



Liberty Orchards announces sale

By BILL FORHAN

More than 100 years of family ownership has ended as Greg Taylor announced last week that the company has been sold. Liberty Orchards has been a mainstay of Cashmere since 1920 with 3 generations of family running the company.

The company was founded by two Armenian Immigrants. Mark Balaban and Armen Tertsgian used the excess fruit from their small orchard to create Aplets. The original fruit is an apple and walnut confection based on Locum a famous Near East candy known as Turkish Delight. A few years later they added Cotlets made from apricots and walnuts. Over the years they have added other products.

In an interview on Friday Taylor said he has mixed emotions about the sale. He feels the company will

be in good hands but there is the obvious sadness of handing over his family's legacy. He is especially pleased that the buyer plans on keeping the employees, the store and the factory in Cashmere.

In the press release announcing the sale Taylor said, "Our family is delighted that KDV plans to continue operations in Cashmere, making our unique candies and providing good jobs in our community"

Taylor went on to say, "The founding family wishes to thank its many employees, suppliers, customers, and the people of Cashmere for their loyalty over the last century, and wishes the new owners of Liberty Orchards much success as they expand the business."

The buyer, KDV Group, is a multinational food and snack company. This will be their first entry into the American Market.

Founded in 1994, KDV Group (kdv-group.com) is a multinational food

and snack company with a broad range of products along with world-class production facilities, a well-established distribution network, a highly efficient agricultural division, and excellent value chain management. This will be KDV Group's first foray into the American market. In addition to continuing the manufacturing of Liberty Orchards confections, the company will also import over 700 food-products from fifteen KDV Group factories into the US.

KDV is a Russian producer of snacks and confectionery products, whose goods are well known and beloved not only in Russia but across much of Eastern Europe and Asia. KDV owns 15 factories in Russia and offers 700 products.

KDV's highly specialized consumer analytics platform and distribution network will fuel growth opportunities for the Liberty Orchards business and

across KDV's portfolio. Liberty Orchard's production will have access to resources, research and development, and years of mass-scale distribution experience to tap into. Through it all, KDV will remain committed to their constant mission of using food as a way of bringing people together.

Efforts to contact officials of KDV were unsuccessful as of press time, but a review of the company's website illustrates the company has extensive experience in modern production, distribution and marketing of its products. Taylor said he believes they have the capital and expertise to grow Liberty Orchards beyond its current operations.

"We are excited to welcome Liberty Orchards to the KDV family, to meld fresh ideas with long-standing traditions, and to continue making products loved by so many Americans," said Denis Shtengelov, KDV Group's CEO.

Scams are on the Rise

ERIN MULLINS
Reporter

No one wants to be scammed out of hard-earned time or money, but sometimes people fall prey to the lure of scammers. Scams are reportedly on the rise in the Wenatchee Valley. On June 22nd, the Wenatchee Police Department Facebook page released an alert about a phone scam happening in the area.

Residents are receiving calls from people claiming to be Wenatchee police sergeants and demanding personal information or payment for warrants issued for the resident or their children. The scammer is disguising their caller ID to RiverCom's number so the phone number that is calling actually appears to be from the Wenatchee Police Department.

If someone has a warrant for their arrest, they have to appear before a judge to get it cleared. The Wenatchee police department does not ask for personal information to clear a warrant over the phone.

Phone scams are prevalent in the Wenatchee area. According to AARP, the top five robocall scams in Wenatchee are Amazon purchase alerts, real estate calls, a medicare genetic cancer screening call, a credit card interest rate offer, and a mortgage refinance call.

If you receive scam phone calls, hang up. A service called Nomorobo will stop your phone from receiving scam calls. More information about Nomorobo is available on their website. But even if someone manages to escape scam calls, they aren't completely safe. Other scams have been going on in the area.

Greg Brooks, owner of Benchmark Jewelers, described an incident where an elderly woman tried to sell her jewelry to him to obtain funds to send to an individual who was catfishing her in a phishing attack. The woman entered the shop and asked Brooks if he bought jewelry off the street or if he could loan her money.

Brooks replied that he occasionally bought jewelry off of the street. The woman said that she had a "friend" who was in the Gulf of Mexico who was working on an oil rig with blown up pumps and that he needed money to repair the pumps so he could get paid for the oil rig job. Oil rigs are hard to track, making it easier for scammers to con people out of money.

Brooks did not immediately recognize the encounter as a scam and sent the woman to pawn shops in Wenatchee. He said that the woman was recently divorced so she was emotionally vulnerable and that she may have been confused due to aging. Brooks' employee, Mary Thresher, recognized the scam, and called the pawn shops in Wenatchee to warn them.

The woman had already been in the Wenatchee pawn shops and the shops declined to do business with her, said Brooks. Brooks has encountered other scams in his shops. About a year ago, he accepted a counterfeit credit card with a stolen number at his store for the purchase of a ring.

Luckily, the stolen ring was recovered by the Snohomish County Sheriff's department six months later when they busted the scam on the west side. The stolen ring was sent to the Chelan County Sheriff's department who released the item to Brooks once the department no longer needed it for evidence.

Thresher was aware of another scam going on in the area. A company posing as the Publishers Clearing House tells the individual that they have won a cash prize but need money for shipping, insurance and taxes sent to the company before they can receive the prize. Publishers Clearing House does not solicit money from individuals when they win a prize.

PHOTOS BY ERIN MULLINS.

The parade must go on!



Despite triple digit heat on Saturday the Founders' Days Festival and parade went off as planned. The fire department offered to cool the street and the crowd that didn't seem to mind getting wet!

Cashmere City Council Meeting

By KIRK BECKENDORF
Cashmere Correspondent

The Cashmere City Council's June 14th meeting began with Mayor Fletcher issuing a statement of appreciation to the Washington Army National Guard for their assistance to the Cashmere Food Bank.

Multiple public comments were given at the meeting. Tyler Rice and Amy Wall told the Council that they would like the pool to be open this summer. Rice said that he is disappointed that he had not seen the pool listed on the Council's agendas. Fletcher explained that it has not been listed as a business item that required action by the Council. However, opening the pool and hiring pool staff, has been discussed frequently at the council's meetings during the past year.

Wall said that speaking as a parent and a nurse, the pool is important

for mental health reasons. Fletcher said that the Council and the city are supportive of opening the pool but that they have not yet been able to find a pool manager, or lifeguards, to hire this year. Across the area lifeguards are in short supply. He said the manager must be someone who is willing to dedicate their summer and must be someone who can manage a group of teenage lifeguards who are responsible for the safety of swimmers. Wall suggested providing lifeguard training to applicants rather than expecting individuals to get certified on their own dime. City Treasurer/Clerk, Kay Jones said that they have only had 6 applications for life guard positions, none of whom were certified. She said that the city had scheduled a certification class for the applicants but that the applicants backed out of the class. Wall suggested additional outreach for the positions is needed. Fletcher

said the city will continue working on solutions to fill the positions so that the pool can be open.

In other pool news, Fletcher said that the city would put out another bid request to repair the leaky pool and replace the gutter. He said he is looking into using American Rescue Plan Act money by listing the pool as part of the City's Clean Water system.

Rice said that there seems to be a disconnect between the City and the Chamber of Commerce and he would like to help bring the two sides together.

An amendment to the contract with Waste Management (WM) was approved by the Council in a 3 to 1 vote, with Derrick Pratt voting against the amendment. The new contract will include a \$25.00 contamination fee and glass will no longer be recycled.

Tyler Mackay, Public Sector Service Manager for Waste Management Wenatchee, told the Council that the amendment is needed because the recycling markets have gone downhill and that there is no longer

a local market for glass. He added that contamination of recyclables, is the number one enemy of recycling. He said that the new trucks have multiple cameras which will record what is dumped out of a recycle bin. If contamination is detected the homeowner will receive a warning notice and if contamination continues an additional \$25 fee will be added to their bill. Fletcher told Mackay that he hopes that the contamination fee would only be used as a last resort. Fletcher said that it is confusing what can and cannot be recycled. The bin may say one thing, the list of items in the contract says something else and the numbers on a plastic container may indicate an item is recyclable when it is not. Mackay agreed and said that WM will be providing outreach and education and that the changes will not go into effect until October.

Council member Chris Carlson said that the new amendment seems to be providing less service and greater

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

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900 Percent Jump in Illegal Aliens Caught on Freight Trains

CHARLOTTE CUTHBERTSON

UVALDE, Texas—On a single eastbound train line stretching from the border town of Eagle Pass to San Antonio, Texas, Border Patrol agents are dealing with a 911 percent jump in illegal alien apprehensions, according to Customs and Border Protection (CBP).

On that line, Border Patrol stops trains as they near Uvalde, Texas, about 60 miles from the U.S.-Mexico border.

Border Patrol agents have apprehended 3,390 illegal immigrants on the trains they've stopped for inspection near Uvalde so far this fiscal year (since Oct. 1, 2020), according to CBP data released on June 23.

During the same period in fiscal 2020, agents arrested 372 illegal aliens.

"Uvalde Station continues to see a troubling increase in migrants encountered during train check operations," Del Rio Sector Chief Patrol Agent Austin Skero said in a press release on June 23.

"They are found hiding in many dangerous storage areas to avoid detection, putting their lives at risk. With the increase in temperatures during the summer months, this mode of transportation

could turn deadly."

Many are found in dark, sweltering grain hopper compartments.

The illegal aliens in the empty grain hoppers generally can't get out unless someone on the outside of the train cranks open the bottom plate. They get in by cutting the locking wire on the lid, dropping in, and closing the lid.

Others hide wherever they think they can avoid detection. As the train grinds to a halt in Uvalde, it's common to see a stream of illegal aliens jump off the train and haphazardly run across the road into the brush, or down a street to disappear into a neighborhood.

On June 21, from the four trains stopped by Border Patrol in a five-hour window, agents apprehended at least 43 illegal aliens. Several more got away. All but two were male, and aside from a few Hondurans, most were from Mexico. Several carried knives. Agents were observed checking for gang tattoos on the apprehended individuals.

Authorities will likely return all of those captured to Mexico the same day or the next day. Many of those captured will try again within days.

"The increase in the num-



CHARLOTTE CUTHBERTSON/THE EPOCH TIMES

Border Patrol agents apprehend 21 illegal aliens from Mexico who had hidden in a grain hopper on a freight train heading to San Antonio, near Uvalde, Texas, on June 21, 2021.

[Illegal immigrants] are more aggressive, have assaulted law enforcement, and pose a greater threat to our community.

Don McLaughlin, mayor, Uvalde

ber of illegal immigrants that are going through Uvalde on trains has become a serious problem for Border Patrol, local law enforcement, and our community, as most of these individuals have criminal records or gang affiliation and wouldn't be allowed in our country," Uvalde Mayor Don McLaughlin told The Epoch Times on June 23. "They are more aggressive, have assaulted law enforcement, and pose a greater

threat to our community. It's just a matter of time before someone is hurt or there is a loss of life. It's truly so sad that our federally elected politicians don't care."

The number of illegal border crossings has been rising steadily since last October and surged in February after President Joe Biden took office.

In May, CBP apprehended 180,034 individuals illegally entering the United States, the highest number in a single month in 21 years.

In the same month, at least 51,000 illegal aliens evaded apprehension after being detected by Border Patrol, according to numbers obtained by The Epoch Times.

Union Pacific Railroad spokesperson Robynn Tysver told The Epoch Times that the company is "tak-

CBP



Illegal immigrants inside a grain hopper on a train that Border Patrol stopped at Hebronville, Texas, on June 5, 2021.

ing the issue at Eagle Pass seriously and have assigned extra special agents at the border."

Tysver said local law enforcement departments have shared jurisdiction with Union Pacific and can charge the illegal immigrants found on the trains with trespassing and/or applicable crimes.

However, Union Pacific itself doesn't charge aliens with trespassing.

"People who are illegally found on our property are taken into custody by the Border Patrol. We do not cite them for trespassing on top of the federal charges or deportation they already face," Tysver said via email.

Judge Allows Part of Fulton County Election Lawsuit to Proceed, Plaintiff Claims 'Victory'

TOM OZIMEK

A Georgia judge on June 24 dismissed seven of nine claims in a Fulton County election lawsuit while allowing two to proceed that require the county to produce digital images of some 150,000 mail-in ballots that are at the center of plaintiffs' allegations of fraud in the 2020 presidential election.

In an order, Henry County Superior Court Chief Judge Brian Amero ruled that the respondents of the lawsuit—Fulton County, Fulton County Board

of Registration and Elections, and Fulton County Clerk of Superior and Magistrate Courts—could not be defendants in the suit due to sovereign immunity protections. However, Amero granted a request by the plaintiffs to add five named individual members of Fulton County's Board of Registration and Elections as respondents in the case, essentially keeping the suit alive.

Don Samuel, an attorney for the Fulton County elections board, told The Atlanta Journal-Constitution that there

are plans to seek the rest of the lawsuit dismissed. He also said Amero's ruling means the plaintiffs can't inspect the absentee ballots with high-powered microscopes as they had intended.

"That litigation is finished," Samuel told the outlet. "Is there going to be an audit? Not right now. ... There's no discovery permitted. There's no lawsuit pending anymore."

The lead plaintiff in the case, Garland Favorito, said in a statement that he viewed Amero's order as a win.

"We are pleased that the

court has ruled in our favor again for the fifth time. The ruling substitutes Defendants by replacing currently named government organizations with individual board members we named originally in our lawsuit. It also moots Don Samuels' attempt to dismiss our case. This continues the string of victories we have including how we obtained the original protective order, conditional approval to inspect ballots, access to ballot images, and the order to unseal the ballots," he said.

Bob Cheeley, lead attorney for



MEGAN VARNER/GETTY IMAGES

An election worker processes absentee ballots at State Farm Arena in Atlanta on Nov. 2, 2020.

two of the petitioners, told Just the News that he believes the ruling will allow the complainants to "get an audit and get to the truth."

"This is a huge victory for everyone who wants to get to the truth about the way in which Fulton County mishandled the absentee ballot count," he said.

The plaintiffs in the case secured a win last month when Amero ordered Fulton County to allow the group led by Favori-

to inspect scanned images of 147,000 mail-in ballots.

Cheeley said in court recently that the examiners would use "high-powered microscopes" in the examination, if approved by the judge.

If granted, the audit would be one of the largest independent reviews in the nation conducted after the 2020 election.

Zachary Stieber contributed to this report.

Pennsylvania Senate Passes Constitutional Amendment to Require Voter ID for All Ballots

ISABEL VAN BRUGEN

The Pennsylvania Senate on June 23 passed a bill that would amend the state constitution to require that voters present identification each time they cast a ballot.

The measure, SB735, passed in a 30-20 vote, mostly along partisan lines. The proposal was backed by all Republicans and a single Democrat.

Currently, state voters are only required to present identification the first time they vote at a polling station. The measure would require some form of verification every time a ballot is cast, including when voting by mail. It

also proposes amending the voting age in the Pennsylvania Constitution from 21 to 18, making it consistent with the U.S. Constitution.

If both houses of the legislature approve a proposed amendment, or if it is adopted by a state constitutional convention, the measure is put on the ballot in a general election. If a majority of voters then approve, the state constitution is amended.

"It's clear that Pennsylvania citizens want this common-sense requirement for secure elections," Republican state Sen. Bob Mensch said in a statement of the bill. "We desperately need to settle on

We desperately need to settle on procedures that restore faith in our elections and aren't subject to constant change.

State Sen. Bob Mensch

procedures that restore faith in our elections and aren't subject to constant change. Approval of this measure will ultimately put the matter before voters and, if approved, into the state Constitution."

State Sen. Steve Santarsiero, a Democrat, said that amending the state constitu-

tion shouldn't be seen as a solution "every time we may disagree on a particular issue of policy."

State Sen. Judy Ward, a Republican, cited recent polling that showed strong support for greater voter ID requirements in Pennsylvania.

"This is something that the people of Pennsylvania are begging for," Ward said.

Others expressed concern over the lengthy process that accompanies obtaining proper identification—something critics argue could discourage some from participating in the electoral process.

"There is very little evidence of systemic voter fraud

in Pennsylvania," Sen. Sharif Street, a Democrat, said. "We should all be working to try and get as many people to participate in the electoral process as possible."

Similarly, the nonpartisan Committee of Seventy, which opposes the bill, argued in a statement that voter fraud is "exceedingly rare," and that sufficient voter ID requirements are already in place.

Just days earlier, the Pennsylvania state House approved House Bill 1300, which would include a requirement that voters present identification, among other measures relating to polls, audits, and procedures.

In their support of the bill, House Republicans said it's necessary to restore what they described as integrity to the election process in the commonwealth. Other lawmakers said their constituents had pushed them to vote on the bill.

Democrat Gov. Tom Wolf has said several times that he will veto any election-related bill. On June 22, Wolf wrote on Twitter that he wouldn't sign the House bill into law, saying, "I will veto this bill if it reaches my desk in its current form."

Jack Phillips contributed to this report.

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NATHAN HOWARD/GETTY IMAGES

A protester argues with a Portland riot officer during a protest in Portland, Ore., on April 16, 2021.

Major Police Departments Losing Officers, Struggling With Recruiting

PETR SVAB

The largest police departments in the United States have seen a steady decline in officers over the past year and a half amid the CCP virus pandemic and a rash of anti-police activism.

The top three police departments in the country have lost thousands of officers since 2019, driven by an increase in retirements and resignations on top of recruiting woes. Reports of officers leaving in droves have been coming from other major jurisdictions as well.

Meanwhile, those cities have seen a significant uptick in murders and shootings.

New York City

The largest police agency in the country, the New York Police Department (NYPD) is down about 1,500 officers as retirements jumped to 2,600 last year from 1,509 in 2019, the department's spokesperson told The Epoch Times via email. Another nearly 350 officers had exited by mid-May this year.

Many of the retirements had to do with anti-police sentiment fanned by activist groups during protests and riots that followed the death of convicted felon George Floyd, a Black man, during an arrest in Minneapolis last year. The officer had knelt on his neck and back for more than eight minutes as Floyd repeatedly said he couldn't breathe before becoming unresponsive.

Last year, the state of New York outlawed officers from using a knee on a suspect's back or chest as a restraint technique during an arrest. Police officers and experts have criticized the law for criminalizing martial arts techniques routinely used by police to safely subdue resistant subjects.

New York City also implemented new laws regarding



TASOS KATOPODIS/GETTY IMAGES

People walk down 16th street after "Defund The Police" was painted in the street near the White House on June 8, 2020.

bail that banned judges from requiring cash bail for most nonviolent and some lower-level violent crimes, resulting in criminals returning to the street quickly after an arrest.

Shootings and murders in the nation's top three cities jumped in 2020.

Officers called the policy demoralizing as it makes their work seem pointless.

The NYPD mounted a large recruitment drive this year, even waiving the usual \$40 application fee, although still falling short of the applicant numbers of a previous drive, according to NYPD Personnel Chief Martin Morales. Part of the reason is that the drive was shorter than usual this time.

Of the more than 14,500 who applied, only about one in nine will make it through the entrance exam and the academy, if past results are any indication, Morales said during a May 18 press conference.

That means there will be about 1,600 new officers sometime next year. By then, thousands more may have left

the force, if the pace of retirements continues.

While overall crime in the city continues to decline slightly, shootings are still on the rise. In 2019, the police reported over 900 people shot, fatally and nonfatally. In 2020, that number more than doubled. This year, 721 have been shot as of June 13—the highest number for this period since 2002.

Chicago

The Chicago Police Department has lost more than 700 officers since 2019, according to data The Epoch Times obtained from the department.

In 2019, the department was able to hire 459 officers. In 2020, that number dropped to 157. This year, 105 have been hired as of April 30, based on the data.

Meanwhile, 646 officers retired or resigned last year, compared to 592 in 2019. This year, 330 have left as of April 30.

And it's not just the old guard leaving, according to John Catanzara, head of the local lodge of the Fraternal Order of Police, the officers' union.

"We have young officers doing lateral transfers, leaving this department and going somewhere else, whether it's

a suburb or out of state entirely," he told The Epoch Times. "I'm talking the same people that they [the city leadership] think are going to pick up the mantle and carry on this police department are the ones that are even saying they had enough."

Earlier this year, the union voted no confidence in Chicago Mayor Lori Lightfoot as well as Police Superintendent David Brown.

Catanzara indicated salary disputes, excessive workloads, and lack of respect for the force as the main areas of friction.

Lightfoot blamed the union leadership for protracting contract negotiations, which Catanzara rejects.

Meanwhile, murders and shooting incidents went up more than 50 percent in 2020 and are up another 5 percent and 18 percent, respectively, this year as of June 13.

Lightfoot blamed the violence on unemployment, poverty, and the fact that people can "purchase military-grade weapons" in neighboring Indiana. Most poor and unemployed people don't engage in murder and shootings, and such incidents almost never involve "military-grade weapons." The favored weapons of inner-city criminals are small, easily concealable handguns.

Los Angeles

The Los Angeles Police Department has lost nearly 600 officers since 2019. That's in major part due to a government hiring freeze instituted in response to the pandemic, as well as the city's decision last year to cut the police budget by \$150 million in response to calls from activists to "defund the police."

The defunding was supposed to cut the staffing level to 9,757 officers by this summer. As of June 21, the department is down to 9,444 officers. The city somewhat boost-

ANDREW CABALLERO-REYNOLDS/AFP VIA GETTY IMAGES



A firecracker thrown by protesters explodes under police one block from the White House, during a protest following the death of George Floyd, on May 30, 2020.

ed the department's budget this year, which will allow it to start hiring on July 1, LAPD Chief Michel Moore said at the May 25 commissioner meeting. That won't be enough to restore it to pre-pandemic strength, but merely to replenish "staffing levels that were the result of the budget cutbacks that were implemented last year by the mayor and city council," he said.

The city recorded more than 1,300 people shot, fatally and nonfatally, in 2020, an increase of nearly 40 percent from the year before. This year, 626 have been shot as of June 12, up almost 60 percent from the year-earlier period.

Other Agencies

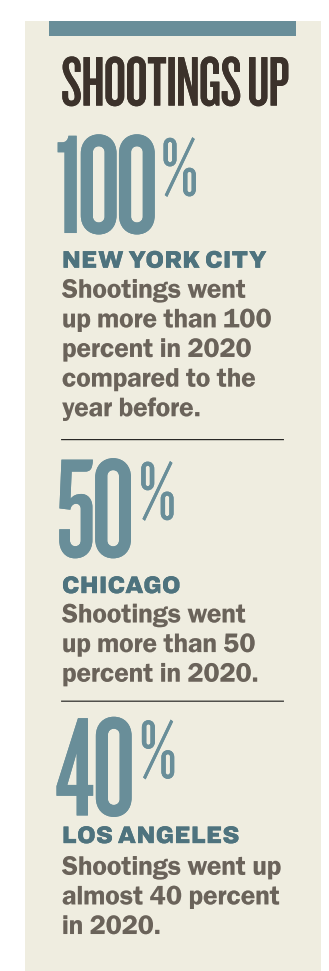
Similar stories of staffing shortages have been coming from other major police departments.

The St. Louis police department has hired 109 officers in 2020 and 2021 by June 2; in the same period, it has lost 192.

"Just as fast as we can hire and get new recruits trained and placed on our police department for patrol work, we are losing police officers at the same or an even faster rate," SLPD Sgt. Christy Allen told The Epoch Times.

There were 264 murders and 3,047 aggravated assaults with a gun in the city in 2020. That's up more than 36 percent and 20 percent, respectively, compared to 2019.

The Seattle Police Department has hired 86 officers in 2020 and through April 2021. In the same period, it



has lost 252, Sgt. Randy Huserik told The Epoch Times via email. Violent crime in the city somewhat declined overall in 2020, although murders went up to 52 from 37 the year before.

In May, Axios reported staffing concerns at the Charlotte-Mecklenburg Police Department in North Carolina, Des Moines Police Department in Iowa, as well as the Fayetteville Police Department in Arkansas.

Cara Ding and Vanessa Serna contributed to this report.

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Washington's Tree Fruit Industry Announces over \$1 million in Scholarships

The Washington Apple Education Foundation (WAEF) announced its 2021 scholarship recipients. In total, the foundation is awarding over \$1 million to students raised in tree fruit industry families on behalf of industry employers, families and supporters. 332 students are sharing in this year's awards. 204 of the 2021 scholarship recipients are renewing WAEF students. 128 are new recipients to WAEF selected this spring 87 of those are 2021 high school seniors.

WAEF scholarships are awarded to students whose families have ties to the tree fruit industry. In most instances, the parents of recipients are employed in orchards and warehouses. Approximately 80% are first-generation college students.

Chelan County

Alejandra Gil-Camacho, Cashmere, is the recipient of the Bob Mast and Nordic scholarships. Gil-Camacho is a graduate of Cashmere High School. She is the daughter of Juan Gil-Lopez and Angeles Camacho.

Andres Hernandez, Cashmere, is the recipient of the Northern Fruit/Ice Lakes scholarship. Hernandez is a graduate of Cashmere High School. He is the son of Andres and Maria Hernandez.

Aranza Arroyo-Mejia, Cashmere, is the recipient of the Hans & Lavonne van Someren Greve scholarship. Arroyo-Mejia is a graduate of Cashmere High School. She is the daughter of Jose and Maria T. Arroyo.

Clifford Phipps, Leavenworth, is the recipient of the Unitec scholarship. Phipps is a graduate of Cascade High School. He is the son of Kenneth and Joyce Phipps.

Colson Brunner, Cashmere, is the recipient of the Jim Wade Memorial scholarship. Brunner is a graduate of Cashmere High School. He is the son of Nick and Jenn Brunner.

Corey Phillips, Cashmere, is the recipient of the Payne West

Insurance/Deborah Krautwurm Memorial scholarship. Phillips is a graduate of Cashmere High School. He is the son of Michael and Kay Phillips.

Dorothy Espinosa, Peshastin, is the recipient of the Nordic scholarship. Espinosa is a graduate of Cascade High School. She is the daughter of Armando and Abigail Espinosa.

Eduardo Juarez Ramirez, Cashmere, is the recipient of the Blue Bird, Inc./Garry Williams Memorial/Washington Cherry Growers and Wilbur Ellis scholarships. Juarez Ramirez is a graduate of Cashmere High School. He is the son of Eduardo Juarez Gonzalez and Maria Ramirez.

Elizabeth Carney, Cashmere, is the recipient of the James E. Jim Loudon Scholarship and AgroFresh scholarships. Carney is a graduate of Cashmere High School. She is the daughter of Kevin and Valerie Carney.

Emma Brunner, Monitor, is the recipient of the John Douglas scholarship. Brunner is a graduate of Cashmere High School. She is the daughter of Adam and Nicole Brunner.

Greg Worley, Monitor, is the recipient of the Van Doren Sales scholarship. Worley is a graduate of Cashmere High School. He is the son of Shelley Maertins Worley.

Juan Martinez Nieto, Dryden, is the recipient of the Mathison Family scholarship. Martinez Nieto is a graduate of Cascade High School. He is the son of Juan Martinez and Norma Nieto.

Kyler Keogh, Cashmere, is the recipient of the HoneyBear Marketing LLC and Washington State Tree Fruit Association scholarships. Keogh is a graduate of Cashmere High School. He is the son of Eric and Tammy Keogh.

Oscar Orozco, Cashmere, is the recipient of the Tim & Kathy Welsh scholarship. Orozco is a graduate of Cashmere High School. He is the son of Ernesto and Maria Orozco

Rhiannon Strutzel, Cashmere, is the recipient of the Chamberlin Agriculture scholarship. Strutzel is a graduate of Cashmere High School. She is the daughter of Edward and Beverly Strutzel.

Robert McManus, Cashmere, is the recipient of the Tree Top scholarship. McManus is a graduate of Cashmere High School. He is the son of Scott and Maggie McManus.

Shelby Brunner, Cashmere, is the recipient of the CCM scholarship. Brunner is a graduate of Cashmere High School. She is the daughter of Nick and Jenn Brunner.

Teague Wagoner Duncan, Peshastin, is the recipient of the Taylor Orchards and Tree Top scholarships. Duncan is a graduate of Cascade High School. He is the son of Ryan and Kami Duncan.

Ty Schoening, Cashmere, is the recipient of the H.R. Spinner Corporation scholarship. Schoening is a graduate of Cashmere High School. He is the son of Derek and Kappy Schoening.

Yasleni Mejia, Cashmere, is the recipient of the Bill DeWitt Memorial scholarship. Mejia is a graduate of Cashmere High School. She is the daughter of Javier Mejia and Evangelina Naranjo

This year WAEF will held its annual Scholarship Celebration Luncheons in person for students, sponsors and parents and virtually to all interested in hearing the students' inspirational stories and taking part in the celebration of shared impact. The Wenatchee event occurred on Monday, July 26. The Washington Apple Education Foundation is the charity of the tree fruit industry. Its mission is to impact lives through access to educational opportunities. Scholarships are funded through voluntary donations made by industry employers and supporters. More information can be found at www.waef.org or by contacting the foundation office at (509) 663-7713.

How to Take Iron Supplements

After a short hospital stay for a bleeding ulcer, 78-year-old Mabel became anemic. She was discharged home on medicine to heal her ulcer, plus an iron supplement. Despite taking iron for 3 months, Mabel's blood tests showed she was still low in iron.

When I asked her which iron supplement she was taking, she proudly showed me a bottle of ferrous gluconate 300mg sustained-release capsules instead of the ferrous sulfate tablets originally prescribed.

"The iron tablets they gave me at the hospital really upset my stomach, so the pharmacist recommended this one instead. Besides, those doctors tried to give me a sulfa drug, and I'm allergic to sulfa!" she exclaimed. I explained that ferrous sulfate was very different from a sulfa drug, and she could take it safely.

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron. They created iron-rich water by leaving swords in water to rust or reused the water that blacksmiths used to cool hot iron.

Iron is a critical part of hemoglobin, a protein responsible for carrying oxygen throughout the body. Your body needs four iron atoms to make each molecule of hemoglobin, which also gives blood its distinctive red color. Without enough iron available to make hemoglobin, your blood carries less oxygen, and you become pale and tired.

The most common cause of iron deficiency is blood loss. You can lose blood from stomach bleeding like Mabel, heavy menstrual periods, or from your intestines through ulcers, hemorrhoids, or diverticulitis. You can be low on iron from a poor diet, gastric bypass surgery, kidney disease, or simply need more iron during pregnancy or breastfeeding.

Iron deficiency anemia is treated with iron supplements which provide iron for

hemoglobin in your blood and replenish iron stores in your bone marrow. Most people need 100mg to 200mg of elemental iron daily over several months to accomplish this.

Iron supplements can cause stomach pain, constipation, nausea, vomiting, even diarrhea. Iron turns your stools dark and can cause a metallic taste.

The 3 most common iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron is poorly absorbed and needs an acidic environment for best absorption. Vitamin C (ascorbic acid) improves iron absorption by converting some of it from a less soluble ferric form to a more soluble ferrous form. Vitamin C can increase the amount of iron absorbed from an iron supplement by 10% and from food sources by a factor of four.

Enteric-coated and sustained-release forms of iron are not as well absorbed as rapid-release forms because they dissolve in your intestine instead of your stomach. Your intestines are much less acidic than your stomach, causing less iron to be converted to its more absorbable ferrous form.

Taking iron supplements on an empty stomach, either 30 minutes before or 2-3 hours after eating also improves iron absorption.

Mabel's follow-up blood test showed she was still low in iron. She was taking one capsule daily, but as ferrous gluconate 300mg sustained-release instead of ferrous sulfate 300mg tablets. 300mg ferrous gluconate capsules contain only 36mg of elemental iron, compared to 65mg elemental iron in 300mg ferrous sulfate tablets. We increased the dose to 2 pills daily to make up the difference.

Here are 7 Tips for Taking Iron Supplements Successfully:

1. Check the amount of



Dr. Louise Achey, Doctor of Pharmacy, is a 42-year veteran of pharmacology and author of *Why Doctors 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

2. Try taking them on an empty stomach. If taking your iron supplement on an empty stomach causes stomach irritation, take it with food instead of skipping doses.

3. Avoid sustained-release or enteric-coated iron supplements. Although they may cause less intestinal irritation, you'll get less iron from sustained-release, delayed-release, and enteric-coated iron supplements.

4. Take one tablet daily to start. Take your iron supplement more frequently if instructed to by your doctor. Higher doses of iron are not absorbed as well.

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

6. Add vitamin C to your diet. One small glass of orange juice or vitamin C tablet improves iron absorption.

7. Keep iron tablets out of the reach of children. Brightly colored, shiny ferrous gluconate and ferrous sulfate tablets look just like chocolate M&M candies.

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City Council Meeting

CONTINUED FROM PAGE A1

responsibility to homeowners. Reiterating what Fletcher had said, Carlson told Mackay that list of recyclables that are shown in the contract is not very clear for homeowners. Pratt told Mackay that in prior contracts, WM had said that they would provide education but that really never seemed

to happen.

Steve Croci, Cashmere's Director of Operations, explained to the Council that on Pioneer Ave., there is a school zone in front of Vale Elementary and another at the middle school. The two zones are only separated by a few hundred yards and in between the two zones is a crosswalk. He recommended that the school zones be extended into a single

zone. He told the Council that a simple engineering study is required to make the change.

The Council unanimously approved contributing \$6000 towards Chelan County's Pathway Plan, the development of multi-use, inter-urban trails within the county. The plan is estimated to cost \$75,000. Chelan County and the Regional Port Authority are covering most of the cost.

Public and stakeholder feedback received about the Pathway Plan indicate that the segment between Monitor and Cashmere is one of the highest priorities. To identify a preferred alignment for this segment Chelan County, with support from the City, submitted a grant application for federal funds to the Chelan Douglas Transportation Council. The total cost of this

alignment analysis is about \$50,000. If the grant is received \$40,000 would be from the grant, \$5,000 from Chelan County and \$5,000 from Cashmere.

Two additional business items were approved unanimously by the Council included

- An agreement with Chelan County is to allow construction and maintenance of domestic

water distribution pipelines and sanitary sewer system facilities on county rights-of-way in the area of the City of Cashmere Urban Growth Area.

- The 8 year update to the Shoreline Master Plan, following a public hearing on the Plan.

It was announced that the library has received a grant to install ADA doors.

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

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

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Call the Record at 509-782-3781

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Local, Regional Community News & Events

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

- 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

Contact the listed organizations or events for updates on the Covid-19 regulations.

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Cashmere

Cashmere Community Vacation Bible School

PreK through 6th grade at the United Methodist Church, 9:30-11:15 a.m.

Youth: 6th grade through 12 at Cashmere Presbyterian Church, 7 p.m.-8:30 (times will vary)

Registration at the grassy area across from the Methodist Church.

We will be honoring Covid protocols including masking of staff and checking temperatures.

All snacks and beverages will be prepackaged and sanitary. Please plan on parking at the Catholic parking lot. Sponsored by Cashmere UMC, Cashmere Presbyterian, St. James Episcopal, Grace Lutheran and Christ Center Churches.

Leavenworth

Icicle Chamber Creek Music Festival

Icicle Creek Center for the Arts presents the Icicle Creek

Chamber Music Festival July 2-24. Performances will be both online and with limited in person attendance. The most recent upcoming performances are July 2, 3, 7, and 9 at 7 p.m. In person and online tickets can be purchased online at icicle.org or by calling (509)-548-6347x1.

Friday, July 2 7 P.M. PT

Works by: Bach, Beethoven, Florence Price, Gabriela Lena Frank, Amy Beach
Artists: Soon Cho, Hoorig Poochikian, Saeunn Thorsteinsdottir, Emely Phelps, Oksana Ejokina, Yerin Kim

Saturday, July 3 7 P.M. PT

Works by: Berg, Evan Williams, Chausson
Artists: Soon Cho, Saeunn Thorsteinsdottir, Hoorig Poochikian, Emely Phelps, Oksana Ejokina, Yerin Kim

Wednesday, July 7 7 P.M. PT

Works by: Scriabin, Ruth Crawford Seeger, Kaija Saariaho, Paul Wiancko
Artists: Hoorig Poochikian, Anthony Devroye, Cheng-Hou Lee, Emely Phelps, Christina Dahl

Scams are on the Rise

CONTINUED FROM PAGE A1

Thresher said another local scam happens at gas stations. Individuals with a hard-luck story approach motorists with fake gold jewelry. They say that they need to sell the jewelry for the money because of some tragedy. The jewelry appears to be real, with an 18 carat gold stamp, but it is actually bronze. Benchmark Jewelers has inspected jewelry from people who have fallen for this jewelry scam.

Besides selling jewelry, scammers target business emails with gift card requests. According to the report by Agari, a company that defends emails against cyberattacks, 64% of fraudsters used gift cards as a method to try and compromise business emails in the second half of 2020. The report contained data from 257.9 billion emails.

Business email compromise (BEC) is a type of scam where hackers attack businesses over email in order to try to defraud the company. BEC attackers usually impersonate employees at the company and try to trick victims into handing over sensitive information or transferring money through email domains that appear real.

The most popular form of gift card requested was eBay, followed by Google Play and iTunes. Another way that BEC scammers request money is through wire transfer. One way to protect company emails

from BEC attacks is to label external emails. Configure email programs to label between external and internal emails so that employees can distinguish if the email is happening from outside of the company. Also, consider using two-factor authentication on company emails to protect against fraud.

It is important for businesses and individuals to be aware of scams and how to protect themselves from them. If the situation doesn't seem right, don't give out money or personal information. If you receive suspicious communication, confirm with businesses to make sure the offer is legitimate. As scams continue around the Wenatchee valley, it is up to consumers to protect themselves.

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COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: Zoom meetings Noon, Call President Kris Taylor, 663-8604 for more information.
Cashmere Food Bank, open 2nd and 4th Wednesday from 2:30-3:30 p.m. Cashmere Food Distribution Center, Riverside Park, 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).
Underground Middle School youth meet 7-8:30 p.m., in person, in the Conservatory. Call Kelsie Folden for more info. 782-2825

Friday NO MEETINGS

Saturday

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904. No Bingo due to the COVID-19.

Sunday

CHURCH: See the church page for local service times and events.
Underground High School meet at 6 p.m., in-person, at the Conservatory, call Kelsie Folden for more info. 782-2825

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 now at the Wenatchee Red Lion, 11:30 a.m. in person or by Zoom. Bring your own lunch. Contacts: Mona, Membership, to RSVP call, 425-269-8537 or President Ellie, 425-319-9869. (1st Mon. each Month).

Tuesday

Icicle & Peshastin Irrigation Districts: Call for day and time Anthony Jantzer, cell, 509-433-4064 or tony.iid.picd@nwi.net (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).
Customers will be required to wear a mask, practice social distancing, and limit their visit to around thirty minutes, all of the library buildings will have a 25 percent occupancy limit. Library patrons who prefer minimal contact service, curbside pickup will continue to be offered at all branches. Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Curbside pick-up is still available.
Monday, 10-7 p.m., Tuesday, 10-7 p.m., Wednesday, 10-7 p.m., Thursday, 10-7 p.m., Friday 10 -1 p.m. and 2-5 p.m., Saturday, Closed, Sunday, 1 - 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 Cotelts Way. Call 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, 9 a.m., and 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 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, noon, First Baptist Church, 429 Evans St.
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."

Speak Truth and Speak Often

"Truth sounds like hate to those who hate the truth."

That quote from Todd Wagner has always stuck with me through the years of ministry and has become even more pertinent now. No matter the temperament or the kind disposition of an individual, if they speak the truth about any given issue, they are labeled as "hateful" or "bigots". As Christians, we are people of the Truth, and especially in the month that we are in, speaking about issues regarding sexuality and gender from a Biblical worldview will bring upon us a firestorm of opposition and slander.

However, what people don't realize is silencing people or canceling the opportunity for the truth to be spoken is not promoting tolerance or helping anybody for that matter. Instead, it is dampening free thought, expression and that suppression will invariably come back on those who aim to silence others. In other words, those who are so aggressively out to cancel everybody will inevitably be canceled themselves.

To the Christian, it may be tempting to not speak out about what the Bible clearly teaches and for the sake of peace, remain silent on matters that are pressing in your community but is that really what Jesus Christ would do? Read the gospels and you will see that Jesus Christ was no stranger to controversy.



A WALK WITH PASTOR JOHN SMITH

Over and over again, we read that Jesus Christ confronted the issues of sin and wasn't shy in telling people the truth that they desperately needed to hear. Jesus Christ spoke in love, yes, but he spoke nonetheless.

As we look at the community that we live in, it is obvious that there are things that we Christians need to address. For example, the state-mandated sex-ed curriculum and Critical Theory taught in our public schools, innocent children being slaughtered in Wenatchee by abortion at Planned Parenthood, and the devastation that the pandemic brought upon businesses and households. Those issues and so many more, need Christians to apply their Biblical worldview and speak to them with clarity and conviction.

Part of the Great Commission in Matthew 28:18-20, is to "teach them to observe all that I have commanded you." Who is the "them" in Matthew 28? The nations. And what has Christ commanded? Repentance and faith toward God, obedience, and love. When the Christian doesn't use every opportunity to speak or covers because of the threat of being canceled, then they aren't being faithful to the Great Commission.

I will concede that how we speak the truth does matter. Regrettably, there have been times in my life where what I wrote or what I spoke, although

true and Biblical, was done in a way that was hardly winsome or gentle. However, would we rather have someone who says true things bluntly or without tact or someone so nice that they never dare offend anyone with hard truths? My mother passed away from breast cancer in 2020, but I am thankful that her doctor sat us down and told us the truth about my mother's condition. It was difficult to take and upset the family a great deal, but it allowed us to make decisions that gave my mom a bit of comfort in the last year of her life. Apply that to the society we live in today—a world that is sick with sin—and the cure for it is to confront it directly with the message of Christ.

The Apostle Paul says in 2 Corinthians 2:17, "For we are not, like so many, peddlers of God's word, but as men of sincerity..." Unlike so many in Paul's day (and ours) who would soften, or refuse to give or apply the whole counsel of God's word for sake of offending people, he says we are men who are genuine and actually believe that every word of God is true and for all people. He continues, "...as commissioned by God, in the sight of God we speak Christ." Christian, we too have been commissioned by God to be his ambassador (2 Cor. 5:20) making His truth known to the world. I pray that given the chance, we would not be afraid of the slander or the opposition from individuals, but that in the sight of God, we would speak Christ because heaven knows people need him.

LETTERS TO THE EDITOR

Coffee & Cookies with PUD manager?

With the upcoming retirement of the Chelan Co. P.U.D. manager, I hope the public will be allowed more than an opinion poll to express our feelings about what we want in a new P.U.D. manager.

In the past local school districts allowed the public to meet potential superintendents, usually paired down to three, before the final hiring.

Will the Chelan Co. P.U.D. include us in an evening of coffee and cookies and a chance to meet and greet the P.U.D. manager candidates? Even if we have to wear masks, the P.U.D. manager's post is too important than leaving us in the dark. I think public inclusion and feedback could only help our P.U.D. commissioners in their decision.

Joe Bissonette Cashmere

I am a closet Republican

I'm sure by now that the majority of my faithful readers know that I am a closet Republican. Having said that, I quite naturally could not have voted for "Uncle Joe" for one well thought out reason; he is a democrat! However, as a Republican I am a rarity.

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

I am capable of independent thought!

So, I start watching the run-offs to the 2020 elections. It starts with "Orange man being a self-avowed womanizer." Well, I'm no Saint, so I don't throw stones and let that pass. Then he refuses to show his tax returns, and I start to wonder why? I'm thinking that given his ego-mania if he was worth more than he claims to be he would make sure everyone knew it.

Then I'm told (not by him) that this "great business man went bankrupt four times". The first line was probably the "small loan" from his Daddy! Then this great man diverts money from the military and defense fund to build his wonderful wall. The same one he said Mexico would pay for!

And those "easy to win tariff

Wars" which fundamentally ended in subsidies tax payer money to the soybean farmers. Who, besides China, knew they grow soybeans in South America! As a decorated Vietnam veteran I could almost ignore his "bone spur." I mean I sure didn't want his kind anywhere near me as I wandered around the jungles of Vietnam.

I could go on forever, however, when all his lies got wrapped up in the "big lie" and his adoring mob stormed the White House that, for me, was the beginning of the end! It ended when my spineless party voted down the investigation of the insurrection. If anyone asks I am now in the words of Bill O' Riley a registered independent!

Charles Olinghouse, Cashmere

Due to lifted Covid-19 state regulations, some churches will be opening up for in person services. Call the church of your choice to see any changes.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.



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



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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.

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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

CASHMERE

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



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



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.



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

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



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



MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 782-2601
Virtual Zoom Service, Sunday,
11 a.m. until further notice.
Pastor Lilia Felicitas-Malana



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 8:00 p.m.,
In-person, Conservatory
Middle School Youth Thursdays 7-8:30 p.m.,
In-person, Conservatory
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregational Care Pastor, Joyce Williams
High School Director, Kelsie Folden
Community Outreach, Stefhanie Haney

DRYDEN

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

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

LEAVENWORTH

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

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

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

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 548-7010
Worship 9:30 a.m. w/coffee following
www.faithleavenworth.org

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

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 8:30 a.m. and 10:00 a.m.
Lead Pastor: Greg Appleby
www.LCN.org



LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org



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.com



The Washington Outdoors Report

Outdoors Roundup

By JOHN KRUSE

Snoqualmie Pass Wildlife Crossings

Those multi-million-dollar wildlife crossings under and over Interstate 90 (east of Snoqualmie Pass), are getting some good use by area wildlife and reducing traffic collisions. The Washington State Department of Transportation posted a tweet on their Snoqualmie Pass Twitter page showing video of deer, elk and other animals using the crossings day and night.

WSDOT also states in this tweet, "The I-90 wildlife crossings are bursting with activity. Last month, we recorded over 900 animals (up by 136 from May 2020) using the structures with many deer fawns and elk calves." That's good news for both wildlife and

motorists.

Wenatchee Salmon Derby

The North Central Washington Chapter of the Coastal Conservation Association will be holding their annual Peter Flohr Memorial Salmon Derby on the Columbia River on July 16 and 17 this year. Participants will be after the largest Chinook salmon as well as the largest boat weight (the total weight of salmon caught by entrants fishing out of each boat). Anglers are allowed to fish anywhere from Rock Island to Wells Dam. There will be an awards ceremony, open to the derby entrants and non-participants alike, at the Wenatchee Eagles Hall on Sunday the 17th at 5 p.m. That's when the derby winners will be announced and a number of raffle prizes given away. You can buy your derby tickets at

Hooked on Toys in Wenatchee. Tickets for raffle prizes can be purchased at the Eagles Hall on the 17th. The cost for a derby ticket is \$45 if you are a current CCA member or \$75 if you are not (which includes a one-year CCA membership). More details are available at www.wenatcheesalmonderby.com

Sockeye Salmon Run Concerns

Sockeye salmon numbers over Bonneville Dam are significantly down compared to recent years. Most of these salmon are headed towards the Upper Columbia River and its tributaries. On June 23, only 37,400 sockeye had gone through the fish ladder at Bonneville Dam. This is about half the ten-year average for this time of year. If the current trend continues, we are shaping up for a run

well under 100,000 sockeye, something only seen twice in the last ten years.

A reduced Upper Columbia run could mean there will not be a Lake Wenatchee sockeye salmon fishery this year, though it's too early to know that for sure yet. On the other hand, Baker Lake does have a sufficient number of sockeye returning this year. This lake near Mount Baker will open for sockeye fishing on July 10 with a limit of one salmon a day measuring at least 18-inches.

Enjoy Fireworks But Prevent Wildfires

Most of Washington is suffering through a drought and severe heat. Add summer camping and Independence Day fireworks to the mix and it will be amazing if we don't have several fires break out in the week ahead.

If you are camping this week pay attention to campfire restrictions. If you are allowed to have a campfire, be sure

to put it out before you leave. Do so by pouring water on it until it's cold, stirring the remnants, and then put more water on that fire to ensure it's really out. Unattended and abandoned campfires are a significant source of wildfires every year.

If you choose to purchase fireworks do remember you can't use them on public lands such as state or national parks, state fish and wildlife areas, federal national wildlife refuges and on lands managed by the US Forest Service or Bureau of Land Management. A better bet? Look for a sanctioned fireworks show near you and enjoy the booms, sparkles and colors in the night sky with friends or family. Fireworks shows are not as numerous as they were prior to the Covid pandemic but there are several fireworks displays in our region on Independence Day to include:

1. Wenatchee Valley 4th of July Celebration - July 4th - All day - Walla Walla Point Park
2. Brewster 4th of July Festival - July 4th - Noon to 10 p.m. - City Park
3. Grand Coulee Festival of America - July 3rd and 4th- Noon to 10 p.m. - Laser Light Show both nights and a Fireworks Show at 10:30 p.m. on the 4th at Grand Coulee Dam
4. MarDon Resort - Potholes Reservoir - July 4th just after sunset
5. Freedom Fest - Newport/Bear Paw Camp - July 2 - 4 - A weekend of Christian music artists and worship - Fireworks at 10:30 p.m. on July 4th - Paid admission -Details available at www.freedomfest.net.

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



PHOTO BY JOHN KRUSE

Elk are using the wildlife crossing near Snoqualmie Pass. (This elk was photographed at Yellowstone National Park)

Don't forget to renew your subscriptions this summer!

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RECORD ECHO HERALD MIRROR

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College News

Spokane, WA- Local students were named to the Dean's List at Gonzaga University. In order to be named, student must earn a 3.5 to 3.84 grade-point average. Ryan Cooper, Cashmere Eyob Green, Monitor Jacqueline Guzman-Garcia,

Dryden

Dorothy Espinosa, Peshastin

A local student was also named to the President's List at Gonzaga University. In order to be named, students must earn a 3.85 to 4.0 grade-point average.

Katie Schiefelbein graduated Magna Cum Laude from Gonzaga University

with a Bachelors of Arts in Communication Studies and English.

Local students were also named to the Whitworth University Spring Provost's Honor Roll.

Madeline Schiefelbein, Leavenworth, WA Laura Waltar, Peshastin, WA

Each year, the Cashmere Chamber of Commerce hosts the Annual Auction and Recognition Dinner where recipients are honored. The community has the opportunity to nominate those (Business, Citizen, and Organization) making a difference to Cashmere. This year, we would like to highlight all our nominees for their efforts in supporting the Cashmere community. Check back each week to learn more about each nominee and the announcement of the 2020 honoree recipients.




Business
 OF THE YEAR
 Nominee: **CrossFit**
791

Nominated for: Actively involved in the Cashmere community; in current years, or consistently over a number of years, should have demonstrated excellence in their field which would, in turn, contribute to the overall economic health of the community.

What Others Shared: Has been there for their clients throughout this pandemic. They have helped their clients maintain both their physical and mental health by providing on site classes when they were allowed, to zoom classes for home workouts when they could not be open, and even outdoor workouts when clients couldn't workout inside the gym. This little hometown gym demonstrated adaptability to overcome adversity

during this pandemic and they did it with style and grace to continue training and inspiring their clients.

What do you love most about the Cashmere community?

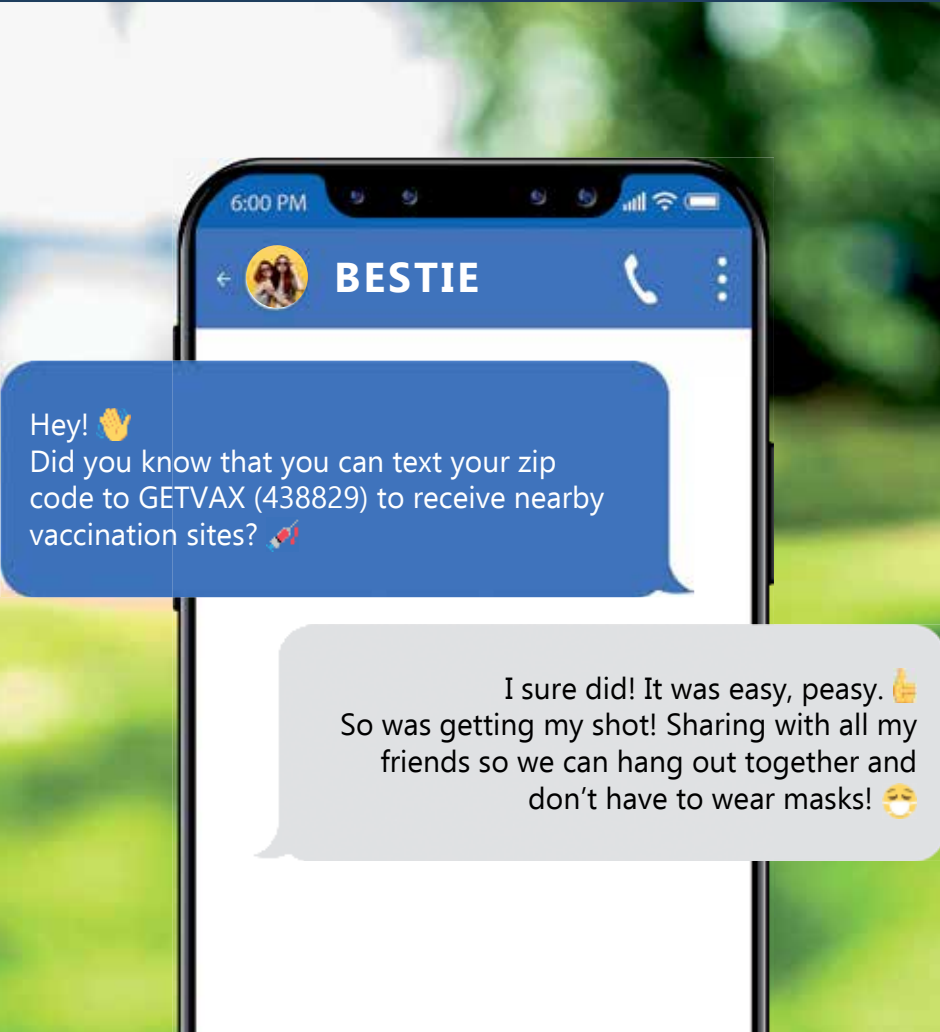
The supportive community we have become. All ages families, schools, friends, businesses. It's hard to not fight for your business when you have so much support!

We support supporting local, can you share more about your products or services?

At CF791, Classes are always coached and scalable for any level! We believe in being ready for the unknown, constantly varied (always trying new things) settings and reaching your goals in any aspect -work, home, hobbies!!

Share your best memory from 2020.


2020... I you would have asked me this a few months ago, I'm not sure what my answer would have been... lol I think we have learned this last year more than ever... how great our community is! It was tough year but it has made us more determined than Ever!! The 2nd shut-down of our little gym could have ended our business, but our small community wasn't going to let that happen... we fought, we cried, we grew!! It has taught me a valuable lesson it SUPPORT! We need to help our fellow businesses, we need to come together in tough times! We would not be here today without our COMMUNITY!! What a great lesson in finding the good in tough times!!



Hey! 🙌 Did you know that you can text your zip code to GETVAX (438829) to receive nearby vaccination sites? 📍

I sure did! It was easy, peasy. 🙌 So was getting my shot! Sharing with all my friends so we can hang out together and don't have to wear masks! 🤗

VACCINELOCATOR.DOH.WA.GOV/



GCHD
GRANT COUNTY HEALTH DISTRICT
www.granthealth.org

462588

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
 In re the Estate of GLADYS R. DAPPEN, Deceased NO. 21-4-00199-04
NOTICE TO CREDITORS
 The personal representative named below has been appointed and has qualified as the personal representative of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the personal representative, or the attorney of record, at the addresses stated below, and file an executed copy of the claim with the clerk of this court within four months after the date of first publication of this notice, or within four months after the date of filing of the copy of this notice with the clerk of the court, whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred.
DATE OF FILING COPY OF NOTICE TO CREDITORS with clerk of the court:
 June 11, 2021
DATE OF FIRST PUBLICATION:
 June 16, 2021
 Personal Representative: Andrew R. Dappen 2332 Westview Drive Wenatchee, WA 98801
 Attorney for Estate: Kyle D. Flick
 Attorney at Law 222 South Mission Wenatchee, Washington 98801 (509) 662-3333
DATED this 11th day of June 2021.
LAW OFFICE OF KYLE D. FLICK, P.S.
 By /s/ KYLE D. FLICK
 KYLE D. FLICK, WSBA #1493
 Attorney for Estate
 Published in The Leavenworth Echo/Cashmere Valley Record on June 16, 23, and 30, 2021. #2260

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of RICHARD E. LEONARD, Deceased. No. 21-4-00206-04
PROBATE NOTICE TO CREDITORS
 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:
 June 23, 2021
Personal Representative:
 Jed Davenport
 Attorney for the Personal Representative:
 Russell J. Speidel
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. 21-4-00206-04
JED DAVENPORT
 Personal Representative
 Attorneys for Personal Representative:
SPEIDEL BENTSEN LLP
 By: RUSSELL J. SPEIDEL
 WSBA No. 12838
 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807
 Published in The Leavenworth Echo/Cashmere Valley Record on June 23, 30 and July 7, 2021 #2273

Public Notices

City of Cashmere

101 Woodring St. Cashmere, WA. 98815
ADVERTISEMENT FOR BIDS
 Notice is hereby given that sealed bids will be received by the City of Cashmere, until 1:00 PM Pacific Time on July 15th, 2021 for construction of the Pioneer Ave Safe Routes to School project. Work to be performed includes: Installation of Rectangular Rapid Flashing Beacon (RRFB) systems, striping, signing, and other work to improve four pedestrian crossing locations. Bid proposals will be received only at, 101 Woodring St. by 1:00 PM Pacific Time on July 15th, at which time they will be opened, read, and tabulated publicly. Proposals received after the time fixed for opening will not be considered.
 Contract documents may be purchased on www.questcdn.com for \$15.00, nonrefundable, under project #7904522. Addenda will be published only through the online bidding service. Bidders that do not purchase a bid set will not automatically be notified of addenda and will need to periodically check the on-line plan room for addenda.
 An informational copy of the contract documents is on file for inspection at the City of Cashmere.
 The City of Cashmere in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally Assisted Programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award. The City of Cashmere is an equal opportunity and affirmative action employer. All work performed on the project will be subject to state prevailing wage rates.
 Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of such bid proposal. Checks shall be made payable to the City of Cashmere. Should the successful bidder fail to enter into such contract and furnish satisfactory performance and payment bond within the time stated in the Specifications, the bid proposal deposit shall be forfeited to the City of Cashmere. The City of Cashmere reserves the right to reject any or all bids and to waive irregularities in the bid or in the bidding. No bidder may withdraw his proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding 60 calendar days.
 Published in The Cashmere Valley Record/Leavenworth Echo on June 30, and July 7, 2021. # 2299

Public Notices

CITY OF LEAVENWORTH CITY COUNCIL

NOTICE OF PUBLIC HEARING
 Notice is hereby given that the Leavenworth City Council will hold a public hearing on July 13, 2021, at 6:45 PM. The meeting will be held via ZOOM meeting. A link is available on the City website; or through the zoom app, Meeting ID: 881 5707 9302
 Passcode: 245802; or by phone 1.253.215.8782. The intent is to consider a pilot program allowing bees to be kept inside the City Limits. Interested citizens are encouraged to comment and/or attend the public hearing. Copies of the proposed plan are available at City Hall or electronically by contacting the City Clerk within City Hall, phone 509.548.5275 or email financedir@cityofleavenworth.com
 Published in The Leavenworth Echo/Cashmere Valley Record on June 30, 2021. #2330

Public Notices

CHELAN COUNTY MOSQUITO CONTROL DISTRICT NO. 2 ALSO KNOWN AS LEAVENWORTH MOSQUITO CONTROL DISTRICT NOTICE OF PUBLIC HEARING

Notice is hereby given that Chelan County Mosquito Control District No. 2 shall conduct a public hearing at 7p.m. on Monday July 19, 2021 at the Chelan County Fire District 3 located at 228 Chumstick Highway, Leavenworth, WA 98826, regarding a petition for annexation at which the district board shall hear persons appearing on behalf of the petition and all protests and objections to it. The district board shall make such changes as it believes advisable in the boundaries to the territory and shall define and establish the boundaries. It shall also determine whether the petition meets the requirements of chapter 17.28 RCW. Petition for the Greater Zelt Strasse Area: Petition for Annexation to the Chelan County Mosquito Control District #2 (RCW 17.28.330). We the undersigned, being registered voters resident in the territory legally described below, hereby petition and request that the real property boundaries described below be annexed to the Chelan County Mosquito Control District #2 in accordance with RCW Chapter 17.28.330. Petitioners further state as follows: 1. The boundaries of the area proposed to be annexed to the Chelan County Mosquito Control District #2 are as follows: all areas lie within Chelan County, Washington, are located south of River Bend Drive, west of the Wenatchee River and north of U.S 2, and are not currently within the boundaries of the Chelan County Mosquito Control District #2. See map for detail; the proposed annexation area is cross-hatched. 2. Petitioners request, upon certification by the Chelan County Mosquito Control District #2 board of trustees that this petition contains sufficient valid signatures as provided by RCW 17.28.020, that action be taken thereon all in accordance with RCW Chapter 17.28.320-17.28.350. (Ten percent or more of registered voters in the boundaries legally described below who have cast votes for the office of governor in the last gubernatorial election are required to validate this petition). 3. Chelan County parcels located south of River Bend Drive, west of the Wenatchee River and north of U.S. 2, that are not now within the Chelan County Mosquito Control District #2 are the real property relevant to this petition. The affected parcels include: (property ID #) 30119; 30120; 30121; 30124; 30264; 30265; 30266; 30267; 30269; 30270; 30271; 30272; 30280; 67013; 67014; 67015; 67016 and 67017. This petition was signed by Lonna West, Savannah Day, Chris Mehler and 3 other individuals.
 Published in The Leavenworth Echo/Cashmere Valley Record on June 30 and July 7 and 14, 2021 #2325

Public Notices

NOTICE TO RESCIND CITY OF LEAVENWORTH NOTICE TO CONSULTANTS FOR PINE STREET RECONSTRUCTION PHASE II STUDY

Notice is hereby given that the Public Notice published in the Leavenworth Echo and Cashmere Valley Record on June 16, 2021 and June 23, 2021 has been rescinded in its entirety.
 Published in The Leavenworth Echo/Cashmere Valley Record on June 30, 2021. #2323

Public Notices

CITY OF LEAVENWORTH

On the 22nd day of June, 2021, the City Council of the City of Leavenworth, Washington passed the following ordinance and resolution. A summary of the contents provides as follows:
Ordinance 1629: An ordinance of the City of Leavenworth, WA, adopting amendments to Chapter 5.37 or the Leavenworth Municipal Code to increase the number of allowable nonmotorized vehicle for hire permits within the City.
Resolution 15-2021: A resolution of the City of Leavenworth, WA, amending rates and fees.
 A full copy of the ordinance and resolution is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826.
 Published in The Leavenworth Echo/Cashmere Valley Record on June 30, 2021. #2331



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www.cashmerevalleyrecord.com

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	8		2		9				5
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		2					7		
			5		7				
	6		1		5				7
1		7	9						8
9			6	7					1

CROSSWORD PUZZLE
 THEME: SUMMER OLYMPICS
 ACROSS
 1. Welsh dog breed
 6. With juice, or au ____
 9. Pirate's yes, pl.
 13. What a subordinate does
 14. Cigarette residue
 15. Chimney cleaner
 16. Coffin holders
 17. "Sheep be true! ____-ram-ew!"
 18. Poisonous Christmas berry
 19. "First U.S. city to host Summer Olympics"
 21. "Swimmer with most Olympic medals"
 23. Part of a min.
 24. "Field hockey's stick and ball, e.g."
 25. Gayle King's network
 28. Capital of Latvia
 30. "Canoeing: slalom and ____"
 35. Rhine tributary
 37. Building annexes
 40. Three-ply cookie
 41. "Madison cycling, e.g."
 43. "Light ball tap, in volleyball or tennis"
 44. What hoarders do
 46. Not happening (2 words)
 47. Half-rotten
 48. "Martial art debuting in Olympics in 2021"
 50. Make a plaintive cry
 52. Short for although
 53. Luau instruments
 57. * ____ horse in gymnastics
 60. "One of pentathlon events"
 64. Kentucky Derby drink
 65. Rock in a glass
 67. Small Asian ungulate
 68. Spy's cover
 69. Not a win nor a loss
 70. Run off to marry
 72. Eastern Standard Time
 DOWN
 1. Corn units
 2. Final notice?
 3. Rod attachment
 4. Greek sandwiches
 5. Federal Reserve in relation to U.S. currency
 6. "Bouncing moves"
 7. "All-time Olympic record holder in medal count"
 8. Popular fitness magazine
 9. Military no-show
 10. Crowd-sourced review platform
 11. Mature elvers
 12. I do this with my little eye
 15. Tibetan mountaineer
 20. Slipperier
 22. ____-been
 24. London's Tyburn Tree, e.g.
 25. Kick the bucket
 26. Thailand's neighbor
 27. Give sheep a haircut
 29. A valley in Scotland
 31. "Ant-Man" leading actor
 32. Dostoevsky's "The ____"
 33. Beethoven's famous symphony
 34. "2021 Olympic host"
 36. Civil Rights icon
 38. Long adventure story
 42. ____ welcome!
 45. Tree cutters' leftovers
 49. ____ out, as in victory
 51. One suffering from tuberculosis
 54. Chosen few
 56. Food safety threat
 57. *Threat to muscles
 58. Mixture
 59. Source of protein
 60. Pedal pushers
 62. Midday slumbers
 63. High school club
 64. #6 Down, sing.
 66. Post-Soviet Union union

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ORIGINAL OR LIGHT
16 OZ.
1.88

JOHNSONVILLE ITALIAN SAUSAGE OR BRATS
SELECTED VARIETIES
16 TO 19 OZ.
3.98 EA.

FOOD CLUB BEEF PATTIES
80% LEAN, 20% FAT, 3 LBS.
7.98 EA.

Fresh Ground

LEAN GROUND BEEF
80% LEAN, 20% FAT
VALUE PACK
3.98 LB.

8 INCH DUTCH APPLE OR APPLE PIE
PERFECT WITH A SCOOP OF VANILLA ICE CREAM!
4.98 EA.

AVAILABLE IN THE SERVICE BAKERY

CHEEZ-IT BAKED SNACK CRACKERS
SELECTED VARIETIES
7.5 TO 12.4 OZ.
2/\$6

PERSONAL WATERMELON
SWEET, JUICY
2/\$6

YELLOW, WHITE OR BI-COLOR CORN ON THE COB
GREAT ON THE GRILL
10/\$6

1 LB. STRAWBERRIES OR 6 OZ. BLUEBERRIES
HIGH IN VITAMIN C
2/\$5

NABISCO SNACK CRACKERS
SELECTED VARIETIES
6.5 TO 9 OZ.
2/\$4

PEPSI PRODUCTS
SELECTED VARIETIES
24 PACK, 12 OZ. CANS
7.48

REDHOOK
SELECTED VARIETIES
6 PACK, 12 OZ. CANS
8.98