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Scare Crazy in Cashmere announces top winners



Grand Champion - Confluence Health, Cashmere Medical Center



Best Ensemble- Pioneer Auto & Tractor Repair



Honorable Mention -Cashmere Valley Bank – ROC



Fan Favorite (People's Choice) – Confluence Health, Cashmere Medical Center



Best Business Theme – Cashmere Dental – Lee Hankins

Most Creative - IGA Martin's Market



SUBMITTED BY GINA IMPERATO,
Cashmere Chamber of Commerce

Cashmere has done it again with over 100 scarecrows on display throughout town. An undisclosed group of judges met to review 51 registered scarecrow displays and picked top honors. Participants also had the opportunity to engage and vote for their favorite.

Grand Champion - Confluence Health, Cashmere Medical Center

Display: Confluence Cashmere's Toy Story
Roger Bordon, Cashmere Clinic's Area Manager, Linda Owens Receptionist, Jenny Valencia, Medical Assistant, Christie Young, PA-C, Katie Ferguson, Medical Assistant, Kelly Gillespie, MD.

Honorable Mention -Cashmere Valley Bank – ROC

Display: Wizard of Oz
Jeff Burton, Travis Johnson, Paige Hewitt, Christy Tomlinson, Jennifer West and Joy Shafer.

Best Business Theme

- Cashmere Dental – Lee Hankins

Display: Bacteria Attacha
Pictured: Dr Lee Hankins, Terry Smithson, Jessica Lindblom, Shawn Mahon, Jill Miller, Shellie James Not in Photo Debbie Tift and Terri King.

Most Creative - IGA Martin's Market

Display: IGA's Hometown Tiny is Back!

Dolye Workman, David Weber, Edgar Valdivi, Kelly Leggett, and James Blackburn.

Best Ensemble- Pioneer Auto & Tractor Repair

Display: Pioneer Avenue Witch
Pictured: Scott and Melody Morrison

Fan Favorite (People's Choice) – Confluence Health, Cashmere Medical Center

Display: Confluence Cashmere's Toy Story

Dr. Kelly Gillespie, Jenny Valencia, CMA; Christie Young, PA-C; Ardala Donithan, CMA; Katie Ferguson, CMA; Linda Owens, Receptionist

City Council rejects bids on street light rewiring

By Kirk Beckendorf
NCW Media Reporter

In anticipation of a public comment by developer Craig Hess, attorney Chuck Zimmerman provided council members with background about a home in the Riverside Meadows development, and the related permitting issues. Zimmerman said the home has not received a legal occupancy permit, however it is currently being occupied. According to Zimmerman, Riverside Meadows area has traditionally had flooding issues. As a result, city codes are in place to help mediate storm water runoff from that development. In terms of the home in question, Zimmerman said a number of items required by the building inspector have not been completed at the home site. According to the attorney these are specifically related to storm

water drainage. Zimmerman told the members he was there to provide legal advice to the members, "I am here to advise you, as your legal counsel, that you do not have the authority to make a decision on this, because you are the city council members and you put in place policy, and those policies that you put in place, direct folks like Mr. Hess, as to where his course of action is, for where he would go to have a decision made," said Zimmerman.

The meeting was opened to public comment and Mr. Hess was invited to speak. Hess said he was not asking the council to do anything, but he wanted to provide the members with information to let them know what is happening. He said, sometimes information doesn't always float up from the staff to the city council members.

Hess expressed concern that a "mountain is being made from a molehill" due to the complaint of one of his neighbors and that flood and storm waters are not the issue. He described improvements that have been made on the property to deal with runoff and said that, "there is not anything in the hearing examiner's notes or findings that says I have to do what the city is trying to make me do," said Hess.

In terms of the home being occupied, Hess said the home had passed health and safety inspections and he was trying to help out the young couple buying the home. The couple was moving to town to start a new job and he let them move in on a Friday with the closing date scheduled for the next Tuesday.

Hess said he has "exceeded the requirements to keep stormwater,

rainwater, on site". He concluded by thanking the Council for listening.

The council voted to approve the 2020 Agreement for Emergency Services with Chelan County. However, concern was expressed by Council Member Daniel Scott about the cost of the service being based on population size. He said this method results in Cashmere's cost being a third greater than Leavenworth's. He suggested that if the cost were based on assessed property value Cashmere's share would be a lot lower.

The next 2 items on the agenda, 2020 Prosecution Services Agreement with Chelan County and the River Street Property Monthly Rental Agreement with Cashmere School District, were both approved with little discussion.

The 4th agenda item was to reject all bids on the Streetlight Rewiring Project. Steve Croci, Director of Operations, said that only 1 bid came in, and at a substantial cost of

\$450,000 for 9 streets. Possibly waiting until spring could save maybe 20%, however, it was expressed that is still a lot of money and working to repair individual lighting and wiring issues was the best option at this point. Council members expressed concern about dark areas on some streets but did vote to reject the single bid.

The final vote for the evening was unanimous, and to accept additional TIB grant funding for the LED Streetlight Conversion Project.

The last agenda item was a short budget workshop by mayor, Jim Fletcher. He provided council members with a homework assignment, the 2020 budget forecast packet. Mr. Fletcher described to members how to best analyze and utilize the city revenues and expenses worksheets and how to compare operating vs capital expenditures.

Following adjournment the council was led on a tour of the fire station.



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THIS WEEK

Opinion..... A2
Community Calendar A3
Senior Center Menus..... A3
AA Meeting Schedule..... A3
Business/Service Directory..... A3
Walk with Pastor A4

Church Guide..... A4
Washington Outdoors Report... A5
Bulldog Scoreboard..... A5
Dr. Louise..... A6
Home, Garden & Car... B1,B2,B5,B6
Breast Cancer Awareness..... A6

Classifieds Index
Classifieds.....B3-B4
Real Estate Guide.....B3
Advertising flyers
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Office hours
Cashmere
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Contact information
Publisher
Bill Forhan
509-548-5286
publisher@leavenworthecho.com

Managing Editor
Gary Bégin 509-571-5302
gary@ncwmedia.net

Advertising Sales Manager
Carol Forhan 509-548-5286
carol@leavenworthecho.com

Advertising Sales
Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Reporter/Photographer
Reporter
reporter@cashmerevalleyrecord.com

509-782-3781
Reporter
509-548-5286
Front Office
Classified / Legal Notices
classifieds@leavenworthecho.com
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There is still plenty of swamp left to drain

By Rick Manning

The breadth of the administrative state has never been more apparent than over the past few months.

The Department of State is filled with political activists with a globalist world view who are determined to subvert the policies of the duly elected President of the United States.

The Justice Department continued spying on Americans with more than 3.1 million queries in a single year after new FBI Director Chris Wray took over as Director according to documents made public by a federal judge in the past two weeks.

The Obama bloated National Security Council which reached about 184 staffers in the previous administration, continues to leak select, out of context, portions of presidential conversations with foreign leaders as evidenced by the original Ukraine whistleblower complaint which bears no resemblance to the actual telephone call between President Trump and the Ukraine president.

Resistance bureaucrats in the EPA got so bad in the early stages of the Trump Administration that the former EPA Administrator Scott Pruitt had to spend \$25,000 to construct a sound proof area where he could communicate with others without fear of leaks by lifetime job guaranteed staff.

Project Veritas' James O'Keefe found that resistance was pervasive in parts of the government as Obama hired Democratic Socialists admitted on camera to using their

jobs to block or slow down presidential policies with which they disagreed.

These are but a few of the instances that have revealed the challenges faced in draining a swamp where the power actually resides in the unelected career officials who can simply refuse to do their jobs with almost no fear of firing and grind policy making to a halt.

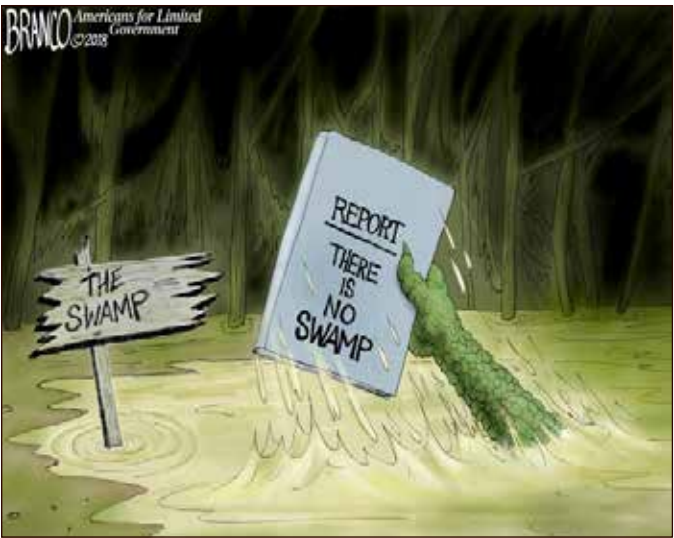
In a Saturday interview with Matthew Boyle of Breitbart News Radio, I was asked what could be done to fix a civil service and foreign service systems which are overwhelmingly liberal with a goal to expand the size and scope of government and to oppose any actions which they deem could negate their power.

Of course the answer is not an easy one, since there is little appetite on either side of the political aisle in Congress to actually take control away from the bureaucracy. However, the first six months of the 2021 Congress might provide the best opportunity for legislative changes in a lifetime. But only if the GOP wins control of both Houses with a firm message from voters that they are expected to fight to rein in the power of the professional bureaucracy and in doing so, reinstate actual representative government. Here are a few facts that most people don't know. There are approximately 4,000 politically appointed officials who are expected to make certain that the President's policies are carried out by the approximately 2 million federal civilian employees — many of whom have spent careers operating the levers of power.

While a comprehensive civil service reform bill would be ideal, the likelihood of Senate Democrats allowing the evisceration of some of their biggest financial and information leaking allies is infinitesimal. So here are four actions which, if taken, will put power back in the hands of the elected officials.

First, the simple act of firing an incompetent, recalcitrant or lazy federal employee should not be viewed by managers or the employees as a virtual impossibility. Congress acted to reform the law to allow for speedy firing of Veteran's Administration civil servants who were failing to meet our nation's veterans' basic health care needs. The reform included an expedited firing process for that agency alone, which has not only increased firings, but ended the smug knowledge (at least at the VA), that your job was safe, no matter how badly you performed it.

Second, public employee unions have enormous power both through their campaign contributions and sheer numbers. One advantage these unions should not have is for taxpayers to be funding the total salaries of most of their employees who work in the federal bureaucracy. President Trump signed Executive Orders last year which forced these taxpayer funded union officials to spend much more time working in the job they supposedly fill rather than being full-time for the union. The EOs also require the union to pay for their office space and the union business travel of their federal employees.



Passage of legislation by Rep. Jodi Hice (R-Ga.) would reform the Official Time system and ending taxpayer subsidization of the federal employee unions. Without these tax monies being spent on their operating costs, unions would have to use dues money to meet their members needs rather than being able to use it for political purposes. Forcing public employee unions to do their job serving their members would emasculate much of the power they have which is wielded to fight against reforming the civil service system.

Third, Congress needs to use their power of the purse to cut grants and funding programs which serve as pass-throughs for unions and left-wing advocacy groups. Since money is fungible, every federal dollar that does not go to a liberal group is a dollar which is not spent advocating for bigger government. Americans for Limited Government has launched a website at www.defundme.org that lists a number of programs that could

be cut. While many more things need to be done, if these three actions were to take place early in President Trump's second term, the swamp draining would be in full swing. If not, the self-perpetuating swamp will do what it does best: slow progress on the President's priorities knowing that it will still be there in 2025 and the President will not.

No one said draining the swamp was going to be easy, but things can be done, and wins can be had. And by the end of President Trump's second term, the rot in our federal bureaucracy could be healing as those employees who were just collecting their checks or who were professional obstructions of the President's policies would be left on the outside looking in on the federal government regulatory and enforcement prioritization decisions.

Rick Manning is the President of Americans for Limited Government.

Trading Apples For Grapes

While talking to a friend at the American Legion in Wenatchee his subject came around to his family while living in Marysville, Washington used to make the same sausages and wine that my family did when I was young. When he mentioned that a group from Marysville used to buy a rail car of Zinfandel grapes every year from the growers of Napa Valley it rang a bell and brought back to my mind the following story.

The Strutzel's and Mehelich's were just two of many Austrian families who followed John Zager to Monitor. At that time Slovenia was a part of the Austro-Hungarian empire and were called Austrians. All of those families originated in the lower part of todays Slovenia. The trail left Triest Italy to Tower/Ely Minnesota, then Butte Montana and finally Monitor. About 1895 my dad's

uncle John Mehelich moved his family to Great Falls and purchased and platted the Mehelich Addition on second Avenue. He built the Black Eagle boarding house, restaurant and saloon there. He married a lady named Lucy and she became Auntie Lucy to the family. After John's death in 1916 Lucy met and married an Italian man with a vinyard in St. Helena California.

By that time most of the Slovenians who would grow fruit in the Monitor area were established there.

Our families had been making wine and beer for hundreds of years in the old country and that didn't stop at Monitor. The connection to California grapes was obvious and I think inevitable. By the early 1920s the Monitor growers were trading half a railroad car of apples for a full car of California wine



HOMETOWN MUSINGS
FRAZIER STRUTZEL

A stock market storm is coming, someday – how should you prepare?

It has been more than 10 years since the depths of the Financial Crisis – and what a glorious ride it has been. The economy has grown consistently, and the stock market has more than tripled. However, nearly everyone I speak with is nervous about the future. To be fair, I could have written the same thing 5 years ago. But we all know a storm is coming. It might arrive tomorrow, next

year, or a decade from now. It might be a gentle rain, or a mega-hurricane. So, how should you prepare for it?

Build up an emergency fund: It's probably not advisable to bury a big can full of cash in your backyard, but it's certainly a step in the right direction. A better plan is to set aside 3-6 months of expenses in an FDIC insured savings account. If you are nervous

about a recession, you could aim for 6 months, or even more. If your income falls, or you lose your job because of a recession, you'll be grateful for your fully filled emergency fund.

Pay down debt
Another good way to prepare for a recession is to pay down your debt. That's especially true of any high-interest rate debt. The most obvious reason is that debt is expensive, and extra money will be harder to come by during a recession. Perhaps more importantly,

the worst way to go into a recession is with a massive amount of debt. It's a little bit like beginning a marathon with a big tire around your neck.

Revisit your portfolio
After 10 years of strong stock market growth, your stock allocation might have grown far too large. So, this is a great time to take a close look at your investment portfolio. How risky is it? If you have a long time before retirement, a large stock allocation might be okay – even IF a recession is coming. However, if you are close to retirement, or might need your money soon for another reason, you should be sure that too much of your money isn't exposed to the turbulence of the stock market.

Identify ways to cut back
Most of us spend money carelessly, at least every now and then. So, it makes sense to step back and take a close look at your expenditures. Are there places you could cut back? Perhaps a less expensive car,

eating more meals at home, or fewer monthly subscriptions. Any money you save now can be put to good use building up your emergency fund or paying down debt.

The Bottom line
If you were certain a recession was coming, the appropriate action would be to panic and sell everything. However, if you were certain a recession was coming – you have too much faith in your predictive abilities. No one can predict when the next recession will hit, or how bad it will be. But recessions are normal and can even be healthy for an economy over the long-term. So, as long as you are well-prepared, you shouldn't lose much sleep over them.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net.

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■ COMMUNITYCALENDAR

Wednesday

Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple St.
Call President, Melissa Grimm, 860-1535.

Cashmere Food Bank, 2:30-4 p.m., Cashmere food distribution center, 109 “C” Railroad Ave. Call Jim, 509-741-7551.*(2nd & 4th Wed. & Sat.)*

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. *(2nd & 4th Thurs.)*

Free weekly community meal, 5-7 p.m. Cashmere United Methodist Church Gym, 213 S. Division Street. Call 782-3811.

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.

Monitor Homemaker Club, Noon, location varies. *(3rd Fri.)*.

Saturday

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904.

Cashmere Food Bank, 2:30-4 p.m., Cashmere food distribution Center, 109 “C” Railroad Avenue, for more information, call Jim, 741-7551. *(2nd & 4th Sat. following Wed. of the same week, subject to change).*

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. *(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.)*

Tuesday

I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. *(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.

Cashmere

Cashmere High School Drama Department Presents “The Miracle Worker”

This powerful drama is based on the true story of Helen Keller, a blind and deaf girl who learned to speak. Performances will be October 24-26 at 7 p.m., with doors opening at 6:30 p.m. Tickets are available at the Door for \$8/adults and \$5/students & senior citizens. (r43).

Annual Needy Animal Fund Fundraiser Sale

November 2, 9 a.m. - 4 p.m. at the Leavenworth Fire Station on Chumstick Hwy. This non-profit organization assists needy people with emergency medical expenses for their pets. If you wish to donate items for the sale, call Kathy 670-3421 or Jennifer 548-6382. (er43)

Christmas Greens from the Marlin Handbell Ringers

Order forms for our annual holiday greens sale were mailed last week to our previous customers. A variety of cedar roping, wreaths, and swags will be available to decorate for the holidays. Orders will be delivered on the Sunday before Thanksgiving, November 24. If you did not receive an order form and would like to place an order, call JoAnne at 782-343 or email at joprusa@frontier.com. All orders must be received no later than November 6. (er43).

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■ SENIOR CENTER MENUS

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

October 24, Thursday: Meatloaf, potatoes & gravy, brussels sprouts, green salad, chilled peaches, whole wheat roll, dessert.

October 25, Friday: Chicken florentine, rice pilaf, tossed green salad, cherries & pineapple, whole wheat roll, dessert.

Saturday and Sunday: No lunch.

October 28, Monday: Breakfast Burrito egg, sausage, cheese, hash browns, spinach salad, pudding & berry parfait.

October 29, Tuesday: Beef stroganoff, green beans, tossed green salad, mixed fruit, whole wheat bread or roll, dessert.

October 30, Wednesday: Broccoli chicken bake, wild rice, garden salad, pineapple, whole wheat roll, dessert.

■ SENIOR CENTER EVENTS

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

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise

Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting

Tuesday, 1:00-3:00 p.m., Crafts

Thursday, 1:00-3:00 p.m., Square Dancing

Thursday, 6:30-7:30 p.m., Bavarian Dancing

Friday, 6:00 p.m., Bingo

Saturday 6:30-9:00 p.m., Music, Public Welcome,No cover charge

■ AA MEETINGSCHEDULE

Information numbers for AA:

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.

Help Support The Cashmere Food Bank

Staple foods like: Canned vegetables, fruit, peanut butter, tuna and beans are always appreciated.

The Cashmere Food Distribution Center • Located at 109 "C" Railroad Ave. • Distribution times and dates have been recently changed: Wednesdays: 2nd and 4th of each month

Saturdays: schedule follows the Wednesday distribution

For additional information please call Jim, 741-7551

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Paton wins National Championship – again!



SUBMITTED PHOTO

By BILL FORHAN

Cole Paton, 2016 graduate of Cashmere Valley High School, won first place in the USA Collegiate MTB Cycling Championships in Big Bear Lake in California on Oct., 11. Paton won the race last year as well. He is part of the Fort Lewis College (Durango)

cycling team. He has another year at Fort Lewis College before he graduates and most professional cross-country cyclists expect him to become a top pro after graduation. Cole says he started riding when he was 4. He was inspired by his sister, because cycling was the only thing where he could compete with her.

Paton was no stranger the Big Bear Lakes Course that he describes as rough and not well defined. Many riders often slide off the course where corners are poorly defined. He finished the course in 1 hour 51 minutes and 58 seconds. That was 52 seconds ahead of the second place contender.



PHOTO BY CHARLIE BROWN.

Sam Phillips breaks a tackle in a hard fought contest in Okanogan. Cashmere won the game 21 to 20.

Cashmere High School Drama Department Presents “The Miracle Worker”

A PLAY WRITTEN BY WILLIAM GIBSON

Story and Photo submitted by Susan Gubsch

The Miracle Worker is based on the true story of Helen Keller (played by Lucy Powers), a blind and deaf girl who learned to speak. The production focuses on the tumultuous relationship between Helen and her mentor, Anne Sullivan (played by Gabby Kennedy), while incorporating elements of conflict in the Keller family fueled by Helen’s impairment. The three act play has been critically acclaimed for its dramatic way of expressing Helen Keller’s incredible story and its emotional yet powerful messages. The play opens on Thursday, October 24, and will be showcased again on Friday, October 25 and Saturday, October 26. The doors will open at 6:30 p.m. and the show starts at 7:00 p.m. Tickets

are \$8 for adults and \$5 for students and senior citizens, and are only available at the

door. It is open seating first come, first served. Other cast members include

Maria Equihuat, Ethan Goode, Ani Hartwich, Faith Kruse, Katherine Lopez, Trevor Link, Angelina Napoles, Isaac Peyton, Mariah Rankin, Lynn Reyna and Korbyn Smith. You won’t want to miss this heart stopping drama!



THE WASHINGTON OUTDOORS REPORT



Bob Milner bagged this nice buck last week in Douglas County.

The Weekly Round Up

By JOHN KRUSE

Fishing:

Puget Sound – State creel checkers reported angling pressure was light last weekend but anglers who did fish in Hood Canal (Marine Area 12) were rewarded with good catches of coho salmon. Green River - Checking in with Northwestfishingreports.com several anglers hit the Green River last Saturday and Sunday and had success

catching coho during an active morning bite. The lower river below I-405 isn’t fishing well but things are going better further upstream. Potholes Reservoir – MarDon Resort reports the fishing remains very good despite the cooling water temperatures. Largemouth bass are being caught off the face of the sand dunes at the north end of the main reservoir and the smallmouth are biting off the face of O’Sullivan Dam. The walleye

bite is good and one lucky angler reeled in a ten-pound channel catfish earlier this month while trolling for walleye. Columbia River Gorge – Creel checkers with the Oregon Dept. of Fish and Wildlife report good catch and release fishing for sturgeon last week between the John Day and McNary Dams for the few boats targeting them with anglers averaging four fish each. Walleye effort was greater with 25 walleye caught



PHOTO BY JOHN KRUSE.

by 37 anglers in 18 boats.

Hunting:

Washington Dept. of Fish and Wildlife Biologist Sean Dougherty reports decent success for hunters on the opening weekend of the season (October 12 and 13th) who were hunting regulated access areas in the Columbia Basin. At Winchester Wasteway hunters bagged an average of four ducks each while at Frenchman’s Wasteway the average was just under three. As for North Potholes. Just

over 2 ½ birds per shooter. The numbers were down as expected on Sunday, especially at North Potholes where hunters only averaged .4 birds per hunter.

I was out on opening day as well and saw hunter numbers in the Columbia Basin at places like Potholes Reservoir as well as Frenchman’s and Winchester Wasteway seemed to be significantly higher than the last couple of years. Meanwhile, lesser Canada geese are beginning to arrive in the northern Columbia Basin and numbers are expected to build during the next couple of weeks. On the west side of the state, snow goose numbers in Northwestern Washington’s Skagit and Snohomish Counties are expected to be high after a record spring of breeding production in Alaska. When it comes to deer, WDFW operated two check stations in Eastern Washington during the opening weekend of the season. Thirty hunters were checked with five deer near Chewelah and 92 hunters were checked with 12 deer, mostly whitetails, at Deer Park. These numbers are significantly down from previous years. That’s primarily due to the fact only bucks were allowed to be taken this fall. Doe harvest was eliminated this year in an effort to build the whitetail deer herds in Northeastern Washington. According to the unnamed WDFW employee giving this report, “Overall, the check station was slow. Weather was good, but we did see very few vehicles with



youth hunters. Not sure if that is related to our regulation change, but I would guess that played a role. Most hunters saw deer, but most were does and fawns.”

In Okanogan and Ferry County WDFW enforcement officers reported hunters at higher ground had to deal with snow and ice but those that did ended up having better results than the hunters sticking to lower elevations. Several citations were issued to hunters who had loaded firearms in their vehicle, for failing to tag their deer and for trespassing on private property along with a few other violations. Overall, hunter participation was average though there was a significant influx of people from outside the area hunting around Vulcan Mountain near the Canadian border.

The Hike Of The Week – Cowiche Canyon:

With snow falling intermittently in the Cascades lower elevation hikes are a good bet right now if you want to enjoy the fall colors. One place to do so is Cowiche Canyon east of Yakima. The six-mile round trip hike follows Cowiche Creek and a recent trip report indicates the fall colors of the foliage are on full display right now. Find details through this link at the Washington Trails Association website - <https://www.wta.org/go-hiking/hikes/cowiche-canyon>

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

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FOOTBALL

Oct. 18,	Cashmere 21, Okanogan 20
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UPCOMING GAMES FOOTBALL

Oct. 25,	Cashmere at College Place 6 p.m.
----------	----------------------------------

SOCCER

Oct. 24,	Cashmere at Chelan 4:00 p.m.
----------	------------------------------


VOLLEYBALL

Oct. 24,	Cashmere at Chelan 6:30 p.m.
----------	------------------------------

CROSS COUNTRY

Oct. 29,	District CTL Championship (Wenatchee) 12 a.m.
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Breast Cancer Screening: New Doctor Recommendations to Know About

(StatePoint) Breast cancer is the most common cancer in women and the fourth leading cause of cancer death in the U.S. Annual mammograms have been widely promoted for women by many health advocates; however, experts say that for women with an average risk for breast cancer who don't have symptoms, diagnostic exams should be administered strategically, as screening too frequently can do more harm than good. In a recent evidence-based guidance statement published in "Annals of Internal Medicine," the American College of Physicians (ACP) – an organization representing internal medicine physicians – says that average-risk women with no symptoms and who are between the ages of 50 and 74 should undergo breast cancer screening with mammography every other year.

ACP found that annual mammography results in more harm than mammography every other year. Harms of breast cancer screening include over-diagnosis, over-treatment, false positive results, radiation exposure, and radiation associated breast cancers and breast

cancer deaths, as well as worry and distress from tests and procedures like breast biopsies.

ACP says that beginning at age 40, average-risk women without symptoms should discuss with their physician the benefits, harms, and their personal preferences of breast cancer screening with mammography before the age of 50.

"The evidence shows that the best balance of benefits and harms for the great majority of these women is to begin breast cancer screening

with mammography at age 50 and continue every other year through age 74," says Dr. Ana María López, a medical oncologist and president of ACP, who points out that this guidance does not apply to patients with prior abnormal screening results or to higher risk populations, such as women with a personal history of breast cancer or a genetic mutation known to increase risk.

About 20 percent of women diagnosed with breast cancer over a 10-year period will be overdiagnosed and likely

overtreated. Overdiagnosis means a woman is diagnosed with a breast cancer that would not have made her sick or led to her death if not diagnosed or treated (overtreatment). Therefore, finding this cancer is not of clinical benefit to the woman.

Screening guidelines such as the age to start and discontinue mammography, intervals between mammograms, and the role of alternative screening methods, have varied among organizations, complicating decisions about care for

reducing deaths from breast cancer by screening every year versus screening every other year, while every-other-year screening substantially reduces harms," says Dr. López. "Of course, decisions regarding routine breast cancer screening should be made by doctors and patients together."





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Since menopause, I’ve noticed more and more vaginal dryness. Is there anything besides hormone pills that can help?

You are not alone. Over 75% of post-menopausal women, plus many women taking anti-estrogen medicines like aromatase inhibitors for breast cancer treatment or prevention suffer from vaginal dryness and discomfort.

Without estrogen, the cells lining the vagina and birth canal begin to shrink or atrophy,

losing elasticity and secreting less lubricating fluid. Vaginal atrophy creates dryness, itching, burning, even pain and bleeding during sexual intercourse.

Vaginal secretions are also important in maintaining an optimum level of vaginal acidity, which supports the growth of “friendly” bacteria like lactobacillus discourages

yeast infections.

Our bodies host many different types of bacteria that live on our skin, inside our mouth, and along our intestines and vagina. Some are helpful, but others aren't. Lactobacillus is a “good” bacteria, helping to keep out “bad” bacteria and prevent vaginal infections.

Today there are low-dose

estrogen and non-estrogen options that can successfully treat the vaginal atrophy and discomfort.

Replens® is a long-acting moisturizing vaginal gel that gives up to 3 days of moisture between applications. It's available without a prescription in premeasured doses inside individual plastic applicators and as a tube with a reusable applicator. Although it relieves dryness and burning and makes sexual intercourse more comfortable, Replens® won't change your vaginal cells, the pH of your vagina or restore lactobacillus.

Instead of taking estrogen pills, low-dose vaginal estrogen reverses the atrophy of the lining of the vagina by supplying estrogen directly to those cells. This approach restores both elasticity and the ability to secrete lubricating fluids that increase the acidity of the vagina and encourage beneficial lactobacillus.

Can a breast cancer survivor safely use low-dose vaginal estrogen to reverse the symptoms of vaginal atrophy? The evidence suggests YES. You don't need much estrogen when applying it directly to vaginal cells, and when used at appropriate doses, it doesn't create detectable levels of estrogen in the blood that could reach endometrial or breast tissue.

There are several forms of low-dose vaginal estrogen: vaginal creams used with an applicator (Premarin®, Estrace®), vaginal tablets with individual applicators (Vagifem®), and a gelatin ring that releases



Estrogen-free Replens® is available without a prescription. If you try it, watch out for some weird vaginal discharge during the first week of use, when dried out vaginal cells slough off and come out, looking like cottage cheese.

2. Apply a lubricant. You'll find a lot of choices available today for a “personal lubricant” for sexual contact besides the old standby, K-Y Jelly®.

3. Assess the relative risks between the various options available.

Discuss your options for vaginal estrogen and other prescription medicines for relief of vaginal dryness with your physician.

4. Premarin® vaginal cream is more effective than Estrace® or estradiol. Although Estrace® and estradiol vaginal cream are slightly cheaper than Premarin®, they don't relieve relieving symptoms.

5. Use more than one product. Using a vaginal moisturizer plus locally applied estrogen or a lubricant (or all 3) can improve your results.

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. ©2019 Louise Achey

Tips to help you prepare for Winter from the Chelan PUD

An unusually strong cold front brought low temperatures and snow at upper elevations in Chelan County this past weekend – and cool evenings are expected through the week. Chelan PUD is here to help its customers with tips for emergency preparedness and energy conservation as the temperatures continue to drop.

Stay informed:

- Customers are encouraged to follow Chelan PUD on Facebook and Twitter. These are excellent resources for updates on power outages, as well as tips.
- Remember to sign up for Chelan County safety and emergency alerts, as well. These updates can be sent directly via text, email, or voicemail.

stay on the line if you have information to add or a special need.

- Unplug electronics and turn off the heat/furnace.
- Leave one porch and/or indoor light on so PUD crews can see when the power has been restored.
- For additional tips on what to during a power outage (including information on generator usage), please visit our page If the Lights Go Out.

If there is a concern about water pipes freezing:

- Winterize your water system in advance (disconnect and drain outside faucets, drain irrigation systems) and be sure that you know the location of the water shut-off valve for your home.
- Open cupboard doors under sinks, especially where plumbing is in outside walls, to let interior heat warm the pipes.
- Temporarily keep a steady drip of both hot and cold water at an inside faucet farthest from the meter to ensure that water continues to move through the system.

- If you plan to be away from home for more than a few days, don't set your thermostat any lower than 55 degrees.

Stay comfortable and save money on your energy bill with these conservation tips:

- Set your thermostat between 68 degrees and 72 degrees or lower if comfortable. Try lowering thermostat by 2-3 degrees when you're going to bed or will be away.
- Check furnace filters and replace if dirty. A dirty furnace filter restricts warm air and makes your furnace work harder.
- Close the drapes in the evening and on overcast days to keep the heat in; open the drapes on sunny days to help warm the house.
- For other tips and rebate offers, please visit our Winter Energy Conservation page.

Chelan County PUD line crews and the many employees who support them want to help you be ready if winter storms cause power or other utility service outages. You can help by planning for winter's arrival.



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How green are your car's tires? 10 to-dos for home and yard winterization



(BPT) There aren't literal green tires, of course - they would distract other drivers. But believe it or not, tires can help keep the planet a bit greener, when they're built and used with sustainability in mind.

Here's how.

Low rolling resistance saves energy and lowers emissions

According to the U.S. Department of Energy, between 4 and 11% of a car's fuel is used up providing the energy required to propel your tires along the road. It's known as rolling resistance. Premium tires that are properly inflated require less energy to operate - less rolling resistance - which makes cars more fuel-efficient.

Lower rolling resistance also helps lower carbon dioxide emissions.

Keep your tires inflated at the right level

Several companies make tires that minimize rolling resistance, but you can play a role in that, too. The key: keeping your tires inflated

at their proper level. Under inflated tires generate more friction and are less fuel-efficient. They're also more prone to blowouts and wear down more quickly.

So, if you're serious about going green, make sure you've filled your tires to the recommended inflation pressure. You can usually find that on a sticker inside your driver's-side door or in your car's owner manual. Keep in mind that as temperatures drop this fall and winter, so will your tire pressure: The colder it gets, the more your tires will deflate. As the thermometer drops, be sure to check your tires' inflation level more often than usual.

Greener tires through better materials and processes

You can impact how full your tires are, but there's plenty that happens before those tires are on your car. Eighty-five percent of a tire's

carbon footprint is generated during its use, but the other 15% comes from the way tires are sourced and manufactured. If going green is important to you, be sure to do some research about those processes before you buy your next set of tires.

Nokian Tyres was the first tire company to eliminate the use of harmful oils in its tire compounds. It only uses purified oils in tire production - no toxic or carcinogenic chemicals. The Scandinavian company is also achieving new levels of sustainability in its production process. From 2013 to 2018, it decreased CO2 emissions from its production process by 38%.

Consider some of these ways tires impact the planet as you pick tires that are right for you and good for the environment. For more information about how you can promote sustainability when you buy your next set of tires, you can visit NokianTires.com.

(BPT) - Scarves. Pumpkin spice lattes. Leaves crunching underfoot. Sweater season is moving in fast, which means it's time to start transitioning to fall maintenance to make sure your home and yard are ready for winter. The following are 10 things you can do to prepare for the cold and wet weather ahead.

5. Clean up your yard

1. Interseed your lawn

A summer of heavy use can take its toll on even the healthiest of lawns. If your turf has some thin or bare patches, fall is the ideal time to reseed. A turf specialist at a garden shop or university extension office can help you choose the right kind of seed for your local conditions. After spreading the seed, water lightly and frequently (if it doesn't rain) to keep the soil slightly damp until the seed germinates.

For those who live in the warmer, Southern regions of the U.S., interseeding with cool season grass seed can help you enjoy a lush green lawn year-round. Speak with a local landscaper or your university extension office to determine the best timing, seed and process for interseeding with cool season grasses as warm season lawns turn dormant.

2. Winterize your irrigation system

If the ground in your area freezes down to the depth of your irrigation pipes during the winter, be sure to shut off the water to the system and drain the pipes before the first freeze.

3. Lower your mower blades

For the last few mowings in the fall (and the first few in the spring), set your lawn mower blades at the lowest recommended height for your type of turf. You no longer need the height of the grass to shade the soil and keep it cool, and minimizing the amount of moisture that's trapped by the grass can help prevent fungal disease.

4. Remove the leaves

Don't leave your lawn buried under a thick layer of leaves. If you don't want to rake, try mulch mowing - chopping the

leaves up into small pieces allows them to decompose more quickly, so that they fertilize the grass instead of suffocating it. You may need to mow more frequently to keep up with the falling leaves, even if the grass itself isn't growing quickly.

6. Prep your equipment for spring lawn care

Any object that sits on your grass all winter can create a dead spot. To protect your lawn, remove toys, furniture and other items from the grass. Be sure to cover or store anything that's not designed to be out in the rain or snow indoors.

9. Service your heating system

Before you turn your heating system on for the winter, have it cleaned and inspected by a professional. Regular preventive maintenance will keep it running safely and efficiently and make sure minor issues are resolved before they become major problems.

10. Test your emergency power generator

Winter wind and ice storms can bring down power lines



your lawn mower a tune-up. By sharpening the blades before you put it away for the winter, it will be ready to get back to work when the grass starts growing again in the spring.

7. Check your roof, gutters and downspouts

Leaks can lead to costly water damage, so check for potential trouble spots now, before the winter storms start. Look for broken shingles and damaged flashing around vents, chimneys and skylights; clean the leaves out of your gutters; and add extensions to your downspouts if the water runs less than three feet away from the foundation of the house.

8. Check your doors and windows for leaks

Eliminating air leaks around doors and window frames is one of the most effective ways to

and cause lengthy blackouts. If you live in an area where power outages are common and you have an emergency backup generator, test it now, and make sure you have engine oil and filters on hand.

Spending a bit of time in the fall to prepare your home and yard will allow you to enjoy the winter months with peace of mind. What's more, the effort you invest in the health of your lawn now can pay dividends in the spring by jumpstarting your turf's growth and minimizing weeds. Have you completed everything on the list? It must be time to curl up with a good book, a hot beverage and relax!

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Home Weatherization 101: Tips for a Comfortable Home

(StatePoint) Do seasonal temperatures sometimes leave you frustrated with your home’s lack of insulation? Staying comfortable indoors is a top priority for most people, and luckily, it’s easy to ensure your home is an optimal temperature.

With a few quick tips and home defense strategies, you’ll be on your way to a more comfortable abode in just a few hours.

Why weatherize?

Preparing your home to combat temperature change is an important task for both homeowners and renters throughout the year. Feel uncomfortable drafts? Notice your heating and cooling equipment is continuously running? Tired of expensive energy bills? You’re not alone: almost two-thirds of American adults live in a home that needs to be weatherized, according to recent research conducted by Duck Brand.

There are many motivations for weatherizing. In fact, did you know...

- 54 percent of people weatherize to save money on energy bills
- 44 percent weatherize to

make the temperature of their home more comfortable

- 22 percent do it for greater energy efficiency

Is that a draft?

First, you’ll need to identify the source -- or sources -- of leaks. Don’t stress -- it’s easy! Hold an incense stick near potential draft sources, such as windows and doors. If the smoke blows sideways, you’ll know an air leak exists and it’s time to weatherize. But don’t stop there. Areas such as attic access openings, pull-down stairs and exterior electrical sockets are additional, often overlooked sources of air leaks.

So, now what?

Once you’ve identified the leaks, it’s time to stop them.



Window and door seals take a beating from normal wear-and-tear and can be a large source of drafts coming into the home. Replace old, cracked seals with such products as Duck Brand Heavy-Duty Weatherstrip Seals, which are made with durable, flexible material, allowing them to stand up against extreme temperatures that cause other seals to freeze or crack. They help to block cold winter air from entering, as well as dust, pollen and insects during the warmer months.

For added protection with older windows, an easy-to-install, crystal-clear option like Duck Brand Roll-On Window Insulation Kits can create an additional barrier

against cold air. The pre-taped top and easy roll-on film require no measuring, making installation painless. When applied to indoor window frames, the film provides an airtight seal that’s easily removed once warmer weather arrives.

Finally, address the hidden leaks with solutions like Duck Brand Socket Sealers Insulating Seals. Quick and easy to install, they fit behind outlets or light switch faceplate covers. When installed on exterior walls, they act as a buffer between the inside and outside air. Next, attic stairway covers protect against an often-uninsulated area, and offer a flexible, lightweight solution that can be repositioned to maintain direct access to the attic.

For more information on increasing home comfort, along with easy-to-follow weatherization installation videos, visit duckbrand.com/weatherization.

With a few key home projects anyone can complete, you can make your home more enjoyable all year long and save on energy bills in the process.

7 things you may not know about your child’s safety in cars

(BPT) - Parents and caregivers want to keep kids safe in the car, but keeping up with the latest recommendations can be tricky, especially as your child grows and their needs change. It’s sometimes hard to know if you’re doing everything you can to keep children as safe as possible. Regardless of your child’s age and how often they ride with you in the car, you’ll want to follow these guidelines to help you find The Right Seat.

1. Under 13? Don’t let them sit up front

Whatever a child’s height or weight, the National Highway Traffic Safety Administration (NHTSA) advises that children under 13 should never sit in the front seat, even for a short trip. Car safety standards and features like airbags are developed and tested for adult bodies, not the growing body of a child. Air bags can be inflated at speeds of 200-400 mph, which could seriously harm a child if deployed. Most car crashes impact the front of the car, so keeping kids in the back seat can help protect them from

injury.

2. Tethers add extra protection

Most forward-facing car seats have tethers to secure them to the vehicle, in addition to using the vehicle’s seat belt or lower anchors. Tethers help keep car seats from pitching forward in a crash, reducing injury to the child’s head and neck. You can find the tether at the top of convertible, combination and all-in-one car seats. They’re adjustable straps that have a hook that connects to your vehicle’s tether anchors. Review your car seat’s instructions and vehicle’s owner manual to identify the correct tether location in your vehicle.

3. Don’t move kids on too soon

The best protection for a child in a car is the car seat that’s right for their age and size. According to the most recent NHTSA data, nearly 1 in 10 children between 1 and 3 years old were moved on to booster seats too early. And roughly 1 in 5 children aged 4 to 7 were prematurely moved

to just using a seat belt when they should have still been riding in booster seats. Booster seats help a child’s seat belt fit appropriately, which means crossing the center of their chest and not touching their neck.

4. Check car seat recommendations online

Tools and resources are available to help make it easier to check that your child is in the right seat for their age, height and weight. Visit NHTSA.gov/TheRightSeat to compare car seats and get helpful installation instructions.

5. Free car seat checks are available

Whether you’ve just installed a new car seat or just want a “checkup” for a seat your child’s been using for a while, you can get help at a car seat inspection station near you. Certified technicians will inspect your car seat free of charge and show you how to correctly install it and make sure your child is properly secured. Find a car seat inspection station near you at NHTSA.gov/TheRightSeat.

6. Tweens should always be buckled

According to a 2005 report by the NHTSA, most accidents in urban areas happen under 30 mph. Be consistent and stay firm if your tween or teen resists wearing seat belts. Set safe habits for life, help keep your child safe and obey the law by making sure your child is buckled up every time for every ride, no matter how few miles or how slowly you’re driving.

7. Car seats have expiration dates

Car seats expire, because technology improves and safety standards change. If you buy a used car seat or receive one as a hand-me-down, check it carefully and make sure you know the history and whether or not it has been involved in a crash. Most car seats have an expiration date stamped on the manufacturer’s label on the side or base. Visit NHTSA.gov/TheRightSeat for more information and to search for a car seat inspection station or event near you.

6 ways to create community in your neighborhood

(BPT) - It’s easy to see the value of living in caring neighborhoods and being good neighbors. One recent survey found 75 percent of Americans think it’s important to welcome new neighbors, 58 percent say it’s important for neighbors to socialize and 37 percent are more likely to seek help from a neighbor than a friend when it comes to small projects.

The chance to meet others is often cited as a primary reason millennials prefer living in urban neighborhoods. The survey found 58 percent of millennials have had face-to-face interactions with their neighbors, while 40

percent wish they were better connected than they already are. Interested in becoming a better inhabitant of your own neighborhood?

Consider these suggestions aimed at promoting a kinder, friendlier environment.

Introduce yourself. Take the first step. Instead of avoiding contact when in your yard or out for a walk, shake hands, say hi and make an effort to remember people’s names. Even when in-person contact is brief, it can go a long way toward helping people feel connected and more like friends than strangers.

Take new neighbors

housewarming gifts. Make newcomers feel wanted and welcome by acknowledging their arrival with a thoughtful gift. One meaningful and sure-to-be-welcome idea is a beautifully fragranced soy candle from Bright Endeavors, a Chicago-area nonprofit that employs young mothers. Every purchase helps empower young women by teaching them job training and giving them the skills needed to gain permanent employment and provide for their children.

Give new families contact info for neighbors and neighborhood amenities. Include phone numbers for emergency services, doctors’ offices, dentists, schools, babysitters, entertainment options, sources of great takeout food, dry cleaners and any other assets you think may be helpful. People will appreciate your insider view into local amenities, and they’ll be more likely to communicate key information to others if their contact info is readily available.

Organize a neighborhood event. It could be as simple as a front-porch open house or as strategically planned as

a neighborhood cleanup, but any gathering that brings people together to socialize is bound to create goodwill and a friendlier neighborhood vibe.

Stay aware of who needs help. When possible, organize meal delivery, dog walking, transportation or other assistance for neighbors going through tough times. Teaming up to help others may make your neighbors feel more connected, and people on the receiving end of such kindness tend to pay it forward.

Live by the golden rule. Treat your neighbors as you would like to be treated. Clean up after pets and kids, drive through at reasonable speeds, don’t be overly loud, mow at reasonable hours, return anything you’ve borrowed and generally stay aware of how you’re coming across to others.

It feels good to live in a neighborhood that feels more like a community than an anonymous collection of strangers. Consider how you can take the initiative to create warmth and peace within your own neighborhood. Find more information, visit BrightEndeavors.org.

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HELP WANTED

Journalist Wanted
The Lake Chelan Mirror

Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:
Publisher
NCW Media, Inc
PO Box 39
Leavenworth, WA 98826
or email to
Publisher@leavenworthecho.com

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590 US Hwy. 2
Leavenworth

Find us online at:
www.leavenworthecho.com
www.cashmerevalleyrecord.com

HELP WANTED

Bus Driver/ Operator Organization: Okanogan County Transit Authority (TranGO)

TranGO is looking for a full-time transit driver (at least 36 hours per week) based out of Okanogan, WA. This position is hourly non-exempt. Compensation is \$19.06- \$20.62 per hour. Benefits include health insurance (including dental and vision), retirement, sick leave, vacation). This position will provide back-up for drivers and will require traveling through-out the county. Must have a minimum Class B CDL and Passenger endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to clerk@okanogan-transit.com.
Application Deadline: Application review will begin November 6, 2019, and will continue until the position is filled.
Okanogan County Transit Authority is an Equal Opportunity Employer.

RADIOLOGY/ CT TECH
Full-time

Three Rivers Hospital is seeking a Rad/ CT Tech to produce CT scans and assist the Radiologist with interventional procedures that require CT guidance and to provide the best diagnostic images possible for the providers. Registered by the ARRT and Certified WA State. Graduation from an AMA – approved school of Radiologic Technology. Minimum of one year CT experience. (Technical staff can be crossed trained). Current BLS certification. Prefer ARRT certification in CT. 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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HELP WANTED

Receptionist/ Administrative Assistant

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants can apply at the Lake Chelan Mirror office at
310 E. Johnson Ave.
9 a.m.-5 p.m.
or send their resume to
P.O. Box 39,
Leavenworth, WA 98826.
EOE

Brewster School District is accepting applications for a full time payroll position. Medical, dental and vision benefits are offered along with paid vacation.
A full job description and application is available either on the district's website www.brewster.wednet.edu or by contacting the district office at 509-689-3418. Salary depends on experience. This position is open until filled. Brewster School District is an Equal Opportunity Employer.

HELP WANTED

Bus Driver/ Operator Organization: Okanogan County Transit Authority (TranGO)

There are two (2) positions available; Part-time, on-call positions based out of Okanogan, WA. These positions are hourly non-exempt. Compensation is \$19.06- \$20.62 per hour. These are an on-call and as needed positions. Must have a minimum Class B CDL and Passenger endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to clerk@okanogan-transit.com.
Application Deadline: Application review will begin November 6, 2019; open until filled.
Okanogan County Transit Authority is an Equal Opportunity Employer.

Actors needed for the 2019 Christmas Lighting Festival in Leavenworth, December 6-8, 13-15, 20-22. We need costumed characters for 1-3 weekends. We provide the costumes, props and compensation for your time, you provide the talent. Characters needed are St Nick, The Grinch, Nutcrackers, and Snowmen. Over age 18 preferred. Please contact Morgan Eastman, (509) 548-5807 events@leavenworth.org.

NCRL is looking for a Branch Librarian to join our team in Entiat! This position is part time (32 hours/ week) and benefits are included. Learn more and apply at: www.ncrl.org/currentopenings

HELP WANTED

Full and Part-Time Breakfast Catering Staff

The Leavenworth 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.

Administrative Assistant
Full-time

Three Rivers Hospital is seeking an Administrative Assistant to provide administrative support to the Executive Team and Board of Directors. AA Degree preferred; High School Diploma required. At least three years of advanced clerical office experience preferred. Strong skills using Microsoft Office Suite. Strong organizational skills, excellent customer service, time management abilities and professionalism. 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
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THEME: CLASSIC CHILDREN'S BOOKS ACROSS

1. Tetanus symptom
6. *Giant bird of "One Thousand and One Nights"
9. Cooking grease
13. Home to Buccaneers
14. Major division of geological time
15. Dressmaker's measurement
16. Brown, Dartmouth and Yale, e.g.
17. "To _____ is human"
18. Provide, as with some quality
19. "Brian Jacques's fictional world"
21. "One of Mr. Popper's visitors"
23. Like a fox? 24. Play charades
25. International Monetary Fund
28. Reproductive structures
30. 7th planet from the sun
35. *Arnold Lobel's "Mouse _____"
37. Approximately, two words
39. 50th state greeting
40. Cannonballs to cannon
41. Big Dipper shape
43. Niels _____ of quantum physics
44. Change the Constitution
46. "Hugo Cabret's "wheel"
47. Arctic jaeger
48. *a.k.a. Caroline Augusta Woodlawn
50. 70s hairdo
52. "Be quiet!" - onomatopoeically speaking
53. Like never-written story
55. Mining product
57. *"Roar of _____, Hear My Cry"
61. *The _____ in Times Square"
65. A variety show
66. *Peter Parker's Aunt
68. Escape 69. Signs of things to come
70. Military activities
71. Burdened
72. Black or green, hot or cold, pl.
73. No longer working, abbr.
74. "Once Upon a Time in Hollywood" trick

DOWN

1. Cookbook direction 2. Make way?
3. In the thick of
4. What Old Faithful does
5. Indian spice mix 6. Movie roll
7. Hockey legend Bobby
8. Plural of carpus
9. Carol on Christmas Eve
10. Pakistani language
11. Evening purse
12. *"That Was _____, This Is Now"
15. Plural of genus
20. Popular disinfectant
22. Second-largest bird in world
24. Error in a card game
25. Babel or Stern
26. * _____ Beaumont in "Savvy"
27. Was furious
29. Rugged rock
31. Priests' robes
32. Located near crannies?
33. Yeah or aye
34. *Plain and tall one
36. *The Witch of Blackbird _____
38. *The Series of Unfortunate Events" villain
42. Fielding mistake
45. Type of semiconductor, pl.
49. *But I heard him exclaim, _____ he drove out of sight"
51. Bay windows
54. Knight's shiny garb
56. "Bravol Bravol!"
57. *Mother Goose's "Dame _____ and Her Cat"
58. Part of hemoglobin
59. Iris holder
60. *Miss Clavel and such
61. Benign lump
62. Spiral-horned antelope
63. Biblical paradise
64. Backpacker's shelter
67. *Ivan of "The One and Only Ivan"

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HELP WANTED

Wanted: News Reporter
If you love to write and can take photos.
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Call Publisher Bill for an interview. 509-548-5286. or drop off or mail your resume to Publisher The Leavenworth Echo 215-14th St. Leavenworth, 9-5 Monday-Friday. EOE.

A part-time position for a Registered Dental Hygienist is available at a growing private dental practice in Brewster. Please call Brewster Dental, Dr. Adrian Tomarere's practice, for more information at 509-689-2557 or stop by at 11 Hospital Way to drop off your CV and pick up an application.

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PUZZLE SOLUTION

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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE REVENUE SOURCES AND POSSIBLE INCREASE IN PROPERTY TAXES
The Cashmere City Council will hold a public hearing on Monday, October 28, 2019 at 6:00 p.m. at the Cashmere City Hall on the City of Cashmere Revenue Sources and possible increase in Property Taxes. The public is invited to attend said hearing and make comment. Kay Jones City Clerk-Treasurer CITY OF CASHMERE
Published in The Cashmere Valley Record/ Leavenworth Echo on October 23, 2019. #86151

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of BARBARA. A. BAZNER, Deceased.
No. 19-4-00330-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030
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. 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(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: October 23, 2019

Personal Representative: VIRGINIA R. BECKLEY

Attorney for the Personal Representative: PEGGI MOXLEY
Address for Mailing or Service Elder Law of Wenatchee 216 S. Mission Street Wenatchee, WA 98801

/S/ VIRGINIA R. BECKLEY
Attorney for Personal Representative: ELDER LAW OF WENATCHEE, P.S.

By: /S/ Peggi Moxley
WSBA No. 21680
Published in The Leavenworth Echo/ Cashmere Valley Record on October 23, 30, and November 6, 2019 #86399.

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN

BROWNFIELD LAND, LLC
a Washington limited liability company,
Plaintiff,
vs.
VISION INVESTMENT EMPRISE, INC., a dissolved Washington corporation; **THE HEIRS AND DEVEISEES OF LLOYD M. SILVER,** deceased; **THE HEIRS AND DEVEISEES OF JOHN R. STEPHENS, JR.** deceased; **THE HEIRS AND DEVEISEES OF KAY S. STEPHENS,** deceased; **THE HEIRS AND DEVEISEES OF RICHARD E. JARDEEN,** deceased; **THE HEIRS AND DEVEISEES OF MARJORIE JARDEEN,** deceased; **THE HEIRS AND DEVEISEES OF MARSHALL D. ADAMS,** deceased; **THE HEIRS AND DEVEISEES OF MURIEL O. ADAMS,** deceased; **KEY TRUST COMPANY OF THE NORTHWEST,** a Corporation and Successor Trustee of the William R. Gregory Trust; **THE HEIRS AND DEVEISEES OF ROBERT NELSON,** deceased; **THE HEIRS AND DEVEISEES OF H. TORY HORN,** deceased; **THE HEIRS AND DEVEISEE OF CORINNE HORN,** deceased; and **ALL OTHER PERSONS OR PARTIES UNKNOWN,** claiming any right, title, estate, lien or interest in the real estate described in the complaint herein,
Defendants.

NO. 19-2-00763-04
SUMMONS BY PUBLICATION

STATE OF WASHINGTON to: VISION INVESTMENT EMPRISE, INC., a dissolved Washington corporation; **the Heirs and Devises of Lloyd M. Silver,** deceased; **the Heirs and Devises of John R. Stephens, Jr.,** deceased; **the Heirs and Devises of Kay S. Stephens,** deceased; **the Heirs and Devises of Richard E. Jardeen,** deceased; **the Heirs and Devises of Marjorie Jardeen,** deceased; **the Heirs and Devises of Marshall D. Adams,** deceased; **the Heirs and Devises of Muriel O. Adams,** deceased; **Key Trust Company of the Northwest, a Corporation and Successor Trustee of the William R. Gregory Trust;** **the Heirs and Devises of Robert Nelson,** deceased; **the Heirs and Devises of H. Tory Horn,** deceased; **the Heirs and Devises of Corinne Horn,** deceased; and **All Other Persons or Parties Unknown;**

By: /S/ Peggi Moxley
WSBA No. 21680
Published in The Leavenworth Echo/ Cashmere Valley Record on October 23, 30, and November 6, 2019 #86399.

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NO. 19-2-00763-04
SUMMONS BY PUBLICATION

STATE OF WASHINGTON to: VISION INVESTMENT EMPRISE, INC., a dissolved Washington corporation; **the Heirs and Devises of Lloyd M. Silver,** deceased; **the Heirs and Devises of John R. Stephens, Jr.,** deceased; **the Heirs and Devises of Kay S. Stephens,** deceased; **the Heirs and Devises of Richard E. Jardeen,** deceased; **the Heirs and Devises of Marjorie Jardeen,** deceased; **the Heirs and Devises of Marshall D. Adams,** deceased; **the Heirs and Devises of Muriel O. Adams,** deceased; **Key Trust Company of the Northwest, a Corporation and Successor Trustee of the William R. Gregory Trust;** **the Heirs and Devises of Robert Nelson,** deceased; **the Heirs and Devises of H. Tory Horn,** deceased; **the Heirs and Devises of Corinne Horn,** deceased; and **All Other Persons or Parties Unknown;**

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 25th day of September, 2019, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Brownfield Land, LLC, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Matthew S. Hitchcock, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed

PUBLIC NOTICES

with the clerk of said court. Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named. DATED this 20th day of September, 2019. JEFFERS, DANIELSON, SONN & AYLWARD, P.S. By s/ Matthew S. Hitchcock MATTHEW S. HITCHCOCK, WSBA # 51492 Jeffers, Danielson, Sonn & Aylward, PS PO Box 1688 Wenatchee, WA 98807-1688 (509)662-3685/ (509)662-2452 matthewh@idsalaw.com Attorneys for Plaintiff Published in The Leavenworth Echo/ Cashmere Valley Record on Sept. 25, and Oct. 2, 9, 16, 23 and 30, 2019. #86217.

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NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202, Seattle, WA 98104 Trustee Sale No.: WA-19-858326-BB Title Order No.: 190829424-WA-MSW Reference Number of Deed of Trust: Instrument No. 2138599 Parcel Number(s): 231905220360 Grantor(s) for Recording Purposes under RCW 65.04.015: LOREN G CLARK AND CHERI J CLARK, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): JPMorgan Chase Bank, National Association Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: JP Morgan Chase Bank, N.A. I, NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 11/1/2019, at 9:00 AM AT The Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 1, AS DESCRIBED IN AND DELINEATED ON SHERWOOD SHORT PLAT NO. 179, CHELAN COUNTY, WASHINGTON, RECORDED JUNE 2, 1976, UNDER AUDITOR'S NO. 760786, EXCEPT THE EASTERLY 4 FEET THEREOF. More commonly known as: 6045 SUNSET HWY, CASHMERE, WA 98815-9528 Subject to that certain Deed of Trust dated 2/26/2003, recorded 3/17/2003, under Instrument No. 2138599 records of CHELAN County, Washington, from LOREN G CLARK AND CHERI J CLARK, HUSBAND AND WIFE, as grantor(s), to GROUP 9 INC., as original trustee, to secure an obligation in favor of WASHINGTON MUTUAL BANK, as original beneficiary, the beneficial interest in which was subsequently merged to JPMorgan Chase Bank, National Association, the Beneficiary. II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$2,476.42. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$23,442.76, together with interest as provided in the Note from 11/10/2018 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 11/1/2019. The defaults referred to in Paragraph III must be cured by 10/21/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 10/21/2019 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 10/21/2019 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 5/24/2019. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/nsg/sfh/hcc/foi/index.cfm?webListAction=search&searchstate=WA&filterSvc=dfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-19-858326-BB. Dated: 6/27/2019 Quality Loan Service Corp. of Washington, as Trustee By: Christine Summerson, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-19-858326-BB Sale Line: 800-280-2832 or Login to: <http://wa.qualityloan.com> IDSPub #0154498 10/2/2019 10/23/2019 Published in The Cashmere Valley Record/ Leavenworth Echo on October 2 and 23, 2019. #85631

PUBLIC NOTICES

CITY OF LEAVENWORTH
On the 8th day of October 2019, the City Council of the City of Leavenworth WA passed the following ordinances. A summary of the contents of each provides as follows:
Ordinance 1598: An ordinance of the City of Leavenworth, WA, amending certain revenue and expenditure appropriations in the 2019-2020 budget and ordinance #1579 for the City of Leavenworth.
Ordinance 1599: An ordinance of the City of Leavenworth, WA, relating to the sewer system of the City; specifying, adopting and ordering a system or plan of additions to and betterments and extensions of that sewer system; declaring the estimated cost thereof; authorizing the issuance of a bond anticipation note (non-revolving line of credit) in the maximum principal amount of \$10,670,000 pending the issuance of sewer revenue bonds authorized herein; specifying the terms and covenants of the note; approving the sale and providing for delivery of the note to Cashmere Valley Bank; and providing for related matters.
A copy of the full text of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/ City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826.
Published in The Leavenworth Echo/ Cashmere Valley Record on October 23, 2019 #86397

Legion Act expands eligibility for membership

Post 64 gains new member

By MIKE MALTAIS
STAFF WRITER

CASHMERE – A new federal bill signed into law last July 30 has expanded eligibility for millions of U.S. military veterans to join the American Legion at a time when many Legion posts are struggling to recruit new members.

The measure, Senate bill 504, The LEGION Act (Let Everyone Get Involved in Opportunities for National Service) signed by President Donald Trump opens the door for an estimated six million veterans to access American Legion programs and benefits for which they previously were ineligible.

SB 504 was introduced by Senators. Kyrsten Sinema, D-Ariz., and Thom Tillis, R-N.C. A companion bill, House Resolution. 1641, was introduced by Representatives. Lou Correa, D-Calif., and Ben Cline, R-Va.

Prior to enactment of The LEGION Act, American Legion membership eligibility was restricted to military service during the following periods:

- WWI: April 6, 1917 – Nov. 11, 1918
 - WWII: Dec. 7, 1941 – Dec. 31, 1946
 - Korean War: June 25, 1950 – Jan. 31, 1955
 - Vietnam War: Feb. 28, 1961 – May 7, 1975
 - Lebanon/Grenada: Aug. 24, 1982 – July 31, 1984
 - Panama: Dec. 20, 19089 – Jan. 31, 1990
 - Gulf War/War on Terrorism: Aug. 2, 1990 – Present.
- The new law redefines the eligibility date from the above seven to two; WWI, April 6, 1917 to Nov. 11, 1918, and WWII, Dec. 7, 1941, until a time determined by Congress when the U.S. is no longer at war. The new law also honors thousands of veterans killed or wounded while serving during periods not previously designated as a time of war.

“Recognizing the service of these wartime veterans is the right thing to do and it is long overdue,” said National Commander Brett Reistad on the American Legion website, legion.org. “The families of those who were killed or wounded during these

wartime acts should take pride in knowing that we recognize their sacrifice and service.”

Veterans in the Cashmere area can sign up immediately online at legion.org/join or contact American Legion Post 64 Adjutant Wiley Collins 509-630-7125 (cell), 509-888-1904 (res.) or email wcollins@nwi.net for details regarding membership.

“We have about 52 members,” said Collins who added that Post 64 has already gained a new member thanks to the LEGION Act, George Komro of East Wenatchee, whose brother, Ken, is a Post 64 member.

Ken Komro, 71, served in the Army in Vietnam from 1969-72, an eligibility period approved under earlier rules. His older brother, George, 89, saw military service from 1955-57, after the end of the Korean War and during a period not eligible until the LEGION Act expanded eligibility.

“George always wanted to be a member of the Legion,” said his brother, “and joined at our meeting on Oct. 3.”

While existing Legion membership applications are being updated, applicants can enter “Legion Act” into the eligible date section of the current document.

Posts in the small outlying areas have seen declining memberships over the past years. American Legion Post 218 in Bridgeport, Wash, closed its doors last year after 68 years in operation citing lack of new members. Post 218 was formed in June 1950 and closed one year before the American Legion celebrated its 100th anniversary.

“There are 600,000 veterans in Washington State,” said Area Three Commander Denny Pittman, of the potential pool of new Legion members. Pittman is a member of Columbia Post 97 in Brewster.

The American Legion was founded in 1919. Today there are more than 13,000 posts with two million members worldwide.

The American Legion Auxiliary was also formed in 1919 and the Sons of the American Legion in 1932. The Legion Act changes the eligibility criteria for descendants of military veterans and extends membership privileges to that group as well.

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5 step fire safety checklist



(BPT) - When flames engulfed his 1940s beach bungalow without warning, actor Taylor Kinney was thankful to make it out alive. That experience, paired with his role as one of America's favorite TV firefighters, inspired him to advocate for fire safety and is why he's partnering with First Alert this fall to share important messages about fire safety preparedness.

"In my role as a firefighter on TV, I help portray very serious and dangerous fire emergency situations," said Kinney. "But one of the most dangerous of all is the lack of fire safety precautions among a majority of Americans, including having working smoke and carbon monoxide alarms to provide early warning in the event of a real home emergency."

Recent research shows that more than 60% of consumers do not test their smoke and carbon monoxide (CO) alarms regularly. That, along with other easy-to-perform tasks,

can mean the difference between a safe home and a dangerous home. This simple fire safety checklist can help ensure your home and family are protected from the threats of smoke, fire and carbon monoxide.

1) Install smoke alarms on every level and in every bedroom. Three out of every five home fire deaths result from fires in homes without smoke alarms or with no working smoke alarms, according to the National Fire Protection Association (NFPA). For maximum protection, install smoke alarms inside every bedroom, outside each sleeping area and on every level of the home, including the basement.

2) Testing and maintaining alarms is key. Alarms should be tested regularly and replaced at least every 10 years. Help ensure your alarms remain in good, working order by changing the batteries at least every six months. For

hassle-free protection, install alarms like the First Alert 10-Year Smoke and CO Alarm available at Lowe's, which has a sealed 10-year battery - rendering battery removal and replacement a thing of the past. Many cities and states require sealed 10-year battery alarms, so check with your local fire department if you do not know what to install.

3) Equip your home with fire extinguishers. Beyond alarms, having fire extinguishers - and knowing how to use them - is an important part of maintaining a safe home for you and your family. Every 24 seconds, a fire department responds to a fire, according to the NFPA, so being prepared to fight small fires is critical. Place extinguishers in convenient locations on every level of the home, in the kitchen and in the garage.

4) Protect against the "silent killer." An odorless and invisible gas, CO is the number one cause of accidental poisoning and can only be detected with an alarm - yet only 47% of homeowners report owning a CO alarm. Consider hassle-free protection by installing 10-year sealed battery alarms and, just like smoke alarms, be sure to check all CO alarms regularly using the "test" button for continued protection.

5) Plan. Practice. Repeat. Recent consumer research reveals that less than 50% of homeowners have an escape plan - and even fewer practice a plan regularly. Make sure to involve everyone in your household in creating a plan and practice it at least twice every year. As part of this plan, equip second-floor bedrooms with escape ladders and discuss how to use them. Identify two ways out of each room and a meeting place outside. Emphasize that once at the predesignated meeting area, call 911 and wait until officials clear your home to re-enter it safely.

For more information, visit www.firstalert.com.

How to Turn a Simple Shed into a Livable Oasis

(StatePoint) Once the domain of lawnmowers and gardening tools, today's backyard sheds are being repurposed into unique, functional spaces (think: she-shed, bunkhouse or even a bar pub) complete with plumbing and electricity.

Here are tips from the experts on how to turn a simple shed into a backyard oasis.

"Quite often, we are seeing that homeowners are adding electricity to backyard sheds and using decorative interior lighting to make a statement, just as lighting would be used in the interiors of a home," says Jennifer Kis, director of marketing communications for Progress Lighting.

Backyard sheds are widely available at garden centers, hardware and home stores in a variety of architectural styles, from traditional to modern. Sheds range in size, from small (under 80 square feet), medium (approximately 90 to 120 square feet) and large (ranging from 144 to 288 square feet.) Choose a size appropriate for the use -- for example, a gardener's getaway or she-shed may be on the smaller size. A bunkhouse or bar shed will need to be larger.

Decide whether this will be a DIY project from the ground up, or whether a prefabricated shed best meets your needs. Check with your local planning department to comply with codes and guidelines. Decide if the shed will mirror the architectural features of your home. Keep in mind that because sheds are not tall, the roof will be visible and should be considered as part of the design.

When turning a backyard shed into a dream bunkhouse at her lakeside home, designer, artist and owner of Meme Hill Studio, Amie Freling Brown put this to the test.

"I'm obsessed with the tiny living concept and the she-shed movement," says Freling Brown. "When we decided we

needed more sleeping space for our 750 square foot lake house, we knew it was time to create our own tiny house."

Choosing a 10 by 12-foot classic backyard shed with a gambrel roof, gable vents, transom windows and 7-foot walls to give top campers in the bunk beds more headroom, Freling Brown transformed a simple shed into a bright, nautical farmhouse-inspired bunkhouse, complete with electricity for an overhead light, two wall lanterns and electrical outlets.


The hand-painted wood grain texture of its overhead pendant inspired Freling Brown's choice of reclaimed wood paneling for the ceiling, creating an unexpected d cor


detail. She added vinyl plank flooring that would stand up to sandy, wet feet from the lake. Beadboard paneled walls painted in a semi-gloss white make the most of the reflected light, adding to the small space's open, airy feeling. As a contrast to the light palette of the bunkhouse interior, she used color in coordinating bedding, nautical decor and navy furniture, as well as accessories make it warm and inviting.

For more lighting tips, trends and inspiration, visit Progress Lighting at progressltg.com/Lighting.


By transforming a shed into a livable oasis, extending your home's living space is both trendy and easy.



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We want to thank you for your support of our business since 1955!

Join us for the Grand Opening of our newly remodeled Design Showroom, now located across the street in the Marson and Marson store in Leavenworth.

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on more ways to educate
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cybercrimes, visit SchwabSafe.

For more quick and easy guidelines to becoming a better recycler, visit RecyclingSimplified.com.

The advertisement for Marson and Marson Lumber features a collage of images showing various construction and lumber-related activities. At the top, the company logo is displayed in a white box with a red background. Below the logo, a red banner contains the tagline "Building Relationships. Building Projects. Building Materials." The main body of the ad is a grid of images: a house at night, a worker in a red shirt standing next to a blue pickup truck, a modern interior with large windows, a close-up of lumber, a worker in a red shirt operating a yellow forklift, a close-up of a paintbrush, a group of five workers in red shirts standing together, and a close-up of a hand using a red power drill. To the right of the middle row of images, a text box lists services for homeowners, DIYers, remodelers, and contractors. At the bottom, a red banner lists five locations with their phone numbers: Leavenworth, Chelan, Wenatchee, Cle Elum, and Design Center. The website URL and social media icons are at the very bottom.

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