



75th Annual Founders' Day Parade



Mayor Fletcher greeting the parade crowd in the Cashmere Fire Truck



Crunch Pak Kids walking with farm animals during the Founders' Day parade.



Cashmere Royalty present the "Best of Show" trophy to the winner, Alan Witte for his Chevy Bel Air car. The annual car show is sponsored by Mission Creek Community Club



Cashmere Royalty with the handsome trophies provided by Integrity Small Engine Repair located on Sunnyslope off Ohme Gardens Road.



Cashmere Royalty, Princess Naomi Valle, Queen Reese Westlund and Princess Faith Kert riding on their award-winning float in their hometown of Cashmere.

Payroll tax for long-term care program starts July 1



REP. MIKE STEELE

The WA Cares Fund, a new state-run, long-term care insurance program, will begin payroll deductions on July 1. Originally set to take effect in January 2022, the Legislature voted to delay the payroll tax by 18 months. For those eligible, WA Cares provides up to \$36,500 for nursing care and other services.

The cost: Most workers in Washington, including part-time and temporary workers, will pay up to 58 cents on every \$100 of their earnings for this new program. That means, for example, someone making \$50,000 per year the new tax will pay \$24.17 monthly or \$290 yearly.

Background: In 2019, the Long-Term Care Act, House Bill 1087, was approved by the majority party and signed into law by the governor. Republicans voted "no" on this measure for several reasons, including its deep unpopularity with voters.

Nearly 63% of Washington voters said the long-term care payroll tax should be repealed with Advisory Vote No. 20 in 2019.

What about exemptions? Two deadlines in 2021 and 2022, set in state law, were offered for those looking to opt out of the program. If you purchased a qualifying long-term care insurance plan by November 1, 2021, and applied for a permanent exemption from the WA Cares Fund, you are not subject to the new payroll tax.

- The deadline for applying for this exemption was December 31, 2022.
- Although some people could take advantage of this exemption, many others couldn't find a private plan in time, and countless others simply didn't know about the new payroll tax.
- The Long-Term Services and Supports Trust Commission makes recommendations regarding criteria for determining who is a qualified individual, minimum provider qualifications, service payment maximums, actions needed to maintain Trust solvency and monitoring of agency expenses.
- Beyond the private insurance exemption, there are a few, very limited, exemptions that exist in state law:
- Live outside of Washington state.
- Are the spouse or registered domestic partner of an active-duty service member of the U.S. armed forces.
- Have non-immigrant work visas.
- Are veterans with a 70% service-connected disability rating or higher.

More on the Long-Term Care Act

When the program was originally debated, members of my caucus repeatedly offered amendments to further open exemptions for those unable to meet the deadlines listed above, which were rejected by the majority party. If denied an exemption, this program will force those who want nothing to do with it to pay the payroll tax. It's unfair to lock Washingtonians into a state-run program with no further options.

As a legislator, I understand the Washington State Long-Term Care Act aims to provide a public long-term care insurance program to residents. However, I have several concerns about the viability and effectiveness of the program.

First, the Long-Term Care Act imposes a state mandatory payroll tax for current and future workers, without exemptions, including those who may not require long-term care in the future or already have private long-term care insurance. This approach places an additional burden on individuals,

Governor appoints longtime Wenatchee port commissioner to state Transportation Commission

JC Baldwin will begin her term on the seven-member board on July 1

SUBMITTED BY WSDOT

OYMPIA - Gov. Jay Inslee has appointed Janet "JC" Baldwin of Wenatchee to fill an open seat on the Washington State Transportation Commission. Baldwin is a small business owner and longtime elected port commissioner, serving on the Chelan Douglas Regional Port Authority since 2005.

Baldwin, whose six-year term starts on July 1, brings to the commission the expertise of working in the tech sector as chief executive officer and co-founder of GTC Technical Support in Wenatchee. In addition to her experience as a business owner and elected official, Baldwin brings to the commission extensive experience in the areas of public infrastructure and

economic development, amassed from service on a range of boards including the state Community Aviation Revitalization Board, the state Public Works Board and the Washington Public Ports Association Executive Committee.

Baldwin said her service with the Chelan Douglas Regional Port Authority, combined with the other roles she has served in, gives her a unique perspective and valuable insights that will support the development of statewide transportation policy. Among its responsibilities, the commission advises the state Legislature and the governor on transportation policy matters. This summer, it will begin the work of updating the Washington State Transportation Plan, an endeavor taken on every four years.

"Ports serve a critical role in our state's economy, and the linkage between transportation and ports is undeniable," Baldwin said. "An efficient and accessible transportation system is vital to enabling

the movement of freight and goods in and out of ports and will be a priority of mine as I work with my fellow commissioners in authoring the update of our state's 20-year transportation plan."

The commission also serves as the state tolling authority, setting toll rates and ferry fares, and provides annual guidance to lawmakers on statewide funding and fiscal matters.

"I look forward to supporting the advancement of viable approaches to creating long-term, sustainable funding for transportation so that our entire statewide system is able to carry our state into the future and meet the diversified needs of our citizens," Baldwin said.

Baldwin replaces Commissioner Jerry Litt of Grant County, who served two terms on the commission for a total of 12 years. She will be one of three commissioners appointed from east of the Cascade Mountains. The other four

are from the west of the mountains, per requirements in state law.



JC Baldwin

SUBMITTED PHOTO.

CONTINUED TO PAGE B1

THIS WEEK

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



\$100

PO Box 39
Leavenworth, WA 98826
Phone: 509-782-3781
509-548-5286

www.cashmerevalleyrecord.com

Outdoor Grilling Safety

SUBMITTED BY WA STATE FIRE MARSHAL'S OFFICE

Olympia – The weather in the Northwest has finally warmed up and outdoor grilling has begun in many homes throughout Washington State. Barbeque-related fires may cause significant property damage and burn injuries. According to the National Fire

Protection Association, on average 10,600 home fires are started each year and 19,700 patients are sent to hospital emergency rooms because of injuries involving grills.

Last year in Washington State, cooking fires that include open grills totaled 2,121 with a total loss of over 10 million dollars. The State Fire Marshal's Office advises

residents to take steps to make this a safe barbeque season.

Setting Up:

- Ensure you check with your local fire agency about any outdoor burn restrictions or bans.
- Both propane and charcoal grills should only be used outside.
- At a minimum, keep grills 10' away from fences, exterior walls of the house,

overhanging tree branches, or any other flammable materials.

- Be sure the grill is stable and level.
- Before using the grill for the first time each year, check the gas cylinder hose for leaks by applying a light soap and water solution to the hose and then turning on the gas. If there is a leak, the

solution will form bubbles. If you can't stop the leak yourself, have it serviced by a professional before using it.

When Lighting:

- Whether cooking with a gas or charcoal grill always use caution when lighting.
- Always make sure your grill

lid is open before lighting.

- When using charcoal, consider using a charcoal chimney starter instead of charcoal lighter fluid and never use gasoline or other flammable liquids other than lighter fluid.

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

Outdoor power equipment helps weather a storm or power outage

Be prepared and keep safety in mind, says the Outdoor Power Equipment Institute

SUBMITTED BY DEBBI MAYSTER

Summer storm season is nearly here, but having the right outdoor power equipment on hand year-round is important, says the Outdoor Power Equipment Institute (OPEI), which advises home and business owners to think ahead before foul weather or a power outage disrupts life.

"It's important to be prepared year-round given any season can be storm season. We see more people investing in portable and whole house generators and having other outdoor power equipment on hand such as chainsaws and water pumps to mitigate any damage from felled trees and water damage and floods," says Kris Kiser, President & CEO of OPEI, an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars.

He notes that outdoor power equipment is becoming faster, lighter, more efficient, and more technologically advanced. "There's a power source for every need including battery/electric, propane, solar and gasoline,"

he says, noting each has different maintenance and care requirements. "Always read and follow the manufacturer's manual." To get ready for inclement weather, homeowners should identify which equipment is needed. Chainsaws or pole saws can trim limbs and shrubs ahead of a storm and handle clearing. String trimmers, pruners and chainsaws can also remove combustible material from around your home, making it less vulnerable to wildfires. A portable generator will power key appliances and charge cell phones when utilities go down. Before an outage, plan where the generator will be set up (never in a home or garage, and always away from your home and any air intake) and determine how to secure it if needed. Buy and install a carbon monoxide detector, too. Get outdoor-rated extension cords for portable generators and consider adding an approved cover to your generator for rainy weather.

A whole house generator can keep the lights and appliances on and running. Water pumps can help get water and muck out of basements and homes. Be sure you know how to operate the pump. Never pump substances that your equipment is not designed to cope with. Pay attention to avoid overheating and follow all safety precautions.

A utility type vehicle can transport people and supplies

quickly in an emergency. Keep the vehicle stable and drive slowly. Do not turn mid-slope or while on a hill. Consider taking a safety course. Always read the directions provided by outdoor power equipment manufacturers and be sure to follow all manufacturer's safety and usage recommendations before you need it, not waiting until an emergency. Practice how to operate equipment. Save a digital copy of the owner's manual on your computer if possible, so it can easily be consulted in the future. Make sure to have the right fuel on hand and charge batteries ahead of an outage. Gasoline-powered equipment uses E10 or less fuel and most manufacturers recommend adding a fuel stabilizer.

Fuel that is more than 30 days old may phase separate and cause running problems, so it's important to purchase fuel just ahead of a storm. Store fuel safely and only use an approved fuel container. One of the most important things operators can do for safety is to pay attention to energy levels and health.

Preparation for bad weather, a power outage and storm cleanup can be taxing on the body and the spirit. Do not operate power equipment when tired or overly fatigued. Drink plenty of water and take regular breaks. Always use safety equipment like chaps, gloves, eye protection or hearing protection.



Pickle Juice Pizazz

When I was a youngling, in single digit years, Grandpa, then a young man, got hired as a schoolteacher at the edge of civilization. It suited him and Grandma, then in their twenties, to have room to roam and space to build. They were young and healthy so not having a doctor within 300 miles didn't bother them.

Grandpa was (and still is) a good hunter and fisherman so there was always wild meat to be eaten. However, the supply chain for human produced goods was iffy. Any fresh and/or perishable products that had to transverse that supply chain was a variable not to be dependent upon and Grandma worried over not having milk for her children. As a solution she always had a winter's supply of Milkman powdered milk on hand which was a good thing because sometimes our town would be snowed in for a month or two during the winter.

Preserved foods, like canned veggies and dried fruit that traveled well were standard fare during the single digit years of my youth and jars of pickles were precious and very valuable. On a schoolteacher's wages pickles were expensive (and probably still are) but it wasn't the money expenditure that made them valuable so much as the precious nutrients preserved in the vinegar, the herbs; the spices; the trace

minerals.

Grandma and her lady friends saved the left-over vinegar juice after the pickles were all eaten. It didn't matter if the liquor was from dill pickles (Grandma's favorite) or sweet pickles (Grandpa's favorite), it all went into the jar at the back of the fridge (I like to keep the dill liquor and sweet liquor separate, just a personal preference) to be used to 'pickle' stuff like garlic and eggs. In the here and now I have access to fresh raw veggies so I 'pickle' them every now and then as well.

Pickled Veggies Pizazz

Because raw veggies can be hard to penetrate with the pickle juice, I like to simmer the veggies in the juice prior to refrigeration. (It isn't imperative, but it makes them softer and ready to eat quicker)

- ¼ cup chopped veggies—carrots, onion and/or bell pepper work well
 - 1 cup left-over pickle juice
- Simmer veggies in pickle juice in a saucepan for a few minutes. Pour into an 8 oz, Mason jar, put in the fridge for a week or two then enjoy eating them.

Pickled Garlic Pizazz

- ¼ cup raw peeled garlic cloves
 - ½ to 1 cup left over pickle juice
- Put the peeled garlic in an

8 oz. Mason jar, pour left-over pickle juice over the garlic until the jar is full (there may be some left over pickle juice depending on how much empty space is between the garlic cloves.) Stick the jar in the fridge, wait a few weeks then eat.

Pickled Eggs Pizazz

When I was less than a teenager, Jerri, our local artist, would let her kids boil eggs then put them in left-over pickle juice. I wasn't a fan of them then, not my favorite now, but boy did the other kids love them.

- 2 boiled peeled eggs
 - 1 cup left-over pickle juice
- Put the peeled eggs in an 8 oz Mason jar, pour the pickle juice over the eggs until the jar is full. Put in fridge. Wait a while to let the eggs soak up the juice then eat at your convenience.

Note: When needed, if there is nothing else, pickle juice can be a ready-made source of electrolytes.

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.

WEATHER THE STORM
HOW TO PREPARE FOR THE NEXT STORM, HURRICANE, OR FLOOD

PREPARATIONS BEFORE THE STORM:

- 1 Plan ahead by making sure you have the equipment you need and it's in good working order
- 2 Always keep the right fuel on hand and check that batteries are charged
- 3 Get everything set by having safety gear at hand and ready to go

SAFETY MEASURES AFTER THE STORM:

- 4 Use safety precautions—keep a firm footing and ALWAYS use two hands on equipment
- 5 Only use portable generators outside and make sure there's plenty of ventilation
- 6 Drive utility vehicles (UTVs) slowly, never on steep grades, slopes, hills, or through standing water

OPEI Powering good.

SUBMITTED GRAPHIC.
Storm Preparedness infographic

LAKE CHELAN PIRATE FEST

2023 PIRATE FEST

PIRATE FUN RUN

4TH OF JULY PIRATE FUN RUN

LAKE CHELAN PIRATE FEST - 4TH OF JULY PIRATE FUN RUN
2K & 4K ALONG RIVERWALK PARK INCLUDES T-SHIRT & PIRATE MEDAL

STARTS AT CHELAN SENIOR CENTER
534 E TROW AVE
CHELAN

MORE DETAILS CALL
(509) 682-9150

www.LakeChelanPirateFest.com

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
adexcl@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@cashmerevalleyrecord.com

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

American Legion Bingo, first call is at 6:15 p.m. American Legion Hall, 401 Sunset Hwy. Cashmere. Call 509-888-1904 and leave a message for Wiley Collins.

Sunday

CHURCH: See the church page for local service times and events.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)
Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Icicle & Peshastin Irrigation Districts: Current meeting time 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Peshastin Water District, meets at 5:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)
Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Cashmere Public Library: 509-782-3314
You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).
 Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org
Cashmere Museum and Pioneer Village
 Call for more information 509-782-3230
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Regional

Summer activities at the libraries

“Find your Voice” by participating in the Summer Library Program at any of NCW Libraries. Storytimes at Leavenworth Library on Tuesday mornings. 10:1 a.m. for Babies, 11 a.m. for Preschoolers. Wednesdays at 2 p.m. for crafters and STEM programs to explore the science of sound. Check with the library for details. Chamber Music Concert in the Library on Wednesday, July 5 from 4:30-5:30 p.m. Enjoy fun musical stories and learn about instruments with the library and young artists from Icicle Creek Center for the Arts. Free, for all ages. Questions? Call the Leavenworth Library at 509-548-7923.

Virtual Music Technology with Brent Daniels, Ages K-12 June 28, 1 p.m. online

Enjoy a high-energy, interactive virtual workshop with a music producer and learn how everyday devices are used by professionals to create the music and sounds that you love. Then create your own original track.

Magic Tricks and Secrets, Ages K-12, July 12, at 2 p.m. online

Magician Jeff Evans brings his magic directly to you in this virtual, interactive program that you can follow along and participate from home. Learn three simple tricks and stunts you can use to amaze your friends. Register online to receive the Zoom link via email. If you want to follow along with the tricks at home, here are the supplies you'll need: a deck of cards*, Scotch tape or glue stick, paper and pen or marker. *Two cards will be permanently ruined to make a gimmick for one of the tricks. You may want to use an older deck of cards or find a couple of spare cards from an old deck. And, of course, performing this trick is totally optional. Attend a free

program at your local library. Find something for everyone, no matter your age, stage, or interest.

Ponderosa 4-H Horse Club to host 68th Annual 4th of July pancake breakfast

On July 4th, from 7 to 11 a.m., the Leavenworth Ponderosa 4-H Horse Club, in conjunction with the Leavenworth Lions Club, will host the 68th annual 4th of July Chuckwagon Pancake Breakfast. A strong local tradition that brings together the community for the holiday, hundreds gather at Lions Club Park in Leavenworth to start the day off by supporting local youth and their 4-H horse projects. Club members and families cook, serve, and circulate, sharing their love of all things horse and 4-H. From their hard work, funds raised support club members participating in intensive equestrian clinics, local 4-H horse shows, and then showcasing their projects at both the NCW and Chelan County fairs. Locally renowned for their giant plate-sized flapjacks, breakfast tickets are \$10 for adults, \$6 for youth 12 and under. Breakfast includes all-you-can-eat pancakes, eggs, sausage, coffee, and orange juice. The Ponderosa 4-H Horse Club has been an integral part of the Leavenworth community for nearly 100 years and is one of the oldest equestrian 4-H clubs in Washington state. They are generously supported by many organizations and individuals in the community that share their time, talents, resources, and finances to support youth development through their love of horses. The breakfast is held in conjunction with and kindly supported by the Leavenworth Lions Club, which serves their community through sight, hearing and diabetes health education & services, local food banks, college scholarships, scouts, youth sports, Special Olympics, and many other community projects. Contact: Laura Reichlin Ponderosa 4-H Club Leader https://www.facebook.com/Ponderosa4h or 206-550-8319, or reichlin@msn.com.

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

Help Support The Cashmere Food Bank
 Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna.
 Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 3-4 p.m.
For further information or to make a cash donation call Pam, 509-245-6464
 Or you can write a check to: Cashmere Food Bank, PO Box 225, Cashmere, WA 98815
 This ad sponsored by the Cashmere Valley Record

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.

Donate Your Vehicle Today 844-889-8170
 Support Veteran Nonprofits.
 Free Pickup & Towing.
 Top Tax Deduction.

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.

Get rid of all that extra stuff with an ad in the Echo/Record Classifieds. Call us at 509-548-5286

Powder Coat it Tough!
CASCADE
 POWDER COATING & METAL FABRICATION
 Shine your Ride
 Bring your project ideas to Reality.
 Any metal product from design to a powder coated finish!

cascadepowdercoating.com
 509-663-9080 | 11 Bridge St, Wenatchee

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.

WASHINGTON OUTDOORS REPORT



PHOTO BY JOHN KRUISE

Nine-year old Will Clarke with one of several shad he caught near the John Day Dam.

The S&P 500

By JOHN KRUISE

Most folks think of the S&P 500 as a stock market index but on a recent trip to the Columbia River Gorge, I realized it had a fishing meaning as well. Namely, the opportunity to catch 500 shad and pikeminnow over the course of a week.

My friend Rusty Johnston and I spent a couple of days fishing on the Columbia River between Rufus and The Dalles. Our first goal was to catch a bunch of shad, not just for fun, but also to use it for crab bait this summer. Our second goal was to catch some pikeminnow and turn them in for money through the Northern Pikeminnow Sport Reward Fishery Program.

This program is administered by the Bonneville Power Administration along with both the Washington and Oregon Department of Fish and Wildlife. The northern pikeminnow is a native fish, but fish nine inches and longer feed on outgoing salmon and steelhead smolt, impacting the survival of both species.

In this program, anglers are paid anywhere from \$6 to \$10 a fish for any pikeminnow turned into a designated station along the Columbia or Snake River. The more fish you catch, the

more they are worth and if you catch a tagged fish, it is worth \$500. You can find out more about this program, designed not to eliminate, but control the population of pikeminnow, at www.pikeminnow.org.

Rusty and I decided to start our trip fishing for shad below the John Day Dam. You can fish below the dam on both the Washington and Oregon side of the river, but we decided to buy a non-resident license at Gorge Outfitters Supply in Rufus and fish the Oregon side at Giles French Park.

We were using Shad Killers, a local jig sold at Gorge Outfitters Supply, and the hot color for us was red and white. The Shad Killer is a 1/16th ounce jig with a bit of flashabou on it. We tied the jig onto a two-to-three-foot leader which we tied to a barrel swivel. Above the swivel we had another swivel which held a 1/2 ounce lead weight. Other lures that work well with this set up are shad darts and Dick Nite spoons.

We cast our offering from the bank, let it sink for a few seconds, and then reeled in with a slow-to-moderate retrieve as the lure drifted downstream. We were soon rewarded by hook ups with a whole bunch of shad. The American Shad averages one to three pounds



PHOTO BY JOHN KRUISE

Rusty and his sturgeon.

in size. They are scrappy fighters and up to six million of them make their way over Bonneville Dam between the end of May and mid-July, all heading up the Columbia to spawn. I have enjoyed good days on the water catching shad before, but this day was epic. Rusty and I hooked into some 50 shad in just two hours of fishing. We lost a few (they have a nasty habit of throwing the hook) but reeled in some three-dozen fish, getting more than enough crab bait for the summer.

Speaking of uses for shad, the oily fish is also a favorite bait for sturgeon and some even cut them up into chunks to use for catfish bait. Still others will eat them. We met one angler at a cleaning station at Maryhill State Park who carefully filleted out the shad he caught. He told me he brines them and puts them in a pressure cooker (which gets rid of the bones) before canning them. He said the fish taste very good. I will have to give him the benefit of the doubt.

Finished with shad, we next registered at a check station and fished around The Dalles for pikeminnow. We only caught four keeper pikeminnow (worth \$6 each) but since this was our first

time participating, we also each got to turn in a coupon worth \$10 each after checking in our first fish. Better still, three anglers from Idaho were desperate for sturgeon bait and paid us \$20 for a single shad which they promptly put to use, casting their lines out at The Dalles marina hoping to hook into a monster fish. Altogether, we made \$64. That covered a good portion of our gas money getting back home.

One other fun thing about fishing for pikeminnow is the other fish you catch. I ended up catching eight perch and we both also caught smallmouth bass on the nightcrawlers we were using for pikeminnow bait, fished just off the bottom of the river with a two-ounce sliding weight. Rusty caught the most interesting bycatch of the day though, a 30-to-33-inch sturgeon on a bass rod that was spooled with braided line and just a 10-lb leader. It took him 15 minutes to get that prehistoric looking fish to shore at which point I snapped a photo of the fish, and he released it. It made for the end of a perfect day of fishing.

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

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 16

- 10:26 Diversion, Cashmere area
- 12:24 Harassment/ Threat, 5420 Woodring Canyon Rd.
- 13:41 Non-injury Accident, Vine St., and Cottage Ave.
- 15:53 Animal Problem, 130 Titchenal Way, Martin's IGA Market
- 15:57 Public Assist, 303 Fircrest Dr.
- 21:19 Suspicious Circumstance, 5351 Binder Rd.

- 06:49 Trespassing, 8000 Kinney Rd.
- 08:06 Property, Mission Ave. and Aplets Way
- 08:40 Disturbance, 300 Woodring St.
- 10:41 Diversion, 428 Cottage Ave.
- 11:03 Trespassing, 5509 Airport Rd.
- 13:20 Traffic Offense, 56 Lilac Ln.
- 15:13 Agency Assist, 817 Pioneer Ave.
- 15:37 Attempt to Locate/ Contact, 6125 Hay Canyon Rd.
- 18:08 Parking/ Abandoned Vehicle, 222 Washington St.
- 18:33 Domestic Disturbance, 305 Woodring St.
- 18:45 Domestic Disturbance, 5148 Regan Rd.
- 22:40 Theft, 6994 Brender Canyon Rd.

June 17

- 01:11 Warrant Arrest, Elberta Ave. and Vine St.
- 05:42 Welfare Check, 3967 Ayers Rd., Monitor
- 10:17 Weapons Violation, Mission Creek, and Sand Creek Roads
- 19:51 Suspicious Circumstance, 321 Independence Way

June 21

- 07:59 Public Assist, 3967 Ayers Rd., Monitor
- 09:32 Harassment/ Threat, 208 Cottage Ave.
- 10:15 Malicious Mischief, 7152 N. Dryden Rd., Dryden
- 12:35 Suspicious Circumstance, 309 Cottage Ave.
- 15:45 Trespassing, 5800 Kimber Rd., Christ Center Church

June 18

- 03:09 Noise Complaint, 5867 Pioneer Dr.
- 14:03 Parking/ Abandoned Vehicle, 300 Tigner Rd., Cashmere Middle School
- 16:09 Animal Problem, 8685 N. Dryden Rd., Dryden
- 17:18 Diversion, 8115 Depot Rd., Dryden
- 18:28 Agency Assist, US Hwy. 2 MP 108, Dryden
- 22:20 Drugs, 305 Woodring St.

June 22

- 01:21 Suspicious Circumstance, 5608 Tigner Rd.
- 03:53 Suspicious Circumstance, 115 E. Pleasant Ave.
- 06:27 Harassment/ Threat, 5441 Sunset Hwy.
- 06:39 Diversion, 7652 Stine Hill Rd., Dryden
- 10:16 Welfare Check, 302 Fisher St.
- 12:00 Suspicious Circumstance, 4590 E. Nahahum Canyon Rd.
- 13:40 Fraud/ Forgery, 3906 Strudel Rd., Monitor
- 19:35 Alarm, 101 Hughes Dr., James Storage

June 19

- 10:41 Domestic Disturbance, 123 Riverfront Dr.
- 13:29 Traffic Offense, 8703 Alice Ave, Dryden
- 20:21 Alarm, 5655 Sunset Hwy.
- 23:51 Agency Assist, 10 Parkhill St.

June 20

- 04:28 Hazard, 2915 Easy St., Boswell's Furniture, Monitor

NEW MEDIA 'Bringing the community to your door' isn't just our slogan... **It's our purpose**

SMITHSON INSURANCE SERVICES Information You Can Rely On!
Kathy Z. Smithson
 720 Valley Mall Pkway, East Wenatchee
 Let the Team assist you with answers to your questions about:
 • Life Insurance • Disabilities Insurance
 • Long-term Care Insurance
 • ALL Medicare Plans • Group Medical / Employee Benefits
509-884-5195
 SmithsonInsuranceServices.com smithsoninsuranceservices@gmail.com

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

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.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

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

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

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

DRYDEN

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

MID-VALLEY BAPTIST CHURCH
 8345 Stine Hill Rd. • 509-782-2616
 Worship Service, 10 a.m.,
 Sunday School, 9 a.m.
 Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
 Office: 509-548-4331
 11025 Chumstick Hwy.
 Please join us Sunday mornings
 9 a.m., Sunday School
 10:30 a.m., Worship Service

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

LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH
 418 Evans Street • 509-548-5619
 10 a.m. Sunday Service, Pastor
 Jo Dene Romeijn-Stout
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](https://www.facebook.com/newlifeleavenworth)
www.newlifeleavenworth.com

PLAIN

PLAIN COMMUNITY CHURCH
 Serving Our Valley Since 1941
 12565 Chapel Dr. 509-763-3621
 Looking for you at 10:30 this Sunday!
plaincommunitychurch.org
facebook.com/plaincommunitychurch
office@plaincommunitychurch.org

SWIMMERS of the Week

Coach Kate Jacobson

is also a team member. Kate will be a junior in High School next year. She swam for Cashmere and even went to the state championships. Kate is quite an athlete, swimming is her favorite sport.



Coach Michael Acton

is also a team member. He will be a senior in High School next fall. He will be a great addition to our coaching staff.



Coach Olivia Knott

has been swimming competitively for many years. She has previously coached a masters (adult) swim team and swim lessons for 6 years. She is learning to coach the younger kids and loving the challenge.



Coach Kim Krumvieda-Buchan

retired from King County in 2011 with 30 years in aquatics. She has taught instructors, lifeguards and thousands of kids to swim. She says, "I just can't stop, I love to teach!" She also teaches skiing in the winter at Stevens Pass.



Coach Elle Seidensticker

graduated from Cashmere High School this year. She will be attending Central Washington University in the fall. Elle swam for the high school team and swam in the state championships. She is also a swimmer on Cashmere Swim 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 29. Meets are held at 6 p.m. Thursdays. The Cashmere team has five coaches this season - Kate Jacobson, Michael Acton, Olivia Knott, Kim Krumvieda-Buchan, 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

The Wenatchee River Ranger District will be implementing five aquatic restoration projects this summer

Visitors can anticipate temporary road, trail and campground closures during construction

SUBMITTED BY DEBORAH KELLY

Leavenworth - Five aquatic restoration projects are planned this summer on the Wenatchee River Ranger District. A portion of these projects will require temporary closure of roads, trails, and campgrounds.

"We would like to give folks a heads up that it is a busy summer out there. You would be hard pressed to find another area with as much aquatic restoration activity happening. Please be mindful of construction activities around rivers and streams, and adjust your recreation plans accordingly," said District Fish Biologist McLain Johnson. "The work involves a suite of restoration actions, from replacing culverts to installing

log jams. The primary goal is to improve habitat for steelhead, spring Chinook Salmon, and bull trout."

Restoration projects are scheduled over the next few months on Beaver Creek, Big Meadow Creek, Goose Creek, and Nason Creek. Below is the subset of projects that require a temporary closure. During closures vehicle traffic will not be able to pass through the construction zone.

Big Meadow Creek Bridge Installation

A portion of the Big Meadow Creek Road #6300 will be closed from June 20 - July 19. The closure will begin at the intersection with Pole Ridge Road. There will be no access or camping at Meadow Creek Campground during this closure. Meadow Creek Campground will also be closed on July 24 and July 25 for investigation of future restoration activities.

Upper Nason Creek Aquatic Restoration

A portion of White Pine Creek Road #6950 will be closed from June 26 - July 30. The area of closure begins at the vehicle bridge crossing over Nason Creek, with a railroad bridge overhead, approximately 1.5 miles from Highway 2. This short-term road closure will be a full closure, and vehicles will not be permitted to access the road network or dispersed camping area during the closure.

The Forest Service is working in partnership with Cascade Fisheries, Chelan County Natural Resources Department, Trout Unlimited and the Yakama Nation to accomplish this important work to restore riparian areas and improve fish habitat. Several of the projects are a part of the Upper Wenatchee Pilot Project implementation effort. For more information contact the Wenatchee River Ranger

District at 509-548-2550.

Goose Creek Culvert Replacements

A portion of the Lower Chiwawa River Road will be closed from August 14 - September 1. The closure area begins just past the entrance to Goose Creek Campground and continues up to the intersection of Deep Creek Road #6101. Additionally, a segment of the Goose Creek Road #6102 will be closed during the same time. This closure begins at the intersection of Goose Creek Road and Lower Chiwawa River Road and extends a half mile to the intersection of the Goose Creek Road and Goose Creek Flat Road #6102-200. Finally, a short segment of the Lower Chiwawa ORV Trail #1548 will also be closed from the point where the ORV trail crosses Alder Creek Road #6208 to where the ORV trail departs from the Deep Creek Road #6101.



PHOTO BY MCLAIN JOHNSON, WENATCHEE RIVER RANGER DISTRICT FISHERIES BIOLOGIST, USDA FOREST SERVICE.

This is an example of one of the newer style of bottomless arch culverts that allows fish and other aquatic organisms passage under a road. This one is located along the Alder Creek Road #6208 on the Wenatchee River Ranger District.

State Fire Marshal's Office recommends home fire sprinklers

SUBMITTED BY GREGORY BARUSO
Deputy State Fire Marshal

Olympia - The Washington State Fire Marshal's Office urges residents to consider installing fire sprinkler systems in their homes. Studies show that over 80% of fire deaths occur in the home and because of newer home construction methods and the wide use of synthetic materials used in furnishings,

today's modern homes now burn faster and hotter.

A fire in your home can grow quickly and become deadly in two minutes or less. On the average it takes 8-10 minutes for firefighters to arrive once dispatched.

Home fire sprinkler systems respond quickly when a fire starts and begin spraying water on the fire while it's still small. A single fire sprinkler

head activation can control or put out a fire with 1/10 of the water that would be used by fire department hoses, which is 10 times more than what a fire sprinkler system uses. This keeps heat, flames, toxic gases, and smoke from spreading rapidly throughout your home and gives your family the time to get outside safely.

Home fire sprinklers can be installed in new or existing

homes and many systems are virtually maintenance free guarding your home from the dangers of fire. Simply put, residential fire sprinklers save lives. Protect what you value the most. If you are remodeling or building a new home, ask your contractor or builder to install home fire sprinklers. For additional information, contact the State Fire Marshal's Office at (360) 596-3929.

NCW Libraries receives national grant for small and rural libraries

SUBMITTED BY MICHELLE MCNIEL

Wenatchee- NCW Libraries has been selected as one of 240 libraries to participate in Libraries Transforming Communities: Accessible Small and Rural Communities, an American Library Association (ALA) initiative that provides community engagement and accessibility resources to small and rural libraries to help them better serve people with disabilities.

The competitive award comes with a \$20,000 grant that will help NCW Libraries make improvements to the overall accessibility of the buildings they occupy in Peshastin and Brewster. These projects will be completed in coordination with the Library's Reimagining Spaces project, a district-wide initiative to improve interior library spaces.

"We are so proud to be chosen for this amazing opportunity," said Kim Neher, NCW Libraries Deputy Director. "This grant will allow us to partner with residents in Peshastin and Brewster who have difficulty accessing and navigating their local library. We believe

libraries are for everyone, and we want to strive to remove any barriers to access that the public might face."

As part of the grant, NCW Libraries staff will take an online course on leading community conversations, a vital skill for today's library workers. Staff will then host local conversations with residents about barriers to library access and will use the grant funds to identify key building improvements to address those barriers.

The Peshastin and Brewster libraries were identified as candidates for funding because both buildings have accessibility challenges and interior space remodels were already planned for the buildings in the coming year. To get involved or join the conversation, please contact Tim Dillman at tdillman@ncwlibraries.org, or visit ncwlibraries.org/reimagining-spaces for more information.

Since 2014, ALA's Libraries Transforming Communities initiative has re-imagined the role libraries play in supporting communities.

Libraries of all types have utilized free dialogue and deliberation training and resources to lead community and campus forums; take part in anti-violence activities; provide a space for residents to come together and discuss challenging topics; and have productive conversations with civic leaders, library trustees and staff. "Libraries Transforming Communities: Accessible Small and Rural Communities is an initiative of the American Library Association (ALA) in collaboration with the Association for Rural and Small Libraries (ARSL)." The Brewster Public Library and the Peshastin Public Library are branches of NCW Libraries. NCW Libraries' mission is to connect the people of North Central Washington with resources and opportunities that foster individual growth and strengthen communities. NCW Libraries' Reimagining Spaces project is a multi-year initiative to make interior space improvements at 27 libraries across Chelan, Douglas, Grant, Okanogan, and Ferry Counties.

Rep. Mike Steele

CONTINUED FROM PAGE A1

especially low-income workers, who may struggle to afford the tax.

Second, the benefits provided by the Long-Term Care Act are extremely limited and may not adequately cover the costs associated with long-term care services. The maximum benefit of \$36,500 is wholly inadequate and may give a false sense of security about future long-term needs. This could leave individuals and families with significant out-of-pocket expenses, defeating the purpose of having long-term care insurance in the first place.

Additionally, the Long-Term Care Act does not provide flexibility for individuals to choose their preferred long-term care services or providers. It establishes a one-size-fits-all approach, limiting the freedom of choice for residents. This lack of flexibility may not align with the unique needs and preferences of individuals and their families, leading to problems with the quality and type of care received.

And finally, and most importantly, the implementation of the Long-Term Care Act raises serious concerns about the sustainability and financial viability of the program. The act's funding mechanism relies solely on payroll taxes, which may not be sufficient to sustain the program in the long run. This could result in increased taxes or reduced benefits in the future, further burdening taxpayers and undermining the effectiveness of the program. In the coming session, I expect several more efforts to amend this program.

'Bringing the community to your door' isn't just our slogan...
It's our purpose

NCW MEDIA
Bringing the community to your door

THE LEAVENWORTH ECHO
CASHMERE VALLEY RECORD

No, you can't wrap a fish in a Web site,
...but you can get the local news online at www.cashmerevalleyrecord.com



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

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

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

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

The City of Chelan's Public Works Department is accepting applications for the position of Utility Water Filtration Plant Operator.
The monthly income range for this position is between \$5,970 and \$7,256. Application materials are located on the City's website: <https://cityofchelan.us/Jobbs.aspx>
First review of applications will be Monday July 10, 2023. Position is Open Until Filled. Incomplete applications will not be accepted.

School District is seeking qualified applicants for the following position:

School Nurse

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



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.

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!

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

See all available properties at windermereleavenworth.com

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

NCW Media Newspapers

is looking for a part to full-time experienced writer/reporter or correspondent for our weekly newspapers. This would be a great opportunity to get to know our small communities of Leavenworth and Cashmere areas. Responsibilities would include: Writing about local events. Taking photos of local events including schools and sports. Uploading content once a week to the web.

For the monthly Wenatchee Business Journal:

Compiling a list of new businesses/bankruptcies and property listings. Keeping up with people, interviewing local businesses and community members and other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Help Wanted

Brewster School District is Hiring!

- HS Art Teacher
 - 8th Grade ELA Teacher
 - HS Math
 - HS Spanish
 - Grounds Keeper
- Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

For Sale

Appliances

For sale: 6 foot sofa with grey tweed upholstery, and 3 decorator pillows, \$25. Call 509-630-4079.

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.

Washer and dryer

apartment size, front loading, stacked or side by side. Available July 8th. \$75. Call 509-630-4079.

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



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



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)

www.leavenworthecho.com
www.cashmerevalleyrecord.com

5 key facts about flaxseed, Omega-3 fatty acids

Q: My sister takes flaxseed oil because she can't stand getting "fishy burps" from the fish oil and insists that flaxseed is just as good for you as fish oil. Is this true?



Flaxseed contains large amounts of ALA, a different Omega-3 fatty acid. Unfortunately, ALA is not active as an Omega-3 until changed into EPA or DHA, and most people can't convert it into its active form.

Although flaxseed is not a good source of Omega-3 fatty acid, it helps lower blood sugar in diabetics, and lowers both high blood pressure and high cholesterol.

Flax is an oily grain grown for its fiber and seeds. Flax fiber can be used for clothing, while the seeds are sold as whole seeds, partially defatted seeds, ground seeds, flaxseed meal, and flaxseed oil. Flaxseed may help decrease your total cholesterol and "bad" LDL cholesterol levels and relieve menopausal symptoms like night sweats and hot flashes.

Flax seeds are an excellent source of fiber, especially soluble fiber. Adding fiber to your diet with flaxseed has been shown to decrease LDL and total cholesterol. Flaxseed's fiber helps you stay regular because it is a bulk laxative, similar to psyllium or Metamucil®. Much of the documented benefits of eating flaxseed can be explained by the beneficial effects of adding soluble fiber to your diet. Taking flaxseed oil has not been shown to lower either LDL or total cholesterol.

The outer coating of flaxseed is a gummy layer that's very high in fiber, especially soluble fiber. Getting adequate fiber in your diet helps lower your "bad" cholesterol (LDL) and total cholesterol levels. These benefits can be found by eating whole seeds or using ground flaxseed meal.

You can add whole flaxseed to your diet by adding it to cereal, granola, or smoothies. Ground flaxseed or flaxseed meal

is less gritty and can be blended into smoothies or baked into breads, muffins, or cookies. Because whole and ground flaxseed contains a lot of fiber, they can act as a bulk laxative, similar to psyllium or Metamucil®. Add flaxseed slowly to avoid suffering intestinal distress such as gas, bloating, cramps, or diarrhea. You should also get plenty of fluids to prevent intestinal blockage.

Most sources suggest up to 40 grams of flaxseed daily (4 tablespoons of whole flaxseed or 7 tablespoons of flaxseed meal) to lower LDL and total cholesterol. Avoid taking more than 45 grams daily (4.5mg tablespoons of whole flaxseed or 8 tablespoons of flaxseed meal) to decrease your risk of intestinal problems.

Flaxseed and oil contain natural compounds called lignans, which contain phytoestrogens. These phytoestrogens can reduce the risk of cancer, especially breast cancer. Flax phytoestrogens block

soy's stimulant effect on estrogen-positive breast cancer tumors.

Here are 5 Key Facts About Flaxseed and Omega-3 Fatty Acids:

1. The soluble fiber in flaxseed lowers total cholesterol and LDL (bad) cholesterol.

Flaxseed's soluble fiber is concentrated in its seed coat. Flaxseed oil and lignin extracts do not significantly improve cholesterol levels.

2. Start flaxseed slowly to avoid intestinal distress.

Add whole or ground flaxseed to your diet gradually to minimize painful gas, bloating, or cramps, up to 45gm daily.

3. Minimize use of flaxseed while pregnant or breastfeeding.

Flaxseed contains phytoestrogens, which could affect the developing baby.

4. Flaxseed lignans can reduce hot flashes and the risk of breast cancer recurrence.

The phytoestrogens in flaxseed lignans can relieve

menopausal symptoms like hot flashes and night sweats without increasing the risk of breast cancer. Flax's anti-estrogen effect on breast cancer can boost the benefits of medications used for estrogen-sensitive breast cancer.

5. Fatty fish, fish oil, and krill oil have higher Omega-3 fatty acid concentrations than flaxseed.

The Omega-3 fatty acid ALA in flaxseed must be converted to EPA and DHA to be comparable to fish oil Omega-3. Most people only convert a little ALA to either EPA or DHA.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www.AskDrLouise.com ©2023 Louise Achey

Tips for avoiding bug bites this summer

STATEPOINT - Bug bites are not just a nuisance; they can cause discomfort and even pose health risks for some.

"Mosquitoes that may carry Zika, Chikungunya, Dengue fever and West Nile virus are always out in full force during the summer months and new evidence suggests that tick populations are growing, expanding their geographic ranges and carrying additional pathogens," says Daniel Perry, entomologist at Zevo, a maker of pest control products that are made to bother bugs, not people.

From beach barbecues to walks in the woods, here's how to safeguard yourself against ticks and mosquitoes, so you can stay bug-free this summer for whatever takes you outside.

• Beat backyard bugs: Eliminate standing water to prevent mosquitoes from using your backyard as a breeding ground in areas where you entertain and dine. Keeping your lawn and weeds in check is a useful step for managing ticks.

• Take safer walks: Whether you're picnicking in the park, walking the dog, working in the garden, or hiking in the woods, it's important to be mindful of ticks, which can transmit Lyme and other diseases. When possible, avoid contact with tall grass and brush, which is where ticks reside. Always be sure to launder your outdoor gear shortly after use. Take a shower soon after getting



PHOTO SOURCE: (c) monkeybusinessimages / iStock via Getty Images Plus
From beach barbecues to walks in the woods, here's how to safeguard yourself against ticks and mosquitoes, so you can stay bug-free this summer for whatever takes you outside.

home, being sure to inspect your body (and your dog's!) for ticks. If you do spot a tick, follow proper protocol for removal, using clean tweezers and removing fully, without squeezing or twisting the tick. • Protect your skin: "No matter what your outdoor plans entail, bug spray products applied beforehand are your best bet for complete protection against mosquitoes and ticks, and of course, the diseases they harbor and transmit," says Perry.

The new line-up of Zevo On-Body Mosquito + Tick Repellents are odorless and non-greasy, unlike traditional insect repellents, and provide complete, feel-

good protection for the entire family for up to 8 hours. Whether you're at a garden-style wedding or

hiking a mountain trail, you can be comfortable and protected from bugs with this innovative formula. The

active ingredient in these products is inspired from a naturally occurring amino acid and doesn't leave your skin feeling sticky, which is a big bonus when you're spending all day outside or even just 30 minutes! It's available as an aerosol spray, a pump spray, and a lotion, which allows for easy, mess-free application before you go outside. • Camp smart: Before departing for a camping trip, check your tent for small holes and

repair or replace as needed. Select a campsite away from standing water and zip up your tent whenever you're not actively entering or exiting it. These measures will help you feel comfortable and protected from bugs on your next trip.

Don't let the bugs bug you this summer. From sporting events to evenings on the patio, a few precautions can help ensure your comfort and protection from those pesky pests.

Place your Help Wanted and find the best qualified local employee

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

Announce those special events with us!

Milestones | Weddings | Births | Birthdays | Anniversaries

Call or email us for details!

ECHO RECORD MIRROR HERALD

Leavenworth 509-548-5286
Cashmere 509-782-3781
Carol@leavenworthecho.com

509-682-2213
509-689-2507
ruthk@lakechelanmirror.com

CROSSWORD PUZZLE

THEME: CLASSIC CHILDREN'S BOOKS

ACROSS

- Kitchen boss
- "Watch out!" on a golf course
- East of Java
- "Pinocchio's" state of being
- Hard currency
- TV and radio 18. "Mr. Popper's birds"
- Newspaper piece
- "Like "Goosebumps Classic"
- "What?"
- *Richard Scarry's Things That Go
- Oxygenate, as in lawn
- Skin cyst
- Middle Eastern meat dish, pl.
- Antonym of "yup"
- Dispatch boat
- Female sheep
- Throat infection
- Searching for E.T. org.
- "I think I can, I think I can..." , e.g.
- "Spot run!"
- Accounting journal
- *The Plaza Hotel resident of kids' book fame
- Long, long time
- Caffeine-containing nut trees
- Off-color
- *Ludwig Bemelmans' Parisian boarding school resident
- Middle Eastern porter
- Movie "Brookovich"
- Karl of politics
- In a cold manner
- Obscenity
- Middle of March
- Bring benefit
- *Side for Green Eggs
- Put in the outbox

DOWN

- Chlorofluorocarbon, abbr.
- Obstacle to jump through
- Great Lake
- Tiny fox with large ears
- Two halves of a diameter
- Like one in isolation cell
- Evergreen trees
- *Babar, e.g.
- Thumb-up catch
- Full of enthusiasm
- "The Little Mermaid" domain
- Stock exchange, in Paris
- Affair, to Emmanuel Macron
- Michael Douglas' 1987 greedy role
- "For ___ a jolly ..."
- *Clement Clark Moore's famous beginning
- Live it up
- Aid in crime
- Bodies
- *Athos', Porthos' and Aramis' swords
- *Corduroy or Paddington
- Stiff grass bristle
- *D'Artagnan's sword
- *It ends, according to Shel Silverstein
- North American purple berry
- ___ at Work, band
- Give in
- Worshipful
- Isis' brother and husband
- Cause and effect cycle?
- Abhorrence
- RBG's collar, e.g.
- Arabic for commander
- Screen
- Lymphatic swelling
- Like certain Steven
- Senior's fragile body part
- New York time

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR

12 days, departs May - Sep 2022

FROM \$1,949
\$1,699*

1-855-208-9533

promo code N7017

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

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

BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet!

2-YEAR TV PRICE GUARANTEE \$69.99

1-888-416-7103

4TH OF JULY Specials!

Premium Beef
Boneless Beef
New York
Steak
Value Pack

9.98
Lb.



Daisy
Sour Cream
Original or Light
16 Oz.

1.98



Kraft
Shredded or
Sliced Cheese
Selected Varieties
7 to 8 Oz.

2/\$6



Lay's
Party Size
Potato Chips
Selected Varieties
8.125 to 13 Oz.

3.78



All Natural
Baby Back
Pork Ribs
Single Pack

2.98
LB.



Oscar Mayer
Beef Franks
Selected Varieties, 14 to 16 Oz.

4.48
EA.



Oscar Mayer
Meat
Wieners
Selected Varieties
16 Oz.

2/\$7

Coors or
Coors Light
12 Pack, 12 Oz.
Bottles or Cans

11.98



Fresh Produce

New Crop

Red Cherries

Natural Anti-inflammatory,
Source of Melatonin and
Potassium, Fat Free

3.98
LB.



1 Lb. Package
Fresh
Strawberries

2/\$5

Corn on
the Cob
Selected Varieties

10/\$5



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

2/\$5



Cheez-It
Baked Snack
Crackers
Selected Varieties
5.75 to 12.4 Oz.

3.98



Pepsi
Products
Selected Varieties
24 Pack, 12 Oz.
Cans

9.98



Nestlé or
Oreo Novelties
or Dreyer's
Ice Cream
Selected Varieties
4 to 6 Count or 48 Oz.

2/\$7



9 Inch
Dutch Apple
or Apple Pie

9.98
EA.



An American Classic!

AVAILABLE IN THE
SERVICE BAKERY

