



Legislature approves funding and timeline for Confluence Parkway

This year's 105-day legislative session adjourned on schedule on April 23 with the approval of all three budgets for 2023-2025. The operating budget at \$69.8 billion, transportation budget at \$13.5 billion, and capital budget at \$9 billion, were approved in the final two days of session.



COMMUNITY VOICES
By BRAD HAWKINS

Among other things, I'm very pleased to share that the final transportation budget approves the full funding and optimized scheduling of the Confluence Parkway project, which includes a second bridge across the Wenatchee River. Securing funding for this project was one of my top legislative priorities over the past several years.

As you may recall, last year's legislative session concluded with the approval of a 16-year, \$16.9 billion transportation investment plan, known as "Move Ahead Washington."

Last session's transportation package, however, did not include the usual "aged and phased" statewide project list, which specifies each project's funding over the duration of the plan. The primary transportation goal for this session was to complete scheduling of the full statewide list. Once scheduled, the projects will receive their appropriations over the next 16 years.

Fortunately for our region, we won't have to wait like some other areas because the state's final transportation budget approved on April 22 will allocate Confluence Parkway's \$85 million over the next three budget cycles: \$28 million from 2023-2025, \$47 million from 2025-2027, and \$10 million from 2027-2029. This schedule will allow the City of Wenatchee to fully benefit from the federal INFRA grant awarded to Confluence Parkway and allow the work to be bid as one project, streamlining construction and maximizing efficiency.

Confluence Parkway's funding and scheduling are big accomplishments considering the project was not even included in the transportation proposal first developed and approved by Democratic leaders in 2022. By working together, our community not only successfully added our \$85 million project into the plan, but this year's actions now have the project funded and scheduled among the very first projects in the entire 16-year statewide plan.

Achieving full funding of this project and proper scheduling has required cooperation at all levels of government. A big congratulations to the City of Wenatchee, Link Transit, and Chelan-Douglas Transportation Council for their

years of advocacy. Special thanks as well to Congresswoman Kim Schrier and our federal representatives for helping secure important federal funds to match our state funds.

Thanks also to Chelan and Douglas County officials, the Regional Port, and my House seatmates, Reps. Goehner and Steele, and for their support. I'm proud of our community for working together at multiple levels of government and across political lines to take a step forward toward something so significant. As our region continues to grow, we must find creative ways to stay ahead of our transportation challenges, especially considering the mountains and rivers that geographically constrain us.

I'd like to especially thank Mayor Frank Kuntz and the City of Wenatchee for years of leadership and hard work at the local level toward this important project. I'm honored to help solidify Confluence Parkway's funding in the mayor's final year of service because no one has worked harder to finalize this project than he has.

Planning and funding Confluence Parkway has been a decade-long process. The construction phase will take several years as well, but this project is happening! The Wenatchee Valley has a long and proud history of thinking big, working collaboratively, and getting things done. Confluence Parkway is another example of the things we can accomplish together.

Brad Hawkins is our 12th District state senator representing North Central Washington in Olympia. Contact info: 360-786-7622 or brad.hawkins@leg.wa.gov.



SUBMITTED PHOTO.

Cashmere City Council Meeting

By KIRK BECKENDORF
Correspondent

Cottage Avenue Park will be renamed, to honor Eugene Christian Long who donated the property where the park is located. The name change was unanimously approved by the Cashmere City Council at their April 24 meeting. Russ Long, who requested the name change, told the Council that his great grandfather went by his initials, E.C., and that the land was his ancestor's cow pasture. According to city records the donation seems to have occurred in 1911. According to Russ Long, E.C. donated the property with the stipulation that the city keep it as a park in perpetuity. Fletcher said that a small plaque would be created to display the new park name.

The purchase of a new fire truck was unanimously approved by the Council. The truck will be built and customized specifically for Cashmere, at a cost of \$529,453. It will be ready for pick up in Florida, in 27-31 months. Payment will not be due until the truck is completed. Fletcher explained that although the city has funds set aside for the purchase of the truck, the two years gives the city time to seek grants to help offset the cost.

The adoption of Chelan County Comprehensive Solid and Hazardous Waste Management Plan was unanimously approved by the Council. Brenda Blanchfield, Chelan County's Solid Waste Coordinator, explained to the Council that every 5 years the County is required to update the plan, the new plan will be in effect from 2023 - 2028. The County, and the cities of Cashmere, Entiat, Leavenworth, Chelan and Wenatchee have formed a coalition to pool resources and create consistent strategies to manage and reduce solid and household hazardous waste.

Blanchfield told the Council that County's household hazardous waste facility was recognized by the state as having all of the necessary needs for safe handling and disposal of hazardous waste. Addressing some of the items in the plan, she said that the Dryden Transfer Station needs to be expanded. Managing construction demolition waste is a challenge due to it taking up a lot of room and the large amount that is generated, 23% of the waste stream.

The recycling rate in Chelan County is at about 34%, with a goal of reaching 50%. She explained that these are state survey numbers, and do not account for items that may be recycled and reused at home or donated to a charity.

Fletcher said being a part of the coalition is beneficial for Cashmere and that the waste management is not something that the city can do on its own, and the city is getting a lot of services for the small cost required to be a part of the coalition. Director of Operations, Steve Croci, said that it is important for Cashmere residents to keep recycling bins clear of contaminants (non-recyclable material). One recycling bin contaminated with garbage can result in an entire truckload of recycling to be dumped in the landfill. Blanchfield added that the Waste Wizard website can help residents determine where and what things can be recycled.

The Council unanimously approved a new agreement with the Cashmere Swim Team for the use of the City's pool. Only two changes were made to the existing agreement. The Team requested the morning time be changed from 2 hours to 3 hours, from 8 a.m. to 10:55 a.m. and the evening swim time has been eliminated.

The hours from 10 a.m. to 11 a.m. will be shared with swimming lessons. The amount each team member swimmer pays has been increased from \$5.00 to \$15.00 for the entire season. According to Fletcher this is the first rate increase since 2013. Council member, Shela Pistoressi, asked about the construction activity by the river on Aplets Way, across from the Milepost restaurant, and said that some people are upset about what is occurring there. Fletcher replied that it will be a 3-story building with businesses on the ground floor and apartments on the 2nd and 3rd floors, with a parking lot behind the building. He said that the project is within the City's building code requirements for the downtown business district. Council member Chris Carlson added that he has talked to the project's architect and there will be 20 high-end apartments.

Arbor Day tree planting



PHOTO BY TAMMY MILLER

In observance of the 2023 Arbor Day, tree committee members and community volunteers planted a blue spruce in Ardeta Park on April 28. The committee selected the blue spruce tree in hopes that in a few years it'll take the place of donated trees for the Christmas season and will be the focal point for the park. Photographed above, Tree committee volunteers from left: Joann Carr, Karen Hartman, Steve Crossland, Mayor Jim Fletcher



PHOTO BY LINDSAY TIMMERMAN

The Cashmere Middle School Band and Drill team had a solid performance at the Wenatchee Apple Blossom Tekni-Plex Youth Parade on Saturday, April 29.

New WA law will bring dental care to underserved communities

By ERIC TEGETHOFF
Washington News Service

Legislation passed in Olympia this year will provide more dental-care access to underserved communities. House Bill 1678 authorizes dental therapists to work in community health clinics or federally qualified health centers. Marcy Bowers, executive director of the Statewide Poverty Action Network, said the new law will allow more staff capacity to dental-care teams in these facilities to assist dentists.

"Those providers are able to see more patients, can get out into more community settings to provide basic care," she said, "and, I think as importantly, are able to find providers from their community to work in their communities as well."

More than two million Washingtonians have a dental-care provider shortage in their area. Bowers said the dental therapist model has been successful in tribal settings in Washington and in other states. The Washington State Dental Association

opposed the legislation, saying it could create safety issues.

Bowers noted that many of the patients at health centers are low income, and dental therapists will help reduce the cost of care. She said groups have been working for more than a decade in the state of Washington to authorize dental therapists and members of the community were overjoyed at its passage.

"To be able to hear community members say, 'Wow! Thank you so much for pushing for so long to do something that means so much to us, that maybe we can concentrate more at work. We can not feel embarrassed about our teeth. Maybe we can smile again in public,'" she said.

In another effort to increase access to dental care and address the provider-shortage issue in the state, lawmakers also passed House Bill 1466 this session. The bill will make it easier for dental hygienists who move from other states to practice sooner. Both bills are on Gov. Jay Inslee's desk, awaiting his signature.



SUBMITTED PHOTO.

THIS WEEK

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

www.cashmerevalleyrecord.com

Washington Outdoors Report

The lowland lake opener

By JOHN KRUSE

Steve Caromile, the Inland Fish Program Manager for the Washington Department of Fish and Wildlife said, "The lowland lake trout season, Washington's single biggest fishing season, opened April 22 with decent weather and catch rates. It is still one of the best bargains in local family recreation. April 22 was also the first day of our annual trout derby, and we are already seeing catches of tagged trout!"

Caromile continued saying, "With typical springtime weather, angler catch and effort at our lakes was comparable to prior seasons, with catch averaging just about three fish per angler. The air temperatures weren't bad, but water temperatures are still on the cool side but with better weather in the forecast, the catch will be heating up as well."

If you are wondering how Central and Eastern Washington lakes fished on opening day here are reports from WDFW staff who visited various waters in the region:

KLICKITAT COUNTY

Horsethief Lake was fishing pretty slow on the opener where individuals averaged two trout each. However, things were very different at Rowland Lake. 29 anglers were checked and although there were not many people fishing, creel checkers noted they harvested a lot of fish. Eight trout were caught per angler and on average they kept 3.24 fish. The largest trout seen? A 21-incher!

CHELAN COUNTY

Clear Lake was frozen over and Beehive Reservoir was not accessible to vehicular traffic due to snow at this lake located near the Mission Ridge Ski Area south of Wenatchee. However, Wapato Lake near Manson was open for fishing and anglers caught and kept around 3.5 trout a piece.

DOUGLAS COUNTY

The crowds were out at Jameson Lake on opening morning. Creel checkers counted 234 anglers fishing for trout at 8 a.m. Just under three trout per angler was caught here, the average fish measuring 11-inches long. The largest fish seen by WDFW staff was a 16-inch rainbow.

GRANT COUNTY

The crowds were also out

for the opener at Blue Lake with nearly 300 individuals counted and a lot of these anglers were kids. The average catch was only 1.5 trout each but the size of the

trout was a healthy 14 inches. Park Lake south of Coulee City was also crowded and the catching was about the same as Blue Lake. There was far better fishing at nearby

Deep Lake in Sun Lakes State Park. Anglers there were catching five fish limits of rainbow trout averaging 13 inches.

OKANOGAN COUNTY

Okanogan County is a popular destination for the lowland lakes opener and for good reason, the fishing can be very good here and the scenery is nice. Creel checkers did not make it out to any of the lakes here for the opener but calling Liars Cove Resort, Gene Bussell said fishing wise anglers did pretty good for both bass and trout. However, the lake is really low right now and according to Bussell, "It's not easy to launch boats at the moment." The good news is the lake is starting to fill and boat access is getting better. Check with Bussell for exactly where to launch so you don't get stuck in the mud.

PEND OREILLE COUNTY

At Diamond Lake the crowds were low and the fishing was slow, due primarily to cold water temperatures. Of the anglers checked, on average they only harvested a rainbow a piece though most of them were 13-inches long and the largest checked was a

respectable 19-inch trout.

STEVENS COUNTY

Waitts Lake had more anglers than any other body of water in Stevens County on opening day. Creel checkers noted the fishing was best in the morning before the winds kicked up. The anglers checked averaged 2.4 trout apiece, but the fish were large with the rainbows going nearly 14 inches and the brown trout at 16 inches.

There were not many anglers seen at the other Stevens County lakes. At Starvation Lake anglers were indeed starving for trout and the fishing was slow. The same scenario played out at Rocky and Mudgett Lake. The few trout checked averaged 12 inches in length.

Last but not least, if you catch a trout with a blue tag on it don't throw it back. That's a WDFW trout derby fish and it's worth a prize. Go to <https://wdfw.wa.gov/fishing/contests/trout-derby> for details about where these fish have been stocked and how to claim your prize if you catch one.



Faith Kruse with a lowland lakes opener trout caught in Kittitas County

PHOTO BY JOHN KRUSE

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



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CASHMERE VALLEY RECORD

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website:
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e-mail:
Reporter@cashmerevalleyrecord.com

Office hours

Hours: 10 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
adexec1@ncwmedia.net
Reporter/Photographer
Reporter@leavenworthecho.com
509-782-3781

Main Office

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

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.

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.

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.

April 21

06:26 Hazard, 102 Fasken Dr.
 09:30 Civil Dispute, 9035 Nahahum Canyon Rd.
 09:58 Suspicious Circumstance, 5252 Kennedy Rd.
 10:16 Traffic Offense, Pioneer Ave. and Peshastin St.
 13:44 Parking/ Abandoned Vehicle, 8703 Alice Ave., Dryden
 18:11 Suspicious Circumstance, 115 E. Pleasant Ave.
 19:05 Noise Complaint, 8115 Depot Rd., Dryden
 19:28 Hazard, 130 Titchenal Way, Martin's IGA Market
 19:50 Extra Patrol, 8410 Main St., Dryden

April 22

05:25 911-call, 106 Titchenal Way, Chevron
 06:04 Welfare Check, Olalla Canyon Rd. MP 3
 07:45 Trespassing, 103 Aplets Way
 08:55 Runaway, 101 Earl Ln., Monitor
 11:10 Agency Assist, Cashmere Rock Cut
 20:09 Agency Assist, US Hwy. 2 and Easy St., Monitor

April 23

11:12 Traffic Offense, 9000 block Deadman Hill Rd., Dryden
 12:07 Civil Dispute, 302 Fisher St.
 12:21 Trespassing, 102 Titchenal Way, BJ's Shell
 14:47 Court Order Violation, 9081 Deadman Hill Rd., Dryden
 15:18 Trespassing, 8734 School St., Dryden
 19:58 Public Assist, 8115 Depot Rd., Dryden
 19:58 Property, 6801 Dryden Ave., Dryden

April 24

14:22 Trespassing, 9077 Deadman Hill Rd., Dryden
 18:00 Public Assist, 95 S. Douglas St.

18:56 Warrant Arrest, Riverfront Dr. and E. Parkhill St.
 19:23 Property, Riverfront Dr. and E. Parkhill St.
 22:04 Diversion, 2930 Mission Creek Rd.

April 25

10:42 Graffiti, 101 Railroad Ave.
 20:38 Injury Accident, 8210 Stine Hill Rd., Dryden

April 26

09:52 Fraud/ Forgery, 104 Cedar St.
 10:06 Suspicious Circumstance, 3982 Eels Rd.
 14:13 Attempt to Locate/ Contact, 400 block Aplets Way
 14:28 Graffiti, Cashmere area
 14:59 Parking/ Abandoned Vehicle, 8410 Main St., Monitor
 16:59 Harassment/ Threat, Hay Canyon Rd. MP 1
 17:50 Non-injury Accident, US Hwy. 2 and Easy St., Monitor
 19:10 Trespassing, 8703 Alice Ave., Dryden
 19:33 Public Assist, 4530 E. Nahahum Canyon Rd.

April 27

04:40 Trespassing, 3765 McKee Ln., Monitor
 05:27 Suspicious Circumstance, Cashmere area
 09:30 Suspicious Circumstance, 117 Aplets Way, Cashmere Valley Bank
 09:35 Public Assist, 8786 School St., Dryden
 09:38 CPS/ APS Referral, 100 Ski Blick Strasse
 16:10 Trespassing, 513 Cottage Ave.
 16:41 Public Assist, 7090 Stine Hill Rd.
 17:07 Non-injury Accident, 7055 Stine Hill Rd.
 20:18 Public Assist, Cashmere area
 20:32 Domestic Disturbance, Kimber Rd.
 22:46 Hazard, Riverfront Dr. and Kelly Rd.

We Can Help Make a Difference

SUBMITTED BY JUDY KELTS AND SUSIE SCHELL-DIETSCH

On Sunday May 21, 2 p.m., Wenatchee First United Methodist Church is sponsoring and hosting a special concert called Music For the Refugees. It will feature The Wenatchee Big Band, The Apollo Club, The Applearies, a combined church choir, and other solo artists. Our concert will directly benefit Ukrainian refugee families in Chelan, Douglas, and Grant counties, through the Friends of Ukrainian Refugees (FOUR). Admission is free, and a free-will offering will be taken. Did you know today there are around fifty Ukrainian refugee families in North Central

Washington? They're quietly living among us, practicing, and learning English, going to school, finding their way around new neighborhoods; studying to get a driver's license, finding jobs, paying their rent, and trying to make new friends and new lives. We watch the news and read the paper, shocked by devastating pictures of the war in Ukraine. Many of us are feeling called to do more, and our words can only go so far. When words fail music speaks. Let's show our compassion and caring, and truly make a difference for the Ukrainian families in our area. Please join us and bring your extended family, friends, and neighbors. Contact Judy, 509-884-7218

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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Positive Attitude

Driving home on a four-lane highway with Grandpa last week I almost ran over a chair. Yep, a chair. Coming around the curve; going sixty miles an hour we saw yellow flashing lights a-ways ahead. Grandpa said, "See those?" "Yep," I said wondering if it was road work lights or the lights from an incident response vehicle. We were too far away to tell. Ahead of me the work truck pulling a flatbed trailer with heavy machinery on it blocked my view of the lane ahead. I began to position my car so I could move over if I needed to but the three cars in the left lane must have seen the lights before Grandpa and I did. They had already jockeyed into position and were blocking my entry into that lane. So, I just hung tight with a wait-and-see attitude for about a minute at which time the work truck with the local excavating company's logo on the back left the road ahead, swerved right leaving the lane wide open for me to see what I was about to hit. It was a chair, a gracefully shaped, beautifully carved perfect addition to any family's kitchen table, blond wooden chair. It was lying on its side in the middle of the lane.

For a split second I contemplated swerving left into the other lane but for some reason I decided to follow the working man's truck and left the road to miss the chair. It was a good thing I did because had I tried to get into the left lane, I'd have run into the second of the three cars jockeying to pass the work truck. I glanced up and saw the white incident response truck setting atop the hill a quarter of a mile ahead of us as I reentered the right lane following behind the work truck. Grandpa glanced back over his shoulder at the chair in the middle of our lane getting smaller and smaller. "If we'd been thinking a little faster, we could have pulled over and got that chair out of traffic," I said, "I don't care enough about a chair to risk

running out in the middle of the highway." Grandpa was silent for a moment giving me time to process what I'd just said. He's good at having the patience to let a person figure it out on their own. "Oh," I said, "the chair needs moved so the cars behind us won't wreck." He nodded. "It's too late now. That chair will really make a mess if a car hits it. If we'd been a little quicker, we could have taken care of that."

About then we passed the white incident response vehicle at the crest of the hill. Just about three hundred yards further on the downhill side of the road I looked over just in time to see two strapping young fellows outside their truck tossing straps back and forth securing the furniture still in the bed of their truck. I caught a glimpse of the mate to the beautifully carved wooden chair I'd just passed. It was laying sideways across the top of the furniture pile. I wondered for a moment why one of those strapping young men wasn't running back to remove the first chair from the highway. Maybe it was too early for them to get past the lack of chair value and onto wreck potential. So, when we got home and we were eating lunch with Grandma I got to thinking about how Grandpa's first response was to clear the path for the next guy. Thinking back on following him and Grandma on my way to growing up and the way we lived, outside of town, usually in the woods in undeveloped environments; how he and Grandma together built more than one home from the ground up for us to live in. Mostly there were no incident response vehicles to respond to a chair in the middle of the road. It was up to the two of them to clear a path for themselves and us, their children, and perhaps even the few folks who might be on their way to visit. Our neighbors, at least the ones who came into our house, usually from miles away, were the same. Together

all the neighbors maintained the gravel roads we traveled on. How and when did I get to the point that the speed of travel and my urgency to get 'there' allowed me to forget that if I'm going to get anywhere, I need a road and roads need maintenance folks. And just maybe it would be good if those folks were maintained too. And that got me to thinking about how hard it is for folks to want to work when people like me forget how valuable maintenance folks are. And that led to my thinking about self-maintenance, so I asked Grandpa Truman, "What do you do to keep a positive attitude?"

Grandma Lydia looked over at me and I could see the wheels turning in her mind. Grandpa Truman made eye contact. It took a moment for him to answer then he said, "Well, it starts with a prayer in the morning." I glanced at Grandma Lydia she said, "before getting out of bed."

Grandpa Truman nodded. I grinned and thought, pretty good recipe for the beginning of a day.

Grandpa and Grandma's Recipe for a Positive Attitude

1. Say a prayer before starting the day while still in bed.
2. Invite good thoughts to the kitchen table of the mind. When negative thoughts knock on the kitchen door don't open it; just keep them out.
3. Remember, it IS legal to take a nap.

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, *The Goldenale 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.

When it is unsafe for children

Currently on the desk of Governor Inslee is SB5599 which will allow shelters to keep runaway children seeking an abortion or gender reassignment surgery. Moreover, in cases such as this, juvenile shelters are no longer required to give parental notification, classifying a parent's decision not to allow a child to remove their breasts or uterus as "abuse."



A WALK WITH PASTOR JOHN SMITH

According to Washington State Law, shelters are required to notify parents of their child's whereabouts within 24 to 72 hours. However, SB5599 has no such requirement; therefore, parents may never know where or what is happening to their children if they run away.

To say that this is an infringement of parental rights hardly speaks of this legislation's horrific nature and consequences. It will destroy families, mutilate children, and usher them into a state system that will prevent children from returning home. So yes, I agree with many who say that this bill is equivalent to Washington State kidnapping your children.

However, proponents of the bill say this is all about protecting children from abuse and neglect, but what is terrifying is how they determine what exactly is an unsafe environment for children. An "unsafe" environment, according to SB5599, is a household that refuses to acknowledge a teen's confusion on their gender

and maintains that the child be addressed by their biological sex. Additionally, parents who will readily accept and care for their pregnant daughters and who desire their unborn grandchildren not to be aborted are also classified as "abusive" and "unsafe."

Conflating parental responsibility and involvement in their child's life with actual physical abuse and neglect is nonsensical and irresponsible. Yet, that is precisely what Washington State has done. In doing so, the Scriptures speak of those in Olympia in Isaiah 5:20 when it says, "Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter!"

As Christians and Washington State citizens, SB5599 should grieve and disturb you. Under our watch, we have allowed legislatures to undermine the most important and foundational institution—the family—and harm the most vulnerable among us. When a legislature does that, you can be assured, Biblically speaking, that God opposes them (Ps. 34:16, Prov. 17:15). God is holy, just, and is a defender of those who are afflicted. So what makes us think that God is going to sit idly by? He isn't, and he will not.

Since SB5599 will soon be signed into law in Washington State, there is great concern

about whether or not Washington is safe for families anymore. If the State can hide runaway children from their parents because they use the wrong pronouns, it isn't beyond the State to remove children from their homes for the exact same thing.

And no, I am not catastrophizing; just following the logic.

While Washington demonstrates how "unsafe" and "abusive" it is through its legislation, the question now arises where can people truly be safe? The obvious answer is Jesus, but practically speaking, it is the church. The church must equip and strengthen families through the preaching and teaching of God's Word and love communities enough to apply a Biblical worldview in how people ought to relate in every sphere of life. Furthermore, the church must recapture the concept of being a sanctuary again and open its doors to those lost, hurting and protect those who are maligned and afflicted.

In the case of SB5599, those being hurt and afflicted are families with children, and those responsible for that are our own Washington State legislators.

Note: This article is the opinion of the author and this paper neither accepts nor rejects opinions.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.



Gas Safety

SUBMITTED BY WASHINGTON STATE FIRE MARSHAL'S OFFICE

Olympia - Many Washington homes rely on liquid petroleum gas (LPG) and natural gas for heating, warm water, and to cook food. In Washington State between the years of 2019 and 2021 fire agencies reported 6,924 incidents involving gas leaks, which makes it important to know what to do in case

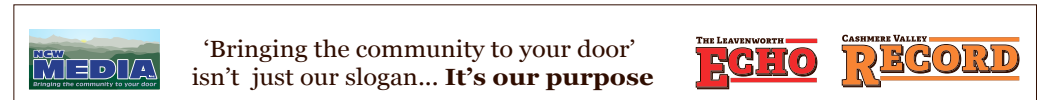
you have a gas leak. These odorless, colorless gases have additives that give them a smell.

Follow these safety steps in the event of a gas leak:

- If you smell natural gas leave the area immediately and call 911.
- Do not turn any electric switches on or off.
- Do not smoke.
- Don't light a match or use a lighter.
- When dialing 911, call from outside a building and away from any gas leak.

- Other indications that you could have a natural gas leak is blowing dirt or bubbles rising out of the ground. Again, leave the area immediately and call 911.
- Call 811 at least two days before digging so that gas lines can be located, and always use a hand tool when digging within two feet of buried gas lines.

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



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

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CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE COMMUNITY CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m.
until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com

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

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

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

DRYDEN

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

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

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CASCADE MOUNTAIN BIBLE CHURCH
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11025 Chumstick Hwy.
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10:30 a.m., Worship Service

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



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH
418 Evans Street • 509-548-5619
10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout
Leavenworthumc.org
leavenworthumc@outlook.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
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Eva Jensen, Pastor
<https://www.flcavenworth.com>

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

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derossett
Worship Pastor-Jacob Mitchell
www.LCN.org

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

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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
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Pastor Lilia Felicitas-Malana

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www.lightinthevalley.org

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Link Transit adjusts routes for Wenatchee Apple Blossom Parade

All Service is Now Zero-Fare

SUBMITTED BY ERIC WEST

Marketing and Communications Coordinator

Link Transit routes will be altered on Saturday, May 6 to accommodate the Apple Blossom parade in Wenatchee. Schedules will be adhered to as closely as traffic conditions will allow. Routes have been adjusted to avoid the parade routes, but still allow riders to and from the main areas of activity as easily and conveniently as

possible, without disrupting regular service to a great extent.

"Adjusting our service due to the parades is unavoidable, but we do everything possible to maintain the service for our regular riders, as well as make it convenient for those who may want to try our services during this time", said Eric West, Marketing Coordinator. "We invite the entire community to consider transit as an option during Apple Blossom, whether it is to go to one of the parades or the food fair, or just to avoid traffic."

Nearly every route have some changes for the two parade days. Any route that travels on Orondo Street, Wenatchee Avenue north of Kittitas Street, Chelan Street or Mission Street as far north as Ninth Street will have a re-route in effect. Many of these buses will use Worthen Steet, Riverside Drive and Piere Street to bypass the parade routes as far as Ninth Street. Route 5 will not operate either day but there will be a shuttle from Columbia Station to Memorial Park via Worthen and Chelan Streets.

Additionally, Routes 21 and

22 will travel from Columbia Station to Olds Station via Sunset Highway in East Wenatchee, and will not serve any bus stops in the Olds Station area because of routing limitations due to road construction. Route 28 will serve Olds Station on both days. On May 6 re-routes will remain in effect for the entire day.

For more information on the changes to Link Transit service during Apple Blossom, call Guest Services at 509-662-1155 or go online to www.linktransit.com/appleblossom.

National Nurses Week History

ANA ENTERPRISE

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses' associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses' associations, other specialty nursing organizations, educational facilities, and independent health care companies and institutions.

A Brief History of National Nurses Week

1953 Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1954 National Nurse Week was observed from October 11 - 16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week. Apparently, a bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds.

1972 Again a resolution was presented by the House of Representatives for the President to proclaim, "National Registered Nurse Day." It did not occur.

1974 In January of that year, the International Council of Nurses (ICN) proclaimed that May 12 would be "International Nurse Day." (May 12 is the birthday of Florence Nightingale.) Since 1965, the ICN has celebrated "International Nurse Day."

1974 In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1978 New Jersey Governor

Brendon Byrne declared May 6 as "Nurses Day." Edward Scanlan, of Red Bank, N.J., took up the cause to perpetuate the recognition of nurses in his state. Mr. Scanlan had this date listed in Chase's Calendar of Annual Events. He promoted the celebration on his own.

1981 ANA, along with various nursing organizations, rallied to support a resolution initiated by nurses in New Mexico, through their Congressman, Manuel Lujan, to have May 6, 1982, established as "National Recognition Day for Nurses."

1982 In February, the ANA Board of Directors formally acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

1982 President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990 The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses Week.

1993 The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1996 The ANA initiated "National RN Recognition

Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses' associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

How families and friends can support the nurses in their life

By CareRev Offer a listening ear. Understand how best to celebrate your nurse hero by asking them how they're doing.

Write encouraging notes. Send them off to work with an uplifting message (You're amazing! You've got this! Have a great day!)

Cheers to the nurses. Plan a celebratory night out with friends.

Take something off their plate. This could be as small as taking on extra chores around the house, picking them up from work, or walking the dog so they can rest.

Prep a special meal. Cook a homemade meal they can take to work or order their favorite food during their break.

Plan a staycation. During their days off, take advantage of what your hometown has to offer - or maybe just binge the newest episodes of your favorite show.

How patients can give thanks

Write a thank you note. Show how much you appreciate your nurses with a handwritten card.

Give them a gift card or bring in a sweet treat. Pick up goodies from a bakery or coffee from a favorite local shop.

How nurses can celebrate each other

Be each other's cheerleader. This can be as easy as writing a quick post-it-note and leaving it on someone's desk or giving a shout out in a meeting.

Support fellow nurses while treating yourself! Show some love to one of these nurse-owned businesses.

Toast to one another. Plan a team happy hour or luncheon.

Be an ally. Connect with nurses who are new to the field to see how they are doing.


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Apr. 27:	Cashmere 2, Quincy 6; Loss
Apr. 29:	Cashmere 4, La Salle 2; Win
BASEBALL	
Apr. 25:	Cashmere 4, Chelan 2; Win
SOFTBALL	
Apr. 25:	Cashmere 10, Chelan 3; Win
TENNIS	
Apr. 25: Boys:	Cashmere 1, Chelan 4; Loss
Apr. 25: Girls:	Cashmere 2, Chelan 3; Loss

Sports Schedule

SOFTBALL	
May 4:	Cashmere vs. Kittitas, Away at 4:30 p.m.
TENNIS	
May 4:	Cashmere vs. Quincy, Away at 4 p.m.
TRACK	
May 5:	Vanderholm Invite at Royal at 3:30 p.m.
May 10:	CTL Championship Meet at Quincy at 4 p.m.

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

Announcements

Lost & Found

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

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

Deadline Noon on Friday for the next week's papers

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

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

Commercial

Business Equipment

Commercial Large Baumfolder Model 1320F.3.P.3 paper folding machine.

Worth over \$8000. Selling for \$5000.

or MAKE OFFER!

Call 509-548-5286 See photos on NCWMarket.com

Employment

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

- Alpine Lakes Elementary School Resource Room Teacher 23-24

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

Help Wanted

Looking for a great local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Chelan Valley Skin Care, self-motivated receptionist/ salesperson wanted. Part-time mornings, Monday- Friday. Could become full-time. Send or drop by resume: 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.

Facilities Maintenance/ Custodian – Full-time Organization:

Okanogan County Transit Authority (TranGO) TranGO IS HIRING A FACILITIES MAINTENANCE/ CUSTODIAN. Full-time (36 plus hours per week), schedule may vary, position available now; hourly non-exempt. Compensation is \$18.62-\$20.14 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation. Commercial Driver's License with Passenger Endorsement preferred. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

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

Brewster School District is Hiring!

- HS Art Teacher
- HS Special Education Teacher
- HS Math
- HS Spanish

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.



School District is seeking qualified applicants for the following position:

- Alpine Lakes Elementary School Life Skills Teacher

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

ACCEPTING APPLICATIONS FOR LEAVENWORTH COMMUNITY POOL LIFEGUARDS and SWIM LESSON INSTRUCTORS The City of Leavenworth is now accepting applications for Certified Lifeguards and Swim Lesson Instructors or those willing to become certified. In addition to applicable certifications, this position is a non-union-covered position with a starting pay of \$20.40 – 22.80/ hr. Sick leave benefits are earned at 1 hr. per 40 hrs. worked. Job seekers must possess strong public relations and communication skills, along with the ability to understand and implement all rules related to the facility. Job applications are available to download from the City's website at: <https://cityofleavenworth.com/employment-opportunities/>, or by contacting City Hall at (509)548-5275. The City of Leavenworth is an equal-opportunity employer. Applications will begin the review process on May 5, 2023.

Help Wanted

Discovery Center Tour Guide - Seasonal Immediate opening at the Rocky Reach Discovery Center. Full-time, temporary position. Greets visitors, provides information and directions, leads tours, assists with activities for students, adults, and families. Typically requires one year of customer service experience working with the public. See full job details and apply online at chelanpud.org/careers EO M/F/ Disability/ Vet Employer

For Sale

Antiques & Collectibles

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

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Garage & Yard Sale

CLEAR SOME SPACE WITH A Garage Sale

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

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

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

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

Leavenworth Cashmere Call: 509-548-5286

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

General Merchandise

Great for a small business that needs to strap bundles. **Ovalstrapping Inc. "Mini-Max" strapping machine.** with one large roll of strapping wire. Selling for \$500 Or Make offer! 509-548-5286 See photos on NCWMarket.com

For quick sale: in Cashmere. Standard and metric wrenches, sockets, extensions. Screwdrivers. Allen wrenches. Drill with charger. Metal work bench with vice. Wooden tool box. 4" skill saw with charger. 1/2 ton Jack with stands. Car ramps. Digital Multi Meter, new. Drop Lights. Electric Sanders. Call 406-241-9461 See photos on NCWMarket.com

For Sale: AMEREX Carbon dioxide commercial fire extinguisher. \$50/ Sells for \$108+ Call 509-670-1723 or 509-548-5286.

www.leavenworthecho.com • www.cashmerevalleyrecord.com

RUN IT 'TILL IT SELLS

Housing sales are HOT!
Is your home getting the attention it needs!

Advertise your property on NCWMarket.com for one low fee!

- \$100 fee includes:**
- Up to 5 photos of your home & property
 - Video • Unlimited description
 - Google Map to your location (you can opt out)
 - Privacy Link (interested buyers contact you through the site protecting your identity)

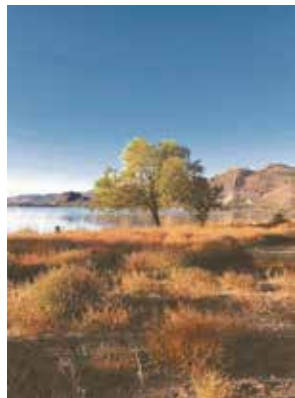
Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Real Estate

Acreeage

Beachfront bargain



Highly sought after waterfront homesite. Quiet waters in a picturesque bay. Ideal southern exposure, sandy beach, adjacent to new marina and steps to the village center, pools, diner, and general store. Fabulous resort community on the shores of Lake Osoyoos in Oroville, Washington. Four-bedroom cottage plans included \$659,900 verandabeach.com

Homes for Sale

\$161,500



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.

808-298-1031
Seller is licensed Realtor Maui, HI

Legals

Public Notices

CITY OF LEAVENWORTH

On the 25 day of April, 2023, the City Council of the City of Leavenworth, Washington passed the following resolution and ordinances. A summary of the contents provides as follows:

Resolution 3-2023:

A resolution of the City of Leavenworth, WA, amending rates and fees.

Ordinance 1670: An Ordinance of the City of Leavenworth, WA, amending chapter 12.28 of the LMC related to Mountainview Cemetery regulations.

Ordinance 1671:

An Ordinance of the City of Leavenworth, WA amending LMC Chapter 15.24 numbering residences and buildings.

A full copy of the resolution and ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on May 3, 2023. # 5686

Public Notices

ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed bids will be received by the City of Leavenworth, until 1:00:59 p.m. Pacific Time on May 11th, 2023, for the TIB Ski Hill Drive Sidewalk Improvements, City of Leavenworth Project No.2022-002 cc. Bid proposals will be received by the City Clerk at the Leavenworth City Hall at 700 US 2, Leavenworth, WA 98826, and will then and there be opened, read, and tabulated publicly. The Engineer's estimated range of probable cost is \$400,000 to \$635,000. Proposals received after the time fixed for opening will not be considered. The major items of work include constructing new cement concrete curb and gutter, sidewalk, curb ramps, driveway entrances, water service connection replacement and installation, and traffic control. All work shall be completed in accordance with the contract plans, special provisions, and the 2023 WSDOT/APWA Standard Specifications.

Time for completion of the work is limited to *35* working days. All work performed on the project will be subject to State prevailing wage rates. Complete digital project bidding documents are available at www.questcdn.com and the City of Leavenworth's Website at: https://cityofleavenworth.com/documents/category/requests-for-bids

-proposals/ Bidders may download the digital plan set for \$22.00 by entering **Quest Project #8421623** on the website's Project Search page. Please contact QuestCDN.com at (952) 233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital information. A review set will be at the Leavenworth City Hall, 700 US 2, Leavenworth, WA 98826

Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of the bid proposal. Checks shall be made payable to The City of Leavenworth. Should the successful bidder fail to enter into such contract and furnish satisfactory performance and payment bond within the time stated in the specifications, the bid proposal deposit shall be forfeited to the City of Leavenworth. The City of Leavenworth reserves the right to reject any or all bids and to waive irregularities in the bid or in the bidding.

The City of Leavenworth, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42 U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award. The Contractor shall assure to City of Leavenworth that all services provided through this contract shall be completed in full compliance with the Americans with Disabilities Act ("ADA"). No bidder may withdraw his proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding forty-five (45) days. Published in The Leavenworth Echo/Cashmere Valley Record on April 26, and May 3, 2023.

Public Notices

City of Cashmere
101 Woodring Avenue
Cashmere, WA 98815

ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed bids will be received by the City of Cashmere for construction of the City SCADA Improvements project. Work to be performed includes providing and installing telemetry panels, radios and instrumentation upgrades for improved automated control of the City's systems.

A voluntary pre-bid walkthrough is scheduled for 10:00am on May 18th, 2023 meeting at the City Wastewater Treatment Plant at 2 Riverfront Drive, Cashmere, WA. Potential bidders are encouraged to attend. Bid proposals will be received only at, 101 Woodring Ave., Cashmere, WA 98815 by 2:00 pm on June 6, 2023, at which time they will be opened, read, and tabulated publicly. Proposals received after the time fixed for opening will not be considered.

Contract documents may be purchased on www.questcdn.com for \$22.00, nonrefundable, under project #8481145. Addenda will be published only through the online bidding service. Bidders that do not purchase a bid set will not automatically be notified of addenda and will need to periodically check the on-line plan room for addenda. An informational copy of the contract documents is on file for inspection at the City of Cashmere. Direct questions regarding the contract documents to Clayton Anderson, RH2 Engineering, Inc. 509-886-6781, canderson@rh2.com.

The City of Cashmere hereby notifies all bidders that it will affirmatively ensure that in any contract entered into, pursuant to this advertisement, minority and women's business enterprises will be afforded full opportunity to submit bids in response to the invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award. The City of Cashmere is an equal opportunity and affirmative action employer. All work performed on the project will be subject to state prevailing wage rates. Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of such bid proposal. Make checks payable to the City of Cashmere. Should the successful bidder fail to enter into such contract and furnish satisfactory performance and payment bond within the time stated in the Specifications, the bid proposal deposit shall be forfeited to the City of Cashmere. The City of Cashmere reserves the right to reject any or all bids and to waive irregularities in the bid or the bidding. No bidder may withdraw their proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding 60 calendar days. Published in The Cashmere Valley Record/Leavenworth Echo on May 3, 10, 2023. #5703

Published in The Cashmere Valley Record/Leavenworth Echo on May 3, 10, 2023. #5703

Published in The Cashmere Valley Record/Leavenworth Echo on May 3, 10, 2023. #5703

Public Notices

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

In the Matter of the Estate of: JIMMIE LEE BEAVERS, Deceased. 23-4-00301-31 PROBATE NOTICE TO CREDITORS NO. RCW 11.40.030

The Administrator named below has been appointed as Administrator 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 Administrator or the Administrator's attorney at the address stated below a copy 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 Administrator 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.

ADMINISTRATOR: Brian Dean Beavers
DATE OF FIRST PUBLICATION: April 26, 2023
DATED this 9th day of February, 2023.

/s/ Brian Dean Beavers
Brian Dean Beavers, Administrator for Estate of Jimmie Lee Beavers c/o Lawrence P. Dolan, Attorney at Law 7009 212th St. SW, Suite 203 Edmonds WA 98026 Presented by:

/s/ Lawrence P. Dolan, LAWRENCE P. DOLAN, WSBA 13110 Attorney for Administrator Published in The Leavenworth Echo/Cashmere Valley Record on April 26, and May 3, and 10, 2023. #5634

Published in The Leavenworth Echo/Cashmere Valley Record on April 26, and May 3, and 10, 2023. #5634



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

How to take an iron supplement

Seventy-eight-year-old Mabel became anemic after being hospitalized with a bleeding ulcer. She was discharged home on medicine to heal her ulcer, plus an iron supplement. Three months later, Mabel's blood tests showed she was still significantly low in iron.

When I asked about her iron supplement, she showed me a bottle of 300mg sustained-release capsules of ferrous gluconate. "The iron tablets they gave me from the hospital upset my stomach, so I found this one instead."

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron. They left swords in water to rust or drank the water used by blacksmiths for cooling hot iron.

Iron is a critical part of hemoglobin, a protein that carries oxygen throughout the body. Your body needs four iron atoms to make each hemoglobin molecule, giving blood its distinctive red color. Without enough iron for hemoglobin, your blood can't carry as much oxygen, and you'll become pale and tired.

The most common cause of iron deficiency is blood loss. You can lose blood from a bleeding ulcer in your stomach, heavy menstrual periods, or from your intestines through ulcers, hemorrhoids, or diverticulitis. Other causes include a poor diet, gastric bypass surgery, kidney disease, pregnancy, or breastfeeding.

We treat iron deficiency anemia with iron supplements. They provide iron for hemoglobin in your blood and help replenish iron stored in your bone marrow. Most people need 100mg to 200mg of elemental iron daily over several months to accomplish this.

The most common side effect of iron is stomach or intestinal irritation. Stomach pain, constipation, nausea, vomiting, and even diarrhea can occur. Iron can also make your stools dark and cause a metallic taste.

The three most common iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron needs an acidic environment for the best absorption. Vitamin C (ascorbic acid) improves iron absorption by converting some of it from its less soluble ferric form to a more soluble ferrous version. A six-ounce glass of orange juice can improve iron absorption by 10%.

Enteric-coated and sustained release forms of iron dissolve in your intestine instead of your stomach. Your intestines are much less acidic than your stomach, so less iron is converted to the ferrous form, resulting in you absorbing less iron from each pill.



Take iron supplements on an empty stomach, either 30 minutes before or 2-3 hours after eating, to increase iron absorption. Unfortunately, this also increases stomach irritation.

Despite taking an iron supplement for 3 months, Mabel was still quite low in iron, so I asked her to bring her iron supplement. She had ferrous gluconate 300mg sustained release capsules instead of the ferrous sulfate 300mg tablets initially prescribed for her.

"Those tablets tore up my stomach, so I switched to these because they don't bother me," explained Mabel. Ferrous gluconate has about half the elemental iron of ferrous sulfate tablets. I suggested she take 2 capsules of the ferrous gluconate every day instead of one daily since she was taking it without stomach discomfort.

Here are 7 Tips for Taking Iron Supplements Successfully:

1. Check the elemental iron in iron tablets when comparing iron supplements. Ferrous gluconate 300mg has only 36mg of elemental iron, compared to 65mg in 300mg of ferrous sulfate.

2. For the most comfort, take iron with meals. For faster results, take iron without food. If taking your iron supplement on an empty stomach causes stomach irritation, take it with food instead of skipping doses.

3. Avoid sustained release or enteric-coated iron supplements. Sustained release, delayed release, and enteric-coated iron supplements cause less stomach upset but also have much less iron for your body to absorb.

4. Start with one tablet daily. Start with one tablet daily of iron supplement, either with or without a meal. Take your iron supplement more frequently only if instructed by your doctor. Higher doses of iron are not absorbed as well.

5. Consider cooking with cast iron skillets and pans. Cooking with cast iron increases the iron content of your food and can treat mild iron deficiency.

6. Add vitamin C to your diet. One small glass of orange juice or a vitamin C supplement can improve iron absorption.

7. Keep iron tablets out of the reach of children. Ferrous gluconate and sulfate tablets have shiny, colorful coatings identical to chocolate M&M candies.

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

CROSSWORD PUZZLE

THEME: THE 1950s ACROSS

- a.k.a. vampire
- Asian cuisine pan
- Type of tide
- Make more attractive
- Lawyers' grp.
- China grass
- "West Side Story's" Tony and _____
- Mourner's acronym
- Utilizing
- a.k.a. "The King"
- "Kitschy art movement begun in '50s (2 words)
- Mortar carrier
- Back of the neck
- "Kelly or Chanel 2.55, e.g.
- Hurtful remark
- "_____ Margery Daw," nursery rhyme
- Paper unit
- Duds
- Eurasian antelope
- Guessimate phrase (2 words)
- Unaccompanied
- Disgust with sweetness excess
- Brandish
- Track competition, e.g.
- Frustrated driver's recourse
- Legendary King of Pylos
- Tsar, tzar or _____
- Greek letters on campus
- Deprivation
- Greek R
- "A Streetcar Named Desire" star
- "Popular type of 1950s restaurant
- Pro athletes' move
- Sea in Spain
- Narcotics agent
- Stringed instrument of India
- Brewpub offering
- Shakespearean "ergo"
- "Gwendolyn Brooks' "Annie Allen" entry, e.g.
- "Doris of "Que Sera, Sera" fame

73. Disinfectant brand DOWN

- Statue of Liberty: "I lift my _____ beside the golden door"
- Sixth month of civil year
- Encore!
- "Like Maureen O'Hara and Samuel Beckett
- Not digital
- On one's guard
- "-Wan of "Star Wars"
- Fraternity K
- "Space program established in 1958
- Arabian chieftain
- Are not
- Margaret, for short
- Raja's money, pl.
- Changes to a manuscript
- Military moves
- Fail to care
- _____ v. Board of Education
- Eagle's nest
- Kr and Xe on the periodic table, e.g.
- "Postwar prosperity
- Per person
- Farm structures
- Ancient market
- "Rio Grande" and "Rio Bravo" star
- Lose skin
- "Egypt's disputed canal
- Sir Richard Starkey of the Beatles
- Like certain Debbie
- Unit of absorbed radiation
- Relating to nose
- Frances McDormand's Oscar-winning 2020 role
- Estrogen producer
- Spiritredness
- Equal to distance divided by time
- Actor Driver
- Squirrel's nest
- Units of work
- International Civil Aviation Org.
- Hall of Fame Steelers coach
- Cooking meas.
- Fla. neighbor

SUDOKU PUZZLE

Build a Better Burger!

Fresh Ground

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

3.98
LB.



No Antibiotics Ever
Boneless Skinless
Chicken Breast
Value Pack

3.98
LB.



Fresh Produce

Large Slicing Tomatoes

1.28
LB.



Jumbo

Red Onions

68¢
LB.

Jumbo

Avocados

3/\$5

Burger Essentials



Fletcher's
Center Cut
Thick Sliced
Bacon

Selected Varieties
18 Oz.

9.98
EA.



Brioche
Burger Buns
4 Count

Available In
Our Bakery

5.98
EA.

Amish
Blue Wedge
4 Oz.

Available In
Our Deli

4.98
EA.



Sargento Sliced
or Shredded
Cheese

Selected Varieties
7 to 8 Oz.

2/\$5



Franz
Premium
BBQ Buns

Selected Varieties
8 Count

3.98
EA.

Vlasic
Pickles
Selected
Varieties
16 to 24 Oz.

3.48
EA.



Kraft
BBQ Sauce
Selected Varieties
18 Oz.

2/\$4



Bandon
Medium
Cheddar
Cheese
2 Lb. Loaf

9.98
EA.



Kraft
Miracle Whip
or Mayo
Selected Varieties
30 Oz.

6.98
EA.



Hunt's
Ketchup
20 Oz. Squeeze

1.78
EA.



Food Club
Yellow
Mustard
20 Oz.

1.98
EA.



Favorite Sides!



Ruffles
Potato Chips
Selected Varieties
7.25 to 8.5 Oz.

2/\$7



American
Classic Salads
Selected Varieties
15 to 16 Oz.

Available In Our Deli

2/\$6