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The Proletariat are growing restless



BILL FORHAN
PUBLISHER

Across the country the American People are waking up to the challenges to their freedom. In Loudon County Virginia the School Board had to shut down their meeting when a crowd of concerned citizens showed up to challenge their policies. In Wenatchee this week a

crowd of 30 "unmasked" citizens caused the school board to shut the meeting down and move it to an online meeting. When the meeting was moved online only 4 people spoke according to the Wenatchee World article.

In California there is a recall petition against California governor Gavin Newsom. Some people in the Tri-cities are attempting to launch a



PHOTOS BY CAROL FORHAN

recall of Governor Inslee. Our local school board elections are mostly contested races for the first time in recent history.

The point here is people are becoming frustrated by elected officials who are growing increasingly out of touch with the people who elected them. This week I received a letter from a Leavenworth resident that expresses

that frustration. I am offering it here as a Front Page editorial because nothing is more important to the continuation of our great American experiment in self government than the views expressed in this young man's letter.

Bill Forhan can be reached at 509-548-5286 or publisher@leavenworthecho.com.

We are in a State of Emergency, but it is not the one the Governor has described.



By PETE KORNOWSKI
Leavenworth Resident

It seems so pathetic to write my 'concerns' in a letter and send them off to be read by maybe no one. I am at such a loss, and feeling so powerless and unrepresented. I am compelled to do something, and it begins with this letter.

Should this "State of Emergency" in Washington persist indefinitely? In other states, courts have ruled "No"; but many Governors including Jay Inslee are clinging to unchecked "emergency powers."

January 28, 2020, Gov. Inslee declared a State of Emergency "effective immediately ... until rescinded". Ever since, he has exercised legal "emergency powers" without the regular oversight of elected representatives of the people.

Now, more than 500 days later, this "State of Emergency" drags on. I understand there is a need for legal emergency powers, that on occasion, decisions and actions need to happen quickly. However, we are far beyond a reasonable state of emergency when it comes to this virus. This is no longer an "unforeseen circumstance that requires immediate, unilateral action." For the last 18 months, the discourse and decision making has been robbed from the state representatives and local municipalities and consolidated to a single office. This is not the way this State and its local governments are designed to function. A weekly "Proclamation" of executive orders is not the duty of the Governor. The will of the people in the State of Washington is no longer being represented.

Some Washington State Representatives have called for a special session to review and amend Emergency Powers, but unless legislators from the majority party agree, the discussion will not be had. Paradoxically, Inslee is the only one who can end his emergency powers by ending the state of emergency, which he has no immediate intention of doing. This is too much unchecked power for any branch of the government in a free state. It sets an extremely dangerous precedent, and the outrage ought to be equal no matter your party or political affiliation.

If the Governor and his office insist that we are still facing an emergency, is it not reasonable then to argue that the litany of uncontested, unprecedented government imposed solutions have not been effective? The social distancing, the lockdowns, the closures, the masking, the required masking, the vaccinations, the mandatory vaccinations, and all the micro-managing proclamations have not quelled the "emergency". If anything, they appear to be prolonging it. At what point do we admit that these measures are not effectively solving our problems? At what point do we resume debate, discourse, and local management of local problems? At what point do we resume the checks and balances of the established governing branches?

These uncontested overreaches ought to frighten all of us. If you were to tell me three years ago, it's likely a State government will soon have a list of private businesses deemed un-essential and declared un-safe to be open for an entire calendar

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Herbie and Rylee hit the bigtime

By MATTHEW OCKINGA

Herbie knows how to bow. That's pretty impressive, for a horse. The trick came courtesy of Herbie's rider, Rylee Snodgrass of Cashmere, who later noticed that her horse would genuflect unprompted and alone.

"He would sit out in the paddock and do it by himself thinking he would get a treat," she said, "He's just super goofy and fun to be around."

Perhaps it's Rylee who should take a bow as the 13-year-old participated in the Built Ford Tough American Quarter Horse Association Youth World Show held July 28-Aug. 28 at the OKC Fairgrounds in Oklahoma City. Competing in seven events, she posted her best marks in Trail where she finished 15th in the world in Level 13 and under. On average there were 40-70 riders competing in Rylee's classes.

Though she had competed in shows in Spokane, Spanaway, Monroe, Moses Lake and Scottsdale, Ariz, the Oklahoma City show was a whole new arena. Spending about two weeks in the Sooner State, Rylee took a few days to go from being overwhelmed to relaxed, as did Herbie.

"When we got stressed out we worked together to calm both of our nerves and settle in faster than if we didn't have a connection," Rylee said. "We do have a really strong bond, me and my horse. All the training and time that went in to creating that bond really helped when we got to the big show."

Trail was her last event, and her favorite. It involves navigating the horse around painted wooden polls laid on the ground in a pattern. The rider must lead the horse in exact strides so that the animal's hooves land between the polls.

"I like it because you have to be super precise and it's also my horse's favorite so it gives him a chance to shine on something he really likes to do," she said.

While the Youth World Show was Rylee's biggest, it's far from her first. At age six, the Cashmere Middle School eighth grader began showing horses, a skill she inherited from mother, Kelli Snodgrass. Kelli grew up in the culture of horse showing and has shown virtually her entire life but stopped this past year to support her daughter.

"It's really awesome to pass this on to another generation. It's been really fun to see her bloom and her riding skills improve so greatly," Snodgrass said. "This year I had to finally look at a friend and say, 'I think she's a better rider than me.' And she's only 13. That's both a really proud moment as a parent but also going, 'Gosh, I thought it was going to take a little bit longer.'"

Snodgrass spent seven years training her daughter in horse showing. This past year, Rylee began working with trainer Melissa Sexton in Okanogan. Just as a horse needs to navigate its footing in competition, parents must navigate coaching their children.

"It can be a quite the arduous process, training your own kid so we had to learn to work through emotions and the mother-daughter relationship with just how to handle conflict," Snodgrass said. "It's been probably easier now that she's working with another trainer to help separate that."

One thing that can't be separated is the bond between rider and horse. Officially known as Seize Your Assets, Herbie has quite the personality. Just as young children who don't want to do their chores, often Herbie isn't interested in training.

"Sometimes if I'm brushing him, he'll look at me and telling me not to brush him or he'll run away from me

when he's in his paddock, because some days he just doesn't want to be ridden and so he'll run away from me and just go to the bottom of the field," Rylee said.

Rylee has learned a trick when Herbie stubbornly doesn't want to ride. Hopping on the horse, she starts talking to him and taking deep breaths. When horses get agitated, they can feel the riders taking the breaths and it calms their nerves.

Owning a horse going beyond riding and training. Rylee also handles the quiet behind-the-scenes nurturing. The Snodgrass family owns four horses that she helps care for throughout the year. She feeds them daily, cleans their stalls, gives them fresh shaving, checking their water and examines their bodies for scratches. At night she secures their blankets to keep them warm at night. These intimate moments with the horses help build a steady connection.

"It's just kind of relaxing because you're not having to do anything. You're not in a rush, just kind of there, loving on them and being around them which is really good for bonding," she said. "The people who don't take care of their horses and they have them in training all the time and they never see them, except for in shows, they don't create the best bond with their horse and the horse doesn't have as

good an experience."

Just like she must balance on the horse, Rylee must balance her life's other activities. She works hard to maintain her grades in school and also plays basketball. Horses need care year-round, so the Snodgrass family keeps them with Applegate Riders in Wenatchee so Rylee can ride during the winter all while balancing her schedule.

"I have to make sacrifices, sometimes I have to miss basketball practices or sometimes I might have to miss a basketball game, but that's because the most important sport to me is horses," she said.

That fact is confirmed by her mom who says that when the family returns from big shows exhausted, the first thing Rylee wants to do is go to the paddock and ride.

"Even at the little shows, just a little uptight because you are focusing on what you're doing and you have to be precise on what you're doing and so when I come home and ride my other horse," she said. "It doesn't matter what I'm doing, just relaxing because I don't have to focus on anything."

Yet her focus and passion for the sport she loves, proves that for whatever comes next, Rylee is in for an exciting ride.

If you would like to view Rylee and Herbie in Oklahoma you can find a video by typing in the following link: <http://equinepromotion.com/video/newEmbed.php?vidID=/videos/584029655>



SUBMITTED PHOTO.
Rylee Snodgrass and Herbie

With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events

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Dealing with Constipation

Q: I finally had my hip replaced last week. My surgeon recommended taking a stool softener for a couple of weeks to prevent constipation. Is that the same as a laxative?

Many surgeons advise their patients to take a stool softener, expecting it to help you avoid the discomfort of constipation. However, this practice has been called into question because there is very little evidence proving that it works.

Laxatives encourage the movement of stool through your intestines, preventing or relieving the pain and pressure of constipation. The word laxative means "to loosen," similar to the word "relax" and "lax," meaning to act loose or relaxed. A laxative works to "loosen" your bowels, relieving constipation.

Stool softeners lubricate your stool, making it softer, but don't prevent or relieve constipation.

After swallowing a bite of food, it moves through a series of tubes, called the digestive tract. In your stomach, highly acidic gastric juices secreted by cells in its lining start breaking down your food into a form that can be absorbed by your body. The most liquid mass of food then moves from your stomach into your small intestine to begin the process of absorbing its vital nutrients.

Your intestines are lined with special cells designed to absorb any nutrients, medicines, and water. Other muscles run the entire length of your intestines, squeezing as they keep the mass of food moving through. Whatever is leftover becomes stool or feces.

The longer it takes food to move from your small intestine to your rectum, the more water will be pulled out of your stool. This makes stool smaller, harder, and more painful to eliminate. A stool softener draws moisture into the food mass and lubricates

it, helping ease the discomfort of constipation. The most common stool softeners are docusate and mineral oil.

Docusate is a surfactant, very much like a detergent or soap, and helps water move into your stool. Docusate doesn't directly stimulate the muscles of your intestine to eliminate feces. Instead, it can replace some water absorbed into your body as it moves through your intestine. Docusate is usually easy to tolerate but may occasionally cause diarrhea or stomach cramps. Unlike mineral oil, it doesn't interfere with the absorption of nutrients or vitamins.

Mineral oil is a liquid refined from crude oil. It lubricates the stool but doesn't increase its water content like docusate. Mineral oil is colorless and odorless, and "baby oil" is a scented version of it. Mineral oil can interfere with your body's absorption of fat-soluble vitamins like vitamin A, D, E, and K. This can eventually cause vitamin deficiency. Stool can also leak out from your rectum.

If you accidentally inhale mineral oil while trying to swallow, it can cause life-threatening lung irritation. Although mineral oil usually stays in your intestine, if you take both docusate and mineral oil together, the mineral oil may actually absorb into your body, away from where it can help relieve any painful elimination.

Emollients like docusate and mineral oil can turn your stool "mushy" but don't directly stimulate the muscles lining your intestine. While most people get results within 2 days, it can take up to five days for full effect.

Here are 6 Tips on Using a Stool Softener for Constipation:

1. Stay hydrated.

Drink enough fluids will help docusate do its job of moving water into your stool.

2. Avoid docusate



**Ask...
Dr. Louise**

sodium if you are on a sodium-restricted diet.

Docusate has two forms, sodium, and calcium. If you are restricting your sodium intake, choose docusate calcium instead of docusate sodium. It can be hard to find. If you don't see it on the shelf, ask the pharmacist.

3. If you have trouble swallowing pills, avoid 250mg docusate capsules.

Although the 250mg capsule seems a better value than the 100mg because they often cost the same, the 250mg capsule is HUGE and should never be cut.

4. Never cut or bite docusate capsules.

Docusate tastes HORRIBLE, just like soap, because that's what it is. Avoid biting or cutting docusate capsules unless you like a strong, soapy flavor. The syrup tastes nearly as bad; it ranks consistently at the bottom of my liquid taste tests, and its aftertaste can linger for hours.

5. For more reliable results, choose a laxative.

There isn't much evidence that docusate prevents constipation. OTC laxatives like Senakot® and Dulcolax® are just as safe as docusate, and much more effective. Docusate is also available combined with a laxative like senna or bisacodyl in the OTC products Senakot-S® and Peri-Colace®.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-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. 2021 Louise Achey

State of Emergency

CONTINUED FROM PAGE A1

year, I would laugh it off and go back to my latte. If last year you had told me when a vaccine is ready, it is likely that the Governor will make it mandatory to receive it or be faced with losing your job, I would have said "never in the USA". If you tell me now that soon you won't be able to cross the state line, be in a public place, or enter into a grocery store without proving you've taken a state sanctioned medical treatment, I'm listening, and I'm deeply troubled.

I am in fear because I don't see the same outrage and passion in my peers.

I am in fear because of the gross complacency and compliance from men and woman who speak their outrage behind closed doors but play along in public month after month.

I am in fear because the local news reports these

"Proclamations" without question. Without even so much as acknowledging how unprecedented this type of government power is in the USA. Without so much as a curious question.

I am in fear of what the next "Proclamation" will contain; who's shop will be closed, how many masks I'm "required" to wear. What needs to be injected into my body against my will. Where I can travel without disclosing medical records, and what the Science of the day is.

I am in fear because of how few people seem to understand how a representative government is designed to work.

I am in fear because the slow boil of our representation in this state is nearly steam.

I am in fear because writing to my representatives, to the governor's office, and to the local paper seems futile and hopeless.

I am in fear for the future of a free state.

I am not in fear of getting sick.

It is my hope that somehow, some way we can act en masse to compel the State Legislature to review the Emergency Powers Act, to at the very least include Legislative review of executive orders.

I know many of you are as frustrated as I am, probably many of you much more. Please do something about it! Write to your representative, write to the governor's office, call these people. Start, sign and share a petition! Resist, question and speak out about these proclamations and mandates. It may seem insignificant as an individual, but with many of us, it is more powerful than anything. The time for action has passed! This letter is late to the game. These overreaches are outside our front doors. Take action today! Unless we the citizenry do something, it is not just going to magically stop. This government overreach is the real emergency!

A closer look at state mandates, emergency powers, and special sessions

As Washington state and the rest of the world continues to process through the COVID pandemic, governors throughout our nation – Republicans and Democrats – have utilized their offices and authorities in a variety of ways. In Washington state, the Emergency Powers Act (RCW 43.06.220) authorizes the governor to declare emergencies and issue orders in response to those declared emergencies. The original version of this law was enacted in 1969, at a time when likely no one would have anticipated any emergency lasting multiple years. On February 29, 2020, utilizing the Emergency Powers Act, Governor Jay Inslee issued Proclamation 20-05 declaring a state of emergency for COVID-19. This proclamation will likely be in effect until it is terminated by the governor.

Following the emergency proclamation last February, the governor has issued a number of subsequent statewide orders. His appointed cabinet members, such as the secretary of the Washington State Department of Health (DOH), have released additional regulations. These DOH directives include the statewide mask regulations, which are referenced within the governor's emergency orders. DOH's Order 20-03 for statewide masking, issued August 19, 2021, is the most recent requirement. For the COVID vaccine, Governor Inslee has issued two different mandates: Proclamation 21-14 for state employees and Proclamation 21-14.1 for health-care workers and K-12 school employees. Both mandates allow for exemptions for medical and religious reasons but not for personal reasons. In accordance with the governor's authority during emergencies, these directives have the same effect as state law, although temporary in nature.

Many people have contacted me to ask if these mandates are legal or constitutional. The short answer is that we are all entitled to our opinions, but final rulings from the judicial branch – in our "checks and balances" governance model – ultimately determine legality and constitutionality. These rulings include decisions by state and federal courts based on legal challenges, some of which have originated right here in North Central Washington. The federal 9th Circuit Court of Appeals opinion in *Slidewaters v. L&I* affirmed the governor's authority to declare the COVID-19 emergency and state Labor and Industries' power to adopt a rule to enforce the governor's proclamations. Last summer, a Chelan County court denied a bid from challengers to terminate Governor Inslee's State of Emergency. While state laws may differ throughout the nation, courts in other states have largely upheld the COVID mandates issued by their governors.

Washington state has the ability to modernize its Emergency Powers Act, but enacting a change in law would require approval by the Legislature and Governor Inslee. Last legislative session, I co-sponsored Senate Bill 5039 to expand legislative oversight of the governor's emergency proclamations by setting a 30-day time limit on all orders unless extended by the Legislature. Senate Republicans attempted procedural efforts to bring this bill to a vote last session, but those efforts were blocked by other senators. Senate Concurrent Resolution 8402 was also adopted during the 2021 regular session. It indefinitely extended many of the governor's emergency proclamations. Now, most of the governor's mandates are no longer actually reviewable by the Legislature, just extended in date indefinitely. I voted against this resolution, but it was approved by the Senate (28-19) and the House of Representatives (54-44). Beyond the Legislative

process, only a citizens' initiative – if upheld by the state Supreme Court – could limit executive powers.

Many people have also asked about seeking a special session of the Legislature. According to the Washington State Constitution, the Legislature only meets for part of the year in a "regular session," which begins each January. Article II, Section 12 of the constitution authorizes the Legislature to call itself into special session with a two-thirds vote. The governor can also call the Legislature into a special session, but he has not done so. The specific process for gaining a two-thirds vote of the Legislature is set forth in the Legislature's Joint Rule 29. Senate Republicans, including myself, have called for a special session multiple times during the COVID pandemic. Most recently, we have called for a special session to address issues related to police reforms and emergency powers revisions, but we have not attained the two-thirds threshold among members. The political dynamics in Olympia have shifted greatly in recent years. Of the 49 state senators, there are 29 Democrats and 20 Republicans. There is no way to organize a special session without bipartisan support.

I hope this helps explain more about the complicated topics of state mandates, emergency powers, and special sessions. Judging by the thousands of emails that my office has received in recent days, there is definitely interest and questions about them. Clearly, the controversy from Governor Inslee's recent mandates will likely keep many issues at the forefront of legislative and legal discussions. There is no doubt that the governor's emergency powers and statewide vaccine policies will continue to be major topics of debate in the months and years ahead.

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

Rep. Goehner Expresses Concern over mandates for critical public service employees

Earlier this month, the governor announced vaccination requirements for most state employees, private health care and long-term care workers. Last week, he announced further vaccination requirements for employees working in K-12, most childcare and early learning, and higher education, as well as an expansion of the statewide mask mandate to all individuals, regardless of vaccination status.

Under his vaccination mandates, most employees in Washington must now be fully vaccinated by Oct. 18 or lose their jobs.

Rep. Mike Steele and I issued a statement to the media over the weekend regarding the governor's announcements.

I have heard from thousands of you, as have my colleagues from across the state, opposed to the governor's actions.

I am frustrated the governor has chosen this course of action. Mandating vaccines to our educators and health care workers at the expense of their jobs and income is unnecessary

and heavy-handed. This is an individual's personal health care choice.

Last year, the governor was praising our health care workers battling this virus on the front lines, and our educators, tasked with teaching online and then doing what was necessary to allow our students to get back in the classroom for in-person learning.

Now, he has threatened these workers will be terminated from their place of employment unless they are vaccinated. This is not the way to treat our most essential employees during this pandemic. Forcing vaccinations upon these workers could drive them out of some of the most important, essential professions needed during the pandemic. We cannot afford to lose health care workers or educators during this critical time.

Rather than enforce more mandates and requirements, we need to allow school administrators to work with their school boards, consider parental and local input, and put our trust in our local school

districts. I recently signed onto a letter to the governor requesting he reconsider the mask mandate in schools and, at the very least, let school districts make that decision with the input of the parents in their communities.

The mandates go back to one-person control during the pandemic and legislators being left out of the decision-making process. I have mentioned emergency powers reform many times. It isn't for a lack of effort. We introduced many bills to reform the state's emergency powers law, including House Bill 1557. There was even a Senate bill introduced at the beginning of session, Jan. 12, to protect an individual's right to refuse the vaccine without consequences.

While legislators continue to lean on the governor's vaccine and mask mandates, police reforms, the long-term care tax, the need for a special session and much more, it is critical he hear from you, the citizens of Washington state. He needs to be aware how many of you are worried, concerned or frustrated with his decisions and how they impact you and your family.

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CRUTs: A Practical Path to a Lasting Legacy

Today we'd like to introduce you to the Charitable Remainder Unitrust, also known as the CRUT. CRUTs can be a donor's best friend, providing them an income stream for life and allowing them to establish a legacy once they pass. In 1995, an investment advisor called me for help. He had an elderly retiree-client, a single man who owned about \$1 million of appreciated Alcoa stock. The advisor was looking for a way to sell the stock, to avoid paying capital gains tax, AND increase his client's monthly income. This was a tall order, but when I inquired and learned that the retiree might have a charitable intent, there was an easy solution: form a Charitable Remainder Unitrust with the Community Foundation. It worked marvelously. The retiree transferred his Alcoa stock to the Community Foundation,



By **RUSS SPEIDEL**
Attorney,
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which could sell it tax free. Then, during the remainder of the retiree's lifetime, the CRUT paid to the retiree all of its net income, a sum much greater than the Alcoa dividends. The retiree, Roy Hill, established a lasting legacy through a Scholarship Fund and a Designated Fund. To this day, those funds support students and provide income to his favorite charity every year. In the 20 years since he passed in 1998, approximately \$1.3 million has been awarded in grants and scholarships and the funds have grown in value with a balance today of over \$1.9 million - allowing his legacy to continue on, forever. Roy Hill loved music. He cared deeply about ensuring the future of aspiring musicians and also supporting the Wenatchee Valley Symphony, one of his favorite nonprofits. By establishing a CRUT, Mr. Hill secured a larger income

for himself during the remainder of his life, and he left an astonishing gift to the community by creating the Roy W Hill Music Scholarship and a designated fund to benefit the symphony. CRUTs work particularly well when people have an appreciated asset and want to avoid capital gains tax. People who own rental properties - and are tired of being landlords - can gift their rental properties to CFNCW to establish a CRUT. Often the interest income from the CRUT provides as much if not more income than they would have received from tenants, without all the hassle of maintaining the property. CRUTs provide tax advantages and provide a charitable deduction for the donor. And the best part: They will have established a charitable legacy in the process.

To learn more, visit www.cfncw.org or contact the Community Foundation at (509) 663-7716.

P.E.O. JF Announces Scholarship Winners

SUBMITTED BY: MIMI KELLER

P.E.O. Chapter JF-WA is pleased to announce the recipients of the 2021-22 Local Scholarship

This year's recipients are Wendi Mingo from Cashmere is currently working at Confluence Health as a

certified nurses' assistant and has been accepted in the nursing program at Wenatchee Valley College.

Stacey Menley from Cashmere is currently attending Wenatchee Valley College in the field of Business Computer Technology and plans to become an accountant

or administrative assistant in the field after completion.

Laura Valencia from Wenatchee is currently a paraeducator in the Wenatchee School District. She is a junior at Central Washington University studying to become a Bilingual Elementary Teacher.



Stacey Menley



Wendi Mingo



Laura Valencia

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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
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UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

<p>CASHMERE</p> <p>CASHMERE BAPTIST CHURCH 103 Aplets Way • 782-2869 Worship 9 a.m. Bible Study, Wed., 6:30 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Virtual Zoom Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana</p> <p>CHRIST CENTER Cashmere Assembly of God: 509-782-2825 Worship Service Sundays 10:00 a.m., in-person, Conservatory @ Apple Annie's and on-line, christcentercashmere.com Underground High School Sundays 6:00 p.m., In-person, Conservatory Middle School Youth Thursdays 7-8:30 p.m., In-person, Conservatory Lead Pastor, <i>Steve Haney</i> Children's Pastor, <i>Andy Robinson</i> Congregational Care Pastor, <i>Joyce Williams</i> High School Director, <i>Kelsie Folden</i> Community Outreach, <i>Steffanie Haney</i></p>	<p>GRACE LUTHERAN CHURCH Morning Prayer or Holy Eucharist. Join us at 10:00 a.m. on Sundays. Contact Pastor Rob Gohl 509-860-0736 for more information.</p> <p>ST. JAMES EPISCOPAL CHURCH Morning Prayer or Holy Eucharist. 9 a.m. on Sundays. Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.</p> <p>EVERGREEN BAPTIST CHURCH 5837 Evergreen Drive • 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6 p.m. Pastor John Smith www.christforcashmere.org</p> <p>DRYDEN</p> <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org</p> <p>LEAVENWORTH</p> <p>CASCADE MOUNTAIN BIBLE CHURCH 11025 Chumstick Hwy. Please join us Sunday mornings 9 a.m., Sunday School 10:30 a.m., Worship Service, Office: 509-548-4331</p>	<p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 251-635-3435 Sunday Worship 10 a.m.</p> <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10 a.m.</p> <p>FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org</p> <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509-470-7745 Sunday Worship: 11 a.m. Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com</p> <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby www.LCN.org</p>	<p>SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 548-4345 Saturday Services • Bible Study 9:30 a.m. Worship 11 a.m. • Fred Smith • 860-3997</p> <p>SPIRIT LIFE CENTER 210 Benton Street • 548-7138 Sunday Worship 10 a.m., Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p> <p>MONITOR</p> <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 782-2601 Virtual Zoom Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana</p> <p>PESHASTIN</p> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. • Pastor John Romine www.lightinthevalley.org</p> <p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com</p> <p>PLAIN</p> <p>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</p>
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- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email those to classifieds@leavenworthecho.com or NCWMARKET.COM
- For more info call: Leavenworth: 509-548-5286, Cashmere: 509-782-3781
- Email to: editor@leavenworthecho.com or reporter@leavenworthecho.com

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Council approves agreement for Riverside Center

By KIRK BECKENDORF
Cashmere correspondent

The Cashmere City Council quickly approved a long list of business items during their Aug 23rd meeting. Most of the items had been debated at previous meetings, as a result they generated little discussion and resulted in short meeting. Director of Operations, Steve Croci announced that construction for the Pioneer Ave. Safe Routes To School project will begin soon, but he added that unfortunately construction will begin about the same time that the school year starts. He said that the construction firm is aware and cognizant of the start and ending times of the school day. A building use agreement for the Riverside Center was approved between the city and Gather Leavenworth (GL). Mayor Jim Fletcher told the Council that the city has now had people calling looking to rent the facility. The Center has been closed since the beginning of the pandemic

but the city continues to have maintenance costs associated with the facility. GL will provide a marketing and event service, rather than outright leasing the facility. As an event organizer GL will promote and manage events at the Riverside Center, instead of paying a set monthly rental rate, GL will pay the city 50% of any building rental fees that are collected from the events.

Following a public hearing, to receive input about the updates to the 6 year transportation plan, the Council unanimously approved the updated Six-Year Transportation Improvement Program for the ensuing six calendar years, 2022 through 2027. Mayor Jim Fletcher explained that the plan indicates what the city is looking to do over the next six years and helps in obtaining grant funding. According to the approved plan, the top three priorities are the Pioneer Street Safe Routes to School project, Sullivan St. Preservation

CONTINUED TO PAGE A5

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.

August 20

06:37 Domestic Disturbance, 8333 River View Rd., Peshastin.
15:40 Assist Public, 125 Cottage Ave.
17:16 Domestic Disturbance, 6125 Hay Canyon Rd. #16.
19:24 Trespassing, School St.

August 21

08:12 Suspicious Activity, Devil's Gulch Trailhead.
10:51 Disturbance, 310 River St.
20:29 Noise, 6828 Smith St., Dryden,
20:35 Suspicious Activity, 7900 Stine Hill Rd. #6.
22:20 Noise, 5600 Blk. of Airport Rd.
23:00 Noise, 8721 School St.
11:55 Harassment/Threat, 6828 Smith St., Dryden.
19:27 Alarm, 600 Cotlets Way.
21:21 911, 3165 Hansel Ln., Peshastin.

August 22

No Report.

August 23

05:35 Assist Public, 3145 Main St., Monitor.
08:43 Suspicious Activity, 125 Cottage Ave.

08:55 Theft, 3886 Strutzel Rd., Monitor.
10:46 Diversion, 7900 Stine Hill Rd. #C6.
16:03 Traffic Offense, S. Easy St.
16:16 Suspicious Activity, 125 Cottage Ave.
19:09 Assist Agency, 115 E. Pleasant Ave. #18.
21:07 Assist Public, Sunset Hwy. and Larson St.
22:46 Welfare Check, 7375 Icicle Rd.

August 24

No Report.

August 25

08:02 Civil, 495 Balsamroot Ln.
16:14 Animal Problem, Fairview Canyon Rd. MP 5, Monitor.

August 26

11:45 Civil, 10765 Lone Pine Dr., Peshastin.
12:05 Civil, 5607 Sunset Hwy.
14:51 Fraud/Forgery, 817 Pioneer Ave.
15:16 Burglary, 7306 US Hwy 97, Peshastin.
15:54 Harassment/Threat, 6501 Hay Canyon Rd.
17:38 Civil, 6431 Hay Canyon Rd.
22:07 Traffic Offense, US Hwy. 2 and Old Monitor Rd.

Help Support The Cashmere Food Bank

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna, Cleaning supplies, hygiene products and toilet paper.

Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 2:30 to 3:30 p.m.

For further information or to make a cash donation call Pam, 509-245-6464

Or you can write a check to: Cashmere Food Bank, PO Box 225, Cashmere, WA 98815

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COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: Zoom meetings Noon, Call President Glenn Johnson, 782-1922 for more information.
Cashmere Food Bank, open 2nd and 4th Wednesday from 2:30-3:30 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, 782-3099.
Cashmere American Legion Post 64. 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 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, 679-0243. (1st Thurs. of every month, August -June).

Friday NO MEETINGS

Saturday NO MEETINGS

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 Mary, 782-2057. (4th Monday)
Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 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, 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: 5 p.m., September, 8 a.m. future months 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. in the Park behind the Peshastin Library. Contact Steve Keene, 548-5266. (2nd Tues.)
Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)

NCW Libraries

Cashmere Public Library: 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 782-3230
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 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.

The Washington Outdoors Report



PHOTO BY JOHN KRUSE.

The author with a pink salmon caught from shore on Whidbey Island

It's Humpy Time!

By JOHN KRUSE

With some three million pink salmon flooding Puget Sound and entering tributary rivers right now, it is prime time to go fishing! Pink salmon return to Puget Sound every odd year and this is the best return we've seen in nearly ten years. The pinks are also known as humpies for the hump that forms on their back after they enter freshwater on their journey upstream to spawn. They generally run from three to six pounds in size though they can get bigger than that. As a matter of fact, the state record pink salmon in Washington weighs a whopping 15.4 pounds and was caught by Adam Stewart in the Stillaguamish River in October of 2007.

Right now, you have the luxury of fishing for salmon in the saltwater of Puget Sound or from several river banks where they head upstream to spawn. Guide Brianna Bruce with Livin' Life Adventures has been fishing the Sound near Mukilteo, trolling 8-to-11-inch flashers and a 2 1/2 or 3 inch white or Silver Horde Pink Fisher spoon. She avoids using herring or other bait because dogfish sharks are abundant and will be hitting the bait more often than the salmon do.

If you are fishing from shore in the saltwater, you can fish humpies from a variety of public piers in Puget Sound or from beaches, especially on Whidbey Island at Lagoon and Bush Point as well as at Fort Casey and Deception Pass State Parks. High tide is a good time to fish but early morning and just before sunset are also very good times to be casting for pinks. Many anglers use a pink buzz bomb, which is cast a long distance and then jigged back to shore. If you can't find a buzz bomb, consider using a Mack's Sonic Baitfish (in pink of course) and fish it the same

way. The salmon generally hit after you reel up and let the lure flutter and fall a second or two before reeling again.

Spoons are also effective in the saltwater, and in rivers too. I've had good success fishing pink spoons close to the bottom on a gravel bar on the Skagit River near the railroad trestle in Mount Vernon. One of my favorite spoons? A DarDevle Devle Dog. Youngs Bar on the Skagit at Mount Vernon is another very well-known place to cast for pinks. A good number of humpies will also fin their way up the Puyallup, Green, Nooksack, Stillaguamish, Snohomish and Skykomish Rivers too in the days ahead, with the bulk of the run finished towards the end of September.

Casting spoons is actually an old school method of catching humpies (though it works just fine). Nowadays, many people fish pink jigs or jig heads with pink squid hoochie skirts attached in rivers. In slower moving waters these jigs can be deadly effective.

As for table fare, pink salmon get a bum rap from many anglers who complain about the soft texture of their

flesh (made all the softer as they get closer to spawning). I've enjoyed some great meals of pink salmon though. Want to do the same? Here's a few suggestions:

1. Immediately bleed and clean the fish and keep it in a cool place or in the water.

2. Grill it up fresh! Grilled pink salmon on the BBQ is absolutely delicious when cooked within a couple of days of catching it and the firmness and texture of the meat is just fine, as is the taste.

3. If you freeze your salmon resolve to cook it within six weeks. Pink salmon fillets simply don't hold up as well in the freezer as thicker coho or chinook salmon fillets do.

4. Smoked pink salmon are absolutely delicious, and this is what I recommend doing for pink salmon you freeze and can't eat within a few weeks.

5. Canned salmon is an option too. There is a reason pink salmon is on sale at the supermarket in cans, people like it on salad or prepared as part of other dishes.

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



PHOTO BY JOHN KRUSE.

Lures that work for salmon from the beach and in the lower rivers



PHOTO BY RACHEL HANSEN, SENIOR COMMUNICATIONS STRATEGIST, CHELAN COUNTY PUD

Wenatchi elder Randy Lewis gave a blessing during the re-opening ceremony for the new Discovery Center at Rocky Reach on Wednesday, Aug. 25.



PHOTO BY RACHEL HANSEN, SENIOR COMMUNICATIONS STRATEGIST, CHELAN COUNTY PUD

The PUD project team, leadership and community leaders untie the ribbon at the new Discovery Center at Rocky Reach on Wednesday, Aug. 25. The team tied the ribbon when the Discovery Center closed in 2019 for a two-year transformation process. From left: John Laycock, Casey Hall, Kirk Hudson, Steve Wright, Steve McKenna, Dan Garrison, Debbie Gallaher, Kirby Billingsley's daughter Rielle Crocker, and Bob Bauer.



PHOTO BY RACHEL HANSEN, SENIOR COMMUNICATIONS STRATEGIST, CHELAN COUNTY PUD

A 14-foot steel spiral with more than 100 salmon spans two floors of the new Discovery Center. It hangs from a walkable skylight on the outdoor exhibition deck. Every floor of the new Discovery Center has new, interactive exhibits and three mini-theaters that connect visitors to the Columbia River, including its cultural history, ecology, how hydropower works, and large, fish-viewing windows that allow people of all ages to look a salmon in the eye.

Riverside Center

CONTINUED FROM PAGE A4

and improvements to Sunset Highway. No public comments were given at the meeting, but Croci told the Council that an email had been received, with the suggestion of reopening the Angier St. bridge.

In support of the Cashmere Farmers' Market the Council unanimously approved an ordinance allowing an agreement between the city and the Leavenworth Farmers' Market. City attorney Chuck Zimmerman told the Council that an agreement between Cashmere and the Leavenworth Farmers Market has been signed by both the Market representative and the mayor, as had been approved by the Council at the last meeting. According to Zimmerman, since the agreement is in conflict with city codes and fees, the Council also needed to approve a non-codified ordinance. The agreement was made to "take into consideration the special benefits provided to the citizens of the City by having a local farmers market". The agreement allows a Farmers'

Market to be held at Sullivan Park with up to 20 vendors and to "use the Park from 9:00 a.m. to 1:00 p.m. each Sunday from May 1 to October 31 of each calendar year." The agreement stipulates a \$150 fee/quarter to be paid to the city by the Market. Council member, Chris Carlson said that he wants to make sure that all of the commercial vendors to know that they must have a business license to participate in the market.

The renewal of a 4 year agreement with Chelan County Sheriff for law enforcement within the city of Cashmere was approved by the Council. Services from the sheriff include a minimum of 2.5 fulltime deputies assigned and scheduled to the City. Additional services are included in the agreement. Some of these include: investigations conducted by the detective staff, special operations such as K9 and SWAT, and emergency operations. The cost of the services increases each year, beginning with \$519,938 in 2022 and ending in 2025 with a charge of \$583,734.

In other business the Council approved:

- A Special Use Permit for an undeveloped portion of Kennedy St. to be used as a driveway.

- An agreement to rent office and storage space to Chelan County Sheriff.

- The hiring of a part-time Level 3 Wastewater Treatment Operator. Fletcher said that Department of Ecology regulations requires the work to be completed by a Level 3 operator. Council member Jayne Stephenson asked if the union will be ok with the position. Zimmerman said that the position is temporary and that the city has not been able to find anyone else to fill the position. Fletcher added that the city will be talking with the union.

- A services agreement with Pace Engineering for up to \$22,532 for additional inspections on the Sullivan St. water and sewer construction project. Croci said that he cannot imagine that the cost would be that high.

- A Supplemental Agreement with RH2 Engineering for the Pioneer Ave. Safe Routes to School project, with a completion date of Dec. 31, 2023, and an additional cost of \$14,999.

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Afghanistan Evacuation Flights Resume After Deadly Bombings

ZACHARY STIEBER

Evacuation flights from Afghanistan resumed with new urgency on Aug. 27, a day after two suicide bombings killed 13 U.S. troops and at least 95 Afghans.

As the call to prayer echoed through Kabul along with the roar of departing planes, the anxious crowd outside the airport was as large as ever. Dozens of Taliban members carrying heavy weapons patrolled one area about 500 meters (1,600 feet) from the airport to prevent anyone from venturing beyond.

We will complete our mission. And we will continue, after our troops have withdrawn, to find means by which we find any American who wishes to get out of Afghanistan.

President Joe Biden

The ISIS terror group said it carried out the Aug. 26 bombings, which took place at or near an eastern entrance to the U.S.-held Hamid Karzai International Airport. The group said it was targeting American forces and “their spies.”

U.S. President Joe Biden vowed to

retaliate and promised the evacuations would not end because of the attack.

“We will complete our mission. And we will continue, after our troops have withdrawn, to find means by which we find any American who wishes to get out of Afghanistan. We will find them and we will get them out,” Biden said from the White House.

The United States has facilitated the evacuation of approximately 100,000 people since Aug. 14, when the Taliban completed its takeover of the country. That includes 5,000 Americans.

In the 24 hours starting Aug. 26 at 3 a.m. E.T., 7,500 people were flown out of Afghanistan on 14 military flights and 39 coalition flights, a White House official said.

Some 5,000 people were on the ramp at the airport awaiting airlift, a U.S. general told reporters on Aug. 26.

And more continued to arrive on Aug. 27, despite warnings that more attacks could happen. The Aug. 26 attacks led Jamshad to head to the airport in the morning with his wife and three small children, clutching an invitation to a Western country he didn’t want to name. This was his first attempt to leave.

“After the explosion, I decided I would try because I am afraid now there will be more attacks, and I think now I have to leave,” said Jamshad, who like many Afghans uses only one name.

Others acknowledged that going to the airport was risky, but said they had few choices.



People gather to check on missing relatives a day after a twin suicide-bomb attack that killed scores of people, including 13 US troops, outside Kabul airport, at a hospital run by Italian NGO Emergency in Kabul on Aug. 27, 2021.

“Believe me, I think that an explosion will happen any second or minute, God is my witness, but we have lots of challenges in our lives, that is why we take the risk to come here and we overcome fear,” said Ahmadullah Herawi, also seeking to flee.

The United States is granting Special Immigrant Visas or other papers to Afghans attempting to flee, focus-

ing on those who helped U.S. troops since 2001 or are in fear of persecution if they remain in the country past the U.S. withdrawal deadline.

Officials emphasized on Aug. 26 that the Aug. 31 deadline is still in place, even as members of Congress continue calling on the Biden administration to push it back so that every American can be evacuated.

“The president must reconsider his self-imposed deadline and use whatever force and actions necessary to protect our soldiers, to bring home all American citizens, and to evacuate our Afghan allies,” Rep. Michael Guest (R-Miss.) said in a statement.

The Associated Press contributed to this report.

Previous COVID-19 Infection Protects Against Delta Variant Better Than Pfizer Vaccine: Study

MIMI NGUYEN LY

People who have previously recovered from COVID-19 have been observed to have better protection against the Delta variant of the CCP virus compared to those who received the Pfizer-BioNTech vaccine, according to a study from Israel.

“This analysis demonstrated that natural immunity affords longer-lasting and stronger protection against infection, symptomatic disease, and hospitalization due to the Delta variant,” researchers from Maccabi Healthcare and Tel Aviv University said.

“This is the largest real-world observational study comparing natural immunity, gained through previous SARS-CoV-2 infection, to vaccine-induced immunity, afforded by the BNT162b2 mRNA vaccine.”

Natural immunity refers to the immunity a person retains after having recovered from a virus, in this case, the CCP virus, also known as the novel coronavirus.

A preprint of the study, which is yet to be peer-reviewed, was published on medRxiv on Aug. 25.

Researchers used data from Maccabi Healthcare Services, Israel’s second-largest health fund, between March 1, 2020, and Aug. 14, 2021. They conducted statistical analysis on those eligible for three study groups: people who received two doses of the Pfizer vaccine; those unvaccinated who were previously infected with COVID-19; and those who were previously infected and later received one dose of the vaccine.

The outcomes were observed for the period between June 1 and Aug. 14, 2021, which corresponds to the time the contagious Delta variant became the dominant CCP virus strain in Israel.

Researchers found that people fully vaccinated with the Pfizer vaccine were 13.06 times more likely to contract the Delta variant of the CCP virus and 27.02 times more at risk of symptomatic disease compared to those who had recovered from a previous infection of COVID-19. The figures apply when comparing cases where the first vaccination or infection occurred between January and



A patient receives the Pfizer-BioNTech COVID-19 vaccine from a nurse in Chula Vista, Calif., on Dec. 21, 2020.

February 2021.

When researchers compared cases of prior infection that occurred between March 2020 and February 2021 with vaccinations between January and February 2021, they found that the vaccinated cohort was 5.96 times more likely to contract the Delta variant and 7.13 times more at risk for symptomatic disease compared to those previously infected.

The results suggest that natural immunity gained from having survived a previous infection of COVID-19 may wane over time against the Delta variant, the authors wrote.

Those vaccinated were at a greater risk of COVID-19-related hospitalizations compared to those who were previously infected, the authors noted. They said that being 60 years of age or older increased the risk of infection and hospitalization.

In another analysis, the authors compared previously infected people with those who were previously infected and also had one dose of the vaccine. They found that the group with one vaccine dose was marginally, or 0.53 times, less likely to be reinfected with the Delta variant.

The authors said the results suggest that previously infected people “seem to gain additional protection from a subsequent single-dose vaccine regimen,” but they “could not demonstrate significance” in the cohort.

They acknowledged a number of limitations, including that the study

only observed the protection of the vaccine or natural immunity against the Delta variant. The study furthermore only observed the protection of the Pfizer vaccine and didn’t look at other vaccines or the effects of a third dose, or booster, of the Pfizer vaccine.

They also noted that because COVID-19 testing such as PCR was not required to be performed by protocol in Israel, the true number of asymptomatic infections may have been under-represented in the study, because such individuals often don’t go to get tested.

The study authors also acknowledged that certain health behaviors such as social distancing and the wearing of masks may play a confounding role in the study.

Since the Delta variant began to spread starting around June, the Israeli health ministry twice reported a drop in the vaccine’s efficacy against infection—in early and late July—as well as a slight decrease in its protection against severe disease.

Scientists and agencies continue to probe whether a third dose is necessary. The country on Aug. 24 has expanded the age of eligibility for a third dose of the Pfizer vaccine to those over 30 years old.

Amid the ongoing spread of the Delta variant, Israel has reimposed indoor mask-wearing, limitations on gatherings, and ramped-up rapid testing, as well as reinstated its “Green Pass” COVID-19 vaccine passport program in late July.

Supreme Court Blocks CDC Eviction Moratorium

MIMI NGUYEN LY

The U.S. Supreme Court on Aug. 26 blocked the Centers for Disease Control and Prevention’s eviction moratorium, thereby opening the door for property owners to evict residents behind on rent amid the pandemic.

The CDC has imposed a nationwide moratorium on evictions in reliance on a decades-old statute that authorizes it to implement measures like fumigation and pest extermination.

Supreme Court

The ruling comes after the CDC on Aug. 3 issued a federal moratorium for 60 days, expiring on Oct. 3.

According to Census Bureau data from early August, about 3.5 million people in the country said they faced eviction in the next two months.

The CDC’s policy was challenged by a coalition of landlords and real estate groups in Alabama and Georgia. They argued that the CDC didn’t have the authority to implement the moratorium.

In an unsigned opinion on Aug. 26, the court’s majority said the CDC lacked the authority to issue the moratorium without authorization from Congress.

The court rejected arguments from the Biden administration supporting the CDC’s authority. The administration also justified holding back evictions in areas where transmission of COVID-19, the disease caused by the CCP (Chinese Communist Party) virus, was high.

“It would be one thing if Congress had specifically authorized the action that the CDC has taken. But that has not happened,” the court wrote. “Instead, the CDC has imposed a nationwide moratorium on evictions in reliance on a decades-old statute that authorizes it to implement measures like fumigation and pest extermination. It strains credulity to believe

that this statute grants the CDC the sweeping authority that it asserts.

“If a federally imposed eviction moratorium is to continue, Congress must specifically authorize it.”

The three liberal-leaning justices—Stephen Breyer, Sonia Sotomayor and Elena Kagan—dissented, with Breyer, writing for the three, saying the court shouldn’t reject the eviction ban “without full briefing or argument.”

“Applicants raise contested legal questions about an important federal statute on which the lower courts are split and on which this court has never actually spoken,” Breyer wrote. “These questions call for considered decision making, informed by full briefing and argument. Their answers impact the health of millions.”

Breyer also argued that the court should have upheld the moratorium, writing, “The public interest strongly favors respecting the CDC’s judgment at this moment, when over 90% of counties are experiencing high transmission rates.”

The CDC had ordered a nationwide eviction moratorium in September 2020 in an effort to prevent the spread of the CCP virus—the idea being that evicted people would be likely to move in with relatives or friends or crowded homeless shelters and potentially undermine social distancing restrictions.

The moratorium was extended for another 30 days in June, and officials at the time said it would be the final extension.

In late June, the Supreme Court ruled that any extension to the moratorium would have to be approved by Congress. A federal court later ruled in July that the CDC had overstepped its authority in halting evictions.

But three days after that moratorium expired, the CDC issued another more targeted eviction moratorium, which has now been struck down by the high court.

At the time, it was unclear how the Supreme Court would rule on the matter given that it was narrower in scope—aimed at “specific areas of the country” where COVID-19 cases are rapidly increasing and “likely would be exacerbated by mass evictions.” That would have covered more than 90 percent of U.S. counties, which are deemed to have “substantial” and “high” levels of transmission.

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Chinese Fluoride in Tap Water Worries Michigan Community

Downtown Lexington, Mich., a resort town that draws its drinking water from Lake Huron, on Aug. 23, 2021.

ALL PHOTOS BY STEVEN KOVAC/EPOCH TIMES

“We are dependent on China for too many things” says Village President Ray Mach of Port Sanilac



STEVEN KOVAC

LEXINGTON, Mich.—The discovery that a Michigan town’s drinking water treatment plant has been adding Chinese-made fluoride to its water supply for years has some of its residents upset.

“It’s absurd,” said Steve Stencil, a long-time restaurant owner in Lexington, Michigan. “It’s not good at all, buying our drinking water treatment chemicals from a communist nation that is our enemy. I am surprised that any municipality would buy fluoride for its drinking water from China. Our country needs to know this is happening.”

People across Michigan and across America need to be aware of our increasing dependence upon China in some of our most basic and vital functions like our drinking water systems.

Walt Badgerow, supervisor, Worth Township

Lexington Village Utilities Director Chris Heiden said the water plant has used Chinese fluoride for years without any problems.

Fluoride is a chemical added to drinking water to help reduce tooth decay.

The Lexington water plant supplies drinking water to village residents and several neighboring communities. It has just under 3,000 customers.

A downtown apparel shop owner in Lexington said he had no idea Chinese-made fluoride was being added to the water supply.

When he learned of it, he said it gave him cause for concern.

“It’s scary. I can’t help but think of the ‘What if?’” he told The Epoch Times.

One former water plant employee told The Epoch Times, “While I was working there, I saw the Chinese fluoride in 50-pound plastic bags stacked on the floor. I was surprised and appalled.”

Doug Varty, a residential real estate developer whose new subdivision is serviced by Lexington water, said: “It’s wrong. I’m not comfortable with Chinese-made fluoride. Surely we have American products they can use. Buying American is the way to solve the problem. If they have an alternative, they should buy it.”

Village President Ray Mach of Port Sanilac, Michigan, whose community plans to buy its drinking water from Lexington, told The Epoch Times that the use of Chinese-made fluoride makes him uneasy.

“Look at COVID-19. Remember a few years ago, how baby formula was supplemented with melamine in China itself,” Mach said. “We are dependent on China for too many things. We can’t even buy a surgical mask made here anymore.”

In 2008, Chinese-made baby formula products were found to have been purposefully tainted with melamine. The additive boosted

the nitrogen content of diluted milk, making it appear to have a higher protein content. Out of 294,000 victims, 59,000 were hospitalized and six babies died of kidney stones and kidney damage.

Walt Badgerow, the supervisor of nearby Worth Township, which buys its drinking water from Lexington, recently passed a resolution banning the township government from purchasing Chinese products if an alternative is available.

“From the moment I learned of the use of Chinese-made fluoride by the Lexington water plant I was appalled,” he said. “In light of the CCP’s [Chinese Communist Party] track record of foisting tainted pet food on our country and selling us toys colored with lead-based paint, I am very wary of their quality control. I won’t drink water with Chinese chemicals in it.”

Badgerow was referring to the 2007 Chinese pet food scandal, during which melamine-tainted pet food sickened and killed cats and dogs in the United States. Lead-tainted Chinese-made toys made their way into the United States as recently as 2018, despite protective measures put in place by Congress.

Stencil said that in a previous career, he had direct experience with Chinese quality control. He once demonstrated a strength-testing machine to a Detroit-area truck equipment supplier.

“The supposedly inspected and certified Chinese-made grappling hooks we tested failed before they reached half of the stress load they were certified for. That could kill someone. I can’t trust what’s coming from China,” he said.

Utilities Director Heiden said he relies on a couple of independent international inspection organizations that subject chemicals such as the sodium fluoride Lexington uses to stringent testing as part of the exporting process.

“It may be possible for us to buy American-made granular fluoride. I don’t know,” Heiden said. “Whenever we buy it, it must be NSF approved.”

The two largest independent testing organizations are the National Sanitation Foundation (NSF), and Underwriters Laboratories Inc. (UL).

Liquid fluoride is readily available from U.S. manufacturers, but Lexington and nearby Port Huron use two different dry versions of the chemical, which are more likely to be imported. Lexington uses a granular form and Port Huron uses a powder



A bag of Chinese-made granular sodium fluoride, which is added to the community water supply in Lexington, Mich., on Aug. 2, 2021.

form of fluoride.

A worker from the Port Huron water plant told The Epoch Times that they had been using Chinese-made powdered fluoride until the supply chain became so un dependable that they switched to a Belgian manufacturer.

According to the Centers for Disease Control and Prevention (CDC), as of 2010, powdered and granulated sodium fluoride such as the one used in Lexington made up 15 percent of the water fluoridation products used in the United States. Sodium fluorosilicate, another powdered fluoridation product, made up 10 percent of the products. Fluorosilicic acid, a liquid water fluoridation product, was used in 75 percent of the country’s water systems.

The largest producers of fluorosilicic acid are located in the Asia-Pacific region, according to ResearchAndMarkets.com. Some of those producers are Solvay America, Inc., Honeywell International Inc., Napco Chemical Company, American Elements, and IXOM.

According to Michele McRae, a

commodity specialist at the National Minerals Information Center, a handful of plants in the United States produce fluorosilicic acid: J.R. Simplot Co. in Wyoming, Nutrien in North Carolina, and Mosaic Co. in Florida and Louisiana.

With the exception of bottled water used as a consumer beverage, the United States Food and Drug Administration does not regulate additives, such as fluoride, used in community drinking (tap) water. Such regulation is left to state agencies.

“People across Michigan and across America need to be aware of our increasing dependence upon China in some of our most basic and vital functions like our drinking water systems. We can’t trust the CCP. We need to know what our own water plants are using,” Badgerow said.

PVS Nolwood, the Detroit-based chemical company that supplies the Lexington water plant with Chinese-made fluoride, didn’t respond to repeated requests for comment.

PVS Nolwood was recently stripped of its National Sanitation Foundation certification for deliver-

ing four drums of sulfuric acid mistakenly labeled as liquid fluoride to the New Baltimore, Michigan, water plant earlier this year. The error was discovered by a workman before the substance was added to the city’s water supply, but a fluoride storage tank and a pump were damaged by the acid. No one was injured.

Mike Bolf of the Michigan Department of Environment, Great Lakes, and Energy told The Epoch Times that PVS Nolwood is currently operating under its certification from Underwriters Laboratories, which Bolf said was “still current and valid,” thus enabling the firm to continue doing business.

“Underwriters has assured us that they have increased their surveillance over the company and are monitoring its corrective action plan,” Bolf said.

New Baltimore ceased doing business with PVS Nolwood right after the incident.

According to Heiden, Lexington suspended doing business with the firm and is using an interim supplier.

“We need to find out what corrective measures they (PVS Nolwood) are taking to get back in compliance with NSF,” he said.

According to the CDC, 6.6 million Michigan residents are receiving fluoride through their municipal drinking water. The vast majority of the fluoride is in liquid form and likely produced in the United States.

More than 207 million Americans had access to fluoridated water as of 2018, according to the CDC.

Adding China-manufactured fluoride to U.S. drinking water is “of course” a potential “attack vector” for the communist regime, according to Jeff Nyquist, author and expert on Chinese Communist Party subversion tactics and unrestricted warfare.

“If the Chinese government says, ‘Oh, you make fluoride there for the water for the Americans? Hey, we’ve got an extra little secret sauce for your American fluoride.’ I mean, that is certainly possible,” he told The Epoch Times.

One of the things stopping the regime from doing so is the risk of getting caught, Nyquist said.

“It would be an act of war.”

Is your community’s water system using Chinese-made water fluoridation products? The Epoch Times would like to know about it. Contact us at steven.kovac@epochtimes.us.

Cara Ding, Ivan Pentchoukov, and Petr Svab contributed to this report.

“I PASS ON YOUR ARTICLES TO ENLIGHTEN SOME OF THE UNENLIGHTENED.” —Philip Lewis

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Employment

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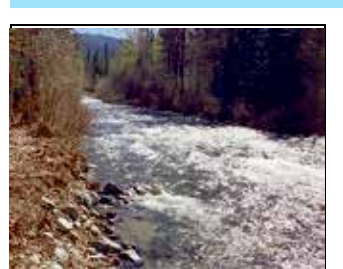
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Legals

Public Notices

**CITY OF CASHMERE
SUMMARY OF ORDINANCE
NO. 1303**

On the 23 day of August, 2021 the City Council of the City of Cashmere, Washington passed Ordinance No. 1303. A summary of the content provides as follows: A NON-CODIFIED ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, APPROVING THE FARMERS MARKET SIMPSON PARK USE AGREEMENT BETWEEN THE CITY AND THE FARMERS MARKET. 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 September 1, 2021. #2612

Public Notices

**CITY OF LEAVENWORTH
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold a public hearing on September 14, 2021 at 6:45 PM via zoom to consider a new Chapter to Leavenworth Municipal Code 3.45, Housing Fire Retrofit Grant Program to provide grant opportunities for low-income residents to rehabilitate homes to incorporate fire reduction building standards. To join Zoom Meeting online visit: <https://us02web.zoom.us/j/87427416004?pwd=T2dlYmpra3pCVHQ2Q1ZReUF1NlZlZz09>; or go to zoom.com and enter Meeting ID: 874 2741 6004 and Passcode: 013927; or call +1-253-215-8782.

Interested persons are encouraged to review new program, comment and/or attend the public hearing. Copies are available at City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington or electronically by contacting Development Services within City Hall, phone 509-548-5275 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/Cashmere Valley Record on September 1, 2021. #2556

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Public Notices

**2022-2023 Area Plan
Update Meetings**

Aging & Adult Care of Central Washington is hosting two Zoom meetings for input to their 2022-2023 Area Plan Update. Choose to participate on either September 3rd or September 7th from 2:00 pm to 3:00 pm. This is an important opportunity to provide input on how our discretionary funds are allocated to serve seniors 60 and over, and adults with disabilities in Adams, Chelan, Douglas, Grant, Lincoln and Okanogan Counties. Please visit: <https://www.aaccw.org> and click on the "Area Plan Meeting Registration" link under our highlights section. This will redirect you to our registration page. Questions? Please contact: Erin Nelson at 509-886-0700 x232 Published in the Lake Chelan Mirror, Quad City Herald, Cashmere Valley Record and The Leavenworth Echo August 25 and Sept. 1, 2021. #2535

Public Notices

**SUPERIOR COURT OF
WASHINGTON
FOR CHELAN COUNTY**

In the Matter of the Estate of YASUKO I. WESTERLUND, Deceased. No. 21-4-00281-04 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: September 1, 2021
Personal Representative: Susan Westerlund Valaas
Attorney for the Personal Representative: David J. Bentsen
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. 21-4-00281-04
SUSAN WESTERLUND VALAAS
Personal Representative
Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: DAVID J. BENTSEN
WSBA No. 42107
7 North Wenatchee Avenue, Suite 600 P.O. Box 881
Wenatchee, WA 98807
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www.cashmerevalleyrecord.com

Public Notices

**SUPERIOR COURT OF
WASHINGTON
FOR KING COUNTY**

Estate of: TEDDY EUGENE FOX, Deceased.
NO. 21-4-05512-9 SEA
PROBATE NOTICE TO CREDITORS RCW 11.40.030
The person named below has been appointed as Administrator of this Estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below, a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (i) thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (ii) four months after the date of first publication of this 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.
CORY FOX, Administrator
Court of Probate Proceedings and Cause No: See Caption Above
Date of First Publication: August 18, 2021.
Attorney for Administrator: MICHAEL P. JACOBS, WSBA #22855
Riach Gesse Jacobs, PLLC
7331 - 196th Street SW / PO Box 1067
Lynnwood, Washington 98046-1067
Telephone (425) 776-3191
Published in The Leavenworth Echo/ Cashmere Valley Record on August 18, 25, and September 1, 2021 #2512

Public Notices

**SUMMARY OF CITY OF
CASHMERE
RESOLUTION 01-2021**

On the 9th day of August, 2021 the City Council of the City of Cashmere, Washington passed Resolution 01-2021. A summary of the content consisting of the title provides as follows: A RESOLUTION OF THE CITY OF CASHMERE, WASHINGTON, SETTING AN APPLICATION FEE AND AN ANNUAL FEE FOR SPECIAL USE PERMITS FOR USE OF UNIMPROVED CITY RIGHT OF WAYS FOR DRIVEWAYS; CONTAINING A SEVERABILITY CLAUSE; AND SETTING AN EFFECTIVE DATE. A copy of the full text of this resolution detailing the rates is available at Cashmere City Hall or will be mailed to you upon your request to City Clerk, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record /Leavenworth Echo on September 1, 2021 #2578

**WHAT'S
EVENTS
HAPPENING**

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

Public Notices

**PUBLIC RELEASE FOR FREE & REDUCED-PRICED MEALS
• National School Lunch/Breakfast Program • School Year 2021-2022**

Cascade School District plays a vital role in children's health by providing free and reduced price meals to students in need. The following U.S. Department of Agriculture Programs are offered:

• National School Lunch Program • School Breakfast Program

Local school officials have adopted the following family size income criteria for determining eligibility for free and reduced-price meals and will offer meals to students that qualify according to the standards below:

Household Size	FREE					REDUCED-PRICE				
	Annual ¹	Monthly ²	Twice Per Month ³	Every Two Weeks ⁴	Weekly ⁵	Annual ¹	Monthly ²	Twice Per Month ³	Every Two Weeks ⁴	Weekly ⁵
1	\$16,744	\$1,396	\$698	\$644	\$322	\$23,828	\$1,986	\$993	\$917	\$459
2	\$22,646	\$1,888	\$944	\$871	\$436	\$32,227	\$2,686	\$1,343	\$1,240	\$620
3	\$28,548	\$2,379	\$1,190	\$1,098	\$549	\$40,626	\$3,386	\$1,693	\$1,563	\$782
4	\$34,450	\$2,871	\$1,436	\$1,325	\$663	\$49,025	\$4,086	\$2,043	\$1,886	\$943
5	\$40,352	\$3,363	\$1,682	\$1,552	\$776	\$57,424	\$4,786	\$2,393	\$2,209	\$1,105
6	\$46,254	\$3,855	\$1,928	\$1,779	\$890	\$65,823	\$5,486	\$2,743	\$2,532	\$1,266
7	\$52,156	\$4,347	\$2,174	\$2,006	\$1,003	\$74,222	\$6,186	\$3,093	\$2,855	\$1,428
8	\$58,058	\$4,839	\$2,420	\$2,233	\$1,117	\$82,621	\$6,886	\$3,443	\$3,178	\$1,589
For each add'l family member, add:	\$5,902	\$492	\$246	\$227	\$114	\$8,399	\$700	\$350	\$324	\$162

Children from families whose income is at or below the levels shown are eligible for free or reduced-price meals. Application forms, with a letter to households, are being distributed to all homes. To apply for free or reduced-price meals, households must fill out the application and return it to the school. Only one application per household is needed. Additional copies are available at the office in each school. The information provided on the application will be used to determine eligibility and may be verified at any time during the school year by school or other program officials.

For school officials to determine eligibility, households must provide the following information listed on the application: the names of everyone in the household, the amount of income each household member currently receives, where it came from, and how often income is received; the signature of an adult household member and the last four digits of that adult's social security number. If the adult signing the application does not have a social security number, check the "I do not have a social security number" box. For a child who is a member of a Basic Food household or Temporary Assistance for Needy Families (TANF) assistance unit, or Food Distribution Program on Indian Reservations (FDPIR), the household need provide only the child's name, the Basic Food, TANF, or FDPIR case number, and printed name and signature of an adult member on the application. An adult in the household with a case number may also qualify students also living in the household.

Public School Districts receive student data matched with the Department of Social and Health Services data and automatically qualify children receiving Basic Food, TANF, and certain Medicaid programs. No application is required. All children living in the household and attending the school are eligible for free or reduced-price meals. If a child was not listed on the eligibility notice, contact the school or district office.

Children certified as homeless by the school McKinney-Vento homeless liaison, designated as migrant by the school migrant coordinator as well as children in Head Start classrooms may be eligible for free meals. Contact the school or district office if more information is needed.

Households that do not want their child(ren) to participate in the free meal program should notify the child(ren)'s school. Foster children, under the legal responsibility of a foster care agency or court are eligible for free meals. An application may be submitted. The foster child may be included as a member of the foster family if the foster family chooses to also apply for benefits for other children in the family. If you have questions about applying for foster children, contact the school or district office.

Children residing in households participating in Women, Infants, and Children (WIC) may be eligible for free or reduced price meals and may complete a meal application.

Under the provisions of the free and reduced-price policy, the designated approving official(s) will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the approving official on an informal basis. Parents wishing to make a formal appeal may make a request, either orally or in writing, to the fair hearing official, Elia Ala'lima-Daley, for a hearing on the decision.

The information provided by households is confidential. Meal benefits from the previous school year apply for the first 30 school days of the new school year or until a new application is submitted. After this time, children must pay full price for meals.

You may apply for meal benefits if you become unemployed or your economic situation changes at any time during the school year. Contact the school or district office if assistance is needed with application materials in different languages.

NONDISCRIMINATION

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by the USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audio-tape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410. **Fax:** (202) 690-7442; or **Email:** program.intake@usda.gov This institution is an equal opportunity provider.

Published in The Leavenworth Echo September 1, 2021.

**Clutter is like a weight around your neck.
Extra CASH is not.**

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

CROSSWORD PUZZLE

CROSSWORD

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70

**THEME: SOCIAL MEDIA
ACROSS**

- The American Tribal Love-Rock Musical
- Hallucinogenic drug
- Some special effects, acr.
- Chip in Vegas
- Cordelia's father in Shakespeare play
- One in squirrel's stash
- Dissenting clique
- Tangerine/grapefruit hybrid
- Type of lemur
- "Popular messenger"
- Mosque prayer leader
- Down Under marsupial
- Thanksgiving serving
- "100 days of snapping, e.g.
- Military's inactive force
- Repeated Cuban dance step
- The Kinks' lead singer, a.k.a. godfather of Britpop
- Late December season
- Rough, as in voice
- Chop off
- Stephen King's "The _____"
- "Do _____ others..."
- Strep throat organ
- File a suit
- Sewing pearls on a wedding gown, e.g.
- One with authority
- Army bed
- Space path
- Law school test acronym
- "Unique social media identifier"
- Latin dance
- "Place" in French
- Sacred Hindu writings
- Post-mortem bios
- Actress Campbell
- African chieftain
- Recipe amt.
- Nirvana's "Come as You _____"

**64. Badger's den
DOWN**

- Current tense of "had"
- All over again
- Eczema symptom
- Second shot
- Corporate department
- Salpae, sing.
- Type of coffee maker
- Elizabeth McGovern's "Downton Abbey" role
- Inspiring horror
- As opposed to outs
- Capital of Zambia
- Bruce Wayne's _____ was Batman
- "Message under a post"
- Bootlicker
- Da, to a Russian
- "Done to social media past before applying for job?"
- Feudal lord
- Halle Selassie's disciple
- Gym exercises
- Comedy Central's "critique"
- Dolby Theatre to Oscars
- Often considered wise
- "Video blog"
- Charge carrier
- *Audio series
- Killed, like dragon
- Big bang maker
- Permeate
- I to Greeks, pl.
- Sheet music line, pl.
- Basketry stick
- Clark Kent actor Christopher
- Black, yellow and chocolate dogs
- Parking spot for a boat
- Bone in human forearm
- "Bernie wearing mittens, e.g.
- "Do this before posting?"
- Chronic drinker
- It's open to interpretation

SUDOKU PUZZLE

SUDOKU

**GRAND ALASKAN
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12 days, departs May - Sep 2022
VIT VACATIONS promo code N7017
1-855-208-9533
FROM \$1,699*
FREE ONBOARD CREDIT

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

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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.

Effective September 1 - September 7, 2021

Celebrating
LABOR DAY

PREMIUM BEEF
**BONELESS BEEF TOP
SIRLOIN STEAK**
VALUE PACK

5.98
LB.



USDA CHOICE St. Helens BEEF LOCAL Equals FRESH

KRAFT
SHREDDED
CHEESE
SELECTED VARIETIES
7 TO 8 OZ.

2/\$5



DAISY
SOUR CREAM
REGULAR OR LIGHT
16 OZ.

2/\$4



NALLEY CHILI
WITH BEANS
SELECTED VARIETIES
14 OZ.

2/\$3



ALL NATURAL
CENTER CUT
PORK LOIN CHOPS
RIB OR LOIN, VALUE PACK

2.98
LB.



PRAIRIE FRESH NATURAL

Jumbo
ROYAL RED
ARGENTINE SHRIMP
16 TO 20 COUNT

9.98
LB.



CHEEZ-IT
CRACKERS
SELECTED VARIETIES
9 TO 12.4 OZ.

2/\$7



AVAILABLE IN THE
SERVICE BAKERY

Olson's
Bakery Company
TRADITIONAL BAKERS SINCE 1911

ANGEL FOOD
MINI CAKES
4 COUNT

2/\$7



LOCAL Equals FRESH

8 INCH
APPLE PIE
APPLE OR DUTCH APPLE

5.98
EA.



LOCAL Equals FRESH
Cyrus

LA CROIX
SPARKLING
WATER
SELECTED VARIETIES
8 OR 12 PACK, 12 OZ. CANS

3.98



6 OZ.
BLUEBERRIES
GOES GREAT WITH ANGEL
FOOD CAKE.

2/\$6



LOCAL Equals FRESH

EXTRA LARGE
RED OR GREEN
SEEDLESS GRAPES
SWEET, CRUNCHY

1.98
LB.



POTATO
SESAME

FRANZ
PREMIUM BUNS
SELECTED VARIETIES
8 COUNT

2/\$6



LOCAL Equals FRESH

TILLAMOOK
BUTTER
SALTED OR UNSALTED
16 OZ.

2/\$7



LOCAL Equals FRESH

RIPE
CANTALOUPE
A GREAT SNACK FOR
HOT SUMMER DAYS

2/\$4



LOCAL
CORN ON THE COB
SELECTED VARIETIES,
GREAT ON THE GRILL

10/\$4



LOCAL Equals FRESH

LAY'S
ORIGINAL OR
KETTLE COOKED
POTATO CHIPS
SELECTED VARIETIES
5 TO 8 OZ.

2/\$4

