

End of an ERA – Goodwin Bridge dismantling nears completion

By BILL FORHAN

Note: I wish to acknowledge Tom Hart's assistance in gathering research for this story.

Construction of the Goodwin Bridge began in July of 1927 with a decision by the Chelan County Commissioners that the Kinney Bridge needed to be replaced. The Kinney Bridge was just east of the present Goodwin Bridge location.

Early troubles with locating bedrock near the proposed site required the proposed new bridge be moved to about a quarter mile upstream of the old Kinney Bridge, which was sometimes referred to as the Tibbets Bridge.

With location issues resolved bids were let in July of 1928. The contract for construction was let to Henry Hagman of Seattle for a bid price of \$52,203.

The construction plans called for building a new road from Sunset highway through the Minnie Larson Ranch to the bridge. Now known as Goodwin road.

A cofferdam was constructed in mid channel for the center pier of the new bridge. Construction of the bridge was completed in August of 1929 and opened to traffic.

The new bridge will result in the removal of the difficult approach to the bridge from the north end and continue the span across Highway 2. This will make the approach to the bridge safer and open it up for use by large trucks trying to access Crunch Pak and the growing west end business park.



PHOTOS BY BILL FORHAN

On Thursday, August 20, ninety-one years after the Goodwin Bridge opened, two large cranes lifted the metal structure supporting the old Goodwin Bridge and moved it to the work platform constructed just downstream. Then the North end crane backed slowly off the work platform and lowered the structure to the work platform. Crews then began pulling the structure off the platform and cutting it into smaller pieces for recycling.



Cashmere FFA and 4-H announce virtual auction



SUBMITTED PHOTOS.
2019 Cashmere FFA students show and sell their animals at the Chelan County Fair. This year the sale will be through an online auction.



SUBMITTED BY RUSTY FINCH

Cashmere FFA members will be exhibiting their animals a little differently this year. Even though the Chelan County Fair has been postponed, 34 Cashmere High School students will still show and sell their market animal projects September 1 - September 8. Official judges will view and rank the animals on September 10. The ranking will create an Online Sale Order for the Online Auction that will occur September 14 - September 17. Fair Board Members voted to host an online livestock show and auction in order for 4-H and FFA members to complete the final stages of their projects. Members acquired their projects in the months of April and May in hopes of there

being a Fair. According to Rusty Finch, an Advisor for Cashmere FFA, the virtual show and sale provides a sense of finality to the project and keeps students engaged to the end. This has been a crazy and unfortunate year so far, so I hope this is a positive for our students. Cashmere FFA will have 20 Market Hogs, 10 Market Lambs and 4 Market Goats available to the community through the Online Auction 9/14-9/17. If interested in purchasing a market animal for personal consumption or supporting our local 4-H and FFA members please contact Mike Phillips, President of the Cashmere Area Youth Support Fund at 509-881-8428. Buyers and supporters can also access the Online Auction at the Chelan County Fair Website. Thank you once again for supporting Cashmere FFA.



FILE PHOTO

Pioneer Village and Gift Shop reopens

SUBMITTED BY LEXIE PALMER

The Board of the Cashmere Museum is pleased to announce the re-opening of the Pioneer Village and Gift Shop on Wednesday, August 19, 2020 at 10 am. While the Museum itself will remain closed, the Pioneer Village and Gift Shop will operate on a 5-day schedule: Wednesday - Sunday, 10 a.m. - 4 p.m. Admission rates

will remain the same, to support the Museum's operating expenses. Masks are required. Visitors will follow a specific path through the Pioneer Village. Groups of visitors will have staggered start times to ensure a smooth flow of traffic.

The Museum is grateful for the help of Sasha Sleiman, Wenatchee Chamber of Commerce; Gina Imperato, Cashmere Chamber of Commerce; Barry Kling

(retired), Chelan-Douglas Health District, and Dr. Malcolm Butler; Keni Sturgeon, WVMCC; Sadie Thayer, Kittitas County Historical Museum; and the Department of Labor & Industries for their approval. Thank you also to Chelan-Douglas Regional Port Authority for the re-opening grant.

We look forward to having voices and laughter fill the Pioneer Village again!



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cdhd.wa.gov

Publisher's note: This week's column by Pastor John Smith is highly controversial. We do not necessarily support all of his positions here. But, we do believe in Freedom of Speech and Religion as guaranteed under our Constitution. If you disagree you are free to write a letter to the editor.

The most anti-God presidential campaign

It is official, Kamala Harris is Biden's VP and never before in the history of this country has there ever been a more anti-God Presidential ticket.



A WALK WITH PASTOR JOHN SMITH

Now that may be harsh to consider Biden/Harris to be the most anti-God candidacy ever, but all one has to do is to look at the party that they represent. The Democratic Party is now and has been for a long time the party that has for its primary platform abortion and sexual freedom. Add Socialism to the mix (thanks to Bernie) and you have an unholy trinity with Biden and Harris as its heralds.

Why does the Biden/Harris ticket concern me as a pastor? After all, pastors and politics shouldn't mix. The stereotypical pastor spends hours in his study, buried beneath ancient books with piety that distances himself from the world. It is understood that the pastor shouldn't "get entangled in civilian pursuits" (2 Tim. 2:4) and that he should just pray and preach the gospel as long as it remains in the four walls of the church and never interacts with the whole of life.

Well, I am not the typical pastor.

The Biden/Harris ticket should be a concern not just for pastors, but all Christians in general, because of what they have said and done in the past. It was Biden who declared his overwhelming support for same-sex marriage on Meet the Press in 2012, of which his own campaign says was "historic" and also said that as President, abortion will be "codified" to ensure that Roe v. Wade will never be overturned.

Kamala Harris is no

better. She threw her support for the group "Black Lives Matter" during her acceptance speech and consistently champions the murder of innocent children by way of abortion with her voting record, stump speeches and debate platforms. Yet most egregious of all, was her treatment of David Daleiden in 2015, who worked to expose Planned Parenthood's ghoul activity of selling aborted baby parts. Harris, as California's Attorney General, raided Daleiden's home, confiscated his personal property, and sued him for hundreds of millions of dollars all because Planned Parenthood (her biggest supporter) and abortion rights were being rightfully threatened.

If Harris can blatantly toss the Constitution out as Attorney General and punish a man who was doing the right thing, exposing evil, what will she do when she has the opportunity to influence the highest office in the Land—the Presidency?

Do I see the Biden/Harris Presidency raiding Christian organizations and churches all because they proclaim "repentance towards God and faith in our Lord Jesus Christ" (Acts. 20:21)? It certainly is not outside the realm of possibility.

As Christians we must prepare for whatever comes in November but as it stands now, it doesn't look too promising. America is polarized and we must come to the honest assessment that neither political party is on the side of God. Although, we can say with a bit of certainty, that at

least one party is not in favor of ripping children up in the womb by taxpayer funding nor are they hell-bent on punishing those who desire to express their Christian faith in the public square.

Our responsibility as Christians, whose lives are informed by Holy Writ, must take the time to evaluate who or what we are voting for and vote, as best as we are able, according to Biblical principles. For some, it seems pretty cut-and-dry but for others, I recognize pastorally, that it may not be so easy, hence it is important to "Trust in him [God] at all times, O people; pour out your heart before him; God is a refuge for us" (Psalm 62:8). Ultimately, it is God who we trust and not politics.

However, can an individual who believes the gospel and professes Christ, throw their support toward individuals/organizations/political parties that overwhelmingly call for the murder of the unborn and the destruction of the nuclear family? Dr. John MacArthur would answer that by saying, "If you are a Christian, you cannot vote for a person or party that slays babies in the womb."

I can't say I disagree. No, we are not saved by how we vote. Salvation is by grace through faith in Christ alone, but I cannot help but wonder how a Christian could vote for a ticket whose platform is so anti-God, it's scary.

For now, I will trust that God judges the heart of all people and leave that answer up to him.

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

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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.

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Call the Record at 509-782-3781

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Cashmere

Icicle & Peshastin Irrigation Meeting changed

The Icicle & Peshastin Irrigation District Board of Directors meeting time has been changed from 8 a.m. to 5 p.m. on the second Tuesday for September and October. Call Anthony 433-4064 for more information.

Leavenworth

Rotary Bike Raffle. Last chance!

Please help support the Leavenworth Rotary which helps support our local community needs. Drawing will be on Labor Day weekend for 2 Electric Bikes. Tickets are only \$10 and you can call any Rotarian or stop by The Leavenworth Echo office from 10 a.m.- 5 p.m. Call Rotarian Bill, 670-1837, or The Echo, 548-5286.



Suffragettes on parade for Women's Rights to Vote

PHOTO COURTESY LIBRARY OF CONGRESS. Wednesday, August 26 marks the 100th anniversary of the women winning the right to vote. We did not have room in this issue to post the article by Rhona Baron. You can see it at cashmerevalleyrecord.com.

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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.

August 14
 Nahahum Canyon Rd., 20:26 **Trespass**, 4900 Nahahum Canyon Rd.

00:52 **Domestic disturbance**, 104 Parkhill St., #3
 07:22 **Suspicious**, 45 Trestle View Ln., Dryden
 07:30 **Burglary**, 96 Tanager Ln.
 16:58 **Traffic offense**, US Hwy. 2 & Red Apple Rd.
 17:40 **Harass/threat**, 6780 Osprey Ln., Dryden
 20:48 **Harass/threat**, Nahahum Canyon Rd. & US Hwy. 2
 23:21 **Theft**, 115 E. Pleasant Ave., #3

August 18
 10:44 **Trespass**, 8703 Alice Ave., #2, Dryden
 13:23 **Agency assist**, US Hwy. 2 & Cotlets Way
 18:05 **Disturbance**, 3717 Bridge St., Monitor
 20:01 **911**, 4901 Sky Meadows Rd.
 20:13 **Harass/threat**, 115 E. Pleasant Ave., #17

August 19
 04:30 **Agency assist**, US Hwy. 2, MP 115
 09:38 **Public assist**, 126 Cottage Ave.
 12:41 **Civil**, 4550 E. Nahahum Canyon Rd.
 14:55 **Scam**, 4900 Nahahum Canyon Rd.
 17:06 **Suspicious**, Nahahum Canyon Rd. & E. Nahahum
 17:53 **Harass/threat**, 6870 Flowery Divide Rd.
 18:52 **911**, 3717 Bridge St., Monitor
 19:05 **Attempt to locate**, 700 Cotlets Way, Rusty's Drive-In
 20:18 **Welfare check**, Low Head Dam, Monitor
 21:40 **Unknown accident**, 6050 Nahahum Canyon Rd.
 22:46 **Trespass**, 4900 Nahahum Canyon Rd.
 23:00 **911**, 201 River St.

August 15
 11:02 **Domestic disturbance**, 109 Perry St.
 11:16 **Scam**, 409 Cottage Ave.
 11:31 **Missing person**, 5572 Wescott Dr.
 13:41 **Parking/abandon**, 201 Riverside Dr.
 16:56 **Accident/no injuries**, Aplets Way & US Hwy. 2
 21:52 **Prowler**, 5649 E. Cashmere Rd.
 23:08 **Suicide threat**, 4170 Mission Creek Rd.

August 16
 12:15 **Parking/abandon**, Alice Ave. & Main St., Dryden
 14:05 **Assault**, 817 Pioneer Ave.
 14:35 **Attempt to locate**, 4900 Nahahum Canyon Rd.

August 17
 09:50 **Theft**, 101 Valley St.
 11:15 **Juvenile problem**, 206 Chapel St.
 12:10 **911**, 4900 Nahahum Canyon Rd.
 19:28 **Public assist**,

August 20
 03:05 **Suspicious**, 7900 Stine Hill Rd., #6, Dryden
 06:49 **Accident/no injuries**, US Hwy. 2, MP 114, Monitor
 11:09 **Domestic disturbance**, 300 Woodring St.
 11:55 **Suspicious**, 102 Titchenal Way
 21:29 **Disturbance**, 106 Titchenal Way, Chevron

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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 Auxillary #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
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 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.
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 Monday, 7 p.m., United Methodist Church, 418 Evans St.
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 We will be meeting via Zoom weekly on Fridays at 6:30 p.m. Please email celebratercoverylcn@gmail.com for more information.



Senior Focus

A Guide to Healthy Living For Seniors & Others



How To Keep Your Medicine From Harming You

Sally is a bubbly, 78-year-old retired teacher and breast cancer survivor who loves to stay active. She lives in a lovely, over-55 subdivision and looks forward to her daily morning walks. She walks 3 miles every day, rain or shine.

A couple of months ago, Sally's doctor told her that she was concerned about Sally's "bad cholesterol." Her doctor advised her to start taking a prescription medicine called Lipitor® (atorvastatin).

Less than a week after starting her new medicine, Sally noticed cramps in her legs that woke her up at night, which she had never experienced before. A few days later, her thigh muscles started to ache. Eventually, she was walking only half of her usual distance.

Chatting with her on the phone, I asked how things were going with her new medicine.

"I'm not sure if it's a coincidence or not, but I've been having these muscle aches in the daytime and leg cramps that wake me up at night. I always had some muscle soreness while taking my breast cancer medicine, but never like this."

"Are you still able to do your morning walks?"

"Barely. I'm too stubborn to quit, but I'm only able to walk half my usual distance. Do you think it might be the new medicine?"

"How long were you on the new medicine before you noticed the soreness in your legs?"

"Oh, about a week." I explained, "That medicine won't help you much if it makes you less physically active."

"Should I just stop it?"

"Oh no! DON'T stop it abruptly. You need to tell your doctor exactly what's going on right away."

"But, it took me MONTHS

to get in to see her."

"You don't have to make an appointment with her to tell her about this. Call the office and tell them exactly what you just told me, and when you started noticing it. Sally, if a doctor puts you on new medicine and they don't hear otherwise, they'll assume that everything is going fine. YOU have to be a "squeaky wheel" and tell them if you're having a problem."

When she did that, her doctor advised her to cut the dose in half and see if her muscle aches and cramps got better.

I checked in with her a couple of weeks later, and she reported that she didn't notice any improvement on half the dose.

"I'm stubborn," she told me. "I'm making myself walk every day, even though I can't do as much."

"Tell your doctor it isn't getting any better. She's not a mind reader!"

Sally's doctor then told her to stop the medicine entirely and see what happened. Once she'd been off of it for 3 weeks, she finally stopped waking up with muscle cramps, and her muscle pain decreased every week. Eventually, she could walk her full 3 miles in the morning again.

What if Sally had accepted her muscle aches as "just getting older" and stopped walking altogether? Instead of helping her AVOID a future heart attack or stroke, taking that medicine would have INCREASED her risk. That's because it caused her to significantly DECREASE her activity level, which would lead to less independence and an INCREASED risk of heart problems.

Here Are 5 Ways to Prevent A Medicine from Harming You:

1. **Pay attention.** Whenever you start a new medicine, pay attention to any changes. A symptom diary is

a great help whenever you begin any new treatment. This way, you don't rely just on your memory when tracking any changes, good or bad.

2. Tell your doctor.

Call your doctor's office and TELL THEM if you start having problems that you suspect might be from your new medicine. Doctors are not mind readers, and they're swamped right now dealing with the COVID pandemic. If they don't know about it, they can't help you!

3. Call your doctor's office.

A phone call to a nurse or message through your patient portal should quickly get this vital information to your doctor.

4. Consult your pharmacist.

If your doctor's office is closed, your pharmacy is another resource. They can advise you whether you should keep taking it or hold off until your doctor can contact you with a plan.



5. Don't quit. Don't stop a medicine on your own unless you're having severe problems like shortness of breath or a rash. Working with your doctor on this gives you the best care possible.

REMEMBER: You don't have to see the doctor face to face to do this!

PLEASE, don't put this off. Tell your doctor if you're having problems with your medicine, so they can help you.

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 website TheMedicationInsider.com for daily tips on how to take your medicine safely. ©2020 Louise Achey



Foot Care Tips for Those With Diabetes

(StatePoint) For those with diabetes, a seemingly insignificant foot problem can produce dangerous consequences. Experts say

that managing this risk is an important part of diabetes care.

"Living with diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage and poor circulation," says Dr. Brett Sachs, DPM, FACFAS, a Denver foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "However, you can play a vital role in prevention."

To avoid serious foot problems that could result in losing a toe, foot or leg, follow these guidelines from ACFAS foot and ankle surgeons:

- Inspect feet daily. Diabetes may cause nerve damage, which takes away the feeling in your feet, so

a daily visual inspection is important. Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your foot and ankle surgeon if you notice any issues.

- Bathe feet gently. Wash your feet daily with a soft washcloth or sponge using only lukewarm water. Dry by blotting carefully.

- Moisturize. Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes -- that could encourage a fungal infection.

- Cut nails carefully. Cut nails straight across and file the edges. Don't cut too short, as this could lead to ingrown toenails.

- Never treat corns or calluses yourself. Don't perform "bathroom surgery" or use medicated pads. Visit your doctor for appropriate treatment.

- Wear proper socks. Always wear clean, dry socks. You may want to consider those made specifically for patients living with diabetes, which have extra cushioning, no elastic tops, are higher than the ankle and are made from moisture-wicking fibers.

- Shake out your shoes. Remember, your feet may not be able to feel a pebble or other foreign objects, so always inspect shoes before wearing them to help prevent blisters and sores that could lead to an infection or non-healing wound.

- Keep feet dry. Change your socks if they get wet.

You may also consider using an antiperspirant on the soles of your feet.

- Never walk barefoot. It can be tempting to go barefoot in warmer weather. Never do so, not even at home. Always wear shoes or slippers to avoid getting scratched, cut or even burned from hot surfaces.

- Be active. Staying active is important. Just be extra careful, particularly if you play sports, to monitor your feet for related injuries.

- Treat your diabetes. Keep your blood sugar levels under control. Untreated diabetes can result in other conditions affecting the feet, including diabetic peripheral neuropathy and Charcot foot, a condition in which the bones of the foot are weakened enough to fracture.

- Don't smoke. Smoking restricts blood flow in your feet.

- Get periodic foot exams. Your foot and ankle surgeon works with your other healthcare providers to prevent and treat complications from diabetes. See your foot and ankle surgeon regularly, or as soon as you notice any problems, to help prevent the foot complications of diabetes.

For more resources and tips regarding foot and ankle health and conditions, visit the ACFAS patient education website, FootHealthFacts.org.

"When it comes to diabetes care, don't neglect your feet. Proper preventive care with the help of a foot and ankle surgeon can help keep your whole body healthy," says Dr. Sachs.



Being a Compassionate Caregiver to Someone Living With Dementia

(StatePoint) Dementia can be devastating for the people who live with it and their family members, and it's a diagnosis more Americans will face as the U.S. population ages. In the next 20 years, the total number of those living with Alzheimer's disease or other types of dementia in the U.S. is expected to approximately double from 7.2 million to nearly 13 million, according to the Milken Institute. "As the life a person always knew becomes increasingly unfamiliar, caregivers can play an important role in

helping ease anxiety," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc., an in-home healthcare and assistance provider that takes a positive approach to caring for those with dementia. "With the right knowledge, a caregiver can help their loved one cope with the changes they are experiencing." Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.

CONTINUED TO PAGE 5

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Senior Focus

A Guide to Healthy Living For Seniors & Others



The stress impact of COVID-19: 5 ways To cope and protect your health

By TERRY STANTON
newsandexperts.com

The millions of infections and hundreds of thousands of deaths that the COVID-19 pandemic has brought globally are creating stress over everything from personal health to employment, lifestyle, and finances.

Given these difficult circumstances, it's more important than ever for people to know about coping mechanisms to better manage stress, protect their immune system, and increase their chances of staying healthy, says Dr. Nammy Patel, DDS (www.sfgreendental.com, author of Age With Style: Your

Guide To A Youthful Smile & Healthy Living.

"COVID is maximizing stress for so many people," Dr. Patel says. "It has a far-reaching impact into every part of our lives, and if we don't manage the stress, it severely affects our bodily systems - causing burned-out adrenals, high cortisol, and thyroid issues, to name a few consequences of high-stress levels. Thus, the immune system is lowered, and we are more vulnerable to illness."

"This era we are living in is very traumatic, and it's very concerning. In dentistry, gum disease, sleep disturbances or apnea, and teeth breakage can all be evidence of stress. Poor

oral health, as studies show, can be a gateway to medical issues. People often don't identify how much stress they're under, and how it's affecting them physically, until they actually get sick."

Dr. Patel has the following suggestions people can incorporate into their daily lives to better deal with stress:

- Adhere to a healthy diet. While in quarantine or a new normal in which people are spending the vast majority of their time at home, having healthy foods at home and not over-snacking are vital considerations. "We must be more mindful of the foods we put in our bodies," Dr. Patel says. "Eat as many

greens and whole foods as possible. Avoid dairy products as they increase mucus production in the sinus and the chest, leading to lots of sneezing and congestion.

The coronavirus enters the nose and makes a home in the sinus, and to increase immunity, it's important that the sinus and chest are not inflamed. Food prep makes it easier to eat healthy while working from home. Prepare salads and other healthy meals in advance."

- Don't over-indulge in drinking. "For some people, drinking is the only source of enjoyment during the pandemic," Dr. Patel says. "And we see people who are isolating having Zoom calls with friends while drinking wine. The problem is that one glass turns into two or more, and with the sugar content of wine, you may wake up during the night.

This disturbs sleep, and sleep is when the immune system regenerates. Restorative sleep is essential to our health."

- Take vitamin supplements. "Often, those with adrenal fatigue don't take in enough essential nutrients as stress increases their body's nutritional demands," Dr. Patel says. "To address adrenal and cortisol burnout, take multivitamins in order to get trace minerals."

- Develop a morning ritual. "Deep breathing exercises can be calming and get you out of the hyper state," Dr. Patel says. "You want to get rid of the 'fight or flight' mode and enter the 'rest and digest' state of mind."

- Find a stress management activity that works for you. Many people don't like to exercise, but Dr. Patel notes exercise doesn't have to be rigorous to be effective. "A type of exercise

one enjoys doing at home like walking, running, or yoga goes a long way toward releasing stress hormones," she says. "And for those who like intense workouts, it's all good in terms of reducing stress. Another good stress management technique is using biofeedback mechanisms like alpha state meditations to increase immunity."

"The disruption of daily life by COVID-19 has caused us to rethink many things that we do," Dr. Patel says. "How we deal with stress needs to be a priority now, and it's not overly difficult if you develop good daily habits."

Dr. Nammy Patel, DDS (www.sfgreendental.com) operates a practice called Green Dentistry in San Francisco and is the author of Age With Style: Your Guide To A Youthful Smile & Healthy Living.

Living With Dementia

CONTINUED FROM PAGE 4

To approach caregiving with greater compassion, Interim HealthCare recommends three practical tips:

1. Use the hand-under-hand technique: Hand-under-Hand is a technique that caregivers can use to reduce anxiety and calm a person with dementia. The base or heel of the hand is a highly sensitive area. Put slight pressure on that area by clasping your loved one's dominant hand. This technique works best if you put your hand underneath theirs. That gives them a feeling of control as well as calms them.

2. Acknowledge evolving tastes: A person living with dementia experiences a range of sensory and cognitive

changes that can affect their appetite and food preferences. Indeed, your loved one's favorite foods may now have a negative smell or taste to them. While maintaining good nutrition is essential, don't force these foods or argue over them. Instead, offer a variety of balanced foods: vegetables, fruits, whole grains, low-fat dairy products and lean proteins, in small servings at first until you understand new preferences. Realize these preferences may change again.

3. Carve out time for art and music: Once a person is diagnosed with dementia, their ability to act independently greatly diminishes. However, artwork and music allow for freedom of expression, which over time, can be quite impactful in relieving anxiety. Remember, it's

about the creative process, not your loved one's abilities. So, set aside 30-45 minutes weekly for art or music and consider participating alongside them.

Committed to helping caregivers find the strength and stamina needed to provide compassionate support, Interim HealthCare has based its care approach on the methodology of Teepa Snow, an international leader in the Positive Approach to Care (PAC) philosophy. To that end, many caregivers and clinicians in the Interim HealthCare network participate in PAC training rooted in learning care techniques that can ease anxiety, as well as in understanding what a person living with dementia can still do - even as the journey continues to become more difficult for them over time.

Interim HealthCare has created a free downloadable guide with more tips and guidance intended to provide the most supportive environment possible.

To download the free guide visit: Interimhealthcare.com/dementia-caregiver-guide.aspx.

Caring for a person with dementia is a difficult journey. However, a greater understanding of the condition can help caregivers better cope and manage their role with compassion.



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THEME: 1980s LYRICS - ACROSS

- Lascaux and Mammoth, e.g.
- At the stern
- Eyeball rudely
- Inuit boat
- And not
- Sing like Sinatra
- Manicurist's file
- Old-fashioned "before"
- "If you _____, I won't cry. I won't waste one single day"
- "Steve walks warily down the street with the brim pulled way _____"
- "She's just a girl who claims I am _____"
- "Play it _____" from "Casablanca"
- Boris Godunov, e.g.
- "All right stop collaborate and listen, _____ is back..."
- Between Phi and Kappa
- Restriction limiting use of lights during air raid
- J.D. Power awards competitors
- "Oh, back on the chain _____"
- Ann Patchett's novel "Bel _____"
- Slightly
- Algorithmic language
- French "place"
- Kind of potato masher
- Brickowski's brick
- Cleopatra's necklace
- Canine's coat
- Sol or fa
- National Institutes of Health
- "_____ Christmas, I gave you my heart"
- Trinitrotoluene
- "You were working as a waitress in a cocktail bar when I _____"
- "I wanna dance with somebody, with somebody who _____"
- Lithograph, for short
- Holstein sound
- Radio sign
- Killed, like dragon
- Commotion
- Yiddish shrew
- Sleep in rough accommodations
- Gourmet mushroom
- Cancel an edit, pl.
- DOWN
- Whispered from a prompting booth
- Shells and such
- "Meeting you with a _____ to a kill"
- Brings home the bacon
- First U.S. space station
- Again
- "Hello, is it me you're looking _____?"
- Weight of refuse and chaff, pl.
- Black and white cookie
- One from Goa
- "And I'm never gonna make it like you do, making _____ out of nothing at all"
- Compass reading
- One of religious orders
- Last letter of Greek alphabet
- Experienced
- Sine over cosine
- "I long to see the sunlight in your hair and tell you time and time again how much _____"
- Northwoods dwelling?
- The Goldbergs sibling
- "Cuase I'm your _____ cool one, and I'm built to please"
- Scotch ingredient
- Kitchen tear-jerker
- Wombs
- "Ooh, what's the matter with the crowd I'm seeing? Don't you know that they're out of _____?"
- Petals holder
- "Wake me up before you _____"
- It creates instant millionaires
- Count on, two words
- One from Laos
- Emissaries
- Poison ivy or Poison oak
- Religious doctrine
- Venus de _____
- Greek Hs
- Not that
- Pilot's stunt
- Not loony
- Catcher's gear
- Geological time periods
- Psychedelic acronym
- Lyric poem

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- Capacidad para la concentración y/o enfoque.

Identificación: Cronograma de referencia

El Distrito Escolar de Bridgeport se compromete a identificar y proveer para las necesidades educativas únicas de todos nuestros estudiantes. Desde el **31 de agosto de 2020 hasta el 25 de noviembre de 2020**, el Distrito solicitará nominaciones para el Programa altamente capaz. Los estudiantes pueden ser referidos por los padres, la familia, el personal de la escuela y los miembros de la comunidad. Los estudiantes nominados a través de este proceso serán considerados para la inscripción en el programa altamente capaz del distrito basado en criterios de selección y evaluación, con el consentimiento de sus padres/tutores. Los formularios de nominación se pueden obtener de la oficina del distrito o del sitio web del Distrito Escolar de Bridgeport en www.bsd75.org. Por favor, devuelva los formularios completados a la oficina del distrito (1400 Tacoma Ave. PO Box 1060, Bridgeport, WA 98813) antes del **25 de noviembre de 2020**.

Advertise
548-5286
OR
782-3781

Commercial

Business opportunity

Successful Business in Leavenworth is for Sale. Simply Found Boutique has been in this Front Street location for 15 years. Owner is retiring to be with grandbabies! Cynthia, 425-330-2756.

Employment

Help Wanted

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

Full and Part-Time Breakfast Catering Staff

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

Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment.

Email resume to frenchquail@gmail.com or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756

Help Wanted

We have an opening for a full-time Caregiver Position on our Evening Shift.

Vacation, Vision and Dental Benefits

We will train and assist with credentialing as a Home Care Aid.



Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998

Brewster School District

is seeking a paraprofessional with the knowledge of the following:

- * Experience working with children
- * Sign Language
- * Working with Deaf or Hard of Hearing Students
- *Complete the Fundamental Course Study of 14 hours
- * Spanish preferred but not required

The qualified candidate is required to have a high school diploma and meet the Title I requirements as follows: AA Degree, or 2 years of college course work documented with transcripts, or Pass the ETS paraprofessional test (given by the school with prearrangements) in the areas of math, reading and writing. Medical, dental and optical benefits are available. The successful candidate will be placed on the classified salary schedule according to years of experience. Applications may be obtained on the district's website- <https://www.brewsterbears.org> or by contacting the district office 509-689-3418. This position is open until filled.


Peshastin Market is now hiring for Cashier/ Clerk. Full-time/ Part-time. Must be 21 or older. Available evenings and weekends. Please apply at 10170 Main St., Peshastin, WA or call 509-548-7327

Advertise
548-5286 or 782-3781
Call Now!
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Call Now!
Call Now!

Place your Help Wanted and find the best qualified local employee

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

Help Wanted



NA-C Full-time/Days
 Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs and treatment of 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

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!

OR Manager Full-Time



Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Days and hours vary; includes some call-time.

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



Upgrading your 'ride'? we can help you sell your old one

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

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

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.

Real Estate

Orchards & Farms



We have buyers for your Pear, Apple and Cherry Orchards! 509-669-4500 information@nwi.net

Vehicles

Automobiles

1976 Plymouth Sports Fury \$8,500. 1925 Model T, all original, runs \$6,700. 509-733-1884, Brewster

Trucks & Vans

Restored 1952 Chevrolet 3100 Pick-Up Truck Restored in 2002. Baby blue 1952 Chevrolet 3100, 1/2 ton, 2 door, 860 cylinder, 216.5 ci, 860 miles with pine truck bed. \$27,500 Call Kary 206-295-5107. See pictures on NCWMarket.com

Legals

Public Notices

CALL FOR BIDS

Sealed bids will be received by the Board of Directors of the Icicle and Peshastin Irrigation Districts until 3:30 p.m. on Tuesday, September 8, 2020, at their district office located at 5594 Wescott Drive, Cashmere, WA for the following:

Equipment, Operation and the Installation of Irrigation Pipeline
 Hire by hour: Small to medium size 4-wheel drive rubber tire backhoe, medium size crawler dozer, and excavator. Use will be for various size jobs, two hours and up, during the period from October 1, 2020 through September 30, 2021. Must be available on an emergency basis. Contractor must carry proof of adequate liability insurance of \$1,000,000.00. Contractor must submit a Certificate of Insurance with the Icicle and Peshastin Irrigation Districts named as Additional Insured.

ALL BIDS MUST BE SEALED AND MARKED 'EQUIPMENT & OPERATOR BID'. The Board reserves the right to reject any and all bids. ICICLE & PESHASTIN IRRIGATION DISTRICTS
Published in the Cashmere Valley Record/ The Leavenworth Echo on August 26 and September 2, 2020. #721

Public Notices

Michael Irrigation Cleanup Site: 5640 Sunset Highway, Cashmere – Supplemental Remedial Investigation Report Available for Review and Comment

The Washington State Department of Ecology is providing an opportunity for the public to comment on the Supplemental Remedial Investigation Report for the Michael Irrigation Site, located at 5640 Sunset Highway in Cashmere. A Remedial Investigation uses data collected to determine what contamination is present and how far the contamination has spread. **The 30-day public comment period will run from August 28, 2020 through September 28, 2020.** Documents can be reviewed online at Ecology's Michael Irrigation website at <https://apps.ecology.wa.gov/gsp/Website.aspx?csid=2149>. Due to unforeseen circumstances, our standard physical review locations are all closed; documents are currently available electronically at the Michael Irrigation cleanup site website. Please submit your written comments to Frank Winslow, site manager, 1250 West Alder Street, Union Gap, WA 98903, Frank.Winslow@ecy.wa.gov, online at <http://tcp.ecology.wa.gov/commentinput.com/?id=WBCQM> or call 509-454-7835 with any questions. To request an **ADA accommodation**, contact Ecology at 509-575-2490 or visit <https://ecology.wa.gov/accessibility> For Relay Service or TTY call 711 or 877-833-6341

Published in The Cashmere Valley Record/ Leavenworth Echo on August 26, 2020. #713

WHAT'S HAPPENING

EVENTS

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

Public Notices

The Icicle & Peshastin Irrigation District's Board of Directors September and October meeting time is being changed to 5:00 p.m. The normal dates and times are the second Tuesday of the month at 8:00 a.m. Any questions should be directed to the District Manager at 433-4064. Published in the Cashmere Valley Record/ The Leavenworth Echo on August 26, 2020. #700

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of RONALD CALVIN MESSER, Deceased. NO. 20-4-00235-04

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.

DATE OF FIRST PUBLICATION: August 19, 2020

PERSONAL REPRESENTATIVE: Jason Lee Messer

ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser

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

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 20-4-00235-04
 OVERCAST LAW OFFICES
 By: David Visser, WSBA No. 41546 Attorney for Personal Representative
 Published in The Leavenworth Echo/ Cashmere Valley Record on August 19, 26, and September 2, 2020. #681

THE WASHINGTON OUTDOORS REPORT

Early season hunting prospects

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

September provides early hunting opportunities in Washington State for both bird and big game hunters. Dove and grouse seasons both open statewide on the 1st of September giving shotgunners a chance to wander forests for grouse or seek out recently cut agricultural fields for dove. Archery hunters get the first shot at deer with mule, whitetail and blacktail seasons opening up across much of the state on the first and bow hunters can also target elk statewide starting September 12th.

The physically demanding high buck hunt season runs from September 15th through the 25th in several wilderness areas of the Cascades for rifle hunters and the fall bear season has actually been open since August 1st though September and October are the prime months to bag a bruin.

How will the hunting be? I reached out to Jeff Bernatowicz, the Washington State Wildlife Biologist for Yakima and Kittitas Counties, as well as Annemarie Prince, the State Wildlife Biologist for Stevens, Ferry and Pend Oreille Counties to find out what the prospects are for the coming season.

Northeast Washington Hunting Prospects:
Whitetail Deer: Annemarie Prince says, "We should see an increase in buck harvest this year unless there is a late summer blue tongue or EHD outbreak amongst the herds.

With the elimination of all antlerless harvest, a mild winter last year, and a wet/lush spring, we should have good recruitment of last year's fawns. Weather can play a role in hunter success, so fingers crossed for a cool fall modern firearm opener and an early snow for the late season. One thing to note, is that due to COVID-19, hunter check stations are canceled this year".

Elk: Prince says, "Elk numbers have been pretty consistent the past few years and nothing indicates a drastic change". She does think the weather will play more into success than the number of elk on the landscape. This region is not a big elk hunting destination but "hunters seem to consistently harvest elk."

Bear: According to Prince, "I haven't heard anything about success, but I do know there are hunters out there giving it a go. It seems to be a decent huckleberry year and we had a lot of spring human-bear conflict, so I think the population is there for a successful year. The hot weather in August has probably impacted success and should make bear hunters wary about pulling the trigger. It's nearly impossible to process and cool bear meat fast enough in this heat.

Central Washington Hunting Prospects:
Grouse: According to Jeff Bernatowicz, "Grouse harvest in District 8 has been fairly stable over the last seven years despite fewer hunters and days (afield) reported. No data is available on the 2020 hatch, but there was no unusual weather in the mountains. That said, for some odd reason there were few grasshoppers in many meadows. Insects typically determine the hatch. Just a casual observation, but it might not be a very good year.

Dove: Bernatowicz says, "Banding this year indicated a better hatch than was expected. However, "Dove numbers in the area are probably more dependent on the weather than hatch. Warm weather is needed to keep the majority of birds from migrating out of the valley. The best success is in the lower Yakima Valley is on private land. The better public hunting can be found on the Yakima Nation Reservation. Yakama Nation grows wheat on portions of their Satus Wildlife Area. For information on hunting on Yakama Nation land, visit <http://ynwildlife.org>".

Elk: As for elk hunting, Bernatowicz points out "Early archery antlerless general seasons have largely been eliminated. It's spike/true-spike only and harvest will be pretty low. There were few calves in February/March, so yearling bulls will be in short supply." Game Management Units 334 and 335, while still open for antlerless animals, holds few elk and most found in the area tend to stick to private land where it's safe.

Cascade Medical Foundation seeking support for Mobile Clinic

By MARLENE FARRELL, CMF COORDINATOR

Healthcare delivered to your neighborhood, near your school or place of work, from Peshastin to Dryden, from Merritt to Plain...

With convenient hours of operation and bilingual staff...

Vital services including general wellness, mental health, chronic care, x-rays, lab and social services. These are the aims of a new mobile clinic fundraising campaign by Cascade Medical Foundation.

Between now and the end of September, Cascade Medical Foundation (CMF) seeks community support for a mobile clinic for Cascade Medical. CMF pledges to match up to \$20,000 to reach the goal of \$40,000.

This represents only a portion of the start-up costs for a mobile clinic. Cascade Medical is pursuing grant funds, both private and federal, for the remaining 84% of the costs.

A mobile clinic is an important way for Cascade Medical to go beyond the walls of the clinic to help those who face barriers to care related to cost, time, transportation and language.



Courtesy Cascade Medical Foundation
Possible location for the mobile clinic would be near the Dryden Memorial Park.



An artist's rendition of a mobile health clinic.

CMF is asking for your help. Please go to our website, www.cascade-medicalfoundation.org and click the donate button. Your donation will be doubled through by a CMF match.

In these unprecedented times, impacted by the presence of COVID-19, it is more important than

ever to help everyone access healthcare resources. Thus, the time is right and the need is critical to have a mobile clinic in the Upper Valley.

For more information, visit the CMF website or contact Marlene Farrell, CMF Coordinator at 548-2523 or foundation@casademical.org.



CASHMERE: 130 Titchenal Way

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.

Prices effective Aug. 26-Sept. 1, 2020

PREMIUM BEEF BONELESS BEEF PETITE SIRLOIN STEAK VALUE PACK

3.98 LB.

LOCAL Equals FRESH

St. Helens BEEF

Beverage Sale!

Jack Daniel's Country Cocktails
Selected Varieties
6 Pack, 10 Oz. Bottles

6.98

Easy as 1,2,3! SHOP. BUY. SAVE.
Look for Tags on the Shelf!

\$1 OFF when you buy any (2) Malt-O-Meal Cereals Selected Varieties, Family or Super Size Bags

Offer valid Aug. 26 - Sept. 1

<p>\$1 OFF when you buy any (2) Coke Energy Products Selected Varieties, 12 Oz. Can</p> <p>Offer valid Aug. 26 - Sept. 1</p>	<p>\$1 OFF when you buy any (2) Smucker's Uncrustables Selected Varieties, 3 to 15 Count</p> <p>Offer valid Aug. 26 - Sept. 1</p>	<p>BUY 3 Kinder Joy Eggs, 1 Count Get 1 Bueno Bar, 1 Count</p> <p>FREE</p> <p>Offer valid Aug. 26 - Sept. 1</p>
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LOCAL Equals FRESH

Fresh Produce

CANTALOUPE SWEET, RIPE

1.98 EA.

LOCAL Equals FRESH

<p>LOCAL SEEDLESS WATERMELON JUICY, REFRESHING</p> <p>4.98 EA.</p>	<p>MIXED FRUIT MEDLEY BOWL PERFECT FOR A SNACK, 30 OZ.</p> <p>8.98 EA.</p>
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Elysian Selected Varieties 6 Pack, 12 Oz. Cans

Fremont Lush IPA 6 Pack, 12 Oz. Cans

Session Selected Varieties 12 Pack, 11 Oz. Bottles

Henry Weinhard's Private Reserve 18 Pack, 12 Oz. Cans

Rolling Rock Extra Pale 18 Pack, 12 Oz. Cans

Your Choice!

11.98

Wine

Chateau Ste. Michelle Riesling & Selected Varieties 750 ml.

7.98

LOCAL Equals FRESH

USDA ORGANIC

Bonterra Sauvignon Blanc or Chardonnay 750 ml.

9.98

Yellow Tail Chardonnay, Shiraz & Selected Varieties, 1.5 Liter

9.98

Spirits

Jim Beam Bourbon Selected Varieties 750 ml.

Beefeater London Dry Gin 750 ml.

Lunazul Tequila Blanco or Reposado, 750 ml.

Frís Vodka 1.75 Liter

Your Choice!

17.98

Back to School

Save \$5 Instantly with your purchase of \$50 or more in All Mall Gift Cards.

Offer valid 08/14 - 09/04/2020 on All Mall Gift Cards. Company Store Gift Card is excluded from promotion. Purchase must be made in single purchase. Savings received at point of purchase. Subject to availability. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. Product may not be available in all states. The cards featured are not sponsors or otherwise affiliated with this company. Happy Gift Cards are issued by MetaBank®, N.A., Member FDIC.