

NCW Media Inc. Completes Sale of Five Local Newspapers to Ward Media LLC



SUBMITTED PHOTO

NCW Media Inc., a prominent media company in North Central Washington, has finalized the sale of its five well-established local newspapers to Ward Media LLC, owned by Terry Ward and Amy Yaley. The newspapers involved in the transaction include the Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald, and the Wenatchee Business Journal.

The acquisition marks a strategic move for both companies, aligning with their shared commitment to quality journalism and community engagement. NCW Media Inc. has been a significant player in the regional media landscape for over two decades, providing trusted news coverage and in-depth reporting on local events and issues. The sale of these newspapers to Ward Media LLC is seen as a step to ensure the continued vitality and growth of these publications.

“We are excited to entrust these cherished community newspapers to Ward Media LLC,” said Carol Forhan, President of NCW Media. “Terry Ward and Amy Yaley have a proven track record of dedication to journalism and a strong understanding of the unique needs of local communities. We believe this transition will not only sustain the legacy of these newspapers but also enhance their future prospects.”

Terry Ward and Amy Yaley, owners of Ward Media LLC, bring a wealth of experience in the media industry. Ward has held leadership positions in various media companies, focusing on bolstering community-centric journalism and providing local businesses with innovative marketing strategies. At the same time, Yaley has an extensive background in sales, marketing, events, and promotions.

“We are honored to take on the responsibility of carrying forward the journalistic tradition that these newspapers embody,” Terry Ward stated. “We aim to maintain the

high journalistic standards set by NCW Media and, simultaneously, explore innovative ways to engage with our readers and serve the local communities.”

Amy Yaley added, “The nature of the media landscape requires an adaptable approach, and we are committed to staying ahead of the curve. By combining our expertise, we aim to deliver a seamless integration of traditional and digital media that caters to the evolving needs of our readers and advertisers alike.”

As part of the transition, Ward Media intends to retain the existing staff members of the acquired newspapers, ensuring continuity in reporting and marketing expertise. Readers can expect to find the same credible news coverage that these newspapers have provided over the years.

NCW Media and Ward Media are committed to making the transition seamless for readers, advertisers, and staff.

For media inquiries, please contact:

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Amy Yaley
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Phone: 509.731.3321

About Terry Ward and Amy Yaley
Terry Ward, a seasoned veteran of the media industry, boasts an extensive publishing background, having held pivotal roles in major US media corporations and Washington's largest local media company. Amy Yaley is a sales and marketing authority with a diverse history encompassing global and local companies, equipping her to navigate the intricate global market while appreciating the nuances of local businesses. Together, Terry and Amy are resolute in their commitment to providing intensely local news coverage and innovative marketing solutions to North Central Washington's communities.

Dear Friends and Neighbors,

The summer season seems to be going fast. I hope you have had the opportunity to enjoy some vacation time and be with loved ones. There are a number of things happening related to state government issues and I want to provide you with an update. I also want to thank everyone who is contacting me with questions, comments, and concerns. I appreciate hearing from those I represent.



COMMUNITY VOICES
By REP KEITH GOEHNER

Long-term care payroll tax takes effect

Your paycheck may have been a little smaller in July and moving forward. The WA Cares Fund, the new state-run, long-term care insurance program, kicked in on July 1, and started payroll deductions for many Washington workers, including part-time and temporary workers. Those in the program will pay up to 58 cents on every \$100 of their earnings. That means someone making \$50,000 per year will pay \$290 a year.

The payroll tax comes from partisan legislation, House Bill 1087, passed in the 2019 legislative session.

People were given an opportunity to opt out if they could find their own long-term care insurance plan before Nov. 1, 2021, but insurance companies were flooded with requests and couldn't cater to many who had still hoped to opt out of the mandatory plan.

Instead, many are now stuck with this plan which is inadequate and poorly designed. The limited lifetime benefit of up to \$36,500 will hardly cover health needs for the long term. There is also no guarantee you will get the benefits of the program. The plan is not portable, meaning if you leave the state at any time, you lose your benefits. If you do not need the benefit, you forfeit all the money invested from your paycheck, and your spouse is not eligible for your benefit contributions if you do not use them.

The unpopularity of the program is reflected in Advisory Vote No. 20 from

the general election in November 2019 when nearly 63% of voters said the tax should be repealed.

I have opposed this flawed state program from the beginning. There was legislation introduced. With the long-term care payroll tax now in place, there are plans in the upcoming session to introduce legislation that would make the program optional. Folks should have the option to determine their own needs and long-term care. I could support legislation that makes this program optional and provides more flexibility to those who want to invest in and may need long-term care.

Strengthening ties with South Korea

As part of our duties, many legislators serve on committees or boards outside of the Legislature's policy committees. I am a member of the Legislative Committee on Economic Development and International Relations (LCEDIR), which studies and reviews economic development issues. The committee's duties include an emphasis on international trade, tourism, investment, and industrial development, and assisting the Legislature in developing a comprehensive and consistent economic development policy.

Earlier this summer, I led a delegation of legislators to South Korea to strengthen international relations and get a firsthand look at economic development occurring in the country. Washington state is home for about 60,000 Koreans. It was a great experience, and our hosts were very gracious.

We toured a carbon fiber facility that supplies Boeing with wing parts. They would like to expand the use of carbon products produced by the facility in our region. There is also a facility that produces hydrogen tanks.

South Korea expressed great interest in working with us on economic issues, including having Washington state grow crops for them. This would be a big boost for our agricultural industry.

Their country is also working on biopharmaceuticals, or medical grade supplements.

I enjoy being part of this committee, as it gives us an opportunity to promote our state's competitive advantages and industries. Collaborating with South Korea and other countries on these types of industries can only benefit us in the future.

Second highest fuel prices in the country

For almost six weeks, Washington had the highest fuel prices in the nation. This week, California edged back ahead of us. As of Wednesday, Washingtonians are paying \$4.97 for a gallon of gas, with California slightly ahead of us at \$5.02. We are paying \$1.17 more than the national average of \$3.80.

There are many factors that impact gas prices. We have one of the highest gas taxes in the country, but that goes toward infrastructure and maintenance and operation. One of the main reasons our fuel is so expensive is the Climate Commitment Act (CCA), or the cap-and-trade program passed by the majority party in 2021. According to a report by Affordable Fuel Washington, the CCA is adding \$.44 per gallon for gas and \$.55 for diesel. There is no quantifiable transportation

benefit, as the dollars generated by the CCA are not dedicated to any infrastructure.

Fuel prices are affecting those who can least afford it – the working middle class, people on a fixed income, those who travel a long distance for work, and farmers, who were supposed to be exempt from the new carbon law.

There are legislators working on solutions to address some of the government intervention and environmental regulations impacting our fuel prices including senators Chris Guilden, R-Puyallup, and Mark Mullet, D-Issaquah.

I have signed on to a letter submitted to the Department of Ecology by Sen. Gildon and 42 other legislators, proposing changes to the cap-and-trade program.

I continue to hear from many across the district on transportation. I can assure you I am having continued conversations with the Department of Transportation and am committed to addressing the challenges and meeting the needs of the 12th District on both the west side and east side of the mountains.

Following the Legislature and state government

Please continue to contact me with any questions, concerns, or comments regarding state government issues. I appreciate your input as it helps me better represent you in the Legislature.

- I urge you to utilize these websites.
- The Ledger – a legislative news aggregator
- Capitol Buzz – Daily news clips
- How you can be involved in the legislative process

It is an honor to serve the 12th District in the state House of Representatives. Sincerely, Keith Goehner

THIS WEEK

Senior Focus section.....A2-A3	Community Calendar.....A5	Classifieds Index
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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

3 Items That Can Help You Elevate Your Morning Routine

(StatePoint) A great morning routine makes getting out of bed more pleasant and sets the tone for a successful, happy day. Whether you are a morning lark or a night owl, check out these items that can help you start your days on the right foot.

1. The perfect cup of coffee: Most people think they are satisfied with their morning cup of coffee, that is, until they try Nextmug, a smart, self-heating mug that keeps beverages warm (130 degrees F), hot (140 degrees F) or piping hot, (150 degrees F) depending on the setting selected. Lab testing has shown that liquid in a standard ceramic mug loses 52% of its heat over a two-hour period. Nextmug loses no heat over that same time frame, making it possible to savor coffee or tea for as long as it takes to drink it. If you have ever resorted to microwaving a forgotten morning brew, which can turn even the best drink bitter, or have simply slugged it down tepid, you will appreciate this sleek, ergonomic, easy-to-use mug. Plus, its optional

spill-resistant lid means that you can take your cup of joe throughout the home or office, on the back deck, or wherever you would most enjoy it. For more information, visit <https://nextmug.com/>.

2. A closer shave: Men can say goodbye to nicks and patchy facial hair. Offering a close shave, even on a dense beard, Braun's Series 9 Pro Electric Shaver features sensors that adjust power to beard density, and a precision switch to capture tricky hair. Because its built-in sonic technology yields a more efficient shave, and its docking station automatically charges and cleans the razor, you'll be giving yourself the gift of more time for yourself in the morning.

3. Music and podcasts on-the-go: Add entertainment and motivation to morning workouts with comfortable, durable headphones. Just be sure to consider your needs when selecting the right pair. Whereas bone conduction headphones offer the safety of being able to hear surrounding sounds, which is great for

morning jogs and commutes, air conduction offers the best shock-free comfort. Finally, in-ear style headphones can isolate outside noise when it's desired, such as at the gym. The X9-pro, allows users to switch between these three modes. It's also completely waterproof and Bluetooth-connected, so you can listen to your favorite jams and podcasts, even when swimming laps at the pool. And thanks to its 32G storage, you won't get bored with his listening options.

For brighter, more efficient mornings, find gear that elevates your routine.



Living with COPD? How to Navigate Palliative and Hospice Care

(StatePoint) Chronic obstructive pulmonary disease (COPD) is also referred to as emphysema or chronic bronchitis and makes it hard to breathe. During every stage of the disease, starting when a person is first diagnosed, different supportive care options are available that can improve quality of life, including palliative and hospice care.

It's important for families affected by COPD to have a plan in place regarding these care options. Having trusted tools and information can make getting the conversation started with healthcare providers easier.

That's why the American Lung Association, in partnership with Embassy Health, has launched a new campaign to educate patients and families about the benefits and differences of palliative and hospice care.

Palliative Care

Palliative care provides specialized medical care for people living with a chronic or serious illness. Surprisingly to many patients, it's appropriate at any stage of COPD. Early delivery of palliative care has the potential to reduce unnecessary hospital admissions and the use of health services. In fact, it's never too soon after a COPD diagnosis to ask a healthcare provider about adding in palliative care.

The intent of palliative

care for those living with COPD is to improve their condition, manage symptoms and address their wishes and treatment goals. These services are often provided by a team of palliative care specialist doctors and nurses, social workers, nutritionists and spiritual advisers, and can take place in the home, a hospital, outpatient clinic, assisted living facility, nursing home or palliative care center.

Hospice Care

When curative treatment options stop working, it's often referred to as end-stage or advanced COPD. This can be an extremely difficult time for patients and families, and a time where they need to make difficult decisions.

One treatment option for advanced COPD is hospice care. Hospice care focuses on bringing comfort and relief to a person with life-limiting COPD who has opted to no longer seek curative treatment. The goal is to consider the patient's overall wellbeing and improve the quality of their life.

While many worry it's too soon to start talking about hospice care, many patients discover that it comprises much more than end-of-life care.

When Carolynne, who has COPD, was hospitalized due to a severe exacerbation of the disease in November 2022, her healthcare team was especially concerned about her future and suggested hospice care. As she learned more, she began

to understand that hospice encompasses supportive in-home care that could help prevent hospitalizations with another COPD flare-up. Carolynne's hospice care includes assistance with showers and medication, weekly nurse check-ins, chaplain visits, and in-home healthcare so that she doesn't have to travel to numerous medical appointments. This level of support has allowed her to focus her time and energy on her family and her favorite hobby, baking.

"I am living at home, and I can do as I please and hospice is helping me do it," Carolynne says. "It's just a different style of living; you are living with help."

Hospice care is delivered by a multidisciplinary team that can consist of nurses, doctors, social workers, spiritual advisors, and trained volunteers. Everyone works together with the patient and their caregivers to provide medical, emotional, and spiritual support. An approach to care, not a place, hospice can be offered in the home, a care center, hospital, assisted living facility or hospice center for more information about COPD care options, visit Lung.org/copd-plan.

For the 12.5 million people in the United States living with COPD and their families, having reliable information about supportive care options can mean fewer hospitalizations and a better quality of life.

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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

4 top tips for upgrading your health and wellness routine

(BPT) - For many, the longer days, warmer temperatures, and blooming flowers of spring and summer bring a renewed sense of energy and motivation to paint the garage or freshen up the garden. However, it is also the perfect time of the year to devote your energy to personal health and wellness improvement projects.

To prepare for the warmer seasons ahead, Dr. Leah Joseph, a board-certified primary care physician at Teladoc Health, the world's largest telehealth company, shares her top tips for upgrading health and wellness routines.

Tidy up your sleep schedule

People tend to appreciate the longer days of spring and summer. But more early morning sunshine, along with life's other distractions, can wreak havoc on sleep schedules.

Joseph recommends that people prioritize getting seven to nine hours of sleep a night and stresses that consistency is the key to reaping the rewards of a good night's rest. "Establishing a sleep schedule that conditions your body to go to sleep and wake up at the same time each day, including weekends, helps your body get into a natural rhythm," she says. "To get into a routine, try setting a bedtime alert on your phone or placing a note next to your TV to remind you of your bedtime."

And when interruptions and sleepless nights do happen, people shouldn't dwell on it because the stress can make it even harder to get back into a sleep rhythm. Joseph recommends accepting the interruption as a temporary



lapse and trying again for better sleep the next night.

Dig into your diet

More sun and rising temperatures make it easier to find fresh, in-season fruits and vegetables, staples of a healthy diet. Eating plenty of whole foods, including vegetables and fruits, can lower blood pressure, lower the risk of heart disease and stroke, help with digestion problems, and have a positive effect on blood sugar, which can help keep appetites under control. "Focus on what you can control around healthy eating choices and learn to adapt to things outside of your power," suggests Joseph. "Look for chances to add color to your plate with fruits and veggies and cook with fresh ingredients when you can."

In addition to support from your primary care physician,

registered nutritionists and dietitians can help design a healthy eating strategy with the right mix of whole foods. In many cases, meeting with dietary experts can be done easily and conveniently online.

Take it outside

Joseph says one of the most important things you can do for your overall health is to prioritize getting enough physical activity. Getting daily exercise doesn't have to be intense or complicated. Taking a quick walk around the neighborhood or local park can have significant benefits for everyone, no matter an individual's fitness level.

"If you can, find a partner to help keep you motivated to move," recommends Joseph. "Ask friends and family to work out with you and make it unique to you. They'll help you stay on track, and you'll have

more fun doing it." She advises that there's no one-size-fits-all approach to exercise, and that people need to try different activities until they find at least one that they enjoy enough to engage in regularly.

Pick up with your primary care provider

It is always easier to stay on top of health goals and priorities with an expert by your side. Your primary care provider (PCP) can help navigate every aspect of health and wellness, from a new health goal to a new health diagnosis.

Scheduling an appointment with a PCP is the best way to stay on top of health needs. Regular check-ins are key to disease prevention, controlling common chronic diseases, mental wellness and coordinating testing and specialist care, when it's needed.

"Too often, I see that people wait to see a doctor until there is an issue or an emergency," commented Joseph. "With regular visits, I can establish relationships with my patients and help them identify any potential concerns early and often. It saves a lot of time and pain down the road."

While it may seem time-consuming to schedule and attend regular appointments, new digital tools - like virtual care - are making it easier than ever to check in with a PCP, wherever and whenever is convenient for you. Plus, companies like Teladoc Health offer access to primary care, chronic care, dermatology, nutrition services and more, all from one place, to help you seamlessly keep up with every aspect of your health.

Furry Friends Can Cause Distracted Driving. Here's How to Stay Safe



PHOTO SOURCE: (C) HUMONIA / ISTOCK VIA GETTY IMAGES PLUS

(StatePoint) Summer Road trip season is heating up. Whether your vacation plans include national parks, sandy beaches, or major metropolises, you may be thinking of bringing the entire family along, even your four-legged companions.

While we love having them near, dogs aren't always safe passengers. A recent poll commissioned by Selective Insurance, a leading home, auto and business insurance carrier, found that in the past 12 months, dogs caused a majority of drivers to be distracted on U.S. roadways.

The study, conducted online by The Harris Poll, found that of licensed drivers who recently (over the last 12 months) drove with their dogs, 91% admitted to interacting with them while driving, including interactions requiring the driver to take their hands off the wheel or eyes off the road, and 48% acknowledged that they are more distracted when their dog is in the vehicle than when it is not.

"We love our dogs. However, some of their behaviors in the car, such as sitting on drivers' laps, jumping between seats, or sticking their heads out the window, divert drivers' attention from operating a vehicle," said Scott Smith, vice president and director of Safety Management at Selective Insurance. "To help keep our roads safe, drivers need to minimize distractions. That means our beloved pet passengers should be restrained in the back seat, and if they need tending, drivers should first pull over to a safe place."

Some of the more hazardous behaviors that drivers engaged in while recently on the road with their dog include giving them food/treats/water (36%), taking a photo/video of their dog (27%) or holding them in place (23%) while driving. In addition, 40% of drivers who have ever driven with their dog confessed to various reckless driving behaviors as a direct result of having their dog in the vehicle, including swerving out of the lane (11%) and hard braking (13%).

This summer, as you head

out with your dog on journeys near and far, help minimize driving distractions in your vehicle with these tips from Selective Insurance:

- Have your dog ride in the back seat and consider using a partition between the front and back seats.
- Use a dog seatbelt, safety harness or anchored crate to prevent distractions and provide your dog with some protection if there is an accident. A significant 70% of licensed drivers who recently drove with their dogs say their dogs were unrestrained in the vehicle. Yet, 82% of drivers who recently drove with their dogs agree that having an unrestrained dog in a moving vehicle can distract the driver. Not using a restraint is risky and could put you in violation of the law. Some states have animal restraint laws for vehicles to help keep drivers safe and focused. However, only 24% of licensed drivers who recently drove with their dogs say they are very familiar with such laws in their state. That's compared to 34% who say they didn't know these laws existed.
- Plan ahead and identify rest stops along your route so you and your dog can take a break. If you need to make an unplanned stop, avoid the side of the road, and instead look for a quiet parking lot. Use these occasions to give your dog food, a little exercise and most importantly in summer, plenty of water.

For additional survey findings, along with tips to keep roadways safe and K-9 companions secure, visit Selective.com. For survey methodology, visit selective.com.

"More pets in homes, especially with the introduction of the pandemic puppy, means more Americans than ever may be hitting the roads with their pooch on road trips this summer. Drivers should understand the risks associated with taking them along for the ride," said Smith.

1 in 4 Americans don't understand retirement planning but are willing to start learning online, new survey says

(BPT) - Will I be able to retire? How much do I need to save? What if I outlive those savings? Questions like these are common across America's current working population. Whether Gen X, Millennial or Gen Z worker populations, they each have hopes for a financially secure retirement, despite current economic uncertainty.

When it comes to retirement, research shows 70% of Americans plan to but are unsure they will really be able to, according to a recent Prudential survey. Having enough savings is a primary concern for almost half (40%) of Americans who are not confident they can retire. Concerns such as this may cause people to continue to work as they age - be it full time in their career or part time in a less demanding position.

Financial knowledge needed

This lack of confidence is coupled with a lack of financial knowledge. Just over 1 in 4 respondents (26%)

said they do not have a strong understanding of what to do when it comes to retirement planning, and over half (59%) do not have a 401(k) account, one of the primary savings vehicles for retirement. Of those who do, 21% are unsure of how much money is currently in their account.

Captured in the survey, which polled 2,000 working adults across generations this spring, was a strong desire to retire and openness to receiving professional advice, yet a general uncertainty about how to begin. Fortunately, online tools are becoming more widely available, and some provide important insights that can bridge the retirement planning gap.

Online retirement insights

If you feel anxious about retirement and are confused about where to start, you are not alone. The survey found that among those who expressed confusion about retirement planning or are worried about being behind,

most (65%) said they are open and willing to use digital tools. Because of their convenience, digital tools may be a smart option for people looking to take the first step in their retirement planning journey, but they aren't one size fits all.

One free online option is Prudential Stages for Retirement, a platform that offers a personalized digital experience with access to a team of financial advisors. By answering a few questions, the platform provides customers with a "Retirement Confidence" score and shows them the ways in which they are strong in their retirement preparedness as well as where they may need to adjust to get closer to their goal. Users can also access a retirement calculator to see just how much they need to save to achieve their individual vision for retirement.

A human touch in retirement planning

Even as online tools help bridge the retirement confidence gap, the survey

shows that most people still want access to a financial advisor - even if they aren't physically in the room with them. A whopping 94% of all respondents say they are interested in receiving advice from a financial expert in some manner.

On Prudential Stages for Retirement, people of all age ranges, levels of wealth and retirement preparedness have one-click access to an advisor, virtually or in-person, if desired. There is no minimum savings required to access an advisor, so everyone can ask questions to help them gain more confidence in their retirement planning choices.

Getting started

While most working people across generations have retirement as a goal, many don't know what to do to plan appropriately. Online retirement planning tools like those from Prudential can be an effective first step in gaining knowledge and boosting confidence that retirement dreams will become reality.

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WASHINGTON OUTDOORS REPORT

Wildfire Prevention

By JOHN KRUSE

Common sense isn't common, negligence is all too often prolific and these two factors combine to create wildfires in our forests and across our landscapes every year. According to the National Park Service, 85 percent of wild fires are human caused. Here are some of the common ways these forest fires start.

Leaving Campfires Unattended Or Abandoned: Robin DeMario, a Public Affairs Specialist with the Wenatchee-Okanogan National Forest, has said many times over the years that this is a very common cause of forest fires and their personnel routinely come across abandoned campfires either smoldering or burning.

I witnessed this first hand a few years ago at Camano Island State Park. The family camping next to us packed to leave and told us they had some extra firewood at their campsite if we wanted it. I thanked them and a short time after they drove off towards home, I went to their campsite to find they had left their campfire burning merrily away, having made no effort to put it out at all. I was dumbfounded at their decision making but it made me realize Robin was right about this.

Many times, campers will pour water over a campfire and leave thinking it is out. However, you need to truly drown that fire out. First pour water on the fire, stir it with a stick, pour more water on it, and don't leave until the embers are cold to the touch.

Tossed Cigarettes: If you have ever seen a wildfire start next to a road there is a good chance someone discarded a burning cigarette from their vehicle which started that fire. That's why there is a very steep fine if a law enforcement officer sees you discarding a lit cigarette from your vehicle to the tune of \$1025 or more.

Parking A Running Vehicle In Dry Grass: Another reason fires start near roadways is because motorists will pull off the side of a road, or drive off-road and park their running vehicle in high, dry grass or weeds. The grass can catch fire in a hurry, not only burning neighboring grasslands but also the vehicle itself in some cases. This is something that doesn't get a lot of attention, and therefore, a lot of people don't even think about the cause and effect of a hot engine in contact with dry grass on a warm summer day.

Loose Chains Or Metal Dragging From Vehicles: Yet another cause of roadside



PHOTO COURTESY US FOREST SERVICE

A wildland firefighter and a burning wildfire.

fire starts are chains or other metal objects being dragged along the roadway by moving cars or trucks. Using the analogy of a flint or magnesium fire starter, if you produce enough sparks, you will eventually start a fire and unfortunately, this holds true

for the sparks generated by metal objects dragged along our highways.

Fireworks: This one is a no-brainer but state and federal land managers haven't been able to rely on common sense and instead have to issue fireworks bans and publicize them every summer because of the obvious danger exploding and sparking fireworks produce.

Burnpiles: Counties commonly implement burn bans during the summer but some people still attempt to burn debris whether it be orchard wood or household items on their property. Even when it is legal to have these fires, they have to be attended to constantly, have water or other means to put the fire out and kept at a level where they can be controlled.

Starting A Fire On A Windy Day: When it comes to controlled burns or campfires, both can quickly get out of hand if they are lit during windy conditions. I vividly remember the Castlerock Fire in Wenatchee back in

September 1992 that burned 30 residences down in just a few hours. The fire was started by several teenagers lighting a campfire on a hill behind Castlerock Avenue on a very windy day. The campfire got out of control and in no time at all, the devastating flames raced to nearby neighborhoods and the roofs of several homes, several of them with cedar-shake roofs, were on fire.

Arson: Last but not least, it is a known fact arsonists are also responsible for wildfires and they can be difficult to catch. This is where you as an observant person can play a key role. If you see someone starting a fire or a vehicle leaving an area where a fire is starting, call 911 and give them a good description of the individual, the vehicle and if possible, a license plate. That call can go a long way towards stopping this person from starting future fires.

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

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Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

1. Contact Us
Call (844) 889-8170
2. Schedule Pickup
We'll pick up your vehicle for FREE - at a time and place convenient for you.
3. Receive Top Tax Deduction
You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
844-889-8170

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

PICTURES NEEDED

Writing a book about Cashmere in the 1940's and 1950's.

Need photos of the town businesses, school buildings, parks, Pink store, Boy Scout building, swimming pool, football field, Big Rock, Christmas tree lighting, the 1948 flood, and others that would be of interest.

All photos will be returned and credit given to the provider.

They can be dropped off at the Cashmere Museum
Thank you, Rellie Schmitt

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

CHRIST CENTER
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.

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

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

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
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: www.newlifeleavenworth.com

PLAIN

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

CASHMERE VALLEY RECORD
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WARD MEDIA

On the Internet website:
www.cashmerevalleyrecord.com
e-mail: Reporter@cashmerevalleyrecord.com

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

Subscriptions

In Chelan County (yearly) - \$40
\$45 for print and online
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. Toll Free 1-509-293-6780

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Letters policy

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

Classified Advertising

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

Services

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

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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.

Leavenworth

BEER & BOTS Adult STEM Night

On Thursday, August 17, 6-8 p.m. at Wenatchee River Institute's Red Barn with NCW Libraries STEM Librarian. Embrace your inner scientist, quench your thirst for knowledge, and toast to new friendships at our adult STEM program. 509-548-7923 or Leavenworth@ncwlibraries.org

Leavenworth Library

Art show for Brian Strickland from Aug. 15- 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 Alphorns

Are hosting this summer's 2nd Beginner's Circle on Saturday August 19 at 10 a.m. at Lions Club Park. All ages are welcome however RSVPs are required so that we can provide you with a horn. Please text Janet Mano at 253-225-1587 if you would like to try playing an Alphorn.

Good News for All Alumni

From Peshastin-Dryden School District, Peshastin School

District, Dryden School District, Leavenworth School District and Cascade School District. Effective immediately, access to all school annuals is online. On the internet, go to Cascade School District Homepage, click on District Information, click on More, then (alphabetically) History/Yearbooks. Selection can then be made on any of the listed (years) yearbooks. If you notice specific years are missing online, it is because an annual for that year could not be found. There are also some leftover yearbooks of various years if you are interested. If you have questions or concerns, contact Sandy Houston, 509-670-5521.

G.O.O.F.Y. Gathering of Old Fogies

The yearly gathering of classmates of Leavenworth High School will be September 6, from 10 a.m.-3 p.m. at Walla Walla Point Park, Shelter #2. Please bring a main dish, salad, or dessert. Coffee and water will be provided. Potluck will be served at noon. Contact Helen Rayfield at 509-888-5892.

Cascadia Conservation District regular board meeting

Will be held on Friday, August 18, at 1:30 p.m. The meeting will be held at our new office space on 1350 McKittrick St. More information and instructions will be available on our web site at cascadiac.org or by calling the District at 509-436-1601.

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 4

- 02:50 Alarm, 121 Elberta Ave.
- 13:45 Suspicious Circumstance, 218 Cottage Ave.
- 15:08 Suspicious Circumstance, West Cashmere bridge
- 15:46 Diversion, 8702 Alice Ave., Dryden
- 16:50 Trespassing, 5720 Vale Rd., Outpost Saloon
- 17:37 Harassment/ Threat, 6125 Hay Canyon Rd.
- 18:36 Civil Dispute, 8703 Alice Ave., Dryden
- 20:15 Noise Complaint, 100 North St.

- 13:42 Theft, 127 Riverfront Dr.
- 14:41 Scam, 5976 Sunset Hwy.
- 19:47 Public Assist, 113 Oak St.
- 21:09 Suspicious Circumstance, 210 S. Division St.

August 5

- 06:38 Agency Assist, US Hwy. 2 MP 112
- 06:46 Civil Dispute, 5693 E. Cashmere Rd.
- 10:21 Noise Complaint, 201 Riverside Dr., Riverside Park
- 13:09 Court Order Violation, 4906 Yaksum Canyon Rd.
- 14:45 Burglary, 115 E. Pleasant Ave.
- 15:34 Theft, 6998 Brender Canyon Rd.
- 16:42 Noise Complaint, 115 E. Pleasant Ave.
- 17:09 Public Assist, 115 E. Pleasant Ave.
- 19:41 911-call, 8115 Depot Rd., Dryden

August 8

- 06:27 Domestic Disturbance, 113 Elberta Ave.
- 11:50 Extra Patrols, 107 Mission Creek Rd.
- 14:13 Public Assist, 6251 Kimber Rd.
- 14:45 Theft, 5651 Sunset Hwy.
- 23:58 Suspicious Circumstance, 702 Pioneer Ave., Pioneer Market

August 6

- 08:58 Alarm, 700 Cotlets Way, Rusty's Drive In
- 17:40 Traffic Offense, US Hwy. 2 and Aplets Way
- 23:16 Disturbance, 115 E. Pleasant Ave.

August 9

- 03:12 Alarm, 121 Elberta Ave.
- 10:24 Parking/ Abandoned Vehicle, 222 Chapel St.
- 13:50 Juvenile Problem, 6125 Hay Canyon Rd.
- 18:06 Trespassing, 301 Sullivan St.
- 19:42 911-call, 817 Pioneer Ave.
- 20:43 Suspicious Circumstance, 4790 Mission Creek Rd.

August 7

- 06:53 Harassment/ Threat, 305 Woodring St.
- 10:43 Suspicious Circumstance, 101 Pioneer Ave., Vale Elementary School
- 10:46 Hazard, Olalla Canyon Rd. MP 4
- 12:58 Traffic Offense, 700 Cotlets Way, Rusty's Drive In

August 10

- 03:05 Alarm, 121 Elberta Ave.
- 07:08 Animal Problem, Otis and Saunders Roads, Dryden
- 07:29 Suspicious Circumstance, 5281 Coates Rd.
- 10:08 Stolen Recreational Vehicle, 5738 Vale Rd., Cashmere Auto
- 10:16 Trespassing, 600 Cotlets Way
- 11:04 Civil Dispute, 227 Independence Way
- 11:26 Suspicious Circumstance, 4074 Pioneer Way, Monitor
- 12:44 Suspicious Circumstance, 6251 Kimber Rd.
- 13:29 Hazard, S. Division St., and Railroad Ave.
- 15:39 Suspicious Circumstance, 107 Mountain View Pl.
- 16:21 911-call, 5510 Mill Rd.
- 18:44 Burglary, 5955 Hagman Rd.
- 23:36 Suspicious Circumstance, Cashmere area

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**

BUSINESS & SERVICE Directory

Add your business or service to this directory: 509-548-5286

DRILLING

Tumwater Drilling and Pump Inc.

"Water Treatment Systems Built to Your Individual Problem"

Free Water Analysis/Estimates

Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

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- 4 Butcher's Cut Filet Mignons (5 oz.)
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- 4 Omaha Steaks Burgers (4 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)

73818JQM separately \$274.99
 SPECIAL INTRODUCTORY PRICE **\$129.99**

Limited Time: Get 8 FREE Burgers

Order Now! 1.877.587.8821 ask for 73818JQM
 OmahaSteaks.com/Classic5654

Savings shown over aggregated single item base price. Limit 2, 8 free 4 oz. burgers will be sent to each shipping address that includes 73818. Standard S&H added per address. Offer available while supplies last. Cannot be combined with other offers. Other restrictions may apply. All purchases acknowledge acceptance of Terms of Use. OmahaSteaks.com/terms-of-use/051. Expires 09/30/23. | Omaha Steaks, Inc.

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.



Place your ad online at NCWMarket.com or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

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.

CORRECTIONS: Ward Media LLC shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for the corrections made thereafter. Ward Media LLC shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. Ward Media LLC's liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisements in any subsequent issue. No monetary refunds will be given. For more information call 509-548-5286.



Administrative

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RIDGE OCA SEROW
VEER OUTPUT ENE
AUDIBLE GENDER
DUD PIANO
OBIT TURNOVER
TIVORY BRAD IRON
CAROL SETA COMA
ELAN PRE ESPY

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

Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers and Online at NCWMarket.com** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286
or email classifieds@leavenworthecho.com
or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**
HAPPY BIRTHDAY CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

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

Commercial

Commercial Rentals

Flying Dutchman Self Storage
Secure storage units for rent.
5x10 up to 10x25
All units have lights with 24/7 access.
Give us a call (509)548-6343.

Employment

Help Wanted

Special Ed Paraeducators Mansfield
Hiring two paras to serve the Mansfield School District. 34.15 hrs/wk, school year schedule. \$18.96-23.57 hourly. Benefits and Retirement. Apply online: www.esd112.org/takeroot



Looking for a home for your Furry friend?
Try the pet section on NCWMarket.com

Help Wanted



School District is seeking qualified applicants for the following positions:

- Substitutes needed:
- Bus Drivers
 - Custodians
 - Food Service
 - Para Professionals
 - Teachers
 - Teachers (Emergency Substitute)

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

Clerk of the Board/Facilities Coordinator – Full-time

Organization: Okanogan County Transit Authority (TranGO)
TranGO is looking for a full-time Clerk of the Board/Facilities Coordinator. This position is hourly non-exempt. Compensation is \$28.12 - \$30.42 per hour (DOE). Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation.

Responsible in part for clerical duties for the OCTA and OCOG Boards, processing accounts payable, replying to Public Records Requests, notary, compiling and editing various documents, advertising for meetings and public hearings, serving as back up on phones, receiving and distributing mail, organizing, and maintaining all OCTA and OCOG files and responsible for records retention. (See job description for complete details).
Visit www.okanogantransit.com for application and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to financehr@okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA 98840.
Application Deadline: First review of the applications will be 08/18/23; position open until filled.
Okanogan County Transit Authority is an Equal Opportunity Employer.



Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!
See all available properties at windermereleavenworth.com

Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

Help Wanted

Receptionist for HVAC Contractor.

Full-time M-F. Equal opportunity employer, Fun loving, family oriented and energetic work environment. Full benefits with paid holidays, vacation and paid health care package. Responsibilities include multiline phone system, operation of general office equipment and electronic record keeping. Must be customer oriented and have ability to multitask. Knowledge of Microsoft Office and QuickBooks. Located in Entiat. If interested call for an application 509-784-4822

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR
Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com
Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Brewster School District is Hiring!
• **MS Special Education Para Educator - Classified Position**
Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. The position is open until filled.



Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

Help Wanted



School District is seeking qualified applicants for the following positions:

Cascade High School Special Education Para Pro/Cashier 7.5 hours

Icicle River Middle School Building Cook 2.5 hours

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

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CITY OF LEAVENWORTH SURPLUS GARAGE SALE
The City of Leavenworth is hosting a garage sale of items that the City no longer uses. There will be office supplies, furniture, tools and more. The sale will take place during the Farmer's Market on August 17, 2023 from 4:00-7:00 PM. The sale will be held in the Osborn Gym at 225 Central Avenue...follow the signs!

Garage & Yard Sale

CLEAR SOME SPACE WITH A



Fill your pockets with **CASH \$\$** Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price!

General Merchandise

Items for Sale

- AMEREX carbon dioxide commercial fire extinguisher \$50
 - Small hand-truck \$25
 - Rival brand small microwave, \$25.
 - Toaster-Broiler oven \$20.
 - 4 metal-framed chairs with burgundy cloth seats \$40
 - Nice wooden, 2 drawer legal file with folders \$40
 - Several desk cloth chairs \$20 each.
 - A Laverne & Shirley 1960's Gray metal kitchen table \$50
 - Tiffany style lamp-table \$50
 - 24 x 24 inch canvas pink rose picture \$20
- Call 509-670-1723 to see

Advertise in the Classifieds
509-548-5286



Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news about NCWMarket.com is:

- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

Legals

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

Public Notices

CITY OF CASHMERE NOTICE OF PUBLIC HEARING TRANSPORTATION IMPROVEMENT PROGRAM

Whereas, pursuant to the requirements of Chapter 35.77.010 RCW, the City of Cashmere has prepared and revised a comprehensive transportation improvement program for the ensuing six years, and Whereas, pursuant further to said law, a public hearing is required on said program, the City Council of the City of Cashmere will hold a public hearing on Monday, August 28, 2023 at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. The public is invited to attend and make comments. Kay Jones City Clerk-Treasurer CITY OF CASHMERE Published in The Cashmere Valley Record/Leavenworth Echo on August 16, 2023. #6123.



Upgrading your 'ride'? we can help you sell your old one

• Place your ad 24/7 at ncwmarket.com
• Email: classifieds@leavenworthecho.com
• Call 509-548-5286

Tips for parents and kids to stay organized this Back-to-School Season

STATEPOINT - The start of a new school year carries with it so much potential, particularly when students -- and their parents -- stay organized. Amid the back-to-school chaos, use these tips and gear recommendations to help keep everyone on track, whether they are at school, at home or on-the-go:

Notes and Big Ideas

Color-coded notebooks and binders, along with labeled dividers, can help you keep your coursework straight and your note-taking organized. Take your color-coding a step further by extending the concept to the tools you write with. Pilot Pen's G2 gel pen is a go-to for busy students and parents with its smooth, long-lasting gel ink that's able to keep up with busy schedules. Science has shown that writing a to-do list with an appealing color can lead to greater productivity.

Inspired by color trends and color psychology, the G2 Harmony Collection colors were developed to promote balance, relaxation, and hope, helping students get more done, stay positive and achieve their highest potential this school year. G2 is available in four-point sizes and over 35 colors, so it's ideal for notetaking, writing down big ideas, goal-setting and more.

Planning and Scheduling

With the back-to-school season comes a flurry of planning and scheduling -- from after-school activities to field trips. Parents and kids alike can stay on top of all the last-minute changes with a desk calendar and an erasable pen. Pilot's FriXion line of erasable pens and markers write smooth and erase clean, so you can edit plans as often as they change. It's much easier to remember tasks and events when you've recorded the

details in a central location, so start a habit of entering all activities into your calendar as soon as they're planned. The smooth gel ink and precise point of the FriXion Synergy Clicker is great for detailed planning, while FriXion Fine liner brings colorful, mistake-free writing to notes and calendars.

Lockers, Backpacks and Desks

Use organizational tools anywhere school supplies are stored, such as lockers, backpacks, and home study areas. Simple shelving and magnetic door organizers can maximize storage potential in any locker, whereas a backpack with multiple pockets allows you to arrange items by subject. Periodically empty your backpack completely; you may be surprised by the loose papers you find at the bottom. Use the opportunity to re-order items as needed and to

wipe down the bag's interior. Parents and kids should keep clutter to a minimum in home workspaces with filing systems and supply trays. This will help prevent important papers and other items from going missing and improve productivity.

Down to the Details

If you're smudge-prone, use quick-dry ink for effortlessly clean lines. When it's time to study, this will make reading your notes a lot easier. Pilot's Precise Rolling Ball, available in capped and retractable styles, features a precision tip -- great for organized notes and homework. For more back-to-school inspiration and tips, visit powertothepen.com. Staying organized is easier said than done for families and students. However, relying on tools meant for the task at hand, whether that's note-taking or event scheduling, can make it much simpler.

What else is in your medicine

When Donna was first diagnosed with blood clots in her lungs 20 years ago, she took a common blood thinner for over 10 years with no problems. Then her doctor told her that she could stop taking it, so she did. Five years later, Donna was back in the Emergency Department with trouble breathing. This time, she again had blood clots, but in both her lungs.

She spent 2 days in the hospital, where her doctors restarted her previous blood thinner. She was discharged to home, where her breathing gradually improved, but she started feeling "itchy all over." After trying several over-the-counter allergy medications with little success, she saw her doctor, who prescribed other allergy medicines, which didn't give her any relief.

Finally, although she had taken the same drug for years without any problems, her doctor changed her blood thinner medication.

And to everyone's surprise, her itching stopped.

Did she develop an allergy to her old blood thinner medicine? Possibly, but other compounds besides a pill's active ingredients can cause side effects or change how you absorb a particular medication.

These "inactive" ingredients are called excipients. They lurk in our tablets, capsules, and liquid medicines. Many generic drugs use different excipients than the original branded formulation.

Generic drugs are the only required to include the same active ingredient. Generic medications often have different colors, coatings, sizes, and shapes, including



other "inactive" compounds than the original, branded medicine. This can lead to differences in how the original medicine acts in your body compared to its generic counterparts.

Tablets and capsules must contain a specific amount of a drug's active ingredient. This is often just a tiny amount of powder. To make it pill-sized and shaped, other compounds called excipients are added. These "extra ingredients" may help preserve it, color it, sweeten it, speed its dissolving under your tongue, or make it easier to manufacture.

Stabilizers or preservatives protect the final product from contamination by microbes or slow down the degradation of the active ingredient when exposed to oxygen and moisture.

Sodium bisulfite is a standard stabilizer that helps an active ingredient stay potent longer. Some commonly used preservatives include sodium benzoate, sorbic acid, and parabens like methylparaben, ethylparaben, propylparaben, and butylparaben.

With most medicines, combining the active ingredient, diluent, and dye or coloring agent doesn't

provide enough powder to fill out each dose and create tablets big enough to pick up, handle, and swallow. A filler agent like cornstarch, lactose, sucrose, dextrose, or talc is often added to the mixture, adding bulk. This helps create a tablet or capsule of a specific size.

A diluent is often added to help blend the active ingredients evenly throughout the mixture, giving the final tablets or caplets a more consistent color. It also helps ensure an equivalent dose in each piece when a tablet is cut or broken in half.

Although your pill mixture contains active ingredient, diluent, food coloring, and filler, you often need to add a binder and lubricant in order to make the pill easier to manufacture when using automated pill presses.

Dry, powdery snow is fun to ski in but worthless for a good snowball fight. Water helps snow stick together when compressed into a snowball. Similarly, a binder gives powdered medicine the "stickiness" it needs to form a tablet when pressed into a particular shape.

When making waffles, the batter is poured onto the bottom of a hot waffle iron, which is then closed to cook. When the cooking time is up, you open the iron and lift the steaming waffle off the hot griddle and onto a waiting

plate.

It's aggravating when your awaited treat refuses to come loose, instead ripping itself apart. You end up peeling waffle off each side of your waffle iron. When a medicine tablet is pressed into its final shape, it also has to be able to LET GO and roll away, which is why a lubricant is often added to the medicated mixture, like oil is added to a waffle iron.

Another inactive ingredient is a wetting agent or "disintegrant". It pulls water into a tablet more quickly, speeding up the process of dissolving it and releasing the active ingredient more rapidly and completely.

Chewable tablets are often sweetened and flavored, while preservatives are added to liquid medicines like ear drops, eye drops, and nose sprays to discourage the growth of microbes.

The active drug is not always to blame for problems. Generics often use different inactive ingredients, which can trigger side effects like allergic reactions.

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

Public Notices

CITY OF LEAVENWORTH

On the 8th day of August, 2023, the City Council of the City of Leavenworth, Washington passed the following ordinances. A summary of the contents provides as follows:

Ordinance 1677: An ordinance of the City of Leavenworth, WA, amending LMC section 14.10.055 Exempt Signs by amending subsection "O" to prohibit political election signs in the Highway US 2 Right of Way and adding an abutting owner consent requirement for all political election signs.

Ordinance 1678: An ordinance of the City of Leavenworth, WA, adopting LMC Chapter 2.24 Code of Ethics and amending the Powers of the Hearing Examiner in LMC 21.15.070 to provide for hearings related to chapter 2.24.

Ordinance 1679: Authorization for the acquisition of personal property and execution of a financing contract and related documentation relating to the acquisition of said personal property.

A full copy of the ordinances are available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826.

Published in The Leavenworth Echo, Cashmere Valley Record on August 16, 2023 #6143

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CROSSWORD PUZZLE



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THEME: FOOTBALL ACROSS

- '90s Don Johnson TV character
- India's smallest state
- Light on one's feet
- Arctic floater
- Mouthful, swallowed
- Rocks at mountain base
- Reading helper
- Serve soup
- Clean & _____ in a workout
- QB's target
- Wholly engaged
- Religious ritual table
- Scott's woolen cap
- Relating to milk
- Oil-producing plant
- Shakespearean "fuss"
- Crowd
- Like the White Rabbit
- Chip feature
- Mozart's "L" del Cairo
- Asian goat antelope
- Turn sharply
- Yield
- Compass bearing
- "When QB changes play at line of scrimmage
- _____ identity
- Failed Molotov cocktail
- Alicia Keys' instrument
- Final notice
- "It results in change of possession in football
- Off-white color
- Actor Pitt
- Type of ore
- Classic TV's "lovely lady"
- Stiff hair
- Vegetative state
- Distinctive elegance

- Prior to, prefix
- "Tom Brady's 2008, 2018 or 2021 award

DOWN

- *Professional football org.
- Relating to armpit
- Jazz subculture hipster
- Tropical juice flavor
- Comparative form of #40 Down
- Imitator
- SAT or ACT _____ course
- Catch one's breath
- "Owner of a Lonely Heart" band
- Malfunction
- Hair product
- Chosen few
- Dress like Ancient Greeks
- Butterfly, pre-metamorphosis
- Bye, to ...Isabell Borne
- Encrypted
- "a.k.a. hike
- Dog-_____ pages
- Do penance
- Not as old
- Casanova, e.g.
- Two before Dec.
- "NFL playing field
- Shorthand
- Antediluvian
- Idi Amin's country
- Butane derivative
- Not an expert
- Less adulterated
- All worked up
- Like Joe Biden's office
- _____ Bora
- Chef's amt.
- Son of Aphrodite
- Boisterous play
- _____ the kicker
- "Uh-uh"

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR 12 days, departs May - Sep 2022 FROM \$1,699

1-855-208-9533

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

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



- In Customer Service
- Store Condition/Appearance
- Locally Owned & Operated

All Natural
Boneless Pork Tenderloin
Twin Pack

2.98 LB.

PRAIRIE FRESH NATURAL

DRAPER VALLEY FARM

NO ANTIBIOTICS EVER

No Antibiotics Ever
Chicken Drumsticks
Value Pack

98¢ LB.

Freshly Ground

Lean Ground Beef
80% Lean, 20% Fat
Value Pack

4.98 LB.

Local stores supporting local products. **LOCAL Equals FRESH**

Fresh Produce

Extra Large
Red or Green Seedless Grapes

1.98 LB.

GRAPES FROM CALIFORNIA

Fresh

Gold Pineapple
2.98 EA.

Strawberries
1 Lb. Package
3.98 EA.

Ice Cream Sale!

Crystal Creamery Ice Cream
Selected Varieties
48 Oz.

3.98

CRYSTAL
RAINBOW SHERBET

Duncan Hines
Brownie Mix
Selected Varieties
18 to 18.3 Oz.

2/\$4

SMUCKER'S
Topping
Selected Varieties
11.75 to 12.25 Oz.

2.28

Food Club
Whipped Topping
Original or Extra Creamy, 13 Oz.

3.48

Food Club
Ice Cream Cups or Cones
12 Count

1.88

Food Club
Baking Chips
Selected Varieties
11 to 12 Oz.

2/\$5

Food Club
Peanuts
Selected Varieties
12 to 16 Oz.

2/\$5

Food Club
Walnuts
Halves & Pieces,
16 Oz.

5.98

Crav'n Flavor
Vanilla Ice Cream Cones
8 Pack

5.98

Crav'n
ice cream sandwiches

Crav'n
ice cream bars

Crav'n
rainbow pops

Crav'n
pops

Crav'n Flavor
Ice Cream Sandwich
Vanilla or Neapolitan
12 Count

3.98

Crav'n Flavor
Ice Cream Bars or Pops
Selected Varieties
12 to 20 Count

3.98

Crav'n Flavor
Banana Pops
12 Count

2.88

Crav'n
variety pack
ice cream cups

Crav'n
ice cream cups

Outshine
Fruit Bars

Outshine
Fruit Bars

Crav'n Flavor
Ice Cream Cups
Strawberry Fudge or Vanilla, 12 Pack

4.48

Outshine
Fruit Bars
Selected Varieties
6 Count

2/\$8

Outshine
Fruit Bars
Selected Varieties
12 Count

2/\$10