you have questions about vaccines, their safety, or effectiveness, please speak to your physician. We are here for you, eager to answer your questions, and ensure your family is protected," says Jesse M. Ehrenfeld, M.D., M.P.H., president of the American Medical Association (AMA).

In an effort to promote a safer, healthier school year for everyone, the AMA is sharing these vaccine facts and insights:

- Vaccines are safe, effective and save lives. Routine childhood immunization is highly effective at preventing disease over a lifetime, reducing the incidence of all targeted diseases, including measles, mumps, rubella, polio, and chickenpox. For the U.S. population in 2019, vaccines prevented more than 24 million cases of disease.

- The benefits of vaccines can be quantified. According to the Centers for Disease Control and Prevention (CDC), vaccination of children born between 1994 and 2021 will prevent 472 million illnesses, almost 30 million hospitalizations and more than 1 million deaths, saving nearly \$2.2 trillion in total societal costs, including \$479 billion in direct costs.

- Vaccination rates have fallen. Even before the rise in



STATEPOINT American Medical Association President Jesse M. Ehrenfeld, M.D., and his son Ethan.

vaccine misinformation and disinformation associated with the COVID-19 pandemic, vaccine hesitancy was increasing, elevating the risk of community outbreaks, which put under- and unvaccinated children at risk for serious illnesses, like measles. According to a mid-January 2023 report from the CDC, vaccination coverage decreased in most states for all vaccines among kindergarteners for the 2021-22 school year when compared with the previous school year, which was already below pre-pandemic levels.

- Speak to your child's physician. With increased misinformation around vaccinations, it is critical that you seek out reliable, evidence-based sources for information. These sources may begin with websites like getvaccineanswers.org, but they should also include your child's physician.

Physicians can also an-

swer questions on the new monoclonal antibody therapy, nirsevimab, available for infants and children under the age of 19 months, for the prevention of RSV disease.

- Don't let cost be a barrier. Programs like Vaccines for Children (VFC) are federally funded to provide no-cost vaccinations to children whose families otherwise could not afford them. Par-

ents can learn more by contacting their state or local health department.

"Make an annual well-child visit and immunizations a part of your household's back-to-school routine," says Dr. Ehrenfeld. "Doing so will protect you and your family from a number of preventable illnesses. It's something I do for my own children, and I urge you to do so, too."

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THEME: AWARD-WINNING DRAMAS

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63. D.C. bigwig
64. Middle of March

1. Brewer's perennials
2. Perching place
3. Italian money
4. Type of local tax
5. Travesty
6. Not silently
7. Loch
8. *2012 Emmy-winning espionage thriller
9. Fairy tale opener
10. Half of binary code, pl.
11. Yellow #5, e.g.
13. Bits of wisdom
14. Fattered
19. Bird of prey's weapon
22. Female sib
23. ___'s razor
24. Waterwheel
25. Horace's poem
26. Danson and Kennedy
27. Lymph "containers"
28. Lacking vigor
29. Roman counterpart of Greek Demeter
32. *Ben Affleck's 2012 Golden Globe best drama winner
33. Wow
36. *2000-2003 White House Emmy winner, with The
38. Port city in Japan
40. Get it wrong
41. BOGO offer
44. Total amount
46. Isthmus, pl.
48. Railroad car undercarriage
49. Theater, to Socrates
50. Samuel Adams, e.g.
51. Operatic solo
52. Hermes and Apollo
53. Cabbage amount
54. Great Lake
55. *Best Director Oscar-winner Warren Beatty's 1981 film
56. Rubber substitute, acr.

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EA.



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Nabisco Snack Crackers
Selected Varieties, 6.5 to 8.5 Oz.

That's 2/\$7, When you buy 2!

Valid Aug. 30–Sept. 5, 2023

*Shop, Buy, Save items not available on ecommerce site

Doritos
Tortilla
Chips
Selected
Varieties
6 to 10.75 Oz.



2/\$6

Daisy
Sour
Cream
24 Oz.



2⁹⁸

Bush's Best
Baked or
Grillin'
Beans
Selected
Varieties
22 to 28 Oz.



2/\$5

Pringles
Potato
Crisps
Selected
Varieties
5.26 to 5.6 Oz.



2/\$5

LaCroix
Sparkling
Water
Selected Varieties
12 Pack, 12 Oz.
Cans



4⁹⁸

Blue Ribbon Classics
Ice Cream Cups
or Pail
Selected
Varieties
1 Gallon or
12 Count



5⁹⁸