



Annual 9/11 Remembrance Ceremony Held in Cashmere

SUBMITTED BY THE 9/11 SPIRIT COMMITTEE.
911 Memorials located at Cashmere Riverside Park.



Special Dedication - Ringing of the Bell - Name Reading in Honor of the 400+ Fallen First Responders, 9/11 Spirit of America Board

Cashmere, WA - The Annual 9/11 Remembrance Ceremony will take place on September 11 at the 9/11 Spirit of America Memorial located in Cashmere Riverside Park at 11 a.m. - 12:30 p.m., and to include a traditional ringing of the bell in honor of the brave men and women who risked their lives. As we

commence on the 21st anniversary, the ceremony will focus on the nearly 3,000 American lives lost, paying a special tribute to the First Responders (343 firefighters, 60 police officers and 8 EMTs). The program will include each name and a moment of silence with the traditional ringing of the bell.

The Memorial site, built in 2015, includes a piece of structural steel from the 60th floor of one of the Twin Towers, an ornamental piece of limestone from the face of the Pentagon and four bronze statues, together representing all those who perished on September 11th,

2001. Today the Memorial also includes "The Survivor Tree" - a Callery Pear like the one pulled from the smoldering rubble of the World Trade site, and four granite monuments. The monuments are engraved with the names of those who perished on airplanes at each tragic site - Pentagon, World Trade Center site and Shanksville, Pennsylvania.

Join First Responders, active and retired Military personnel, Flight Crews, Veterans, and people from around the region for this important event as we dedicate, honor, and remember. The Remembrance

Ceremony is open to the public, donations are accepted, and keepsake remembrance coins are available for \$10. Attendees are encouraged to bring a lawn chair and welcomed on the memorial to view statues before and after the ceremony. The Memorial is open year-round and free for viewing, with tours available by request. The 9/11 Spirit of America Memorial is a 501(c)(3) Non-Profit organization with support from dedicated volunteers. To learn more or to donate, visit 911memorialwa.org.

Facebook <https://www.facebook.com/911memorialwa>

Red Cross issues steps to keep students safe as they head back to school good time to devise family preparedness plan

School bells are calling students back to the classroom and the American Red Cross, Northwest Region, has steps everyone can take to help kids remain safe as they head back to school. As parents get ready for the start of a new school year, it's a good time to think about emergencies, such as weather-related disasters, and draw up an emergency plan for their household. Know what the emergency plan is at your child's school and develop a family emergency plan so everyone will know who to contact and where to go if something happens during the school day. Details are available at redcross.org/prepare. "There are a lot of things to think about for the start of a busy new school year, but don't forget to include safety," said Alex Dieffenbach, Northwest Region CEO. "We ask parents and guardians to consider familiarizing their children with these measures to help keep them safe as they head back to school."

CELL PHONES A DISTRACTION The National Safety Council (NSC) reports distracted walking can be dangerous, even deadly. Teach your students the following:

- Don't text or talk on your phone while walking. If you must text, move out of the way of others and stop on the sidewalk.

- Never cross the street while using an electronic device.

- Do not walk with headphones in your ears.

- Drivers can be distracted too. Never use a phone while driving. Help keep children safe by eliminating all distractions.

TAKING THE BUS

- Students should get to their bus stop early and stand away from the curb while waiting for the bus to arrive. Young children should be supervised.
- Board the bus only after it has come to a complete stop and the driver or attendant instructs them to get on. They should only board their bus, never an alternate one.
- All students should stay in clear view of the bus driver and never walk behind the bus.

WALKING TO SCHOOL

- Cross the street at the corner, obeying traffic signals and staying in the crosswalk.
- Never run out into the street or cross between parked cars.
- Use a route along which the school has placed crossing guards. Parents, walk with young children and those taking new routes or attending new schools, for the first week to ensure they know how to get there safely. Arrange for the kids to walk to school with a friend or classmate.

GOING BY CAR

- Everyone should always wear a seat belt.
- Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 4'9"), and ride in the back seat until they are at least 13 years old.
- If a teenager is going to drive to school, parents should mandate that they use seat belts.
- **RIDING A BIKE** There may be more young people on bikes as the school bells ring. They should:
 - Wear a properly fitted helmet and bright clothing.
 - Ride on the right side of the road, with traffic, in a single file.
 - Come to a complete stop before crossing the street; walk bikes across the street.
 - Stay alert and avoid distracted riding.

SLOW DOWN

Drivers should slow down, especially in residential areas and school zones, and know what the yellow and red bus signals mean. Yellow flashing lights indicate the bus is getting ready to stop, that motorists should slow down and be prepared to stop. Red flashing

Vale Elementary School welcomes new staff

SUBMITTED BY SANDRA CORNELIO

Vale Elementary

PHOTOS SUBMITTED BY VALE ELEMENTARY SCHOOL

Please join our staff in welcoming our new teachers and para educators at Vale for the 2022-2023 school year.

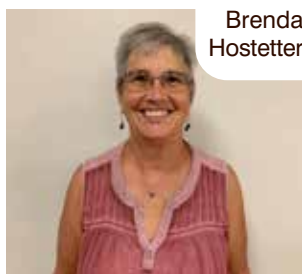
- Anna Valadez** - TBIP kinder para educator
- Sarah Baty** - preschool para educator
- Nora Valle** - preschool para educator
- Denise Gann** - SPED Para educator
- Tara Thomas** - SPED para educator
- Brenda Hostetter** - SPED para educator
- Hope Kunsman** - 1st grade teacher
- Payton Jagla** - 3rd grade teacher
- Cherie Gasbar** - 2nd grade teacher
- Kate Weber** - 2nd grade teacher
- Heather Pflugrath** - Adaptive SPED teacher



Denise Gann



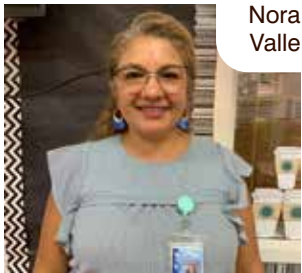
Anna Valadez



Brenda Hostetter



Cherie Gasbar



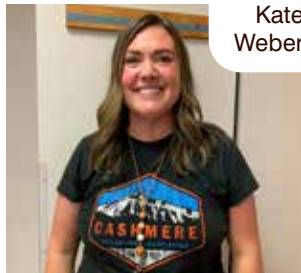
Nora Valle



Heather Pflugrath



Hope Kunsman



Kate Weber



FILE PHOTO.



Payton Jagla



Sara Baty



Tara Thomas

Become Wenatchee River Institute's next Executive Director

SUBMITTED BY RANDEE ZERGER

WRI Outreach Manager

The Wenatchee River Institute (WRI) is looking for their next Executive Director following current WRI Executive Director, Carolyn Griffin-Bugert's retirement announcement.

In Carolyn's three and a half years at WRI, environmental education programs have expanded, serving more communities in a larger area. Carolyn's vision and direction has enabled WRI to reach more students in North Central

Washington, doubling the number of hours worked with students each year and changing the demographics of students served. With Carolyn's help, and yours, WRI started an endowment fund which can continue to grow and provide resources into the future. She has left WRI in a strong position to seek a new leader.

Carolyn has given several months' notice to allow adequate time to find a great candidate and provide some overlap. She says her "passion for the job has not diminished. I will continue

to work with the board and staff to move the organization forward while the board prepares for a change in leadership."

WRI's mission is to connect people, communities and the natural world. WRI is looking for a leader that will maintain and expand WRI's relationships and assets so they may deepen their mission impact.

Find the full job announcement, job description, and how to apply at: <https://wenatcheeriverinstitute.org/about-us/employment.html>.



SUBMITTED PHOTO.

Current Executive Director Carolyn Griffin-Bugert

Applications sought for pageant

The annual competition for Miss East Cascades 2023 will be held this December at the Numerica Performing Arts Center in Wenatchee for distinguished young ladies from Chelan, Douglas and Okanogan counties. The Miss East Cascades Scholarship Organization is a non-profit run entirely by dedicated

volunteers. To apply for the this year's pageant:

- All applicants must be female and at least 19 years of age but not older than 26 on December 31st of the year she competes at Miss America. She must be in good health and a United States citizen. Entrants must be single, never have been married,

nor had marriage annulled. She must not be, nor ever have been pregnant.

- All applicants, before submitting their local application, must register with the Miss America Program and submit their \$35 registration fee.
- All candidates are strongly urged to attend each rehearsal, group appearance and all dates listed in the Program Calendar. The candidate selected for the responsibility of

serving as Miss East Cascades must be available to serve as the official hostess of East Cascades until the following Miss East Cascades and Teen competition. She will also compete in the Miss Washington Scholarship Pageant competition in June/ July 2023. As the Miss East Cascades Scholarship Organization supports education, every effort will

CONTINUED TO PAGE A3

CONTINUED TO PAGE A2

THIS WEEK

Sheriff Reports.....A2	Walk with Pastor.....A4	Classifieds Index
Business Directory.....A3	Dr. Louise.....A4	Classifieds.....B2-B3
Community Calendar.....A3	Church Guide.....A4	Real Estate Guide.....B2
Bulletin Board.....A3	Outdoors Report.....B1	Inserts: Safeway, Chelan County Fair tab



\$100

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

www.cashmerevalleyrecord.com

Chelan County allocates nearly \$1 million in CPIF funds

SUBMITTED BY JILL FITZSIMMONS
Chelan County public information officer

Chelan County commissioners awarded nearly \$1 million in grant funding to three affordable housing projects and a new firefighter training center in Manson. Earlier this year, the state Legislature passed legislation expanding the use of these funds to include projects that supported permanently affordable housing. The legislation, sponsored in part by Sen. Brad Hawkins, passed and was signed into law in March, allowing Chelan County and other municipalities to consider CPIF applications from housing authorities or housing trusts. The expansion of the definition of public facilities to include affordable workforce housing infrastructure or facilities was highly supported by Chelan County commissioners to help address the area's critical housing shortage. Commissioner Kevin Overbay said the recently passed legislation opened a

new door for communities like Chelan County that are experiencing a dwindling supply of affordable workforce housing.

"When awarding public grant dollars, the county looks at where we could make the biggest impact," Overbay said. "The housing

projects that will receive CPIF funding serve communities from Chelan to Leavenworth to Wenatchee. We appreciate that the Legislature recognized the importance in giving communities more flexibility when deciding how best to use these resources to build up our local economies."



SUBMITTED PHOTO.

The Mountainview Housing development project, a project of the Housing Authority of Chelan County and the City of Wenatchee. The agency was awarded \$324,160 of CPIF funds to extend sewer services to the development, which is underway in Entiat.

White River and Irving Peak Fire Update as of September 4, 2022

Plain, WA - Lightning started the White River and Irving Peak Fires on August 11. The fires are burning on the Okanogan-Wenatchee National Forest, northwest of Plain, WA.

Suppression Strategy - Fire managers are continuing to implement our long-term strategy including the use of primary and contingency perimeter lines for containment. Tactics include completion and reinforcement of fire lines (roads and hand line).

Operations - A more seasonal, cooler weather pattern moves over the fire area tomorrow moderating fire behavior. Smoke may continue to be visible over the next several weeks as remaining interior fuels continue to smolder and burn out. Firefighters will continue to actively manage both fires over the coming weeks with a long-term strategy in place. Due to moderating fire behavior, fire updates will transition to every other day meaning there will be no update tomorrow. Daily updates may resume if a change in fire activity occurs.

White River Fire - Acres: 1,348; 1% contained

Location: Sears Creek area of the White River drainage, approximately 14 miles NW of Plain, WA.

A cold front moved into the area yesterday and brought gusty winds out of the northwest. The increased winds caused some interior burning and smoke throughout the fire. The fire was most active in the southeast corner; however, the fire experienced minimal growth. Today, firefighters will continue to monitor the southern portion of the fire while remaining ready for initial attack on any new fire starts.

Irving Peak Fire - Acres: 2,937; 7% contained

Location: Approximately 16 miles NW of Plain, WA

The Irving Peak Fire saw limited growth primarily on the northwest corner influenced by breezy conditions. The fire experienced low-to-moderate fire behavior with backing, flanking and short-range spotting. Containment lines on the southern flank continue to hold. On the eastern edge, the

fire crossed Ninemile Creek, but is currently holding in place. Today, firefighters will improve containment lines while monitoring the fire as it backs down towards containment lines. Firefighters will also remain ready to assist with any new initial attacks.

Weather and Fire Behavior - Winds will be breezy again today as another dry cold front approaches the region. Westerly wind with gusts of 20 to 30 mph is expected, with the highest gusts across the ridgetops. Afternoon relative humidity will be slightly lower than Sept. 3, but will remain above critical levels.

Air quality and smoke outlook - Smoke from multiple wildfires in northern California and Oregon continues to move north into the area in addition to smoke generated from local fires. Smoke levels in the Lake Wenatchee area have a high probability to increase throughout the day. The current smoke outlook, along with information about air quality health recommendations during smoky conditions, is available at: <https://outlooks.airfire.org/outlook/84d849be> and at Washington Smoke Blog <https://wasmoke.blogspot.com/>

Closures - Several road and area closures are in place for the safety of firefighters and the public. Fire managers are asking people to please respect these closures while recreating in the area. An emergency closure, issued by the Forest Service, remains in place for the Little Wenatchee Road (Forest Service Road [FSR] 65) to include the section between the National Forest boundary and the junction of FSR 65 and FSR 6700.

For additional information about current closures, please visit the Okanogan-Wenatchee National Forest - Home ([usda.gov](https://www.usda.gov)).

Restrictions - Campfires are not allowed anywhere within the Okanogan-Wenatchee National Forest. Stage 2 Restrictions are now in effect for the entire forest, including campgrounds and wilderness areas: <https://www.fs.usda.gov/detail/okawen/alerts->

Evacuations - Current Chelan County evacuation levels include a Level 2 evacuation (Be Prepared) for Sears Creek Road and Level 1 (Stay Alert) for White River Road and Little Wenatchee Road. <https://www.co.chelan.wa.us/emergency-management/pages/active-emergencies>

Recreation impacts - In addition to the Forest closure and fire restrictions, fire officials recommend avoiding recreating in the Little Wenatchee and White River Road (FS Roads 6500 and 6400) areas. Smoke is visible from the Pacific Crest Trail (PCT). The PCT remains open and is not directly impacted by the fires. However, the Little Wenatchee Ford and White River Trailheads are closed and cannot be used to access the PCT. The Buck Creek-Spider Meadow Loop is open and accessible, but smoke and nearby fire activity may impact the area.

Safety message - The public is asked to please watch out for firefighters and firefighting vehicle traffic in the area.

Are you pulling a trailer or boat this holiday weekend? With the low humidity and high temperatures, a small spark from a dragging safety chain can quickly create a large fire. Please be responsible and take a moment to check your tow chains.

Resources - Total personnel assigned: 331 including 1-Type 1 (Hotshot) hand crew; 3-Type 2 IA (Initial Attack) hand crews; 1-type 2 hand crew; 1-camp crew; 2-heavy lift helicopters; 1-medium lift helicopter; 1-light lift helicopter; 14 engines; 1 dozer; 2 masticators; 6 water tenders; and 130 overhead personnel.

Follow us online: <https://inciweb.nwcg.gov/incident/8329/> and www.facebook.com/WhiteRiverFireInfo Contact Fire Information at (509) 202-4184 from 8 a.m.-8 p.m. 2022. whiteriver@firenet.gov Estará disponible una traducción al español en: <https://inciweb.nwcg.gov/incident/news/8329/>

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.

Aug. 26

- 11:05 Vehicle Prowl, 5989 Pioneer Dr.
- 13:42 Lewd Conduct, Aplets Way and US Hwy. 2
- 14:12 Malicious Mischief, 117 Cottage Ave.
- 14:29 Malicious Mischief, 101 Cottage Ave.
- 14:53 Unknown-injury Accident, 400 block Aplets Way
- 22:54 Domestic Disturbance, 101 Pioneer Ave.

Aug. 27

- 01:36 Public Assist, 5902 Sunset Hwy.
- 14:19 Non-injury Accident, 201 Aplets Way, Jerry's Auto
- 14:43 Suspicious Circumstance, 104 Cottage Ave. area
- 15:00 Malicious Mischief, 106 Cottage Ave., Casa Grande
- 15:11 Diversion, 108 Pioneer Ave.
- 17:54 Scam, 324 Peshastin St.
- 20:57 Trespassing, 117 Aplets Way roundabout
- 22:02 Noise Complaint, 3145 Main St., Outpost Saloon, Monitor

Aug. 28

- 12:44 Civil Dispute, 1260 Lower Sunnyslope Rd., Monitor
- 12:47 Traffic Offense, Easy

St. and Lower Monitor Rd., Monitor

- 12:57 Traffic Offense, Sunset Hwy., and Webster Way
- 13:13 Agency Assist, 6829 Olalla Canyon Rd.
- 13:38 Welfare Check, 201 Cottage Ave., Weeds Café
- 13:53 Suspicious Circumstance, 5900 block Nahahum Canyon Rd.
- 16:56 Traffic Offense, 5736 Vale Rd., Happy Crop Shoppe
- 20:29 Attempt to Locate/Contact, Wenatchee River, Monitor
- 20:38 Hazard, Easy St. and Iroquois Ln., Monitor

Aug. 29

- 04:06 Disturbance, 108 1/2 Cottage Ave., Club Crow
- 04:15 Malicious Mischief, 101 Cottage Ave.
- 06:20 Disturbance, 100 block Cottage Ave.
- 18:43 Littering, Aplets Way and Nahahum Canyon Rd.
- 20:47 Domestic Disturbance, 5240 N. Cashmere Rd.

Aug. 30

- 07:24 Extra Patrol, Nahahum Canyon Rd., MP 6
- 11:03 Public Assist, 5800 block Sunburst Ln.

15:20 Suicide Threat, 201 E. Parkhill St.

- 21:20 Public Assist, 201 E. Parkhill St.
- 23:48 Civil Dispute, 205 Skyline Dr.
- 23:55 Agency Assist, 4880 Sky Meadows Rd.

Aug. 31

- 08:54 Suspicious Circumstance, 4693 Valley St.
- 10:04 Theft, 329 Tigner Rd., Cashmere High School
- 13:32 Civil Dispute, 405 Pioneer Ave.
- 17:32 Littering, 0 block Nahahum Canyon Rd.
- 17:56 Domestic Disturbance, 6251 Kimber Rd.

Sept. 1

- 05:03 Disturbance, Cottage Ave. and Aplets Way
- 13:38 Suspicious Circumstance, 3160 Main St., Monitor Post Office, Monitor
- 14:49 CPS/APS Referral, 302 Sullivan St.
- 15:55 Traffic Offense, West Monitor Bridge, Monitor
- 16:00 319 Independence Way
- 16:42 Public Assist, 700 Cottlets Way, Rusty's Drive In
- 19:07 Alarm, 600 Cottlets Way
- 23:42 Suspicious Circumstance, 2294 Easy St., Monitor

Red Cross

CONTINUED FROM PAGE A1

lights and an extended stop sign indicate the bus is stopped and children are getting on or off.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped. Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways. If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping.

KEEP LITTLE ONES SAFE

Keeping all students safe is the primary concern for everyone, but there are special steps for parents of younger kids and those going to school for the first time:

- Make sure the child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to call 911.
 - Teach children not to talk to strangers or accept rides from someone they don't know.
- Finally, download the free Red Cross First Aid app for instant access to information on handling the most common first aid emergencies. You can find it by searching for 'American Red Cross' in your app store or at redcross.org/ apps. Learn and practice

First Aid and CPR/AED skills by taking a course (redcross.org/takeaclass) so you can help save a life.

About the American Red Cross: *The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojAAmericana.org, or visit us on Twitter at @RedCross.*

SUBMITTED BY LISA LAWLESS

North Central Regional Librarian

The Cashmere Library is Here for You. Working with Lisa Rosales and the OIC of Washington team, we have put together a Big Community Outreach Resource Fair happening on Thursday, September 15 from 2:00 p.m. to 6:00 p.m. at the Cashmere Library, 300 Woodring St., Cashmere. The

Mobile Food Pantry will also be onsite including a fun BBQ of hotdogs, chips and drinks.

- Many community partners will be there, including:
 - Cashmere Food Bank
 - OIC of Washington
 - WorkSource
 - SkillSource
 - Wenatchee Valley College
 - Link Transit
 - AmeriCorps
 - Action Health Partners
 - Upper Valley MEND

Chelan Douglas Community Action Council

Come one, come all for free takeaways at the booths and area resources at your fingertips. Connect with specialists regarding:

- Tools for employment
- Education
- Healthcare
- Rental Assistance
- Utility Assistance
- Food & Transportation
- Mobile Food Pantry

Library Seeks Teen Council Members

NCW Libraries is seeking teens to serve on its five county Teen Library Council.

The Teen Library Council gives youth in grades 8th-12th living in Chelan, Douglas, Grant, Okanogan, and Ferry counties the unique opportunity to meet other teens from across North Central Washington, share their

ideas and opinions, and directly impact the services the library offers for teens.

As part of the council, teens will attend and participate in monthly meetings, help create content for the library's website and social media, judge teen writing and art contests, identify needs in their communities and

develop strategies for meeting those needs, and serve as ambassadors for the library.

Find out more and apply at ncwlibraries.org/ilc. The application deadline is September 16. For more information contact: www.ncwlibraries.org Teen Library

CASHMERE VALLEY RECORD

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

On the Internet
website:
www.cashmerevalleyrecord.com
e-mail:
Reporter@cashmerevalleyrecord.com
Ad manager:
carol@leavenworthecho.com

Office hours
Call Leavenworth Echo for more information.
509-548-5286

Contact information

Publisher
Carol Forhan
Bill Forhan Ex Officer
publisher@leavenworthecho.com

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
classifieds@leavenworthecho.com
NCWMarket.com

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Letters policy

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to 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 509-782-3781

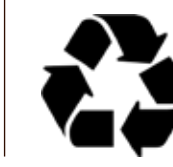
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Services

Back Issues are available up to one year [after publication for a small fee.
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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

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- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

Cashmere

Cashmere Farmers Market

Sunday, September 11, 9 a.m.-1 p.m., 600 Cotlets Way. Shop this week's harvest of berries, eggplant, tomatoes, squash, corn, nectarines, Shishito peppers, peaches, plums, and cucumbers. Visit Cashmere Market Vendor booths; Overwinter Farm, Fernandez Farm, Wunderbar Farm, Campo Farm & Kitchen, Green Valley Dairy, Earthen Goodness Mushrooms, Yakima Canyon Truck Farm, The Suds Shack Soap Co, Stupid Stitch, Earth's Treasures, Joey & Me Jewelry, Chapel Street Quilting, Valley Cakes and Bakes, Cute Dumplings and Live Music. Visit us at cascademarkets.org for updates, weekly live music listings, rotating booths, and movie selections.

Leavenworth

Cascade Community Markets

The next Leavenworth Farmers Market is Thursday September 8, 4 -7 p.m., 330 Evans St. Look for berries in season plus eggplant, tomatoes, squash, corn, nectarines, Shishito peppers, peaches, plums, and cucumbers. Visit Leavenworth Market Vendor booths; Snowgrass Farm, Earthen Goodness, Feil Orchards, Fernandez Farm, Colockum Hillside Farm, Green Valley Dairy, Sterino Farms, Gibbs Organic Produce, New Mercies Farm Girls, Balsamroot Botanicals, Cute Dumplings, The Old White House, Heirloom Design, Joey & Me Jewelry, Samba's Baskets, Waste Loop, Winton Composting, Climate

Conversations, Blue Heron Health, Kids Education Booth, Rotating Artisan Booth, and Live Music.

Stick around after the market for movie screenings at 7 p.m. Bring snacks or grab some fruit from the vendors, we've got blankets. Visit us at cascademarkets.org for updates, weekly live music listings, rotating booths, and movie selections.

Leavenworth Lions Club Breakfasts in the Park

Enjoy a hearty all-you-can-eat breakfast of pancakes, eggs, and sausage. Satisfy your appetite and support your community at the same time. The proceeds support community vision, hearing and diabetes needs and so much more. Breakfasts will be held on 2nd and 4th Saturdays in September at Lions Club Park. Ages 10+ \$9, ages 4-9 \$4 and free to ages 3 and under and active military personnel with ID.

Seasons welcome award-winning journalist and nature photographer, Timothy Connor to discuss his book, Beautiful Wounds. Learn about the rugged beauty and diverse natural features of the Channeled Scablands of eastern Washington.

Admission is by donation and helps Red Barn Events continue to grow with help from local business sponsors. Visit the website for more details: <https://wenatcheeriverinstitute.org/>. Contact: Rande Zerger rzerger@wenatcheeriverinstitute.org, 509-548-0181 ext. 7.

Elder Speak Journey to Wisdom Event

Come to the Elder Speak Journey to Wisdom Event on September 18 from 4-6 p.m., for two hours of film, stories, wisdom, and discussion at Snowy Owl Theater in Leavenworth. In person, you enjoy refreshments before and after the program, and if you are watching from home, you can join online with this link: <https://youtu.be/OoLhoVLB9fo>

Bev Baugh, Randy Lewis, Jan Cook Mack, and Ed Baugh each share an experience from their life and the wisdom they gained from it. Following their talk, the audience can ask questions of the Elders deepening everyone's understanding of the wisdom shared. This provides us all a chance to reflect and investigate our own experiences that guide and inform our lives.

This family friendly event is for anyone 5 to 109 years old. For more information go to www.theripplefoundation.org and look at the Elder Speak Program.

Regional:

The Cascadia Conservation District

Regular Board meeting will be in person and call-in / Zoom meeting, held on Friday, September 16, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the district office at 509-436-1601.

Icicle Creek Center for the Arts

Seth Garrido & The Long Relief Concert in the Meadow on Saturday, September 19, 7 p.m.

Tickets \$10. Bring a chair or blanket and enjoy music in the meadow with the local band.

Red Barn Events back for another season

Wenatchee River Institute's (WRI) Red Barn Events begins in September and runs through May 2023. Join in for an evening of enlightening speakers, discussions, stories and more. Red Barn Events occur during the week from 7-8 p.m. with doors opening at 6:30 p.m. for a community social. You also have the option to attend by livestreaming via Zoom. September is a great time to sit back and learn more about the natural world. Red Barn Events include:

Tuesday, September 13 WRI and A Book for All Seasons welcome Washington author, Iris Graville for a reading and discussion on her collection of essays, *Writer in a Life Vest*. These 36 lyric essays are described as "nature writing at its best", offering information, insight, and inspiration about climate change. Wednesday, September 28 WRI and A Book for All

Pageant

CONTINUED FROM PAGE A1

be made to accommodate her school schedule. Candidates must meet at least one of the following criteria:

- Resides in Chelan, Douglas, Okanogan, Grant or Kittitas County;
- Resides with a parent who resides in one of the above counties but attends college elsewhere;
- Is a full-time high school or college student in one of the above counties;

- Is a part-time college student in one of the above counties;
 - Works full-time or part-time in one of the above counties.
- If you meet all of the requirements, please submit either the paper or online application at www.misseastcascades.com. We recommend that your parent or guardian join you at the introductory meeting. You may need to provide a copy of your birth certificate, driver's license, or official school transcript to confirm your eligibility.

COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: Zoom meetings 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

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Cashmere Sportsman Assoc. (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.
Cashmere American Legion Post 64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August -June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August -June).

Friday no events

Saturday no events

Sunday

CHURCH: See the church page for local service times and events.
Cashmere Farmers Market, 600 Cotlets Way, Cashmere Museum, 9 a.m.-1 p.m.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Monday)
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, Meetings at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage and dessert is \$8 (no outside food please). Check-in begins at 11 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

Tuesday

Icicle & Peshastin Irrigation Districts: Current meeting time 8 a.m. at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 509-782-2561 or tony.iid.pid@ncwi.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.

BUSINESS & SERVICE Directory
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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
 Monday, 7 p.m., United Methodist Church, 418 Evans St.
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.

Forgiven of Debt

With the recent news of student loans being forgiven up to \$10,000, some are not rejoicing. Their reasons include that this will further destroy our economy, unfair to those who paid off their student loans, and those who opted to go to trade school rather than university. Out of all the rebuffs to those of us who do not think this bailout is such a grand idea, equating student



A WALK WITH PASTOR JOHN SMITH

left with a debt we can never possibly pay, an eternal condemnation that looms over us, and a consequence that shadows our every day, reminding us of our peril. Hope for those in that situation will not come in a \$10,000 hand-out. As stated before, the sin debt we owe is impossible for us to pay off. Such a great debt requires a greater payment than what we

can afford, leaving us hopeless. That is until we look at what Christ has done for the sake of individuals. Through his crucifixion and resurrection, he not only takes our sin debt upon himself but pays it in full, leaving nothing to be owed. So, again, borrowing from economic phraseology, because of Christ's finished work, the one who has faith in Jesus is forever "in the black." To compare the recent student loan bailout to the reality of the gospel is to cheapen the sacrifice of Christ and reveal the ignorance of how much forgiveness costs. The purchase of the forgiveness of sins costs Jesus Christ's life, which cannot be compared to the paltry sum of \$10,000, which hardly puts a dent in anyone's student loans. As communicated in the gospel, the forgiveness of sins is far greater and more profound than we can even comprehend. So much so, in fact, that according to Peter, angels long to look into this reality (1 Peter 1:12). You may benefit from the government giving you \$10,000. You may even be able to pay off your student loans with those funds. However, the sin debt you and I owe cannot be paid off by a check or any monetary sum. In other words, if you can have your student loan paid off but still owe terribly. That debt will remain until the payment of Christ is received and applied to your life by faith.

And then you can say, "Jesus paid it all and all to him I owe."

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

Q I'm taking a medicine that really upsets my stomach. Is there any way to keep it from doing that?

You are not alone if you suspect your medicine is upsetting your stomach. As a pharmacist, I hear this complaint the most: "These pills are making me sick!" In fact, the most common side effect of ANY medication is stomach upset, also called "gastrointestinal distress" or "GI distress." Symptoms of GI distress have been reported with every single prescription medication. No exceptions.

Do you experience nausea, vomiting, stomach cramps, burning, or intestinal cramping after taking your medicine? If you suspect one of your medicines could be making you feel sick, you are probably right.

If there were a Hall of Fame of drugs that cause significant nausea and vomiting, the top three categories would be antibiotics, pain medicines, and cancer chemotherapy drugs.

Chemotherapy drugs top the list of drugs that can cause severe nausea and vomiting. You're more likely to have stomach upset when taking a chemotherapy agent if you are younger than 50, female, prone to motion sickness, during pregnancy, or suffered from nausea while taking other chemotherapy drugs.

Depending on the treatment regimen, multiple anti-nausea medicines are often used to combat the side effects of chemotherapy. They include tablets or capsules, melt-

in-your-mouth tablets, skin patches, rectal suppositories, and injections.

Although most medications can be taken with or without food in your stomach, there are some exceptions.

Some drugs MUST be taken on an empty stomach to ensure your body absorbs the entire dose. These include the thyroid supplement levothyroxine and the bone-building medicines alendronate (Fosamax®), risedronate (Actonel®), and ibandronate (Boniva®).

Some antibiotics should NOT come in contact with certain minerals like calcium, magnesium, or iron. Common antibiotics like doxycycline, ciprofloxacin, and levofloxacin should not be taken with multivitamins with minerals. It's OK to take these antibiotics with a meal. However, because of the concentrated calcium, you should avoid drinking a full glass of milk with them. Not sure if this is an issue? Look at the label on the side of your medicine bottle or ask your pharmacist.

If you vomit after taking your medicine, what should you do? If it's an antibiotic or pain medicine, try it again, but make sure you take it with food, a full glass of milk, water, juice, or both.

Contact your doctor if you take the drug a second time and still vomit within the first 30 minutes. When you can't keep your antibiotic or

your pain medicine down, it won't be able to help you. Delaying treatment with an antibiotic can lead to severe consequences.

If the medicine is for your heart, blood pressure, or anxiety, contact your doctor or pharmacist before repeating the dose. Has it been more than 30 minutes after taking your medication before you vomited? If so, you may have absorbed enough medicine to cause an overdose if you take another dose right away.

Here Are 5 Tips to Help Avoid Stomach Upset When Taking Medicine:

1. Take medicines immediately after eating.

If your medicine can be taken with food, take it just after finishing a meal, instead of before you eat. This way, there's more food in your stomach, helping to dilute any irritating effects on your innards. If it's time to take your medicine, but you're not ready to eat, try taking your pills with a full glass of water or juice.

2. Take your medicine at night.

Taking your medication at bedtime allows you to sleep through the queasiness they can cause. This is particularly helpful with oral contraceptives, pain medicines, and prenatal vitamins.

3. Split up the dose.

Ask your pharmacist if you can safely split your medicine into more than one dose and



then take them several hours apart, with breakfast and dinner. Some pills can be split safely, while others need to be changed to a lower strength to be given as separate doses.

4. Request a long-acting or coated drug formulation.

Ask your pharmacist if a delayed-release or specific coated formulation is available for your medicine. Some drugs have special coatings that protect them from the acid in your stomach. These unique coating helps keep the medicine from dissolving in your stomach.

5. Take anti-nausea medicine ahead of time.

Don't wait until you are already queasy before taking pills for nausea. You should take motion sickness and other anti-nausea medicine at least 30 minutes before you need it, not when you're already miserable and about to hurl.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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. ©2022 Louise Achey

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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.cashmerepres.org

CASHMERE UNITED METHODIST CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m.
until further notice.
Pastor Lilia Felicitas-Malana

CHRIST CENTER
Sunday Worship Service at 10 am
5800 Kimber Rd., Cashmere
509-782-2825
christcentercashmere.com

GRACE LUTHERAN CHURCH
• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
9:30 a.m. for the summer, rotating services with St. James Episcopal.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
9:30 a.m. for the summer, rotating services with Grace Lutheran.
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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11025 Chumstick Hwy.
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9 a.m., Sunday School
10:30 a.m., Worship Service

CORNERSTONE BIBLE CHURCH
Leavenworth Grange Hall
621 Front St. • 251-635-3435
Sunday Worship 10 a.m.

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

SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 509-548-7517
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.
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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.

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224 Benton Street • 509-548-7010
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<https://www.flcleavenworth.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
www.LCN.org

The Washington Outdoors Report

Cape Disappointment State Park - a crown jewel

By JOHN KRUSE

One of the best parks in Washington, a crown jewel amongst the parks found in this state, is Cape Disappointment State Park. Located where the Columbia River meets the Pacific Ocean near Ilwaco, this expansive 1,882-acre park offers a healthy dose of history, a nautical setting and abundant opportunities for outdoor recreation.

My wife and daughter and I reserved a small cabin in the park months ago that sits right next to a small, lily pad lined body of water called O'Neill Lake. In addition to three cabins, several yurts and even lighthouse keeper's quarters are available for rent, there are also 220 campsites, about a third of them with full or partial hookups for RVs.

There is a lot to see and do here. If you enjoy time at the beach you can stroll to Waikiki Beach near the park entrance or walk two-mile-long Benson Beach between the North Jetty and North Head where a red and white lighthouse stands watch. Another option is to drive on the beach from Seaview north of the park south to Beard's Hollow, which offers the chance to explore rocky tidepools full of sea anemones at low tide.

At the beach you'll see

people flying kites, casting for surf perch, beachcombing and just enjoying the chance to dip their toes into the surf of the Pacific Ocean. Speaking of fishing, early to mid-September offers a very good chance to catch coho salmon in Baker Bay near Ilwaco, around Buoy 10 at the mouth of the Columbia, and even off the North Jetty where surefooted anglers cast big spinners or drift plug cut herring or anchovies under a slip bobber. Rockfish and lingcod can also be caught off the jetty.

Something else to do? That would be crabbing. The best crabbing for keeper size Dungeness crab is from a boat in the Pacific near the mouth of the river. Land based crabbers or kayakers catch crab close to the North Jetty in the park. We tossed a crab ring and snares off the boat launch dock at the park and over the course of three afternoons literally pulled up close to 500 Dungeness crab. Unfortunately, not one of them was keeper sized. The bio mass of crab was amazing but they were all small. Hopefully by next year a lot of these crab in this area will be big enough to keep.

If you like to hike, you'll be able to enjoy a trail system covering eight miles that will take you to Cape Disappointment, the North Head Lighthouse, and through forests to wetlands and to the beach. Wildlife watchers will be rewarded with the sight of black-tailed deer and

raccoons in the park along with birds like kingfishers and osprey around the freshwater lakes as well.

Meanwhile, there are bald eagles, cormorants, pelicans and a wide variety of shore birds on the coast off the rocky points and the beach along with the chance to see seals and the occasional whale.

There is also much to see and learn here from a historical point of view. The Lewis and Clark Expedition reached Cape Disappointment as they completed their initial mission of reaching the Pacific Ocean in November of 1805. Today, a world-class interpretive center with over 200 exhibits and artifacts can be seen here. The Center is open seven days a week in the summer and has reduced hours the rest of the year.

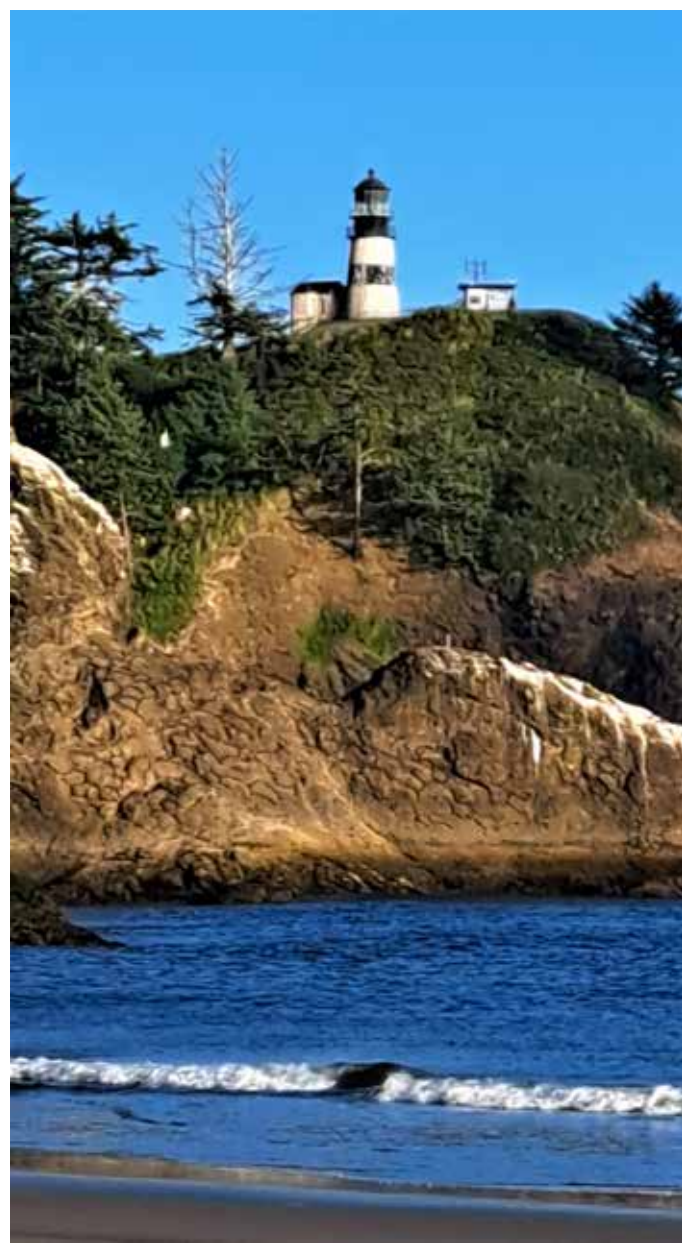
The mouth of the Columbia is difficult to navigate, and the waters around it became known as the Graveyard of the Pacific. To help ships safely enter the river, Cape Disappointment Lighthouse was built and became active in 1856. Aaron Webster, the head Interpretive Ranger at the State Park, was asked why a second lighthouse was built just two miles north. Webster explained that initially, most shipping came from the south and San Francisco, and the light at Cape Disappointment worked fine. When rail lines reached Tacoma to the north, shipping began to come to the mouth of the Columbia that way and they could not see the

light of Cape Disappointment. That's why the North Head Lighthouse was built which became operational in 1898. Today, tours are available at the North Head Lighthouse during the summer months.

This was also a military installation. Aaron Webster explained this fort along with Fort Stevens on the south side of the Columbia River mouth were built during the Civil War because of a Confederate shipping presence in the Pacific Ocean. The forts received state of the art coastal artillery pieces towards the end of the 19th Century and received more troops and artillery, along with radar stations, search lights and mines, in World War II. That's when the threat was the Imperial Japanese Navy, which did have a submarine shell nearby Fort Stevens in 1942.

After the War the fort was deactivated and Fort Canby was turned over to the Washington State Parks Commission. Today, you can walk among some of the WW II era fortifications which are located next to the Lewis & Clark Interpretive Center. You can find out more about this amazing destination and the North Head Lighthouse at <https://parks.wa.gov/486/Cape-Disappointment> and <http://northheadlighthouse.com>.

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



The Cape Disappointment Lighthouse

PHOTO BY JOHN KRUSE.

New class of 4th graders eligible for Every Kid Outdoor

Submitted by RODNEY FOUSHEE

Back-to-school season means a new class of fourth graders will soon be eligible to enroll in Every Kid Outdoors, a federal program which provides up to a year of free access to National Forests, National Parks, and other public lands for fourth-grade students and their families.

Beginning September 1, fourth graders, parents, and educators can visit the Every Kid Outdoors website at www.everykidoutdoors.gov and learn more about how to obtain free entry to all federal lands, for fourth graders and their accompanying family members.

Students can obtain passes individually by completing a

brief online activity. Educators who work with fourth graders can visit the site to download an educational activity guide, after which they'll be able to obtain vouchers for their students. Once printed, students and their families can also redeem the paper voucher for a durable, plastic pass at any Forest Service office where passes are sold. Passes and vouchers are valid for the entire school year, through August 31, 2023.

"Every Kid Outdoors is

designed to get kids and their families to explore the outdoors and explore the incredible experiences that are available to them on public lands," said Krystal Fleeger, recreation fee specialist for the U.S. Forest Service's Pacific Northwest Region. "These passes are intentionally designed to belong to the fourth graders and can only be used when they are present. We want people to get out there and explore these places as a family."

The federal program is designed for fourth-grade

students because research shows children ages 9 to 11 are beginning to learn about the world around them, open to new ideas, and likely to form lasting connections to nature and our history when introduced to public lands and historic sites.

"Public lands serve an important role. They're living classrooms, and portals to lifelong learning about the natural and cultural history of forests, grasslands and other treasured places," said Thea Garrett, interim conservation education program manager for the U.S. Forest Service's Pacific Northwest Region. "Our hope is this program will help inspire the next generation to care for public lands, and

to continue to steward these special places for the benefit of future generations."

For more information about Every Kid Outdoors, visit www.everykidoutdoors.gov.

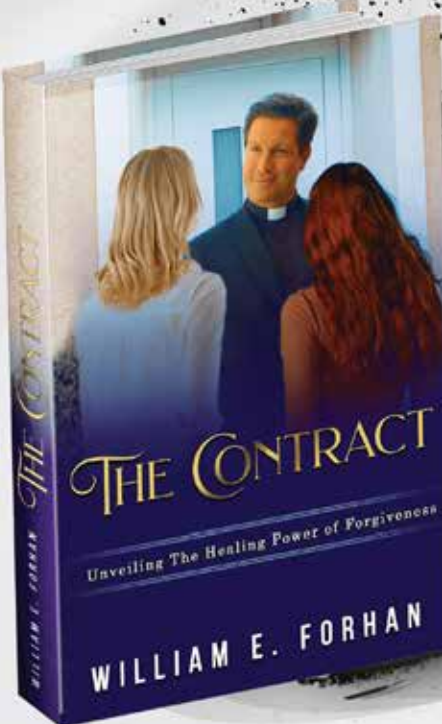
About Every Kid Outdoors: Marvel at the Gateway Arch in St. Louis, the Florida Keys, and the Frederick Douglass house.

Listen to wolves' howl. Walk in dinosaur tracks. Look up into the inky night sky and reach for the stars. These sites belong to all of us - including you. Every Kid Outdoors was created so fourth graders and their families could discover our wildlife, resources, and history for free.



Mount Rainier National Park entrance

PHOTO COURTESY NPS.GOV



The Contract

Unveiling the healing power of forgiveness

A novel by local writer
William E. Forhan.

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

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

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

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

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

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

The P.E.O. Chapter JF-WA is pleased to announce the recipients of the 2022-23 Local Scholarship

Submitted by MIMI KELLER
PEO Scholarship Chair

P.E.O. is an organization of woman who provide support to other women as they continue their educational journey. The Local Chapter JF-WA is grateful for the continued support from Leavenworth and surrounding communities in helping us reach our goals. This year's recipients are:

Wendi Mingo, Cashmere. Wendi is currently working

at Confluence Health as a Registered Nurse. She will continue her studies to earn her Bachelor of Science in Nursing Degree at Wenatchee Valley College.

Luz Maria Hernandez, Wenatchee. Maria is currently attending Wenatchee Valley College to achieve an Associate in Applied Science-Transfer Degree in criminal justice and criminology with a minor in psychology at Wenatchee Valley College.

Flora Fernandez, Wenatchee. Flora works at Columbia Valley Community Health in Wenatchee as a medical assistant and is enrolled in the Nursing program at Wenatchee Valley College. Her goal is to become a Licensed Practical Nurse (LPN), then a Registered Nurse (RN), and finally a Bachelor of Science in Nursing.

For more information or to learn how to donate, please contact: peoleavenworth@nwi.net



Flora Fernandez



Luz Maria Hernandez



Wendi Mingo

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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.

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7	1	5	2	4	9	8	3	6

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

Bus Driver/Operator – Full Time Organization: Okanogan County Transit Authority (TranGO)
TranGO IS HIRING DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. 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, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Help Wanted



OFFICE POSITION at Orca Information
Full-time position in small office 10 minutes outside of Chelan. Looking for hard worker excited about learning little-known and effective techniques to prepare Employment & Tenant Screening background checks. Have a history of being Independent, on time for work, high level of integrity, good grammar, writing and basic computer skills. Start at \$16.00 per hour. Spanish speaking starts at \$16.50. Background Check and Drug Testing required. Send cover letter to Orca@orcainfo.com or text 360-840-0326 that is 360-840-0326. Attention Rebekah.

Experienced in-home care giver needed in the Brewster area.
Call or text Kevin at (206) 510-5260 for details.



Now Hiring! Phlebotomist
Interpath Laboratory in partnership with Family Health Centers in Brewster, WA is seeking candidates to join their team. On the job training is provided for those that have a positive attitude and commitment to serving on a high functioning team. Contact Elizabeth Ramirez at EMRamirez@interpathlab.com Or 509-293-5454

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Help Wanted

Looking for a great local employee?
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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

NORTH CENTRAL WASHINGTON OPPORTUNITY
Horticulturist sought for Northwest Contract Research, LLC. Position based in Pateros, WA. Position requires limited regional travel to sites throughout Okanogan, Grant, Chelan and Douglas Counties. Send resume ASAP to: Stephen Cockfield, Northwest Contract Research LLC, at PO Box 1461, Brewster, WA 98812 or email resume to: sdcockfield@gmail.com

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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

Leavenworth P.E.O. Chapter JF
Invites you to our Yard Sale on Saturday, September 10 8 a.m. to 2 p.m. 5159 Regan Road, Cashmere
The proceeds will go for the Projects of the P.E.O. Sisterhood promoting educational opportunities for women.

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

ALL OCCASIONS Greeting Cards ONLY .50 per card.
Special Leavenworth Cards now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves
Example sayings are: Wish you were here with me in Leavenworth. "Special Friends" Or I miss you. Happy Birthday from Leavenworth!
Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286

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www.leavenworthecho.com • www.cashmerevalleyrecord.com



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

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of COLLEEN A. BRADY Deceased. No. 22-4-00368-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or Personal Representative's attorney at the address stated below, a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 24, 2022

Personal Representative: Allyson Freeman; Attorneys for the Personal Representative: Kera Dexter, WSBA# 58486; Address for Mailing or Service Overcast Law Offices Attn: Kera Dexter 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509)663-5588 .Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 22-4-00368-04. Presented by: OVERCAST LAW OFFICES

By: Kera Dexter, WSBA No. 58486 Attorney for the Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on August 24, 31, and September 7, 2022. #4475

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of DOROTHY JUNE LAW, Deceased. No. 22-4-00378-04; PROBATE NOTICE TO CREDITORS; (RCW 11.40.030) The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative's Resident Agent who is also the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: 08.24.22

Personal Representative: JOHN CAMERON LAW; Attorneys for the Personal Representative: David A. Kazemba, WSBA# 48049 Address for Mailing or Service – Overcast Law Offices; Attn: David A. Kazemba; 23 S Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509)663-5588; Court of probate proceeding and cause number: Chelan County Superior Court; 350 Orondo Avenue, Suite 501; Wenatchee, WA 98801; Case Number: 22-4-00378-04; Presented by: OVERCAST LAW OFFICES;

By: David A. Kazemba, WSBA No. 48049; Attorney for the Personal Representative. Published in The Leavenworth Echo/ Cashmere Valley Record on August, 24, 31, and September 7, 2022. #4488

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of MARJORIE MARIAN MCLAUGHLIN, Deceased. NO. 22-4-00395-04 PROBATE NOTICE TO CREDITORS. 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 and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the 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 non-probate assets.

DATE OF FIRST PUBLICATION: August 31, 2022

ADMINISTRATOR: Catherine Petri ATTORNEY FOR ADMINISTRATOR: David A. Kazemba ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No.: 22-4-00395-04 OVERCAST LAW OFFICES By: David A. Kazemba, WSBA No. 48049 Attorneys for Administrator. Published in The Leavenworth Echo/Cashmere Valley Record on August 31, and September 7, 14, 2022. #4506.

Public Notices

Cashmere School District Seeks Candidate for Seat on School Board Tom Christensen, School Board Director representing District 1 in the Cashmere School District, has announced his resignation from the board. Christensen has served on the school board for 20 years. Cashmere School District now begins a search for highly qualified candidates to fill the vacant School Board Director position representing District 1. In the event of a vacancy, the remaining board members will fill such vacancy by appointment. The appointed board member will serve until the next regularly scheduled board election. Letters of Interest will be accepted at the District Office, 210 S. Division Street, Cashmere, WA 98815. Letters must be received in the District Office by 4p.m. on September 23, 2022.

The Cashmere School District Board of Directors consists of five members. Directors in Districts 1-4 represent one of four geographic districts in which he or she resides. The fifth Director position is at-large.

District 1 boundaries are as follows:

- Starting at the intersection of US Hwy 2 and Aplets Way.
- Southerly on Aplets Way to Prospect St.
- East on Prospect St. to North St.
- South on North St. to E. Pleasant Ave.
- East on E. Pleasant Ave. to Woodring St.
- South on Woodring St. to Riverside Dr.
- East on Riverside Dr. to Maple St.
- South on Maple St. to Mission Ave.
- West on Mission Ave. to Aplets Way.
- South on Aplets Way to S. Division St.
- South on S Division St. to Sunset Hwy.
- West on Sunset Hwy. to Paton St.
- Southerly on Paton St. to Pioneer Ave.
- Westerly on Pioneer Ave to Pioneer Dr.
- Westerly on Pioneer Dr to Brender Canyon Rd.
- Southwesterly on Brender Canyon Rd. to Icicle Canal service road.
- North by northwest, southwest and northerly on the Icicle Canal service road to the school district boundary.
- Clockwise on the school district boundary to the western crossing of US Hwy 2.
- Easterly on US Hwy 2 to the point of the beginning.

The district reserves the right to extend the application deadline if necessary to obtain a sufficient number of applications. The Board of Directors is the governing body of the Cashmere School District. Directors must be a U.S. citizen and resident of the state of Washington; be a resident and qualified voter in the school district; and reside in the director district which he or she represents.

Published in The Cashmere Valley Record/Leavenworth Echo on September 7, and 14, 2022. #4511



Courtesy BPT
A popular myth is that Tetra Pak® cartons must be flattened before placing them in the bin. That is not the case in the U.S. and Canada.

Can I recycle this? Prevent wishcycling by knowing what is and isn't recyclable

BPT - You make recycling possible. Without consumer participation, recycling programs can't function. If you already recycle, you're playing a critical role in reducing waste in your area. But to truly make sure valuable materials - like cartons, plastic and other materials that can be reused in other products - are kept out of landfills, it is important to prevent wishcycling.

Wishful recycling (or wishcycling) is tossing something in your recycling bin hoping it's recyclable, which can cause more harm than good. While many programs have recycling equipment to sort items, some non-recyclable materials can cause the machines to jam or break, causing delays and contaminating the recyclable items.

To prevent wishcycling and help your local recycling program operate efficiently, you'll need to know what materials can be recycled and how to prepare them before tossing them in the bin.

juice to broth, soups and more, you likely have more than a few items in your kitchen that come in cartons. Because of how common they are, it's essential to learn how to recycle cartons so they don't end up in a landfill.

You likely have carton recycling in your area. Today, most U.S. households have access to carton recycling. In fact, access to residential recycling programs has increased by 240% since 2009, when the Carton Council was formed. This industry organization was created to increase carton recycling access and rates and divert valuable cartons from the landfill. They work to build a sustainable infrastructure for carton recycling nationwide and educate and raise awareness around carton recycling.

Know what is and is not recyclable

The first thing you should do to determine if an item is recyclable is to check the packaging. If you find a recycling icon on the package, it often means you're holding a widely recyclable item. However, that doesn't mean that you can simply throw the item into your recycling bin.

Want to know if cartons can be recycled where you live? Visit RecycleCartons.com/find/state to find out if your local recycling program handles cartons and, if not, learn how you can recycle them.

Know how to recycle an item properly

Once you've determined what materials can be recycled in your area, you'll need to learn how they should be recycled. There are many recycling myths, so to ensure you're doing so correctly, you'll want to familiarize yourself with how to recycle certain products, especially ones you consume often.

One popular myth is that Tetra Pak® cartons must be flattened before placing them in the bin. However, that's not the case in the U.S. and Canada. To properly recycle a carton, simply empty it, replace the cap, or push the straw back in the pack, then place it in the recycling bin in its original form.

Recycling doesn't have to be complicated or mysterious. Familiarize yourself with your local recycling program guidelines so you can do your part to keep valuable items out of the garbage. To learn more about carton recycling, visit RecycleCartons.com/Learn or TetraPakUSA.com.

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THEME: THE 1920s

ACROSS

- The Sweet's hit "Ballroom ____"
- Farm cry
- Barrel racing meet
- "____ Quiet on the Western Front," 1920s novel
- Move sideways
- Southeast Asia org.
- Hula dancer's garland
- Like the Vitruvian Man
- New type of movie in the 1920s
- Jack Dempsey's sport
- Triple ____ liqueur
- Prep flour
- "Hamilton: An American Musical" singing style
- Floppy data storage
- Smack
- Not much (2 words)
- "Prolific playwright ____ Coward
- Sacrum, pl.
- "Nana" author ____ mile ____
- Flash of light
- Not kosher
- Football legend Graham, born in 1921
- Furniture wood
- Aquatic snakes
- Reggae precursor
- Café alternative
- "Assassinated Villa
- "St. ____," 1928 Olympic site
- East Asian peninsula
- Nope
- "Bite the bullet," e.g.
- Relating to Quechuan people
- B&B, e.g.
- Challenge
- Langley, VA agency
- Decorates, as in Christmas tree

DOWN

- Type of undergarment
- "Like generation described by Gertrude Stein
- Brain wave
- Shades of blue
- Very tired
- "The Fighter" actor Christian ____
- Bass or Redhook
- Defendant's excuse
- Longer than mini
- Port in Yemen
- Smelting waste
- ____ Aviv
- 6 equal parts of 6
- Short for oftentimes
- Mosquito, slangily
- Schick's product
- Beyond's partner
- "Amelia Earhart, e.g.
- "Like Charles Lindbergh's 1927 transatlantic flight
- W on a bulb
- TV classic "Green ____"
- Floorboard sound
- "The Trial" and "The Castle" author Franz ____
- Samoan money
- Not on time
- Much, in Italy
- Tin Man's prop
- Follows soh
- Confession, archaic
- Not Doric nor Corinthian
- Downy duck
- Kind of cornbread
- Rainbows and such
- Like a drink in a snifter
- Mimicking bird
- ____ caca, South American lake
- Type of modern meeting
- American Girl character born in 1923
- American cuckoo
- Robinson to "The Graduate"

Address Changing?

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509-293-6780 or email circulation@lakechelanmirror.com

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798
LB.

Fresh

**COHO SALMON
FILLET**

1198
LB.

Premium Beef
**BONELESS BEEF
TRI TIP ROAST**

698
LB.

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

Fresh Produce

FUJI APPLES

128
LB. *New Crop!*

**LOCAL
Equals
FRESH**

**LITHOUSE
CARAMEL DIP**
ORIGINAL OR LOW FAT
16 OZ.

298
EA.

**BARTLETT
PEARS**

148
LB.

**EXTRA LARGE
RED OR GREEN
SEEDLESS GRAPES**

198
LB.

Back to School

SARGENTO
String Cheese

Balanced Breaks

DARIGOLD
SINGLE SERVE MILK
SELECTED VARIETIES
14 OZ

2/\$7

3/\$4

**LOCAL
Equals
FRESH**

Snack Pack
Pudding
Selected Varieties
4 Count

Yoplait
Yogurt
Selected Varieties
4 to 6 Oz.

**Jell-O Gelatin or
Hershey's Pudding
Snacks**
Selected Varieties
4 Count

2/\$3

5/\$3

2/\$5

CHEEZ-IT
Crackers
Selected Varieties
7.5 to 12.4 Oz.

**Clif or Luna
Bars**
Selected Varieties
1.6 to 2.4 Oz.

398

3/\$4

**Nature Valley
or Fiber One
Granola Bars**
Selected Varieties
5 to 6 Count

**Kellogg's
Nutri-Grain
Bars**
Selected Varieties
8 Count

2/\$7

2/\$7

**Malt-O-Meal
Super Size!
Bagged Cereal**
Selected Varieties
30 to 42 Oz.

**Musselman's
Apple Sauce**
Selected Varieties
6 Count

**Gardetto's, Bugles
or Chex Mix**
Selected Varieties
6 to 8.75 Oz.

498

2/\$5

298

**Yoplait
Go-Gurt**
Selected Varieties
8 Count

**Cracker Barrel
Bites**
Selected Varieties
1.58 Oz.

**Frigo Cheese Heads
Snacks**
Selected Varieties
6.3 to 12 Oz.

2/\$5

3/\$4

498

**Hershey's
Candy Bar**
Selected Varieties
1 Count

**Hostess
Donettes**
Selected Varieties
9.5 to 11.2 Oz.

**Hostess
Treats**
Selected Varieties
8 to 10 Count

5/\$5

2/\$5

2/\$6