

## An Interview with James Hopkins, an American in Ukraine

James Hopkins, a Northwest native with ties to Leavenworth (his brother Matt), has lived in Ukraine for twenty-four years and calls it home. He lives in Lutsk, in northwest Ukraine, with his wife, Valya, a Ukrainian, and their two daughters, Arina, 15, and Samantha, 14.



**MARLENE FARRELL**  
CORRESPONDENT

Right now, they're coping with daily peril ever since the Russian invasion began in late February. This is an extreme escalation, though Ukraine and Russia have been in military conflict for eight years, ever since Russia overtook Crimea and the Donbas region.

Lutsk is only two hours from the borders with Poland and Belarus and has seen a flood of refugees fleeing the war zone in Kyiv and further east. About 1.5 million have fled into Poland and a million into other European countries. Families with three or more children are allowed to leave, but those with two or less are expected to stay and help defend Ukraine.

"We decided to stay no matter what," Hopkins said, speaking of his family. To shed light on his perspective, he quoted the Bible verse John 15:13, which states, "Greater love has no one than this: to lay down one's life for one's friends." If they left, he said it would be hard to come back later and look his friends in the eye. He thinks he might be the only American left in a city of 250,000. His family has welcomed members of two soldier families into their home to help keep the children in a safer location. The international mission organization that he works for, Youth with a Mission, is run by volunteers like himself. Youth with a Mission's Lutsk facilities have been turned into accommodations for refugees. "We feed forty to sixty people three meals a day."

Refugees are taking only those belongings that can fit into a car along with about five people. Families have had to split up, sometimes leaving grandparents behind. They also leave pets behind, now seen in the streets as strays.

Hopkins explained that there are daily rescue missions to go into the war zone and retrieve people. The rescue vans face extreme danger. They drive on backroads to avoid Russian forces, and yet, if they encounter Russian soldiers, they come under machine gun fire, even with the words, "Refugees" or "Children" written on the sides of the vans.

Ukrainians are rallying to defend their country. Ukrainians have not been an overly patriotic people, Hopkins said, because of past corruption. But there's much to kindle national pride including a beautiful countryside with some of the best topsoil in the world. He compared Ukraine to a slightly colder Washington, with a variety of mixed forest, coniferous forest and temperate grasslands and shrub steppe.

Every city has several thousand ready to fight—a combination of soldiers and civilians. But most soldiers have gone to Kyiv to defend it from falling to the Russians.

The Ukrainian soldiers suffer from limited supplies. Hopkins said there's only one medical kit for every hundred soldiers, so Youth with a Mission has ordered more medical kits to be distributed soon.

The Russians have numerical artillery advantage. For instance, Hopkins said, "The Russians had 11,200 tanks to about 150 Ukrainian tanks in the beginning." But many Russian tanks have been destroyed. "Ukraine lost almost all their tanks from attacks but now have even more than they had to start with because Russians have abandoned their tanks or they were damaged. The Ukrainians fixed them, and now Ukraine has 300 newer

tanks, thanks to the Russians."

The bombing is not confined to the eastern parts of Ukraine, a country the size of Texas. Russians have bombed many cities. Lutsk has been bombed twice already from ground to air missiles coming from Belarus. The first strike, on the first day of the Russian attack, hit a military base, and the other, which occurred on March 11th, targeted a jet engine factory and an oil refinery.

The city is preparing for the worst. "There are military blockades all around the city," Hopkins worries that his home is near the possible targets of a pipeline and a communication tower.

"My daughters are worried. There's been lots of tears." But they are busy, like everyone, serving the refugees and the soldiers. Schools

are closed, but Hopkins says, "My daughters are getting a way bigger education right now."

"A positive from all this is that kids are thinking deeply about things. They still have fun when they can, but they are being given responsibility, and they're maturing. They're doing good work with the little kids that are coming through."

The situation is made messier because Ukrainians and Russians have many intertwined relationships. There are many Russians and Belarusians living and working in Ukraine, but the trust has deteriorated. Hopkins explained that Valya's sister lives in Russia, and, like all Russians, only gets propaganda-like news that comes from state-run outlets. Russians have been misinformed and told that the invasion is justified to free oppressed Ukrainians, protect ethnic Russians in Ukraine and as a response to Ukraine acting as an aggressor against Russia.

There are glimmers of hope. "Ukrainians are fighting for something. Russians are not," said Hopkins. Also, "Zelenskyy has matured as a leader. He has gone through the fire and can lead us to making a better country." But with darker resignation, Hopkins said, "It's probably not going to get better. Our city could get leveled." He has made some preparations. "I've buried gasoline tanks in the yard. We have a generator, lots of non-perishable food, our own well, a root cellar." They've gone down into the root cellar a few times already, when they hear a nearby siren, or when they get warning text messages from the soldier parents of the children staying with them. "I am not fearful. We feel at peace." But he's certainly moved, despite his calm. "I cry about the tragedies. TV here doesn't blur the pictures. Nothing is hidden."

Hopkins was generous with his time in the interview because he wants people to know the truth. Thousands are dead, overwhelming hospitals. The Russians have bombed hospitals, including a children's hospital, and over 200 schools. As the Russian envoys travel down roads, they shoot everything along the sides. They torture prisoners. "Ukrainians are angry, and they will never forgive Russia." In contrast, Hopkins said Ukrainians are treating the Russian wounded soldiers. Some of the Russian soldiers are very young. Ukraine's officials allow them to be released if their mothers cross the border and come and get them and see firsthand the devastation the Russians are creating in Ukraine.

While Hopkins understands international hesitancy against military action which could provoke Putin, he thinks sanctions need to go further and close every bank, not just some of them. He also said, "I do not agree with sitting back and not protecting an innocent country like Ukraine." For those who would like to help with emergency relief and cover basic needs of refugees, Hopkins said donations can be made through Youth with a Mission. The link is: <https://prayforukraine.life/>.

Hopkins is fond of Leavenworth, and visits sometimes when he and his family come back to the U.S. every three years. He closed the interview that crossed ten hours of time zone difference with a request for residents of Leavenworth, saying, "I would appreciate prayers for Ukraine."



PHOTO BY GINA QUINN

While biking home, Paige Lowers stops and picks out a book at Shane's Free Library.

## Come explore Shane's free library in Cashmere

By GINA QUINN

You are invited to explore Shane's Free Library a mere 30-minute walk from downtown Cashmere or a 5-minute walk from the Fairgrounds.

The Quinn Family built Shane's Free Library in loving memory of Shane F. Quinn, who died from advanced metastatic prostate cancer on April 1, 2021 at the age of 71. As the 1-year anniversary of Shane's death nears, the Quinn family invites you to scout-out and discover Shane's Free Library.

Shane was an avid reader. Some of his favorite authors were Stephen King, Clive Custer and Vance Flynn. He loved historical fiction, science fiction, crime fiction, mystery thrillers and American literature classics. Shane visited the Cashmere library often, but also searched for his favorite authors at Cashmere's DMV, Wenatchee's thrift shops or local yard sales. He also exchanged a plethora of books with his close friend, Ed Farmbrook.

Given the amount of foot, stroller, bicycle and dog traffic on Kimber Road, building Shane's Free Library at his home seemed like a great way to honor his memory and keep his love of reading and community alive. The first Little Free Library (LFL) was built in 2009, and today there are more than 125,000 registered and volunteer-led LFL's around the world (<https://littrefreelibrary.org/>).

Nate Shaver, son-in-law, built Shane's Free Library, Gary Peters, neighbor, added woodworking touches, and Amy Wall, niece, contributed artwork. Shane's Free Library was chartered and registered in November, 2021 with the non-profit, LFL.

Shane's Free Library brings neighbors together, spreads book-joy, motivates adults and children to "unplug," and promotes sustainability with the simple exchange of books. Shane's Free Library offers a variety of books for the young and old. Recently, Well Beings Studio donated a number of books for families impacted by cancer. In addition to books, there are dog treats, bookmarkers, CD's, magazines and even an occasional stuffed toy in the Library. Shane's Free Library is open year-round and located near the backstop at 5920 Kimber Rd., in Cashmere, Please stop by to "Take A Book or Share A Book."



SUBMITTED PHOTO

James Hopkins and his wife, Valya, wearing traditional Ukrainian attire.



SUBMITTED PHOTO

James Hopkins, back row center, and Valya Hopkins, far right, pose for a photo with a few families of refugees who are staying at the Youth with a Mission facility before heading to the border to leave the country.

PHOTO BY MEGAN SOKOL

Gladys Lewis sits in a chair with a bouquet of flowers, a birthday princess sash, and a bucket labeled "My Birthdays."



## Vale Elementary Volunteer Honored on 80th Birthday

By MEGAN SOKOL  
Staff Writer

When volunteer Gladys Lewis arrived at Vale Elementary on the morning of March 16, she did not expect to be applauded by an entire crowd of students and teachers. She was overwhelmed with hugs from teachers and the squeals of children she has spent years volunteering with.

She holds a bucket labeled "My Birthdays," with a birthday princess sash as she fights back tears of joy. One by one, preschoolers and kindergarteners place a \$1 bill in her

bucket and are rewarded with small hugs. She received \$100 in total. "I've never felt more special in my entire life," Mrs. Lewis said. Lewis has been a volunteer at Vale Elementary for a total of nine years, with seven of those years volunteering full-time, for five days a week. She turned 80 years old on Wednesday, March 16. Para educator Nancy O'Donnell said that she and the rest of staff are incredibly grateful for Mrs. Lewis.

"We count on her so much that she's like a paid employee to us because we need her. There's always something that she can do and she's willing to

do everything," O'Donnell explained. "She's always pleasant and happy, you just wanna love her up. She's just one of a kind." Mrs. Lewis was shocked by the birthday surprise and described the immense love she received from the school. "I guess I'd like to turn 80 every day," Mrs. Lewis joked.

Mrs. Lewis plans to volunteer as long as she can. Her favorite part of volunteering is when previous students run up to her and exclaim "I remember you!"

"It makes you feel so good that you're remembered. That somehow or another you touched their lives."

### THIS WEEK

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# SPRING SPORTS PREVIEW

## Baseball team



PHOTO BY MEGAN SOKOL

From left to right. **Front Row:** Caden Flick, Taven Kunsman, Jackson Donald, Ethan Theiss, Cort Lawson, Corey Knoll, Trevor Shoults, and Trae Smith. **Middle Row:** Jack Niederstadt, Kelton Collins, Tyler Peterson, Dalton Larson, Logan Pesta, Drake Mutch, Grady Zimmerman, Corban Givers, Trenton Mason, and Head Coach Colton Loomis. **Back Row:** Assistant Coach Bryan Widener, Ajay Lawson, Brody Larson, Jack Croci, Dawson Spies, Luke Jacobson, Josh Meros, Caed Wilkinson, and Easton Erdman.

## Soccer team



PHOTO BY MEGAN SOKOL

**Back row:** (from left to right) Nate Hodges, Genaro Reyna, Rolando Urrutia, Antonio Pedraza, Ian Garzon, Dalan Smart, Luke Fox, and Sam Graves. **Front row:** (from left to right) Juan Cacho, Landon Baker, Jorge Flores, Miguel Ramos, Angel Nolasco, Erick Rodriguez, Víctor Ramos, Oscar Oropeza, and Gael Oropeza.

## Softball team




PHOTO BY MEGAN SOKOL

**Front Row:** Zoe Brown, Anisa Gonzalez, Kate Jacobson, Jenna Reeder, Grace Norman, Adi Poole. **Back Row:** Kayley Parkins, Ella Burts, Gennevieve Ledesma, Stormi O'Keefe, Esme Galvez, Cam Phillips, Molly High, Allie Mckenna.

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# SPRING SPORTS PREVIEW

## Tennis team



**PHOTO BY TREVOR KERT.**  
**Front Row:** Lauren Kert, Faith Kert, Ashlyn Reichert, Maddy Kriegel, Elle Sidensticker, Reese Westlund, Sydney Young. **Back Row:** Josh Dotson, JJ Groner, Micah Guerin, Julian Hernandez, Dru Heyen, Zeke Lewis, Eli Lyons.

## Track team



**PHOTO BY JEFF KENOYER.**  
**Back Row Left to Right:** Michael Acton, Lucas Agnew, Sophia Batanoiu, Henry Brown, Jakob Buehler, Aidan Campbell, Ahren Campbell, Jack Carney, Brianna Castro **5th row:** Kristopher Cisneros, Logan Collins, Hunter Collins, Ava Courtney, Elisa DeJesus, Colby Diaz, Donald Flick, Jonah Groce, Carley Diaz **4th row:** Alayna Groce, Donovan Harrington, Derek Hughes, Tristan Hoffman, Joslyn Lucero, Madison Jaeger, Elliott McIver, Levi McPherson **3rd row kneeling:** Janeyra Mendoza, Kaden Miller, Raquel Pedraza, Daniela Reyna, Myrna Romero, Lucas Rylaarsdam, Serena Sandhu, Oliver Satterfield, Carley Schoening **2nd row cross-legged:** Gunnar Simmons, Gideon Six, Maison Sims, Ashlee Smith, Molly Smith, Emory Smith, Sadie Smith, Giselle Soto, Marcelino Torres **Front row seated:** Naomi Valle, Kyle Weedman, Hugh Wheeler, Anthony Zavala.

# Cashmere Coach comments

### Boys Baseball - Coach Colton Loomis

Coach Colton Loomis has been Cashmere's head baseball coach for three years. Currently, their program has 20 players who are considered returning players, with five freshmen coming into the program.

"This year we have had a raise in overall numbers from my previous two seasons," Loomis states. "Last year we finished second in our league with an overall record of 8-6."

Coach Loomis said that his standout players so far are Jack Croci, Cort Lawson, and Caedman Wilkinson.

Coaching team members are: Coach Colton Loomis, Assistant Bryan Widener and

Assistant Tyler Thiess. "I am very excited to coach this group of guys this year. It is our first 'normal' season in a few years and we have a lot of hard working guys who are competing for a position on the field! Can't wait to get after it!"

You can find their schedule here: <https://cashmerebulldogs.com/teams/3187436/boys/baseball/varsity/schedule#>

### Tennis - Coach Trevor Kert

Coach Trevor Kert has been coaching Cashmere High School Tennis for eight years. Returning varsity players include sophomore Faith Kert, senior Lauren Kert, senior

Julian Hernandez along with Zeke Lewis and JJ Groner, both juniors.

Standouts include Lauren Kert and Faith Kert for girls' tennis, along with senior Julian Hernandez and juniors JJ Groner and Zeke Lewis.

"We have several junior varsity players and a variety of new players giving tennis a try for the first time," Kert said. "Last season both the boys and girls were league champs in our shortened season."

Kert reports that the number of players for girls' tennis are about the same, with the number of boys' tennis players down this year. Kert states that Chelan is their toughest competitor and expects that to be the case this year.

"We graduated a majority of our boys and girls varsity teams last year so I'm looking forward to a lot more students learning the game of tennis this year. I'm also excited for our teams to get their first full season in the last three years. We have a few veteran players that have put a lot of time into their tennis game and this will be a chance for them to enjoy the benefits of their hard work."

You can find the girls' schedule here: <https://cashmerebulldogs.com/teams/3187435/girls/tennis/varsity/schedule#>

You can find the boys' schedule here: <https://cashmerebulldogs.com/teams/3187434/boys/tennis/varsity/schedule>

### Soccer - Coach Emmanuel Flores

Coach Emmanuel Flores has coached the Cashmere

High School Soccer team for the last three years. The team is comprised of eight seniors, one junior, eight sophomores, and four freshmen, with their numbers rising to 41 total players.

"Last year on varsity, we won our modified league, went 4-0 and 6-4-1 overall. We played some very talented 4A schools and competed against them," Flores explained. "The toughest team we will face this year would probably be Cascade since it is our rival."

Coaching staff include Head Coach Emmanuel Flores,

Assistant Coach Barry Hodges, along with volunteer assistants Oscar Orozco and Javi Reyna.

Standout players include Senior Captain Miguel Ramos, Senior Captain Sam Graves, Goalkeeper Dalan Smart, and Luke Fox Freshman.

"The team this year will be competitive and will surprise many people as long as we carry our momentum from last season."

You can find their schedule here: <https://cashmerebulldogs.com/teams/3187438/boys/soccer/varsity/schedule>

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## Sports Schedule

BASEBALL	
March 26:	Cashmere vs. Omak, Away; 11 a.m.
March 26:	Cashmere vs. Omak, Away; 1 p.m.
March 29:	Cashmere vs. Zillah, Home; 4:30 p.m.
BOYS' SOCCER	
March 24:	Cashmere vs. Omak, Away; 4 p.m.
March 26:	Cashmere vs. Brewster, Home; 1 p.m.
March 29:	Cashmere vs. Cascade, Home; 6 p.m.
SOFTBALL	
March 29:	Cashmere vs. Cascade at Rich Rice Memorial; 4:30 p.m.
BOYS' TRACK	
March 26:	Ray Cockrum Relays at Wenatchee High School; 11 a.m.
GIRLS' TRACK	
March 26:	Ray Cockrum Relays at Wenatchee High School; 11 a.m.
BOYS' TENNIS:	
March 24:	Cashmere vs. Omak, Away; 4 p.m.
March 25:	Cashmere vs. Tonasket, Away; 4 p.m.
March 29:	Cashmere vs. Cascade, Home; 4 p.m.
GIRLS' TENNIS:	
March 24:	Cashmere vs. Omak, Away; 4 p.m.
March 25:	Cashmere vs. Tonasket, Away; 4 p.m.
March 29:	Cashmere vs. Cascade, Home; 4 p.m.

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BASEBALL	
March 15:	Cashmere 0, Ephrata 10; Loss
March 19:	Cashmere, Naches; TBD
BOYS' SOCCER	
March 15:	Cashmere 0, Othello 1; Loss
March 17:	Cashmere 1, Ellensburg 3; Loss
March 19:	Cashmere, Royal; TBD
SOFTBALL	
March 17:	Cashmere 18, Brewster 2; Win
March 17:	Cashmere 6, Brewster 1; Win
March 19:	Cashmere, Okanogan; TBD
March 19:	Cashmere, Okanogan; TBD

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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.

March 11

22:06 Civil Dispute, 310 Elberta Ave.

March 12

02:06 Diversion, 127 Riverfront Dr. 14:10 Public Assist, 105 White Birch Pl.

March 13

10:57 Agency Assist, 308 Cottage Ave. 11:52 Trespassing, 107 Riverfront Dr. 19:53 Traffic Offense, Aplets Roundabout

March 14

08:17 Littering, 89 Riverfront Dr. 08:18 Graffiti, 89 Riverfront Dr. 08:49 Littering, 4027 Eels Rd. 09:43 Sex Offense, 1705 Mission Creek Rd. 12:02 CPS/ APS Referral, 817 Pioneer Ave. 12:46 Traffic Offense, 200 block Elberta Ave. 13:47 Disturbance, 8650 Dryden Frontage Rd., Dryden 16:16 Parking/ Abandoned Vehicle, 6600 block Stine Hill Rd., Cashmere

March 15

01:02 Harass/Threat, Cashmere area.

March 16

05:26 911-Call, 127 Riverfront Dr. 10:06 911-Call, Cottage Ave. Bridge 10:52 CPS/ APS Referral, 915 Pioneer Ave. 15:57 Harassment/ Threat, 117 Aplets Way, Cashmere Valley Bank 17:35 Disturbance, 201 Riverside Dr., Riverside Park 21:25 Civil, 318 Peshastin St. 21:39 Warrant, Riverfront Dr.,and E. Parkhill

March 17

00:07 Warrant, US Hwy 2 and Cottlets Way 00:34 Welfare Check, Cottage Ave. Bridge 08:52 Welfare Check, Cottage Ave. Bridge 14:02 Welfare Check, 121 Elberta Ave. 14:20 Public Assist, Cottage Ave., Bridge 19:37 Welfare Check, 300 Woodring St.

Student Spotlight

Athlete: Conner Webber



Reason: Conner is doing a great job in art class this semester. He takes unique approaches to his projects while still challenging himself with the required components of each assignment.

car and go to college. Also, get certified as a truck driver for my grandfather's trucking company.

Stevie Garrison



Reason: Stevie is a freshman and has brought a light with him to our classroom in these strange times. He comes to school every day and encourages others and loves to make people laugh.

at home and hockey games. Sports: Stevie participates in the Special Olympics and enjoys swimming a lot. Future Plans: Considering attending the WSU ROAR program upon graduation.

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COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: Zoom meetings Noon, Call President Glenn Johnson, 509-782-1922 for more information. 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

Bingo, Cashmere American Legion Post 64, 401 Sunset Highway. 1st number called at 6:15 p.m. Contact Wiley Collins, 509-888-1904 to leave a message.

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 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, 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 only is \$7 (no outside food please). Check-in begins at 11:30 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, 782-2561 or tony.iid. pid@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, Gina, for meeting location, 509-782-7404. (3rd 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). Monday to Thursday, 10 a.m.-7 p.m. Friday 10 a.m.-1 p.m. and 2 to 5 p.m., Sunday 1 to 5 p.m. 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 Cottlets 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 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.



Place your ad online at [NCWMARKET.COM](http://NCWMARKET.COM) or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record  
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

# CLASSIFIEDS



**PUBLISHER'S NOTICE**  
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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



**Administrative**  
**Puzzle Solution**

8	4	7	5	1	3	9	6	2
2	6	3	7	4	9	1	5	8
5	1	9	2	6	8	4	7	3
4	7	8	3	9	1	5	2	6
9	2	6	4	7	5	3	8	1
1	3	5	6	8	2	7	4	9
6	5	1	9	2	7	8	3	4
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A	N	O	N	S	P	Y	V	A	I	S	E	

**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](mailto:classifieds@leavenworthecho.com)  
or  
**Lake Chelan Mirror**  
509-682-2213  
or  
**Quad City Herald**  
509-689-2507  
or email [mirrorads@lakechelanmirror.com](mailto: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](http://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](mailto:mirrorads@lakechelanmirror.com) For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**Wanted**

**Opening for City of Leavenworth Planning Commission**  
The City of Leavenworth is seeking a volunteer to fill a vacancy on the Leavenworth Planning Commission. Position #3 has two years remaining before reappointment. The commission is an advisory body to the City Council, providing recommendations for long-term planning and code amendments on topics related to housing, transportation, shorelines and more. The Planning Commission meets the first Wednesday of each month at 7:00 PM. Applicants must be at least 18 years of age and reside inside the city limits of Leavenworth. The appointment is made by the Mayor. Letters of interest can be submitted to:  
City of Leavenworth  
Attn: Sue Cragun, Executive Assistant  
PO Box 287 / 700 Highway 2  
Leavenworth, WA 98826  
or [scragun@cityofleavenworth.com](mailto:scragun@cityofleavenworth.com) or dropped off at City Hall. Letters of interest will be accepted until the position is filled. First review April 11, 2022.



**Employment**

**Help Wanted**

**12 TRIBES LAKE CHELAN CASINO**  
Even our team members are winners here **Now Hiring**

Scan the QR Code to see all open positions  
12 Tribes  
Lake Chelan Casino  
455 Wapato Lake Road  
Manson, WA 98831  
800-648-2946  
509-687-6911

**CASCADE SCHOOL DISTRICT**

The Cascade School District is seeking qualified applicants for the following positions:

Cascade High School Resource Teacher

Peshastin-Dryden Elementary Counselor

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

**CASCADE SCHOOL DISTRICT**

The Cascade School District is seeking qualified applicants for the following position:

Parent Advisory Council (PAC) Coordinator  
Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

Douglas PUD has an opening for:  
**Journey Electrician Wells Dam \$50.20/hour**  
Apply now at [douglaspud.org](http://douglaspud.org)

**Windermere REAL ESTATE**  
**Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists**

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

Carmen Bagdon - 237-2060  
Momi Palmieri - 433-2211  
Geordie Romer - 679-8958  
Allyson Romer - 630-9898

See all available properties at [windermereleavenworth.com](http://windermereleavenworth.com)

**Help Wanted**

**City of Pateros Public Works Department**

The City of Pateros has a current opening for part time seasonal public works position. Wage is \$24 hour with no benefits, thirty hours a week for eight months of the year. Primary duties include: Assisting public works, parks department and events. Applicant must have a valid WA State Driver's License and provide current driving record from DOL. A complete job description and application can be obtained by calling 509-923-2571, or email [pateros@swift-stream.com](mailto:pateros@swift-stream.com). Position is open until filled.

Jewels Hair & Nails is looking a cosmetologist or barber to lease a station. \$400/ month. Please call Julie at 509-679-4764.

**PARKS MAINTENANCE WORKER 7 MONTH SEASONAL POSITION**

The City of Leavenworth, an equal opportunity employer, is now accepting applications for the following position: Two (2) vacancies for a Park Maintenance Worker - Returning Seasonal 7-month position. This position is a non union covered position with a starting pay of \$17.00 - 20.00/hr. DOE Requirements: minimum 18 years old and WA state driver's license with record that is acceptable to the City. Individual must be able to work weekends, holidays, and required overtime. Duties include: landscape and turf maintenance, building and restroom maintenance, litter control, irrigation maintenance, operation of light and/or special use equipment, (ball field and turf maintenance equipment), and cemetery maintenance. Job application and full job description are available at City Hall, 700 US Hwy. 2, from 9 a.m. to 5 p.m., via our website at [www.cityofleavenworth.com](http://www.cityofleavenworth.com), or by contacting us at 509-548-5275. Open until filled.

**Help Wanted**

**Parks Maintenance Worker - Part Time (24 HR) Seasonal Position**

The City of Leavenworth, an equal opportunity employer, is now accepting applications for the following position: One vacancy for a Seasonal Parks Worker - maximum of 24 Hours per week position. This position is a non-union covered position with a starting pay of \$17.00 - \$20.00/hr DOE. Requirements: Minimum 18 years of age and WA state driver's license with record acceptable to the City; position will require a drug/alcohol screening and physical evaluation. Individual must be able to work weekends, holidays, and required overtime. Duties include: Landscape and turf maintenance, building and restroom maintenance, litter control, irrigation maintenance, operation of light and/or special use equipment (ball field and turf maintenance equipment), and cemetery maintenance. Job application and full job description are available at City Hall, 700 US Hwy. 2, from 9:00 AM to 5:00 PM, via our website at [www.cityofleavenworth.com](http://www.cityofleavenworth.com), or by contacting us at 509-548-5275. Applicants will be interviewed upon submittal of application. Job will remain open until filled.

**Earn Some Extra \$ money**

Working a few hours for 1-2 days per week delivering newspapers to dealers and racks. We are looking for a reliable, responsible individual to pick up and deliver our newspapers Early Wednesday mornings. Other duties include collecting and counting money. Keep newspaper racks cleaned and maintained. Must have good driving record and proof of insurance. Apply in person at 215-14th St., Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays. EOE

**Help Wanted**

**Operations Manager Organization: Okanogan County Transit Authority (TranGO)**

TranGO is seeking an Operations Manager. Office location is Okanogan, WA. This is an exempt position according to FSLA and Washington Wage Act. Compensation range is \$81,057 - \$87,672 DOE. Benefits include health insurance (including dental and vision), life insurance, retirement, sick leave, vacation). Must have a Bachelor's Degree and five years progressive experience in transit and/or operations with at least five years supervisory experience in both fixed-route and demand response services. Must have a minimum Class B CDL with Passenger endorsement or ability to obtain within 90 days of hire. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for full job announcement, required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to [financehr@okanogantransit.com](mailto:financehr@okanogantransit.com) Application Deadline: Application review will begin March 25, 2022 and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

**NCW MEDIA NEWSPAPERS IS HIRING**

We are looking to hire a Knowledgeable leader, manager-editor for our 4 weeklies and our monthly Business Journal. You need to know about small community newspapers. You can write and proof articles, meet deadlines, evaluate and motivate the current staff needs. Please send a resume to Publisher, PO Box 39, Leavenworth, WA. 98826. No phone calls please. An interview time will be scheduled. EOE.

[www.leavenworthecho.com](http://www.leavenworthecho.com) • [www.cashmerevalleyrecord.com](http://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


**Help Wanted**

**Two Elementary Teachers**  
**High School Health Sciences Instructor**  
 Applications may be obtained on the district website, [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the district office at 509-689-3418. These positions are open until filled.

**Employment Opportunities**  
**City of Chelan Parks & Recreation**  
 is accepting applications for seasonal employment positions covering General Parks maintenance, night security, parking enforcement and landscaping, RV Park, Marina, and Putting Course attendants, and Golf Course staff. See [www.CityOfChelan.us/employment](http://www.CityOfChelan.us/employment) for job application instructions or pick-up application at the Chelan Parks & Recreation Office at 619 W Manson Hwy, Chelan.

**Looking for a part-time job?**  
 The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to [Carol@leavenworthecho.com](mailto:Carol@leavenworthecho.com) or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.

**Help Wanted**

  
 Douglas PUD has an opening for:  
**Student Trainees at Wells Hatchery & Wells Dam**  
 In the fields of fish health and industrial technology  
**\$15/hour**  
**Apply now at [douglaspu.org](http://douglaspu.org)**

**Looking for a great local employee?**  
 It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com) OR  
 Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
 Deadline is Friday by Noon for the following Wednesday issues of all newspapers

  
**WHAT'S HAPPENING**  
 Need to promote your event? Have you thought about [NCWMarket.com](http://NCWMarket.com) the best online promotion available

**For Sale**

**Antiques & Collectibles**  
**Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.**  
 Place your ad with pictures online 24/7 at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com) or call  
**The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
**Deadline: Noon on Friday for all papers.**

**Apparel**

**A Variety of Bavarian Clothing for Sale: PRICES REDUCED!**  
 3 Bavarian-styled vests, sizes small & medium, 2 woolen and one velvet. \$15 each.  
 One Beautiful Bavarian, Loden-grey and green wool suit, size 44. A steal at only \$40  
 One pink and green dirndl with apron. \$15.  
 2 aprons, satin light blue and 1copper-colored. \$5 each. One medium-sized long-sleeve white dirndl blouse. \$5.  
 3 girls' dirndls, sizes 6, 8 and 10. \$10 each.  
 Stop in to see items at **The Leavenworth Echo** 215-14th St. or call 548-5286 or Carol's cell:670-1723.

**Real Estate**

**Rentals**  
 Chelan Falls: 2 bedroom, 2 bath, spacious, W/D, carport/ shop, garden area, chicken coop. Secluded. \$1,500/ month. Pet charge. 509-470-0067.

**Vacation Rentals**

**LAKE CHELAN Sunset Marina**  
  
 40 ft. slip B 10 for rent \$600 month. Power, water, clubhouse.  
**808-298-1031**



**Vacation Property**

**\$149,000**  
  
 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**

**Legals**

**Public Notices**

**CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1309**  
 On the 14 day of March, 2022 the City Council of the City of Cashmere, Washington passed Ordinance No. 1309. A summary of the content provides as follows:  
**AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, GRANTING LEGAL NON-CONFORMING USE STATUS FOR A LIMITED USE IRRIGATION ONLY WELL TO BE DRILLED AT 300 SULLIVAN STREET IN THE CITY SUBJECT TO CONDITIONS IN THE ORDINANCE.**  
 Effective date of this ordinance is five days after publication  
 A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on March 23, 2022. # 3782.

**CLEAR SOME SPACE WITH A**

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

**Getting the most out of taking antibiotics**

When my daughter Maureen was a toddler, we would visit my mother-in-law's house. Having over a dozen grandchildren under the age of 8, she kept a giant toy box in the corner of her living room. It contained building blocks, crayons and coloring books, and empty prescription bottles with child-resistant lids. As a pharmacist, I was very uncomfortable having my daughter "play" with child-resistant tops of medicine vials. Each time we'd visit her, I would make sure I found and removed all the medicine vials from Grandma's toy box before letting Maureen near it. This irritated my mother-in-law because she could not understand my objection to providing something that would engage her grandchildren. I tried explaining that the purpose of putting a child-resistant top on medicine vials was to prevent them from being easily opened by a child. By treating pill bottles with child-resistant tops like toys, eventually, her grandchildren would discover how to open any medicine bottle quickly and easily. What does this have to do with antibiotics, and how to get the best out of them? Antibiotics work by interfering with how a particular type of bacteria survives and multiplies. To be effective, an antibiotic attacks a bacteria's weakest points. One common target is the membrane surrounding and protecting each bacteria, called the cell wall. Penicillins and similar antibiotics physically attach themselves to specific proteins essential to building and maintaining the cell wall. Once this happens, the protein molecules can't support the cell wall anymore, causing it to rupture. The bacteria dies. The more an antibiotic comes in contact with a bacteria, the more likely it is that bacteria will eventually find a workaround and survive to multiply despite you taking the antibiotic. Bacteria multiply themselves constantly. Eventually, a slight error occurs, and they mutate into a similar but not identical organism. If a bacterial cell mutates in a way that keeps an antibiotic from successfully attacking them, it can multiply unhindered. This creates a strain of bacteria that the antibiotic can no longer target. We call this developing resistance. It's like giving my daughter more opportunities to learn how to open a child-resistant top. Given enough time, eventually, she'll figure out how to open it. When attacked by an antibiotic, if bacteria are not killed fast enough, some of them can manage to change themselves just enough to allow them to survive the attack. If they are no longer affected by that antibiotic, it becomes useless against them. This is called "resistance." Suppose you don't take a



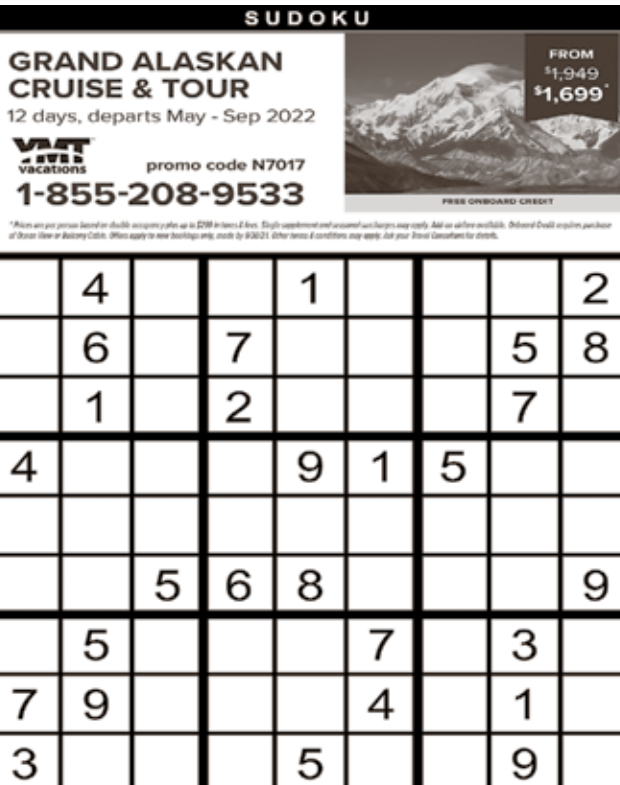
large enough dose of antibiotic or don't take it long enough. In that case, the targeted bacteria can find a "workaround" by accidentally mutating into something the antibiotic can't fight against. The biggest challenge of using antibiotics is to ensure they "cure" the infection without helping create a new strain of bacteria resistant to its attack. Many of our older antibiotics used to be more effective. Over time, with repeated courses of treating infections, bacteria have changed just enough to keep them from being targeted. Resistance to antibiotics is one of the most severe threats to medical care today. What if you got pneumonia which could NOT be cured because there were no antibiotics left that worked? Viruses work differently than bacteria. Like pirates, they target specific cells and enter them. Once inside, the virus replaces the building blocks of your own DNA and RNA with its own. It hijacks your own cells to produce more viruses, instead. Smaller than most bacteria, viruses move into and work inside our cells, protected from attack by antibiotics. Their outer covering has a very different cell membrane or cell wall than bacteria. Antibiotics can't attack viruses effectively, so don't work for viral infections. **Here are 4 Keys to Taking Antibiotics Effectively While Discouraging Resistance:**  
**1. Speak Up.**  
 If an antibiotic causes vomiting within an hour of taking it, eat some food before trying it again. If you can't keep an antibiotic down for at least an hour, call your doctor for something else.  
**2. Get to the Finish Line.**  
 You may feel wholly recovered when only partway through taking an antibiotic. Don't quit early.  
**3. Don't Hoard Leftovers for Future Infections.**  
 Using only one or two doses of an old antibiotic to "catch" an infection before it gets going encourages resistance.  
**4. Not All Infections Are Bacterial.**  
 Many infections are actually caused by viruses, NOT bacteria. Taking antibiotics for these infections won't help you. In fact, antibiotics can interfere with our immune systems' response to viral infection.

*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. ©2022 Louise Achey*

  
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**NOW HIRING SUMMER 2022**  
 HAVE FUN!  
 MAKE FRIENDS!  
 COMPETITIVE WAGES!  
 BONUSES & PRIZES!  
 FREE SLIDING & GUEST PASSES!  
 Visit [slidewaters.com/team](http://slidewaters.com/team)

**CROSSWORD PUZZLE**  
 THEME: GARDENING ACROSS  
  
 1. Betting probability  
 5. Once headed by J. Edgar Hoover  
 8. Formally surrender  
 12. Gravy holder  
 13. Nile dweller, for short  
 14. More certain  
 15. Tiny bit  
 16. a.k.a. Bruce Banner  
 17. One who plies one's trade  
 18. "Days to \_\_\_\_" on a seed packet  
 20. Big-ticket  
 21. Apartments, e.g.  
 22. \*Plumerias are often used in this Hawaiian greeting  
 23. Scrooge's visitors  
 26. Digging into  
 30. What Carl Lewis did  
 31. Bestow  
 34. Month before Nisan  
 35. Dress with a flare  
 37. Choler  
 38. On a store tag  
 39. Central points  
 40. Paul Reubens' Herman  
 42. Mother lode stuff  
 43. African bloodsucking pests  
 45. Salty dogs  
 47. Current tense of #30 Across  
 48. Retches  
 50. Bovine cries  
 52. \*Like an aggressive weed  
 55. Frustration, in a comic book  
 56. \*Holds a plant stem to a support  
 57. Type of hot sandwich  
 59. One born to Japanese immigrants  
 60. Urban legends, e.g.  
 61. Check out  
 62. Shakespeare's "at another time"  
 63. \*The \_\_\_\_ Who Loved Me"  
 64. \*Flower's location after a garden?"

**CROSSWORD**  
 1. Kimono closer  
 2. Banish to Hades  
 3. Crunched numbers  
 4. Facebook's update feature  
 5. \*Seed plant's harvest  
 6. \*Goes to seed  
 7. Rotten and stinky  
 8. \*Plant variety  
 9. Famous canal  
 10. Hold as a conviction  
 11. Make a blunder  
 13. Church service oil  
 14. Salesman's speech, e.g.  
 19. Loosen laces  
 22. Tennis do-over  
 23. \*Splice, to a gardener  
 24. Nimbi on ikons  
 25. In the cooler (2 words)  
 26. Former Saint Brees  
 27. "Pulling my leg," e.g.  
 28. Mother-of-pearl  
 29. \*Kind of thumb  
 32. Pizzeria output, pl.  
 33. "\_\_\_\_ you kidding?"  
 36. \*N in N-P-K  
 38. Sneaked glances  
 40. Slammer  
 41. "The Shawshank Redemption" theme  
 44. Served raw  
 46. Isaac of science fiction  
 48. This Dogg can rap  
 49. What Elton John tickles, sing.  
 50. Street in Anytown, USA  
 51. Guesstimate phrase (two words)  
 52. Bodily disorders  
 53. Lope de \_\_\_\_, Spanish playwright  
 54. Building extensions  
 55. Nurses' org.  
 58. \_\_\_\_ time in golf

**SUDOKU PUZZLE**  
  
**GRAND ALASKAN CRUISE & TOUR**  
 12 days, departs May - Sep 2022  
 FROM \$1,949  
 \$1,699  
 VIST VACATIONS promo code N7017  
 1-855-208-9533  
 \*Price per person based on double occupancy in a DOWN level cabin. Single supplement and taxes not shown. Air is an add-on. Limited availability. Departure dates are subject to change. ©2022 Vist Vacations. All rights reserved. See website for full terms and conditions.

PREMIUM BEEF  
BONELESS BEEF  
CHUCK ROAST

**4.98**  
LB.



ALL NATURAL  
BONELESS PORK  
SIRLOIN ROAST  
TWIN PACK

**1.98**  
LB.

CHICKEN  
DRUMSTICKS  
VALUE PACK

**98¢**  
LB.

CHICKEN THIGHS, VALUE PACK - \$1.28 LB.



# Breakfast

## SPECIALS

**LOCAL Equals FRESH**

Hempler's  
Ground Sausage  
Selected Varieties  
16 Oz.

**4.98**  
EA.

Disney  
Donald Duck  
Orange Juice  
Selected Varieties  
5.9 Oz.

**2.98**



Franz  
English  
Muffins  
Selected Varieties  
6 Count

**2/\$5**



### In Our Deli & Bakery



Pasquier  
Tarts  
Selected Varieties  
2 Pack

**6.48**  
EA.

## LOCAL Equals FRESH

Local stores supporting local products.

# Fresh Produce

BLUEBERRIES  
6 OZ. PACKAGE

**2/\$6**



RED, YELLOW  
OR ORANGE  
BELL PEPPERS

**3/\$4**

FRESH EXPRESS  
PREMIUM  
GARDEN SALAD

**2/\$4**

GREEN & CRISP OR  
ROMAINE, 9 TO 11 OZ.



Mini Muffins  
Selected Varieties  
10.5 Oz.

**3.98**  
EA.

Mini  
Scones  
Selected  
Varieties  
10 Oz.

**3.98**  
EA.



Emmentaler  
Cheese  
Imported from  
Switzerland, this iconic  
cheese has a mild flavor  
and creamy texture.  
7 Oz.

**8.98**  
EA.



Quaker  
Life Cereal  
Selected Varieties  
13 Oz.

**2/\$5**



Kellogg's  
Pop-Tarts  
Selected Varieties  
13.5 Oz.

**2/\$5**



Quaker  
Captain Crunch  
Cereal  
Selected Varieties  
11.5 to 14 Oz.

**2/\$6**



Colliders  
Desserts  
Selected Varieties  
2 Pack

**2/\$5**



Ore Ida Just  
Crack an Egg  
Scramble Kit  
Selected Varieties  
3 Oz.

**2/\$5**



Philadelphia  
Cream Cheese  
Selected Varieties  
7.5 to 8 Oz.

**3.48**



Nancy's Non-Dairy  
Oatmilk Yogurt  
Selected Varieties  
8 Oz.

**4/\$5**



Nancy's  
Yogurt  
Selected Varieties  
3.2 Oz.

**2/\$7**



Twinings  
Tea  
Selected Varieties  
20 Count

**2/\$7**