



Cashmere teams win at Hoopfest

SUBMITTED BY JOSH STENDERA
 Cashmere represented at Spokane's 3-on-3 Hoopfest basketball tournament, held June 24-25. The champion teams from 9th grade, 8th grade and 6th grade from Cashmere were honored as the winning teams.



9th grade team from left to right: Kaiden Ruiz, Colton Stendera, Tommy Mathison, Matt Wilson



8th grade team from left to right: Jack Baker, Brett Rubio, Cole McKenna, Jack Binger



6th grade team from left to right: Ryder Carlson, Remy Martin, Coen Binger, Mason Bjorkland

Washington State Health Care Authority releases first month of Apple Health - Medicaid data Urges Washingtonians to update their information

SUBMITTED BY HCA

OLYMPIA - The Washington State Health Care Authority (HCA), in partnership with the Washington Health Benefit Exchange (Exchange) and the Department of Social and Health Services (DSHS), released initial data from May 2023, the first month of Apple Health (Medicaid) renewals. During the COVID-19 pandemic, Apple Health clients did not need to provide renewal information to maintain their health care coverage. With the ending of the public health emergency, federal law requires states to resume eligibility verification over the next year. More than 2.3 million Washington State residents are covered by Apple Health. The state is engaging in extensive outreach efforts to make sure Apple Health clients update their eligibility information to avoid losing coverage they might still be eligible for. "Our goal is that every Washingtonian who is eligible for Apple Health stays on Apple Health," said Sue Birch, HCA executive director. "We urge people to make sure their information is up to date. If you have a friend or family member on Apple Health, please encourage them to reach out to us and update their information. "After extensive outreach, in the month of May, HCA conducted eligibility reviews for 230,000 clients.

- HCA automatically renewed coverage for about half of those clients using available information from DSHS programs like the Supplemental Nutrition Assistance Program (SNAP) and cash assistance programs, employment and income data, and other available data sources.
- HCA, the Exchange, DSHS, managed care organizations, providers, and many other community partners have actively assisted clients through multiple outreach opportunities to help people to update their information and maintain Apple Health coverage.
- Roughly 116,000 people, representing approximately 5 percent of the overall Apple Health covered population, were disenrolled from coverage due to various reasons: About 83,000 people

were disenrolled after automatic eligibility checks were completed and the person did not respond to multiple requests to update their information. Clients are given at least 45 days to complete a renewal. This is a large initial proportion, but it is consistent with expectations. Disenrollment numbers are expected to decrease over the next 12 months, likely meaning that many people who needed Apple Health during the pandemic have regained employer-sponsored insurance or found coverage through Washington Healthplanfinder or now qualified for Medicare.

If an Apple Health client's coverage is terminated for not renewing, they have a 90-day reconsideration period, which allows them to reenroll and return to coverage. If they are determined eligible for Apple Health, their coverage will be reinstated back to the day they were disenrolled, leading to no gap in coverage. Clients who miss their 90-day reconsideration

period can still reapply for coverage at any time.

HCA and the Exchange will work with clients who are no longer eligible for Apple Health to ensure they are provided information on how to enroll for other affordable coverage options through the Washington Healthplanfinder. If they are over 65, they will receive information about applying for programs that help pay for Medicare.

HCA, DSHS, and the Exchange are taking proactive steps to ensure eligible individuals are not terminated from coverage due to procedural reasons, including:

- Spreading renewals out over 12 months, which provides time to run a smooth process and prevent systems from getting backlogged. This reduces burden not only on individuals and families, but also on state eligibility systems. Taking the time to do the process correctly will ensure those eligible for continued coverage do not experience a gap

in care and those no longer eligible can transition to other sources of coverage.

- Partnering with managed care plans and using data available from the United States Postal Service to update people's contact information so that they receive the renewal forms.
- Enhanced outreach using text messages, phone calls, social media, radio and TV ads to clients who have not completed a renewal prior to coverage termination.
- HCA's volunteer ambassador program was launched within communities to help people stay informed on renewal processes. This adds to a robust network of Washington Healthplanfinder's navigators and brokers who assist people across the state in obtaining and maintaining coverage.
- Maximizing the use of data sources, such as income information from the Employment Security Department, and renewing individuals based on their eligibility for other programs,



such as SNAP and Temporary Assistance for Needy Families (TANF). This helps reduce the need for some individuals to fill out and return a renewal form.

"We want to ensure all Washingtonians stay covered, whether it's a new qualified health plan, Apple Health, or employer sponsored," said Ingrid Ulrey, CEO at Washington Health Benefit Exchange powering Washington Healthplanfinder. "For those who are now above income eligibility, they will have the opportunity to enroll in high-value, low-cost Cascade Care plans, now available for as low as \$10 or less per month."

Apple Health clients and Washington Healthplanfinder customers are encouraged to update their contact information to ensure they receive their renewal notice over the next year to maintain their health coverage. Enrollment data will be published monthly at www.hca.wa.gov/phe.

Chelan PUD, YMCA agree in principle to terms redeveloping part of Fifth Street campus

SUBMITTED BY TEKA SELLERS
 Chelan County PUD

WENATCHEE - What is now a utility warehouse is one step closer to becoming the site of a bustling community hub. Chelan PUD staff presented draft terms of a potential purchase and sale agreement for a portion of the PUD's Fifth Street Campus for Commissioner consideration. The YMCA plans to redevelop part of Chelan PUD's current headquarters into a new, expanded YMCA facility.

Under the draft proposal, the YMCA would purchase a parcel of about 85,000 square feet on the eastern side of the Fifth Street campus. The nonprofit plans to demolish the existing warehouse, office and shop sometime in the spring of 2024, and prepare the parcel for construction. The PUD would relocate water, stormwater, and electrical infrastructure to enable redevelopment of the entire site, including the future YMCA facility. The PUD will also be responsible for the construction of an internal roadway and sidewalk through the 7.5-acre campus.

Once vacant, the appraised value

of the 85,000 square-foot parcel is estimated at \$1.49 million. Chelan PUD will offer a \$1.09 million credit to the YMCA for demolition and site preparation costs. After the credit, the proposed sale price of the property will be \$400,000.

"The YMCA is grateful to the PUD commissioners and staff for this opportunity. This is one more step towards realizing our goal, vision, and promise to best serve the community for the next 100 years, and we are excited," stated Dorry Foster, CEO of the Wenatchee Valley YMCA.

"I'd like to add my enthusiasm for this project as well," added PUD Commissioner Garry Arseneault. "This Term Sheet with the YMCA would go a long way towards fulfilling the PUD's commitment to the community and to our PUD customers to provide long-term value and benefit once we have moved to the new Service Center in Olds Station.

The PUD and YMCA began negotiations in February after the PUD board of commissioners asked staff to pursue anchor uses for the 7.5-acre former headquarters. The PUD is also in negotiations with Music Theatre of Wenatchee, which

is interested in the PUD's Fish & Wildlife building adjacent to the Riverside Playhouse building on the west side of the campus.

The negotiations with the YMCA and Music Theatre are in line with public input collected early in the process to ultimately provide a development that supports the economic and social wellbeing of the community.

In other news, commissioners:

- Heard a report on new inquiries regarding Level 3 (480-volt) charging stations for electric vehicles in Wenatchee, the Chelan area and Cashmere.
- Heard recommendations to change a policy that allows customers who install utility infrastructure to recover a portion of the costs from customers who connect later and benefit from that work.
- The recommended changes would improve customer experience and align with industry best practices.
- Approved a \$902,000 capital budget revision to complete fiber expansion and distribution system improvements at lower Blewett Pass, for a project total of \$1,788,000.

THIS WEEK

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



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Help Support The Cashmere Food Bank

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

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

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

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



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How to Cook Dried Beans

Beans are one of the nicest ways to eat protein. They provide fiber for the bowels, texture to the dish and are (usually) easy on the pocketbook. I came across this method of making three bean salad while rummaging through the fridge one day and I realized I had four open jars of dill pickles; one was half full and the other three only had a pickle or two in the bottom. I put all the pickles in the half full jar, measured out the left-over juice and had about a cup of pickle juice. So, I made three bean salad out of it. Rummager's Three Bean Salad is like jazz, never the same twice!

I use the basic three step

Sort, Soak and Simmer method of cooking dried beans, including garbanzo beans.

Step One: Sort and take out any moldy beans, split beans and 'not beans' (rocks, stray corn, that stuff) then wash them in water, discarding any that float.

Step Two: Soak them overnight in two times the amount of water as there are beans, (that would be two cups of water for every cup of dried beans) adding ½ to 1 teaspoon (tsp.) salt per cup of beans to the soaking water.

Step Three: In the morning, leave the beans in the soaking water and simmer them for a few hours until they are tender, adding water as needed. (I don't pour the

soaking water off and replace it with fresh water because the salt ions displace the calcium and magnesium ions from the bean skins helping to make those minerals more available to the body.)

After step three when the beans are your type of tender you can pause in the cooking process and freeze them for ease of use. I like two cups per sandwich bag because that is about equal to a 15 oz. can of beans and I can use my home cooked frozen beans in any recipe that calls for a 15 oz. can of beans. But if your family is bigger and you have other plans for your beans, quart and gallon bags work just as well.

I try to freeze only as many beans as I will be using within a month. My freezer space is precious, and beans are shelf stable (won't 'go bad') just as they are dried out in a bag. I protect mine from critters (mice) by putting them in plastic totes and checking the totes monthly for chew spots.

Rummager's Three Bean Salad

- One or two cups cooked garbanzo beans
- One or two cups cooked red, pinto, black, canary, pink or any other dried bean
- One or two cups cooked or canned green beans

- ¼ to 1½ cup brown or white sugar
 - ¼ to 1½ cup of any combination of excess dill pickle juices
 - (If there's no pickle juice regular vinegar works just fine.)
 - ½ to 1 cup vegetable oil
 - ½ to 1 cup thinly sliced onions (optional)
- Mix all together and enjoy.

About the author: In 2000 Michele Priddy left the workforce 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.

The Greater Leavenworth Museum New Exhibit



SUBMITTED PHOTO.

In mid-June, the Greater Leavenworth Museum (GLM) opened their doors and welcomed guests to a much-awaited expansion of their First Peoples' exhibit. "We Are Still Here answers the question of many museum guests: "Where are the p'squosa people today?" With new engaging panels and audio/visual components, the expanded exhibit invites guests to pronounce words and phrases in the p'squosa's native nxaʔamx̌cín dialect, offers digital mapping showing ancestral lands, and educates visitors on the history of the p'squosa people. With the help of award-winning museum designer, Chris Erlich, project coordinator Mara Bohman, a dedicated group of p'squosa from the Colville Tribal Language, History, and Archeology Departments, and others who advised and directed this 2 year planning process, the exhibit tells the story of the p'squosa (the people in-between), in their own words, from their deeply rooted history to present day. The exhibit is now a permanent part of the Greater Leavenworth Museum. The Museum will be holding a public grand opening and celebration in mid-September. Details will be posted in local publications including the Leavenworth Echo and Wenatchee World and will be shared on the Museum's website and social media channels for a wider distribution. The Greater Leavenworth Museum is open daily from 11 a.m.-4 p.m on the second floor at 735 Front Street in downtown Leavenworth (an elevator is available for those with mobility challenges). Admission is free for members of the Confederated Tribes of the Colville Nation and for children under 17. Senior and adult entrance fees range from \$3.50 to \$5.00. Annual memberships are available at www.leavenworthmuseum.org.

WA 211 Helpline sees jump in calls

By ERIC TEGETHOFF

Washington News Service
A helpline to help people connect with resources when they're in need has seen an uptick in calls to its service. However, funding remains a barrier to serving more people.

Washington 211 can connect people with about 17,000 resources from its database. The helpline's director, Tim Sullivan, said referral specialists determine what a person needs when they call.

"When somebody calls, they're presenting one need - like housing," said Sullivan, "but typically, there's other needs that are identified during that interview. And then, the information specialist searches the database we have, and then tries to provide up to three resources per need for that individual."

Sullivan said 211 can provide other resources including for legal issues, utility assistance and veteran and senior services. The

helpline partnered with the Washington State Department of Health to provide a COVID hotline during the pandemic. The number of calls jumped from about 250,000 in 2019 to 400,000 in 2020, Sullivan said, and it hasn't come down since then. His organization asked for \$5 million in this year's budget to expand its services - but the request was turned down.

"So, it's really difficult for us, without getting additional funds from the state, to be able to continue to operate at a level that we need to," said Sullivan, "especially with the new rise in people that are needing assistance." According to its data from the past year, about one third of calls to 211 concern housing.

Sullivan said his organization has also been helping with Ride United Transportation Access, a partnership with Lyft to get people to places like job interviews and medical services.

Fish and Wildlife Commission to discuss bats, bears, and land transaction on July 14

SUBMITTED BY WFWC

OLYMPIA- The Washington Fish and Wildlife Commission will meet virtually on July 14 to discuss mineral prospecting, spring black bear hunting, white-nose syndrome, and a proposed land transaction.

The Commission will begin their meeting in executive session before hearing briefings about and making decisions on petitions related to mineral prospecting and spring black bear hunting.

Commissioners will hear a staff briefing and public comment about a proposed land transaction in Okanogan County to enhance habitat and public recreation opportunities before deciding on the proposal. The meeting will wrap up with a staff briefing about bat conservation and

white-nose syndrome response in Washington before the Commission discusses future meeting planning and adjourns.

The meeting will be held online via Zoom and is open to the public following the executive session. For information about attending the meeting, please visit the Commission webpage or email commission@dfw.wa.gov. The meeting will be recorded and posted on the Commission webpage so people can watch afterwards at their convenience.

The Washington Fish and Wildlife Commission is a panel appointed by the governor that sets policy for the WDFW. WDFW works to preserve, protect and perpetuate fish, wildlife, and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities.

CASHMERE VALLEY RECORD

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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.

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Have an idea for a story?
Call the Record at 509-548-5286

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COMMUNITY CALENDAR

Wednesday
Cashmere Rotary Club: meets at Cashmere Presbyterian Church hall, noon. Co-presidents Tracy Franklin 509-670-1165 and Kelley Boyd.
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.lipid@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.

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.

Cashmere

Library Story Walk
 Cashmere Riverside Park, with storytelling and activity stations on Thursday, July 20 from 9-10:30 a.m. Questions? 509-782-3314

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

Leavenworth Lions Club
 Will be serving up hot dogs, a side, and water from our Den at Lions Club Park on Thursday, July 13, from 5-8 p.m. Sale proceeds will benefit key Lions Club community initiatives. All tips will benefit our Leavenworth Community Swim Team.

Summer activities at the libraries
Storytimes at Leavenworth Library on Tuesday mornings. 10:15 a.m. for Babies, 11 a.m. for Preschoolers. Crafternoons and STEM programs are Wednesdays at 2 p.m. Check with the Leavenworth Library for details, 509-548-7923.
 Stuffed Animals invited to

spend Night in the Library on Tues. Aug. 1 from 5 -7 p.m. Leavenworth Library
 Teen/Tween Crafting on Thursday, July 13 from 4-6 p.m. with sodas and snacks. Movie Afternoon on Tues. July 25 at 3:30 p.m. Peshastin Library (509) 548-7921.
Art Show at the Leavenworth Library for Claudia Elliott from July 5 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.

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.

Both Sides of the Fire Line: Memoir of a Transgender Firefighter

By WRI RANDEE ZERGER
 Join the Wenatchee River Institute, A Book for All Seasons, and Wenatchee Pride for a Red Barn Event with retired firefighter, Bobbie Scopa, on Wednesday, July 19 from 7-8 p.m. in WRI's Red Barn in Leavenworth or via Zoom.
 Scopa will be discussing her 45-year firefighting career – which includes a time spent here in the Wenatchee Valley. She worked through nearly every challenge a firefighter can face. Scopa was a strike team leader for the Dude Fire in 1990, where six firefighters were tragically killed, and she served at Ground Zero immediately after 9/11. She's worked mountain rescues, city fires, mega-wildfires, and everything in between. In her memoir, Both Sides of the Fire Line: Memoir of a Transgender Firefighter, she bravely faces the heat of fierce challenges, professionally and personally.
 In the book, "Bobbie Scopa shares her life as a man, a woman, and a firefighter. Each chapter of her life, and of this book, can help us to better understand what it means to be transgender." (Author, James Martin)
 Come join us in hearing more about Bobbie's story. You can purchase her book from A Book for All Seasons at the event. Make sure to get it signed, too. Wenatchee Pride will also be at the event to provide some information and resources. Admission is by donation and helps Red Barn Events continue and grow with help from local business sponsors.
 Visit the website find out more details on upcoming Red Barn Events: <https://wenatchee.riverinstitute.org/>. Contact: Rande_Zerger_rzger@wenatchee.riverinstitute.org 509-548-0181 ext. 7

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.

June 30

00:08 Suspicious Circumstance, 301 Sunset Hwy., Crunch Pak
 16:56 Hazard, 416 Cottage Ave.
 17:04 911-call, 5207 Mission Creek Rd.
 20:14 Welfare Check, 201 Riverside Dr., Riverside Park

July 1

01:26 Suspicious Circumstance, 73 Tanager Ln.
 02:00 Harassment/ Threat, 6125 Hay Canyon Rd.
 09:02 Animal Problem, 7741 Stine Hill Rd., Dryden
 15:33 Alarm, 404 Mission Ave.
 15:55 Parking/ Abandoned Vehicle, 313 S. Division St.
 19:47 Alarm, 404 Mission Ave., Wilbur Ellis
 20:00 Public Assist, 8115 Depot Rd., Dryden
 22:01 Vehicle Prowl, 5183 Mission Creek Rd.

July 2

08:40 Theft, 5607 Sunset Hwy.
 12:09 Suspicious Circumstance, 7652 Stine Hill Rd., Dryden
 15:42 Trespassing, 306 Pioneer Ave.
 16:50 Public Assist, 301 Sullivan St.
 23:07 Traffic Offense, 5720 Vale Rd., Hitching Post

July 3

07:40 Extra Patrols, 5800 Kimber Rd.
 13:21 Harassment/ Threat, 8703 Alice Ave., Dryden
 14:36 Fraud/ Forgery, 117 Aplets Way, Cashmere Valley Bank
 21:59 Harassment/ Threat, 6125 Hay Canyon Rd.

July 4

05:11 Alarm, 100 Apple Annie Ave., Apple Annie's Antiques
 16:35 Alarm, 6555 Pioneer Dr.
 17:16 Alarm, 6555 Pioneer Dr.
 18:13 Non-injury Accident, 4620 Old Monitor Rd., Monitor

20:39 Fireworks, 112 E. Pleasant Ave.
 21:09 Fireworks, 3000 block E. Richared Dr., Monitor
 21:53 Fireworks, 4590 E. Nahahum Canyon Rd.
 21:56 Fireworks, 115 E. Pleasant Ave.
 22:46 Domestic Disturbance, 300 Sunset Hwy., Crunch Pak

July 5

00:01 Suspicious Circumstance, 106 Titchenal Way, Chevron
 05:36 Runaway, 101 Cottage Ave.
 10:39 Suspicious Circumstance, 402 Pioneer Ave., Simpson Memorial Park
 12:14 Non-injury Accident, Sunset Hwy., and Goodwin Rd.
 12:19 CPS/ APS Referral, 6125 Hay Canyon Rd.
 12:53 Theft, 6005 Sunset Hwy.
 15:40 Public Assist, 400 Aplets Way, Yellow Rose BBQ
 22:05 911-call, 3171 Allyn Ln., Monitor

July 6

00:59 Domestic Disturbance, 105 White Birch Pl.
 05:56 Noise Complaint, 5620 N. Cashmere Rd.
 08:18 Miscellaneous, 419 Norman Ave.
 09:23 Public Assist, 8811 Josephine Ave., Dryden
 09:46 Trespassing, 104 Paton St., Cashmere City Hall
 11:07 Welfare Check, 105 White Birch Pl.
 13:36 Non-injury Accident, Stine Hill Rd., and Wescott Dr.
 14:10 Trespassing, 117 Aplets Way, Cashmere Valley Bank
 15:21 Trespassing, 300 Sunset Hwy., Crunch Pak
 17:56 Court Order Violation, 2930 Mission Creek Rd.
 18:35 Non-injury Accident, S. Division St., and Pioneer Ave.
 19:52 Weapons Violation, 2229 Sleepy Hollow Rd., Monitor
 22:06 Traffic Offense, 102 Titchenal Way, BJ's Shell
 23:37 Suspicious Circumstance, 213 S. Division St.

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SWIMMERS of the Week



Alia Kovacevich, age 16

Alia Kovacevich has been a huge help to this team already, and she's not even a coach. She injured herself recently and volunteered her spare time to help coach our 8-and-under swimmers. During our first meet in Ephrata, Alia spent all 5 hours at the end of the pool cheering on every swimmer she could. Although she is healing quickly and will be back to speedy swimming in no time, we are grateful to have her positive attitude both on deck and in the pool.

Cliff Hambleton, age 11

Cliff Hambleton shows up to practice every day ready to listen and eager to learn. He has shown so much improvement in his strokes and we are only halfway through the season. He has committed himself to being the best that he can be and is excited to better himself and his swimming daily. We are lucky to have such a positive and committed boy on our team.



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>



Congratulations Swimmers of the Week!

State Farm

Bruce Cheadle, Agent
301 Aplets Way, Cashmere, WA
(509) 782-1659

State Farm Insurance Companies
Home Office Bloomington, Illinois



REDUCE REUSE RECYCLE

Local artist Nena Howell, debuts art at Gallery 110 as EmergEAST finalist

By SHAYLEY TIMM
Gallery 110

SUBMITTED PHOTO.
Nena paints a familiar Christmas scene of Front Street in Leavenworth

Founded in 2018, Gallery 110's Emerging Artist Program provides visual artists exhibition opportunities, subsidized gallery membership and other resources to help grow their art career. This year, eligible applicants are those emerging visual artists who live in Eastern Washington without significant solo exhibitions and/or gallery representation. With this program, we sought to support artists from predominantly rural regions in WA who are not afforded similar access and opportunities to connect with larger audiences in metro areas.

During an inspiring reception celebrating the ten finalists from eastern Washington at Gallery 110 in Seattle, the jurors selected three awardees:

- Sarah Barnett, Core membership
- H.R. Emi, Affiliate membership
- Nena Howell, Affiliate membership

Congratulations to Sarah, H.R., and Nena as we welcome them into the gallery community.

At Gallery 110, we have two categories of membership: Core and Affiliate. Both afford different exhibition opportunities and full access to other gallery benefits for both levels. An Affiliate level was established to provide more accessible membership options for different artist needs.

As is often the case, selecting artists for awards is always challenging as each artist has a unique vision, background, need for support, and experience presenting their artwork. Each of the 15 artists that originally exhibited at Heritage University in Toppenish, and the 10 finalists chosen to exhibit in Seattle were all very deserving artists and are to be commended for their efforts in creating and exhibiting their artwork in each venue. Congratulations to all.

The EmergEAST Finalist Exhibition is a collaboration with Heritage University Art Department and Gallery 110 in Seattle and generously supported in part by the Robert B. McMillen Foundation, 4Culture, the Seattle Office



of Arts and Culture, and generous donations from the community.

The EmergEAST Finalist Exhibition will be on display at Gallery 110 from June 1 – July 1, 2023. Join us in celebrating these fantastic artists. Gallery hours are Thursday – Saturday from 12 p.m. – 5 p.m. and by appointment.

Artist statement from Nena Howell:

Like my ancestral spirits beating on their drums, my work is born out of that feeling of celebration and rhythm. I find a sweet calmness in that soft, intertwined place with my brushes and oils. When I'm in that in-between space that connects, it creates a fluidity that enlivens and energizes my palette.

Every day is an imaginative quest lost in time. I bring themes of survival, connection, stewardship, respect, and gratitude forward on canvas.

I seek out and witness pursuits and passions that enmesh that intimate connection between people and nature. With transparent and thick strokes where figures meet nature. My contemporary figurative artist with reverence for my Northwestern coastal Tlingit formline and abstract expressionism style.

I continue to find inspiration from artists such as Richard Schmid, Lee Krasner, Jeffrey T. Larson, Preston Singletary and, of course, the works of my late grandfather, master Tlingit artist, Rudolph Walton from Sitka, AK. His works can be found at the Burke Museum, Seattle, Washington and in all Pacific Northwest and Canadian museums.

Reverence for my elders, stewardship for all people, land and sea finds pride of place in my work. My work is an expression of the movement and spiritual energy that connects all life.

I've always revered the

tools in my hands - garden implements, playing board/card games, and drawing tools. My brushes and oils are my air and water. It's more than materials and what can be seen, it's presence and a guiding fluid energy that connects and celebrates all sentient life.

Background: Nena feels her ancestral spirits guide as she creates her contemporary figurative oil paintings. Nena's work is an expression of movement and connection that intersect people and nature. Born from her Tlingit Indian and Ukrainian roots she strives to infuse each work with themes of abundance, wellness, and stewardship. After a full career in business and marketing, in the winter of 2020, Howell pivoted full-time to the development of her art. She currently works from her studio in Wenatchee, not far from her childhood home in Edmonds, Washington.

Obituary & Memorial Policies

NCW 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

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Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
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Call for activities: Pastor Charles Clarke
www.cashmepres.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
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WASHINGTON OUTDOORS REPORT



PHOTO BY JOHN KRUSE

The author with a nice Potholes Reservoir bass



PHOTO BY JOHN KRUSE

David Kruse on his first duck hunt in the Sand Dunes area of Potholes Reservoir

A new chapter

By JOHN KRUSE

One of my favorite movies is "The Princess Bride", a very fun film featuring a great cast of actors, one of whom was Mandy Patinkin who played the part of a Spanish swordsman named Inigo Montoya. Montoya was dedicated to seeking revenge on "the man with six fingers" who killed his father in front of Inigo when he was a child. At one point during the movie Inigo sinks to a low point and utters while inebriated, "You told me to go back to the beginning, so I have!"

The phrase is an apt description of where my outdoors life has taken me for the next chapter of my life. I have lived in the Wenatchee Valley for 31 years and have loved being here and making the friends I have during this time. However, a divorce resulted in the sale of our home in Cashmere and the question became, "Where do I go next?"

When I first moved to the Valley, I loved to fish the Wenatchee River and lower Entiat River for stocked rainbow trout as well as the Wenatchee and Methow Rivers for summer steelhead. Unfortunately, those opportunities faded away years ago leaving only limited options for stream fishing in

the area, something I love to do.

Being an outdoors writer and a radio broadcaster who works from home, I realized I had the opportunity to go anywhere I wanted as long as there was landline phone service and good internet service. With that in mind I set my sights on a specific spot in Grant County I was introduced to as a kid. It's a place I've fallen in love with and find myself returning to multiple times a year. Specifically, it's the small, unnamed community around MarDon Resort and Potholes State Park at the south end of Potholes Reservoir, a 27,000-acre impoundment located between Othello and Moses Lake.

When my family moved to Washington State my father took me hunting at the north end of the reservoir in an area known as the Sand Dunes. We camped overnight at the state park and then drove through the dark to a gate and hiked along a series of small ponds surrounded by cattails or small trees and sand dunes to the place where we built a rudimentary blind. I was shooting a single shot .410-gauge shotgun that was the first shotgun my father ever owned and somehow, I managed to shoot three green-wing teal on that inaugural hunt. Thirty years later, I took my son out to this same

area for his first youth hunt, accompanied by our yellow lab Sage, and treasure the memory of my son's first harvested duck.

In between those hunts my father and brother and I would trek out into the sand dunes every Opening Day. Despite the multiple trips, it was still easy to get turned around in this area at night but the lights of the homes above MarDon Resort to the south of us became a navigational waypoint for us.

My father eventually aged out of the sport of duck hunting and my brother stopped coming too but my best friend Rusty Johnston and I also made memories starting in the early 1990's. We would first come out and camp in the sand dunes area itself and eventually began packing small boats and motoring into another part of the sand dunes below the Job Corps Dike of the Reservoir where we would camp, fish and hunt for three days.

During this time, we got to discover just how good the fishing could be and we were soon hooked on taking our small boats to Potholes Reservoir where we caught everything from bass to walleye to trout, panfish and more. Countless times Rusty and I would gaze towards the lights of MarDon and dreamily wish we could live there.

Back in 2012, Rusty made that dream come true. He and his wife Lisa moved onto the resort and managed the restaurant for a couple of years. Now, Rusty lives adjacent to the state park with his wife and works as a supervisor at the Lowe's Hardware Store in Moses Lake.

A year and a half ago, the two of us made the decision to buy a bass boat together. It's stored at Rusty's shop and I found myself making the drive over to see Rusty and go either fishing and hunting once or twice a month.

With all of that fishing and hunting history in mind, it wasn't hard to figure out where my next move would take me. And that's where I am now, having completed the sale of our house and the purchase of my new one, which sits right across the road from Potholes State Park and on a golf course no less. I guess that means I'll have to learn how to golf now too. I'm in no hurry though, Between the fishing, the hunting, the wildlife watching and visiting the friends I've come to know here over the years, learning how to golf is definitely not my top priority.

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

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New Heat Rules

SUBMITTED BY: WSD L&I

TUMWATER - As hotter, drier weather sets in, farmworkers, construction workers, and other outdoor workers will be better protected from heatstroke and other hot-weather hazards because of updated workplace heat rules that take effect in mid-July.

Vea abajo para esta información en español.

Washington is one of only a few states with heat protections for outdoor workers, having first put rules in place in 2008. This week, the Washington State Department of Labor & Industries (L&I) filed a formal update to those rules, expanding existing requirements to keep workers safe. "Excessive heat is a real concern when it comes to worker safety. Heat-related illness can strike quickly, and in some cases, be deadly," said L&I Director Joel Sacks. "Our climate is changing, and these updates to our state heat rules are a major step forward in protecting workers." The last two summers L&I enacted temporary emergency heat rules to supplement existing worker protections. These new permanent rules take effect July 17, and the requirements will be in place year-round.

New protections involving shade, cool-down rest periods, and monitoring workers

The rules lower the temperature at which action is required to 80°F for most outdoor work. Temperature-based action levels apply to specific portions of the rule such as drinking water and shade and include specifics

on when and how much shade must be provided. Workers must be allowed to take preventative cool-down periods as needed to prevent overheating. Employers must follow high-heat procedures that require close observation of workers and mandatory cool-down periods of 10 minutes every two hours when the temperature reaches 90°F, and 15 minutes every hour at 100°F.

The updated permanent rules also add requirements for acclimatization and exposure to high heat. Under these requirements, which address the need to adapt to working in the heat over time, employers must closely observe all workers during heat waves and any worker who is newly assigned to working in the heat or returning from an absence of up to 14 days.

Under the rules, employers

must also update their outdoor heat exposure safety programs, and train workers and supervisors on the plan and the new requirements. L&I is developing model outdoor heat exposure safety programs and training materials to help employers implement these requirements.

"Outdoor workers can suffer serious health effects from the summer heat," said Craig Blackwood, assistant director for L&I's Division of Occupational Safety and Health. "But, with water, shade, and rest among other protections, employers and workers can prevent the worst effects of heat exposure and reduce traumatic injuries like falls. These updates will require employers to be more proactive."

To learn more about the updated outdoor heat exposure rules and learn ways to protect workers from heat-related illness, visit L&I's Heat Smart web page.

The Contract
Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel Garcia Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo/Record office, call for details, 509-548-5286.

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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

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



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

Help Wanted



Public Works-Truck Driver/Laborer

The Chelan County Public Works Department seeks two applicants for a Truck Driver/Laborer in the Leavenworth and Cashmere Districts. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 4 at \$24.66 per hour up to Step 9 at \$31.19 per hour. Starting salary is Step 4 at \$24.66 an hour. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 2 or 3 floating personal holidays (dependent on hire date). This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources Career Opportunities page: <https://www.co.chelan.wa.us/human-resources/jobs> The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA, 98801, or emailed to human.resources@co.chelan.wa.us this position will remain open until filled.

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.

Windermere Real Estate/NCW
Leavenworth/Lake Wenatchee Specialists

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

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

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!

CLEAR SOME SPACE WITH A



Fill your pockets with **CASH \$\$** Let others know what items you are selling!
Go online now to Place your ad 24/7 at www.NCWMarket.com

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

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

Leavenworth Cashmere Call: 509-548-5286

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

General Merchandise

Items for sale: 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

Regular Meeting of the Board of Fire Commissioners

Change of Meeting Location The Board of Fire Commissioners of Chelan County Fire District 6 wishes to advise the public that the location of the regular monthly meeting of the Fire District Board on July 12 2023 has changed locations. This meeting at which regular district business will be conducted will take place at 7:00 p.m. and be held at the Peshastin Fire Station located next to the Peshastin Library Andy Lee, Fire Chief
Published in The Cashmere Valley Record/Leavenworth Echo on July 12, 2023. # 5998

Public Notices

2023-2024 Budget Hearing/Meeting to Adopt

The Cascade School District Board of Directors will hold a hearing on the 2023-2024 budget prior to the scheduled board meeting on Monday, July 17, 2023. The Hearing will begin at 6:00 pm in person (zoom option) with the regular board meeting to follow at 7 pm. Any person may appear there at and be heard for or against any part of such budget. Published in The Leavenworth Echo/Cashmere Valley Record on July 5, and 12, 2023. #5956

Public Notices

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 send 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

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EVENTS
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• Privacy Link (interested buyers contact you through the site protecting your identity)

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

Public Notices

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON FOR KING COUNTY

In Re The Estate of: ELLEN I. JOHNSTON, Deceased No. 23-4-04113-2 KNT PROBATE NOTICE TO CREDITORS (RCW 11.40.030) (NCRD)

The person named below has been appointed as Personal Representative of this Estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or 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 5, 2023

Personal Representative Print Name: Mark J. Hillman Address for Mailing or Service: 2323 SW 300th St. Federal Way, Wa. 98023 Court of probate proceedings and cause number: 23-4-04113-2 KNT King County Superior Court 516 3rd Ave Seattle, Wa. 98104 Published in The Leavenworth Echo/Cashmere Valley Record on July 5, 12, and 19, 2023. #5955.

NOTICE OF APPLICATION AND PUBLIC HEARING

NOTICE IS HEREBY GIVEN

that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make decisions on two Conditional Use Permit Applications. Hearing will be held at 10:00 am, Monday, September 11, 2023, online via Zoom; Meeting ID: 977 4642 4335; Passcode: 392506; or the call-in phone number: 1-253-215-8782.

CUP2023-024: A Conditional Use Permit application was submitted by Christine Baker & Kelly Fischer (owners) on May 31, 2023, and determined complete on July 5, 2023. The owners are requesting to operate a one-bedroom bed and breakfast (B&B) within an existing Accessory Dwelling Unit. The project is located at 214 Park Ave, within the Residential Low-Density 6,000 (RL6) zoning district; Assessor's parcel number 241711573006.

CUP2023-028: A Conditional Use Permit application was submitted by Terry Price (owner) on June 26, 2023, and determined completed on June 28, 2023. The owner is requesting to utilize two bedrooms within the primary residence as a Bed & Breakfast (B&B), pursuant to LMC 18.52.120. The project is located at 301 Commercial St, within the Residential Low-Density 6,000 (RL6) zoning district; Assessor's parcel number: 241712815090. The public is encouraged to attend via Zoom and to submit written comments prior to the hearing. The comment period begins on July 12, 2023 and ends on July 26, 2023. It is a right of any person to comment on the application, receive notice of and participate in any hearings, and request a copy of the decision once made, and a statement of any appeal rights. Materials may be viewed by appointment only at City Hall, or on the City's Public Portal at <https://lwnworth.wa.permittrax.com/Citizen/>; Search **LUA2023-024** and/or **LUA2023-028**, address, or use the interactive map. Questions may be directed to Amy McCoy, Community Development, phone 509-548-5275 or email amccoy@cityofleavenworth.com. Published in The Leavenworth Echo/Cashmere Valley Record on July 12, 2023. #5992.

Gentian violet - a compound that is both a dye and a medicine



sudden sneeze would haunt me for years. Pulling my lab coat out of the washing machine the following week, I stared in dismay. My pristine white coat was accented with bright purple speckles running across and down its front. Despite repeated bleaching, they refused to fade. I wasn't the only one with colored speckles on my lab coat, but mine was the most spectacularly purple-speckled lab coat for the entire rest of that year and the next.

Gentian violet is a compound that is both a dye and a medicine. Discovered in 1861, Hans Gram would report 13 years later that gentian violet could irreversibly color certain bacteria. This proved instrumental in classifying bacteria and became the basis for the Gram stain method of identifying bacteria still widely used today.

Gentian violet (AKA crystal violet) is used in laboratories across the globe to help identify bacteria. However, it's also an effective antibacterial and antifungal agent. Gentian violet can treat infections caused by gram-positive bacteria, which live on the skin, and yeast infections of the mouth, skin, and vaginal tract.

Although mostly replaced by newer antibiotics and antifungal agents, gentian

violet is still used in veterinary medicine and in developing countries. With resistance growing to our current antibiotics, gentian violet is getting a second look; not only is it practical, but it's also inexpensive, simple to use, with very few side effects.

Thrush in infants is usually treated with a suspension of nystatin painted on the inside of each cheek 3-4 times daily for a week. At the same time, it takes only one application of Gentian Violet 1%, the exact same product I made over 40 years ago in the pharmaceuticals lab, to treat thrush.

The main disadvantage to using gentian violet is the one I had personal experience with: it stains clothing. Although gentian violet will stain clothing forever, treated skin or mucous membranes only stay bright purple for about 2 weeks before fading.

Fluorescein is a dye used in diagnosing eye injuries and damage to your cornea. Small paper strips are soaked in a fluorescein solution, dried, sterilized, and sealed into individual packets. When the sterile fluorescein strip touches your eyeball, it mixes with tear fluid to create a fluorescein solution that coats your eye.

Healthy, intact corneal tissue won't pick up any fluorescein. In contrast, worn spots or abrasions from contact lenses appear as bright green areas. Foreign

bodies show up surrounded by a fluorescent green ring. The mild anti-infective action of fluorescein is also beneficial because injured eyes are very susceptible to infection.

Phenazopyridine is a reddish-orange dye. Sold as a prescription medicine under the brand name of Pyridium® in 100mg and 200mg coated tablets, phenazopyridine is also available without a prescription at a lower strength of 95mg in the products Azo®, Uristat®, and in generic "Urinary Pain Relief."

Originally used to treat bladder infections, phenazopyridine isn't very effective against bacteria. Instead, it can relieve urinary urgency, pain, and burning often experienced from a bladder infection, often within 15 minutes. Today, phenazopyridine is prescribed along with an antibiotic to relieve urinary urgency and burning of bladder infections.

When using it, remember that phenazopyridine is a dye. It turns urine deep reddish-orange and stains clothing.

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

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12 days, departs May - Sep 2022
VISTARA VACATIONS promo code N7017
1-855-208-9533

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CROSSWORD PUZZLE

THEME: ANNUAL TRADITIONS ACROSS

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63. Banned insecticide
64. Big Bang's original matter

1. Bakery serving
2. Tangelo
3. Scorch
4. Regarding this point
5. "Live and ____"
6. Description for twins
7. Auto pioneer
8. Banana remnant
9. Puerto ____
10. Compass bearing
12. "Jane Eyre" author
13. Pig part
14. *Action under mistletoe
19. Like a damaged apple, possibly
22. Jam container
23. Torn down
24. Fill with optimism
25. Sweating room
26. *Thanksgiving's main event?
27. Beauty parlor
28. Chiropractor's concern
29. Painting holder
32. Light gray
33. "Wow!"
36. *Birthday cake decorations
38. Seize the throne
40. Kind of humor
41. Ready
44. Deteriorate
46. Just about
48. Jumped aside
49. Lacked
50. Type of cotton
51. Female gamete
52. *Valentine's Day tradition
53. *New Year's resolution weight or savings target
54. One in a roster
55. Red-encased cheese
56. *Graduation flyer

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Medicaid and CHIP help families access mental health services for kids

STATEPOINT - The state of mental health among youth continues to be of public concern. According to the latest Centers for Disease Control and Prevention Youth Risk Behavior Survey, youth mental health problems have increased significantly over the past decade, reaching an all-time high.

For instance, from 2011 to 2021, the rate of female high school students saying they feel sad or hopeless increased from 36% to 57%; for male students this rate increased from 21% to 29%.

Stressors at school, home or elsewhere can cause mental health disorders to arise, leading to negative impacts on how children learn and build relationships with others. If your child may need mental health support and doesn't currently have health coverage, you have options. Free or low-cost coverage through Medicaid and the Children's Health Insurance Program (CHIP) offers many benefits, including doctor's visits, prescriptions, emergencies and the coverage of behavioral



PHOTO SOURCE: (c) SeventyFour / iStock via Getty Images Plus
Stressors at school, home or elsewhere can cause mental health disorders to arise, leading to negative impacts on how children learn and build relationships with others.

health services, including mental health services through pediatricians, mental health professionals, local community providers and organizations, as well as school systems. People who are pregnant or postpartum may also be eligible for this health coverage and mental

and behavioral health services.

Who qualifies for Medicaid or CHIP? Eligibility varies by state and is determined by how many people are in a household and household income. For instance, in most states, a family of four with household income up to \$60,000 per year may qualify for Medicaid, CHIP or both. To learn more about state-specific options, visit InsureKidsNow.gov or call 1-877-KIDS-NOW. Enrollment is open year-round.

What if my child currently has Medicaid or CHIP coverage? Medicaid and CHIP coverage must be renewed annually. If you or your children have Medicaid or CHIP, it's time to pay attention to your health coverage. Keep an eye on the mail for renewal information from your state. When it comes, complete the forms and send them back right away. Failure or delay in responding can result in you losing coverage, even if you are eligible for Medicaid and CHIP. If you have lost coverage, go to HealthCare.gov to find quality plans and help paying costs.

What types of services are covered through Medicaid and CHIP? To help care for all parts of a child's health, Medicaid and CHIP also cover routine health care visits, like

preventive care, dental and vision checkups, specialist visits, physical, speech and occupational therapies, and emergency services. These programs also cover a wide range of mental health and substance use services such as counseling, peer support services, inpatient psychiatric services and case management services for needed medical, educational and social services. Services are covered through Medicaid for children and teens up to age 21 and through CHIP up to age 19.

States have flexibility to determine if services may be delivered using telehealth. These services are necessary to prevent, diagnose and treat a broad range of mental health symptoms and disorders, as well as substance use disorders.

Caring for mental health is caring for overall health. Early detection and intervention of mental health and substance use issues is crucial to the overall health of kids, teens and people during and after pregnancy, and may reduce or eliminate the effects of a condition if detected and treated early. Take the time today to explore coverage options through Medicaid and CHIP.

Information provided by the U.S. Department of Health & Human Services

All Natural
Pork Spareribs
Medium
Single Pack

1.98
LB.

PRAIRIE FRESH NATURAL

Fresh Ground
Extra Lean Ground Beef
85% Lean, 15% Fat
Value Pack

4.98
LB.

Fresh
Boneless Skinless Chicken Breast
Value Pack

2.48
LB.

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

Fresh Produce

Fresh
Blueberries
6 Oz. Package

1.78
EA.

Yellow Peaches or Nectarines **2.98** LB.

Ripe
Cantaloupe **2/\$4**

LOCAL Equals FRESH
Local stores supporting local products.

Franz Cluster Hamburger or Hot Dog Buns
8 Count

2.98

Hill's Premium Meats Tender Bite Brats
Selected Varieties
16 Oz.

4.48

Tillamook Shredded Cheese
Selected Varieties
16 Oz.

5.98

GROCERY savings

Reser's Pasta Salad
Selected Varieties
16 Oz.

4.48

Mission Organic Tortillas
Selected Varieties
8.67 to 10.5 Oz.

2.98

Penny's Salsa or Tortilla Chips
Selected Varieties
16 Oz. Salsa or 14 Oz. Chips

5.48

Franz Pan Bread
Selected Varieties
24 Oz.

3.98

Tillamook Sliced Cheese
Selected Varieties
12 Oz.

4.98

Franz Premium BBQ Buns
Selected Varieties
8 Count

3.98

Bob's Red Mill Bob's Bar
Selected Varieties
1.76 Oz.

5/\$5

Darigold Dari Whip Whipped Topping
14 Oz. Aerosol Can

3.98

Cosmic Bliss Ice Cream or Novelties
Selected Varieties
14 Oz. or 3 to 4 Count

4.98

Cascadian Farm Cereal
Selected Varieties
9.2 to 14.6 Oz.

2/\$9

Darigold Single Serve Milk
Selected Varieties
14 Oz.

2/\$3

Yami Whole Milk Yogurt
Selected Varieties
32 Oz.

2.98

Darigold Cottage Cheese
2% or 4% Fat
24 Oz.

3.98

Hempler's Ground Pork Sausage
Selected Varieties
16 Oz.

6.48

Reser's Hash Browns
Selected Varieties
20 Oz.

2/\$6