

Cashmere Bulldogs Headed to State Quarterfinals



By MEGAN SOKOL

Staff Writer

The Girls' Basketball Bulldogs won 56-23 against the Freeman Scotties on Feb. 25.

Now the team is headed to the state quarterfinals at the Yakima Sun Dome on March 2 at 7:15 p.m. They will be playing either Montesano, Zillah or Toppenish. Congratulations Bulldogs!

SEE MORE PHOTOS PAGE A7

PHOTO BY MEGAN SOKOL

Cashmere Junior Kaitlyn Bjorklund steals the ball away from Freeman player.

Cashmere Local Eloise Day Turns 100

By MEGAN SOKOL

Staff Writer

The Day family will be celebrating the 100th birthday of matriarch Eloise Day on March 10, 2022 at a gathering at the Cashmere Presbyterian Church. After living through a century's worth of history, Eloise confides that her secret to a long life is to keep an open mind.

Eloise Day was raised by her Nebraskan father, Lloyd Frease, and Seattle local, Margarette Frease, in the small town of Cashmere.

Day was five-years-old when she got to wave at Queen Marie of Romania, who stopped at Cashmere during her train ride to Seattle. She recalled how Liberty Orchards owner Armen Tertsgian had asked the queen's entourage if she could make a quick stop at Cashmere and the Queen gladly accepted.

Day's family was one of the many families who struggled to scrape up enough money for food during the Great Depression. Eloise recalled the time when her and her younger siblings Edgar and Margarette Frease would have to ration their daily meals.

Her childhood hobbies included attending the Cashmere Presbyterian Church, taking frequent trips to the local soda fountain, checking out Tiny's fruit stand, swimming at the Cashmere pool, and hanging out the local theaters to hopefully catch a glimpse of the new blockbuster.

After graduating high school, Eloise went away to a business college in Seattle before shortly marrying her high-school sweetheart Lyell T. Day on Dec. 22, 1944. She proudly recounts the time he saved a girl's life when he was 16-years-old during his time as a crossing guard.

The young married couple were subsequently stationed in upstate New York during her husband's tour in the Air Core during WWII. Lyell Day had relayed his tours in England, Italy, and North Africa to his young bride.

After the war, the Day couple returned to Cashmere where Eloise worked as a Blue Star fruit packer for 33 years. She spent her time gardening and cultivating her award-winning roses. She earned the Grand Champion title during the Chelan County Fair back in the 1980s.

She volunteered at the Cashmere Convalescence Center as part of the TLC Group, the Cashmere Museum, and was part of the Friends of Old Mission group.

Eloise Day is an active member of the Cashmere Presbyterian Church, having served as a deacon and regularly arranges the floral bouquets from her own garden.

Eloise reported that Cashmere has rapidly changed it's landscape after the highway was moved outside the city limits. She hopes that downtown Cashmere may reclaim some of the renowned local beauty she has grown to love.

Her and her son Tom Day claim that the secret to her long life is in part due to her eating a healthy diet and that "it must be the water."

Eloise is the mother to three children, Lynda Wittren, Victor Day, and Tom Day, grandmother to seven children, and great-grandmother to 12 children.



PHOTO BY MEGAN SOKOL

Eloise Day

Washington must continue its focus on wildfires

SUBMITTED BY SEN. BRAD HAWKINS

In recent years, the communities in North Central Washington have sadly experienced a significant impact from catastrophic wildfire. Our district has endured many devastating fires, including back-to-back years of the state's largest wildfires, in 2014 and 2015. In 2020, the state Department of Natural Resources responded to nearly 1,640 fires, including the Cold Springs and Pearl Hill fires in Okanogan and Douglas counties. This past year, wildfires continued to impact our region. Included among them were Wenatchee's Red Apple Fire and the Cedar Creek and Cub Creek fires in the Methow Valley. Our risk of wildfire has been increasing, which is why proactive measures for forest management and fire response are necessary. These two areas will continue to be important priorities for me as I advocate for our district and adequate wildfire funding.

A stronger, more comprehensive approach

Washington state has been working toward a stronger, more comprehensive approach to reducing our risk of wildfires. That's why I'm encouraged by the Wildland Fire Protection 10-Year Strategic Plan by Public Lands Commissioner Hilary Franz. I've worked closely with Commissioner Franz and DNR staff over recent years and am very proud of

the bill we passed together in 2017, Senate Bill 5546, to direct the state DNR to set up a framework for assessing and treating fire-prone lands. The law sets a specific goal of assessing and treating 1 million acres over 16 years, most likely through prescribed fire and strategic thinning. This process is now underway, but it will likely take several years of aggressive thinning and responsible prescribed fire in order to minimize our risk of catastrophic fires. As we've learned from the Era of Megafires discussions that originated in Wenatchee, we must take a proactive approach with wildfires in all neighborhoods and at every level of government. This includes responsible thinning and prescribed burning on state and federal forestlands, along with taking aggressive steps to create defensible space around your homes and neighborhoods through the Firewise Program. We must also ensure the state's firefighting capability is as effective and efficient as possible.

Increasing state support for wildfires

For the 2021-23 biennium, the state budget significantly increased its support for forest health and wildfire response. Positioning additional resources in strategic locations across the state has shortened the response time when new blazes are spotted and has helped us put out fires soon after they start rather than just "managing" the fires once they begin burning. The state has recently converted to year-round wildfire staff, funded more seasonal staff, acquired additional firefighting air assets, and has contracted for priority private aircraft response. The Legislature also approved House Bill 1168 to direct investments of \$500 million over the next eight years for wildfire response, forest restoration, and community resilience.

I was proud to join my legislative colleagues in supporting this bill last

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FILE PHOTO. Sen. Brad Hawkins



FILE PHOTO. Leavenworth City Councilmember Marco Aurilio

The Washington Outdoors Report

FISHING NEWS ROUND-UP

By JOHN KRUSE

COLUMBIA RIVER SPRING CHINOOK SEASON SET: Spring Chinook won't arrive in large numbers until late March but there will be plenty of anglers going after them sooner than that. The river has been open from the mouth to the Interstate 5 bridge and on March 1st opens from the Buoy 10 all the way to Beacon Rock through April 6th. From April 1st through May 5th the area between the Tower Island power lines six miles below The Dalles Dam upstream to the Oregon/Washington border will be open until May 5th. We don't yet have dates for an Icicle River spring Chinook opener.

The run is going to be pretty good this year. Fisheries managers project close to 123,000 Springers will return to the Columbia, well over the 92,000 that came back last year. In fact, this is projected to be the best run since 2016 though we are still far short of the 152,000 ten-year average.

The daily limit is six fish, including no more than 2 adults and only one of those can be an adult hatchery Chinook salmon. All wild salmon or steelhead caught must be released. The minimum size limit is 12 inches.

COASTAL STEELHEAD FISHING CLOSES: The steelhead season in Washington is officially a bust. First

there were historically low returns of summer steelhead up the Columbia River in 2021 and now WDFW is looking as some of the lowest returns ever in several Western Washington streams. In fact, preliminary data shows only 30 percent of the forecast run of steelhead has occurred in these rivers. With the bulk of the hatchery fish in (and the wild fish just starting to come back in force) the state is closing steelhead on all coastal and Olympic Peninsula Rivers to conserve what wild stocks remain

in these streams. The closure goes into effect March 1st.

MARCH 1ST TROUT OPENERS: Mike Schmuck, the WDFW District 5 Fisheries Biologist, reports none of the lakes around Quincy or George that open on March 1st are likely to be ice free. Having said that, there may be a few open patches of water for intrepid anglers but he recommends staying off any ice that is on the lakes because it is likely not safe.

The trout being caught out of the Quincy Lakes Wildlife Unit will be

holdover fish from 2021 (measuring 11 to 13 inches) or 2020 (13 to 15 inches in length). A few two to five-pound rainbow trout were also put into Burke and Quincy Lakes last fall. Additional catchable trout will be planted in several of these lakes in April.

Staci Lehman with WDFW says as of February 25th, the Tucannon Lakes still had a thin layer of ice on them and WDFW personnel had not been able to stock them yet. However, the word from The Last Resort near the Tucannon lakes is the trout will probably be stocked next week so you might want to hold out a few days beyond March 1st before heading to this Southeast Washington trout fishery.

All of the above lakes are open to catch and keep fishing with bait allowed. There are also several lakes in Grant County opening up March 1st under selective regulation rules (no bait and only single pointed barbless hooks on artificial lures). These lakes are also closed to boats with outboard motors but offer quality size trout in a more peaceful setting with an emphasis on catch and release angling. They include Dusty Lake in the Quincy Lakes Unit, Dry Falls Lake and Lake Lenore south of Coulee City and Nunally as well as Lenice Lake near Beverly.

WALLEYE WILLIE MEMORIAL



PHOTO BY JOHN KRUSE.

Faith Kruse casting for trout at Burke Lake last spring

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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

5 Tips for Buying Life Insurance

(StatePoint) More and more people are realizing that adding life insurance to their financial plan can provide a measure of security for their loved ones. In fact, according to a survey by the financial services trade association LIMRA, the first six months of 2021 saw the highest number of U.S. life insurance policies sold since 1983, and nearly one in three Americans said they were more likely to purchase coverage due to the COVID-19 pandemic.

Whether you're buying life insurance for the first time or reviewing your policy to make sure you have the right coverage, here are five tips to help guide you in the right direction:

1. Know the difference between term and permanent life insurance. Term life insurance coverage lasts for a set amount of time – most policies are for 10 to 30-year terms – while permanent life insurance covers your entire lifetime. There are advantages and disadvantages to both, but some prefer term since

it has a lower premium compared to permanent; it can be tailored to the length of time it's needed (such as long enough for your mortgage or your children's college educations to be paid for). On the other hand, permanent policies often have cash accumulation and can be tailored to last your lifetime.

2. Determine how much you need. There are several factors to consider, including your age, debts, monthly expenses and number of

children. Did you know that even stay-at-home parents and student loan cosigners could have a definite need for life insurance? An insurance agent can help you figure out who and what you need to protect. To estimate your coverage needs, use the free Erie Insurance life insurance calculator found at www.erieinsurance.com/life-calc.

3. Purchase sooner rather than later. If you hold off buying term life insurance until age 50, the rate can be up to 212% higher compared to buying at age 30. So don't wait. Policies are more affordable than you may think. Permanent policies can also drastically change over time. For example, a

\$250,000 Erie Family Life policy could cost less than \$15 a month, or about what you might spend on three or four coffee shop drinks.

4. Talk with a trusted advisor.

An insurance agent can help answer any questions you have, walk you through the process, lay out the options that make sense for your life and budget, anticipate your needs and make the process efficient. In many cases, your advisor can tell you how much you need and how much it can cost in just a couple of minutes.

5. Choose a proper beneficiary.

In other words, decide who you want your benefit to go to when you pass away, such as a spouse, close family member or grown child. There's also the option to leave it to a charity, school or church. It's important to make sure you think through who your beneficiaries are and if any proceeds meant to benefit a minor should be held in trust. When selecting a beneficiary, a policy owner must select someone with "insurable interest" in the life of the insured. Insurable interest generally means that the beneficiary will incur some type of loss should the life insured pass away.

"Insurance is a critical part of any financial plan," said Louis Colaizzo, senior vice president of Erie Family Life. "This is why we're continuing our efforts to educate customers about the importance of having adequate coverage that ensures their loved ones are protected."

Taking an over the counter Anti-inflammatory

Where were you in 1974? Were you watching the Miami Dolphins beat the Purple People Eaters in the Super Bowl? Did you see Paul Newman and Robert Redford in the movie *The Sting*? I fell head over heels in love with ragtime watching that movie, and I still am in awe of Scott Joplin's musical genius. Were you watching as Richard Nixon resigned his presidency?

The year 1974 was when the Food and Drug Administration approved ibuprofen for mild to moderate pain and inflammation, available only with a doctor's prescription.

Although acetaminophen eases headache and fever, a non-steroidal anti-inflammatory medication (NSAID) like ibuprofen is more effective for relieving muscle aches and inflammation. Ibuprofen is also less irritating to your stomach than aspirin, allowing higher doses with fewer side effects.

Facing the expiration of its patent protection, ibuprofen's manufacturer applied to the FDA for approval to sell it at a lower dose without a prescription. In contrast to the 400mg, 600mg, and 800mg tablets of prescription-only Motrin® in 1984, the FDA approved ibuprofen as non-prescription Motrin-IB®200mg tablets.

Years later, naproxen followed the same path: first



as a prescription-only anti-inflammatory, then approved for OTC use as Aleve®. There are four options for pain relief by mouth without a prescription: aspirin, acetaminophen, ibuprofen, and naproxen.

For muscle pain, menstrual cramps, and toothache, non-prescription doses of naproxen or ibuprofen are much safer than aspirin and more effective than acetaminophen.

NSAIDs are sold by themselves and as an ingredient in many over-the-counter (OTC) cold, flu, and allergy remedies.

78-year-old Rose has heart failure. She takes a water pill to keep fluid from building up in her lungs. Six months ago, Rose came down with a flu-like illness, becoming so short of breath that her doctors first suspected COVID or pneumonia and hospitalized her. It turned out that despite taking her water pill, her lungs were filling with fluid from an exacerbation of her heart failure. Over the next 3 days, she recovered and went home.

Last month, Rose returned to the Emergency Department,

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SENIOR FOCUS

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Anti-inflammatory

CONTINUED FROM PAGE A2

short of breath. The only thing she did differently was take Advil® Cold and Flu, which contains ibuprofen. She continued taking her water pills, but it wasn't enough. The ibuprofen triggered fluid retention, causing her breathing problems from the fluid building up in her lungs. Ever since, she has avoided all NSAID medicines, and she feels great. Although NSAIDs are usually safe when taken to relieve fever and muscle aches, they can be dangerous for people with certain medical conditions like Rose's heart failure. NSAIDs can also spell trouble for people with kidney

problems, like diabetics. Taking prescription or OTC ibuprofen or naproxen can trigger kidney damage in certain situations, especially if you get dehydrated. Sweating a lot when outside in hot weather or experiencing nausea, vomiting, or diarrhea can cause dehydration. Taking any NSAID when your body is too dry can seriously harm your kidneys. People who have had a bleeding ulcer should also avoid taking NSAIDs like ibuprofen and naproxen. That's because these medicines interfere with maintaining the protective gel layer that lines your stomach. This vital gel layer ensures that your stomach acids digest your food instead of your stomach. Taking ibuprofen or naproxen encourages thin

spots and erosion of the lining of your stomach, setting you up for an episode of stomach pain or bleeding. Even considering these possible side effects, NSAIDs like ibuprofen and naproxen are powerful against muscle sprains or strains, tension headache, dental pain, and menstrual cramps. When taken at the beginning of menstrual flow, just one dose of ibuprofen or naproxen can head off debilitating abdominal cramps. One dose of an NSAID right before a tooth extraction can avoid suffering from swollen "chipmunk cheeks" afterward. **Here are 5 Tips to Help Keep Yourself Safe When Taking NSAIDs:**

1. Keep yourself well hydrated.

2. Ask your doctor first. Most people can take low doses of ibuprofen or naproxen without harm. For those who have kidney problems, it's much safer to take Tylenol® or acetaminophen for your aches and pains. NSAIDs can aggravate and accelerate kidney problems. Please consult your doctor first before taking ibuprofen, naproxen, or any other

3. Protect your heart. Have you been diagnosed with congestive heart failure, also called CHF? If so, avoid taking any medicine that includes an NSAID, which causes sodium and water retention. NSAIDs counteract the beneficial effects of drugs that work to keep fluid out of your lungs and reduce swelling in your hands and feet.
4. Watch your blood pressure. NSAIDs cause sodium retention, triggering water retention. This can cause your blood pressure to rise, interfering with how most blood pressure medicines do their job.
5. Don't double up. Avoid taking more than

one NSAID at a time. It's surprisingly easy to take two NSAIDs at the same time. That's because the prescription strengths have different brand names than the OTC versions of the same medicines. Not realizing that you are taking two medicines with the same ingredient puts you at risk for overdose and side effects like stomach pain, bleeding, or kidney problems.

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

How Home Healthcare Can Improve Lives and Deliver Better Care

(StatePoint) There is a growing demand for in-home caregivers and there is good reason for that, say experts. There are many unique advantages that healthcare at home, or in another familiar setting, provides. "Offering a full continuum of care, home healthcare includes pediatric, adult nursing, senior care, postoperative care, Medicare-approved visits and hospice, allowing for an individualized approach focused on empowerment and the pursuit of possibilities rather than perceived limitations," says Jennifer Sheets, president and CEO of Interim HealthCare Inc., the nation's leading franchise network of home healthcare, personal care, healthcare staffing and hospice services. "The home is where care can happen in the most personal way, typically resulting in higher quality care, reduced hospital readmissions, optimization of healthcare dollars, improved outcomes and greater patient satisfaction."

As part of "The Difference is Home," a campaign aiming to educate people on the value of home healthcare, Interim HealthCare is sharing the experiences of individuals profoundly impacted by home healthcare:

- **Kaitlyn Metro**, pediatric care patient. Born with a condition causing seizures and severe developmental delay, Kaitlyn requires a feeding tube and total nursing care. She's received home healthcare for 16 years. While she doesn't speak or walk, home healthcare allows her to be surrounded by her loving family and nurses who adore

her and closely monitor her condition.

- **Louis Klein**, COVID-19 recovery patient. After spending four days in the hospital with COVID-19, Louis was discharged into home health services as part of his Medicare benefits. Prior to that, he was an active 85-year-old who played golf every week. The compassionate nursing care, physical therapy, and occupational therapy he received helped him improve significantly in a matter of weeks, with the goal of full recovery without the need for rehospitalization.
- **Howard and Charlene Russell**, hospice patients. Married for 65 years, Howard and Charlene have had many wonderful life experiences and wanted to continue living well as they aged. After receiving home health services, the couple transitioned to hospice due to declining health. The nursing and aide care, social services and chaplain support that hospice at home uniquely provides have allowed them

to make the most of their time, while surrounded by loved ones. To see more stories like these, visit: differenceishome.com. Behind the Success "The tireless helping hands behind the scenes of these inspiring stories often go unrecognized," says Sheets. "From home health professionals and paraprofessionals who provide care and the certified agencies who employ and support them, to physicians, discharge planners and social workers who support their outcomes and the health plans that reimburse this invaluable service, there is an entire community of care that the home healthcare industry thrives on." Asthenation's first homecare company, Interim HealthCare continues to innovate the care delivery process. For more information on Interim HealthCare's services, visit interimhealthcare.com. "Every day, we see the difference home-based care has on clients' lives," says Sheets. "What the last two years have taught us is that home is where outcomes are better and where people truly want to be."



10 Doctor-Recommended Ways to Improve Your Overall Health



(StatePoint) While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible steps you can take to feel your best and better protect your health. "It is always the right time to consider your personal goals, and how you can make positive health choices," says American Medical Association (AMA) president, Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health." Not sure where to start? Consider these tips from the AMA:

1. Make sure your family is up to date on their vaccines, including the annual influenza vaccine for

2. Learn your risk for type 2 diabetes by taking a simple online 2-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.
3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.
4. Know your blood pressure numbers. Take the time to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.
5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.
6. If your health care professional determines

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.
8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.
9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.
10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

More health resources and tips can be found my visiting ama-assn.org. For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.

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Eloise Day
is celebrating her 100th Birthday. Please join us for the celebration on **Saturday, March 12**. Open house 1-3 p.m. at the Cashmere Presbyterian Church.

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Cashmere Pageant Cancelled...Again

Although There is Hope for Festival Participation
By MEGAN SOKOL
Staff Writer
Cashmere Pageant Coordinator Valerie Carney has confirmed that they will not be doing a standard Cashmere pageant this year. Instead, they are opting to hold an essay content for Cashmere High School juniors and seniors and hope to send them to neighboring parades across North Central Washington. In 2020, the pageant board was hit with the news that the threat of COVID-19 would limit large gatherings, leaving them no choice but to cancel the pageant. "Those girls couldn't get in to any parades. They did a ton of service projects, which was amazing," Carney explained, "but it just wasn't the experience that they were hoping." In 2021, COVID-19 restrictions left the board unable to hold practice in school buildings. However, with many restrictions slowly lifting away as COVID-19 positivity rates decrease, Carney is hopeful that she can slowly reassemble a pageant board and find a float driver. "This year it's looking like things are going to open back up a little bit more and more of the parades are going to be back on." She hopes that they can get things rolling before the arrival of both the May Wenatchee Apple Blossom parade and the September Autumn Leaf Festival in Leavenworth. "We're hoping that maybe we can get the word out that we're looking for a lot more help and it doesn't have to be people who have girls who want to do the pageant. It can be anybody who's looking for a way to serve the community" Carney hopes to get the Cashmere Pageant fully functioning by 2023, she is still looking for a board of 6-7 people and states that anyone can help if they are interested.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

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Call for the Zoom link to Leavenworth ALANON meetings: 509-548-7939
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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.

Over 100 illegally parked cars at Stevens Pass Summit

By MEGAN SOKOL
Staff Writer
During the three-day President's Day weekend on Feb. 20, nearly 100 cars were piled high to the side on the Stevens Pass summit, vying for a spare parking space in the packed Stevens Pass resort parking lots. Washington State Trooper John Bryan reported that the line of parked cars led to a backup on US HWY. 2, stating that the illegally parked cars led to dangerous driving conditions. "It's a dangerous situation because when you park in that area and maybe you want to walk up, there's no paths to walk up to the ski resort. You gotta walk along the highway, a busy highway, a dangerous highway, a highway that's snow packed." The majority of drivers drove away once Leavenworth tow trucks arrived. In the end, four cars were towed away.

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.

- February 18**
15:11 Welfare Check, 102 Titchenal Way.
19:59 Suspicious Activity, 300 Aplets Way.
22:33 Sex Offense, 125 White Birch Pl.
22:44 Property, 115 E. Pleasant Ave. #3.
- February 19**
06:20 Trespassing, 4352 Old Monitor Rd., Monitor.
10:26 Welfare Check, 4875 Kelly Rd., Monitor.
16:05 Trespassing, 310 River St.
16:38 Missing Person, 109 Newberry St.
17:33 Civil, 8703 Alice Ave., Dryden.
- February 20**
10:31 Hazard, Riverfront Dr. and Kelly Rd.
12:25 Suspicious Activity, Mission Creek Rd. and Pioneer Ave.
19:55 Welfare Check, 305 Independence Way #310.
- February 21**
12:28 Assist Agency, 700 Cottlets Way.
17:34 Malignous Mischief, 9220 Olalla Canyon Rd.
21:09 Attempt to Locate/Contact, Mission Creek Rd.
21:17 Domestic Disturbance, 102 Titchenal Way.
- February 22**
11:25 Parking/Abandon, 201 Riverside Dr.
12:43 Suspicious Activity, Pioneer Way and Old Monitor Rd.
16:26 Welfare Check, 100 Blk Cottage Ave.
19:02 Extra Patrol, 9013 Motel Rd., Dryden.
- February 23**
04:59 Assault, 8978 Motel Rd., Dryden.
09:06 Harassment/Threat, 5079 Harden Rd.
12:11 CPS/APS Referral, 9845 Nahahum Canyon Rd.
17:16 Trespassing, 107 Riverfront Dr.
23:09 Civil, 318 Peshastin St.
- February 24**
06:13 Vehicle Theft, 300 Cottage Ave.
06:58 Non-Injury Accident, Dryden Ave. and US Hwy. 2.
08:53 Scam, 8650 Dryden Frontage Rd.
10:23 Miscellaneous, 300 Tigner Rd.

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.

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Wildfires

CONTINUED FROM PAGE A1

session. Passing this expanded policy was a multi-year effort by Commissioner Hilary Franz and her DNR staff. I was very proud to support this effort. These new investments are important because the state has already spent hundreds of millions in recent years reimbursing the costs of wildfires. And that does not even factor in the negative long-term economic impact that wildfires have had on communities in our district, including the impact on our all-important tourism or recreational opportunities. There are also emotional costs and losses that cannot be quantified, as courageous firefighters from our area, sadly, have lost their lives or been severely injured battling these blazes. Finally, there is a quality-of-life impact caused by wildfires, as smoke can blanket a region, making it dangerous for people to be outdoors and difficult for many to breathe.

Legislature approved my Senate Bill 5158

After the Electric Utilities Wildland Fire Prevention Task Force released its recommendations to the Legislature, I began partnering with Chelan PUD and DNR to boost funding for the group and help implement its recommendations. My Senate Bill 5158, signed into law by the governor in 2021, directs Commissioner Franz to work with a Utility Wildland Fire Prevention Advisory Committee to implement recommendations. These recommendations involve ways to prevent utility-caused wildfires, including model agreements to remove dangerous trees, developing communications protocols, and considering investigation recommendations. The group's work would be maintained and periodically updated on DNR's website to benefit utilities and our state. This work is very important to many of our local utilities, especially considering the 12th District's recent history of catastrophic wildfires.

History of my sponsored wildfire bills

During my years of work in the Senate, I have developed a strong partnership with my legislative colleagues and the DNR. During my first term as 12th District senator, three of my bills related to forest health or wildfire prevention were passed by the Legislature and signed into law, and last year, my first year of my second term, I sponsored and helped pass Senate Bill 5158. Commissioner Franz and her DNR staff worked diligently alongside me for each effort. Below is a summary of these four approved bills:

1. Senate Bill 5158 (approved, 2021) establishes the Utility Wildland Fire Prevention Advisory Committee to implement recommendations. The group's work includes establishing model agreements to remove dangerous trees,

finalizing communications protocols and investigation recommendations. This work is very important to many of our local utilities.

2. SB 6211 (approved, 2018) provides DNR authority to handle revenue and authorize spending under the Good Neighbor Authority agreement signed by DNR and the U.S. Forest Service in 2017. The Good Neighbor Authority is a partnership between governments to streamline management of national forestlands.

3. Senate Bill 6032, Sec. 303 (approved, 2018) directs funds to the Washington State Parks, at the request of the Forest Ridge Wildfire Coalition, for forest management activities at the Squilchuck State Park in Chelan County.

4. Senate Bill 5546 (approved, 2017) directs DNR to set up a framework for assessing the health of fire-prone lands and treating them. It sets a specific goal of assessing and treating 1 million acres over 16 years, most likely through prescribed fire and mechanical thinning. The bill also includes a stakeholder process and biennial progress reviews to the Legislature.

5. Senate Bill 5270 (approved, 2017) was passed unanimously by both legislative chambers and signed into law by the governor to remove the "temporary" label from the contract-timber harvest program operated by DNR. The program allows the agency to hire someone to harvest timber and sort the logs, after which DNR can sell them. It began in 2003 and was expanded by lawmakers in 2009.

Looking ahead on wildfire issues

The state wildfire season is unfortunately growing longer. It is not even a wildfire "season" anymore because fires are occurring as early as April and some aren't totally extinguished until a heavy rain or snowfall late in the year. Wildfires are no longer just impacting areas in central or eastern Washington. We're seeing wildfires west of the Cascades, also. This is having a significant and growing impact on our state budget and local communities. The Legislature has taken positive steps forward recently on wildfire policy with my bills and others. One bill of particular interest this session is Senate Bill 5803, sponsored by Sen. Christine Rolfe, directing utilities to develop wildfire mitigation plans. As part of this process, the Utility Wildfire Advisory Committee associated with Senate Bill 5158 would have input in the planning. Each session going forward, there likely will be one or more wildfire bills of interest. As we move ahead identifying state priorities, the issue of wildfires and wildfire suppression should continue to be high on our list. In addition to state efforts, the federal government is also stepping up funding for wildfire prevention, which is expected to complement the state's strategy.

Marco Aurilio's Statement on Wildfire

Prevention

Leavenworth City Councilmember Marco Aurilio is a former volunteer Lieutenant Firefighter for Chelan County District 3. One of his chief priorities for the Leavenworth community is to help fortify the upper valley region against the threat of wildfires destroying the neighborhood.

"Leavenworth is in a very high-risk category in terms of Washington. I think we're top three and we have a lot of infrastructure that's at risk in terms of houses and other things. As recent as the fires we saw in Colorado that destroyed a thousand homes in a very short period of time. I think we're behind the game and we need to get way more proactive in terms of getting this fuels and potential for what they call extreme fire behavior. That potential is so big that when it hits, it's going to be too late.

Part of our biggest problem is that we are surrounded by Forest Service land, so creating that cooperative agreement between the forest service and the state is one of our biggest challenges. I believe Hillary Franz is working hard on that, but most of the land around Leavenworth, which is my primary concern, is actually forest service land. The DNR is going to have a hard time."

Aurilio references Research Ecologist Dr. Paul Hessburg, who delivered a TedTalk regarding future prevention from "megafires." The theory Aurilio cites is one where trees must be safely burned in order to reduce the risk of the tree spreading embers to neighboring ecosystems via wind gusts.

"It reaches what's called a healthy state where the forest will run into previous old burn scars and put itself out. Whereas if we have a high fuel forest burning, the 80% of the homes that burn from wildfire run from embers that are emitting from the wildfire. It's not usually direct flame impingement and those embers can come from miles away."

Aurilio states that wildfire

prevention will require both state and federal efforts and hopes that North Central Washington can become the chief authorities on the discussion of wildfire prevention. He also states that retrofitting older homes to be more fire-resistant can help reduce the negative loss from wildfire spread.

"We have the Chumstick

Wildfire Coalition and Cascadia Conservation District that have been working with the DNR to do what's called small landowner fuels reduction, and they've been doing what's called a cost-share program. So they come out and do chipping and they will come out and, and cost share. So if that person who lives in the Wildland Urban

Interface (WUI) and they have a lot of land depending on the land size, [i.e. Rattlesnake Hill in Leavenworth] if they want to reduce fuels and reduce ladder fuels specifically (fuels that cause a ground fire to go up into the grounds) if you can reduce that, that's actually extremely effective that reduces fuels in town on private land."

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The Russian Invasion in Ukraine

An Interview with our Graphic Designer in Romania

BY: MEGAN SOKOL
Staff Writer

Writer's Note
As a reader, you may be asking why we would be covering a situation that is seemingly so far removed from our upper valley region. If you are reading our paper in print or online, then it can be speculated that you are also aware of the situation that is plaguing Ukraine and its citizens.

Since Feb. 24, news broke that tens of thousands of Ukrainian refugees have rushed to the borders of Poland, Moldova, and Romania due to the Russian invasion.

Context: According to Reuters, Romanian Defence Minister Vasile Dincu estimated that Romania could hold 500,000 Ukrainian refugees if needed. However, after swaths of Ukrainian refugees came to the northern Ukrainian-Romanian border, the Romanian government expressed hesitancy to permanently hold Ukrainian refugees.

Washington politicians Sen. Patty Murray provided

a statement on Feb. 24 highlighting her support for the citizens of Ukraine:

"The Ukrainian people are being plunged into a deadly and devastating war because of the cruel ambition of one dictator—make no mistake, the death and destruction of this conflict will lie solely at the feet of Vladimir Putin.

"This conflict is totally fabricated but its human toll will be very real. Swift measures must be taken to inflict severe and devastating sanctions—Russia must pay a crippling price for invading a sovereign democracy unprovoked. This is a time for our country and the world to stand united—in strong support of Ukraine and firmly against Putin and his cronies. "I'm thinking of my constituents with friends, family, and loved ones in Ukraine—and my heart is with the Ukrainian people who only want peace, but are being forced to endure a brutal war. I will continue to do everything in my power to ensure the United States is doing its utmost to provide the necessary support for the Ukrainian people."

Interview:

In this article, we will be sharing an interview that was

conducted with our graphic designer Catalin Daniel Ciolca, who currently resides in the Romanian capital of Bucharest.

Megan Sokol:

Let me just start by asking how everything has been?

Catalin Daniel Ciolca:

Well, here in Romania, as far as I'm concerned we don't feel anything. Except the people at the northern border where alot of refugees from Ukraine came [from], but otherwise we don't feel the world. They didn't attack us. I doubt they will because they have nothing to do here. Their main concern is about Ukraine and their business with them.

MS: So have you personally seen an influx of Ukrainian refugees near where you live?

CDC: No, because, I'm in Bucharest. Bucharest is a capital city and it's in the southern part of the country. The Ukrainian border is northwest and there's something like 500 or more kilometers from here to the border. We are watching on television, like the rest of the world.

MS: Do you believe that the Romanian government is going to get involved at all?

CDC: I truly hope not, but I

don't believe anything. I have no information either way or another. I really hope they stay out of this because it's none of our business, it's the Russians. The easiest way to live with the Russians, because we have a long history with the Russians, is to lay low.

MS: How is NATO helping to protect Romania from this conflict?

CDC: Well, I don't know. They're sending troops over here and this is starting to worry me because it's very easy to protect someone when the war is not on your soil. We've been in this situation in the past. We were caught because of the geographic [location]. We're a small country and we always ended up being caught between the battles of the big ones. I strongly fear [that this] might be the case this time too. Otherwise, I don't know, [but] I don't think they will. Honestly, if Putin is crazy enough to attack Romania, which I strongly doubt, but let's say he attacks, I strongly doubt that NATO will start a worldwide war only to protect us. It happened before in the second world war, the French and the UK were warranting powers for Poland and then Hitler invaded Poland and

they did nothing. Apart from the rhetoric and the speeches and the slogans, I don't think they will. This is my opinion, I could be wrong.

MS: When you say that troops are getting deployed, are those Romanian troops or Ukrainian troops?

CDC: No, they started to send some, as far as I [could] read [from] the news, they started to send some French planes and also some U.S. planes and some troops, but not heavily dispatched as far as I understood. So it is not a massive war mobilization so far, but they have sent some troops. Frankly, this started to worry me for the reasons I have told you earlier.

MS: How do your friends and family feel about the situation?

CDC: Everything here is normal. We are worrying of course, but everybody lives

life as usual. So far nothing has changed. We are more troubled about the raise of prices of energy and natural gas, which happened worldwide. But we fear that this war will increase those prices even further. So this is our main concern for now, at least that is mine.

MS: Does Romania use Russian natural gas?

CDC: Strangely enough, we have reserves and we are using about 80% of the gas from the natural resources in Romania. Despite that, we have the highest prices in Europe, so we have some marvellous leaders.

Update Note: The situation quickly evolved since giving this interview and now the Romanian government transformed many locations (such as stadiums and sport halls) throughout the country, including the capital Bucharest, into shelters for Ukrainian refugees who keep coming. The waiting time for the immigrants at the Ukraine - Romania border is well over 10 hours and the queue of vehicles waiting to enter Romania is several kilometers long.



What We Get When We Give

More happiness, less stress, better relationships. Sounds pretty good, doesn't it? Latest research shows that living generously—that is, developing a consistent practice of donating your time, talents, and treasures—may reap more rewards for the giver than the receiver.



By DENISE SOROM
Director of Philanthropy at the Community Foundation of North Central Washington

We all can relate to the "warm glow" sensation—that feeling of satisfaction, or goodness, or (maybe there isn't a word in the English language for it) that befalls us when we've done something generous for another person. We may understand intuitively that being generous makes us happier, but you can take heart in knowing that this link has been studied and confirmed by dozens of researchers over the past several decades.

In 2018, the Greater Good Science Center out of the University of California at Berkeley prepared a white paper entitled "The Science of Generosity" written by Summer Allen, Ph. D. Dr. Allen cites over 300 different studies and meta-studies on generosity

and provides a summary report that examines roots of human generosity, the consequences of generosity, and the individual, social and cultural factors that influence generosity.

I zoomed in to the section that describes the consequences of generosity, and I liked what I found:

1. Acts of generosity decrease stress. Dr. Allen cited evidence that "helping others may act as a stress-relieving buffer—which may, in turn, delay severe health problems and death." People who were assigned to engage in generous acts toward specific others were found to generate less of something called the CTRA gene, which is a gene that links negative psychological and social events with negative health outcomes. So, less CTRA gene means your body is experiencing less stress! Maybe that "warm glow" is us healing ourselves from the inside out?
2. Generosity makes us happier. The most compelling link that was confirmed in the report was

that between generosity and happiness. Dr. Allen asserts, "While popular culture may imply that happiness comes from focusing on yourself, research suggest the opposite: Being generous can make you happier." Studies have shown that everything from volunteering your time to help others, donating money (especially when you understand the positive impact your dollars are making, caring for loved ones, and performing small acts of kindness throughout your day improves one's sense of well-being.

3. Generosity leads to better relationships. Dr. Allen cites several studies that confirm that acting generously improves romantic relationships, friendships, and general interactions



with others. Imagine this scenario: Your friend does not respond to your email because of technology problems. Instead of assuming it is because you are not a priority and acting in a tit-for-tat fashion, act

a bit more generously than that person's last action. "Adding a small generosity buffer and giving someone the benefit of the doubt may lead to more cooperation and stronger relationships." So, go forth in life with more

generosity and you may find you are the one who is really receiving the most! To learn more about how CFNCW may be able to help you build on your generosity and happiness check out our new website at www.cfncw.org.

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Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

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

CORNERSTONE 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
Virtual Zoom Service, Sunday,
11 a.m. until further notice.
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.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com
www.newlifeleavenworth.com

PLAIN

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

Cashmere Bulldogs

CONTINUED FROM PAGE A1



PHOTO BY MEGAN SOKOL
Cashmere Freshman Allie McKenna spies the ball as it soars above her and the Freeman player.

BULLDOG SCOREBOARD

GIRLS BASKETBALL

Feb.25	Cashmere Win 56, Freeman 23 loss
Quarterfinals	March 3, 7:15 p.m in the Yakima Sun Dome.

Proud to support THE BULLDOGS!

Cashmere Physical Therapy
203 Mission. Ste. 203, Cashmere • 782-8818

GO BULLDOGS



PHOTO BY MEGAN SOKOL
Cashmere Senior Riley Johnson dukes it out with Freeman player as they head to the Freeman team's net.

GO DOGS!

PROUD TO SUPPORT CHS SPORTS!

The NCW Realty Inc. Team

103 COTTAGE AVE • (509) 782-1122
WWW.NCWREALTYINC.COM

Cashmere Physical Therapy

Way to go!

Another Terrific Season Bulldogs!

203 Mission. Ste. 203, Cashmere • 782-8818

Proud to support from the bleachers and beyond.

GREAT SEASON BULLDOGS!

f CASHMERE BOOSTERS

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.

JONES & JONES ~ BETTS

Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561
jonesjonesbetts.com

Honoring the lives of residents in the Valley for over 100 years.

LIBERTY ORCHARDS

Makers of Aplets & Cottlets

BULLDOG PRIDE

Congratulations on Your Winning Season!

libertyorchards.com | 117 Mission Ave., Cashmere | 782-4088

Milne Insurance Agencies, Inc.

Auto • Boat • Home Farm • Business R.V.
205 Woodring Ave. • Cashmere • 782-2213

Congratulations on your Triumphant Season Bulldogs!

Play Hard At State

Bruce Cheadle, Agent

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

State Farm Insurance Companies
Home Office Bloomington, Illinois

WESTERN RANCH BUILDINGS

STEEL & POST FRAME BUILDING CONTRACTORS

Your building can be customized just the way you want!

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NEW LOCATION
509-884-0555 1107 Walla Walla Avenue
www.westernbuildings.com Wenatchee, WA 98801

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • AGRICULTURAL

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

Outdoors

CONTINUED FROM PAGE A1

SHOOT OUT:

Walleye Willie Ross, a well-known and well-liked fishing guide based out of The Dalles, passed away this winter. Several of his friends are putting together an event called the Walleye Willie Shootout Memorial Benefit Tournament as an opportunity to go fishing, commemorate Willie, and raise funds for the Celilo Cancer Center Fund in honor of both Willie and his wife Sheila who passed away two years ago.

The event will happen April 2nd at The Dalles Marina. Sign in and a safety meeting takes place at 7 AM, fishing occurs on the Columbia River from 8 to 4. Right after that high-end fishing rods from Stryker Rods will be given to the anglers who catch the largest bass or walleye of the day. On top of this, a number of manufacturers have provided prizes that will be raffled off.

The suggested donation is \$25. You can find out more and find a link to donate, whether you are coming to fish or not, at <https://www.facebook.com/Walleye-Willie-Shootout-Memorial-Benefit-Tournament-112100761396308>

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

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

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

CLASSIFIEDS



PUBLISHER'S NOTICE

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

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



Administrative
Puzzle Solution

D	O	U	R	S	H	E	B	O	R	A		
O	G	R	E	O	P	E	D	A	U	R	A	L
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2	5	1	9	4	3	6	7	8
9	8	3	1	7	6	5	4	2

Announcements

Lost & Found

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

Leavenworth/Cashmere
509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror**
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com
Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

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

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

Ads will be placed in the following Wednesday edition of the papers.

It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For

The Leavenworth Echo or Cashmere Valley Record
Call 509-548-5286 or email classifieds@leavenworthecho.com

Employment

Help Wanted



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

Cascade High School/Icicle River Middle School Choral Director

Icicle River Middle School STEM/Honors Math Teacher

Cascade High School Spanish Teacher

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

Bartenders wanted. Full-time and part-time positions available immediately.

Brewster American Legion. Applications available at Post or on our Facebook page: American Legion Columbia Post 97, (under jobs, open jobs click the bartender, click view applicant).

Call 509-689-3307 after 1 p.m. Thursday-Friday or call 509-733-2700 after 4:30 p.m. Monday-Friday.

Help Wanted



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

Cascade High School Fall and Winter Cheer Coach(es)

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



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

• Icicle River Middle School Assistant Track Coach

• Icicle River Middle School Boys Head and Assistant Soccer Coach

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

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 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.

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.

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

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 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 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.

Help Wanted

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 for job application instructions or pick-up application at the Chelan Parks & Recreation Office at 619 W Manson Hwy, Chelan.

Help Wanted

Receptionist-Administrative Assistant

The **Lake Chelan Mirror newspaper** is looking for an outgoing person for this full-time job, Monday-Friday. Qualified applicant will answer phones, take ad orders, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, and have good math skills. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities, this is the job for you. Dependability and dedication are important work skills for this rare opportunity.

Help Wanted

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

The Bridgeport School District is seeking qualified individuals for the following positions for the 2022-23 school year: Psychologist, Speech Language Pathologist, Elementary Music Teacher, Secondary Music Teacher, HS Foreign Language Teacher, HS CTE/Computer Applications Teacher. All positions are open until filled. Apply on-line: <https://bridgeportjobs.hrmplus.net/Home.aspx>. For further information, please contact the HR office at 509-686-5656 or email jobs@bsd75.org. BSD is an equal opportunity employer.


Help Wanted

Larviciding Assistant Wanted. \$18.51/ hr. plus mileage (need your own rig). 5 to 20 hours / week applying bacterial larvicides. Must be available all of May and June and pass pesticide license tests in Public Health and Laws and Safety in Wenatchee March 17 at 12:30 pm. Study materials provided. Call or text 509-548-5904 and send resume and cover letter by March 5 to P.O. Box 34 Leavenworth, WA 98826 or info@leavenworthmosquitodistrict.com

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

Help Wanted

Reduce Reuse Recycle

WHAT'S HAPPENING

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

AMBUSH AUTOMOTIVE BUYERS

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



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low **\$25** fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Help Wanted

Looking for a great local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com...

Garage & Yard Sale

CLEAR SOME SPACE WITH A



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

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

Print only? Deadline Friday at Noon for all papers

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

Leavenworth Cashmere Call: 509-548-5286

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

Vacation Rentals

\$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.

808-298-1031

Vehicles

Trucks & Vans

For Sale: 1995 Dodge 2500 Cummins Diesel truck. Excellent condition inside and out.

Legals

Public Notices

Superior Court of Washington for Chelan County

In the matter of the estate of James D. Willems, Deceased. No. 22-4-00033-04

Notice To Creditors (RCW 11.40.030)

The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070...

DATED this 27th day of January, 2022.

STW LAW, PLLC By: Stephen W. Reagan, WSBA #41328 Attorney for Plaintiff

Published in The Cashmere Valley Record/Leavenworth Echo on Feb. 2, 9, 16, 23, and Mar. 2, and 9, 2022. #3551.

Public Notices

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

No. 22-2-00062-13 SUMMONS BY PUBLICATION FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman.

Plaintiff, vs JOHN R. WERST and VIRGINIA WERST, husband and wife; the UNKNOWN HEIRS OF JOHN R. WERST; the UNKNOWN HEIRS of VIRGINIA WERST; ALBERT DIEDE and BERNICE DIEDE, husband and wife; the UNKNOWN HEIRS of ALBERT DIEDE; the UNKNOWN HEIRS of BERNICE DIEDE; HENRIETTA GRIFFITH, a single woman; KERRY JOHN GRIFFITH and JANE DOE GRIFFITH, husband and wife; LAURIE ANN GRIFFITH, as her separate property; and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY, Defendants.

THE STATE OF WASHINGTON TO THE SAID DEFENDANTS: UNKNOWN HEIRS OF JOHN R. WERST and VIRGINIA WERST, the UNKNOWN HEIRS OF ALBERT DIEDE AND BERNICE DIEDE, and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY

You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, to wit, within sixty (60) days after the 2nd day of February, 2022, and defend the above-entitled action in the above-entitled court, and answer the complaint of the Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, and serve a copy of your answer upon the undersigned attorneys for Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.

The object of Plaintiff's action is to quiet title in and to Grant County Parcel No. 15-0956-000, which is more particularly described as follows:

Those portions of the Southwest quarter and the West half of the Southeast quarter of Section 4, Township 17 North, Range 24, E.W.M., Grant County, Washington, not included within the boundaries of Irrigation Block 79, Columbia Basin Project, Grant County, Washington, according to the plat thereof filed April 17, 1956.

DATED this 27th day of January, 2022.

STW LAW, PLLC By: Stephen W. Reagan, WSBA #41328 Attorney for Plaintiff

Published in The Cashmere Valley Record/Leavenworth Echo on Feb. 2, 9, 16, 23, and Mar. 2, and 9, 2022. #3551.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of R.J. REILLY, Deceased. No. 22-4-00104-04

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 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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: March 2, 2022

Personal Representative: Patrick J. Reilly

Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881

Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 22-4-00104-04

PATRICK J. REILLY Personal Representative

Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838

7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807

Published in The Leavenworth Echo/Cashmere Valley Record on March 2, 9, and 16, 2022. #3689

Public Notices

The Leavenworth Mosquito Control District board

will hold their first meeting of the 2022 season on Monday March 7th at 7 p.m via ZOOM. Those wishing to attend can find the link to the meeting at http://leavenworthmosquitodistrict.com/

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 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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: March 2, 2022

Personal Representative: Patrick J. Reilly

Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881

Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 22-4-00104-04

PATRICK J. REILLY Personal Representative

Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838

7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807

Published in The Leavenworth Echo/Cashmere Valley Record on March 2, 9, and 16, 2022. #3689

Published in The Leavenworth Echo/Cashmere Valley Record on March 2, 9, and 16, 2022. #3679

Public Notices

NOTICE OF PUBLIC HEARING ON 5701 EVERGREEN DRIVE ANNEXATION

Pursuant to RCW 35.13, the Cashmere City Council will hold a public hearing on Monday, March 28, 2022, at 6:00 p.m. at Cashmere City Hall, 101 Woodring Street on the following petition proposal for annexation into the incorporated City Limits of Cashmere. The proposed annexation is located at 5701 Evergreen Drive, Cashmere WA 98815, also identified by Chelan County Assessor's Parcel Number's 231905120300 and 231905120250. Complete legal description and site survey of the proposed annexation and petition are available at Cashmere City Hall for viewing by request.

The public is invited to attend and make comment or send written comments c/o Tammy Miller, Director of Planning and Building, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815, Tammy@cityofcashmere.org

Published in the Cashmere Valley Record/ Leavenworth Echo on March 2, 2022. #3659

Public Notices

CITY OF LEAVENWORTH

On the 25th day of January, 2022, the City Council of the City of Leavenworth, Washington passed the following ordinances. A summary of the contents provides as follows:

Ordinance 1649: An ordinance of the City of Leavenworth, WA, amending the 2022 salary schedule for the 2021-2022 budget and repealing ordinance 1646.

A copy of the full text of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826.

Published in the Leavenworth Echo/Cashmere Valley Record on March 2, 2022 # 3685

For Sale

Antiques & Collectibles

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

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

IN TOWN CASHMERE 3 bedroom, 2 bath, private backyard. Cute, clean available mid-February - March 1. 2 vehicle parking limit. No campers, trailers, ATVs, etc. \$1750 per month. Garbage included. one year lease required References. \$1000 deposit. Cats ok, no smoking. Call 509-860-4564.

IN TOWN LEAVENWORTH 3 bedroom, 1 1/2 bath, washer, dryer. No garage, shared patio, and small tool shed, 2 car parking limit. No ATVs, motorcycles, snowmobiles, trailers, etc. No pets, or smoking. Available Mid-February or March 1. \$1600 plus \$100. flat utility fee. References required. \$1000 security deposit. 509-860-4564.

Two bedroom apartment at the Chelan Airport area. Includes parking, electricity, laundry, and garbage, \$1,300 month. 509-860-6400.



www.leavenworthecho.com www.cashmerevalleyrecord.com

CROSSWORD PUZZLE



THEME: MARCH MADNESS

- ACROSS 1. In ill humor 2. Repeating word on South Pacific map 3. Man-eating fairy tail giant 4. Newspaper piece 5. Pertaining to the ear 6. Family group 7. Not the life of the party 8. Andean animal 9. Like Sunday, the day of announcements 10. Bodily disorders 11. 19th century Robber baron Jay 12. Architect's software, acr. 13. Articulates 14. Soak up 15. Cuban dance step 16. Auditory canal, e.g. 17. Needlefish, pl. 18. "Star Wars" creator 19. Swindle 20. March edition, e.g. 21. Rest or settle 22. "It never ends this way" 23. Another word for acetylelene 24. High or hilly land 25. Grazing spot 26. Copying machine 27. code 28. *Those remaining in last weekend (Two words) 29. Gives off 30. Afghanistan's western neighbor 31. Beginner 32. Send in payment 33. Halfway around links 34. Besides 35. Biz bigwig 36. *D- schools only 37. Swedish shag rugs 38. Like a ship? 39. Newsprint 40. Family group 41. Not the life of the party 42. Andean animal 43. Like Sunday, the day of announcements 44. Bodily disorders 45. 19th century Robber baron Jay 46. Architect's software, acr. 47. Articulates 48. Soak up 49. Cuban dance step 50. Auditory canal, e.g. 51. Needlefish, pl. 52. "Star Wars" creator 53. Swindle 54. March edition, e.g. 55. Rest or settle 56. "It never ends this way" 57. Another word for acetylelene 58. High or hilly land 59. Grazing spot 60. Copying machine 61. code 62. *Those remaining in last weekend (Two words) 63. Gives off 64. Afghanistan's western neighbor 65. Beginner 66. Send in payment 67. Halfway around links 68. Besides 69. Biz bigwig 70. *D- schools only 71. Swedish shag rugs

DOWN

- 1. Brown and "What's Up, ___?" 2. Gawk at 3. River in Orenburg, Russia 4. Weasel out 5. Go bad 6. Massacre of the Innocents king 7. "I Dream of Jeannie" star 8. *Last year's runner-up from Washington 9. Like word of mouth 10. Those born under Aries 11. Chicken king 12. Between 90 and 180 degrees 13. Spy's cover 14. Crocus bulbs, e.g. 15. *Network 16. *School with most titles 17. Car rack manufacturer 18. Like an implied agreement 19. Your mom's sister 20. Haile Selassie's disciple 21. Boston hockey player 22. Heart pain 23. Ken or Barbie, e.g. 24. *Placement 25. *First A in NCAA 26. Motivate 27. Biology class acronym 28. Benevolent 29. Leavening agent 30. Another word for golf club 31. Rice wine 32. Lacking sense 33. NYSE MKT, formerly 34. Frost design on a window 35. Porto, Italy 36. Like acne-prone skin 37. Bear constellation 38. Fish eggs, pl. 39. Before, archaic

SUDOKU PUZZLE

Sudoku puzzle grid with a sidebar advertisement for Grand Alaskan Cruise & Tour. The sidebar includes the text 'FROM \$1,699', '12 days, departs May - Sep 2022', 'VACATIONS', 'promo code N7017', '1-855-208-9533', and 'FREE DISCOUNT CREDIT'. Below the grid is the instruction 'Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.'

ANNIVERSARY Sale

PEPSI PRODUCTS
SELECTED VARIETIES
24 PACK, 12 OZ. CANS

748

LAY'S PARTY SIZE POTATO CHIPS
SELECTED VARIETIES
8.125 TO 13 OZ.

3/\$10

FRANZ SLICED BREAD
SELECTED VARIETIES
22.5 TO 24 OZ.

178

PREMIUM BEEF BONELESS BEEF SIRLOIN TIP ROAST

498 LB.

BONELESS SKINLESS CHICKEN BREAST
VALUE PACK

298 LB.

ALL NATURAL PORK SHOULDER ROAST
BONE-IN

198 LB.

Fresh Produce

ON THE VINE TOMATOES

148 LB.

LARGE CANTALOUPE

2/\$5

FRESH EXPRESS CAESAR SALAD KIT
SELECTED VARIETIES, 9.7 OZ.

298 EA.

SEAFOOD SUBJECT TO AVAILABILITY & WEATHER

Seafood SALE

First Week of Lent!

Fresh NORWEGIAN STEELHEAD FILLET

1298 LB.

Fresh ROCK FISH FILLET

698 LB.

Fresh LIVE MANILA CLAMS IN THE SHELL
EXCELLENT CHOICE FOR STEAMERS

598 LB.

Extra Large EASY PEEL ROYAL RED SHRIMP
16 TO 20 COUNT

998 LB.

LOCAL - Equals - FRESH

OREGON SHRIMP MEAT
FULLY COOKED, READY TO EAT

898 LB.

WHOLE SOCKEYE SALMON
HEAD-OFF, PREVIOUSLY FROZEN FOR QUALITY

998 LB.

LOCAL - Equals - FRESH

IVAR'S WHITE CLAM CHOWDER
20 OZ.

598 EA.

Great with Seafood

SEVEN HILLS SAUVIGNON BLANC
750 ML.

1098

SEVEN HILLS PINOT GRIS OR ROSE
750 ML.

1098

LOCAL - Equals - FRESH