

CASHMERE VALLEY RECORD

CELEBRATING 112 YEARS • 1907-2019



AUGUST 14, 2019 • VOLUME 112, No. 33
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Salmon Spawning Starts New Generation at Leavenworth National Fish Hatchery



SUBMITTED BY JULIA PINNIX

PHOTOS SUBMITTED BY JULIA PINNIX

August is an exciting month at Leavenworth National Fish Hatchery. This is when our next generation of salmon gets its start. This year, 472 females and 469 males await their opportunity to spawn in the next few weeks.

We raise 1.2 million spring Chinook salmon every year for release into Icicle Creek. Releases happen in April, and the young smolt swim 500 miles downstream, through seven dams, and out into the Pacific Ocean. Half will die before reaching the sea. The other half are on their own, heading north to the Bering Sea to feed and grow for another one to four years.

Leavenworth fish are very faithful: they find their way back to the Columbia River when they feel the urge to spawn, and travel all the way upstream and through those seven dams to reach Icicle Creek and enter our holding ponds, following their acute sense of smell and their memory of the journey out. Leavenworth's stray rate is exceptionally low.

Spring Chinook are named for their habit of returning in spring, even though they won't actually spawn until August. This timing may seem odd—until you take a walk beside Icicle Creek right now and have a look at the low water level. Now is not the time to migrate into the high, cold streams Chinook salmon prefer. A spring arrival means there is plenty of water, and the fish can get well up into the headwaters of their preferred home stream. Then they find a cool pool,

and wait.

Why not lay eggs in spring? Because summer is coming, with its high water temperatures and shallow depths. That's a lousy time to be an egg. Laying eggs in August instead means the salmon will hatch in autumn, a better time for them to survive as temperatures cool and fall rains raise the river levels.

Our hatchery fish are almost ready to lay their eggs. On Tuesday mornings in the second half of August, the entire staff turns out to help with spawning. Unlike their wild brethren, hatchery fish will have their eggs collected in bowls. Each bowl will be fertilized with milt from two male salmon, ensuring a high degree of fertilization. The bowls are carefully driven to the nursery, where the eggs are washed and each bowl is emptied into trays designed for incubation.

Staff from the Mid-Columbia

Fish and Wildlife Conservation Office (MCFWCO) take data on the spawned fish. Measurements, genetic samples, and scales are used to describe the broodstock. Additionally, each fish is put through devices that detect two types of tags that were implanted into the juvenile fish months before they were released. Coded wire tags, the width of a mechanical pencil lead, are collected and read under a microscope. Then the code is entered into a huge database that covers the entire Pacific Northwest. Passive integrated transponder (PIT) tag information is also collected. These tags can bounce back signals and help us track our fish in real time as they return.

In addition, Fish Health veterinarians and staff take measurements and biological

CONTINUED TO PAGE A3



Drought Effects

SUBMITTED BY ANTHONY D. JANITZER
Secretary, Manager, Icicle & Peshastin Irrigation Districts

The Icicle & Peshastin Irrigation Districts believe that they will have to

start prorating water deliveries to the water users that receive water from the Peshastin Main Canal soon if things continue on their current

course.

This means that we will reduce the maximum instantaneous delivery flow from 6.75 gallons per minute (GPM) per share (acre) to 4.5 GPM. It is hard to know when this will happen. Peshastin Creek does not currently have enough water in it to meet current water demands. We can and are bringing water from the Icicle Creek and delivering it into the Peshastin canal. The pipe that takes water from the Icicle Canal to the Peshastin canal can handle about 15

Cubic Feet Per Second or about 6700 GPM and is currently transporting about 10 CFS. Once that pipe is maxed out and the end of the canal goes dry, we will have to cut water use on the canal to make sure that we can get an equal amount to all water users.

Our farmers are doing a good job with their water use. We would normally be using about 48 CFS at this time and are currently only using about 36 CFS. If they were trying to use their normal amount of

water, we would already be rationing water. The better job they do, will push back the need for prorating. We ask all water users especially those serviced by the Peshastin

Main Canal to conserve water. This is a critical time for crops, and we all need to do our best to make sure that water gets to where it is needed. We do not believe that we will have to prorating any of the other water users. We have started releasing water from the reservoirs. The reservoirs started out about 2000-acre feet

below full this year (approximately 20,000 AF max capacity). Eight Mile Lake was not allowed to fill all the way due to the condition of the dam and the water shed above it; Snow Lake did not fill due to the lack of snow above it. The water sheds in our area are tracking at about 70 percent of normal.

The Icicle & Peshastin Irrigation Districts have a facebook page that we post things like this. If you have questions feel free to call the office at 782-2561 or the manager at 433-4064.

EMERGENCY COMMUNICATION SYSTEM Proposition 1: Renewal of Enhanced 911 Emergency Communication Systems and Facilities Sales and Use Tax

Measure	Vote	Vote %
YES	5,906	83.75%
NO	1,146	16.25%
Total Votes	7,052	

August 6, 2019 Primary

Last updated on 08/09/2019 3:41 PM

CHELAN-DOUGLAS PUBLIC TRANSPORTATION BENEFIT AREA CHELAN-DOUGLAS PUBLIC TRANSPORTATION BENEFIT AREA ("LINK TRANSIT")

*Multi-county race. Results include all counties involved.

County	Measure	Vote	Vote %
Chelan	APPROVED	10,259	57.98%
	REJECTED	7,434	42.01%
Douglas	APPROVED	3,261	50.6%
	REJECTED	3,183	49.39%
Combined Total			
All	APPROVED	13,520	56.01%
	REJECTED	10,617	43.99%
Total Votes		24,137	100%

CHELAN COUNTY Renewal of Enhanced 911 : Emergency Communication Systems and Facilities Sales and Use Tax

Measure	Vote	Vote %
YES	14,314	85.03%
NO	2,520	14.97%
Total Votes	16,834	100%

Local Wastewater Treatment Plants Honored with Performance Award

By BRANDI CHARLES

Making this year's list of top performing Wastewater Treatment plants is the Cashmere plant and the Stevens Pass plant.

The vast majority of us don't consider where our water comes from when we turn on the tap, we take for granted that our water will be clean and healthy to ingest, bathe in, cook with etc. As well as managing the safety of the water we drink, wastewater treatment plants also provide the important task of treating what goes into toilets and sinks. "Wastewater treatment plant operators are local heroes. They are protecting water quality everyday," said Polly Zehm, the department of Ecology's deputy director. "They deal with everything that you flush or put down the drain. That includes some things that you probably shouldn't be putting down the drain, things like those disposable wipes.

Wastewater treatment plants keep the state's water clean by keeping pathogens, chemicals, trash and sewage out of our water. Since keeping these critical facilities in peak condition can be a very tough job,

the outstanding performance award is given annually to recognize the tough work of the personnel who staff them. Matt Jenkins, the public works manager for the city of La Center says "the positivity and pride that the operators get from achieving the award permeates through the entire organization. This award is one of the major goals we as a staff set out for ourselves every single year."

While working at a wastewater treatment plant may not sound especially glamorous to most of us, it is a critical role that the employees take very seriously. Dean Bugher, city of Kennewick's wastewater services crew leader states "staying knowledgeable about our craft and up to date on compliance issues along with properly maintaining equipment aids in our success. This in turn helps us to achieve a quality effluent which everyone can be proud of, knowing that we have done our part in keeping the aquatic environment around us clean, healthy and safe for all who use and enjoy."

The department evaluated more than 300 plants in the state of

CONTINUED TO PAGE A3

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What has happened to the Democrat Party?

The Democrats have always been the party of the left. The party of "progressive" ideas. The party that promises to look out for the little guy, the working people. At least, that is how they describe themselves. While that is what they claim to be, the current crop of political hopefuls are totally focused on bribing voters or threatening Armageddon if voters don't return them to power.



BILL FORHAN
PUBLISHER

Let's just take a look at the list of characters. Leading candidate Joe Biden is proposing to expand Obamacare, embrace the green new deal, and reform the justice system. He's short on details and long on gaffs. Someone is going to begin to question Joe's age and stamina but he is the most seasoned and well known Democrat on the campaign right now. The big question for Democrats is, can he win against Trump?

Behind Biden are two extremely left candidates who are in a dead heat for second place both polling at about 20 percent. As of last Friday, Elizabeth Warren was polling at 19 percent and Bernie Sanders is at 20 percent. Both seem to be competing for

ownership. Warren has even proposed creating her own government owned drug manufacturing company to compete with private industry and she would ban all private insurance companies.

Behind these two candidates California Senator Kamala Harris is currently polling at 9 percent of Democrats. Harris is followed by the Mayor of South Bend Indiana, Pete Buttigieg who is polling at 8 percent. After that is a bevy of other candidates who are struggling to poll more than 1 percent each including Washington's own Governor Jay Inslee.

Nearly all espouse an ever growing list of free stuff, a takeover of more of America's latest unpopular private industries and more regulation of our daily lives. This is an old Democrat scam to win elections by bribing voters or pandering to those who feel victimized by the established American system.

The other Washington has been grabbing more and more control over our lives for decades. Democrats and many of their Republican partners are sensing a growing loss of control. Having been defeated by an outsider who is unraveling the established DC order, they are reverting to their time tested methods of regaining it.

The problem is they never examine the effectiveness of their current programs. They create huge bureaucracies that are continually expanding control of our daily lives while never being held accountable for their failures.

Let's just look at one example of the failure of the Federal Bureaucracy - Education. The Federal government took over education in this country with the formation of the Department of Education. Ask yourself, has education improved as a result?

I would posit that our young people today are less informed on issues of how our system of government works or even basic scientific principles than at any time in our history.

Today our youth willingly attack the American concept of freedom of speech demanding that we must never say anything that could hurt someone's feelings. Today our young people see the Electoral College as an impediment to our elections. Today our young people push for socialism despite obvious examples of how it has never worked and has often ended badly.

Today our youth buy into the concept of a dying planet despite growing scientific arguments that suggest Global Climate change is nothing more than a political hoax. They readily dismiss any evidence from true environmental scientists that challenge the concept of carbon dioxide as a pollutant that must be eliminated, as the ranting of greedy corporate sycophants.

Many of our youth have become so indoctrinated by the educational establishment about the coming end of the



world that they are declining to have children. This should be considered a national tragedy.

I do not fault the young people who have become rabid environmentalists for their enthusiasm in supporting a cleaner natural environment. I fault an educational system that has failed to teach them to be critical thinkers.

President Eisenhower once said, "beware the military industrial complex." Today we should be saying, "Beware the government education complex."

What we truly need is more competition in our educational system. We need to abolish the government monopoly of education. We need school vouchers and we need to shut down the Federal Department of Education. It has become a propaganda machine for the Federal government.

Do not take this as an indictment of teachers. They are victims of the monopoly. The problem here is education has been politicized. Our system will continue to drift more toward socialism until we

remove the power of the federal government to influence the curriculum through their control of funding.

The answer to what has happened to the Democrats is they have become drunk with power. They will do anything to get it back. They will destroy this great republic and bankrupt the country with their schemes to increase their power over us.

In the current election it is most likely that either Sanders or Warren will win the primary as the other candidates, who will be unable to command a dominant lead, will swing their support to one of them. Old Joe will most likely fade as the socialists begin to attack him as the status quo.

The American people must reject the insanity being offered by the Democrats. They are not going to see the light of their out of touch ideas until they have been thoroughly rejected - numerous times.

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

School starts soon ... be aware of kids

It may be a tired old cliché, but it is always a word to the wise - school starts soon so watch out for kids. That includes watching out for school buses, traffic monitors and safety patrols as well as speed limits in school zones.



APPLES TO APPLES
GARY BÉGIN
NCW MEDIA
MANAGING
EDITOR

While school gun violence dominates the news, the quiet statistics of student deaths due to car accidents should always be top of mind. Our rush-about society has always been wary of pedestrians, but this time of the year it is even more important to be cautious

of the little kids who aren't necessarily used to walking in high traffic areas.

It is unfortunate so many parents choose to drive their kids to school, causing much more congestion than needed. Taxpayers pay for school buses, not exactly a cheap purchase, so more parents ought to let their future Einsteins ride them.

Riding the bus is another way of "socializing" your children. Call it tough love or whatever you want, the more

children are insulated from their fellow students, the easier it is to become alienated from them which could eventually lead to anti-social behaviors such as violent acting out.

I am not a "shrink", but I play one in this column. Think about this, Little Johnny spends his entire life being "protected" from other Little Johnnies until one day they are forced to actually meet each other. This interaction should not look like a man among Martians, but simply as one child to another sharing interests and ideas, heroes and villains.

Constantly protecting your

child will only lead to that child having an unwarranted fear of the rest of the world even if only from lack of interaction. Lack of familiarity with anything is an easy way to breed fear due to simple ignorance. We all want Little Johnny to grow up one day to be Einstein-like, then let them explore the world and discover things for themselves. The good, bad and ugly. Eventually this will lead to an ability to make sound judgments as to right and wrong. At least that's the theory.

To make matters worse, many teens and adult drivers are habitually texting and/or talking on their cell phones, thus not paying full attention to pedestrians, especially the smallest among us. Perhaps these drivers too, were over-protected as youngsters? Ignoring the reality of driving a car because of the false reality of a "must have" conversation is inherently dangerous.

Washington state passed a law against "distracted driving" and the citizenry best pay attention. Just as in the old days when seat belts were first introduced, many

drivers ignored the need for them. Finally laws were passed and tickets were handed out to violators.

The same thing will start happening to those addicted to texting and/or talking while driving. No parent, sibling or grand parent wants to attend a funeral this coming school year. It should be a time of celebration and achievement for all our students, not hospital visits.

Drivers who speed through school zones are committing "attempted murder" via vehicular homicide, but these are unnecessary crimes against the most innocent.

Just as in Smokey Bear advertisements, "only you" can prevent student/car incidents by paying attention to what you're doing behind the wheel. The future of America is literally in your hands when you take the wheel and drive in a school zone. Govern yourself accordingly.

Managing Editor Gary Bégin can be reached at gary@ncwmedia.net. His opinions are not necessarily those of NCW Media.

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COMMUNITY CALENDAR

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

Story Time and Spin Art Craft

August 14, story time and Spin Art Craft at 10 a.m., at the Cashmere Library. (r33).

Summer Program Party

Explore the universe as we design a rocket, play

games, make cool crafts, paint with robot balls, and take in treats. Fun for all! Come and celebrate a great summer with the Cashmere Library on Thursday, August 15, 3-4:30 p.m. at the River Side Center, 201 Riverside Dr. (r32,33).

Peshastin

The NCRL Puppet Show

On August 15, 4 p.m., the

Puppeteers will be back with another original presentation. This is a fun event for the whole family. End of the Summer Library Program Party will include outdoor games, raffle prizes and treats on August 17, 2 p.m. (er32,33).

P-D Annual All School Picnic

Saturday August 17, 11 a.m. Potluck at noon at the

Dryden School Memorial Park.

Bring your favorite potluck food to share and bring a comfortable chair to sit on (picnic benches available). Also bring your own table service. Coffee and water provided. Spread the word to classmates and see if we can make this year the best ever. Please call Marilou Whaley Hughes. 509-630-0515 (er32,33).

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CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

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

5505 Titchenal Way, Behind.

August 2

00:51 **Hazard**, 200 Blk. Pioneer Ave.
 08:03 **Animal problem**, Main and School Streets.
 21:37 **Accident, no injuries**, 108 1/2 Cottage Ave.
 22:35 **Court order violation**, 108 Pioneer Ave. #1.

August 3

02:05 **Suspicious**, 108 Cottage Ave., Club Crow.
 18:11 **911**, 100 North St. #206, Apt. 20.
 19:44 **Accident, no injuries**, 8080 N Dryden Rd., Dryden.
 21:40 **Court order violation**, 108 Pioneer Ave., #1.
 23:29 **Welfare check**, 106 Titchenal Way, Chevron.

August 4

00:09 **Hazard**, Pioneer Ave. and Evergreen Dr.
 03:30 **Disturbance**, 6343 Tigner Rd.
 14:46 **Public assistance**,

August 5

16:24 **Traffic offense**, Sunset Hwy., and Paton St.
 21:27 **Property**, 6615 Hay Canyon.

August 6

08:45 **Suspicious**, 6700 Osprey Ln., Dryden.
 14:27 **Suspicious**, West Monitor Bridge, Monitor.
 20:48 **911**, 100 North St. #206.

August 7

09:41 **Theft**, 115 E. Pleasant Ave. #13.
 14:30 **Public assist**, 102 River St.

August 8

17:38 **Trespass**, 7888 Stine Hill Rd., Dryden.
 19:12 **Public assist**, 7888 Stine Hill Rd., Dryden.
 20:08 **911** call, 6125 Hay Canyon Rd.

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 MEETING SCHEDULE

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.

SENIOR CENTER MENUS

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

August 15, Thursday: Spaghetti and meat sauce, Caesar salad, Mandarin oranges, garlic bread, dessert.
August 16, Friday: BBQ meatballs, rice pilaf, cauliflower w/ chives, mixed greens salad, roll, peach cobbler.
August 17, Saturday and August 18, Sunday: No lunch.
August 19, Monday: Chicken Chop Suey, noodles or rice, Asian style slaw, pineapple, garlic bread, Fortune cookies.
August 20, Tuesday: Chicken strips, Jo Jo's, trio vegetables, spinach salad, Mandarin oranges, dessert.
August 21, Wednesday: Meat and spinach wrap, carrot raisin salad, fresh fruit tray, corn chips, dessert.

2019 Washington Apple Harvest Predicted to be 137.3 Million Boxes

Yakima – The Washington State Tree Fruit Association (WSTFA) released its forecast for the 2019 Washington state fresh apple crop. The 2019 forecast is for a fresh pack crop of 137.3 million standard forty-pound boxes of fresh apples. This is an 18 percent increase from 2018's 116.7 million box crop. "WSTFA members are expecting an ample 2019 apple crop with a good mix of varieties for today's market" said Jon DeVaney, WSTFA President. "Favorable summer growing weather means that Washington growers are expecting a crop with excellent quality and finish." Consumers will have many varieties of Washington apples to choose from. Gala is projected to be the most numerous variety in 2019 at 23% of production, with Red

Delicious at a projected 20%. These varieties are followed by Fuji at 13% and Granny Smith at 12% of total production. This year Honeycrisp is forecast to come in at 12% of the total crop and Cripps Pink at 5%. Organic apple production is forecast to be 13% of the total, or 18.3 million boxes. Although it should be noted that typically not all organic production is ultimately packed and marketed as organic. This forecast is based on a survey of WSTFA members, and represents a best estimate of the total volume of apples that will eventually be packed and sold on the fresh market (excluding product sent to processor). Apple harvest typically begins in August and continues into November, and as a result this forecast is still subject to several months of variable weather which can affect the final harvest total.

Fish Hatchery

CONTINUED FROM PAGE A1

samples. For example, liver samples can indicate whether a female salmon was infected with bacterial kidney disease (BKD). BKD can be passed down to the eggs. Since every female's eggs are kept in a separate tray, we can go back later and remove any unhealthy eggs without infecting the other batches. Leavenworth's hatchery program is monitored and evaluated by the MCFWCO. We want our hatchery fish to come back to our hatchery and not interbreed with wild fish. Our production staff watches over them closely, reporting any issues at once to our on-site Fish Health staff and working together to solve health problems rapidly. We support tribal hatchery programs by supplying space at our site and providing eggs during spawning season to be raised in other locations. When ocean conditions cooperate, our salmon offer commercial, tribal, and sport harvest as well as being a source of food for wildlife. The fisheries of the Columbia River Basin are challenging to manage. Hydroelectric and irrigation dams provide low-cost electricity for industry and residents, and water for millions of acres of agricultural land, forming the backbone of our economy and keeping the

cost of living among the most affordable in the nation. The economic infrastructure and our growing population put enormous pressure on our natural resources. Keeping salmon in our rivers is not easy and not without risk or cost; but it is a task that multiple partners—federal, state, and county agencies, tribes, public utility districts, cities, and communities—all work together to support. We are proud to be part of this effort. And we welcome visitors to the hatchery to learn more and, if your timing is right, to watch the spawning and welcome the next generation of salmon to Leavenworth.

You can reach Julia Pinnix, Visiter Services Manager, Leavenworth National Fish Hatchery at 509-548-2915, or Email at Julia_Pinnix@fws.gov, 12790 Fish Hatchery Road, Leavenworth, WA, 98826
The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit www.fws.gov

Wastewater

CONTINUED FROM PAGE A1

Washington to determine that issues such as pollution limits and permit requirements are being met. While nearly one-third of all systems state-wide achieved full-compliance with their permits in 2018, the Stevens Pass water treatment plant located in Chelan county, was mentioned as

a top performer with the annual wastewater treatment plant outstanding performer performance award. It is easy to take clean water for granted and to discount the work that goes into maintaining the facilities tasked with such a role, so finding out the water treatment plant serving this area not only met, but exceeded state standards is a refreshing fact that we can all drink up.

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

This ad sponsored by the Cashmere Valley Record

Great Ways to Staycation During the Warmer Months

(StatePoint) Whether you're taking a staycation or just looking for some fun in the sun near home, check out these ideas for creating instant summer vibes:

• **Get Beachy:** You don't need to live near or travel to the shore to turn your backyard into an exclusive beach getaway. All you need are some lounge chairs, shades, SPF and your favorite magazines or page-turning novels. For a bit more active relaxation, invite some friends over for frisbee golf or set up a net and play "beach" volleyball.

• **Eat Light:** When you eat better, you feel better. Stay refreshed in warm weather with fresh fruits, vegetables, superfoods and better-for-you fare. Look for local dining options that bring

tropical flavors to you, such as Tropical Smoothie Cafe, a leading national fast-casual cafe. You can get five servings of fruits and vegetables with their popular Island Green smoothie, made with spinach, kale, mango, pineapple and banana. It's good for you and tastes great. Another favorite for embracing the tropical vibe is the Bahama Mama, featuring strawberries, pineapple, white chocolate and coconut. Delicious wraps, flatbreads and sandwiches are great complements to a smoothie and good choices for those wanting to eat lighter fare this season. To learn more, visit tropicalsmoothiecafe.com.

And remember, nothing speaks to the season like a fresh meal accompanied by a fresh breeze. On sunny days, head to the park for a picnic lunch, or host friends for al fresco dining on your deck.

• **Have Fun:** In warm weather, there is no shortage of fun to be had. Go roller

skating. Hike a local trail. Attend a baseball game. Play mini golf. Bike to the next town. Take advantage of the great weather by spending time active and outdoors.

• **Jam Out:** For road trips, both long and short, backyard barbecues and more, the right playlist can create the perfect vibe. When making the playlist, think about the songs that evoke your favorite sun-and-fun memories. Then, pump up the jams whenever the mood strikes. Be sure you have portable speakers for the season so your summer soundtrack is handy wherever you go.

Summer is a state of mind. Get into the mindset without leaving town.



Stay refreshed on your warm weather staycation with better-for-you fare.

A Word to the Lonely

In a world plagued by loneliness, the truth is we are never truly alone. On a very human level, there is always someone thinking and praying for your benefit. Whether it be, as an Orthodox Romanian monk reminded me earlier this week, a hermit on some isolated mountain or a small group of devoted saints in a rural Baptist church, you are always in someone's thoughts and prayers.

Now some may ridicule or even scorn, scoffing at the effectiveness of prayer but they fail to realize how powerful having someone praying for you is. To think, there is someone right now as I am typing this, taking a moment to pray for my good is deeply encouraging. Likewise, while you are reading



A WALK WITH PASTOR JOHN SMITH

measure of comfort. I know of individuals when others are snug in their beds, are up at 3 a.m. often on their knees in prayer and intercession for people. The reason why is because they believe that people need prayer and those souls are worth praying for—you are worth praying for.

When I am reminded of this, it is a great help to me because I am never too far out of reach from the Body of Christ. I am always being ministered to, regardless if I am aware of it. If I succeed, part of it is in response to someone's prayer. When I fail or fall in sin, someone is being obedient to pray that I will be carried by grace and find forgiveness in Christ.

The same goes for you. This level of care and demonstration of mutuality extends beyond denominational boundaries. For example, we shouldn't find it odd or strange that a Baptist would pray for an Episcopalian, or a Lutheran moving to minister to the needs of a Presbyterian. If we call upon Jesus as Lord and believe in His name alone for the salvation of our souls, regardless of denominational stripe, we are all united—together underneath the headship of Christ (Ephesians 4:4-6).

So, as you go about your day, and finally come to rest your head on the pillow at night and loneliness begins to creep in, remember that there are people (including me) out there who've been thinking about you and that you aren't alone.

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

Community Foundation of NCW Welcomes New Trustees

The Community Foundation of NCW is pleased to announce five new members to join its Board of Trustees: Diane Blake, Chris Goetz, Jesus Hernandez, Evan McCauley, and Dr. Doug Wilson.

The foundation is overseen by 27 board members from communities across the NCW region who bring various skills and talents to the organization. Each Trustee commits to three 3-year terms; additional years if they serve as an officer.

Diane Blake - CEO, Cascade Medical Center (Leavenworth)

Diane is the Chief Executive Officer of Cascade Medical Center, a critical access hospital, ambulance service, and rural health clinic located in Leavenworth. Diane holds a degree in Finance from Gonzaga University. Diane has served as the NCW Hospital Council Chair, as a board member of the Leavenworth Rotary Club, and as Chair of the Rural Hospital Committee for the Washington State Hospital Association. In addition to her role on the CFNCW board, she currently serves on the boards of both the Association of Washington Public Hospital Districts and the Washington State Hospital Association in officer positions. Diane enjoys spending time being active in the outdoors of our beautiful region, including hiking, skiing, snowshoeing, biking and tennis. She also enjoys gardening, cooking, reading and traveling. Diane and her husband, Martin Straub, have two grown children.

Chris Goetz, CPA - Linder & Goetz, PS (Wenatchee)

Chris has a Bachelor of Science in Accounting from Washington State University and has been practicing Certified Public Accountant for 34 years. He has served on

numerous boards, is currently a Trustee for Wenatchee First United Methodist Church, 2017 President of the Wenatchee Valley Chamber of Commerce, and Treasurer of Wenatchee Golf and Country Club. Chris enjoys cycling, golf, and softball and spending time his wife Denise and their two children.

Jesus Hernández - CEO, Family Health Centers (Omak)

Jesus is currently the CEO for Family Health Centers (FHC) in North Central Washington, which delivers care for all communities in Okanogan County and the north portion of Douglas County through medical and dental clinics, pharmacies, and other programs. Jesus has over twenty years of experience in workforce development, education, healthcare, and finance. He's served on multiple state, regional, and local boards and taskforces in both health and education sectors, including 20 years on the Wenatchee School Board. Jesus is the proud father of two grown sons.

Evan McCauley - Attorney, Jeffers, Danielson, Sonn & Aylward (Wenatchee)

Evan joined Jeffers, Danielson, Sonn & Aylward in 2011. Prior to joining JD SA, Evan practiced as a Certified Public Accountant in Seattle where he worked for an international accounting firm and for a Fortune 500 company. His background in accounting and law brings a valuable skill set to the foundation, including tax and estate planning and trust matters. Evan grew up in Leavenworth and enjoys mountain biking, basketball, and spending time with his wife Petra, their four children, and dog Charlie at the family cabin on Lake Chelan.

Dr. Doug Wilson - Family

Physician, Confluence Health (Tonasket, Wenatchee)

Dr. Wilson is a board certified family medicine physician with Confluence Health. He practiced for 15 years in Tonasket before relocating to Wenatchee in 2019. Dr. Wilson attended medical school at the University of Washington and completed his residency at Ventura County Medical Center in California. He has served on the board of the Urban Health Project in Seattle and currently serves on the boards of the North Central Accountable Community of Health, Wenatchee Valley Medical Group, and Confluence Health. Dr. Wilson has also volunteered as a physician in Honduras and Guatemala and enjoys playing jazz piano, downhill and skate skiing, and running with his wife and two daughters.

The foundation wishes to thank and recognize outgoing Trustees Dr David Kolde, Vishali Bhide, Ken Marson, Steve Robinson and Eliot Scull for their time and dedication in helping to build philanthropy throughout the region.

To learn more, visit www.cfnw.org/board.

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$85 million in assets through 500+ individual funds and has awarded over \$35 million in grants and scholarships.

NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family members to commemorate a loved one's life and to notify the larger community of the deceased.

Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

For publication in the Cashmere Valley Record or The Leavenworth Echo, an obituary or memorial needs to be typed and emailed to editor@leavenworthecho.com no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on Monday, except holidays.

Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement.

For information call 509-548-5286, or email editor@leavenworthecho.com

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UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 782-2869
Sunday School 10:00 a.m. - Worship 11 a.m.
Bible Study, Wed., 7 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

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

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

CHRIST CENTER
Cashmere Assembly of God • 509-782-2825
Worship Celebration & Sunday School 10 a.m.
Meeting at The Conservatory, back entrance of Apple Annie's Underground High School Group, Sundays, 6 p.m.
Junior High, Wednesdays, 6:30 p.m.
Meet at - 206 Vine Street
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Pastor Ian Ross, Director of Operations
Steffanie Haney, High School Director
christcentercashmere.com

GRACE LUTHERAN CHURCH
Vine & Elberta Streets • 860-0736
Worship 10:30 a.m.
Pastor Robert Gohl

ST. JAMES EPISCOPAL CHURCH
222 Cottage Ave. • 782-1590
Holy Eucharist 9 a.m.
5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

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

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 782-2935
Sunday School 9:30 a.m. • Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 782-2616
Worship Service, 10 a.m., Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

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

COMMUNITY UNITED METHODIST
418 Evans Street • Leavenworth
509-548-5619. Rev. Matt Gorman
Sunday service 10 a.m.
www.leavenworthumc.org

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 548-7667
Meetings: Sunday - 10:00 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 548-7010
Worship 9:30 a.m. w/coffee following
www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street • 290-0686
Sunday School, 9:45 a.m. • Worship, 11 a.m.
Pastor Michael Brownell
email: mkb3123@gmail.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 9:00 a.m.
Lead Pastor: Andy Dayton
Youth Pastor, Kent Wright
Pastor to Children & Families: Becky Goodman
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 548-4345
Saturday Services
Bible Study 9:30 a.m. • Worship 11 a.m.
Fred Smith • 860-3997

SPIRIT LIFE CENTER
210 Benton Street • 548-7138
Sunday Worship 10 a.m.
Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD
School and Lake St. • 548-7523
Sunday Worship Service 10:30 a.m.
Bible Adventures for kids at 10 a.m. sharp
Pastor Jorge Torres

NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth
www.newlifeleavenworth.com

Nason Creek Restoration Field Trip Scheduled

Learning about a critical floodplain reconnection project

Wenatchee River Institute and Jennifer Hadersberger, Senior Natural Resource Specialist for Chelan County Natural Resources Dept., will lead a field trip to the Nason Creek Floodplain Reconnection Project on Sat., Sept. 7, 9 am-12 noon.

During the late 1950s, approximately 1-mile of Nason Creek, located south of Lake Wenatchee, was constricted into a narrow channel to protect Chelan PUD power lines to the north, and the BNSF railroad to the south. The Nason Creek Floodplain Reconnection Project removed ½ mile of this river levee, relocating 1400 feet of the main stem into a new meandering alignment, and reconnected 30 acres of the channel migration zone. Site restoration of the more than 10-acre work area included seed collection within the Nason Creek watershed from over 15,000 native plants.

"This project is very unique

because infrastructure has actually been moved out of the Nason Creek floodplain. Typically, projects like this try to work around infrastructure –not move it, in order to restore critical habitat. We were able to secure the funds for this project and Chelan Co. PUD was a willing partner," explains Hadersberger.

The restoration project's primary goal is to reconnect historic habitats. This will improve and increase salmon habitat, as well as the abundance and productivity of ESA-listed Upper Columbia River spring Chinook salmon and steelhead. The Upper Columbia Region Biological Strategy and Recovery Plan have identified Nason Creek as the top priority for habitat restoration in the Wenatchee sub-basin.

About the magnitude of the Nason Creek project Hadersberger said, "It is really something to see a project that took 8-10 years of planning, a project that we worked on for so long and with a lot of stakeholder cooperation. We

are already seeing changes in channel morphology (changes in river channel shape and direction over time)."

During the field trip the project will be explored, while Hadersberger recounts the story behind it all. This visit may coincide with fish spawning in the new channel (as they did last fall) and the appearance of redds (fish egg nests). Join us to watch and learn!

For a video about the Nason Creek Floodplain Reconnection Project, visit <https://youtu.be/-Pdt54ay6NA> Or, you can find a link through the photo at the top of this story on our website.

Meet by 9 am at the Wenatchee River Institute campus, 347 Division Street in Leavenworth, to travel via WRI Otter Van and carpool. Cost: \$25 WRI members, \$30 non-members, and limited to 24. Please direct questions to Rachel Bishop, rbishop@wenatcheeriverinstitute.org or call (509)548-0181 x5 www.wenatcheeriverinstitute.org | Community Experiences | Workshops and Field Courses



PHOTO COURTESY OF WDFW AND LAURA COYLE.

A bounty of dungeness crab



PHOTO COURTESY ST LAURENT GUIDE SERVICE.

Buoy 10 salmon success



The Washington Outdoors Report

August 8th - 14th, 2019

By JOHN KRUSE

Host of *Northwestern Outdoors Radio* and *America Outdoors Radio*

Summer is slipping away. If you have a family and haven't gotten out to fish, hike, paddle or camp do so before the kids head back to school!

SALTWATER FISHING:

Crabbing is a great option and you don't need a boat to get in on the action. The marina at Westport is a fun place to go crabbing and several of the local fishing charter offices will rent out crab rings and sell you bait. Crabbing is open every day along the ocean coast year-round. In Puget sound you can crab off of any number of public piers at state, county and city parks north of Edmonds but crabbing in much of the Middle to South Sound from Seattle to Olympia (Marine Areas 10, 11, 13 and part of Marine Area 12) is closed for the summer and no crabbing is allowed anywhere in Puget Sound on Tuesdays or Wednesdays. Check the WDFW regulations for more details.

FRESHWATER FISHING:

COLUMBIA RIVER – Early reports from guides fishing around Buoy 10 at the mouth of the river indicate there are good numbers of Chinook and Coho present and anglers are having success despite challenging tides the first few days of the season which opened August 1st.

WESTERN WASHINGTON – The crowds have thinned at Baker Lake where the sockeye

salmon run this year is shaping up to be 25 percent lower than the last two years and much lower than the healthy runs seen in 2015 and 2016.

CENTRAL WASHINGTON

– Heather Cruz at Bonaparte Lake Resort in Okanogan County says early morning has been good for tiger trout including an eight-pound brute that was reeled in. Lots of smallmouth bass are being caught too including several three-pound bass caught off the resort dock.

EASTERN WASHINGTON – WDFW reports fishing is slow at SE Washington's Tucannon Lakes due to warm summer temperatures but Sprague Lake off of I-90 is fishing "really well" in the morning and late in the day for largemouth bass up to six pounds. There is also "pretty good" fishing for rainbow trout up to 22 inches long.

HUNTING:

Several hunting seasons open up in September and now is the time to sight in your rifle, break some clay pigeons at your local skeet & trap club, or practice shooting that bow. It's also a good time to contact landowners and ask permission to hunt on their private property. Consider bearing gifts, offering to help with chores or promise to share the harvest in return for the privilege to hunt on their private land. It also helps to have references who will vouch for you being a good steward of the land you hunt on.

HIKE/BIKE/PADDLE OF THE WEEK:

HIDDEN LAKE near Lake

Wenatchee in the Central Cascades may be the easiest mountain lake you'll ever walk to and is a great introduction to hiking for those who haven't done it before. From the trailhead near the south shore of Lake Wenatchee (Forest Service Recreation Pass required) you'll hike ¼ of a mile through towering pines and cedars to the outlet creek and the small wood-lined lake. Cross the creek and walk a few yards to some large rocks near the water's edge which are perfect for a picnic or go left where you'll find an area used by overnight campers at the south end of the lake. It's a good swimming lake and there's also a few brook trout. <https://www.wta.org/go-hiking/hikes/hidden-lake>

OUTDOORS EVENTS:

SWIM THE SNAKE – Swim (or paddle) across the Snake River in Southeast Washington on Saturday the 10th from 11 AM to 1 PM. Participants start at the Lyon's Ferry KOA and finish at Lyon's Ferry State Park. Preregistration is required. <http://swimthesnake.org>

ELK RENDEZVOUS

– The Rocky Mountain Elk Foundation's annual Washington State Rendezvous takes place August 16th to the 18th at the White Pass Ski Resort and is open to all members (and those who want to become members). Bring your RV, pitch a tent or stop by for a day and take part in all sorts of activities going on here to include an archery competition and horseback rides. Get more details and buy tickets at <https://events.rmef.org/shop.aspx?eid=7408>

Smokey Bear celebrates 75th birthday



PHOTOS BY GARY BÉGIN/NCW MEDIA.

Wenatchee River Institute Outreach Learning Center volunteer Elisa Lopez of Leavenworth shows kids how to properly deal with camp fires. They each received a commemorative neckerchief after completing their training. Lopez' was one of many agency partners of the U.S. Forest Service on hand to celebrate Smokey Bear's 75th Birthday. Six-year-old Kingston Robinson and his sister 3-year-old Kendrea of Ephrata were the eager students.






LIQUIDATION SALE!

<p>7021P 21-in Push Mower</p>  <p>WAS: \$343.99 NOW: \$270.99</p>	<p>800AWDH 22-in Self-Propelled Mower</p>  <p>WAS: \$529.99 NOW: \$459.99</p>
<p>TS348 Riding Lawn Mower</p>  <p>WAS: \$3,199.99 NOW: \$2,509.99</p>	
<p>DRT900H Tiller</p>  <p>WAS: \$879.99 NOW: \$705.99</p>	<p>ST 327P 27-in Two Stage Snow Blower</p>  <p>WAS: \$1,699.99 NOW: \$1,409.99</p>

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Nasal Sprays for Allergies

Having allergies can be anything from an occasional annoyance like my ragweed allergy tormenting me each August to an ongoing source of misery, even life-threatening danger. Allergic rhinitis can be triggered by seasonal or chronic allergies and causes sinus pressure, nasal congestion, runny nose or sneezing.

Last week, 86-year-old Marjorie informed me that she'd changed the nasal spray she uses for her multiple allergies from Flonase® to Nasacort®. When I asked her why, she explained that the Flonase worked just fine, but she started having nosebleeds, and saw an Ear, Nose and Throat specialist who advised her to switch to a different nose spray. She'd been using the Nasacort® for over 3 months with no problems.

There are several types of nose sprays and drops available without a prescription to relieve seasonal or year-round (chronic) allergic rhinitis, including saline, decongestant, and anti-inflammatory products.

Saline nose drops or spray can help liquefy mucus and relieve stuffiness. You can make your own saline by adding ½ teaspoonful salt to 1 cup of distilled water or boiled tap water. I like to add a pinch of baking soda to make it less likely to sting when you use it.

Decongestant nose drops and sprays such as Afrin® (naphazoline) and Neo-Synephrine® (phenylephrine) relieve nasal congestion by rapidly shrinking the blood vessels in your nose, reducing swelling. There's a catch, however; they often stop working after several days of continuous use, called rebound. Some people use them intermittently for months without getting rebound stuffiness while others have problems after only a few days. If you have high blood pressure or a heart condition, you should avoid decongestant nose sprays completely, because they can increase your blood pressure.

Steroid nose sprays work to decrease inflammation and are the most effective way to treat allergic symptoms, especially those that involve the nose, like sneezing, sniffing and stuffiness. There are several options available without a prescription, dosed either as 1-2 sprays once daily or 1 spray twice a day. Be patient, though; it takes several days to get full relief.

Nasal crom® nasal spray is a different type of anti-inflammatory agent that can stop an allergic reaction before it gets going. Available without a prescription, Nasalcrom® works best if started several weeks BEFORE you exposed to what you're allergic to, and must be used 3-4 times daily for best effect.

7 Tips for Getting the Most Out of Your Nasal Spray:

- 1. Steroid nasal sprays work best for allergic rhinitis.**
Prescription strength Nasacort Allergy 24-Hr® (triamcinolone), Flonase Allergy Relief® (fluticasone), and Rhinocort® (budesonide) are available over the counter (OTC). Nasonex® (mometasone) is expected to be available as OTC soon.
- 2. Start your steroid or Nasalcrom® nose spray 1-2 weeks before exposure.**
It can take several days to weeks before you get the maximum effect from a steroid nasal spray or Nasalcrom®, so starting them before you are exposed to your allergy trigger will help them work much better for you.
- 3. Decongestant nasal sprays (Afrin®) work fastest, but limit use to 3-5 days.**
Decongestants are helpful for occasional nasal stuffiness, but for more extended relief you should switch to a steroid nasal spray. Steroid and decongestant sprays can be used together at first. Decongestants shrink the blood vessels in your nose, making them helpful in stopping nosebleeds.
- 4. Steroid nasal sprays must be shaken well and "primed" before using.**
Before use, shake gently and while pointing it away from you, use the sprayer over and over until you see a fine mist appear, usually about 6-10 actuations. The bottle may be stored unused for up to 1 week without

Ask...
Dr. Louise



needed to be primed again.

5. Aim the tip away from the center of your nose and avoid "snorting".
To avoid irritation, angle the tip away from the delicate tissue separating your nostrils, and breathe in gently while spraying. Snorting can carry the medicine up and down your throat instead of the lining of your nose where it is needed.

6. The most common side effect of steroid nasal sprays is nosebleed. If that happens, try a different one.
Marjorie got nosebleeds using Flonase® but is doing very well with Nasacort Allergy 24-Hr®.

7. Use saline nose drops for infants and small children.
Using saline nose drops to relieve stuffiness is safer than decongestants and just as effective. Put 1-2 drops in each nostril, wait 15 minutes and then use a small bulb syringe to suck out the liquefied goo. For more severe symptoms Nasacort Allergy 24-Hr® is safe for children as young as 2 years old.

Dr. Louise Achey, Doctor of Pharmacy is a 39-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at wuw. AskDrLouise.com © 2018 Louise Achey

Customers Like Stable Rates, Low Debt and Support For Environment Commissioners reviews insights from strategic planning survey

SUBMITTED BY KIMBERLEE CRAIG

WENATCHEE, WA – Chelan County PUD is nearing the finish line for a new strategic plan for 2020-2024.

On Monday, commissioners reviewed themes from survey comments by customer-owners and proposals for strategic priorities and objectives for the next five years.

"Strategic planning is the most important work we do," said General Manager Steve Wright. "Our customer-owners have provided direction on 'big picture' topics, and now we're focused on putting their comments into an action plan."

After reviewing each of about 3,600 survey comments, staff proposed adding a fourth strategic priority, updating existing priorities and defining the objectives that support them. All support the Board's vision to provide the best value for the most people for the longest time, said Justin Erickson, District Services managing director.

Priorities proposed for 2020-2024 are:

- Invest in assets and people and seek industry top-

quartile performance for hydro generation, retail reliability and safety while improving customer service technology

- Sustain excellent financial resiliency while mitigating the risk of large rate increases
- Enhance the quality of life in Chelan County through programs that distribute the benefits of public power
- Engage in countywide growth planning and job creation while ensuring the District's rates and policies are stable and predictable

New objectives to support that work include:

- Seek operational excellence through continuous improvement mindset (emphasizing efficiency, effectiveness, compliance, risk-assessment and resiliency)
- Advance human and organizational performance
- Encourage innovation

Erickson also reviewed proposed actions in response to feedback on key strategic questions including:

- Continue the Public Power Benefit program
- Pursue "early action" on environment and recreation efforts that could earn a longer-term during Rock Island Dam

relicensing

- Support countywide economic development as long as rate impact is small
- Stay with current policy that people who benefit pay for aesthetic improvements
- Move Fiber to be financially self-sustaining in five years; help Water and Wastewater be more self-sustaining; update rate design; and create a fund to help keep electric rates stable.

Staff will return with a draft of the new Strategic Plan on Aug. 19. There will be a month for public review and comments. Commissioners will be asked to adopt a final plan on Sept. 16.

In other business, commissioners:

- Held a hearing to gather comments on declaring a 45-acre parcel of mostly steep hillside along Highway 97 in Douglas County surplus to District needs. After considering comments, board members deemed the land surplus and approved selling it to Douglas County Fire District 4 for \$95,000.
- Reviewed financial results from April to June. Overall, power contract revenue and

insurance proceeds from a settlement for the Rocky Reach large unit repairs offset impacts from less water to generate power and from generating unit outages. Based on the results, forecasts are for a year-end bottom line of nearly \$106 million, about \$29 million ahead of budget.

Reviewed the second quarter update on the District Performance Plan.

Reviewed next steps for implementing strategic facilities plans at Rock Island and Rocky Reach dams.

Upcoming events:

- Aug. 19 - Commission meeting, 10 a.m. PUD boardroom
- Sept. 2 - Labor Day holiday
- Sept. 3 - Commission meeting, 10 a.m. PUD boardroom (on Tuesday due to the holiday)
- Sept. 16 - Commission meeting, 10 a.m. PUD boardroom
- Sept. 30 - Commission workshop, 9 a.m., Confluence Technology Center

The next regular PUD commission meeting is at 10 a.m. on Monday, Aug. 19, in the boardroom at 327 N. Wenatchee Ave.

Check the weathercams on the web before travelling over the mountain passes!

Find these links on our Web sites
www.leavenworthecho.com
www.cashmerevalleyrecord.com



Mountain Sprouts builds growth through art and nature

By BRANDI CHARLES

Mountain Sprouts Children's Community (MSCC) is the brainchild of a small and determined group of Upper Valley parents that desired an option for full and partial child care for their children and also appreciated the value of a preschool education. After researching and realizing that what they were looking for was not available to them, they set out to create a program that fit their needs themselves. The group wanted learning to be art, nature and motion-focused and to be overseen by experienced and certified instructors. Once they had the basic overview of what they wanted to school to be, the next task was to find a learning space in a beautiful setting where students could explore their environment and learn through interaction with nature.

Since Mountain Sprouts was to be a "children's community" and not just a school, the founders knew that location was not only important for the growth and development of the children, but also to the

success of their grand vision. After securing a space at Tierra Learning Center's "Art Barn," next came the work of attaining state licensing, which these determined parents were able to attain in record time.

Achieving non-profit status in June 2011, MSCC has operated as such ever since. Now housed in a new location at the Wenatchee River Institute, MSCC is able to provide programs emphasizing the cultivation of curious minds, strong spirits growing bodies and caring hearts by utilizing the natural world. The philosophy of the organization is: "We envision a community where children learn experience and exploration. Children have a natural curiosity and drive to understand the world around them. As parents and educators we aim to be guides on their journey to adulthood to promote their innate abilities and interests. We dream that all children in our community will have this support through their education and development."

Mountain Sprouts

Children's Community is proud to offer three distinct programs to serve the needs of the students and their caregivers. Understanding that many families cannot afford to hire in-home help, may lack confidence in the curriculum of traditional early education programs and probably don't have the luxury of having Grandma and Grandpa near by, the Evergreen program is a flexible option. "The full-day program supports working families. With long days for young students we flex our indoor and outdoor time depending on the season, the day and the feel of the students." The Evergreen program includes a pre-school class for potty-trained children aged three and up and a junior class for children aged two and up.

Another offering from MSCC is the Willow program, described as their "in town, drop in style, nature immersion program." Emphasis on the changing of the seasons directs the activities of this curriculum. Instructors use a hands-on method to encourage the children to create their

own art projects, plant gardens and examine the surrounding flora and fauna. Options for the Willow program include a preschool class for potty-trained (unless prevented by disability) children aged three to five as well as a class for kindergarten and first graders aged five to seven. A special addition to this program is the free "Family Explorers" class, where adults joining a child are treated to the experience of learning how a nature immersion education works.

Finally, the Mountain Sprouts Children's Community offers a summer camp. New for Summer 2019, it "hosts fun, educational camps, where kids get to be kids, in the only place to spend summer... OUTSIDE!!" With different camps and classes with titles such as "The Food Lab," "Buggy World" and "3-2-1 Blast Off," campers are afforded instruction in a variety of topics and subjects to explore, ensuring that the children will always be entertained and their caretakers won't have to hear those five dreaded words "I don't 'wan'na go back!"

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CITY OF CHELAN PARKS & RECREATION DEPARTMENT - IMMEDIATE EMPLOYMENT OPPORTUNITIES!

The City of Chelan Parks & Recreation Department is looking for maintenance workers, mowers and landscapers to complete the 2019 season. Wages may start at \$14.50 per hour. Valid Washington State Driver's License required. Applicants can view job descriptions and download an application by visiting <https://cityofchelan.us/employment/> and return completed application to Chelan City Hall. These positions will begin immediately upon selection.

THREE RIVERS HOSPITAL

HIM Clerk
Full-Time

Three Rivers Hospital is in need of an HIM Clerk. This position will assist the Health Information Dept in clerical, secretarial and assistant duties. Basic knowledge of computers required. Medical terminology and transcription experience and minimum of 2 years' experience preferred. Monday- Friday; 40 hours/ week. Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources
Department
PO Box 577
Brewster, WA 98812
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www.threerivershospital.net
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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

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HELP WANTED

Brewster School District is accepting applications for the following positions:

- ELL MS/HS Teacher – Full Time
- Kindergarten Teacher – Full Time
- Paraprofessional Computer Lab – 7 hours per day – Must meet Title I Requirements.
- .6 FTE Migrant Health Nurse

Applications are located on the district website under district/employment. www.brewster.wednet.edu All positions are open until filled.

Brewster School District is an Equal Opportunity Employer.

Leavenworth Pavz Cafe-Bistro is interviewing "Experienced Cook-Pantry" persons. Excellent pay, based on experience. Email Bill at Lahon1065@gmail.com

HELP WANTED

Chelan Valley HOPE

Director of Operations
Chelan Valley Hope, a 501c3, seeks a Full-time Director of Operations

Ideal candidate for this 40-hour per week position will be highly organized, experienced in organizational leadership and fundraising, an excellent communicator and "people person", with a collaborative management approach, and a commitment to CVH's mission and vision. Resumes can be sent to info@chelanvalleyhope.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.

HELP WANTED

Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

HELP WANTED

Lead RN
Epledalen Retirement and Assisted Living Seeking Lead RN, Four years experience-\$39 per hour, minus four years wage negotiable, \$2,500.00 sign on bonus. Insurance, stipend/ added income. 32 hours plus per week. To inquire contact the facility 509-782-7600. or in person, 809 Pioneer Ave. Cashmere, WA. Monday - Friday. 9 a.m.-4:30 p.m.

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1. Red
6. Trigonometric func.
9. Presidential "No!"
13. From this time
14. "General Hospital" network
15. Earth, to Virgil
16. Related to #12 Down
17. Junior's junior
18. Lingo
19. *Noun alternative
21. *Conjunctions
23. Bit of work
24. Sty cry
25. Pendulum's path
28. Liberal pursuits
30. Romani camp formations
35. Not in Impossible Burger
37. Letter before kappa
39. First light of day
40. Without purpose
41. *Ideas separator
43. Part of colliery
44. Gourd musical instrument
46. Flees
47. Flat-bottomed boat
48. *Controversial comma
50. Its motto is "Leadership Excellence"
52. Lt.'s subordinate
53. Barnes & Noble reader
55. Hermy the dentist, e.g.
57. *Person or thing
61. Tactile reading system
65. Earlier in time
66. Color quality
68. Lusitania destroyer
69. Askev, in Scotland
70. *Suffix used when comparing three or more
71. Kick in
72. Rod attachment

73. Pep rally syllable
74. Author Jong

DOWN

1. Bruce Lee blow
2. Infantry's last rows
3. Knowing about
4. Part of a play
5. Mrs. in Spain
6. Jealous biblical brother
7. Kimono tie
8. "The Terminator" genre
9. *Simple predicate
10. Therefore
11. Helen of _____
12. Mares eat it
15. Tibetan religious paintings
20. Finno-_____ language
22. *Suffix often confused with -ent
24. Former East Germany currency
25. Friend, south of the border
26. Updike's "Rabbit"
27. Shorter than California
29. Saw or awl
31. Beach do-nothings
32. In the cooler
33. *Like sentence without proper punctuation
34. Gushes
36. Pro's opposite
38. BB's and bullets
42. Daisy-like bloom
45. Crotchety
49. Word processing product, for short
51. *Smallest grammatical unit
54. Not the same one
56. Dietary essential
57. Ring practice
58. Encourage
59. Digestive aid
60. "Piano Man" singer
61. Eliza follower
62. "Laughing on the inside" in text
63. Flock member
64. Highest volcano in Europe
67. Bruce Springsteen's "Born in the _____"

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PUZZLE SOLUTION

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

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**

Deadline Tuesday at noon for the paper **Quad City Herald**

GARAGE & YARD SALE

Garage estate sale: August 17 and 18, 8:30 a.m. to 4:30 p.m. 208 S. Washington Street, Chelan. Turn right on Clifford at Apple Cup Too, left on Wapato Avenue to Washington. Household, furniture, many collectibles, dolls, kitchen, decorator items, specialty soaps, jewelry, wheelchair, clothes, and much more.

HUGE YARD SALE: 9165 East Leavenworth Road, Leavenworth. Saturday, August 17 and Sunday, August 18 from 8:00 a.m. to 4:00 p.m.

CLEAR SOME SPACE WITH A YARD SALE



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

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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

Six family Shugart Flats yard sale. Friday & Saturday, August 16 & 17, 9 a.m. to 3 p.m. Garden & Power Tools, Antique Billiards Table, Safe, Clothing, Kitchen Items, Furniture, Kids clothes and Toys, Books, Winter Sports Equipment and much more. Good Stuff - Great Deals! Follow signs to individual homes. 19995 South Shugart Flats Road, Plain.

BOATS & TRAILERS

\$155,000



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031.

BOATS & TRAILERS



Leavenworth. Very nice 10 ft. fiberglass boat, modified with 2 oars and 1-1/2 Hp electric motor and anchor. A fun boat for perch or bass fishing. No Trailer. \$650. 509-548-4321.

PUBLIC NOTICES

Chelan County Mosquito Control District. #3 will hold their Annual Meeting at 4:00 p.m., Monday, August 19, 2019. The meeting will be held at 14224 Idlewild Rd., Leavenworth, WA. 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on August 7, and 14, 2019. #85810

2019-2020 Budget Extension Hearing/Meeting to Adopt
The Cascade School District Board of Directors will hold a hearing on the 2019-2020 budget extension prior to the regularly scheduled board meeting on Monday, Aug 19, 2019. The Hearing will begin at 6:30 pm at the Cascade School District Office with the regular board meeting to follow at 7 pm. Any person may appear there at and be heard for or against any part of such budget. Published in The Leavenworth Echo/ Cashmere Valley Record on August 7, and 14, 2019. #85856.

Public Notice
Pursuant to RCW 35.21.157 and the contract between Waste Management and the City of Cashmere, Waste Management hereby provides notice to the public of rate changes for solid waste and recycling collection pursuant to the Solid Waste Collection Service agreement between Waste Management and the City of Cashmere. The Rate Adjustment will be effective October 1, 2019. More information concerning the 2019 Rate Adjustment can be obtained by calling Waste Management at (877) 466-4668 or www.wmnorthwest.com/cashmere/index.html. Published in The Cashmere Valley Record/ Leavenworth Echo on August 7 and 14, 2019. #85522

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold a public hearing on **September 4, 2019 at 7:00 PM** in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington to consider amendments to Leavenworth Municipal Code Chapter 16.08 Critical Areas, addressing mandatory State review, removing duplication, simplifying and procedural clarifications. Interested citizens are encouraged to review code amendments on the City webpage, under Planning Commission Agenda, comment and/or attend the public hearing. Copies of the proposed amendments are available at City Hall. Questions may be directed to Development Services within City Hall, phone 509-548-5275 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/ Cashmere Valley Record on August 14, 2019. #85860

PUBLIC NOTICES

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN
DAVID GRAHAM and STARLA GRAHAM, a marital community of Washington Citizens, Plaintiffs, vs. WESTERN TRADERS INTERNATIONAL, INC., a Washington corporation; WESTERN TRADERS LIMITED LIABILITY COMPANY, a Washington limited liability company; BLOSSOM POINT, LLC, a Washington limited liability company; PINE CANYON GROWERS INTERNATIONAL, INC., a Washington corporation; PINE CANYON GROWERS LLC, a Washington limited liability company; PINE CANYON LAND CO., LLC, a Washington limited liability company; ANDREW T. and BROCKY M. FEIL, a marital community of Washington citizens; MARC SPEARS, a Washington citizen; RYAN T. and TENNILLE VICKERY, a marital community of Washington citizens; SUMMER and SEAN SAHLI, a marital community of Washington citizens; STEPHEN SKYLSTAD, a Washington citizen; JOSH P. and LISA M. LAWRENCE, a marital community of Washington citizens; VICKERY ORCHARDS, INC., a Washington corporation; S & V ORCHARDS, LLC, a Washington limited liability company; LAWRENCE ORCHARDS, LLC, a Washington limited liability company; and ANDY FEIL ORCHARDS LLC, a Washington limited liability company. NO. 19-2-00616-04 Defendants.

SUMMONS BY PUBLICATION
THE STATE OF WASHINGTON TO THE DEFENDANTS: SUMMER and SEAN SAHLI, a marital community of Washington citizens, and RYAN T. and TENNILLE VICKERY, a marital community of Washington citizens.

You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, to wit, within sixty days after the 7th day of August, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff, DAVID GRAHAM and STARLA GRAHAM, and serve a copy of your answer upon the undersigned attorneys for Plaintiff, JEFFERS, DANIELSON, SONN & AYLWARD, P.S., at its 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 with the clerk of said court. The Plaintiff seeks a judgment awarding money damages and attorney fees and costs for breach of contract, unjust enrichment, and conversion. DATED this 7th day of August, 2019
JEFFERS, DANIELSON, SONN & AYLWARD, P.S.
By: *s/ H. Lee Lewis*
LINDSEY J. WEIDENBACH, WSBA # 43523
H. LEE LEWIS, WSBA # 46478
Attorneys for Plaintiffs
PO Box 1688
Wenatchee, WA. 98807-1688
(509) 662-3685 (509) 662-2452
Published in The Leavenworth Echo/ Cashmere Valley Record, Lake Chelan Mirror on August 7, 14, 21, 28 and September. 4, 11, 2019. #85836



PHOTO SOURCE: (c) Monkey Business / stock.Adobe.com

Be sure to check your immunization status and stay up-to-date with vaccines for you and your children.

Six things you need to know about vaccinations

(STATEPOINT) - As misinformation continues to spread about vaccines, medical experts are reminding parents and the general public that vaccinations save lives.

“Overwhelming scientific evidence shows that vaccines are among the most effective, safest interventions to prevent illness and protect public health,” says Dr. Patrice A. Harris, president of American Medical Association (AMA). To help dispel misconceptions about vaccinations, the AMA is offering answers to six commonly asked questions.

1. Are vaccines safe? Yes, vaccines prevent individual illness and protect the health of the public. Currently, the U.S. has the safest vaccine supply in its history, according to the Centers for Disease Control and Prevention (CDC). The most common side effects are typically very mild, such as pain or swelling at the injection site.

2. Is it true that if everyone else is vaccinated, my family doesn't need to be? No. Vaccines not only protect the child or adult who receive them, but also the health of their communities. Some people cannot be vaccinated – including very young children, cancer patients and those who are immunosuppressed. When immunization rates are high, people in these categories are

protected because they're less likely to be exposed to the disease. As evident from recent measles outbreaks in several states, when individuals aren't immunized as a matter of personal preference or misinformation, they put themselves and others at risk of disease.

3. What vaccinations do my children need? Children should be vaccinated according to the recommended schedule of the Advisory Committee on Immunization Practices, which is designed to protect young children before they're likely to be exposed to potentially life-threatening diseases and when they're most vulnerable to serious infections. For the latest recommended childhood vaccination schedule, visit cdc.gov/vaccines/schedules.

4. I don't want my children to get vaccine-preventable diseases. What's the earliest age they can be vaccinated? Children can receive their first flu vaccine starting at 6 months old. The recommended age for the first dose of measles, mumps, and rubella (MMR) vaccine is 12 to 15 months of age. If you live in a community experiencing an outbreak, or if you travel internationally, your baby may be vaccinated as early as 6 months of age. Talk to your pediatrician for additional information about when early vaccination may

be appropriate.

5. I'm an adult, do I need to get vaccinated? Yes, adults need vaccines too. Sometimes immunity from childhood vaccines can wear off over time. Adults may also need vaccinations because of their age, job, travel and health conditions. Talk with your doctor to determine which vaccines you need, and visit www2a.cdc.gov/nip/adultimmsched for an online assessment tool.

6. Hasn't the U.S. eradicated the major diseases that require vaccines? One of the country's greatest public health success stories is the remarkable decrease in infectious diseases as the result of vaccines. Unfortunately, that success has led some parents to stop vaccinating their children against diseases like measles, meningitis, polio and diphtheria. However, these diseases still exist, and can still debilitate and kill. If people stop getting vaccinated, diseases that were once considered eradicated could reemerge -- which is what's been happening with measles outbreaks across the U.S.

More information can be found at cdc.gov/vaccines.

Want to keep your family healthy and your community safe? Be sure to check your immunization status and stay up-to-date with vaccines.

Three ways to kick your plastic habit this summer

(STATEPOINT)- Summer is the perfect time of year to take stock of the way you quench your thirst, whether in the backyard, at the beach, around the campfire or in route to your next adventure.

Unfortunately, society has become addicted to the convenience of plastic, especially when it comes

to the way we hydrate. Globally, 1 million single-use plastic water bottles are purchased per minute, and on average, Americans purchase 50 billion water bottles per year, equating to about 13 bottles per month for every U.S. citizen.

Think all that plastic gets reused? Think again -- 90.5 percent of plastic has never been recycled; a figure that was International Statistic of the Year in 2018 according to the Great Britain's Royal Statistical Society.

Besides being an eyesore, plastic hurts the environment, wildlife and human health. Virtually every piece of plastic ever made still exists, as it takes between 500 to 1,000 years to degrade. Much of it has changed shape over time into microplastics -- small pieces less than five millimeters in diameter that end up in waterways, ground water and marine life and have been shown to absorb toxic chemicals linked to cancer and other diseases.

So, what can you do to help turn the tide on your own plastic consumption? This summer, consider upgrading your hydration habits in the following ways:

1. A plastic-free pour. In the pursuit of always having a source of great-tasting, healthy water at home, many families stock their fridge with single-use water bottles. That adds up to a lot of plastic! For a far more sustainable solution, use a water filter pitcher, such as the LifeStraw Home, which is the only pitcher to filter microplastics (in addition

to other contaminants including bacteria, lead and mercury). Made from shatter-resistant glass, it's ideal for everyday use or even when entertaining guests on the back patio.

2. The last straw. If you're an iced tea or iced coffee lover, you know that plastic straws quite literally suck. In fact, half a million straws are used globally each day, and they're tough to recycle. Skip the straw entirely or bring your own reusable straw with you on coffee runs.

3. Hydratesafely anywhere. Whether you're trekking up a mountain or running around town doing errands, the hot summer weather will make you extra thirsty. Be prepared to hydrate on the go with a reusable water bottle that features a filter and is designed for travel. For example, the LifeStraw Go (and the LifeStraw Play for young children) filters out microplastics, bacteria, protozoa and other toxins and contaminants found in many water supplies; a good choice for when traveling domestically or internationally. Why LifeStraw? LifeStraw products are the only water filters tested to remove microplastics and, they also make a global impact -- every product purchased provides a child in need with safe drinking water for an entire year.

A few simple changes to your at-home and on-the-go hydration routine can help you reduce your plastic use and protect the environment.