



2023-24 P.E.O. JF Scholarship Winners



Karina Jeronimo, Karen Larsen, Stacey Menley, Rachel Beck, Abby Rivas

SUBMITTED PHOTO.

SUBMITTED BY MIMI KELLER,

The P.E.O. Scholarships Chapter JF-WA is pleased to announce the recipients of the 2023-24 Local Scholarships. P.E.O. is an organization of women who provide support to other women as they continue their educational journey. The Local Chapter JF-WA is grateful for the continued support from Leavenworth and surrounding

communities in helping us reach our goals. For more information or to learn how to donate, please contact: peoleavenworth@nwi.net

This year's recipients are:

Karina Jeronimo, from Malaga, will be graduating with her AA degree from WVC this summer and then on to continue in the Bachelor of Applied Science in Behavioral Health

at Central Washington University beginning in the fall.

Karen Larsen, from Waterville, received her RN degree in Nursing at Wenatchee Valley College and is studying to obtain her Bachelors in Science in Nursing (BSN)

Stacey Menley, from Cashmere, is currently working towards a Bachelor of Applied Science Degree at Central Washington University.

Rachel Beck, from Leavenworth,

is attending the Midwife School of Utah to receive her Bachelor of Science in Midwifery. She is going to online school full-time and is a part-time intern at the Wenatchee Midwife and Birthing Center where she is doing her practical experience.

Abby Rivas, from Wenatchee, is currently attending WVC to obtain her AA degree and then to enroll in the Food and Nutrition Physiology program at WSU.

Interim period busy with 12th District visits

BY BRAD HAWKINS

Friends and neighbors,

I hope that you and your families have been having a fun and safe summer. It has been over two months since the 105-day legislative session and the May 16 special session ended. My schedule is more manageable during the summer months with in-district visits and occasional committee meetings and appointments in Olympia, but the schedule gets busy in the fall as I hold my listening tour throughout the district and begin preparing for next year's legislative session. Over the past several weeks, I have enjoyed connecting with various local groups to reflect up recent legislative actions and learn more about upcoming community projects. Here are some recent events and activities:

12th District Interim activities

Serving as State Senator is a year-

round effort, involving a mix of "in session" activities at the State Capitol and "interim" activities during the time the Legislature is not in session. A typical year for me begins in the fall with my annual listening tour and group meetings to prepare for the Legislative session in the winter. The spring usually involves meeting with groups to recap the Olympia activities and participating in field tours and events with legislators and stakeholders. The summer is a continuation of those activities with occasional caucus meetings, legislative briefings, and interim committee work. My favorite aspect of the non-session interim work involves personal meetings and visits throughout the 12th District. Here is a summary of some of this year's interim activities:

- **Post-session Interviews with local media.** Following the adjournment of the 105-day session and the passage of the state budgets, I had the opportunity to connect in studio

Serving as State Senator can be quite stressful, especially during the Legislative Sessions in Olympia. During the interim months, I try to enjoy some of our 12th District's famous outdoor recreation, which helps me de-stress. This photo is taken along the Stuart Lake Trail in the Alpine Lakes Wilderness near Leavenworth.

SUBMITTED PHOTO.



with KPQ and KOZI radio. I have enjoyed close connections to these stations and their listeners during my service in the Legislature, participating in interviews weekly during the session and monthly in the interim months.

- **Apple Blossom Festival and Grand Parade.** This year celebrated the 104th Apple Blossom Festival in Wenatchee April 27-May 7. My family enjoyed riding in the Grand Parade and connecting with community members. I'd like to extend a big thank-you to the festival royalty, staff, board, and community volunteers who came together to make the festival so special.

- **Wenatchee Kiwanis Club Presentation.** I enjoyed attending a recent Kiwanis Service Club lunch at the Pybus Public Market event center. I

summarized the legislative session and had a good discussion with the Kiwanis members.

- **Snoqualmie Valley Governments Association.** The SVGA hosted an evening dinner meeting at the North Bend City Hall to hear about the legislative session and to discuss Snoqualmie Valley priorities. The event host, North Bend Mayor Rob McFarland, offered a warm greeting to the group on behalf of the city and council. I had the

CONTINUED TO PAGE B1

Check out Washington State Parks this summer

SUBMITTED BY WA STATE PARKS

Washington's state parks are some of the most iconic in the country. Now, more families will be able to experience the beauty in their backyard thanks to the expanded Check Out Washington program.

This year, Check Out Washington will provide 500 Adventure Packs with Discover passes, up from 400 in 2022, to local libraries around the state.

Adventure Pack contents include a Discover Pass, which provides families with free parking at public lands managed by Parks, Washington Department of Natural Resources and Washington Department of Fish and Wildlife, along with educational materials; a set of three laminated pocket guides about Washington trees, wildlife, and birds; and a high-quality set of binoculars.

Paddle Safe Week- July 21-27

Six years ago, the Recreational Boating Safety Program at State Parks created Paddle Safe Week to promote safety while out on the water. Paddle

sports such as kayaking and stand-up paddleboarding (SUP) are popular pastimes in our state, but they are not without risks. Please watch for safety messages on our social media.

As always:

- Wear your life jacket. You are required by law to carry a well-fitting life jacket on board with you, even in a SUP. Wearing it is the best way to stay safe.
- Be a role model in your community: know and demonstrate the best safety practices. Help normalize paddling safely and encourage those around you to do the same. Help share the message.
- Share safety tips with friends and family. Use hashtag #PaddleSafeWeek on all social media posts, and direct people to learn more.

RVers love State Parks

We want you to have a great experience with us. We know afternoon traffic is bad, and an early start is a great way to beat it. But early check-ins cause traffic jams in one-way campground loops, and

no one wants to start their leisure time with a "clash of the titans." We're asking all campers to arrive at or after the designated check-in time. Check-out time is 1 p.m. for all campsites. Up to that time, cars and RVs will be leaving their sites. Our park aides will then clean them and trim branches that might otherwise scratch up your rig. Check-in time is 2:30 p.m. for all campsites. At that time traffic should be going one way. Campsites will be clean and ready for use. Please watch for pedestrians in



the campground loops. Please check in with the park office before driving to the campsites. Early arrivals do have some options. Call the park, or the local visitors' bureau, ahead of time to learn about day parking and tourism activities.

World music, woolly mammoths and more

Our Folk and Traditional Arts Program is bringing the hills to life with the second annual Mountain Melodies concert series at Lake Wenatchee State Park. From the Balkans to the Appalachian, you'll be regaled by world music accompanied by birdsong and mountain breezes.

Crime is up, and number of officers down, in 2022 Crime in Washington Report

STATEMENTS ATTRIBUTABLE TO:
STEVEN D. STRACHAN

Executive Director

Crime was up and the number of law enforcement officers was down in the latest Crime in Washington report for 2022. The rate of murders, violent and property crimes rose across the state, while the number of officers available to respond and serve our communities decreased again in 2022.

The annual Crime in Washington report tracks crime and arrest data from contributing law enforcement agencies throughout Washington. The report is compiled by the Washington Association of Sheriffs and Police Chiefs (WASPC).

The report shows that there were 394 murders in 2022, an increase of 16.6 percent over 2021. This is the highest number of murders recorded since WASPC began collecting this data in 1980. Homicides have increased 96 percent since 2019. Crimes against persons, property and society all increased in 2022, and violent crimes showed an increase of 8.9 percent.

The total number of commissioned officers statewide was 10,666, down from 10,736 in 2021, while the total population of the state increased by 93,262. Washington again is ranked 51st out of the 50 states and District of Columbia for the number of officers per thousand residents.

Reported cases of officers assaulted was 2,375 in 2022, an increase of 20.7 percent.

Other data may show crime has decreased in some parts of the United States but overall crime in Washington has continued to rise. The data in this latest report should be used by policy makers to continue to develop balanced approaches that respect victims of crime and increase safety for all Washingtonians.

CIW 2022 Facts at a Glance

- The total population for the State of Washington is 7,865,768.
- Full-time commissioned officers totaled 10,666.
- There was a total of 2,375 assaults on law enforcement officers. Two officers were killed in the line of duty.
- Motor vehicle theft rose 34 percent.
- There were 394 murders.
- Domestic Violence offenses made up 45.9 percent of all Crimes Against Persons.
- A total of 544 hate crime incidents were reported.
- 1,444 arrests for Drug/Narcotic Violations were down from 2,163 in 2021.

The Crime in Washington 2022 report is compiled with data from 231 state, county, municipal, and Tribal agencies and is designed to give residents, elected officials, and law enforcement data-driven information about crime in their communities. The numbers are derived from the National Incident-Based Reporting System (NIBRS) submissions. The data should not be compared to the FBI Crime in The United States 2022 report which will be published later this year. The Washington State Uniform Crime Reporting Program forwards the crime data to the FBI in the NIBRS format; however, the FBI may convert NIBRS to a Summary Reporting System format, use estimations, or omit agencies that have not submitted all twelve months for 2022.

About: WASPC was founded in 1963 and consists of executive and top management personnel from law enforcement agencies statewide. With more than 900 members it includes county sheriffs, and 240 police chiefs, as well as the Washington State Patrol, the Washington Department of Corrections, and representatives of several federal agencies. WASPC is the only association of its kind in the nation combining representatives from local, state, tribal, and federal law enforcement into a single body, working toward a common goal. WASPC's function is to provide specific materials and services to all law enforcement agencies in the state, members, and non-members alike.

THIS WEEK

Outdoors Report.....A2	Sheriff Reports.....A3	Classifieds Index
Community Bulletin Board.....A3	Church Guide.....A4	Classifieds.....B2-B3
Community Calendar.....A3	Michelle's Kitchen Table.....B1	Real Estate Guide.....B2
Business Directory.....A3	Swimmers of the Week.....B1	Advertising Flyers.....Safeway



\$100

PO Box 39
Leavenworth, WA 98826
Phone: 509-548-5286

www.cashmerevalleyrecord.com

The Washington Outdoors Report



Josie Regula with her salmon.

PHOTO BY JOHN KRUSE



PHOTO BY JOHN KRUSE

Sportsman's Cove Lodge

Josie and the Tomcats go to Alaska

By JOHN KRUSE

The first time I met Josie Regula was when she boarded our charter boat, the Mystic Lady, at Sportsman's Cove Lodge on Prince of Wales Island in Southeast Alaska. The 50-something year-old woman was accompanied by her husband, Max. The two had come here from San Diego, California to fish for salmon, halibut, cod and more during a three-day stay at this luxury Alaska fishing lodge.

It turns out Josie isn't shy. As she boarded the boat for an orientation prior to the next

morning of fishing, Josie let us know this was her very first fishing trip. She then told all of us with much bravado she intended to catch the biggest fish on the boat and probably the most as well.

Her husband Max looked shyly downward but the rest of us did not. Her shipmates were myself, my best friend Rusty Johnston, well known Pacific Northwest outdoors writer Terry Sheeley, Frank Skipworth (a veterinarian from Kentucky), and the Captain of the Mystic Lady, Steve Helton. I think Josie was expecting a chorus of loud guffaws and snorts from us but several of us nodded in agreement and said there was a good chance

she would do just that.

Josie looked momentarily confused until I explained first time anglers, especially women, tended to out fish their male shipmates because they had not formed a lifetime of bad habits like the rest of us had. Add to that, first time women anglers tend to not only pay attention to the fishing advice dispensed by the captain, but actually follow it. Several of us went on to say we had indeed seen women with no experience catch the biggest fish or the most fish because of this.

I'm not sure Josie believed what she was telling us but we all knew her prediction could well come true.

When I asked Josie her name, she said it was "Josie, like Josie and the Pussycats." Being all over 50 years of age on the boat, we all recognized the reference to the old television cartoon show featuring Josie, the star of a female rock band, and her supporting cast the Pussycats. With all of us being men Terry Sheeley said we wouldn't be the Pussycats as her band members, but we would be willing to be the Tomcats. And with that, the fishing band was formed.

On our first morning we fished a large sandy bottom flat that was about 260 feet deep, a non-descript part of the ocean some 35-minutes away from the lodge by boat. Dropping down our bait of herring with 12-ounce lead weights on a short leader we began to jig for halibut and wouldn't you know it, Josie caught the first fish of the day, a healthy five-pound true cod. Josie's luck, and learning curve, increased over the next three days of fishing and she reeled in more than her share of cod, halibut and salmon but it was our third day of fishing that Josie played her greatest hit.

The weather the first two days was mild but our final day on the water was a rough one. We endured a steady drizzle

most of the day and rough seas that had Josie feeling under the weather.

In fact, despite the fact she took Dramamine to combat motion sickness, she became sea sick. I'll give her credit though; she stuck it out on deck as we jigged for halibut during a slow morning of fishing that only yielded a few smaller halibut and true cod.

Then, Josie's rod tip bent down in a big way. She set the hook and the fight was on. The fish Josie hooked was definitely no small halibut; oh no, it was a very big one. Josie, who was not above using colorful language, used it in abundance during the fight that followed with this Goliath of a fish. Having never battled a big fish before, she decided to kneel down on the deck on one knee and brace her fishing rod against the deck rail as she reeled. It was an unorthodox way to fight a fish but it worked. The fish made several runs towards the bottom, robbing Josie of line as it did, and each time the fish made a run Josie would loudly express her dismay. However, Josie stuck it out, kept reeling and eventually, after a long fight, got that halibut to the surface.

The fish was brought on

board and it measured well over the 40 inches where non-resident charter anglers are allowed to keep a halibut in this part of Alaska. In fact, that fish measured a whopping four-foot and weighed an estimated 53 pounds. After snapping a few photos, that halibut was released back into the sea unharmed to grow even bigger and Josie's day one prediction of catching the biggest fish on the boat came true.

After taking a short break to deal with fatigue from both the fight and sea sickness she was right back on the rail for the final afternoon of fishing, reeling in half a dozen salmon in the process. In the end it just goes to show first time female anglers really can out fish all the experienced men on board, and Josie's Tomcats were more than happy to be her supportive band as she performed her greatest hit.

If you would like to find out more about the first-class fishing adventures available at Sportsman's Cove Lodge for anglers of any experience level, go to their website at www.alaskasbestlodge.com.

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

Don't forget to renew your subscriptions this summer!

Wenatchee Business Journal
Serving the North Central Washington Business Community for over 30 years!

- Business News - BNCW News
- Keeping Up With People
- Top Properties - Business Opinions

There's something for everyone in the local newspaper

- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities
- Health tips
- Online Access for all newspapers
- Breaking News

Not a subscriber? Call today to get your subscription started

Your Only Locally Owned Newspaper Company		Wenatchee Business Journal Subscription Rates for 12 months	
<input type="checkbox"/>	\$25	<input type="checkbox"/>	\$48
1 year		2 years - Chelan & Douglas Counties	
<input type="checkbox"/>	\$29	<input type="checkbox"/>	\$49
1 year Outside Chelan/Douglas		1 year Out of State	

Publishers of:		Community Newspaper Subscription Rates:	
		Print & Premium Online Access - In County - \$45 per year	
		<input type="checkbox"/> ECHO <input type="checkbox"/> RECORD <input type="checkbox"/> MIRROR <input type="checkbox"/> HERALD	
		Print Only - In County - \$40 per year	
		<input type="checkbox"/> ECHO <input type="checkbox"/> RECORD <input type="checkbox"/> MIRROR <input type="checkbox"/> HERALD	
		Online Only - In County - \$40 - E-Edition (Paper as printed)	
		<input type="checkbox"/> ECHO <input type="checkbox"/> RECORD <input type="checkbox"/> MIRROR <input type="checkbox"/> HERALD	
		Print Only - Out of County/In State - \$50 per year	
		<input type="checkbox"/> ECHO <input type="checkbox"/> RECORD <input type="checkbox"/> MIRROR <input type="checkbox"/> HERALD	
		Print Only - Out of State - \$52 per year	
		<input type="checkbox"/> ECHO <input type="checkbox"/> RECORD <input type="checkbox"/> MIRROR <input type="checkbox"/> HERALD	
		Out of State Premium/E-Edition Online - \$40 per year	

Name of person ordering: _____

Address: _____

Email: _____ Phone: _____

Send gift subscription to: _____

Address: _____

Email: _____ Phone: _____

Payment information (pay by credit card or check): _____

Credit Card number: _____

Exp: _____ Visa Mastercard Discover AMEX

MAIL TO:
 NCW Media Inc.,
 Attn: Circulation
 131 S. Apple Blossom Drive #109
 Chelan, WA 98816

 OR CALL with your Card # 509-293-6780
 EMAIL: circulation@lakechelanmirror.com

Fishing opens on Lake Wenatchee

By WSWF

Washington State Fish and Wildlife announced that sockeye fishing will be open on Lake Wenatchee on Wednesday, July 26. One hour before official sunrise July 26, to one hour after official sunset Aug. 31, 2023. Species, Sockeye

salmon, (Catch Record Card Code 670). Regulations in effect:

- Daily limit 4 sockeye. Minimum size 12 inches. Release all Bull Trout, steelhead, and Chinook salmon unharmed, and without removing the fish from the water.

- Selective gear rules are in effect (up to three single barbless hooks per line, no bait or scent allowed, knotless nets required).
- Two-pole fishing is allowed with a valid two-pole endorsement.
- Night closure in effect.

Chelan County Sheriff Mike Morrison's response to the WA Crime Report

To Whom It May Concern:

As Sheriff of Chelan County, I want to express my disappointment and concern after reviewing the information provided by the Washington Association of Sheriffs and Police Chiefs (WASPC) in regard to crime rates across Washington. It is disheartening to see such a rise in murders, violent crimes, and property crimes, which directly impact the safety and well-being of all communities to include ours.

What adds to the frustration is the fact Washington State currently ranks 51st out of the 50 States and the District of Columbia when it comes to the number of officers per thousand residents. This statistic is simply unacceptable.

Law Enforcement cannot effectively combat crime and ensure public safety without an adequate number of officers.

It is further concerning to know while crime rates have decreased in many parts of the United States, they continue to rise here in Washington State. We must address these issues head-on and make it a priority to reverse these trends. The safety of our citizens should never be compromised, and we cannot allow Washington State to become a haven for criminals.

Rest assured, with the resources entrusted to us, Chelan County Sheriff's Office (CCSO) will remain a steadfast ally to all of its citizens in the pursuit of safety. We will remain an unwavering adversary to those who would

threaten the well-being of our community and want it to be known our commitment to service is resolute. We will proceed to work tirelessly to establish a society where safety, justice, and security are ensured for all.

Together, with the support and cooperation of our community, we can overcome these challenges and build a safer future. Let us stand united in our determination to combat crime and create an environment where every individual can thrive without fear. All CCSO Deputies remain committed in upholding the agencies motto of being "OF THE PEOPLE AND FOR THE PEOPLE".

Respectfully,
Mike Morrison, Chelan County Sheriff

CASHMERE VALLEY RECORD

© 2023 NCW Media, Inc.
PO Box 39
Leavenworth, WA 98826
Phone: 509-548-5286

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

Office hours
Hours: 9 a.m. - 5 p.m.
except weekends, or call 509-548-5286

Contact information

Publisher
Carol Forhan
publisher@leavenworthecho.com

Bill Forhan Ex Officio

Advertising Sales Manager
Carol Forhan 509-548-5286
carol@leavenworthecho.com

Advertising Sales
Lindsay Timmermans
509-860-7301
adexcel@ncwmedia.net

Reporter/Photographer
Reporter@leavenworthecho.com
509-548-5286

Main Office
509-548-5286
Classified / Legal Notices
Obituaries/Memorials
classifieds@leavenworthecho.com
NCWMarket.com

Circulation
509-689-2507
1-509-293-6780

Deadlines

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

NCW Media, Inc. prints on recycled newspaper with soy ink. Please recycle.

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 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

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

Cashmere Valley Record (USPS 092-600) is published every Wednesday by NCW Media Inc., PO Box 39, Leavenworth, WA 98826
Telephone: 509-548-5286
Periodical postage paid at Leavenworth, Wash. (and additional mailing offices)

Postmaster:
Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039

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

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: 509-782-3781, email: reporter@leavenworthecho.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.

Cashmere

Cashmere Library Events

Gnome Week Adults and Teens come celebrate Gnome week from July 25-28 with us. Pick a Mushroom or Gnome to paint and take home. All paint and supplies will be provided. Please sign up for this free event so we can reserve your spot. There's Gnome place like Cashmere. This activity event is for the adults and teens/high school age group and is presented by Librarians, Lisa, and Ashley.

Leavenworth

Join the Leavenworth Village Voices

If you have music in your heart and a song on your lips, the Leavenworth Village Voices (LVV) would like to invite you to join us at the annual Season Opener Picnic on Monday, August 14, at 6:30 p.m. in Lions Club Park in Leavenworth. LVV will provide the food and beverages. Come along to have your questions answered about Leavenworth's fantastic community choir. Find more information at www.leavenworthvillagevoices.org or on Facebook.

Summer activities at the libraries

Art Show at the Leavenworth Library for Claudia Elliott from now through Aug 11. Claudia was the art teacher at Cashmere High School for 17 years. She will be showcasing her demonstration art pieces she used when teaching. This will include many different types of media including a piece made from repurposed wood from the Cashmere gym floor.
Storytimes at Leavenworth Library on Tuesday mornings. 10:15 a.m. for Babies, 11 a.m. for Preschoolers. Craftermoons and STEM programs are Wednesdays at 2 p.m. Check with the Leavenworth Library for details, 509-548-7923.
Stuffed Animals invited to spend the Night in the

Library on Tuesday, August 1 from 5 -7 p.m.

Tennessee River Boys Concert

The Tennessee River Boys perform their captivating Country Gospel Music in concert on July 28 at 7 p.m. at Leavenworth Church of the Nazarene, 111 Ski Hill Drive, Leavenworth. It's sure to be an uplifting performance that will touch your heart! Admission is free. All ages are welcome. Questions? Call 509-548-5292. The Tennessee River Boys were the Josie Music Awards Gospel Christian Entertainer of the Year in 2016, 2017 and 2018. They have sung at The Grand Ole Opry, Dollywood, Gatlinburg, and more.

Cascade Community Markets Kids Makers Markets

Create an opportunity for local youth, ages 18 and under, to sell their handmade crafts and products at the Farmers Market. These events are an awesome way to teach kids about counting and managing money, to engage their creativity, and to inspire a love for local commerce. In Leavenworth the Kids Makers Market will be on Thursday, July 27, and August 24. Register online at cascademarkets.org/kids.
 Regular Farmers Markets occur weekly on Thursdays in Leavenworth from 4-7 p.m. at 330 Evans St.

Benefit for The Dwelling Place

Raise the Roof Golf Tournament Fundraiser on August 8 at Leavenworth Golf Club
 For more information and to register go to raise-the-roof.perfectgolfevent.com
 Call American Exterior Solutions with any questions 509-888-ROOF (7663)
 Come play golf as an individual or a team. Also accepting donation for auction items
 A home for adults with developmental disabilities to live full Joyful lives. To learn more about the

Dwelling Place visit website dwellingplaceleavenworth.org.

Regional

UVCares Behavioral Health

Has openings and is preparing to open a new division of services. As a result, we are expanding the Board of Directors. UVCares is a nonprofit behavioral health organization that provides services to those in need in our community at reduced or no cost. UVCares can be reached at 509-300-1113 or info@

Boots and Bling Fundraiser

Alathea Therapeutic Riding Center of Cashmere's annual event, the Little Black Dress Fundraiser is coming up and tickets are on sale now. The event is Friday, July 28, from 6-10 p.m. at The Wenatchee Convention Center. Visit alathearidingcenter.com to purchase tickets for \$100 or \$150 VIP. General admission tickets include a champagne greeting, two drink tickets, seated dinner service, western line dance instruction and social dancing.

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available in North Central Washington

WHAT'S HAPPENING

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

Tumwater Drilling & Pump, Inc.

509-548-5361

www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

EXCAVATION

Complete Excavating Service

Power & Water Systems
 Dump Truck & Dozer
 Drainfield Repair
 Free Estimates
 Septic Systems
 Road Grading

Upper Valley EXCAVATING

(509) 548-3489
 Leavenworth, WA

Licensed - Bonded - Insured

STORAGE

Have spare room in your facility? Advertise on NCWMarket.com

STUMP REMOVAL

Quick 'n Easy Residential Stump Removal

STUMPS UNLIMITED

10817 North Road, Leavenworth • (509) 548-8222
 Kim & Rosalie Kozelisky
 Licensed, Bonded, Insured • Cont. #UPPERVE200PI

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.

July 14

- 08:19 Disturbance, 115 E. Pleasant Ave.
- 09:58 Public Assist, 5720 Vale Rd., Outpost Saloon
- 10:38 Scam, 4530 E. Nahahum Canyon Rd.
- 12:12 Court Order Violation, 6869 Nahahum Canyon Rd.
- 21:36 Non-injury Accident, 322 Cottage Ave.
- 23:02 Suspicious Circumstance, Nahahum Canyon Rd. MP 3

July 15

- 00:02 Welfare Check, 300 Sunset Hwy., Crunch Pak
- 00:28 Traffic Offense, 300 Sunset Hwy., Crunch Pak
- 02:55 Public Assist, 300 Sunset Hwy., Crunch Pak
- 09:43 Hazard, Aplets Way and River St.
- 14:11 Suspicious Circumstance, 101 Pioneer Ave., Vale Elementary
- 16:48 Drugs, 102 Titchenal Way, BJ's Shell
- 18:09 Harassment/ Threat, 8746 School St., Dryden
- 21:07 Fireworks, 4867 Mission Creek Rd.
- 21:09 Vehicle Prowl, 7950 Depot Rd., Dryden
- 23:36 Suspicious Circumstance, 5816 Locust Ln.

July 16

- 06:11 Malicious Mischief, 8901 Josephine Ave., Dryden
- 11:30 Suicide Threat, Riverfront Dr.
- 16:43 Hazard, 111 Turkey Point Ln., Dryden
- 20:55 Animal Problem, 9010 Motel Rd., Dryden

July 17

- 08:47 911-call, 126 White Birch Pl.
- 19:20 Agency Assist, 323 Independence Way
- 21:06 Diversion, 127 Mission

- Creek Rd.
- 21:12 Juvenile Problem, Maple St., and Mission Ave.
- 21:38 911-call, 100 North St.
- 21:39 Juvenile Problem, 101 Cottage Ave.

July 18

- 10:02 Theft, 300 Aplets Way, Hometown Market
- 10:55 Scam, 300 Aplets Way, Hometown Market
- 12:56 Burglary, 7900 Stine Hill Rd., Dryden
- 19:19 Noise Complaint, 8115 Depot Rd., Dryden
- 21:14 Animal Problem, 307 Laurel St.
- 21:17 Alarm, 5655 Sunset Hwy., Los Tres Amigos

July 19

- 04:58 Agency Assist, US Hwy. 2 MP 112
- 10:55 Non-injury Accident, 316 Peshastin St.
- 11:10 Disturbance, 5640 Sunset Hwy.
- 12:31 Theft, 130 Titchenal Way, Martin's IGA Market
- 14:23 Parking/ Abandoned Vehicle, 600 block Sand Creek Rd.
- 17:44 Extra Patrol, Depot Rd. and Raptor Ln., Dryden
- 20:36 Harassment/ Threat, 5240 N. Cashmere Rd.

July 20

- 09:59 Alarm, 7010 Osprey Ln., Dryden
- 12:10 Suspicious Circumstance, 301 Sunset Hwy., Crunch Pak
- 17:28 Suspicious Circumstance, 300 Woodring St.
- 18:15 Non-injury Accident, 5655 Sunset Hwy., Los Tres Amigos
- 19:58 Agency Assist, 6125 Hay Canyon Rd.
- 20:23 Suspicious Circumstance, 300 Woodring St.
- 21:25 Court Order Violation, 2930 Mission Creek Rd.

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.

Online aging mastery pilot program deadline for registration August 7

SUBMITTED BY RUSS ALMAN

Director of Communications and Development, Wenatchee Valley Senior Activity Center

The Washington State Aging Mastery Program (AMP) is offering a 10-week Virtual Pilot Program beginning September 11, 2023. This is an attempt to provide the original, full AMP program to people unable to attend a live session, and specifically reach more participants in rural areas.

AMP is a fun, innovative program designed to give seniors a personal playbook for aging well. Participants will learn how to improve their well being, add stability to their lives and strengthen ties to their communities. The program is offered in a group environment

to foster friendships and encouragement. Topics include:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

These sessions involve a Subject Matter Expert to answer specific questions from participants. There is no cost to participants. Since this is a pilot

program, enrollment is limited to 20 people for the entire state of Washington. The classes will be conducted via Zoom and participants must have a computer with internet access. Sessions will be held weekly on Mondays from 2-3:30 p.m., beginning Sept. 11, 2023 and will conclude on Nov. 13, 2023. If you are interested in signing up for this pilot program, please contact Darrell Dickson at darrelldickson@gmail.com. The deadline for registration is August 7. For more information on the Aging Mastery Program, visit ncoa.org/AMP.



Peshastin Library Ice Cream Social



SUBMITTED PHOTO.

Join us on Saturday, July 29 from 7-9 p.m. Enjoy cake, pie, ice cream, punch, and Starbucks Coffee on the library lawn while visiting with friends and neighbors. Chelsea Craven and Friends featuring Chuck Egner, Corban Welter, Jack Kalionzes, Justin Carvitto and Chelsey Craven will be performing. Children can ride the auxiliary fire truck thanks to the Peshastin Volunteer Fire Department. There will be a bouncy house on the front lawn for children along with carnival games and traditional Cake Spin. L-Bow the Clown will provide 45-minutes of entertainment ending with his sizzling Fire Show. Adults and kids can browse the used book sale throughout the evening. Come and support the Peshastin Library.

Do You Love To Sing? Join the Leavenworth Village Voices

SUBMITTED BY DIANE PRIEBE

If you have music in your heart and a song on your lips, the Leavenworth Village Voices (LVV) would like to invite you to join us at the annual Season Opener Picnic on Monday, August 14, at 6:30 p.m. in Lions Club Park in Leavenworth. The picnic is a great way for inquiring singers to learn more about the choir and a fun gathering for choir members to reunite ahead of a new season. LVV members will provide the food and beverages, while prospective members are invited to attend as guests—and to bring their singing voices and questions.

LVV is a community, non-profit choir founded in 1982 that performs during the Christmas season. Members love to share the joy and peace of Christmas music while contributing to Leavenworth's Bavarian theme and festive atmosphere. There are no auditions and formal music training is not required. It is helpful to know how to read music, but not essential. Sheet music and practice tracks are provided to help singers learn their parts and practice between weekly rehearsals.

In addition to its popular "Christmas in the Mountains" concert series, the choir sings at Leavenworth's festivals and carols in small groups downtown, contributing to the

joyous, holiday atmosphere. Throughout the holiday season, the choir also performs in private concerts for bus tours and hotel guests and entertains at assisted living facilities and charity events. It is truly a community choir.

Director Mindy Wall, now in her third season with LVV, expertly guides the choir with professionalism gleaned from many years of experience teaching middle and high school choirs, as well as voice and musical theater. LVV also welcomes back Leah Moats as our accompanist. Leah is a multi-talented musician, playing and performing with

orchestras, theaters, choirs, and churches throughout the region, including as LVV's first accompanist.

LVV rehearsals take place on Monday evenings, from 7-9 p.m. at the Leavenworth Church of the Nazarene, located at 111 Ski Hill Drive in Leavenworth. Rehearsals begin on August 21. For additional information, visit the Leavenworth Village Voices website at www.leavenworthvillagevoices.org or on Facebook, where you will find concert dates and more information about the choir. We hope to see you at the picnic and that you'll consider joining this fun, passionate group.



PHOTO BY HEIDI SWOBODA

Leavenworth Village Voices

Vehicle Fire Safety

SUBMITTED BY STATE FIRE MARSHAL CHAD CROSS

WA State Fire Marshal's Office

Olympia - In Washington State, from 2018 to 2022, the number of fire incidents involving vehicles was 17,565 for a total loss of over \$181 million. Vehicle fires accounted for over 13% of fire incidents reported between 2018 and 2022.

If your vehicle catches on fire, the State Fire Marshal's Office encourages you to take the following actions:

- Pull over as quickly as you can when it is safe to do so.
- Once you have stopped, turn off the engine.
- Get everyone out of the vehicle. Never return to a burning vehicle and do not try to fight the fire

yourself.

- Call 911 immediately.
- If you think there is a fire under the hood or trunk, do not open it. This could cause the fire to grow and result in burn injuries.
- Move everyone at least 100 feet from the burning vehicle and well away from traffic.

To prevent a vehicle fire:

- Have your car serviced regularly by a qualified mechanic.
- Keep gas cans or propane tanks separated from passengers. Tightly seal and place them on a flat surface to make sure they stay upright.
- If you must put gas cans or

propane tanks inside your vehicle, keep windows open to stop fumes from building up.

- Drive safely to avoid an accident.
- Follow manufacturer's instructions for using and charging electric vehicles. Install a residual current device with your electric vehicle charger. It will shut off the power if it detects an electrical fault.

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



STOCK PHOTO

Obituary & Memorial Policies

NW Media, Inc.: 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
"Reconciling Works Congregation"
224 Benton Street • 509-548-7010
Worship 9:30 a.m. w/coffee following
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 Derosssett
Worship Pastor-Jacob Mitchell
www.LCN.org

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: newlifeleavenworth.com
www.newlifeleavenworth.com



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



Alfalfa Tea

When Grandma Lydia was a young girl, her family lived on a farm. She had eleven siblings, six brothers, five older than she; and five sisters, two older and three younger. With that many folks in the family everyone had a job to do. During hay season Grandma's (then a small girl) job was to pull the trip rope on the hay derrick as the family made their haystacks.

Back then hay was like gas is for us today only much more important. Hay fed the wagons, fed the cow that provided milk; was bedding for the egg laying chickens. Model T's and A's were making in-roads, but the back-roads were still well populated with horses.

Tractors were online but horses still plowed the fields. Great Grandpa Archie (then Dad) had a pair of mules, Jack, and Jenny, that did most of the work tractors do now. He owned a Case tractor, but the learning curve was steep, and horse and mule teams were still very much in use.

Grandma Lydia told me when she was a small girl her dad entered into a few pulling competitions. I asked if they won; she told me they came in second a time or two. She said she never saw him raise his hand to motivate them. When the other fellows were whipping their mules to pull, he'd just say a few words into

their ears and the pair would crouch and pull like there was no tomorrow and when they were done giving their best, he always patted them and told them they'd done a good job whether they won or not.

In those days stacking hay was done with ropes, pulley systems and a mast like contraption called a derrick with a boom that could swivel. The boys loaded the loose hay into a net like contraption (made of wood or metal) with two sides that hinged in the middle secured with a quick release mechanism. The boom lifted the hay as high as needed and as the stack got higher the boom would raise the hay higher. The stack could grow as tall as the mast.

Grandma Lydia (then a small girl) was in charge of the trip rope for the quick release mechanism. One day when she pulled the trip rope her body also tripped right under the loose hay she'd just released. She said she can still remember looking up through the hay and hearing her mother yelling, "Archie don't use that pitchfork. You'll kill her." The pitchfork was put aside, and they dug her out by hand, no harm done.

Then there was the time the haystack burned down. Great Grandpa Archie (then Dad) thought it was spontaneous combustion. It can happen if the hay is put away damp. The uncle, (I can't remember if it was

Uncle Ned or Uncle Ethan) who hid in the 'fort' made inside the haystack to smoke a cigarette wasn't about to fess up because he caused the flames.

For many years derrick stacked hay fed farm animals that fed farm families. I am always amazed at the ingenuity of the United States farmers and ranchers. Using a mast and a pulley system that would make a sailor proud they provided food security for their families. And they are still providing food security to this day, only now they do so for a nation as well as their families. Today two percent of our population are farmers and ranchers. They feed the rest of us.

Alfalfa Tea

(For times when the Tummy wants undemanding restorative refreshment)

- Pint mason jar or a two-cup tea pot
- One-pint boiling water
- 1-2 heaping Tablespoons dried alfalfa
- Pinch of oregano (optional)
- 1 bag peppermint tea (optional)
- Pinch of sage (optional)

In the mason jar or tea pot add the alfalfa. Decide whether or not to use the optional herbs. If the decision is to use them, add them. If using peppermint, put the tea bag in the jar or tea pot. Pour boiling water over the top of the herbs and let it steep for five to ten minutes. Pour into two teacups and share with

a friend.

Choices: Oat straw also works. Oat straw and alfalfa together can help soothe a tummy. Any herb or spice the nose finds pleasant can be a tasty addition.

Note: The alfalfa hay livestock enjoy works well for this tea. Peppermint tea adds a welcome flavor to the 'hay' taste of alfalfa and/or oat straw but it isn't necessary. Sometimes my tummy just wants the restoration of 'hay' without the added aromatics like mint, oregano, sage.

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.

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**



Brad Hawkins

CONTINUED FROM PAGE A1

pleasure of sitting with the Carnation City Council.

Wenatchee Valley Chamber of Commerce.

I enjoyed joining my 12th District seatmates, Representatives Mike Steele and Keith Goehner, to recap the 105-day legislative session and the May 16 special session at a chamber "coffee and commerce" event. We discussed the budgets, local transportation projects, and police pursuits and drug possession bills.

Lincoln Park Renovation Celebration.

I was honored to attend the recent event to celebrate renovations to the City of Wenatchee's Lincoln Park. The park received local, state, and federal dollars to update its stage, play area, and restrooms. I appreciated joining Mayor Kuntz and other local leaders to celebrate the improvements.

Fall City Community Groups.

I met with representatives from the Fall City Sustainable Growth and Fall City Community Association groups recently. These stakeholders shared the intense pressures and challenges resulting from recent developments in the Fall City area along with other important priorities for Fall City.

North Bend Block Party.

It was terrific attending the 2023 North Bend Downtown Foundation's "Block Party". This is an annual summer event is a major source of pride for the city, celebrating all things North Bend, featuring local officials, artists, business people, and more. It was great to connect with the community.

Additional Interim district activities:

North Bend "Meet Your Senator" Coffees.

I have hosted two "coffee hour" events in North Bend to hear directly from constituents in this portion of the 12th. Being accessible to the people you serve is a very important part of this job, so I look forward to offering more of these opportunities in the months ahead. Please like and follow me on Facebook @SenatorBradHawkins for future invites.

East Wenatchee City Council.

It was my honor to attend a meeting of the East Wenatchee City Council. I provided councilmembers a legislative update and presented Mayor Jerrilea Crawford with the bill signing pen from Senate Bill 5001 related to the

Regional Sports Complex.

Chelan Valley Republican Women.

Women from the Chelan and Manson areas graciously hosted me at a luncheon to discuss the legislative session. Topics included the recently approved budgets, drug possession law, and property taxes. Chelan County Commissioner Tiffany Gering also attended to report on county activities.

Chelan-Douglas Regional Port Authority.

I had the opportunity to attend a meeting of the Regional Port Authority commissioners. We discussed a variety of issues related to the legislative session and their ongoing priorities. The Regional Port has been very busy with various projects in Chelan and Douglas counties.

Regional Sports Complex Open House.

Local governments have partnered together to hire Berry Dunn & Associates to conduct a multi-month outreach and public comment effort related to a possible future Regional Sports Complex. Over 200 community members attended the two open house events to learn more.

Historic Downtown Chelan Association.

Various local officials attended a presentation at the Lake Chelan Chamber of Commerce by the Historic Downtown Chelan Association. It was great to connect with the officials, local community members, and others to learn more about activities in Chelan and Manson.

KPQ's "The Agenda" Interview.

I enjoyed visiting the KPQ Radio studios in person to participate on Dave Bernstein's "The Agenda" show. We discussed the implementation of the state's new long-term care tax and other legislative topics. To listen, click here.

Visit with Carnation City Council.

Mayor Jim Ribail, City Councilmembers, and city staff met with me in Carnation to discuss a variety of things, including the recent legislative session, SR 203 and Tolt Hill Road, working with King County, and funding for the city's Emergency Operations Center.

SnoValley Chamber of Commerce.

It was great to connect with Kelly Coughlin and Michael Hughes of the SnoValley Chamber of Commerce recently. We enjoyed time together to discuss issues important to the chamber and the Snoqualmie Valley.

Wenatchee Valley Museum & Cultural Center free activities

SUBMITTED BY TERRA SOKOL

The Wenatchee Valley Museum & Cultural Center will be extending weekend hours to Sunday between 12 p.m. to 4 p.m. through Labor Day weekend.

During these weekends, families can come check out the following free activities:

July 29-30: Paper Circuits: Put your technology skills to the test with this paper circuit bonus activity. Join us to learn how to use LED lights, copper tape, and a combination of single and parallel circuits to make a light-up creation.

August 5-6: Junkbots: Create a vibrating and moving Junkbot using everyday "junk" or recycled items. These tiny robots are powered by a vibrating motor, similar to those found in cell phones. No experience is needed to design your own using scrap materials and spare parts. Materials will be provided.

August 12-13: Sensory Stations: Stimulate your senses with our Sensory Stations. These unique stations will help support critical skills such as fine motor skills, creativity, language development, and will also offer a therapeutic space for children.

August 19-20: Wax Paper Lanterns: Get in the spirit by creating your own "stained glass" lantern with this kid-friendly activity. Create one colorful, illuminating lantern by following along with our Guest Services Associate Haakon Sorom. This project is the perfect family activity and a great way to play around with color.

August 26-27: Biodegradable Poppers: Join us as we create nature-friendly

poppers using recycled materials.

Sept. 2-4: Seed Paper: Have you ever wondered how to make your own paper? What about paper you can later plant to grow into flowers? Learn how to make your own seed paper using recycled items and nature! You can decorate your seed paper by using spices for color, lavender for the smell, dried leaves, and vines for added texture. You can make the paper into cards and later plant it in soil. Watch the science behind these seeds as they germinate and grow.

These activities tie-in with our current bilingual exhibit "Eco Wenatchee," which focuses on the environmental impact we have within our own community. Through this exhibit, the Museum encourages attendees to reevaluate their carbon footprint and learn how to become a more sustainable citizen.

This exhibit will run through the rest of the summer into September 2023. This exhibit is in partnership with Link Transit, Chelan County PUD, Icele Fund, Sustainable NCW, and Coastal Farm and Ranch. Eco Wenatchee is also supported by the cities of Wenatchee and East Wenatchee.

The Wenatchee Valley Museum and Cultural Center's mission is to gather, engage, and educate people to celebrate and preserve the history, arts, sciences, and rich diversity of our region. The Museum is a 501(c)(3) nonprofit organization that operates with the support of the cities of Wenatchee and East Wenatchee.

SWIMMERS of the Week



Hawkins Draggo, age 5

Hawkins is our youngest boy on the Cashmere Swim Team. He has improved so much from barely finishing 25 yards on the first day to winning races at the swim meet. Always smiling and trying his best everyday, he was easily chosen as our boy swimmer of the week. Congratulations Hawkins!

Taitum Bjorklund, age 9



Taitum is new to the team this year. She has tried her best at every practice. She seeks advice and feedback from the coaches to improve her skills. She has a positive attitude and is a great addition to the team. Congratulations Taitum!

The Cashmere Swim Team, which practices at the Cashmere Municipal Pool, is part of the Wenatchee Valley Summer Swim League, which also includes teams from Ephrata, Quincy, Leavenworth, Waterville, East Wenatchee and the Wenatchee Racquet & Athletic Club. The season runs six weeks, from the first practice on June 20 to championships set for July 30. Meets are held at 6 p.m. Thursdays. The Cashmere team has four coaches this season — Isabelle Dressel, Kim Krumvieda-Buchan, Emma Knott and Elle Seidensticker. For information on the team, go to <http://wvssl.org>

WAY TO MOVE Swimmers of the Week!



Beth Nieman P.T.
Steve Mongeon P.T., A.T.C.

203 Mission Street
Suite 112 • Cashmere
782-8818

Donate Your Vehicle

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.

Classic Cookout Collection

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Chicken Breasts (5 oz.)
- 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.



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



Administrative

Puzzle Solution

F	E	S	S	C	U	P	T	O	M	E		
L	U	A	U	C	A	S	E	U	R	G	E	R
A	R	I	L	A	C	H	E	V	A	L	S	E
G	O	D	F	A	T	H	E	R	U	V	E	A
U	L	C	E	R	I	L	O					
F	A	R	R	A	H	C	O	A	L	M	A	N
O	N	E	T	I	P	H	O	N	T	O	D	O
A	G	A	P	E	O	A	K	S	A	T	I	N
L	E	V	I	R	O	P	E	I	N	T	E	E
S	L	E	N	D	E	R	R	A	G	O	U	T
O	A	F	S	H	I	R	R					
P	O	C	K	P	L	A	T	F	O	R	M	S
A	L	P	H	A	L	O	T	I	C	I	A	O
L	A	T	E	R	A	P	E	S	E	C	R	U
I	N	S	T	Y	E	S	R	E	E	L		

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

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

Employment

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

Swing Shift Custodian (3 Hours)

Day shift Custodian

2 Bilingual Secretaries

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

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

Icicle River Middle School 7th Grade Science Teacher

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

Help Wanted

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

Facilities Maintenance/Custodian – Full-time Organization: Okanogan County Transit Authority (TranGO) TranGO IS HIRING A FACILITIES MAINTENANCE/CUSTODIAN; Full-time (36 plus hours per week), schedule may vary, position available now; hourly non-exempt. Compensation is \$19.37-\$20.94 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation. Commercial Driver's License with Passenger Endorsement preferred. Please visit www.okanogantansit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantansit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

WHAT'S HAPPENING

EVENTS

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

Windermere REAL ESTATE **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

Lake Wenatchee Water District Small Works Roster

Lake Wenatchee Water District is now accepting applications from suppliers and /or contractors to be included on the Utility's Small Works Roster. The following Roster of categories, not all inclusive, to contract, lease or purchase items or services consists of: Construction & Maintenance Services, to include Building Contractors, Snow Removal, Tree Trimming, Excavation, Materials, and Supplies. If interested, an application can be found on our website www.lakewenatcheewaterdistrict.org or request one by mailing P.O Box 2813 Leavenworth, WA 98826 or calling 509-679-1353.

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

Cascade High School Assistant Cross Country Coach

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

For Sale

Appliances

For sale: Great for small office or apartment:
1 Rival brand small microwave, \$25.
1 Keurig coffee maker, \$20.
1 Toaster-Broiler oven \$20.
Call Carol 509-670-1723.

Advertise in the Classifieds

509-548-5286 or 509-782-3781

Antiques & Collectibles

Get cold hard CASH 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

CLEAR SOME SPACE WITH A Garage Sale

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 !

City of Leavenworth Surplus Garage Sale

We are hosting a garage sale of items that the City no longer uses. There will be office supplies, furniture, tools and much more. The sale will take place during the Farmer's Market on July 27, 2023 from 4:00-7:00 PM The sale will be held at the Osborn Elementary Gym at 225 Central Ave...follow the signs!

General Merchandise

Items for sale: 1960's Gray metal kitchen table-\$50
4 metal-framed chairs with burgundy cloth seats \$50
Nice wooden, 2 drawer legal file with folders,\$40
4 drawer standard size black metal file cabinet with folders \$50
Several desk cloth chairs \$25 each.
Some misc. wood tables Make offer.
Call Carol 509-670-1723 to see.

For Sale: AMEREX Carbon dioxide commercial fire extinguisher. \$50
Call 509-670-1723

Real Estate

Rentals

Arts and Crafts Retreat In Chelan Mountain Lake View vacation or vocation private, fully furnished on four acres. \$1700 monthly plus returnable deposit. windowsart.com Ron

Legals

Public Notices

The Cascade School District Board has declared property to be surplus. This property has been available for purchase by public or private school districts for the past 30 days. The remaining surplus property will be offered to the public through an on-site sale. Check out the list of items for sale at <https://www.cascadesd.org/site/default.aspx?PageID=1582> (Cascade School District website/District Information/Facilities & Maintenance/Current Surplus). Surplus not purchased will be destroyed or given to a non-profit. Questions can be sent to tdisher@cascadesd.org. On-Site Surplus Sale: August 8, 9 and 10th, 2023 from 9am-3pm daily, at Peshastin-Dryden Elementary School @ 10001 School Street, Peshastin, WA. Published in The Leavenworth Echo/Cashmere Valley Record on July 19, 26, 2023. #6009.

Public Notices

Chelan County Mosquito Control District #3 Idlewild will hold their Annual Meeting Monday, August 14th at 4:00 pm. The meeting will be held at LWFR Station #91, 21696 Lake Wenatchee Highway, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on July 26 and August 2, 2023. #6045

AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Public Notices

Public Notices

Enriched foods – how do they get that way?

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF GRANT

No. 22-2-00062-13
SECOND SUMMONS BY PUBLICATION
 FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, Plaintiff, vs.
 JOHN R. WERST and VIRGINIA WERST, husband and wife; the UNKNOWN HEIRS of JOHN R. WERST; the UNKNOWN HEIRS of VIRGINIA WERST; ALBERT DIEDE and BERNICE DIEDE, husband and wife; the UNKNOWN HEIRS of ALBERT DIEDE; the UNKNOWN HEIRS of BERNICE DIEDE; HENRIETTA GRIFFITH, a single woman; KERRY JOHN GRIFFITH and JANE DOE GRIFFITH, husband and wife; LAURIE ANN GRIFFITH, as her separate property; and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY, Defendants.
 THE STATE OF WASHINGTON TO THE SAID DEFENDANTS: UNKNOWN HEIRS of JOHN R. WERST and VIRGINIA WERST, the UNKNOWN HEIRS OF ALBERT DIEDE AND BERNICE DIEDE, and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY
 You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, to wit, within sixty (60) days after the 5th day of July, 2023, and defend the above-entitled action in the above-entitled court, and answer the complaint of the Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, and serve a copy of your answer upon the undersigned attorneys for Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The object of Plaintiff's action is to quiet title in and to Grant County Parcel No. 15-0956-000, which is more particularly described as follows:
 Those portions of the Southwest quarter and the West half of the Southeast quarter of Section 4, Township 17 North, Range 24, E.W.M., Grant County, Washington, not included within the boundaries of Irrigation Block 79, Columbia Basin Project, Grant County, Washington, according to the plat thereof filed April 17, 1956.
 DATED this 29th day of June, 2023.
 STW LAW, PLLC
 By: Stephen W. Reagan,
 WSBA #41328
 Attorney for Plaintiff
 Published in The Leavenworth Echo/Cashmere Valley Record on July 5, 12, 19, and 26, and Aug. 2, and 6, 2023. # 5959

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
 In the Matter of the Estate of KENNETH KOHNHORST, Deceased. No. 23-4-00238-04
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
 The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 DATE OF FIRST PUBLICATION: July 19, 2023
 PERSONAL REPRESENTATIVE: Heidi Boynton
 ATTORNEY FOR ADMINISTRATOR: Kera Dexter
 ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices
 Attn: Kera Dexter
 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801
 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No. 23-4-00238-04
 Overcast Law Offices
 By: /s/Kera Dexter,
 WSBA No. 58486
 Attorney for Personal Representative
 Published In The Leavenworth Echo/Cashmere Valley Record on July 19, 26, and August 2, 2023 #6029

Q: What's the difference between enriched and fortified foods, and how did they get that way?

Starting in the 1920s, the federal government addressed several diseases caused by nutritional deficiencies by encouraging manufacturers to add certain nutrients to specific foods.

The earliest example of adding something to a food product to address a public health issue was adding iodine to table salt.

In the late 1890s, a significant percentage, between 26%-70% of children living in the Great Lakes, Appalachian, and the Pacific Northwest regions, suffered from enlarged thyroid glands due to goiter, a disease caused by iodine deficiency. Called the "Goiter Belt," the soils of these regions contain little or no natural iodine, and livestock in these areas also showed evidence of goiter.

In the 1830s, a French chemist observed that goiter was less prevalent in areas in France that consumed salts that naturally contained iodine. This led to the discovery that iodine could both treat and prevent goiter. Doctors first tried giving iodine as drops given to children. Unfortunately, the dosing was complicated and caused accidental overdoses. A simpler and safer approach was needed. What if they could find a way to add iodine to salt?

In 1922, the Michigan



Medical Society set up a committee to implement the addition of a form of iodine called iodide to table salt, working with salt suppliers to create a market for the "iodized" version. By 1924, iodized salt became available at groceries across the country, and over the next decade, the incidence of goiter plummeted.

Today, table salt is still available on your grocery shelf in both iodized and non-iodized versions. Boxes of iodized salt can be identified by the statement, "This salt contains iodide, a necessary nutrient." Curiously, iodine is also present in today's cow milk and dairy products due to the use of sterilizing agents containing iodine.

Cow's milk is another food fortified to address a nutritional deficiency. In the 1930s, many children suffered from rickets, a shortage of vitamin D. Rickets will cause bones to become soft, causing leg deformities in children and broken bones in adults. Because most children drank cow's milk, it was decided to try adding vitamin D to it.

One approach was to add cod liver oil to milk, which made it taste "fishy." Another method was irradiating the milk, converting an inactive form of vitamin D present in the milk into its active

form. Eventually, a more straightforward process of adding vitamin D concentrate to milk prevailed, creating today's "fortified" milk.

In the 1930s and 1940s, nearly 7,000 people died yearly in the United States from pellagra, a niacin deficiency. Both pellagra and beriberi, a lack of thiamine, became common after new techniques in milling stripped off the tough outer covering of wheat, corn, and rice. This process produced white rice from brown rice and a finer wheat flour which became preferred by bakers and consumers for bread and other baked goods.

The outer coverings of grains are good sources of vitamins B1 (thiamine), B2 (riboflavin), B3 (niacin), and iron. Removing them from grains during milling contributed to an alarming rise in nutritional deficiency diseases. In 1940, there was a disturbing incidence of poor nutritional status among young men enlisting for service during World War II. In May 1941, President Roosevelt's National Nutrition Conference for Defense recommended that flour and bread be enriched with vitamins B1, B2, B3, and iron. Within 1 year, 75% of white bread in the United States used the new "enriched" flour.

Today, most foods made from grains are made with enriched flour. Breakfast cereals, corn, corn chips,

bread, noodles, macaroni, and other pasta contain enriched flour. The B vitamin folic acid (folate) was added to the official description of enriched flour in 1998 due to concerns that inadequate folic acid intake during early pregnancy can cause severe birth defects like spina bifida. In 2016 the FDA approved the addition of folic acid to the corn masa flour used in tortillas, tortilla chips, and tamales.

2 Final Facts About Food Fortification in the United States:

1. It's not universal.
 The Food and Drug Administration (FDA) does not require all foods to be fortified. Non-fortified versions can also be sold but cannot be labeled as fortified or enriched.

2. Calcium fortification of food is not standardized.

You will find differing amounts of extra calcium added to calcium-fortified orange juice and several types of milk, such as dairy, almond, and soy. No consensus exists on just how much calcium should be added to food.

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

It's BBQ season:

Do you know where your beef came from?

STATEPOINT- As barbecue season heats up, you may be wondering how to square your love for T-bone steaks and spareribs with your concern



PHOTO SOURCE: (c) MagicBones / iStock via Getty Images Plus

Typical beef production uses an extraordinary amount of water, particularly from crops for feed.

for the environment. The good news? Science is delivering new, game-changing solutions to tackle the environmental footprint of the beef and livestock industries.

The Problem

Approximately 9 million dairy cows, 90 million beef cattle, 60 million swine and billions of poultry in the United States produce more than 100 times more organic

waste than humans; but where human waste makes its way to a septic tank or sewage treatment plant, livestock waste is usually spread untreated on the ground as fertilizer.

While this practice has short-term agricultural benefits, it's ultimately a major contributor to a number of environmental and health issues. Phosphorous, nitrogen (mostly as ammonia), pathogens and bacteria from manure run off the soil and pollute waterways. This nutrient runoff fuels increasingly toxic algae blooms in fresh, estuary and coastal salt waters, creating areas where most aquatic species can't survive. What's more, the highly mobile and volatile nitrogen from ammonia in animal waste can become airborne, a difficult and expensive to control problem that poses significant health risks to humans.

Finally, the 1.5 billion tons of manure generated in the United States annually also plays a major role in climate change. Manure emits carbon dioxide, methane and nitrous oxide, all of which are potent greenhouse gases.

New Solutions

An advanced livestock waste collection, treatment and recycling system from Bion Environmental Technologies Inc. is transforming manure from a liability to an asset. It starts with an innovative barn design that houses the livestock, collects waste, and

feeds the treatment system on a continual basis. This patented technology not only provides comprehensive waste treatment that neutralizes pathogens, bacteria and ammonia and minimizes greenhouse gas emissions, but also produces superior organic, and climate- and water-smart, fertilizers with a low carbon footprint, as well as generates clean water and renewable natural gas.

Typical beef production uses an extraordinary amount of water, particularly from crops for feed. With Bion, 30% of the waste stream is processed into recycled, clean water. And, thanks to precise application of organic and climate-smart fertilizers produced by the system, the resulting soil is healthier with a better balance of nutrients. In short, more abundant crops are produced, less water is used, and greenhouse gas emissions are reduced.

Along with environmental stewardship and resource efficiency at the forefront of the technology's design, experts have been retained to ensure that animal accommodations, hygiene, care and feeding are all optimized for animal health and welfare. To learn more, visit bionenviro.com. "Today's consumers want sustainable, transparent and better for you food," says Bill O'Neill, Bion's CEO. "Through innovation, we are bringing real beef to tables that is both sustainable and ethical."

SUDOKU PUZZLE

SUDOKU

GRAND ALASKAN CRUISE & TOUR
 12 days, departs May - Sep 2022
 VIST Vacations promo code N7017
1-855-208-9533
 FROM \$1,949
 \$1,699
 FREE ONBOARD CREDIT

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

© StatePoint Media
 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.

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

CROSSWORD PUZZLE

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
18				19				20		
23	24	25			26			27	28	29
30				31				32	33	
35				36				37		
39				40				41		42
43				44				45		46
50	51			52				53	54	55
56				57				58		
59				60				61		
62				63				64		

- THEME: THE 1970s
- ACROSS**
- Come clean, with "up"
 - * ____-a-Soup, launched in 1972
 - Hefty volume
 - Detective's assignment
 - One that insists
 - Dull pain
 - *Francis Ford Coppola's "The ____"
 - Part of an eye
 - H. pylori consequence
 - Labor org.
 - **"Feathered" 1970s icon
 - One who delivers coal
 - *1978's "Night Fever" spent 8 weeks in this Billboard slot
 - Fire-breathing monster, Greek mythology
 - Type of list
 - Open-mouthed
 - Acorn producer
 - Glossy fabric
 - Denim innovator
 - Enlist or talk into (2 words)
 - Golf accessory
 - Gracefully thin
 - Meat and vegetable stew
 - Stumblebum
 - One way to prepare an egg
 - Chicken pox mark
 - *Type of 1970s shoes
 - Top dog
 - Laughing on the inside, in a text
 - Bye, to Sophia Lauren
 - *1971's "Sooner or ____" by the Grass Roots
 - **Beneath the Planet of the ____"
 - Very light brown
 - Research facil.
 - *Progressive rock band of "Round-about" fame
- DOWN**
- Capture the ____
 - Continental capital
 - Aforementioned
 - Substance with rotten egg smell
 - Secret stash
 - Theater employee
 - Jury member
 - *Olivia Newton-John's 1978 co-star
 - Eye amorously
 - Table hill
 - Before, to a bard
 - Can't-get-it-off-one's-mind kind
 - Throat dangler
 - Winged
 - Charge carrier
 - Young horses
 - *One of three 1970s TV crime-fighting women
 - Plunder
 - **"I'd like to buy the world a ____"
 - "Semper Fidelis" to U.S. Marines, e.g.
 - Bye, to Edith Piaf
 - Group of nine singers
 - **"Rich Man, ____ Man" miniseries
 - As opposed to mishap
 - *Salvador Allende successor
 - Chow down
 - Game official, for short
 - Inflammation of iris
 - Capital of Senegal
 - Footstuffs merchant
 - North face, e.g.
 - Intensely dislikes
 - Architectural drawing
 51. Prefers
 - *Neil Simon's "The Sunshine Boys," e.g.
 - **"Interview with the Vampire" author
 - Kate Winslet as ____ of Easttown
 55. ** "Train"
 - **"Thrilla in Manila" winner

dish BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99

2-YEAR TV PRICE GUARANTEE \$69.99/mo. 190 CHANNELS including Local Channels!

CALL TODAY - For \$100 Gift Card! 1-888-416-7103



Achieved Excellence

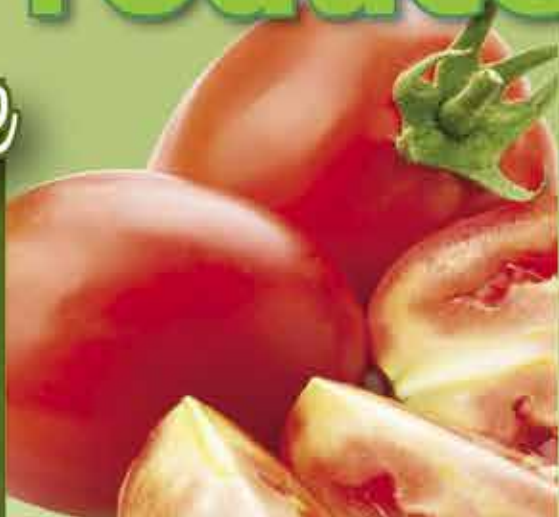
- In Customer Service
- Store Condition/Appearance
- Locally Owned & Operated

Fresh Produce

Extra Large

Roma Tomatoes

1.28
LB.



Jumbo

Red Onions

98¢
LB.

Extra Extra Large

Red, Yellow or Orange Bell Peppers

98¢
EA.



LOCAL *Equals* FRESH

Local stores supporting local products.

Premium Beef
Boneless Beef
Sirloin Tip
Steak
Value Pack

4.98
LB.



All Natural
Center Cut
Pork Loin
Chops
Bone-In,
Value Pack

2.98
LB.



Taco Night!



NO ANTIBIOTICS EVER

Fresh Ground

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

Boneless Skinless
Chicken Breast
Thin Sliced

Your Choice! **4.98**
LB.



Daisy Sour Cream
Original or Light,
16 Oz.

2.48

Sargento Shredded
Cheese
Selected Varieties
5 to 8 Oz.

2/\$6

Mission
Corn Tortillas
Selected Varieties
30 Count

2/\$4



Mission
Soft Flour
Tortillas
20 Count

3.98



Old El Paso
Taco Shells
Selected Varieties
4.6 to 6.6 Oz.

Old El Paso
Refried Beans or
Enchilada Sauce
Selected Varieties
10 to 16 Oz.

Ro-Tel
Diced Tomatoes
Selected Varieties
10 Oz.

Rosarita
Refried Beans
Selected Varieties
16 Oz.

Your Choice! **3/\$5**



La Victoria
Salsa
Selected Varieties
16 Oz.

2/\$6



Dean's
Guacamole
Dip
16 Oz.

3.48



Velveeta
Loaf
Original
2 Lb. Loaf

11.98



La Victoria
Red Taco
Sauce
Mild or Medium,
15 Oz.

2/\$6



Tostitos
Salsa
Selected Varieties
15.5 Oz.

3.48



Old El Paso
Taco
Seasoning
Selected Varieties
1 Oz.

4/\$5