



Governor Jay Inslee and challenger Loren Culp spar over policy

By BILL FORHAN

The only gubernatorial debate occurred last Wednesday. There were some key moments in the debate that reflect the clear difference in approach between the Democrats and Republicans.

Culp opened the debate saying we had a leadership crisis in Washington state. He pointed out that while other people around the state have been harmed financially in the last few months the Governor accepted a pay raise saying he had no control over that. Culp said he found it amazing that while the governor can issue executive orders that effect your pay and your job, he cannot do the same when it comes to stopping his pay raise.

Governor Inslee said we had already accomplished so much together in the areas of improving mental health care, establishing the best family leave program and highest minimum wage program in the country. We've accomplished so much in improving education and programs for clean energy. He ended his opening remarks by asking if we were going to step up to fight the COVID pandemic or are we going to belittle it, ignore it or surrender to it. Inslee said he believes strongly that we need to beat this into the ground.

The first question posed by the debate panel challenged the candidates on how they would

handle the COVID pandemic.

Culp said he has never said not to practice good safety practices regarding the wearing of masks, but he believes firmly in individual freedom. He said he didn't believe that a single barber cutting the hair of a single customer can't protect his customer while an abortion clinic, a marijuana store or big box stores can allow hundreds of customers into their facility based on the decision of one person sitting in the governor's office. As governor, I would bring in the best doctors and have them explain how to stay safe then allow the citizens to take the steps they believe were necessary to protect themselves.

Inslee said his program is saving lives and that is the primary responsibility of the government. He said we are working to reopen businesses. He follows the Constitution and to date no court has struck down the actions he has taken.

In response to a question about Boeing moving some of its production to North Carolina, Inslee said Boeing owes it to the people of Washington to come back when the economy improves. Culp took the opportunity to explain that Inslee has no private sector experience. He does not understand how his policies have impacted the businesses in the state. Washington is not a business-friendly state. Culp said he has built

a business from the ground up and under his leadership Washington will become much more friendly to the businesses that create the jobs.

In a debate over Culp's inexperience working with large companies, Culp said this governor thinks he is the leader of everyone. He thinks he is the leader of our companies, our families and our children. His job is to run the executive branch of the government not our lives.

"Governor Inslee held up his right hand and promised to uphold the Constitution. He is failing. Article 1, Section 7 says that no citizen shall be disturbed in their private affairs. I think that we have been disturbed in our private affairs quite a bit by this governor."

Culp challenged the governor on his track record on mental health. He said mental health care in this state is a joke. Governor Inslee has had 8 years to address the problems and he has done nothing. He lost certification for Western State Hospital, the state mental health care facility, during his term. Culp pointed out that there are too few beds available in the state for mental health care. When a police officer responds to a suicide request, that person is obviously in a mental health crisis. The officer takes that person to the nearest health care facility to see if they can find a bed for the person. There are no beds so the person is released back out on

the streets.

Inslee then responded to Culp's comments by saying they are working on a program to make mental health care a community based program. The problem however is that President Trump and the Republicans want to take away health care. They are working to repeal the Affordable Care Act. Their program would eliminate coverage for 800,000 Washingtonians. We have to talk about how we pay for health care. Inslee then pointed out that in his opening remarks Culp said he would cut the budget. This is not the time to cut the budget for health care according to Inslee.

Governor Inslee responded to a question from the panel about his initial response to the rioting in downtown Seattle by denying he ever said he was not aware of it. It was a difficult situation because we had tens of thousands of people peacefully protesting. In the middle of that were a number of people who were violently disrupting the peaceful protest.

In his response Culp pointed out that the governor is soft on crime. Culp reinforced his support of the constitution saying people absolutely had the right to peacefully protest, but when they start damaging private property, setting cars on fire, throwing bottles of frozen water at police, breaking windows that is illegal. It is called rioting. Yes,

the governor called in the National Guard but before he sent them in, he disarmed them. I would never, ever, send our law enforcement into a dangerous situation without the means to protect themselves.

In his rebuttal Governor Inslee said the decision to send in the National Guard without firearms was the decision of the Commanding General of the Washington state National Guard.

Governor Inslee then began to criticize Culp for failing to enforce the gun control laws in his county. Culp's response was that police officers have discretion about what laws they will enforce and he believes the law is unconstitutional. Culp then accused Inslee of violating his oath of office to support and defend the constitution. Culp then repeated his criticism of Inslee's refusal to follow the state Constitution. Article 1 section 24 of the state constitution says the right of the individual citizen to bear arms in defense of himself or the state will not be impaired.

Panel moderator, Chris Daniels of King5, then challenged Culp on the fact that the state budget is larger than the one he deals with in little Ferry County and asked how he would deal with the state budget. Culp was direct and said as soon as he takes office he would freeze spending. No pay raises, no

CONTINUED TO PAGE A4

THE WASHINGTON OUTDOORS REPORT



A seven-pound walleye caught by the author at Potholes Reservoir

PHOTO BY JOHN KRUSE.



Rusty Johnston with a nice 3-pound largemouth bass

PHOTO BY JOHN KRUSE.

The Big Bass Tournament That Wasn't

By JOHN KRUSE

Rusty Johnston is my best friend of 40-plus years. We met bass fishing as kids and have never stopped fishing together since that time. The two of us had been practicing this spring and summer to fish the Berkley Big Bass Tournament at Potholes Reservoir, scheduled to happen October 3rd. Seven hourly first place winners using only Berkley baits and Abu-Garcia rods or reels would receive a \$3,000 check and one of those winners would get the keys for a new bass boat valued at \$42,000!

Unfortunately, that tournament was cancelled a few weeks ago but Rusty and I decided to fish that day as if we were participating in the tournament.

Launching from the state park in the morning, we saw the lake was as crowded with boats as if it were a tournament day. There were probably close to 100 boats on the water full of anglers going after everything from bass to walleye to crappie to trout. Much to my surprise, both the Potholes State Park campground and MarDon Resort a short distance away were completely full of campers enjoying the beautiful fall weather.

Rusty and I had marked several promising spots not far from Potholes State Park and fished those first. However, after two and a half hours all we had to show for our efforts was an 8-inch fish and a lost Abu Garcia rod and reel that went over the side of the boat by accident. Not an auspicious start...Even for an imaginary tournament!

We decided to make a move. I had

watched a lot of videos on YouTube of anglers fishing this lake in October and knew a spot where two of them had hooked into good bass. Arriving there Rusty hooked into a solid three-pound largemouth bass on his first cast. After that, the skunk was off and we started to catch fish, a mix of largemouth and smallmouth.

About an hour into this we located a promising shelf under the water that dropped from seven to 17 feet. Figuring there would be bass there we cast our crankbaits and for the next two hours we got into some of the best fishing we've enjoyed for years!

We lost count of how many largemouth and smallmouth bass we caught. It was cast, catch, release and then reel another one in. Better still, there were plenty of good fish here too. We caught four more bass in the three-pound class, the largest being

3.5 pounds. Good enough for one of those \$3,000 checks we were hoping for and a shot at a bass boat? No, it wasn't, but that largest one might have gotten us a third-place hourly finish and a \$500 check (along with some bragging rights).

Speaking of bragging rights, we earned those too. In this same drop off area I hooked into something that I instantly knew was very, very big. I thought it was a 5 to 6-pound smallmouth bass at first, but when it came to the surface, we saw it was no bass, it was a walleye and a monster too! Rusty netted the fish, weighed it and announced its weight at 7.1 pounds, a personal best for me. Then, just to put a little icing on the cake, we caught another 4.5-pound walleye which went home with Rusty for dinner.

The lost rod and reel? The flailing

and fruitless efforts of the morning? All forgotten during an afternoon of fishing that had two 56-year old men as giddy with enthusiasm as the teenage boys they once were catching a limit of fish out of Lake Sammamish in Western Washington.

As for the Berkley Big Bass Tournament? That's been rescheduled for May of 2021. In the meantime, Potholes Reservoir is fishing very well right now for both bass and walleye. If you are looking for some good action, or maybe for a cast & blast getaway with ducks or pheasant in the morning and fishing in the afternoon, this lake located between Moses Lake and Othello could be a very good bet!

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

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

THIS WEEK

Breast Cancer Awareness.....A2	Senior Center Menus.....A3	Classifieds Index
Dr. Louise.....A2	AA Meeting Schedule.....A3	Classifieds.....B2-B3
Chieftains of the Month.....A2	Opinion.....A4	Real Estate Guide.....B3
Community Calendar.....A3	Letter to Editor.....A4	Advertising Flyers
Sheriff Reports.....A3	Walk with Pastor.....B1	Safeway
Business Directory.....A3	Church Guide.....B1	



\$1.00

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Honoring Breast Cancer Survivors

CORRECTION
Wenatchee Cancer Care updated website is * Cancer Care of NCW, Inc., Our House, Wenatchee: 663-6964 or email: cancare2@nwi.net

STATEPOINT

Cancer can be a difficult and overwhelming diagnosis, and if you have cancer or are undergoing cancer treatment, your top priority is to get healthy. After your cancer diagnosis, there are many new things you might need to learn and manage. The Centers for Disease Control and Prevention and the National Blood Clot Alliance want you to protect your health by

Protect Your Health During Cancer Treatment

understanding your risk for dangerous blood clots, because cancer and some cancer treatments can increase your risk. About 900,000 people in the U.S. each year are affected by blood clots, and about one in five of these blood clots are associated with cancer. The risk for a blood clot is greatest in the first few months after cancer is diagnosed. Some cancers pose a greater risk for blood clots, including cancers involving the pancreas, stomach, brain, lung, uterus, ovaries and kidneys, as well as blood cancers such

as lymphoma and myeloma. The higher your cancer stage, the greater your risk for a blood clot. The type of cancer treatment you receive may increase your risk for blood clots too. Treatments involving hospitalization, surgery, chemotherapy, hormonal therapy, catheters placed in your veins, and some other therapies can increase your blood clot risk.

Know the Signs and Symptoms of a Blood Clot

Blood clots occur most

often in the legs or arms, and symptoms include:

- Swelling
- Pain or tenderness not caused by an injury
- Skin that may be warm to the touch, red or discolored
- Blood clots in your legs or arms can travel to your lungs, which can be deadly. Symptoms of blood clots in your lungs include:
 - *Difficulty breathing
 - Chest pain that worsens with a deep breath
 - Coughing up blood
 - Faster than normal or irregular heartbeat

Contact your cancer doctor immediately if you experience any blood clot symptoms.

A Plan to Protect Your Health

As you take steps to preserve your health, make blood clot awareness part of your care.

- Know your risks for blood clots, and discuss these risks with your cancer doctor.
- Stay alert for any signs or symptoms of blood clots after surgery or treatment in an outpatient clinic. Contact your cancer doctor right away if you

experience any of these signs or symptoms.

- Work with your cancer doctor and make a plan to protect yourself against blood clots that is specific to your personal medical history and treatment.

Visit www.stoptheclot.org/spreadtheword/cancer for more information.

If you have cancer or are undergoing cancer treatment, protect your health. Know your risk for blood clots and talk to your doctor if you experience any blood clot signs or symptoms.

Living with Anti-Estrogen Medicines

Breast cancer can be triggered by the hormone estrogen. Because of this, many women take anti-estrogen medicine to prevent breast cancer, treat it, or prevent it from coming back.

There are two types of anti-estrogen medications: estrogen blocking agents and estrogen production inhibitors. Tamoxifen (Nolvadex®) is an estrogen blocker. Tamoxifen prevents estrogen from binding to breast tissue. It is used by itself or combined with other medicines both to treat breast cancer and avoid its recurrence in high-risk women.

Another type of anti-estrogen medicine works by reducing estrogen production inside the body. Less estrogen means less potential to stimulate cancer cells lurking in breast tissue. In women who have gone through menopause, a particular enzyme called aromatase is responsible for creating

estrogen. Medications that interfere with aromatase are called aromatase inhibitors. Aromatase inhibitors like anastrozole (Arimidex®) and letrozole (Femara®) are often prescribed for 5 years or more after initial breast cancer treatment to decrease the risk of recurrence.

The most common adverse effects of anti-estrogen medicines are fatigue, weight gain, dry skin and hair, vaginal dryness and discomfort, hot flashes or night sweats, and aching muscles or joints.

One way to combat dry skin and hair is to eat a “good fat” diet with olive oil like in the Mediterranean diet or coconut oil in place of vegetable oil or butter. I’m not a fan of the taste of olive oil, so I use avocado oil instead. The tall glass bottle of avocado oil at Costco is a great value.

Hot flashes and night sweats are common side effects of taking tamoxifen or aromatase inhibitors.

Unfortunately, these types of hot flashes from the medicines don’t seem to respond to soy or supplements containing black cohosh like Remifemin® or red clover. Remifemin® and other herbal products sold for menopausal symptoms like hot flashes can act like estrogen in breast tissue. This is precisely what you DON’T need if you are concerned about your risk of breast cancer. Fortunately, some prescription medicines can relieve menopausal symptoms without estrogen, like the anti-depressants venlafaxine and citalopram, and gabapentin, a drug that relieves seizures and nerve pain.

Nearly half of women taking an aromatase inhibitor suffer from aching muscles or painful joints. Glucosamine may offer relief and has no significant side effects; it can also be added to other medicines without causing problems. I recommend using glucosamine powder twice daily, because it is less

expensive and better absorbed than taking the pill form. Allow 4-6 weeks of taking glucosamine to see the full effect before deciding if it’s helping you.

Another option for aches and pains is Tylenol Arthritis® Extended Relief, which lasts twice as long as Tylenol® Extra Strength. Try taking two of the 650mg tablets twice daily every day for at least a week.

Other muscle aches options include anti-inflammatories like ibuprofen (Motrin-IB), naproxen (Aleve®), and fish oil capsules. Cannabidiol (CBDs) extracts sold in health food stores are made from hemp oil. CBDs contain less than 0.3% THC and may provide relief without risking a positive THC test.

If these don’t help, please talk to your doctor. People differ widely in how drugs can affect them, and a different medicine could make a huge difference.

Here are 5 Tips for Taking Anti-Estrogen Medicines:

1. Try a “good fat” diet.

To help relieve dry skin and hair, switch from a “low-fat” to a “good fat” diet like the Mediterranean diet. “Good fats” include coconut, avocado, and olive oil. Taking a fish oil supplement may also help.

2. Avoid soy.

Don’t take concentrated soy products or herbal supplements marketed for menopausal symptoms. Although much weaker than prescription-strength estrogen, these alternatives have similar effects on breast tissue and should be avoided by women at risk for breast cancer.

3. Keep moving.

Physical activity discourages weight gain, boosts your mood, and may reduce the muscle aches and joint pain experienced by nearly half of women who take an aromatase inhibitor like anastrozole or letrozole. If you notice that your muscles or joints ache, don’t blame old age; it may be your medicine.

Glucosamine powder, Tylenol® Arthritis (650mg tablets), Aleve® (naproxen), Motrin-IB (ibuprofen), fish



oil capsules, or even CBD elixirs can help you stay more active.

4. Talk to your doctor.

For hot flashes and night sweats, prescription medicines like the anti-depressants venlafaxine or citalopram, or the anti-seizure medicine gabapentin may help.

5. Speak UP.

Talk to your doctor if your muscles or joints hurt. There are other medicines available for breast cancer prevention that you may tolerate better.

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

Chelan PUD Plans Transmission Pole Replacement at Horse Lake Reserve

Fire resiliency and long-term maintenance investment cited

WENATCHEE -- Trail users can expect short-term, intermittent closures along the Horse Lake Trail system from

mid-October to mid-November while Chelan PUD replaces four wooden transmission line structures with steel poles.

The project is part of an effort to protect critical power lines from wildfire and reduce long-term maintenance needs

in the area. The project is being done in collaboration with the Chelan-Douglas Land Trust (CDLT).

“The PUD asked us to review their plans and determine the least disruptive method of getting this essential work

done,” said Hanne Beener, CDLT Trails Manager.

The intermittent trail closures are necessary for public safety while a helicopter flies in materials overhead, and crews operate heavy machinery in the area. Trail users will also see flaggers and signs at the work site.

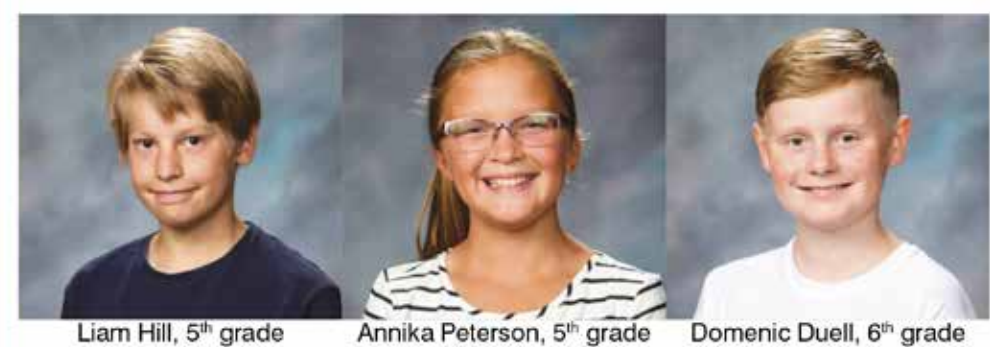
“The construction timeline is

tight between fire season and wet conditions in the fall,” says Steve Wickel, Transmission Engineering Manager at Chelan PUD. “By using a helicopter, we can reduce the number of trips to the work site with materials and heavy equipment and reduce impacts to the reserve. After the work is finished, the site will be seeded to help restore natural habitat for the long term.”

The work schedule is dependent on weather, which can be unpredictable in fall. Before heading to the foothills, be sure to check chelanpud.org or cdlandtrust.org for trail status updates.

Contacts:
Rachel Hansen, PUD Communications (509) 661-4320
Hanne Beener, Chelan-Douglas Land Trust, (509) 667-9708

CHIEFTAINS OF THE MONTH Virtual Learning Edition



Liam Hill, 5th grade

Annika Peterson, 5th grade

Domenic Duell, 6th grade



Payton Lemus, 6th grade

Ethan Bricker, 7th grade

Hadley Westlund, 7th grade



Colby Diaz, 8th grade

Brianna Castro, 8th grade



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Public invited to comment on PFAS Chemical Action Plan

SUBMITTED BY DEPARTMENT OF ECOLOGY

OLYMPIA – The Washington Department of Ecology is asking the public to provide input on a draft Chemical Action Plan (CAP) that addresses per- and polyfluoroalkyl substances (PFAS), a class of highly persistent chemicals that do not break down in the environment. Those interested can review and comment on the plan through Dec. 7, 2020.

Exposure to these substances can lead to negative health outcomes, and PFAS have already contaminated some drinking water systems in Washington. The plan’s recommendations offer pathways for protecting people, wildlife, and the environment from PFAS exposure. The CAP also comprehensively assesses the impacts of PFAS chemicals in Washington and recommends strategies to reduce or mitigate those impacts.

CAPs are advisory in nature, so the plan does not create new regulations or restrictions. Ecology is specifically seeking feedback on the following recommendations outlined in the CAP:

- Ensuring drinking water is safe

- Managing environmental PFAS contamination
- Reducing PFAS in products
- Understanding and managing PFAS in waste

comment form or by emailing ChemActionPlans@ecy.wa.gov. Interested parties can also register to attend an upcoming public comment meeting (Nov. 12, 18, or 19) on the PFAS CAP website. Ecology will review comments and use the feedback to develop the final CAP, expected in 2021. More information is available on Ecology’s website ecology.wa.gov.

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



...but you can get the local news online at www.cashmerevalleyrecord.com

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 BUSINESS, REAL ESTATE,
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CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

October 2	Monitor
19:31 Theft , 6498 Flowery Divide Rd.	
20:41 Hazard , 411 Aplets Way	
21:02 Disturbance , 117 Aplets Way	
October 3	
02:03 Extra patrol , 300 Blk., Sunset Hwy.	
16:24 Traffic offense , Smith & Main streets, Dryden	
19:15 Disturbance , 3717 Bridge St., #8, Monitor	
19:46 Hazard , Main St., & Alice Ave., Dryden	
20:28 Traffic offense , 8703 Alice Ave., Dryden	
October 4	
13:28 Animal problem , 307 Orchid St.	
17:52 Noise , 9015 Nahahum Canyon Rd.	
18:52 Suspicious , 300 Aplets Way, Hometown Market	
20:05 Hazard , Cottage Ave. & Aplets Way	
20:26 Domestic disturbance , 7900 Stone Hill Rd., #C6, Dryden	
October 5	
07:15 Suspicious , 5607 Sunset Hwy., Mini Mart	
09:18 Hazard , Nahahum Canyon Rd. & E. Nahahum	
10:32 Fraud/forgery , 310 Laurel St.	
14:52 Harass/threat , 5700 Vale Rd.	
16:00 Juvenile problem , 50 McGhee Ln.	
18:03 Disturbance , 8410 Main St.	
19:16 Fireworks , Meadowsweet Pl. & Mission Creek Rd.	
21:14 Runaway , 5415 Binder Rd.	
21:59 Trespass , 4705 Kelly Rd.	
October 6	
10:53 Theft , 3525 Zager Rd., Monitor	
12:02 Suspicious , 4592 E. Nahahum Canyon Rd.	
12:33 Juvenile problem , 201 Riverside Dr.	
13:03 Parking/abandon , 200 Aplets Way	
16:50 Public assist , 5402 Pine Flats Loop Rd., Dryden	
23:24 Extra patrol , 5183 Mission Creek Rd.	
October 7	
10:07 Noise , 5415 Binder Rd.	
13:42 Cps/Aps Refer , 817 Pioneer Ave.	
15:57 Parking/abandon , Olalla Canyon Rd., MP 3	
16:02 Welfare check , 319 Independence Way	
16:34 Juvenile problem , 5415 Binder Rd.	
18:27 Suicide threat , 319 Independence Way	
19:18 Civil , 5351 Binder Rd.	
October 8	
00:01 Juvenile problem , 105 Cascade Pl.	
09:20 Accident/no injuries , 117 Mission Ave.	
09:28 Welfare check , 106 Titchenal Way, Chevron	
10:04 Trespass , 108 1/2 Cottage Ave.	
14:44 Missing person , 7900 Stine Hill Rd., #C6	
15:29 Burglary , 6820 Dryden Ave., Dryden	
16:26 Traffic offense , 702 Pioneer Ave.	
18:32 Disturbance , 5454 Binder Rd., #2	
19:39 Trespass , 102 Titchenal Way	
20:26 Extra patrol , 8703 Alice Ave., Dryden	

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 or Publisher@leavenworthecho.com. Stay Well.

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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. 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 (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) 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.

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

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

October 15, Thursday: No lunch.

October 16, Friday: Beef stroganoff, Brussel sprouts, tossed green salad, mixed berries, whole wheat roll, dessert.
 Saturday and Sunday: No lunch.

October 19, Monday: Chicken fajitas, Baja veggies, fresh salsa, Mandarin oranges, dessert.

October 20, Tuesday: No lunch.

October 21, Wednesday: Meatloaf, potatoes and gravy, green beans, green salad, chilled pears, biscuit, dessert.

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 for more information.

CASHMERE VALLEY RECORD
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201 Cottage Ave, Suite 4
Cashmere, WA 98815
Phone: 509-782-3781

Office hours

Call Leavenworth Echo for more information.
548-5286

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Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286, by emailing classifieds@leavenworthecho.com or online at NCWMARKET.COM

Weekly rates:
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\$.10 for each additional word over 30 words
Borders, bold words, headlines, logos and photos subject to additional charges.

Subscriptions

In Chelan County (yearly) - \$40
In State (yearly) - \$40
\$45 for print and online
Out of State (yearly) - \$52
Online E-edition - \$40

The Cashmere Valley Record does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. Toll Free 1-509-293-6780

Letters policy

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 509-782-3781. We will publish a correction on this page in the next issue.

On the Internet
website:
www.cashmerevalleyrecord.com
e-mail:
record@cashmerevalleyrecord.com
Ad manager:
carol@leavenworthecho.com

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

Services
Back issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

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NCW Media Inc. prints on recycled newspaper with soy ink. Please recycle

The state of the newspaper industry in 2020

The most common question I get today is how is your business doing? Unlike that question posed to all small businesses impacted by COVID, what people really want to know is how has the Internet impacted us. It is a valid question.



Bill Forhan
PUBLISHER

The general assumption is newspapers are going to be forced to close down because of the competition from the latest new technology.

Let me put that notion to rest because I believe the Internet is the best thing that has happened to small community newspapers. In the not to distant past, publishing a weekly newspaper was a labor of love that took amazing skills. Small local publishers had to be a writer, a salesman, an advertising specialist, a photographer, a printer, and often a bookkeeper.

In small towns like ours they had to belong to most of the service clubs, the Chamber of Commerce and attend school board, city council meetings and most high school sporting events. If they were large enough they could hire reporters to do some of the work. Graphic artists to design the papers and customer advertisements. Pressman to run the press and delivery people to get the paper delivered.

Often times keeping staff was often difficult as they moved on to larger publications that could offer higher pay and benefits.

We bought the Lake Chelan Mirror in late 2000 and immediately traded some stock in my little company to the then owners of The Leavenworth Echo and Cashmere Valley Record. At the time, The Echo

and the Record were being printed in Ellensburg. Chelan had its own press. So, I was able to save enough money by moving my printing to Chelan to pay the debt on an SBA loan to complete the purchase.

Over the years we have added the Quad City Herald in Brewster and The Wenatchee Business Journal to our stable of publications.

Our early business plan was that by consolidating the back office functions of these small publications we could work to improve the editorial products. The Chelan office handled printing, circulation administration and record keeping. Leavenworth handled bookkeeping, corporate governance, taxes and personnel administration. We all shared advertising sales activity. Leavenworth also took charge of technology. From our earliest days we installed a computerized system for taking and tracing advertising activity all through a network of computers.

We were one of the first businesses in Leavenworth and Chelan to install high speed fiber lines from the Chelan PUD to connect our offices. That allowed us to send fully paginated pages to our printing operation in Chelan.

A few years ago we recognized that if we were going to be competitive in the print advertising world we had to add more color. Unfortunately, our press and our building had limitations that could not be overcome without a huge investment in new press equipment. Equipment that

may soon become the real Achilles heel to our business model.

At the same time, the larger daily newspapers were being hit even harder by the rise of the Internet. They began cutting editions. That left their presses with excess capacity that they needed to monetize. We sold our press to the Wenatchee World and started printing our papers on their press. Today, there are only a handful of printing presses on the east side of the Cascades. Competition for quality printing is keeping prices low and reduction in the number of editions and pages in daily newspapers across the country has resulted in excess paper production.

It may sound like the whimpers of a dying industry. But while the Internet purports to be able to replace the printed page it lacks one vitally important quality – local relevance. There are business models emerging to address that issue, but none have been able to maintain viability.

They have been successful in picking off some advertising revenue from local media. Revenue that would otherwise support a more robust local media presence, but they do not provide reliable local news content. Google and the other search engines are raiding local news sites to pull news content from other copyrighted media. They have come under criticism for that activity and are now starting to talk about paying local publishers for their content.

Today, each of our newspapers has an active website. Those sites contain some premium content that we developed on our own and much free content that is provided by local organizations



and individuals. It also has content that is submitted to us but which we don't have room for in the print edition.

To access the premium content, visitors must be paid subscribers. Last year, we changed our policy on our online subscriptions. Premium access is now the same price as a print subscription. Part of our website includes an "E-Edition" that is an exact version of the printed newspaper. Visitor's have to be a paid subscriber to access it.

What we have learned is people will pay for an online edition. We get counts of exactly how many people opened the E-Edition. The numbers are growing and our readership has actually increased over the last few years.

One other thing we have learned in the last year: Some of the best local content has been contributed by local people.

We are exploring the issue of instead of us hiring young inexperienced journalists to send out on "assignment," we will be looking at establishing a list of contributors who we may

Spar over policy

CONTINUED FROM PAGE A1

equipment purchases, we are going to go through the budget line by line. I would go first after anything that has the word study in it.

Inslee argued for a big increase in the Capital Budget to put people back to work. In view of what is seen as a looming budget deficit he did not explain how he would pay for it.

Culp also pointed out that Governor Inslee signed a contract with a global consulting firm for \$165,000

per week to help him know what to say in the middle of the Pandemic. Inslee said he had no idea what Culp was talking about. Inslee denied any knowledge of the agreement but The Seattle Times confirmed after the debate that Inslee had in fact signed a contract with McKinsey for \$1.3 million to advise him on COVID policy.

On climate change Governor Inslee blamed the recent fires on climate change but Culp disputed that saying the problem is really related to lack of management of our forests. Our forests are full

of dead and diseased trees. We have no fire breaks in our forests because of road closures. These fires are worse not because of climate change but because we are not managing our forests. We don't log them. We don't replant them. We do not remove dead and diseased trees that ultimately become a source for more intense fires.

This debate established a clear distinction between the incumbent and the challenger. Inslee has already had 8 years to demonstrate effective and compelling leadership of state government. Given that period of time he should have a commanding knowledge of the issues facing our state. Unfortunately, he took no responsibility for the problems

or the decisions he has made to address them. He routinely blamed President Trump, the Republicans or others for the failures that have occurred during his administration.

One thing is increasingly clear to those who follow the political process. Government insiders resent and are threatened by outsiders. Inslee has made government service his life's work and he is clearly threatened.

President Trump and Loren Culp are not career politicians. Culp was clear about his position. He never dodged a question and he offered sound reasoning about how he would handle the office.

Our founding fathers set up a system to allow ordinary citizens to become the leaders

of our amazing country. It is time to send all of the entrenched bureaucrats a message that the American people have lost faith in their leadership.

Culp has a difficult task to overcome the Democrat machine in this state. Republicans have a difficult job in getting out the vote and encouraging their Democrat friends that it is time for a change.

By the way, one of the things I would like to pursue is to write a couple of novels. My first one is in editorial review now and should be available in book stores and on Amazon by the end of the year. Keep your eye open for a local ad for pre-ordering!

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

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LETTERS TO THE EDITOR

Centenarian doubts Joe Biden's knowledge of Lincoln

Dear Editor,
My name is Mabel Hoffman. I am 100-years-old and a Republican and I subscribe to the Cashmere Valley Record. After watching Joe Biden speaking about Abraham Lincoln recently on TV, I really wonder if he knows that Mr. Lincoln was a Republican? I don't know if anyone else noticed this, but I thought I would say something about it. Thank you for taking my call.

Mabel Hoffman,
Cashmere

Your Vote, Your Conscience

Let's see if I have this right. On one side you have a person who is known for his occasional gaffes. On the other side, a person who will look you straight in the eye while lying like the proverbial rug! You have one person who won't show his taxes, or his school grades. Good old "Uncle Joe" on the other hand, is an open book.

The "Trumpster's" sister, niece, personal lawyer "the Fixer", John Bolton, the person who wrote (co-wrote) "The Art of the Deal", people who would have inside knowledge

of this side-show President, all have very little or nothing good to say about him. Donnie dismisses all this with, "it's all fake news", and his adoring flock weeps!! He's a draft dodger who "knows more than the Generals". This great businessman has managed to bankrupt himself four times!! "I, alone, can fix it". Covid-19 should be his time to shine, instead he comes on like a complete failure. "It will, like a miracle, just blow away".

In summation, I'll just add, don't take my word for it. Listen to anything other than FOX News, KPQ for instance. Do I need to say, I won't be voting for him? Yet, in an odd, perverse way, I'd like to see him get a second term. He would have a hard time blaming the previous administration.

Love and Peace,
Charlie Olinghouse
Cashmere

P.S. If he loses and won't accept it, I say ignore him and let him wander around the White House with the ghosts of Presidents past. It would be great for tourists, and what could it possible harm. One more thing: When "they" talk about socialism, why is it always Venezuela, and not Sweden, Norway, or Finland?

Don't forget to renew your subscriptions this Fall!

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Say NO to Netflix

If you have a Netflix account, I urge you to cancel your subscription.

The streaming giant has been pushing the envelope for a while now with its programming but their new movie, "Cuties" has crossed the line.

The French director Maïmouna Doucouré stated that her film is her "vision of femininity" and a "fight for women's freedom". Empowering women is a noble ambition, but to make a film that glorifies child exploitation is beyond abominable. As one commenter said about this film, "it is like she [Doucouré] is trying to explain how to put out a fire by pouring gas on it." If her goal was to help women, why on earth, did she have to make a film that sexualizes preteen girls?

Those who have watched the movie condemn it as a "Pedophile's dream", describing scenes of 11-year old girls dancing seductively to Hip Hop music with camera work that reinforces these girls are to be considered sex objects. And before anyone asks, no I have not nor do I ever intend on watching "Cuties". The Netflix promos were enough for me to want to vomit.

Yet with all the justified condemnation of this film, there is a growing number of people who are actually defending it, calling it "cutting edge" and giving it rave reviews. Moreover, those who dare raise criticism against Doucouré and her film are labeled as "racists", "sexist" and "Right-wingers". However, race, gender, or political affiliation have nothing to do with calling out a film so obscene that it should be criminalized and those making it should be prosecuted. Last time I checked, regardless of where you stand politically, we should all agree that children should be protected



A WALK WITH PASTOR JOHN SMITH

not exploited. After all, #Saveourchildren is still a thing, right?

As the adage says, "Art imitates life" and because of that, I feel that we are nearing the end of our civilization as we know it. We must remember that this film didn't fall from the sky rather it came from a culture that is hell-bent on doing whatever it can to mistreat children. We either kill them

in the womb or as Netflix demonstrated, we treat them as objects in an increasingly wicked and perverse society all the while, God watches and waits to bring forth righteous judgment. I have made this statement in the past and it bears repeating, that historically speaking, God has brought down whole nations for what they did to their children. If God judged the people of Israel for their abuse of children, what makes us, Westerners, think we will get a free pass? We won't and judgment is nigh.

However, the public outcry against this film and Netflix does give me a glimmer of hope. We are not so far gone as a nation that we overwhelmingly endorse what "Cuties" is propagating. There is still, although very small, a sliver of a moral conscience present within America that is holding back the tide of accepting all forms of deviant behavior.

So again, if you have a Netflix account, cancel your subscription because you don't want to support a service that is unapologetic in sexualizing children and endangering them. As the Bible says, we are to "Rescue the weak and the needy; deliver them from the hand of the wicked." (Psalm 82:4) so reader, do your part in that endeavor and say "No" to Netflix.

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

OBITUARY

Marcia Kay Miller

November 16, 1951 – October 1, 2020



Marcia Miller passed away, peacefully, Thursday morning, October 1, in Seattle, WA. Marcia was born in Seattle, WA. on November 16, 1951.

When Marcia was 4 years old, she was welcomed into the loving family of Erwin and Dorothy Miller. The three made their home in Dryden, WA. where Marcia developed

her love for people and family. Erwin passed away in a car accident 1 1/2 years later. With the help of family and friends, Dorothy began raising Marcia as a single working mother.

In 1960, Marcia and Dorothy joined the family of Raymond "Bud" Schmitt when Dorothy and Bud were married. They moved to Cashmere and Marcia was now part of a very active larger family circle. Bud, a single father, was raising his teenage children, Rolli and Connie. They resided on the same street with their grandparents, aunts, uncles, and cousins. They were surrounded by family, orchards, horse pastures and the view of the beautiful Cascade Mountains. In 1963, Marcia's brother, Raymond, was born and she had her very own baby brother to spoil.

Her teenage years were full of family activities, fishing, hiking, skiing, camping and large family gatherings. She was active in high school with Rainbow Girls, tennis, and hanging out with her many friends. She had a very special relationship with her grandmother, Eva Schmitt, who embraced Marcia's gregarious personality and taught her much about how to enjoy the simple things in life.

Marcia graduated from Cashmere High School in 1970 and went on to study at Wenatchee Beauty School, graduating in 1973. Marcia's forty-seven-year career as a beautician began. She served clients, who all became friends in many towns throughout Washington, working in various salons in Cashmere, Wenatchee, Bothell, Lynnwood and Seattle.

Marcia volunteered much of her time to help people in need. She would help with setting up events in her apartment building and donated much of her time doing hair in several nursing homes and in the apartment buildings where she lived.

Marcia was preceded in death by her parents, Bud and Dorothy Schmitt and father, Erwin Miller.

She is survived by her daughter, Tiffany Coffey (Radu Cubic), daughter, Heather Coffey and granddaughter, Samantha Corder, brother, Rolland Schmitt (Barbara), Connie Tarver, and Ray Schmitt (Trish).

Graveside Service will be held October 17, 11 a.m. at the Cashmere Cemetery.

One Additional Death From COVID-19

SUBMITTED BY VERONICA FARIAS, CDHD

EAST WENATCHEE - Chelan-Douglas Health District (CDHD) reports an additional death from COVID-19. This brings the total number of deaths in Chelan County to 18, and seven (7) in Douglas County. The Chelan County resident was a female in her 50s. The Health District's total COVID-19 deaths is now 25.

The Washington State Department of Health constitutes a COVID-19 death as a death occurring among those who have a positive COVID-19 test who did not die in a homicide, suicide, or accident (with the exception of accidental deaths that explicitly list COVID-19 on the death certificate). The death certificate must also include COVID-19 or COVID-like terms (such as respiratory distress, pneumonia, respiratory failure, hypoxia, viral illness, or Severe Acute Respiratory Syndrome (SARS - with no other strain specified) as a cause or contributing factor to the death.

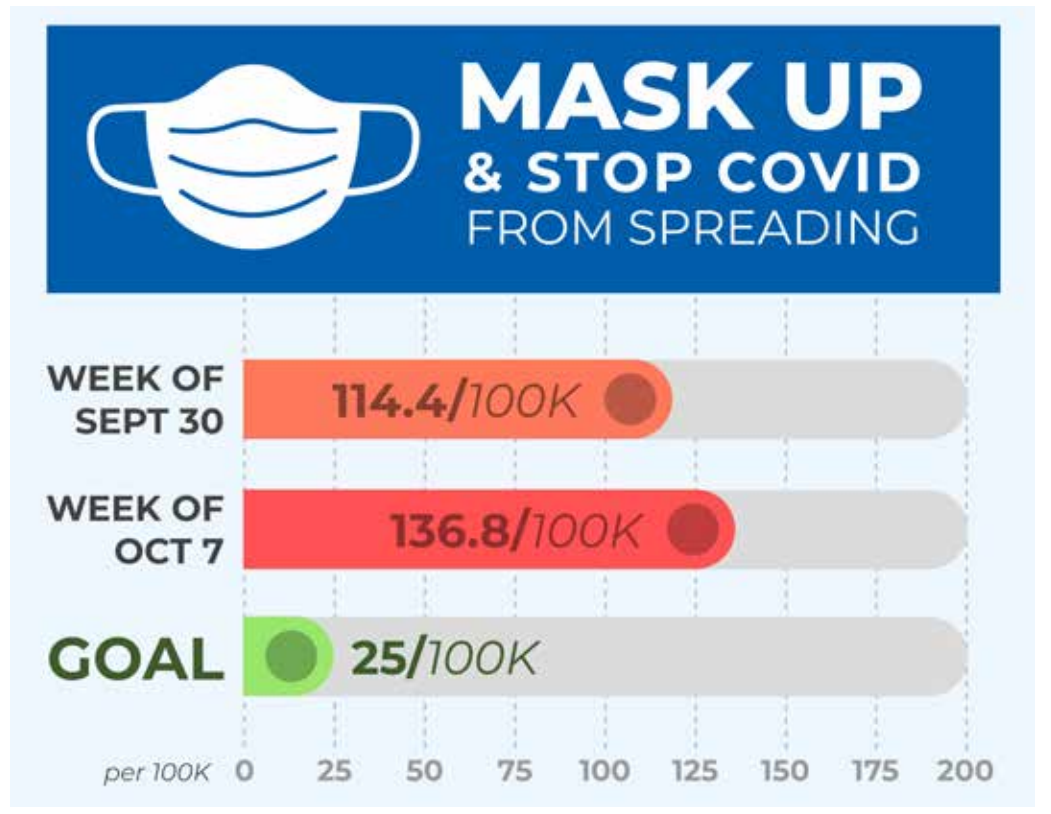
CDHD would like to remind

everyone of the importance of all public health precautions during the COVID-19 pandemic. Anyone can have COVID-19 and not know they are contagious. COVID-19 is

easily spread to close contacts, friends, family and loved ones before a person knows they are unintentionally spreading the virus. Please do your part to prevent the spread of

COVID-19, continue to mask-up, social distance and avoid group gatherings.

Contact: Phone: (509) 886-6427, E-mail: Veronica.Farias@cdhd.wa.gov



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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

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Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church



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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, Steffanie 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

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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
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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

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8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org



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Publisher's notice

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

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



Administrative

Puzzle Solution

C	H	E	S	S	K	A	S	T	O	P		
R	A	S	T	A	N	I	L	F	L	U	M	E
T	R	A	I	T	A	R	P	L	E	P	E	R
T	U	R	N	I	P	H	O	U	D	I	N	I
S	A	C	R	A	C	K						
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S	O	R	E	S	R	O	P	E	E	D	D	A
H	O	N	C	H	O	L	Y	R	E	S	Y	E
C	A	D	A	V	E	R	G	E	T	O	U	T
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4	5	2	7	1	8	3	9	6
9	8	6	3	4	5	1	2	7
3	7	1	6	9	2	8	5	4
6	9	8	5	7	3	2	4	1
7	3	4	8	2	1	9	6	5
1	2	5	9	6	4	7	8	3
2	6	7	4	3	9	5	1	8
5	4	9	1	8	7	6	3	2
8	1	3	2	5	6	4	7	9

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

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE

24/7 at www.NCWMarket.com

HAPPY BIRTHDAY CONGRATULATIONS!

WILL YOU MARRY ME?

HAPPY ANNIVERSARY
Only \$15 for 30 days includes 3 photos

Chelan-Brewster 682-2213 or
Leavenworth-Cashmere 548-5286

Happy Ads

Need a social-distancing location for your Halloween party? FREE venue for organizations with liability insurance. Choice of 2 great areas in Cashmere including electricity and rest room facilities. Call 509-782-1004.

Employment

Help Wanted

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

PATEROS SCHOOL DISTRICT ROUTE BUS DRIVER

Pateros School District has an opening for a permanent part time route bus driver. Mon - Fri, 5 hours per day split between the morning and afternoon route. \$21.39 hour. Position commences immediately. Class B CDL with 'S' endorsement (passenger and air brakes) required. Deadline for applications is 10/19/20. Position opened until filled. Applications are processed through Fast Track. Link available at www.pateros.org under District Employment. Questions: employment@pateros.org or 923-2751x4. EOE

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

Advertise Advertise Advertise Advertise Advertise Advertise

548-5286 or 782-3781

YOU WILL Call Now! Call Now! Call Now! Call Now! Call Now! Call Now!

Help Wanted

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 opportunity@trhospital.net EOE

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.

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 EOE

www.leavenworthecho.com
www.cashmerevalleyrecord.com

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Give us a call today!
See all available properties at windermereleavenworth.com

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

Help Wanted

OCTN is accepting applications for a part-time cook in Brewster. See us online at www.octn.org for complete job description and application information. OCTN is an EOE

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.

Print only? Deadline is Monday by Noon for all papers:

Lake Chelan Mirror Quad City Herald 683-2213
Leavenworth Echo Cashmere Record 548-5286

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

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 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

Garage & Yard Sale

CLEAR SOME SPACE WITH A
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

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213
Leavenworth Cashmere Call 548-5286

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

Sporting Goods

10 ft. Livingston Double Hull Boat. New 9 HP electric start gas motor, only been used 12 hours. Brand new 4 speed trolling motor and pop-up seats. Great condition \$3,500 or OBO. Call Steve 509-670-9043.

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 or by emailing 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, WWSA No. 48049
Published in The Leavenworth Echo/Cashmere Valley Record on October 7, 14, and 21, 2020 # 923

Public Notices

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685

The Leavenworth Echo (USPS 308 160) is published weekly at Leavenworth, WA. Annual subscription rates: \$40.00 in Chelan County, \$52.00 outside Chelan County in the United States. Mailing address: P.O.Box 39, Leavenworth, WA. 98826. Publisher William E. Forhan, NCW Media Inc., P.O. Box 39, Leavenworth, WA. 98826. Editor, William Forhan. The Echo is owned by NCW Media Inc. Stockholders owning 1 percent or more of the total amount of stock: William. and Carol. L. Forhan both P.O. Box 39 Leavenworth, WA. 98826, Jeff Gauger and Liz Gauger, both 1003 Browning Rd., Greensboro, NC., 27410. Numbers are average during preceding year and for September 30, 2020. Total number of copies printed: 1150, 1150. Sales through dealers and carriers, street vendors and counter sales: 380, 380. Total paid and requested circulation: 843, 796. Free distribution: 15, 16. Total distribution 883, 838. Copies not distributed 267, 313. Total 1150, 1150. Percent paid and/or requested circulation: 95.47%, 94.99%. I certify that all information is true and complete. William E. Forhan, President, October 14, 2020. Published in The Leavenworth Echo on October 14, 2020.

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of EMORY COURTLAND WEBBER, Deceased. NO. 20-4-00294-04
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 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Public Notices
The Leavenworth Mosquito Control Board will be holding a Public Hearing at 7:00 pm on Monday, October 19, 2020 via ZOOM, to discuss and approve our operating budget and per parcel tax rate for 2021. To receive a link to attend please call or text your email address to Manager Jennifer Mullins by noon, October 19 at 509-548-5904.

WHAT'S HAPPENING
EVENTS
Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON FOR KING COUNTY
In Re the Estate of BRUCE A. FOSTER, Deceased.
NO. 20-4-05561-9 SEA
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 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. The claim must be presented within the later of: (a) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); 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 nonprobate assets.

Date of First Publication: October 14, 2020.
Personal Representative: DAWN S. FOSTER
Attorney for Personal Representative: KANO S. OSTREM
Address for Mailing or Service: 8905 Roosevelt Way NE Seattle, WA 98115
Published in the Cashmere Valley Record/ The Leavenworth Echo on October 14, 21, 28, 2020. #948

Public Notices

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685
The Cashmere Valley Record (USPS 092 600) is published weekly at Cashmere, WA. Annual subscription rates: \$40.00 in Chelan County, \$52.00 outside Chelan County in the United States. Mailing address: 201 Cottage Avenue, Suite 4 Cashmere, WA. 98815.
Publisher, William E. Forhan NCW Media Inc., P.O. Box 39, Leavenworth, WA. 98826.
Editor, William E. Forhan.
The Cashmere Valley Record is owned by NCW Media Inc Stockholders owning 1 percent or more of the total amount of stock William E. and Carol L. Forhan both P.O. Box 39, Leavenworth, WA. 98826, Jeff Gauger and Liz Gauger, both 1003 Browning Rd., Greensboro, N.C. 27410.
Numbers are average during preceding year and for September 30, 2020.
Total number of copies printed 550, 550. Sales through dealers and carriers, street vendors and counter sales: 184,177. Total paid and requested circulation: 399,375 Free distribution: 8, 8. Copies not distributed: 143, 167. Total 407, 383. Percent and/or requested circulation. 98.03%, 97.91%.
I certify that all information is true and complete. William E. Forhan, President, October 14, 2020.
Published in the Cashmere Valley Record on October 14, 2020.

Advertise
548-5286
782-3781

Combating cybersecurity threats of the COVID-19 era

STATEPOINT - New data reveals that in uncertain times, consumers and businesses need even greater vigilance when it comes to their cybersecurity.
The mid-year update to the 2020 SonicWall Cyber Threat Report highlights an opportunistic use of the COVID-19 pandemic by cybercriminals.
"Cybercriminals can be resourceful, often setting traps to take advantage of people's kindness and panic in uncertain times, as well as their trust in everyday systems," says Bill Conner, SonicWall president and CEO. "With everyone more remote and mobile than ever before, the cybercriminal industry is very aware that businesses are highly exposed."
Shifting Threats
During the first half of 2020, global malware attacks fell from 4.8 billion to 3.2 billion over 2019's mid-year total, a continuation of a downward trend. However, less malware doesn't necessarily mean a safer world; ransomware has seen a corresponding jump

over the same time period and continues to be the preferred tool for cybercriminals. Increasing a staggering 20% globally in the first half of 2020, SonicWall logged 79.9 million ransomware attacks (+109%) in the U.S., a trend that continues to ebb and flow based on the behaviors of agile cybercriminal networks.
COVID-19 Email Scams
The global pandemic plus social-engineered cyberattacks has proven to be an effective mix for cybercriminals utilizing phishing and other email scams. Dating as far back as Feb. 4, SonicWall researchers detected a flurry of increased attacks, scams and exploits specifically based around COVID-19. This contrasts with phishing as a whole, which was down slightly by the time pandemic phishing attempts began picking up steam.
Office Lures a Staple
Microsoft Office is a necessity for millions working remotely. Cybercriminals were quick to leverage this shift. Leveraging SonicWall Capture Advanced

Threat Protection with patent-pending Real-Time Deep Memory Inspection technology, SonicWall discovered that 22% of Microsoft Office files and 11% of PDF files made up about one-third of all newly identified malware in 2020. The technology identified a record 120,910 'never-before-seen' malware variants during that time - a 63% increase over the first six months of 2019.
"Cybercriminals are too sophisticated to use known malware variants, so they're re-imagining malware to defeat security controls, and it's working," said Conner.
Non-Standard Ports
By sending malware across non-standard ports, assailants can bypass traditional firewall technologies, ensuring increased success for payloads. A 'non-standard' port is leveraged by services running on a port other than its default assignment. An average of 23% of attacks took place over non-standard ports - the highest mark since SonicWall began tracking the

vector in 2018.
IoT Serves Threats
Remote workforces can introduce many new risks, including Internet of Things (IoT) devices like refrigerators, baby cameras and doorbells. A 50% increase in IoT malware attacks mirrors the number of additional devices connected online, as individuals and enterprise alike function from home. Unchecked IoT devices can provide cybercriminals an open door into what may otherwise be a well-secured organization.
As organizations mobilize for their new business normal, they can adapt to new threats in real-time by leveraging the services of security experts such as SonicWall. For more information, visit sonicwall.com.
"This new business normal is no longer new," says Conner. "As everything goes more remote, mobile and unsecured, organizations must move away from makeshift or traditional security strategies."

Newspaper Fun!
Fall Times and Rhymes
Will you remember to turn the clock back, Jack?
Fall is a fun time to make a rhyme!
Fall is a ton of fun!
Fall as a rule is cool! Better get a sweater!
In each clue find the silly word (in bold) then fill in the puzzle with a word that rhymes and makes sense.
1. bumpkins dot fields waiting to be picked
2. families gather to watch new television foes
3. a full harvest tune glows in the night sky
4. hawks are turned back one hour
5. families sit in hay and laugh as they bump along on the farmer's dragon
6. a moose flies south
7. a family decorates the mouse with pumpkins, wreaths and orange Chinese lanterns
8. practice is after school for the football dream
Fall Sayings
Fall is in full swing. The word "fall" is used in many ways. Can you match the sayings to their meanings?
1. fall all over someone
2. fall back on the first plan
3. fall behind
4. fall down on the job
5. fall flat
6. fall for
7. fall over backwards
8. fall short
9. fall out
10. fall to
A. doing all one can to please
B. to like someone very much
C. not do the job well
D. turn to the first idea for help
E. fail to reach goal
F. fail completely
G. show too much love
H. begin to work
I. leave one's place after a military inspection
J. to go slower than others and not keep up

Fall Times and Rhymes
A Football
Yum! Apples...
Fall is a fun time to make a rhyme!
Fall is in full swing. The word "fall" is used in many ways. Can you match the sayings to their meanings?
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I. leave one's place after a military inspection
J. to go slower than others and not keep up

CROSSWORD PUZZLE
THEME: HALLOWEEN
ACROSS
1. Bobby Fischer's game
6. Reggae precursor
9. Octagonal sign
13. Haile Selassie's disciple
14. Goose egg
15. Water-filled gorge
16. Blue eyes, e.g.
17. Jean of Dadaism
18. Parish, for medical reasons
19. "Pumpkin's Halloween precursor
21. *Famous magician who died on Halloween
23. * mortuaire, or body bag in Paris
24. Nordstrom's outlet
25. "Now or Never"
28. Good or bad and felt by others, sing.
30. Haiku, e.g.
35. Equal to distance divided by time
37. Post-it slip
39. Quickly fry
40. Type of mountain goat
41. *Graveyard denizen
43. Heart of the matter
44. Tender spots
46. Bailing twine, e.g.
47. Icelandic epic
48. Boss
50. Greek muse's strings
52. Up and down nod
53. "Beware the ___ of March"
55. One of seven, in eponymous 1995 film
57. *Dead one
61. *Jordan Peele's scary 2017 film
64. Dodge
65. Freud's concern
67. Pertaining to hours
69. *Funereal feeling
70. Swindle
71. Boredom
72. Adult elvers
73. Human digit
74. *What vampire does in a coffin
DOWN
1. TV tube in days of yore
2. Wagner or Powers in a TV classic
3. Isaac's firstborn
4. Mixes up
5. Geo-spatial positioning system, for short
6. Ginger cookie
7. Crème de cassis plus wine
8. Top dog
9. Musher's ride
10. Language of Tupi people
11. *Black cat, possibly
12. ___ wig or ___ winkle
15. Oopsy daisy moments
20. Best part of cake?
22. *Halloween month
24. Alters to be more useful
25. Type of coffee with alcohol
26. Forbidden
27. Howard of radio fame
29. Physicist Niels ___
31. Preakness, e.g.
32. Like cottage cheese
33. Piano student's exercise
34. *Leatherface's state
36. Biz bigwig
38. ESPN award
42. To the point
45. *Scary story-related sensation
49. Lyric poem
51. Choice word
54. Upright
56. Nary a soul
57. Give up
58. Skin soothing gel
59. Boring
60. Fusses
61. Departed
62. *RIP pots
63. Like a bow string
66. Gunk
68. Fleur-de-___

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58. Skin soothing gel
59. Boring
60. Fusses
61. Departed
62. *RIP pots
63. Like a bow string
66. Gunk
68. Fleur-de-___

SUDOKU PUZZLE
FREE!
American Standard
WALK-IN BATH TUB SALE! SAVE \$1,500
Backed by American Standard's 148 years of experience
Ultra low entry for easy entering & exiting
Patented Quick Drain™ Technology
Lifetime Warranty on the tub AND installation, INCLUDING labor backed by American Standard
44 Hydrotherapy jets for an invigorating massage
Limited Time Offer! Call Today!
866-612-7490
Or visit: www.walkinbath.com/sgm



CASHMERE: 130 Titchenal Way



Groceries Online

Order Online - Curbside Pickup

www.igamarketfresh.com



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 14-20, 2020

PREMIUM BEEF
BONELESS BEEF
TOP SIRLOIN
STEAK
VALUE PACK

3.98
LB.



ALL NATURAL
CENTER CUT
BONELESS PORK
LOIN ROAST

1.98
LB.



PREMIUM BEEF
LEAN GROUND BEEF
80% LEAN, 20% FAT,
VALUE PACK

2.98
LB.

Get a head start on Baking!



Egg-Land's Best
Large Eggs
White, Dozen

2.48



Food Club
Butter
Salted or
Unsalted,
1 Lb.

2/\$5

Food Club
All-Purpose
Flour
5 Lb.



1.78

Food Club
Granulated
Sugar
4 Lb.



2.48

Food Club
Brownie
Mix
Fudge,
18.3 Oz.



2/\$3

Food Club
Peanut Butter
Creamy or
Crunchy,
16 Oz.



2/\$4

Food Club
Powdered
or Brown
Sugar
Light Brown,
Dark Brown
or Powdered,
32 Oz.



2/\$4

Food Club
Oats
Old-fashioned
or Quick,
42 Oz.



2/\$5



NESTLÉ
TOLL HOUSE
MORSELS
SELECTED VARIETIES
11 TO 12 OZ.

2/\$7

Pillsbury
Pie Crusts
2 Crusts,
14.1 Oz.



2/\$5



Food Club
Pie Filling
Selected Varieties
20 to 21 Oz.

2/\$5

Food Club
Evaporated
Milk
12 Oz.



1.28



Kraft Philadelphia
No Bake Cheesecake
Filling
24 Oz.

4.98



Food Club
Pie Shell
Graham Cracker
or Cookie Crumb
6 Oz.

2/\$3

Food Club
Imitation
Vanilla
Extract
8 Oz.



98¢

Morton
Iodized or
Plain Salt
26 Oz.



98¢



Food Club
Walnut Halves
& Pieces
16 Oz.

6.98

LOCAL Equals FRESH

Local stores supporting local products.

Fresh Produce



LOCAL
JACK-O-LANTERN
PUMPKINS
PERFECT FOR CARVING

23¢
LB.



LOCAL
3 LB. BAG
JAZZ APPLES
SWEET, CRISP

2.48
EA.



LOCAL
CELERY BUNCH
GREAT IN A STEW

88¢
EA.



AVOCADOS
RICH & BUTTERY FLAVOR

3/\$5