CASHMERE VALLEY





Celebrating 113 Years • 1907-2020

Lions breakfasts support eye health

SEPTEMBER 16, 2020 · VOLUME 113, NO. 38 Single Copy \$1.00



SUBMITTED BY KIRK LAIRD

The Leavenworth Lions Club acquired a brand new PlusOptix vision screening machine in August. This \$6,000 device, paid for through the Lions fundraising efforts including Lions Park Saturday breakfasts and Christmas Lighting chestnut sales, was purchased to help provide vision services for local school age children, including public schools, private schools, and home-schooled. Dorothy Nilles, pictured in the photograph, is one of many Lions who have worked hard to raise the funds used to acquire the device.

This device is a great tool in detecting the most prevalent

vision disorders quickly and easily. Early diagnosis and treatment of vision disorders can help support more normal visual development, prevent further loss of vision and help equip children with the tools needed to succeed.

The Lions Club is looking forward to coordinating with both the Cascade School District and the Cashmere School District for student vision screening. In addition, the Lions will be happy to arrange for vision screenings for private schools or with parents who are engaged in homeschooling their children.

Please feel free to reach out to the Club at Lions.Leavenworth. wa@gmail.com

Two-week detour on Sunburst Lane



By JILL FITZSIMMONS

PIO/Special Projects Coordinator Chelan County Public Works

Beginning Sept. 16, Chelan County's contractor on the West Cashmere Bridge replacement project will start construction on a large pier on the project's north side, or on the Hay Canyon side. The work will impact Sunburst Lane through Sept. 30.

During that time, the east end of Sunburst Lane will be closed so the contractor is able to use a crane. The construction crew will be drilling three shafts for the pier that will support the Hay Canyon entrance/exit to the new West Cashmere Bridge.

With the road closure, a temporary, graveled detour will be in place (see drawing). Motorists should use caution when using the detour route and keep speeds at 10 mph. Please remember this is an active construction area, with many workers and large pieces of equipment on site.

The new West Cashmere Bridge is scheduled to open in late 2021. For more information about the construction project, visit the county's website at https://www.co.chelan.wa.us/ public-works/pages/westcashmere-bridge-replacementcrp-693.



Accessory Dwellings, Chickens and Short Term Rentals

By Kirk Beckendorf

Reporter

Accessory dwelling units (ADU), allowing chickens in the city and short term rentals (STR) were the three topics of discussion at the Sept 8, Cashmere Planning Commission (CPC) meeting.

The CPC voted to send revised city ADU codes to the City Council for review. Commission members asked Director of Operations, Steve Croci, to include a letter to the Council to consider if annual and/or application fees should be required, how much the fee should be and how would the revenue be used. The vote followed substantial discussion about the ADU \$200 application and \$100 annual renewal fees that were recommended by city attorney, Chuck Zimmerman and Christina Wollman with Perteet Engineering. Commission member, Matt Walgren expressed concern that individuals who already have ADU's would now be assessed an annual fee. He said that he balks at creating a new annual fee for existing ADUs and that grandfathering in ADUs already in existence should considered. Commission be members Charlie Cruickshank and Maureen Lewison agreed that the new fee for existing structures seems to be out of bounds. Cruickshank asked if the city requires apartment owners to pay a fee for every apartment unit. Commission members also expressed concern for how the city would use the new funds. Commission member Paul Nelson said that for the city to be able to address the affordable housing shortage it is necessary to count housing units.

Due to a citizen's request, the City Council has asked that the CPC consider if city codes should be changed to allow chickens on small lots within the city. Currently chickens are not allowed in Cashmere on lots smaller than 1 acre. Croci provided CPC members with city codes from nearby towns, many of which allow hens on small lots. There was no immediate consensus among the members on allowing chickens. Lewison said allowing chickens would be great. Walgren said he is totally against allowing chickens in town since they are loud, stink and may end up in your yard. Member, Rick Shorett agreed and is concerned about unintended consequences if all of the neighbors around you have chickens. CPC Chairman, Kirk Esmond, said that he personally doesn't want chickens on lots around him, but what is the consensus? Nelson said he does not like the idea of telling individuals what they can do with their own property and he also thinks about kids who may want to have a 4H or FFA project. But he said it also depends on who is keeping the chickens. Thinking of this from an enforcement standpoint, he asked Croci about enforcement. According to Croci, if new codes are written to allow chickens, additional regulations will need to be written so enforcement is consistent. He added that he has previously written letters to residents who had chickens on lots smaller than an acre. The issue was tabled for further consideration and Croci told the CPC to talk with friends and neighbors to get a broader perspective and to think more about the topic. Croci told the CPC that the city

currently does not have a code to address short term rentals (STR). Throughout the county there are problems with large numbers of STR in residential neighborhoods and these STR's become party houses. According to Croci, a lot of people are ok with STRs if a resident lives on site, but in many cases there is nobody local to take responsibility or to manage guest who are on the property. The county is working on revising its codes to restrict and regulate the rental properties and currently placed a moratorium has building, developing or on permitting STRs. Croci said that the number of STRs in Cashmere is small but that could change. He asked the commission to consider developing a code to address STRs and/or adopt the county's moratorium. He said that Entiat has a fairly simple code that could be easily adopted. Nelson said, that as a law enforcement officer, he frequently responds to complaints at STRs and he thinks that there needs to be a requirement for property owners to be available and responsible. He said he has written tickets for breaking noise ordinances but

also criminal offenses for public nuisance. Following additional discussion and recommendations from the CPC, Croci said he would talk with the city attorney about the best options in terms of adopting the moratorium or Entiat's code, as a first step in developing a city plan for addressing the STR issue.

PHOTO BY BILL FORHAN

Dismantling of the old Goodwin Bridge continues. The new bridge is expected to be completed in 2021.

DNR Closes Recreation on Eastern Washington Lands Due To Fire Danger

Closure is effective immediately and will remain in place through Friday at the earliest

OLYMPIA – The Washington State Department of Natural Resources (DNR) is closing all of the lands it manages east of the Cascades to recreation due to high fire danger. The closure will last at least through Sept. 17, and DNR staff will evaluate the possibility of extending it.

Critical wildfire danger and ongoing fires in the area warranted the closure, as Labor Day saw a rash of new fires ignite all around the state.

"We had a historic fire event yesterday – 58 new wildfire starts and nine large fires on the landscape, compounded by hurricane-level winds," Commissioner of Public Lands Hilary Franz said. "That dangerous combination led to smoke-filled skies and low visibility, which grounded our aircraft and limited our ability to fight the fire from the air.

"The destruction we have seen is unimaginable. My heart breaks for the residents of Malden who have seen their homes destroyed." With high east wind conditions

continuing into the week, wildfire

risk remains extreme. These hot, dry and fast-moving winds are extremely dangerous, since they cause fire spread to behave in unpredictable ways and make fires challenging to get under control.

With no lighting yesterday or in the forecast for the next few days, the overwhelming majority of wildfires DNR is responding to are presumed to be human-caused. The agency has responded to 106 fires caused by recreation already this year.

"Whenever we close recreation lands to the public, our only motivation is safety," Commissioner Franz said. "With more than 300,000 acres burning since Monday, this remains a very volatile and dangerous situation. Because of the scale of these fires, our state's resources are fully deployed. We are holding nothing back. But that means we must take every possible precaution to prevent new fires from being started. That's why we've taken action.

Some areas had already been closed for recreation due to the Evans Canyon Fire in Yakima and Kittitas counties, where the BBQ Flats and Wenas recreation areas were closed, as well as the Yakima River Canyon. That fire has burned more than 75,000 acres and is 70 percent contained.

Additionally, timber harvest activities on DNR-managed lands have been shut down at least through Thursday morning because of potential fire risk caused by the ongoing gusty conditions, warm temperatures, and low humidity across Washington. All timber sales and fuel mitigation work on U.S. Forest Service lands performed under DNR's Good Neighbor Authority has also been halted.

DNR will announce the reopening of public lands to recreation and the resuming of timber harvest activities when it again becomes safe to do so.

Community Foundation of NCW Accepting Donations to NCW Fire Relief Fund

SUBMITTED BY JENNIFER DOLGE

Director of Donor Services & Communications

The Community Foundation of NCW has reopened its NCW Fire Relief Fund and is accepting donations to support fire relief and recovery efforts in

_ Chelan, Douglas, and Okanogan counties.

Minimum donation is \$10 and 100% of the funds will help individuals and families impacted by wildfire in North Central Washington. The foundation will be working with nonprofit, governmental and faith-based partners across the region who provide direct services and resources to those who have lost homes, structures, or have essential needs.

"Unfortunately, we are experienced in supporting people in our region who have been displaced or otherwise impacted by wildfire" said Beth Stipe, the foundation's executive director. "We have long standing partnerships with agencies that are in direct contact with wildfire victims and know their needs and the resources available."

Donations to the NCW Fire Relief Fund will largely support long-term recovery needs that are unmet by any other resource. For victims who require immediate services such as food and shelter, contact the Red Cross Northwest at 509-670-5331.

For more information or to donate, visit www.cfncw.org/ ncwfirerelieffund.



During this difficult time support your neighbors Most local businesses offer curbside service or delivery



THIS WEEK

 



201 Cottage Ave. Cashmere, WA 98815 Phone: 509-782-3781

www.cashmerevalleyrecord.com

COMMUNITY

I LETTERS TO THE EDITOR

October is

Breast Cancer

Awareness Month

Are you a survivor?

Bill Cowles "How to conquer a people" letter (Sept. 2) had a particular poignant paragraph, "The liberals can vote us into socialism, but us patriots will have to shoot our way out of it."

It made me think of the last days of Germany's 3rd Reich's National Socialism. The old WWII newsreels showed Hitler out of the bunker patting the cheeks of very young, uninformed boys being sent off into the MAW of the invading Russian communists. These young patriots were, as Mr. Cowles points out, going to "shoot their way out".

In the early 1960's, a West German delegation visited Wenatchee High School. They were polite, intelligent, and persuasive. They were recruiting students to come to Germany for jobs and skill training. Good pay, good benefits, good education. Hitler's elderly, not just

boys, did not successfully shoot their way out, as the presence of West German recruiters at Wenatchee High School could attest to. We were being recruited to fill Germany's lost generations.

If Mr. Cowles had attended that Wenatchee High School assembly with me, it would have been interesting to get his take.

Joe Bissonnette Cashmere

From 1 day

YOU CAN stop the spread of COVID-19 MASKUP!

We all want to get back to a more normal routine, here's how you can help our Valley get there.



On Oct. 7 we will publish our feature page of survivors, in our Breast Cancer Awareness Special Section, to help encourage the newly diagnosed.

There is life after cancer.

For additional information please contact Carol at 548-5286, ext. 6513 or carol@leavenworthecho.com

To be included on the feature pages, fill out the form below or pick one up at the Echo office. Mail your form or drop it off by Wed, Sept. 30

THE LEAVENWORTH ECHO & CASHMERE VALLEY RECORD

215 14th Street - PO Box 39 • Leavenworth, WA. 98826

Please	print information about yourself in the form below.
	Then submit the form, with your <u>PHOTO</u> , to The Leavenworth Echo office
NAME:	
ADDRESS:	
	CELL

EMAIL:

DAYS, MONTHS, YEARS AS A SURVIVOR: ____

OCCUPATION:

I HAVE APPROVED BY SIGNATURE TO HAVE THIS INFORMATION PUBLISHED ON THE ABOVE DESCRIBED FEATURE PAGE MADE BY NCW MEDIA, INC. -THE LEAVENWORTH ECHO/CASHMERE VALLEY RECORD

SIGNED:

Please submit this form by Wed., Sept. 30 Submit your photo to Carol@leavenworthecho.com

DATE:

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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 FOURSQURE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m.

Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com





Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.

10170 Titus Rd. (across from middle school)

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 Email:



Church: 548-7667

LEAVENWORTH CHURCH OF THE NAZARENE

Sunday Worship 9:00 a.m. Lead Pastor: Mark Miller Youth Pastor, Kent Wright www.LCN.org



CORNERSTONE BIBLE CHURCH

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Meetings: Sunday - 10:00 a.m.

Sunday Worship: 11:00 AM Website: www.leavenworthbaptist.com info@leavenworthbaptist.com

111 Ski Hill Drive • 548-5292

Subscriptions

In Chelan County (yearly) - \$40 In State (yearly) - \$40 \$45 for print and online



Reporter/Photographer

Reporter@leavenworthecho.com



509-860-0736 for more information. ST. JAMES EPISCOPAL CHURCH Evening Prayer or Eucharist, 6 p.m., times and place will vary with seasonal changes. Outdoor service at Mission Creek Community Center

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.midvalley baptist.org

LEAVENWORTH

Reporter

509-782-3781

Front Office

509-548-5286

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 8:30 p.m. (school year) Pastor Todd James • www.cmbiblechurch.org

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

Cachmere Accembly 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 8 p.m. Sundays CHRISTCENTER Lead Pastor, Steve Haney Children's Pestor, Andy Robinson Congregation Cara Pastor, Joyce Williams Director of Operations, Postor Ian Ross High School Director, Steffanie Haney



CO

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Letters policy

The Cashmere Valley I All letters must be acc ere Valley Record welco letters to the editor All letters must be accompanied by the author's name, a home address and a daytime phone number (for verificat purposes only). Letters may be edited for length, clarity, racy and fairness. No letter will be pul hor's name. Thank you let ters will only be printed n nonprofit organizat ons and events. We will not publis lists of businesses, or lists of individual names. Email your letters to publisher@leave

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-782-3781. We will publish a con rection on this page in the next issue.

News tips

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

Classified Advertising

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



Weekly rates: \$15.00 for first 30 words 50¢ each additional 5 words (over 30) Borders, bold words, headlines logos and photos subject to additional charges.

		Local, Regional		Other ways	Garage and yard sale ads are paid events, please email these to classifieds@leavenworthecho.com
BULLETIN	Community	For two weeks only (space limited).	to advertise	Mention that you are a non-profit event for a discount.	
	BOARD	News and	Where: Email to: editor@leavenworthecho.com or editor@cashmerevalleyrecord.com	your News	If your group is not a non-profit group you can now be listed a small fee.
		Events	of the out the online form at. Leavenworthecho.com of cashinerevalleynecord.com	and Events:	Call for information on any of these items. 509-548-5286

Desperately seeking inflation

Since the 2008 financial crisis. predictions of high inflation have been While rampant. those predictions have proven wrong, they made perfect sense. After all, the government aggressively was stimulating the economy, the Fed was printing money,

and the unemployment rate was falling to historical lows. Those are precisely the things that are supposed to cause inflation - yet, we haven't seen it. We've been having our cake and eating it too, and now, during the Coronavirus Crisis, we're eating the entire bakery. Will we ever have to pay the price for our gluttony?

There are many theories as to why we haven't seen inflation. The most compelling is that we are living through a time where technology and

Brad Blackburn, CFP®

globalization are rewriting the rules of economics. Between new technologies and an inexpensive global workforce, there's always a way to make something COMMUNITY cheaper. If one business boldly tries

to raise its prices,

its competitors are

ready and willing

to undercut them.

It's hard to get inflation

when businesses can't raise

Inflation isn't all bad. In

fact, the Fed has a goal of

2% average inflation. The

most important reason

policymakers want a little

bit of inflation is to give us

a cushion against deflation.

Deflation actually sounds

pretty good: "Prices on

VOICES By Brad Blackburn

prices.

new gadget today when it's going to be cheaper in a few months? But, when everyone stops buying stuff, that means less demand, which makes prices go even lower, which causes people to spend even less... That's the deflationary spiral, and it's hard to escape. While a little bit of

things. Why buy that cool

inflation may be helpful, a lot of inflation is not, and that can be a tricky thing to balance. At some point, all of this government stimulus may finally cause inflation to spike, but that's not the only inflationary risk. Both Covid-19 and the trade war with China could also cause inflation. If airplanes have to leave the middle seat open, plane tickets will cost more. If restaurants can't pack us in as tightly, meals will cost more. Every store and office building in the world will

have to relentlessly clean and disinfect everything. Running almost any kind of business is going to get more expensive, which means higher prices. In addition, if one of the outcomes of Covid-19 and the trade war is that we'll manufacture more stuff right here in America – that could also mean higher prices.

So, the Fed wants more inflation, but not too much, and definitely not deflation.



Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@ blackburnfinancial.net.



in Dryden

COMMUNITY CALENDAR

Wednesday

Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Kris Taylor, 782-4300, Cell 679-0146

- Cashmere Food Bank, 2:30-3:30, Cashmere Food Distribution Center, Riverside Park, for more information, call Pam. 509-669-3159.
- Cashmere Park and Recreation Committee, 6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.)
- 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 Gun Club, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 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

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662

Saturday

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

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. (2nd & 4th Mon.
- 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)
- Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)
- Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.) Cashmere School Board, 6:30 p.m., School District Office. Call 782-3355. (4th Mon.)
- Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday



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

Honoring the lives of residents in the Valley for over 100 years. You can always rely on our dedicated staff.



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.

September 4

11:51 Public assist, 9015 Nahahum Canyon Rd. 15:43 Welfare check. 5693 E. Cashmere Rd. 19:49 Weapons violation, Pioneer Dr. & Mountainside 19:52 Hazard, Sunset Hwy. & Mill Rd 20:26 Property, 115 E. Pleasant Ave., #3 20:27 Extra patrol, 107

Chase Ave.

September 5

13:40 Traffic offense, Olalla Canyon Rd., MP 5 16:48 **Suspicious**, 3578 Red Apple Rd. 17:45 Suspicious, 415 Cottage Ave. 20:15 Attempt to locate, Wenatchee River 21:16 Weapons violation, 302 Fisher St. 22:12 Noise, 811 Pioneer

Ave 22:48 Disturbance, 201 Riverside Dr.

September 6

16:54 Welfare check, 7032 Olalla Canyon Rd. 17:47 Traffic offense, 6600 Blk. Stine Hill Rd. 18:47 Traffic offense, Stine Hill Rd. & Flowery Divide 21:33 Domestic disturbance, 115 Mission Creek Rd., #C 22:12 Suspicious, 8459 Main St., Dryden

September 7

07:07 Burglary, 3895 Ayers Rd., Monitor 13:18 Property, 201 Riverside Dr.

22:23 Fireworks, 5607 Sunset Hwy. September 8

04:28 Agency assist, US Hwy. 2, MP 114 EB, Monitor 07:09 Weapons violation, 5352 Binder Rd. 16:58 Domestic disturbance, 4520 Eels

September 9

Rd.

00:44 Agency assist, 700 Cotlets Way, Rusty's Drive-In 03:59 Court order violation, 6810 Dryden Ave., Dryden 04:28 Alarm, 600 Cotlets Way 09:09 Animal problem, 8100 Blk., Williams Canyon Rd.

09:23 Drugs, 3595 Selfs Motel Rd. 10:07 Disturbance, 303 Cottage Ave. 12:54 Parking/abandon, Quail Ln. & Chapel St.

13:19 911, 809 Pioneer Ave., #201 14:02 Agency asset, 5448

Wohlers Rd.

September 10

00:15 Noise, 113 Elberta Ave. 11:16 Public assist, 105 Mission Creek Rd. 12:11 911, 7943 Stine Hill Rd., Dryden 18:26 Suspicious, US Hwy. 2 & Nahahum Canyon 22:12 Weapons violation. 318 Elberta Ave. 23:19 Domestic disturbance, 5402 Pine Flats Loop Rd., Dryden



EXCAVATION

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STUMP REMOVAL

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10817 North Road, Leavenworth · (509) 548-8222 Kim & Rosalie Kozelisky icensed, Bonded, Insured · Cont. #UPPERVE200PI

I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.) 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.) Ministerial Association, 8 a.m., Epledalen lunchroom. Call 782-7600. (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.)
- Buns, Books and Tea. Peshastin Book Club. Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.).

Ongoing events

Cashmere Public Library: 782-3314 Call for other information if not listed. Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m. Thurs.,11 a.m.- 8 p.m., Sat., 9 a.m.-1 p.m. Sun., Closed. **Events:** Tues. & Wed., 10-10:30 a.m. Story time Pre-K & up Wed., Preschool Story time, 10-10:30 a.m. Wed., Bilingual Story time, 4:30-5 p.m. (last Wed.of every month) Fri., Baby/Toddler Story time, 10:30-11 a.m. **Cashmere Museum and Pioneer Village** Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m. 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 AlAnon 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 celebraterecovervlcn@gmail.com for more

information.



Please review the full job description and application requirements on the City's website: https://cityofleavenworth.com/ employment-opportunities/ or request information by contacting us at (509)548-5275. <u>Due to</u> COVID-19: phone hours 9:00 AM -1:00 PM; office visit by appointment only.

SUDOKU

in orthopedic, general and OB/GYN surgeries. Should have 2-3 years

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

Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

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© StatePoint Media Fill in the blank squares in the grid, making sure that every									

progressively responsible experience hospital nursing, in including leadership assignments. Excellent communication and discretional skills. Days and hours vary; includes some call-time.

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

THEME: MOVIE TITLES

1. All thumbs

15. Dreamy

*Do this to Shorty

9. Practice in the ring

14. Fertility clinic stock

Romanian money

13. Popular aquarium dweller

16. Brightest star in Cygnus

Housekeeping position available part-time. Monday - Friday starting at 11 am. Located near UV Christian School Becki, 509-679-1904 Manson School District located on the beautiful shores of Lake

Chelan is seeking applicants for the following position.

* Temporary **Technology Assistant** Detailed job description and online application process are available at: https://www.manson.org/Page/609 EOE. Question please call Lorrie (509) 687-3140

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



First review of applications will be on 09/30/2020. Position will remain open until filled.



NA-C

Full-time/Days Three Rivers Hospital is seeking Nursing а Assistant–Certified. Duties include assisting in the daily care personal needs and of reatment each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. 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

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del Cairo"

around the bush"

68. *There were three, plus a baby

1. It would 2. Pauper's permanent state 3. Europe's highest volcano 4. Hunts for food 5. No-noes 6. The Masters' game *lt's all about her 8. Greyish brown 9. Database comm 10. Lord Byron's composition 11. *King of Siam's governess 12. *Private that had to be saved 15. a.k.a. tears of Chios 20. Fauna's partner 22. Mozart's "L'_ 24. Eponymous comic strip character 25. *The hills are alive with the sound of it 26 "Fear of Flying" author Jong 27. Annoying tiny biters 29. *There's something about her 31. Telephoned 32. Bright 33. Eagle's nest 34. *Bonnie's partner 36. Give the cold shoulder 38. Musician's time to shine 42. Kathmandu country 45. Wooden shoes

74. Boxer turned actor

DOWN

49. Skirt's edge 51. First among siblings 54. Olden day calculators 56. Like worthless promise 57. Tow rope alternative 58. At this point 59. Does something wrong

60. "Don't 61. Mares' meal 62. "-zoic" periods 63. Not happening

66. *Some like it this way

row, column and 3-by-3 box includes all digits 1 through 9.



18. Athlete's stage 19. *Ferris Bueller's time away 21. *He always rings twice 23. G in music 24. Dissenting clique 25. Billy's Harry to ____ 's Sally 28. "Brave New World" drug 30. Lung pouch 35. Crematorium containers 37. X-ray units 39. Humpy ungulate 40. One of oldest cities in China or Welsh airl's name . Torcher's misdeed 43 a soul" 44. Sudden occurrence of disease 46. Crimson rival 47. Power system 48. "Rock the ' by The Clash 50. Deal with it 52. Happy Gilmore's peg 53. Bird's groomer 55. Tap choice 57. *Dr. Strangelove learned to love it, two words 61. *No country for these guys, two 64. *One green one in John Wayne flick 65. "Eureka! 67. Erasable programmable read only memory 69. Woven wall hanging 70. Soldier's bed 71. "All the world's a 72. R in RIP

Public Notices / Community

How to get enough potassium

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

We have excess office furniture available. Items left are 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 and a free 4' x 4' white board All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable

material we don't know. For information call Leavenworth Echo. 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

Real Estate

Homes for Sale

Leavenworth Condo with all furnishings for sale. 975 sq. ft., 1 bedroom, 1 1/2 bath plus 1 car garage. Located 1 block Festhalle. from For residential living only. HOA Rules, prevents rentals. Ideal for seniors/ retirees. Owner will be available for showing September 9-16th. Call Mary or Roy for appointment at 360-531-2154. \$340,000.

Orchards & Farms



Cherry Orchards! 509-669-4500 information@nwi.net

Rentals

rent in Room for Leavenworth on bus line, all utilities plus WiFi. No pets please. \$650/ month. 509-699-9337. Newly remodeled 1.5 Bedroom Rental in Ponderosa Estates. Prefer yearly lease, \$1,050 per month. No smokers or pets. Call 509-881-8979

Wanted to Rent

Chelan County Hospital District No. 2 is seeking the following leased space: Medical Office space; Approximate Square Footage (SF) 1,000 Area: within the boundaries of **Chelan County** Hospital District No. 2 Information for interested parties is posted on the Lake Chelan Community Hospitals' website at

Q: On my medicine bottle, there's a sticker saying, "It may be advisable to drink a full glass of orange juice or eat a banana daily while taking this medication." Why would I need bananas and orange juice with this medicine?

Pharmacists add this sticker to medicines containing "water pills." Water pills are also called diuretics, and work to remove fluid from your lungs, hands, and feet. Your body gets rid of that excess fluid by triggering the urge to urinate, often for hours after taking each pill.

Water is not all that you lose when taking a diuretic. Along with the water, a diuretic removes essential minerals like sodium, magnesium, and potassium from your body.

Potassium is vital in balancing your heart's electrical activity. Bananas and orange juice are good sources of potassium. The sticker on your pill bottle reminds you to get plenty of potassium every day, to help replace what you could be losing from that medicine.

Potassium supplements are described either by weight in milligrams (mg) or chemically by milliequivalents (mEq). Most prescription forms of potassium are labeled as mEq and are available as either 10mEq or 20mEq tablets.

Unfortunately, most prescription potassium pills are large. They can be awkward or hard to swallow, leading some folks to try non-prescription versions instead. One common nonprescription form is 595mg



of potassium gluconate. This sounds like a lot, but actually contains only 99 mg of elemental potassium in each tablet, the other 496mg being the gluconate part.

How does 99mg of nonprescription potassium compare to the prescription strength of 10mEq of potassium? In each mEq, there is 40mg of potassium, whether it comes as potassium chloride or potassium gluconate.

A potassium gluconate tablet with 99mg of potassium has 2.5mEq. You'll need to take 4 tablets of non-prescription potassium gluconate to match the potassium in one prescription-only tablet of 10mEq potassium chloride.

How much potassium can you get in drinking an 8-ounce glass of orange juice or eating a banana every day?

The average American gets 2640mg of potassium in their diet. However, to prevent high blood pressure and bone loss, the Institute of Medicine recommends 4700mg of potassium every day, nearly twice that amount.

Eating a medium-sized banana gives you 422mg of potassium, and an 8-ounce glass of orange juice contains 473mg of potassium. One potato with the skin has 610mg of potassium, and a sweet potato has 694mg.

Leafy green vegetables

and foods that grow on vines are particularly useful as potassium sources. So are milk and yogurt. Tomatoes are another great source of potassium. More information on the potassium content of foods is available in the online resource Dietary Guidelines for Americans 2015-2020, at www.dietaryguidelines. gov. Eating bananas and

drinking orange and tomato juice regularly may not be enough to keep your potassium level balanced. People taking "water pills" every day may need more potassium than they can get by eating bananas and oranges every day.

One easy and inexpensive way to get more potassium chloride in your diet is to use a salt substitute. Salt substitutes such as Nu Salt[®] or Morton Salt Substitute® are sodiumfree. They contain potassium chloride salt crystals instead of sodium chloride salt crystals. There are also low-sodium salt substitutes like Morton's Lite Salt, with a 50-50 ratio of sodium to potassium chloride.

Both sodium-free or low sodium salt substitutes are concentrated sources of potassium. Switching from using table salt (sodium chloride) to a salt substitute with potassium chloride can dramatically increase your potassium intake.

People with kidney disease or getting dialysis cannot easily remove potassium from their bodies. They should avoid using a salt substitute containing potassium. But for others, switching to a salt substitute is one of the least expensive ways to get more potassium.

Here Are 4 Tips to Getting Enough Potassium: 1. Switch your salt.

Nu-Salt® has 795mg potassium in each ¼ teaspoon. That's 20mEq of potassium, more than many prescription-strength potassium tablets. Morton Salt Substitute® has 610 mg of potassium per ¼ teaspoonful (15mEq) of potassium.

2. Check with your doctor.

Certain heart medicines like lisinopril, losartan. and spironolactone encourage potassium to stay in your body. Ask your doctor before switching to a salt substitute containing potassium

3. Try other potassiumrich foods.

Sweet potatoes, white potatoes, and 8 ounces of either low-fat or non-fat yogurt have more potassium than bananas. Lowsodium V-8 has nearly twice the potassium that orange juice has.

4. Avoid potassium if you have kidney problems.

Check with your doctor before eating potassiumrich foods.

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

Keeping kids safe online this school year

STATEPOINT - Between schoolwork, socialization and gaming, kids will likely be online more than ever this year, especially with many students continuing to learn remotely. Families are yet again facing the challenge of ensuring children's online usage is balanced, healthy, and safe. Here are a few of the issues around increased screen time:

• Disrupted sleep: According to the National Sleep Foundation, blue light emitted from electronic devices disrupts quality shuteye, as it can delay the release of melatonin, a natural sleep hormone. Over time, compromised sleep can create a number of physical and mental health concerns. • Safety threats: With kids online more hours a day and less supervised than they would be during a typical school day, online predators have taken advantage of the situation. Since the start of the COVID-19 pandemic, the National Center for Missing and Exploited Children's Cyber Tipline reported a notable surge in complaints. • Mental health issues: The physical separation from friends, teachers and the classroom has created new mental health challenges for students, not all of which remote learning can completely address. With many adults and kids alike experiencing "Zoom fatigue," maintaining motivation throughout the school year will be even more challenging than in a typical year. Excessive online usage can also increase exposure to cyberbullying, and ultimately lead to other mental health issues, like anxiety and depression. Despite these new challenges, there are many steps parents can take to help kids strike a healthy balance with their screen time for a happier, more successful school year: • Set a schedule: A typical school day includes natural breaks. Families can recreate this at home with scheduled time for kids to walk around, stretch, and get fresh air between assignments.



(c) Nadezhda1906 / iStock via Getty Images Plus

needed sites, create daily screen time allowances, block inappropriate content and apps and monitor internet use. To learn more or download, visit OurPact. com.

• Have a conversation: Families should have an open dialogue about healthy digital habits. Parents can back up these conversations by setting a good example with their

Garage & Yard Sale



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https:// lakechelancommunity hospital.com /lake-chelan-clinic/



• Monitor online usage: With parents themselves busy during the day, moniFamilies are yet again facing the challenge of ensuring children's online usage is balanced, healthy, and safe.

toring what children are doing online is a challenge in many cases, and impossible in others. However, screen time management solutions for parents, such as OurPact from Eturi Corp., can prove a valuable tool in keeping kids productive and safe. Using the app, parents can set schedules, grant access to own device usage.

With the boost in online usage come new health and wellness challenges. At the same time, parents can help their children navigate the remote-learning environment by taking steps to promote healthy digital habits.

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Payment information (pay by credit card or check):

Credit Card number:

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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.

Prices effective Sept. 16-Sept. 22, 2020

