

# CASHMERE VALLEY RECORD

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## Icicle Canyon Climbing Area Protected as Public Land

**U.S. Forest Service and Access Fund leverage Land and Water Conservation Fund to protect critical inholding**

### Leavenworth

Okanogan-Wenatchee National Forest and Access Fund, the only nationally accredited land trust dedicated to protecting America's climbing, are pleased to announce that 11 acres in Icicle Canyon outside Leavenworth, Washington, are now permanently protected as public land. This conservation project is the result of a collaboration between Access Fund, the U.S. Forest Service (USFS), and local partner organizations.

The parcel includes popular climbing areas known as Alphabet Rock and Icehouse Boulders, as



Katherine Vollinger leading Meat Grinder, Alphabet Rock. Ancestral lands of Yakama and Wenatchi. Icicle Canyon's native name is Nasikelt, meaning "narrow bottom canyon."

PHOTO BY KURT HICKS.

as public lands, local residents and visitors can enjoy these areas indefinitely."

To prevent the potential loss of access, the private landowner, Scot Brower, agreed to a two-year option agreement, giving the local climbing community and USFS time to secure

funding and sever mineral rights, which were held by a separate party. Access Fund

purchased the property using funds from its Climbing Conservation Loan Program (CCLP), and it has now been transferred to Okanogan-Wenatchee National Forest for long-term conservation and climbing-friendly management.

well as the initial access path to the historic crag of Givler's Dome farther uphill on adjacent USFS lands. Together, this critical inholding features more than 40 historic cracks, slabs, faces, and hueco-filled roofs, as well as dozens

of boulder problems.

"Access to these iconic climbing areas could have been lost forever if the property had sold to a new private landowner," Access Fund Executive Director Chris Winter says. "Now that they are protected

## City seeks public input on city budget

By Kirk Beckendorf

Reporter

At the Oct. 12 Cashmere City Council meeting Mayor Jim Fletcher announced three upcoming public hearings related to the city's budget. The mayor and city council are seeking public input at these hearings. The first will be held on Monday, Oct. 26 at 6 p.m. to address city revenue and a possible increase in property taxes.

The 2nd hearing will be held on Nov. 9 to obtain public comments about the preliminary city budget for 2021. On Nov. 3 the Council will hold a hearing to receive public input on the final 2021 budget. Copies of the preliminary budget will be available by Nov. 20 posted on [www.cityofcashmere.org](http://www.cityofcashmere.org) and at the Cashmere City Hall between the hours of 9 a.m. and 5 p.m., Monday through Friday.

Call City Hall (509-782-3513) before the Friday of each meeting for information on connecting remotely to the public hearing, if in-person participation is not permitted by law. Written comments can be mailed or emailed to Kay Jones, City Clerk-Treasurer at [Kay@cityofcashmere.org](mailto:Kay@cityofcashmere.org) or 101 Woodring St., Cashmere, WA 98815.

During the Council Meeting, which was held via Zoom, Fletcher provided an overview of the current and estimated city revenues. He said that revenue from wastewater and utility taxes has decreased. According to Fletcher the city has planned to develop a 2021 budget that did not require an increase in property taxes. However, Fletcher said that revenues have decreased as a result of the COVID pandemic and so they will need to look at expenses. He added that they will try to not increase rates for water or sewer.

Following the meeting, Fletcher explained that "each year the City Council may consider a property tax increase of a maximum one percent (1%) of the previous year revenue. Cashmere City property tax revenue for 2020 is \$654,010.44, maximum one percent increase would add \$6,540.10. A new levy rate will be determined by dividing the total revenue by the city's total assessed value. Cashmere budgets all revenues from property taxes to public works activities including street paving and maintenance, sidewalks, parks and pool, city trees, and cemetery."

Cashmere budgets all revenues from property taxes to public works activities including street paving and maintenance, sidewalks, parks and pool, city trees, and cemetery.

The Council approved a request to the Washington Department of Transportation (WDOT) to eliminate the crosswalk on Pioneer at School Lane. WDOT is funding the Safe Route to Schools project which will upgrade 3 other crosswalks.

At the previous council meeting, Director of Operations, Steve Croci had recommended eliminating the crosswalk on Pioneer at School Lane rather than improving it as part of the Safe Route to Schools project. Croci said that he had talked with school Superintendent Glenn Johnson and the school district had agreed with the plan of eliminating the crosswalk.

Fletcher told the Council that the city's lease agreement with the Cashmere Museum dated back to 2005 and it has been set at \$8500 for the past 15 years. According to Fletcher, the museum is struggling this year due to the COVID shutdown. Fletcher proposed to increase the lease agreement to \$12,000 to help provide support to the local museum.

## Cashmere Schools begin in person learning

By Bill Forhan

Dr. Butler and the Chelan-Douglas Health District have approved moving to phase 2 COVID Pandemic restrictions. As a result Cashmere School District Administrator Glenn Johnson announced last week that Cashmere Schools would begin reopening as follows:

- Pre- K through 2nd Grade classes began on October 12.
- Half day in-person, Monday through Friday classes would be either on an AM or PM schedule.
- Every student will be in-person approximately 3 hours and remain

in the same cohort of students and staff each day.

- There will be a 2-hour break between the AM and PM cohorts to allow transportation to and from school as well as cleaning between cohort classes.

- Classes will be split alphabetically, A-L and M-Z keeping sibling groups on the same schedule.

- Any parents or families that do not feel comfortable returning to in-person instruction will be offered the option of continuing with remote learning.

- All students and staff are

required to complete a health screening prior to arrival each day.

- Additional health screening protocols will be completed upon arrival at school.

- All students and staff will be required to wear masks and maintain 6 feet physical distancing while at school and was or sanitize hands frequently throughout their time on site.

Johnson said that the School District is starting with Pre-K through 2nd Grade based on Health Department recommendations guidelines of returning children in phases starting with special needs, most at risk and the youngest learners. Johnson added that remote

learning is more challenging to the younger students because of their age and development. In-person learning is key to setting them up for success.

Depending on Health District continuing support, Schools will continue to reopen in phases with a three week window between phases. The school District will use the phased opening approach as a guide to a full return.

Johnson reminded parents in a letter to remember this is uncharted territory and there will be elements of the plan that will need adjustment along the way. Specifics for each building will be determined by each school principle and their teams.

## 2020-2021 Meal Distribution Announcement - UPDATE

As we transition to a hybrid plan to accommodate some in-person instruction, we are modifying our food service meal distribution. Effective Monday, October 12th breakfast and lunch grab-n-go meals will be distributed from 7:00 – 8:00 am, Monday through Friday at two locations: Cashmere Middle School and Chelan County Fairgrounds. We are discontinuing curbside distribution at Vale Elementary and Monitor Methodist Church. Thank you for wearing a mask and adhering to proper social distancing standards during meal pick-up. Please stay tuned for updates as we revise our meal distribution process. **For more information about meal distribution, please contact your child's school.**

## THE WASHINGTON OUTDOORS REPORT

### Washington's Quilomene Bighorn Sheep Herd Could Be In Trouble

By John Kruse

On Oct. 1, a domestic sheep was seen at the Ginkgo Petrified Forest State Park mingling with several wild bighorn sheep. So why is it a big deal for a domestic sheep to be hanging around wild sheep, you ask?

Two words...Mycoplasma bacteria. Domestic sheep can carry it and pass it on to wild sheep, where it becomes pneumonia. This pneumonia caused a massive die-off in the bighorn herd living in Hells Canyon along the Snake River in 1995. Another outbreak struck the Umtanum herd in the Yakima River Canyon in 2010, killing dozens of sheep and in 2013 the entire Tieton herd west of Naches either died from pneumonia or were

put down by WDFW officials to prevent the disease from spreading to neighboring herds.

The bighorn sheep in this area are from the Quilomene herd. There is a southern sub-herd, numbering some 50 animals that lives near Vantage, and a larger group of bighorns that live in the Colockum Wildlife Area and north towards Malaga in Chelan County. Numbering 220 to 250 sheep in total, the Quilomene is one of

Washington State's largest bighorn herds.

As for the domestic ewe, it belonged to an area rancher and it may have been missing for up to two weeks. It's unclear how it got to the state park near Vantage. Andy Walgamott, Editor of Northwest Sportsman Magazine, reported the ewe may have wandered there from a US Forest Service grazing allotment. Brock Hoenes, the Ungulate Section Manager for WDFW, says it is possible that ewe did come from there but it's also possible it wandered in from a closer Washington Department of Natural Resources grazing allotment or maybe even from the home ranch for the animal. A spokesperson for the Okanogan-Wenatchee National Forest said they investigated this and determined the ewe did not stray from one of their grazing allotment sites but from private land.

The ewe in question was killed by WDFW officials on Oct. 6. Unfortunately, that ewe tested positive for mycoplasma bacteria. This triggered an immediate reaction by WDFW. On Oct. 12, twelve bighorn sheep in close proximity to the ewe



PHOTO BY JOHN KRUSE.

A bighorn sheep herd

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**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

### THIS WEEK

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# Worship in Warfare

The battle is raging hot and it is not a time for us to retreat. Amidst the battles we are currently in (and there are many fronts), there is a temptation to use worldly tactics to seize victory. However, the methods and tactics of the Christian are vastly different than those of the world. You could say the way the Christian battles is counter-intuitive and leaves observers scratching their heads in bewilderment.



**A WALK WITH PASTOR JOHN SMITH**

Paul says, are not of the flesh but divine power (2 Cor. 10:4). Take prayer for example. It seems rather odd that a Christian would pray when there is so much to be done. Prayer, to the world, seems passive, almost lazy when the day calls for activism. However, E.M. Bounds once said, "Prayer has won great victories and has rescued with notable triumph God's saints when every other hope was gone...Men who know how to use this weapon are God's best soldiers, His mightiest leaders." When believers set themselves to pray, God rouses himself to action.

There is another weapon

in the Christian's arsenal that is often overlooked and that is singing in worship. Admittedly it sounds a bit strange but the Bible records great victories when God's people open their mouths to worship. For example, we see in 2 Chronicles 20, the nations of Moab, Ammon, and the Meunites have roused themselves to battle against the kingdom of Judah. With the odds stacked against Jehoshaphat and the people of Judah, what does he do? Pray, yes, but he then sends out the worship leaders to sing "Give thanks to the LORD for his steadfast love endures forever." (2 Chron. 20:21). When their voices lifted in song, the Bible records that "the LORD set an ambush against the men of Ammon, Moab, and Mount Seir, who had come against Judah, so that they were routed." (2 Chron. 20:22). The enemies

were crushed in defeat all because God's people sang unto the Lord.

We don't typically think of singing to the Lord as being that powerful. If we are honest, the singing in our churches leaves a lot to be desired. And no, I am not talking about the instrumentation or whether your church has drums or not, rather it is our attitude when it comes to raising our voices. Do we view the singing aspect in our gatherings as just a prelude to the preaching, something we have to endure awkwardly and slog through before we get a little nugget of truth in a sermon to carry us through the week? Or do we view it as a mere performance, even going

so far as being spectators of other people's giftings and never participating? Regrettably, I have witnessed some churches focus so much on their worship production value that it leaves no room for the congregation to join in, let alone hear themselves sing.

What I am proposing is that we view worship in an entirely different way than what we are used to. Instead of viewing singing as a chore or a sometimes-clumsy part of the service, we need to see it as a powerful tool to wield. Like Jehoshaphat and the people of Judah, the enemies are at our borders, breathing out real threats. As the alliance of Moab, Ammon, and the

Meunites, the World, Flesh, and Satan are eager to destroy the people of God today. Who will rouse themselves in this battle to sing praises to God and seize victory from the enemy? I pray that you will.

Whenever and wherever you gather with the saints of the Lord, I hope you sing heartily, aggressively, and courageously unto Christ. Your voice along with others, will shake the gates of Hell and put the enemies of God on notice.

This is how we fight our battles: We worship God.

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

## Outdoors Report

CONTINUED FROM PAGE A1

were killed and tested for the presence of this pneumonia causing bacteria. On Oct. 15 results came back and all 12 of the sheep came back negative. During the next week, the herd will be monitored and additional bighorn sheep will likely be live-captured and tested.

Hoenes is hoping if the bacteria did spread to the herd it will be limited to the southern sub-herd. However, Hoenes pointed out that the bighorn rams are in the rut and on the move, looking for mates, so it's possible several rams from the southern sub-herd will head north to breed with other sheep from the

greater Quilomene herd. If the greater herd is infected, this could be disastrous. Not only does the pneumonia strike down a significant number of sheep, but it also causes a reduced survival rate for any lambs born in the near future.

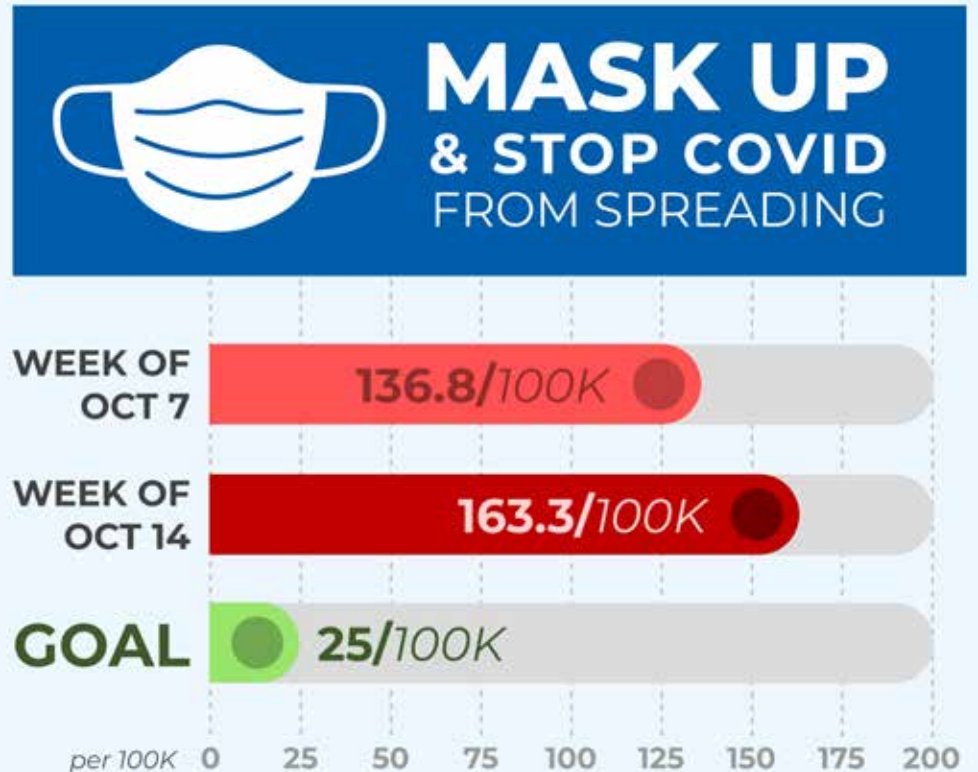
Asked how fast this disease spreads, Hoenes replied "Pretty fast. In captive experiments bighorn sheep contracted it in 48 hours. It's highly contagious". There is no treatment or vaccine to help the bighorns who contract this disease. However, based on the results of the initial testing on the 12 rams that were killed, Hoenes said he is "cautiously optimistic" the bacteria did not spread from the ewe to the herd.

When asked if the unnamed owner of the contagious ewe is facing any fines or penalties,

Hoenes told me WDFW does not have the ability to do that. However, Chase Gunnell, Communications Director for Conservation Northwest, says their organization, "will be calling for action from USFS, DNR and the sheep producer, including changes to grazing leases to require notification of missing stock. We hope a voluntary agreement can be reached to reduce disease risks from public lands grazing allotments."

In the meantime, here's hoping the Quilomene herd dodged an infectious bullet. We'll let you know more about this situation if it changes.

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



**Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.**

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.



# 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  
Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church



#### CASHMERE PRESBYTERIAN CHURCH

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



#### CASHMERE UNITED METHODIST CHURCH

213 S. Division • 782-3811  
Worship & Sunday School at 11:00 a.m.  
Office Hours: Monday - Thursday  
10:00 a.m. - 1:00 p.m.  
Pastor Lilia Felicitas - Malana

#### CHRIST CENTER

Cashmere Assembly of God • 509-782-2825  
Worship Services are available ONLINE ONLY at 10 a.m. Sundays  
All updates on COVID-19 can be found at christcentercashmere.com/cc-updates  
Underground High School Group, ONLINE ONLY at 6 p.m. Sundays  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregation Care Pastor, Joyce Williams  
Director of Operations, Pastor Ian Ross  
High School Director, Steffania Haney

### GRACE LUTHERAN CHURCH

Morning Prayer, Evening Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions.

Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries  
Contact Pastor Rob Gohl  
509-860-0736 for more information.



### ST. JAMES EPISCOPAL CHURCH

Morning Prayer, Evening Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions.

Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries  
Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.

### EVERGREEN BAPTIST CHURCH

5837 Evergreen Drive • 782-1662 • Sunday School - 9:45 a.m. • Morning Worship - 11 a.m. • Evening Service - 6:00 p.m. • Pastor John Smith www.christforcashmere.org

### 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

"Where God's Word Remains The Pillar Of Truth"  
11025 Chumstick Hwy. • 548-4331  
Sunday School 9 a.m. • Sunday Worship 10:30 a.m.  
AWANA (Youth Program) Weekly Bible Studies  
Wednesday 6:30 p.m. (school year)  
Pastor Todd James • www.cmbiblechurch.org



### CORNERSTONE BIBLE CHURCH

Leavenworth Grange Hall  
621 Front St. • 548-0748  
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 - 10:00 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: 11:00 AM  
Website: www.leavenworthbaptist.com  
Email: info@leavenworthbaptist.com

### LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292  
Sunday Worship 9:00 a.m.  
Lead Pastor: Mark Miller  
Youth Pastor, Kent Wright  
www.LCN.org



### 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

### MONITOR



### MONITOR UNITED METHODIST CHURCH

3799 Fairview Canyon • 782-2601  
Church Service & Sunday School 9:00 a.m.  
Pastor Lilia Felicitas - Malana

### PESHASTIN

#### 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: newlifelifeavenworth@gmail.com  
FB page: newlifelifeavenworth  
www.newlifelifeavenworth.com



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509-548-5286

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### Corrections

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

### News tips

Have an idea for a story?  
Call the Record at 509-782-3781

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**What:** Items pertaining to local events that are free or maximum charge of \$100 fee.  
**Where:** Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com  
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

Another way to advertise your News & Events

Go to: [www.NCWMARKET.COM](http://www.NCWMARKET.COM) • 24/7  
 Choose your category and pay for Print & Online at one time  
 For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com

**Please check with your church, local businesses, organizations, meetings and events that may have closed, cancelled, or postponed until further notice. We will have updates on our websites as well. Feel free to update us by email at [Reporter@leavenworthecho.com](mailto:Reporter@leavenworthecho.com) or [Publisher@leavenworthecho.com](mailto:Publisher@leavenworthecho.com). Stay Well.**

**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.

**October 9**

06:01 **911**, 7900 Stone Hill Rd., #6, Dryden  
 07:50 **Welfare check**, 301 Fircrest Dr.  
 11:00 **Suspicious**, 7900 Stine Hill Rd., #C6, Dryden  
 11:59 **Property**, US Hwy. 2 & Cotlets Way  
 13:04 **Traffic offense**, Kimber Rd. & Wescott Dr.  
 13:10 **Trespass**, 703 Pioneer Ave.

Mission Creek Rd.  
 16:02 **Harass/threat**, 329 Tigner Rd., Cashmere High School  
 16:23 **Harass/threat**, 329 Tigner Rd., Cashmere High School  
 18:58 **Welfare check**, Norman Ave.

**October 13**

08:52 **Fraud/forgery**, 130 Titchenal Way, Martin's Market  
 10:15 **Scam**, 409 Cottage Ave.  
 11:29 **Hazard**, S. Division St. & Railroad Ave.  
 15:00 **Lewd Conduct**, 123 Mission Ave.  
 19:54 **911**, 4900 Red Apple Rd.  
 21:36 **Agency assist**, 206 Chapel St.

**October 14**

09:09 **Public assist**, 108 1/2 Cottage Ave.  
 14:13 **Accident/no injuries**, US Hwy. 2 & Aplets Way  
 14:53 **Property**, 115 E. Pleasant Ave., #3  
 16:29 **Juvenile problem**, 5415 Binder Rd.  
 20:11 **Domestic disturbance**, 411 Aplets Way  
 20:59 **Traffic offense**, Chase Ave. & Olive St.  
 22:15 **Suicide threat**, 229 Cottage Ave.

**October 15**

09:10 **Parking/abandon**, 100 Blk., Pioneer Ave.  
 11:12 **Civil**, 6251 Kimber Rd., #28  
 12:17 **Unknown accident**, 101 Woodring St.

**October 10**

16:26 **Civil**, 6160 Pioneer Dr.  
 17:08 **Hazard**, Turkey Shoot & Stine Hill Roads  
 18:49 **Welfare check**, 319 Independence Way  
 22:11 **Unknown accident**, 101 Cottage Ave.

**October 11**

02:29 **Traffic offense**, 100 Paton St.  
 09:49 **Theft**, 201 Paton St.  
 13:08 **Agency assist**, 319 Independence Way  
 17:56 **Suspicious**, 115 E. Pleasant Ave., #3  
 18:03 **Civil**, 4875 Kelly Rd., Monitor  
 21:50 **Hazard**, Olalla Canyon Rd., MP 2  
 23:44 **Alarm**, 5140 Sky Meadows Rd.

**October 12**

05:17 **Suspicious**, 5454 Binder Rd., #13  
 12:10 **Public assist**, 4693 Valley St.  
 13:40 **Parking/abandon**, 3700 Blk. Bridge St.  
 14:21 **Parking/abandon**,

**City budget**

CONTINUED FROM PAGE A1

Croci said that there should be only one more "small event" caused by the last pile of stored biosolids being loaded and hauled off. He said this should happen by the end of October. After that biosolids will no longer be stored but will be loaded directly onto trucks to be hauled away.

In a progress report regarding the contract for jail fees between the City of Cashmere and Chelan County,

Fletcher said that the city of Wenatchee is possibly going into arbitration with the County over that contract. The Council has previously expressed concern that the fee structure is not transparent. Council member Daniel Scott said that it feels like the Cashmere is being held hostage and told to sign the agreement or else. Fletcher said that other city administrators have similar concerns with the contract and that he will take a wait and see approach to find out what happens with the possible arbitration.

No, you can't wrap a fish in a Web site,

...but you can get the local news online at [www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

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Add your business or service to this directory: 548-5286

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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,** 2:30-3:30, Cashmere Food Distribution Center, Riverside Park, for more information, call Pam, 509-669-3159.  
**The Underground Youth Group,** 6th-8th graders. 6:30-8 p.m. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

**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 Sportsmen's Association,** 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**

**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.  
**The Underground,** youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

**Monday**

**Cashmere Wacoka Kiwanis Club,** 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (No Meetings at this time due to COVID-19)  
**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,** Zoom Meeting, 6:30 a.m. (1st Mon.)  
**Cashmere School Regular Board Meeting,** Zoom, 7 p.m. (3rd Mon.) Schedule changes do occur. See: [www.cashmere.wednet.edu](http://www.cashmere.wednet.edu). or Call 782-3355.  
**Chelan Douglas Republican Women,** luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-9869 (1st Mon. each month).

**Tuesday**

**Icicle & Peshastin Irrigation Districts:** Meeting change for Sept.and Oct.now at 5 p.m. Call Anthony Jantzer, cell, 509-433-4064 or [tony.iid.pid@nwi.net](mailto:tony.iid.pid@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](http://ncwlibraries.org) or call 1-800-426-READ (7323) and pick up them up with curbside service on Monday, Wednesday and Friday 10 a.m.-2 p.m. and Tuesday-Thursday from 3-6:30 p.m. STEM and craft kits are also available for the children once a week and adult craft kits are also available once a month.

**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 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.

**AA MEETING SCHEDULE**

Information numbers for AA:  
 The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946  
 The phone number to call for the Zoom link to Leavenworth AIAnon meetings is 509-548-7939  
 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379  
 Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.  
 Sunday, 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  
 Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain  
 Information number for Alanon: 509-548-7939  
**Alanon Meeting Schedule**  
 Monday, 7 p.m., United Methodist Church, 418 Evans St.  
**Celebrate Recovery**  
 We will be meeting via Zoom weekly on Fridays at 6:30 p.m. Please email [celebraterecovery1cn@gmail.com](mailto:celebraterecovery1cn@gmail.com) for more information.

**SENIOR CENTER MENUS**

**Leavenworth Senior Center, 423 Evans St., Leavenworth Events Calendar**

Currently the Leavenworth Senior Center is closed.  
 The meals on this menu will be available 3 days a week at the Leavenworth Senior Center, for take-out and home delivery meals.

**FOR MEAL PICK UP: CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL (509)548-6666 or email [Leavenworthseniors@gmail.com](mailto:Leavenworthseniors@gmail.com)**

For information about the Home Delivered meal program, call (509)470-0522.

- October 22, Thursday:** No lunch.
- October 23, Friday:** Hearty vegetable beef soup, cottage cheese, cucumber salad, whole wheat roll, apple crisp.  
 Saturday and Sunday: No lunch.
- October 26, Monday:** Yankee pot roast, roasted potatoes and fall veggies, garden salad, mixed fruit, whole wheat roll, cereal bars.
- October 27, Tuesday:** No lunch.
- October 28, Wednesday:** Pulled pork sandwich, baked beans, pea salad, coleslaw, tropical fruit, dessert.

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# 10 rules of tires every driver should follow before they hit the road

**(BPT)** - Every time you drive, you trust your tires with your safety. Tires may seem simple, but they are more complex than many drivers realize. That begs the question: What do you need to know about them in order to stay safe on the road?

Here are 10 Rules of Tires - core principles drivers should know before they turn the ignition or walk inside a tire shop. Follow these important guidelines and you can have peace of mind when you hit the road. To read more about each rule, visit [NokianTires.com](http://NokianTires.com).

**Purchase tires that suit your climate.** Even the best set of tires could be the wrong fit for where you live. If you get lots of snow and ice each winter, then winter tires are likely your safest option, which means you will need to switch to all-season tires in the other three seasons. If you do not get any winter weather, all-season tires are a good choice for year-round use.

If your winter weather is unpredictable or you live near the mountains, all-weather tires provide a great compromise: winter safety in a tire you can drive all year long. [NokianTires.com/Weather](http://NokianTires.com/Weather) has more information about all-weather tires.

**High-quality tires are worth the investment.** The tire shop is one place where price should not be

your top priority. There are many factors - such as grip, responsiveness to the road and low rolling resistance - that make high-quality tires worth the purchase and could actually help save you money in the long run.

**Tires can be sustainable without sacrificing safety.** High-quality tires aren't just about safety; good tires can also help you minimize your environmental footprint. Many tire makers are lowering their products' rolling resistance, using eco-friendly ingredients and introducing sustainable production processes. Rewarding them for their efforts can also help protect the planet.

**Tires are only as safe as their maintenance.**

Even the best tires depend on you. Keeping them up to speed gives you a better chance of staying safe on the road. That means inflating them to the proper pressure level, regularly checking for damage and rotating them frequently. Winter tires don't belong on spring and summer roads.

The qualities that keep you safe on snow and ice make winter tires a bad fit once weather warms. Fortunately, there are other solutions crafted to keep you safe when the mercury rises, such as driving all-weather tires year-round or switching to all-season tires.

Much of a tire's quality is determined before it touches the road.

Want to know what you will get out of your tires? Pay

close attention to what goes in them. High-quality rubber and state-of-the-art technology set great tires apart from the rest. For example, Nokian Tyres reinforces many of its products with Aramid - the same fiber used in bulletproof vests - to help protect against road hazards.

**When you're choosing tires, trust the experts.** Tire dealers work hard to help keep drivers safe. They can help you see past marketing gimmicks and understand which tires are best for you.

**Make sure your tires fit your vehicle.** The right-sized tires are more likely to provide you with safety, fuel efficiency and comfort. Make sure your tire size matches your vehicle's recommendation, which you can typically find in your door jamb.

**Put stock in the features that actually matter.** Low price and high mileage warranties can be overrated. To choose the right tires, pay attention to other details - such as ingredients, rolling resistance, and whether the tires match your typical road conditions.

**Treat road trips differently than the daily commute.** Road trips place unique demands on your tires. Before you leave for a long trip, check your tires' inflation level and tread depth, inspect for visible damage and have them rotated. Following these rules goes a long way toward keeping you safe on the road. To read about each rule in more detail, visit [NokianTires.com/TenRules](http://NokianTires.com/TenRules).



## How regular maintenance keeps your car firing on all cylinders

### 5 reasons to accelerate your car maintenance

**(BPT)** - Car maintenance is often a scheduled chore when you're regularly driving. However, if you're driving less due to the current environment, maintenance can easily become a lesser priority or even completely forgotten. Hankook Tire's latest Gauge Index found that as daily driving decreased as a result of the coronavirus pandemic, nearly one-third (30%) of Americans have done less car cleaning and maintenance too. But car maintenance is always important, especially as drivers around the country gradually resume their travels and hit the road. Hankook Tire found that 60% of Americans expect to take more car trips moving forward. With that in mind, the following are five reasons it's important to keep up with regular car maintenance:

#### 1. Safety First and foremost:

Regular car maintenance helps increase safety when driving. This is especially important if your car has been parked for a while. Be sure to check your fluids (oil, washer, coolant, etc.) and inspect the tires to make sure that they haven't lost their pressure. After all, the Gauge revealed 70% of Americans have not regularly been checking tire pressure during the pandemic. Low tire pressure can lead to several issues such as poor performance, premature wear and higher rolling resistance, which can impact fuel efficiency.

**2. Save time and money.** Consistent car maintenance also helps extend the overall life of not only your tires, but the systems that drive them, including the engine, suspension, brakes and transmission. With the median price of a set of four tires ranging from \$300 to \$600, investing in regular tire upkeep such as rotations and alignment when necessary, helps deter more costly repairs

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down the road - making both your car, and your money, go further. And, you'll save time. Regularly scheduled basic maintenance appointments traditionally don't take too long - and some dealerships even offer special pick-up and drop-off appointments so you never have to leave the comfort of your home.

**3. First place performance.** Just like a regular gym routine helps keep your muscle groups firing on all cylinders, regular trips to the mechanic can provide the same benefit to your car. Whether it's a crushing leg day (suspension) or a cardio workout (engine), routine inspection of your shoes (tires) will help you maximize your workout traction so you're ready for the next round and running at peak performance.

**4. Cleanliness.** While cleaning the vehicle's interior and exterior was the primary maintenance measure (40%) Americans took at the height of quarantine, the idea of clean cars goes beyond just dust on the dashboard and sanitized seatbelts. It keeps the environment clean, too. Little maintenance checks add up to a big environmental impact. For example, regular oil changes contribute to a cleaner engine and lower vehicle emissions, while properly inflated tires can contribute to better fuel efficiency.

**5. Vehicle value.** When the time comes to upgrade your vehicle, one of the first points of inspection is on the inside. A vehicle's internal condition is one of the key factors in determining its worth, so it's best keep everything well-oiled and running smoothly, even if you don't have any immediate plans to trade it in.

While it is recommended to adhere to your vehicle's outlined maintenance schedule, there are a few things that drivers can do on a regular basis to provide added value. Every month, double-check to make sure headlights and taillights are working, fluids are topped off, and your belt and hose systems are running smoothly. Use the penny test to check your tire's tread. In addition, keeping a vehicle maintenance log helps you stay organized and ensure good habits that can have a real impact when it comes time to trade in. If any issues do arise, Hankook recommends getting your vehicle checked out by a certified mechanic before getting back behind the wheel.

## Top tips for weathering storm season

**(BPT)** - It's not over yet. Just past the peak of hurricane season weather forecasters have already had to resort to the Greek alphabet to name storms. And with severe storms and tornados appearing around the country, it is more important than ever to take steps and be prepared before, during and after a storm.

**One of the biggest threats during any storm is tree damage.** A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground, or proximity to power lines, trees are vulnerable during severe storms and can present a significant hazard. The following tips from expert arborist and STIHL spokesperson Mark Chisholm can help you protect yourself, your family and your property from a storm.

**Before the storm.** Develop a relationship with a certified tree care professional. By choosing the right company ahead of time, you'll likely be prioritized as an existing customer when a storm does hit.

**Conduct a pre-storm assessment and identify trouble spots.** A pre-storm assessment can help you identify potential hazards on your property such as cracks in tree trunks or major limbs, hollow or decayed trees, limbs extending over a roof, or trees in close proximity to power

lines. **Take measures to prevent damage.** After assessing possible hazards to your property, consider measures to limit potential damage. Remove dead, diseased or damaged limbs. Inspect leaning trees and consider removing those with large cavities. Prune branches that are too close to your house and over the street, and check your gutters and be sure to remove any debris to prevent water damage. For any work in and around your home, consider calling a professional, and always call a professional to assess and/or remove anything within close proximity to utility lines. Never attempt to do this yourself.

**During the storm.** Don't try to be a hero. Your property is not more important than your life. Prepare in advance, follow guidelines for evacuation and shelter.

**After the storm.** More people are injured after a storm than during one. Storm damaged trees present unique challenges and dangers. Put safety first. Evaluate what you can handle and what's for a professional - anything not on the ground should definitely be handled by a professional. Some things could be a threat to your life such as large broken or hanging limbs where chainsaw work is needed, or branches that are too close to a utility line. Never approach or attempt to move downed utility lines

and report branches close to or touching utility lines immediately.

If you're skilled enough to do the work yourself, always wear proper attire and protective equipment including boots, gloves, protective glasses, chainsaw protective pants, a helmet system and hearing protection. Never operate a chainsaw from a ladder, roof, in a tree or while standing on any other insecure surface - leave these jobs for the pros.

**Evaluate damage.** A storm-damaged tree may not have to be removed. Inspect your trees to see if they're healthy despite storm damage. If at least 50% of the tree's crown is still intact, and the remaining branches can form a new branch structure, then there is a good chance the tree can be saved.

**Repair minor damage & debris.** Remove any broken branches, stubs or jagged remains of limbs. Smaller branches should be pruned at the point where they join larger ones. Don't worry if the tree's appearance is not perfect.

**Stay educated.** Learn more tips on tree safety, chainsaw safety, finding a tree care professional, and how to prepare for storms by visiting STIHLUSA.com.

*Mark Chisholm is a third-generation arborist with his family-owned Aspen Tree Expert Company in New Jersey and STIHL Inc. spokesperson.*



## Clear your air. Top 6 tips to improve indoor air ventilation during COVID-19

SUBMITTED BY 919 MARKETING

Our nation's top health agency recently issued an urgent warning that coronavirus can spread through the air even if we're six feet apart - especially in poorly ventilated enclosed spaces.

This warning by the Centers for Disease Control and Prevention has home and business owners worried about their indoor air quality as temperatures drop and we gather indoors - where the very air we breathe could be a petri dish for the virus.

Here are some helpful tips:

• **The Filter First** - Make sure your HVAC filter is correctly in place and consider upgrading to the highest-rated filter your

system can accommodate. Professionals recommend using filters with a MERV (Minimum Efficiency Reporting Value) rating between 8 and 10 and a thickness of one inch for most homes.

• **Fan of the Fan** - HVAC systems only filter the air when the fan is running, so run the fan continuously or for an extended period. You can set most systems to run the fan even without the heat or air conditioning on.

• **Purify the Air** - Most air purifiers will help circulate clean air and have HEPA filters that remove up to 99 percent of airborne allergens, including pollen, dust, pet dander and mold spores. A mid-priced

room purifier can cost \$50-125. Many people place it in their bedroom where they spend most of their time.

• **Open Up** - Improve indoor air quality by opening windows or screened doors to bring in fresh air from the outside, if possible.

Ventilation can be further increased by opening windows at opposite sides of the home (cross ventilation) or on different floors of the house. Avoid this when outdoor air pollution is high or if it poses a health risk to family members.

• **Keep Moving** - Keep internal doors throughout the house open to promote movement of air. Operate a bathroom fan or kitchen exhaust fan when the

room is in use. Portable fans can be used to further increase ventilation but make sure to direct the air flow so that it does not blow directly from one person to another

• **Don't Duck the Ducts** - The CDC reports proper ventilation of heating and air conditioning systems can reduce airborne virus transmission. Air ducts are the circulatory system of your home, which help move the air, so it is important to keep them clean for optimal circulation. The National Air Duct Cleaners Association (NADCA) recommends cleaning air ducts every 5 - 7 years.

When used along with other best practices recommended by the CDC, increasing indoor air ventilation can be an important part of the plan to protect families against the spread of the COVID-19 virus.

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# Grow Garlic this Fall for Flavorful Meals and Health Benefits

By MELINDA MYERS

Add a bit of flavor and health benefits to your main course with some homegrown garlic. This vegetable has been used for thousands of years as both food and medicine. Today it is credited with fighting heart disease, lowering blood pressure and cholesterol, and boosting the immune system while fighting cancer.

Grow garlic in a well-drained soil and full sun. Plant cloves in fall about six weeks before the ground freezes in cold climates and early winter in warmer regions. Garlic needs 6 to 8 weeks of cool temperatures below 40 degrees for the shoot and bulb to develop. The leaves will form during cool, short days then slows as bulb growth begins when the days are warmer and longer.

Plant individual cloves with the pointed side up and the base of the clove 2 to 3 inches below the soil surface. Space cloves 6 inches apart in rows 12 to 14 inches apart or more depending on the variety.

Mulch the soil with weed-free straw after the ground freezes in regions with cold winters. This provides added insulation and

helps prevent frost heaving that occurs when temperatures fluctuate, causing soil to alternately freeze, thaw and shift throughout the winter.

Water thoroughly and often enough to keep the soil evenly moist during active growth. Inconsistent moisture during the growing season results in misshapen bulbs. Mulch the soil with shredded leaves, evergreen needles, or other organic matter to conserve moisture, suppress weeds, and improve the soil as it decomposes.

Double your garlic harvest by using the curly Q stems, called scapes, in cooking and flower arrangements. Watch for these curled stems about a month after the spring leaves appear.

Remove the scape soon after the swollen part appears at

the tip of the stem. Cut or break the scape off just below the swollen area. All parts are edible and can be used fresh or cooked just like garlic. You will not only enjoy the mild flavor but removing the scapes helps increase the size of the garlic bulbs.

Harvest garlic when about one third, but less than one half of the leaves turn brown. Start by digging one plant and checking the garlic for maturity. Cloves should be plump and fill the skin. Immature garlic does not store well while over-mature bulbs are subject to disease.

Cure garlic for 3 to 4 weeks in a warm, well-ventilated location. Once dried, remove the tops and store in a cool, moderately humid location with good air circulation and out of direct sunlight. Properly harvested and cured garlic will last for up to 8 months.

So, plant some garlic this fall and add flavor and health benefits to your meals.

*Gardening expert Melinda Myers has 30 years of horticulture experience and written over 20 gardening books, including Small Space Gardening. Myers is the host of The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' website is www.melindamyers.com.*



PHOTO BY MELINDA MYERS



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## Fall Garden Tasks to Protect Your Landscape from Winter Wildlife Damage

By MELINDA MYERS

As the seasons change, we adjust our gardening tasks and plantings to match. Animals also make changes this time of year, often changing their eating habits and dining locations. These adjustments can impact your gardens. Reduce the risk of damage by starting in fall to protect your landscape from hungry animals this winter.

Take a walk around your landscape to evaluate plants and plantings for their susceptibility to animal damage. Look for pathways that animals use to access your landscape and areas of potential damage.

Note new plantings, animal favorites and those special plantings you would hate to lose. Make sure these are protected.

Check mulch around trees and shrubs. Deep layers of mulch and mulch piled around the trunk of trees and the base of shrubs provides shelter for

mice and voles. These rodents like to gnaw on the bark of trees and shrubs in winter. Pull mulch off tree trunks and stems and spread out deep mulch so it is only two to four inches deep.

Protect young trees and shrubs with a four-foot-tall fence of hardware cloth sunk several inches into the ground to prevent vole damage at ground level and most rabbit damage. Mature trees are usually only bothered during years where the vole and rabbit populations are high and food is scarce.

Fencing around garden beds filled with animal favorites is another option. Make

sure your fence is high enough, tight to the ground and gates are secure. You will need a four-foot-high fence for rabbits and at least five- to six-foot-high fence to keep deer out of small gardens. A fence of several strands of fishing line has proven to be successful for some gardeners.

Repellents are another less obtrusive option. These use smell or taste to discourage animals from dining in your landscape. Check the label to see if the repellent works on the animals and rodents you are trying to manage. Apply repellents before animals start feeding for best results. Then reapply as recommended on the label. Look for one, like organic Plantskydd (plantskydd.com), that is rain and snow

resistant, lasting up to six months on dormant plants over the winter so you will need to apply it less often.

Scare tactics may be effective depending on where you live. In urban and suburban areas animals are used to human scents and sounds. Gardeners often hang old CDs and shiny ribbons in tree branches to scare hungry animals. If you opt for scare tactics, be sure to employ a variety of options and change their location to increase your chance of success.

Constantly monitor and evaluate the effectiveness of the methods used and check all plantings for damage. When animal populations are high and hungry, they will eat about anything. Be willing to change things up if one

method is not working. Using multiple tactics will help increase your level of success.

Protect your landscape from hungry deer, rabbits, and voles this winter. Start preparing in fall before their winter dining habits begin. If you are vigilant and persistent, you can coexist with these creatures and still have a beautiful landscape.

*Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Tree World Plant Care for her expertise to write this article. Her web site is www.MelindaMyers.com.*



## Look. Listen. Learn. Be Aware. Fire can happen anywhere in, around your home

### Fall tips from Washington State Fire Marshal's Office

In collaboration with fire agencies and safety advocates nationwide, the Washington State Fire Marshal's Office joined forces with the National Fire Protection Association (NFPA) during Fire Prevention Week earlier this month to educate the public about basic but essential ways to quickly and safely escape a home fire.

### Home Fires

The number of fires in homes has steadily declined over the last few decades. While we have made great progress in learning how to prevent fires, statistics show a significant increase in injuries and loss of

life over the same time period. Today's homes and buildings can burn faster than ever. Families can have as little as one to two minutes to escape safely from the time a smoke alarm sounds. Planning what your family should do in the event of a fire is critical. Since fires do not just start at home this information can help you anywhere.

Three simple statements lay the groundwork for preparation and action in the event of a home or other fire:

- Look for places fire can start
- Identify electrical and fire hazards in your home. Make sure chimneys are clean and electrical cords are intact. Are your lighters and matches away from small curious hands?

- Listen for the sound of the smoke alarm

Make sure smoke alarms are installed in all sleeping areas and on every level of a home. Close doors behind you to prevent the spread of smoke, heat and fire.

- Learn two ways out of every room

Draw a map of your home with all family members and practice your evacuation plan at least twice a year at night and during the day.

Teach children how to get out on their own and make sure no one ever goes back in a burning building. Ensure your address signs are current and easily seen.

Fire can happen anywhere and with a small amount of preparation and forethought, a dangerous situation can be

overcome quickly and safely.

### Wood Burning Fireplaces

Be aware of burn restrictions in your area before starting a fire. Unless the fireplace is the only source of heat, wood fires may be banned in your area due to air quality.

Use only kindling or fire starters to start a fire. Never use lighter fluid, kerosene, or gasoline.

Burn only dry, seasoned wood. Never burn trash in the fireplace.

Keep metal or tempered-glass screens closed unless loading or stoking the fire.

Keep children and pets away from the fireplace with a "kid-free zone" of at least 3 feet.

Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from the home and any other nearby buildings. Never empty the ash directly into a trash can.

Ensure you have working smoke alarms in your home and test them monthly.

### Autumn Yard Work for Fire Safety Year Round

The Washington State Fire Marshal's Office advises residents that a little yardwork around your home now can improve your fire safety and help firefighters respond to emergencies.

Clear leaves and other debris from your roof and gutters to reduce the risk of moisture damage now and fire spreading to your home in the spring. Pick a dry day to remove fallen debris and leaves from your roof top and gutters. Exercise proper ladder safety and assess your own abilities when considering climbing ladders or walking on your roof.

Trim branches or shrubs away from your posted house numbers to make it easier for first responders to find your home in emergency situations.

Keep a clearance of three feet around fire hydrants in your neighborhood. Overgrown vines, tree branches, or even snow, can slow firefighters down when responding to a fire.

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

# CLASSIFIEDS

## Administrative

### Publisher's notice

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

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



## Administrative

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8	1	7	3	4	5	2	9	6

## Announcements

### Lost & Found

**LOST AND FOUND** can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words

Leavenworth/Cashmere 509-548-5286  
or  
Lake Chelan Mirror 509-682-2213  
or  
Quad City Herald 509-689-2507

Deadline is Noon on Friday

## Happy Ads

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24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

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## Employment

### Help Wanted

Mountain Meadows Senior Living Campus is currently hiring a Dining Services Assistant. Full-time benefited position ranging from 32 to 40 hours per week. Must be available for afternoon shifts ending at 8:00pm and also weekends. Pay range \$13.50 to \$14.50/hour DOE. Primary responsibility is to provide outstanding customer service and an excellent dining experience for our Seniors including efficient order taking, serving of meals, bussing and general clean up. Will assist with meal preparation when needed. Apply at 320 Park Ave., Leavenworth. Criminal Background and Personal reference checks required.



**MED/SURG RN Full-time/ Nights**

Three Rivers Hospital is in need of a Med/Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/CPR & obtain ACLS certification within one year. Rotating days and includes some weekends.

Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

**OCTN** is accepting applications for a part-time cook in Brewster. See us online at [www.octn.org](http://www.octn.org) for complete job description and application information. **OCTN** is an EOE

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Leavenworth Echo Cashmere Record 548-5286

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**Advertise**  
**548-5286**  
or  
**782-3781**

## Help Wanted

**CASCADE SCHOOL DISTRICT**

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

Transportation Bus Driver

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

**Full and Part-Time Breakfast Catering Staff**

The Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth

Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment. Email resume to [frenchquail@gmail.com](mailto:frenchquail@gmail.com) or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756

**Full and Part-time Bedmaker, Laundry and Housekeeping**

The Enzian Inn is hiring for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth



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## Help Wanted

City of Leavenworth Employment Opportunity

### ASSISTANT PLANNER

The City of Leavenworth, an equal opportunity employer, has an opening for an Assistant Planner within the Development Services Department. This full-time position includes an excellent benefit and retirement package; the individual must be able to work weekends, holidays, and overtime. Primary focus of this position is code compliance with other duties including processing land use and development applications, SEPA preparations, coordinating plan review with other agencies, presenting to the Hearing Examiner and Planning Commission, interpretation and application of local, state and federal laws, creation of maps and data extraction using GIS, and providing clerical and customer service support. The Salary Range is \$4,181 - \$5,378 in accordance with union specifications for step increases over time. To request an application packet, contact the City of Leavenworth at (509)548-5275 or 700 US Highway 2, Leavenworth, WA 98826 or visit the City's website at <https://cityofleavenworth.com/employment-opportunities/> to download the full job announcement/ supplemental questions, job description and application. Deadline submission for first review is Wednesday, October 28, 2020 at 5:00 p.m. Position is open until filled.

to download the full job announcement/ supplemental questions, job description and application. Deadline submission for first review is Wednesday, October 28, 2020 at 5:00 p.m. Position is open until filled.

## For Sale

### Antiques & Collectibles

**Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds.**

Place your ad with pictures online 24/7 at [NCWMarket.com](http://NCWMarket.com) Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price.

Deadline Monday at Noon for all papers:

Lake Chelan Mirror Quad City Herald 682-2213 or call  
Leavenworth Echo Cashmere Record 548-5286

## Furniture

### NCW Media Newspapers Cashmere

Office furniture available. Items: 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, A wood credenza. All other items are now only \$10 cash and carry out. Call to arrange a time to examine or pick up. All items located in Cashmere. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on [NCWMarket.com](http://NCWMarket.com)

## Garage & Yard Sale



**CLEAR SOME SPACE WITH A CASH \$\$ AD**

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

Go online now to Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213

Leavenworth Cashmere Call 548-5286

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## Real Estate

### Rentals

Your Trailer on my lot. Leisure Manor has an opening for a mobile home or 5th wheel. 1 year lease. \$400 a month for lot. You pay utilities. Very desirable location. Available now. Bridgeport, WA. 425-301-2328.



## Legals

### Public Notices

**CHELAN COUNTY PUBLIC HOSPITAL DISTRICT #1 NOTICE OF BUDGET HEARING CASCADE MEDICAL CENTER**

**NOTICE IS HEREBY GIVEN** that the Board of Commissioners of Cascade Medical Center has set a public hearing for Tuesday, October 27, 2020 at 9:00 AM for the hospital's budget hearing for the 2021 Budget. The hearing will be held in the Arleen Blackburn Conference Room at Cascade Medical Center, 817 Commercial Street, Leavenworth. Due to Washington State Proclamation 20-28.11 regarding open public meetings, the public may attend via phone or Zoom video connection. Zoom Meeting ID: 767 044 0052, Passcode: 98826 or dial in by calling 1 253 215 8782. Connection information will also be available on Cascade Medical's website at [cascademedical.org](http://cascademedical.org) or by emailing [Adminoffice@cascademedical.org](mailto:Adminoffice@cascademedical.org) by 5:00 PM, Monday, October 26th.

Published in The Leavenworth Echo/Cashmere Valley Record on October 14, and 21, 2020 #962

## Public Notices

**SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY**

In the Matter of the Estate of JULIE ANN VAN REENEN, Deceased. NO. 20-4-00296-04

**PROBATE NOTICE TO CREDITORS**

The Administrator named below has been appointed as administrator of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.

DATE OF FIRST PUBLICATION: October 7, 2020

ADMINISTRATOR Aaron Van Reenen

ATTORNEY FOR ADMINISTRATOR: David A. Kazemba

ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES-NCW, PLLC 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No.20-4-00296-04

OVERCAST LAW OFFICES-NCW, PLLC By: /s/ David A. Kazemba David A. Kazemba, WSBA No. 48049

Published in The Leavenworth Echo/Cashmere Valley Record on October 7, 14, and 21, 2020 # 923

ADMINISTRATOR Aaron Van Reenen

ATTORNEY FOR ADMINISTRATOR: David A. Kazemba

Published in The Leavenworth Echo/Cashmere Valley Record on October 7, 14, and 21, 2020 # 923



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



**Public Notices**

**NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE REVENUE SOURCES AND POSSIBLE INCREASE IN PROPERTY TAXES**

The Cashmere City Council will hold a public hearing on Monday, October 26, 2020 at 6:00 p.m. at the Cashmere City Hall on the City of Cashmere Revenue Sources and possible increase in Property Taxes. The public is invited to attend said hearing and make comment.

Please call City Hall the Friday before at (509)782-3513 for information necessary to connect to the public hearing, if in-person participation is not permitted by law. Written comments can be sent to Kay Jones, City Clerk-Treasurer at Kay@cityofcashmere.org.

Kay Jones  
City Clerk-Treasurer  
CITY OF CASHMERE  
Published in The Cashmere Valley Record on October 21, 2020. #1013

**Public Notices**

**CITY OF LEAVENWORTH**

On the 13th day of October, 2020, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:

**Ordinance 1618:** An ordinance of the City of Leavenworth, WA, amending certain revenue and expenditure appropriations in the 2019-2020 budget and ordinance #1579 for the City of Leavenworth.

A copy of the full text of the ordinance 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 October 21, 2020. # 1020

**Public Notices**

**NOTICE OF CITY COUNCIL PUBLIC HEARING**

**CITY OF LEAVENWORTH NOTICE IS HEREBY GIVEN** that the Leavenworth City Council will hold a public hearing on October 27, 2020 at 6:45 PM via ZOOM to consider amendments to the Capital Facilities Element, a chapter within the City's Comprehensive Plan. There are three ways to attend:

- (1) via website: <https://us02web.zoom.us/j/89772013504?pwd=WWVhGR3hpeHq1cm1lNGhaUk1PMWJlQj09>
  - (2) via ZOOM app with Meeting ID: 897 7201 3504 and Passcode: 963366; or
  - (3) phone in +1 253 215 8782 US or to use other local number: <https://us02web.zoom.us/j/kblk0xqgX>
- Interested citizens are encouraged to review code amendments, comment and/or attend the public hearing. Copies of the proposed amendments are available electronically or hard copies can be mailed by contacting Development Services within City Hall, phone (509)548-5275 or email [dsmanager@cityofleavenworth.com](mailto:dsmanager@cityofleavenworth.com)

Published in The Leavenworth Echo/Cashmere Valley Record on October 21, 2020. #1021

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# Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats?

**Q:** Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats? What about women with breast cancer?

I experienced my first hot flush one March afternoon in Pullman, Washington. Standing in front of 120 pharmacy students, I was explaining how a particular weight loss medicine worked when suddenly I felt my temperature spike and my scalp get hot and prickly. A few seconds later, sweat gushed out of my neck and back, soaking my white oxford shirt. Yikes!

Chilled and shivering, I looked over at the clock and announced to the class, "Let's take a 10-minute break, okay?"

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their night-time equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet contains a lot more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting similarly to estrogen in your body.

But eating more soy is only part of the answer. Protection against hot flushes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a more powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol, with a higher percentage seen in Asian and Hispanic women.

Phytoestrogens act by attaching or binding to the same places in your body that other types of estrogens do. These binding sites are called estrogen receptors, or ERs. The two main types of ERs are ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, stimulating specific types of breast and endometrial cancers.

Some phytoestrogens



bind to ER beta receptors instead, creating the opposite effect as ER alpha receptors do. Binding to ER beta receptors BLOCKS the action of estrogen on breast tissue. This is similar to the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) and may help prevent certain types of breast cancer.

Unfortunately, it's difficult to study the effects of any particular phytoestrogen on the body. One reason is that food sources of phytoestrogens often contain multiple types of phytoestrogens. These various phytoestrogen compounds may bind to either ER alpha or ER beta receptors, triggering different effects.

Plants can also have different concentrations of phytoestrogens, depending on their growing conditions. A third reason is how much estrogen is already there. Phytoestrogens in supplements or foods can have a different effect on pre-menopausal women making estrogen compared to post-menopausal women with much less estrogen in their bodies.

How much soy do you need to reduce hot flash/hot flush symptoms? Most clinical studies have used between 40 and 80 mg daily of phytoestrogens from soy-based products. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soy milk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flushes or hot flushes, you can stop it.

Could eating soy cause breast cancer? If you're not a vegetarian, it's unlikely that you'd get enough soy in your diet to increase your risk of breast cancer.

However, the phytoestrogens and estrogen-like compounds in soy concentrates and herbal

products like black cohosh marketed for "menopause support," like Remifemin® CAN increase your breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

1. You CAN eat food containing soy, even if you have breast cancer.

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day and control your soy milk consumption.

2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, you don't have to completely abstain from soy-based food. Instead, avoid taking supplements containing concentrated phytoestrogens like soy concentrates or black cohosh until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

Exact concentrations of certain phytoestrogens differ depending on growing

conditions. The best phytoestrogen supplements measure and standardize each batch to insure consistent potency.

*Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. @2020 Louise Achey*

## Help us honor and show support to our Veterans Veterans Day - Nov. 11

This is a FREE SERVICE to HONOR our Troops & Veterans  
Send us your Photo & Information by Nov. 4 | Publishes Nov. 11



Veterans Information  Active  Retired  Deceased

Veterans Name: \_\_\_\_\_

Medals & Commendations: \_\_\_\_\_ Service Branch: \_\_\_\_\_

\_\_\_\_\_ Service Location: \_\_\_\_\_

\_\_\_\_\_ Years of Service: \_\_\_\_\_

Your Name: \_\_\_\_\_ PH# \_\_\_\_\_

Full Address: \_\_\_\_\_

Email: [echoads@leavenworthecho.com](mailto:echoads@leavenworthecho.com)  
Bring in or mail. Must be received by Nov. 4

THE LEAVENWORTH CASHMERE VALLEY  
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## CROSSWORD PUZZLE

THEME: CIVICS 101 ACROSS

1. Beginning of flu, e.g.
6. Espionage agent
9. Warsaw Pact opponent
13. Ringworm
14. Roman monetary unit
15. Well-known
16. Contain the ashes
17. Paris' \_\_\_\_\_ De Triomphe
18. Wear away
19. "Group of President's advisors"
21. "Balance partner, pl.
23. Ever, to a poet
24. Joker, e.g.
25. Type of coniferous
28. Man Ray's genre
30. Switches topics
35. "Beware the \_\_\_\_\_ of March"
37. Large casks
39. Beyond suburban
40. Fatalist's future
41. Weasel's aquatic cousin
43. City of Taj Mahal
44. Tossed or passed
46. Ready and eager
47. "I \_\_\_\_\_ With You" by Modern English
48. Water pipe
50. Diplomat's forte
52. Grain in J.D. Salinger's novel
53. Miso bean
55. One of Indiana Jones' quests
57. "Part of Congress"
60. "One who introduces a bill"
64. Recurring pain
65. Consumed
67. Baby grand, e.g.
68. Relating to Hinduism
69. Siren's domain
70. Tiny island
71. Fencing weapon
72. Trinitrotoluene, for short
73. Two-player strategy board game

- DOWN
1. Ear-related
  2. Santa Maria's companion
  3. Give the cold shoulder
  4. Like Halloween night
  5. Turned skin into leather
  6. Blind segment
  7. \_\_\_\_\_ capita
  8. New Mexico's state flower
  9. Narcotics agent, for short
  10. Every which way
  11. Koppel and Kennedy
  12. Percy Bysshe Shelley's poem, e.g.
  13. Avian rest stop
  20. Muse of love poetry
  22. Store posting, abbr.
  24. Choral composition
  25. "Miranda Rights" amendment
  26. Leading potato-producing state
  27. Yesteryear style
  29. "Serving on a jury"
  31. "One of five U.S. territories"
  32. One that insists
  33. Ahead of time
  34. "List of candidates"
  36. Radio button
  38. Red Cross supplies
  42. Summary
  45. Sushi restaurant burner
  49. "Too \_\_\_\_\_ to handle"
  51. \_\_\_\_\_ of Cancer
  54. Brewer's staple
  56. Snack of Jewish origin
  57. Edmund Fitzgerald, e.g.
  58. Marine eagle
  59. Lymphatic swelling
  60. "John Roberts' spot, e.g.
  61. Black Friday lure
  62. Half of binary code, pl.
  63. Decomposes
  64. Definite article
  66. "Number of amendments in the Bill of Rights"

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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.





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310 2nd Avenue South

During this COVID -19 crisis, our team is working hard to keep our store clean and well -stocked for you. If we are out of advertised items, please accept our apologies. If you have any questions, please don't hesitate ask us. We are here to serve you to the very best of our ability.

Effective: October 21–27, 2020

# ROAST Sale

**PREMIUM BEEF  
BONELESS BEEF  
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ROAST**

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**3 LB. BAG  
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ONIONS**  
Full of  
Flavor

**98¢**  
EA.

**5 LB. BAG  
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Great in  
a Roast

**2/\$5**

**2 LB. BAG  
WHOLE CARROTS**  
Loaded with  
Vitamins

**98¢**  
EA.

**COMING SOON!**

## truckload Meat Sale

**2 DAYS ONLY** Friday & Saturday Only  
November 6th & 7th, 2020

Take Advantage of Truckload Savings! • Buy BIG, Save BIG!

Easy as 1,2,3! Look for Tags on the Shelf!

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**\$2 OFF** when you buy any 2 Nabisco Family Size Crackers or Cookies 12 to 28.8 Oz.

Offer valid October 21–27

**\$1 OFF** when you buy any 2 Coke Products 6, 8 or 10 Pack 7.5 Oz. Cans

Offer valid October 21–27

**25¢ OFF** when you buy any 4 Jell-O Brand Gelatin .3 or .6 Oz. Pkg. (Limit 1 Offer Per Transaction)

Offer valid October 21–27

**mix & match** EARN UP TO \$50 IN GIFT CARDS

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EARN A \$10 GIFT CARD OF YOUR CHOICE

TEXT "UNILEVER" TO 467-467 TO DOWNLOAD THE FREE FETCH REWARDS APP TO START EARNING.

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## Make Tonight Movie Night!

**Tombstone Pizza**  
Selected Varieties 19.3 to 27 Oz.

**4.48**

**Act II Microwave Popcorn**  
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**Fritos or Cheetos Snacks**  
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**2/\$5**

**Nabisco Chips Ahoy! Cookies**  
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**Food Club 100% Apple Juice or Cider**  
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**2/\$5**

**Merchant's Craft Soda**  
Selected Varieties 12 Pack, 12 Oz. Cans

**2/\$6**

### Easy Meal Ideas

**Prego Pasta Sauce**  
Selected Varieties 14.6 to 24 Oz.

**2/\$5**

**Stouffer's Family Size Entrées**  
Selected Varieties 57 to 76 Oz.

**9.98**

**Barilla Pasta**  
Selected Varieties 16 to 16 Oz.

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**Bakery Fresh Garlic Bread**  
Fresh from our Bakery! Always a favorite.

**1.98**

**Ore-Ida Bagel Bites**  
Selected Varieties 9 Count

**3/\$7**

**SuperPretzel Pretzels or Cheddar Softstix**  
9 to 13 Oz.

**2/\$6**

**Hot Pockets Ham & Cheese or Pepperoni**  
5 Count

**4.48**

**Kellogg's Rice Krispies Treats**  
6.2 Oz.

**2/\$5**

**Crunch'n Munch Toffee Popcorn**  
3.5 Oz.

**2/\$2**

**Tang or Country Time Drink Mix**  
Selected Varieties Makes 6 to 8 Quarts

**3.48**