



Evans performs space-themed magic show at Cashmere library



PHOTO BY AL STOVER/CVR. Jayd Pierce reveals the Rubik's Cube she solved from behind her back. Pierce was one of four volunteers during Jeff Evans' magic show.



PHOTO BY AL STOVER/CVR. Dressed in a homemade spacesuit, magician Jeff Evans attempts to retrieve the card, picked by his assistant, from the table.



PHOTO BY AL STOVER/CVR. Magician Jeff Evans performs a trick using milk in a glass and a laminated postcard.

By AL STOVER

Cashmere residents were treated to a magic show on July 10 at the public library.

Magician and space enthusiast Jeff Evans performed numerous tricks at the library as part of the Summer Library Program.

Evans is an interactive magician who has performed over 250 shows a year at events throughout the Pacific Northwest.

Prior to the show starting, Evans interacted with the audience as patrons continued to roll into the lobby.

Evans performed several tricks and told jokes throughout the show, including taking two pieces of rope and turning them back into one strand.

He gave a brief history lesson in space exploration, discussing Russia's Sputnik 1 and the United States' journey to land on the moon, which led into a trick where he flipped drawings of astronauts with different colored spacesuits.

For one of the tricks, Evans brought out his "Launch Box"

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PHOTO BY AL STOVER/CVR.

Cashmere city crews continue to work on the Chapel Street project

Cashmere council receives Sheriff's Office, jail daily bed-rate updates

By AL STOVER

During the July 8 meeting, the Cashmere City Council received a report from Chelan County Sheriff Brian Burnett about incidents in the city.

Burnett noted the report showed a drop in contract hours. He added that the department does not believe "the hours are that low" and the staff is currently researching the issue.

"I know we have adequate coverage, because I see what is going in the recaps from our officers," he added. "I just wanted to bring this back to your attention."

As for the future, Burnett said contract negotiations will not take place until 2021.

Burnett also emphasized the importance of keeping an open line of communication between the city and the Sheriff's Office.

When asked what action residents should take if they see a crime in progress, Burnett said folks can call 911 for non emergency or contact Rivercom 911. He also encouraged the council to contact him if they have any questions about the report, or if residents report suspicious activities for the cities.

"You are the eyes and ears of the community, people are coming to you, passing on that information is helpful to us," Burnett added.

Council member Daniel Scott expressed his appreciation for the the agency having a presence in the city.

After Burnett's presentation, the Council received an update regarding Chelan County Regional Justice Center rates for 2020 from Director Bill Larson and Business Manager Nicole Thompson.

Larson explained the jail relies on the rates as the facility's primary source of revenue and current rates are insufficient to cover jail costs. The jail is also a separate fund from the Chelan County Sheriff's Office.

He said the facility has declined over the years and there will features that need to be implemented to bring it up to safety standards and identify critical needs.

For 2020, Thompson said the jail established a flat \$120.50 bed day rate

for all cities the facility have contracts with.

Larson added that the billing process will be the same. The \$25 one time fee will be eliminated in 2020.

Thompson explained she calculated the rate by breaking down the facility's budget with salaries, benefits, a loan and safety and facilities upgrades and use average daily rates.

She added the billing process for Cashmere will be the same in the past as it will include the three-year rolling average using last six months of 2016, the entirety of 2017, 2018 and the first six months of 2019.

"That will take a good account of sample to get a good, monthly rate," she added.

Using those numbers, Thompson said the new rates would be a \$215 a month increase for Cashmere. She calculated the number by taking daily average population was and multiply it by the new day bed rate.

Council member Chris Carlson said asked if the facility's staff could provide the facility's budget and numbers of specific departments.

Commissioner Cathy Mulhall noted that the facility's budget is available to view on Chelan County's Auditor's Office for financial information.

"These bed-day rates are not going to spruce up the jail," Larson added. "The revenue we need for critical operating costs is not to make the jail look pretty. We're finding other ways to keep the jail in maintenance and good repair."

Larson described one of the concerns for the jail as its camera system, and staff are in the beginning stages of enchanting the facility's CCTV camera system. He clarified the rates will not factor into funding the camera system, and staff is looking into grants and other funding options.

When asked how Chelan County's rates will compare to other institutions, Larson noted he and staff toured different facilities and attended a conference and learned that every jail is different.

"Each jail is different and designed for the inmates housed and inmate needs," he added.

CONTINUED TO PAGE A3

Monitor man drowns in pet rescue attempt

By AL STOVER

A man drowned in the Wenatchee River after attempting to rescue his pet pig on July 7.

According to a news release from the Chelan County Sheriff's Office, Sheriff Brian Burnett explained a 45-year-old man, who the Chelan County Conormer's Office identified as Ronald Ripper, was floating along the river with his son and pet pig

near Monitor at approximately at 6 p.m. Each subject was on their own flotation device.

The subjects were between Monitor and Sleepy Hollow Bridge when the pig fell into the river. Ripper jumped in to rescue the animal but struggled to stay afloat. The son called out for help to people on the river and shoreline. Witnesses located the pig and brought the animal to shore.

Chelan County Sheriff's deputies located the subject downstream near Sleepy Hollow Bridge and pulled him to shore. CRP was administered to Ripper, and Chelan County Fire District No. 1 and Ballard Ambulance personnel arrived on scene to continue lifesaving efforts.

Approximately 20 minutes later, Ripper was pronounced dead at the scene.

The incident is under investigation.

Small Miracles continues to bring summer lunches to Cashmere at Simpson Park

By AL STOVER

Cashmere children who want to enjoy free lunch during the summer just need to walk down to Simpson Park on Pioneer Avenue at noon Monday through Thursday.

The lunches are courtesy of the Small Miracles program, which will serve lunches from now until Aug. 8. Lunches are open to any child 18 years or under and no paperwork or ID is required to enjoy the meal.

According to its website, Small Miracles is a 501c3 non-profit organization founded in 2011 that provides food and assistance to hungry children and families in

Wenatchee Valley. Each lunch served at Small Miracles is required to have grain, fruit, milk, vegetable and meat - or meat substitute.

Small Miracles partners with the United States Department of Agriculture Summer Food Program and local Farm to School program. The goal is to provide a nutritious meal throughout the week in the summer. In the summer of 2018, Small Miracles provided 9,000 lunches at over 21 locations in Wenatchee Valley.

Executive Director Linda Belton, said one of the new features to this year's program in Cashmere is the change of location. Meals were previously held at Cottage Avenue

Park. Belton said this year the meal time was relocated to Simpson Park for this year.

"Many more kids are enjoying the lunch program," Belton added.

Cashmere residents who are not in the city during lunch, can also visit the other Small Miracles sites, including Pennsylvania Park, Washington Park, Louis and Clark School, Pioneer Park and Community Center Courtyard, all of which are in Wenatchee.

Folks in East Wenatchee can visit Clovis Middle School, Grant School, Kenroy Park and Lee Elementary, Rock Island Park and Rock Island

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PHOTO BY AL STOVER/CVR.

Small Miracles volunteer Daniel Allen (right) hands a lunch bag to Quentin Christensen, who enjoyed a free lunch.

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201 Cottage Ave.
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www.cashmerevalleyrecord.com



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Cashmere, WA 98815
Phone: 509-782-3781

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9 a.m. - 5 p.m. Monday-Friday
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9 a.m. - 5 p.m. Monday-Friday

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Circulation

509-689-2507
1-509-293-6780

Cashmere Valley Record
(USPS 092-600)
is published every Wednesday
by NCW Media Inc.,
201 Cottage Ave., Suite 4
Cashmere, WA 98815
Telephone: 509-782-3781
Fax: 509-782-9074
Periodical postage paid at
Leavenworth, Wash.
(and additional mailing offices)
Postmaster:
Send address corrections to:
The Leavenworth Echo,
P.O. Box 39,
Leavenworth, WA 98826-0039

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In Chelan County (yearly) - \$40
In State (yearly) - \$40
Out of State (yearly) - \$52

The Cashmere Valley Record does not refund
subscription payments except to the extent that
it might fail to meet its obligation to publish
each week, in which case the cost of the issues
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publisher@leavenworthecho.com.

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

On the Internet

website:
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e-mail:
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advertising e-mail:
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Services

Back issues are available up to one year
after publication for a small fee. **Photo
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Deadlines

Calendar Listings	5 p.m., Thurs.
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	Noon, Friday
Legal Notices:	5 p.m., Friday
Classified Ads:	Noon, Monday



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WE ALL HAVE A PLAN ... UNTIL ...

Life goes along and things go badly or well or, for most of us, somewhere always in between.

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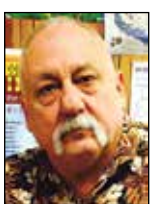
Mother Nature, Father Time or the Devil and his Details come calling one day and it is time to start dancing for your dinner and it better be to their tune.

As Mike Tyson, the former legendary heavyweight boxing champion of the world used to say, "Everybody's got a plan until they get punched in the face."

How true. I'd like to apply that principle to two things in my life beginning with local and expanding upwards towards national issues.

1) I recently came in contact with a Wenatchee single mother of four who was just told by her sympathetic landlord that he had to raise the rent \$75 starting August 1. In his own words: "I have to pay for a new school."

That new school was mandated by a property



APPLES TO APPLES TO APPLES
GARY BÉGIN
NCW MEDIA
MANAGING
EDITOR

levy. This should be a warning to all the left wing-nuts that those who rent will also suffer from higher taxes on "rich people who own things" (like real property).

The so-called Rich People are just like you and me but, God forbid, they have the nerve to have invested in property and, gadzooks! attempted to make a profit on their investment.

The landlord continued, "My property taxes went up nearly double."

Another example of pie-in-the-sky liberal thinking. Bleed the "rich" and make all others happy.

So go right ahead all you youthful and even older renters, vote for the "Bleed the Rich Plan" and then watch it boomerang back in your Middle Class faces.

This crude exercise in capitalism even impacts those who own condos or belong to homeowner associations because the monthly membership, maintenance and fees for the "rainy day fund" will all rise like a gallery for a judge.

Why don't we also add in the cost for those of us who

live Mobile Home Parks. They will be paying more for lot rent.

2) Now, for my second shocking revelation: President Trump is right in insisting on a citizenship question on the 2020 Census.

Americans are already over obligated by government mandates to provide services for illegal immigrants in every community.

In both Red and Blue districts, caring for thousands of illegal immigrants will become law. Levies from every special district will rise. Only bad things happen when Uncle Sam gets out in front of his skis as in this promise to care for the world.

Our large and small municipalities will become caretakers for those who, not only broke the law getting here, but are now milking the richest nation in the world for everything America has to offer.

When these illegals get their Green Card and then citizenship, it will add millions of other fish to the safety net that Social Security was meant to be causing it to rip open. The bottom will fall out of the American economy.

We need to know now who our citizens are so we can



get rid of the rest. If we don't act, the next depression will be upon us. Only counted citizens should receive benefits from our taxes via government services.

I have great faith that religious and other non-governmental charitable organizations will help those non-citizens in need.

Ironically, these organizations rely on generous grants from Foundations and Charitable Trusts. Those same groups are established by Rich People and Rich Corporations.

Thus, the left wins again, but Socialism 's ultimate

victory depends on the very people attacked every day as the Devil Incarnate, America's successful Capitalists.

I bet there aren't 11 million people living in Russia, China, Canada or Great Britain illegally, sucking the life out of those economies. So, is deportation the only solution? Maybe.

I think I'll start investing in Greyhound Bus Lines real soon.

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

LETTERS TO THE EDITOR

Dr. Lance stresses importance of RiverCom

RiverCom is a critical part of the infrastructure of our communities, and I am asking that you join me in renewing the RiverCom 911 Emergency Communication Systems and Facilities Tax. No matter the emergency, the staff at RiverCom quickly determine the nature of the call and then rapidly dispatch the appropriate resources. As the medical director for EMS in Chelan and Douglas Counties, I am intimately familiar with key role that RiverCom plays in taking care of people with medical emergencies.

Nearly ten years ago, we began a systematic effort

throughout our emergency medical service partners to make improvements in each of the links of the "chain of survival" to save more lives from sudden cardiac death. RiverCom has played a key role in that effort. We instituted a process change that focuses on early initiation of CPR anytime the call-takers determine the victim is not conscious and not breathing normally.

Ten years ago, this was a controversial practice, but one backed by peer reviewed, scientific studies. Now, it has become the standard that dispatch centers are striving to achieve. In cardiac arrest, seconds make the difference between life and death. These

process improvements are an integral part of why, in Chelan and Douglas Counties, we have one of the highest survival rates from cardiac arrest in the country.

This tax was initially approved in 2009 and we must renew it before it expires at the end of the year. This is not a new tax or a tax increase, but a vital tax required for RiverCom to continue to provide quality service. This is a sales tax of 10th of 1%, or one dime for every \$100 spent, paid for by the citizens as well as visitors who might experience some type of emergency. So please join me in voting to support the RiverCom 911Tax when your ballot arrives next week.

About Dr. Lance Jobe, MD

Dr. Lance Jobe is an emergency medicine physician in Wenatchee, Washington and is affiliated with multiple hospitals in the area, including Cascade

Medical Center-Leavenworth and Confluence Health-Central Washington Hospital. He received his medical degree from University of Washington School of Medicine and has been in practice for more than 20 years.

Small Miracles

CONTINUED FROM PAGE 1

School on Wednesdays. Malaga's Calvary Chapel is also a Small Miracles site.

The program is reimbursed for a portion of the food costs, its non-food expenses are paid from the organization's own pocket. The organization is always looking for donations and volunteers to provide items at each of the sites. Folks can also help Small Miracles by sponsoring one of the sites. A sponsorship ensures lunches will be provided will be provided all summer.

Another way to give back to Small Miracles is to volunteer to help at one of the sites, or help throughout the year. Daniel Allen has been a

volunteer with Small Miracles for a year. He became involved with Small Miracles by way of his mother, who is good friends with the organization's director.

While Allen's time with the program will go toward volunteer credits, it has allowed him to give back to Cashmere.

"I get to help the community out, especially kids who usually don't get lunches because their parents work and they were getting lunches at school," Allen added.

For more information, to donate to the program, visit smallmiraclesncw.org or call (509) 888-9495. Volunteers can also sign up at smallmiraclesncw.org/ volunteer.

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A New Identity

The question "Who am I?" is one that we have all had to wrestle with. In fact, more than ever, questions of identity are being voiced more loudly and are answered with a plethora of different ideas.



A WALK WITH PASTOR JOHN SMITH

Is a person's identity fundamentally defined by their ethnicity, sexual orientation, or gender? Is a person's identity fluid, changing at times daily with whatever "feels right"?

If I may be blunt, we are in an identity crisis. Most of the answers given to the aforementioned questions are frankly a confusing mess.

However according to the Bible, a person is not ultimately defined by their ethnicity, gender or even their sexual orientation.

There is something deeper, a much more profound standard of definition that even people within the church miss. For example, many dear saints find their identity in what church they go to, their ministry service, political party or even their theological distinctives. Yet again, those are not fundamentally definitive. I may hold to the historic Baptist distinctives and am a Conservative but there is something more to me than just those things.

Likewise, there is something more to you.

Our identity is defined by God. Every single person that has ever been born bears within them the Imago Dei—the Image of God. This means that you and I possess God's communicable attributes like language, creativity, and emotions. We are able to reason and rationalize the world around us in ways that other creatures cannot. So, with that being said, this Imago Dei that is present within all humanity means that every single person has value regardless of categories like age or ethnicity. That is why the American Slave Trade was so repugnant because it denied that a whole demographic of people was worthy of equal treatment. I would also add that is precisely the same reason why abortion so abominable as well.

The Bible goes even further to answer the question of identity by giving us two very specific categories that transcend the

culture's definition.

A person's identity is either defined by being "in Christ" or not. In other words, the identity that really matters and that has eternal ramifications is not that I am a white heterosexual male, but that I am in Christ. Christ alone defines who I am and what I am and it is the same for all those who are in Jesus.

To be "in Christ" is to be united to and to identify with who Jesus is and what he did. As the Apostle Paul says in Galatians 2:20, "For I am crucified with Christ. It is no longer I who live, but Christ who lives in me." The identity that Paul had prior to this union (and it is the same with all those who are not in Jesus) was that of a condemned sinner. The former "self" that died with Christ was that of a rebel, loving sin and hostile to God (Romans 8:7, Ephesians 2:1-3).

But all that changed, when Paul looked to Jesus and by faith received Christ's work on the cross and along with it a new identity. In that moment of regeneration and conversion, Paul's identity transformed from being a hopelessly condemned sinner to that of a child of God and a blood-bought saint.

It is that transformation of identity that makes the gospel so compelling within our day and age. When everyone is settling for superficial definitions of who they are or are confused about their identity, the gospel's clarion call breaks through the confusion offering truth and pointing to hope.

You can be different. You don't have to stay the same. Your identity doesn't have to be defined by what you look like, what you do or even what has happened to you in the past.

The reality of the gospel is this: "Therefore if anyone is in Christ, he is a new creation. The old has passed away; behold the new has come." (2 Cor. 5:17)

To be new in Jesus, that is the only definition that matters in my life and one that I hope you can identify with.

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

Setting the course to serve customers well

Chelan PUD spotlights best value for most people, longest time

What will it take for Chelan County PUD to make sure it provides the best value for the most people for the longest time? Chelan County PUD commissioners Monday considered the question and got a sneak preview at the issues coming up in business plans for 2020-2024.

Board members affirmed updates to the PUD's mission and vision. The new Mission Statement puts "enhance the quality of life in Chelan County" front and center. The vision is now a "Vision/Challenge" Statement: "In a rapidly changing utility environment,

we will provide: The best value for the most people for the longest time."

General Manager Steve Wright said external strategic planning provides feedback from customer-owners on "big picture topics." Now, senior managers are using the community response and mission and vision/challenge statements to address all the work across the PUD.

Tracy Yount, External Affairs director, reported strategic planning survey answers came in from nearly 2,700 customer-owners. Those responding sent back 3,600-plus individual comments. PUD staffers are reading and summarizing each one.

Early trends show customer preference for more frequent, smaller electric rate increases (if needed) to balance the risk of unpredictable wholesale market returns; support for early environmental and recreation investments at Rock Island Dam before relicensing to secure a longer license; and for water, wastewater and fiber services to be more self-sustainable, said Neil Neroutsos, Communications manager. The survey also found support for a modest level of investment in economic development.

Looking ahead, Wright offered a view of "best value" that includes maintaining high marks for customer satisfaction, finances, the fiber network and

compliance. Given the current strong financial position, he said staff is assessing what it would take to move the PUD's hydro capability, retail service reliability and safety into top-tier rankings, plus higher ranking for PUD technology use.

Five-year business plans, due in October, will include the assessment. "This is as interesting as any presentation we've received from you," said Commissioner Randy Smith. "We're at one of those moments in time that don't come along often."

Commissioner Dennis Bolz agreed. "We're at a legacy moment, where we have the financial and human resources to move this utility forward."

The next regular PUD commission meeting is at 10 a.m. on Monday, July 15, in the boardroom at 327 N. Wenatchee Ave.

Chelan PUD records most commission meetings, and a link to the audio is available on the PUD's home page at chelanpud.org.

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Bulldogs baseball end summer undefeated

By AL STOVER

The Cashmere High baseball team ended the summer portion of their schedule with a perfect 9-0.

Cashmere pitcher Brayden Weatherman continued to be lights out on the mound for the Bulldogs against Kittitas/Cle Elum.

During game one of the Bulldogs' doubleheader against Kittitas/Cle Elum, the southpaw starter threw 16 strikeouts and gave up four hits in his seven frames on the mound en route to the Bulldogs' 5-3 victory.

Cashmere swept Kittitas/Cle Elum after earning a 13-12 victory in game two that went to 10 innings.

Jack Croci led the Bulldogs at the plate in the opening game, going 2-3 with one run scored.

Cole Scott, Martin Perleberg and Colson Brunner recorded RBIs while Brayden Weatherman had a double. Duke Odenrider, Kaden Keogh, Cade Carlson and Brooks Elliott collected hits.

In game two, Scott went 2-3 with two runs scored and Keigh was 2-for-4. Weatherman was 2-for-4 with an RBI and a triple, while Croci went 2-for-5 with a double and two runs. Cort Lawson picked up two hits, including two RBIs and Elliott was 2-for-6.

Brunner racked up two RBIs while Perleberg earned an RBI and Carlson picked up a hit.

Scott earned a win on the mound after sharing pitching duties with Lawson, Carlson and Elliott.

The Bulldogs recorded their final two wins on July 9 in a doubleheader against Toppenish. Cashmere won the first game 4-3 and 13-4 in the nightcap.

Weatherman's walk-off sealed the win for the Bulldogs in game one.

Weatherman was 2-for-4 with two RBIs and a double. Odenrider earned an RBI while Elliot, Keogh and Scott earned one hit each.

Scott also earned the pitching win after relieving starter Elliott in the fourth frame.

Cashmere continued their

momentum in game two as Elliott added four more hits en route to the Bulldogs' win.

Elliott earned a double and two RBIs at bat while Odenrider went 2-for-3 with a double and two RBIs. Weatherman recorded three RBIs at the plate.

Keogh earned two hits while Martin Perleberg and Colson Brunner earned one apiece.

Cade Carlson earned the pitching win after sharing the mound with Brunner and Odenrider.

With the summer season over, many Cashmere ballplayers turn their attention to fall sports. The Bulldogs will return to the field in the 2020 season. Many starters from the spring season played on the summer ballclub and will return next year.

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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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Bulldogs basketball hosts youth camp



PHOTO BY AL STOVER/CVR.

Cashmere boys basketball head coach Levi Heyen goes around asking the grades of each camper at the start of the camp's first day.

BY AL STOVER

While the Cashmere High boys basketball team is gearing up for their next season, they are also taking part of their summer to give back to future Bulldogs.

The Caribou Trail League and District 6 champions hosted a youth basketball camp for grades 3-8 from July 8-10 at Cashmere Middle School.

The camp was led by the CHS coaching staff and is broken

into two sections with younger athletes in the first hour and older kids in the second.

Heyen explained the objective of the camp is to help young athletes with their skill development and fundamentals. Campers participated in a variety of dribbling, shooting and lay-in drills with the guidance from the coaches. Another goal of the camp, according to Heyen, is for campers to have fun.

One of the lessons Heyen

taught campers was to move outside their comfort zone.

"We want you to push yourself to make mistakes, not on purpose," Heyen added. "We want you to push beyond what you can do in order to get better."

During the camp, Heyen noted the staff used iPads and the Home Court app, which records and track basketball shots and location. He learned about the app from the Joe Harris Basketball Camp. Coaches utilized the app to record an athlete's shooting technique and help them refine their form.

Assisting Heyen and the coaches are several CHS basketball players, many of whom attended the camp when they were younger.

"The young kids really enjoy being coached by the (older) kids," he added. "They look up to them."

Incoming freshman Jackson Donald has attended the camp since he was five years old. Donald, who will be an incoming high school freshman, said he enjoyed learning from the high school players and receiving a glimpse at what he can expect at the high school level. His

favorite part of the camp is doing warmups and helping the other campers.

CHS player Carter Alberts moved to Cashmere his freshman year and has participated in the camp as a coach. Like Donald, Alberts also liked helping the campers improve their skills.

Although the camp is only three days, Heyen said campers will be able to take the skills they learned and continue to work on them.

"We give them the tools and they can practice them at home or in their driveway," he added.

The basketball camp is the final summer event for the Bulldogs. Heyen noted the team played 40 games over the summer, going 35-5 and winning two championships and two second-place finishes.

The team will continue to practice until August. Heyen also runs free basketball on Tuesdays and Thursdays at CMS.

"We usually only play 25 games in the summer, but this group of guys wanted to play more," Heyen added. "We had a busy June and the EWU camp recently. We were playing games five of the seven days of the week."



PHOTO BY AL STOVER/CVR.

During the first day of the Cashmere Youth Basketball Camp, campers learned the "triple threat" drill.

Cashmere vs Cascade grass volleyball match



PHOTO BY AL STOVER/CVR.

Cashmere's Elle Spears sets up the ball for teammate Ruthie Biebesheimer to spike. Spears and other athletes from the Cashmere High School volleyball team participated in a co-op practice with the Cascade volleyball team in Dryden on July 10. Lady Bulldogs and Lady Kodiaks were split into various groups and competed in live-match scenarios.



PHOTO BY AL STOVER/CVR.

Alexis Neu prepares to serve the volleyball. Neu will be one of the returning Lady Bulldogs to this year's volleyball lineup.



PHOTO BY AL STOVER/CVR.

Incoming freshman Jackson Donald has been attending the youth basketball camp since he was five. This year he was one of the coaches.



PHOTO BY AL STOVER/CVR.

Cashmere's Mason Landeck shows one of the campers some dribbling technique.

Cashmere swimming hosts Quincy in home meet



PHOTO BY AL STOVER/CVR.

Garrett Edwards competed in the 100-yard medley relay.

BY AL STOVER

The Cashmere swim team continued their season on July 11 with a home meet against Quincy and several Bulldog swimmers took the top three spots in their respective events.

8 and Under girls

Abby Swanson won the 25-yard breaststroke while Tabitha Petro and Brooklyn Biver finished second and third, respectively. Biver, Peyton Irelan and Emmy van den Broek took the top three spots in the 25-yard backstroke.

Harper Kerns led Cashmere in their 1-3 finish in the 50-yard freestyle. Elle Jacobson finished second and Swanson took third. Jacobson won the 25-yard freestyle while Paige Black finished second.

Jacobson also took the top spot in the 100-yard individual medley (IM). Irelan took home her first individual win in the 25-yard butterfly while Taylor VanWinkle finished second and Tabitha Petro came in third.

9-10 girls

Hailey James, Kate Croci and Lucy Petro finished 1-3 in the 50-yard breaststroke. Adele Esmond led the Cashmere girls in the 50-yard butterfly, placing first. Croci and Claire Ivey took second and third, respectively.

Ivey and Talia Roberson recorded a 1-2 placing in the 100 IM. Teagan Kerns won the 50-yard backstroke while Esmond took second. Petro took the top spot in the 100-yard freestyle.



PHOTO BY AL STOVER/CVR.

Lucy Petro, competing in the 100-yard medley relay, won the 100-yard individual freestyle event.



PHOTO BY AL STOVER/CVR.

William Mahler clinched first in both the 100-yard IM and 25-yard butterfly events.

In the 50-yard freestyle, Teagan Kerns, Adele Esmond and Talia Roberson placed 1-3.

11-12 girls

Audrey Adams clinched the top spot in the 50-yard backstroke while Ada Bonnett finished second and Lila Boushlay was third. Adams won her second event in the 50-yard butterfly and Kylie Wheatley placed second.

Ada Bonnett won the 50-yard breaststroke and Boushlay placed second. The duo also recorded a 2-3 finish in the 50-yard freestyle.

Kylie Wheatley took first in

the 100 IM and Starla Anderson was second. Wheatley also won the 100-yard freestyle. Anderson and Vivian Trefry recorded a 2-3 placing.

13-14 girls

Elle Seidensticker led the Bulldogs to a 1-3 placing in the 100-yard freestyle. Kate Jacobson came in second and Madison Kriegel finished third.

Seidensticker also won the 50-yard freestyle. Neve Mitrakul and Madison Kriegel took second and third, respectively. Larson and Kate Jacobson recorded a 1-2 finish in the 50-yard backstroke and

50-yard butterfly.

Larson won her second individual event in the 100-yard IM while Neve Mitrakul finished second. Amara Barry took second in the 50-yard breaststroke while Ralene Wheatley finished third.

15-18 girls

Kiley Adams and Brianna Hughes-Roberts recorded a 1-2 finish in the 50-yard butterfly. Brianna Hughes-Roberts won the 50-yard freestyle and Evelyn Edwards finished right behind her. Kiley Adams captured first in the 50-yard backstroke while Edwards took second.

Hughes-Roberts won the 100 IM as did Kiley Adams in the 50-yard breaststroke. Edwards clinched first in the 100-yard freestyle.

8 and Under boys

Evan Bonnett won the 25-yard freestyle. He also clinched first in the 25-yard breaststroke while Uriah Miller placed second. William Mahler clinched first place in the 100 IM.

Maher also won the 25-yard butterfly while Miller finished second. Evan Bonnett finished second in the 25-yard backstroke and Uriah Miller took third in the 50-yard freestyle.

9-10 boys

In the 50-yard butterfly, Hunter Biver, Jackson Kovacevich and Mack Pell

SWIMMERS of the Week

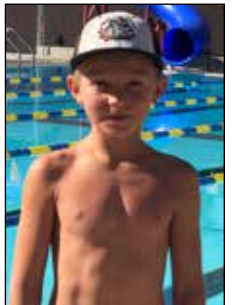


Irma Hernandez, age 10

Irma is a new swim team member this year. She swims hard each practice and is improving daily. Congratulations Irma!

Aengus Gillikin, age 10

Aengus has continued to work hard. We appreciate his quiet leadership! Congratulations Aengus! Both these 10 year olds are awesome to have on our team!



The Cashmere Swim Team, part of the Wenatchee Valley Summer Swim League, also includes teams from Ephrata, Quincy, Leavenworth, Waterville and the Wenatchee Racquet & Athletic Club. The season runs six weeks with Champs on July 27th with Head Coach Isabelle Dressel, Kim Krumvieda-Buchan, Aster Dotson and Brianna Hughes-Roberts. Meet schedule and info can be found on their facebook page.

Paddle On Swimmers of the Week!



and Old Fashioned Soda Fountain



CONTINUED TO PAGE B2

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How to Take Iron Supplement

After a short hospital stay for a bleeding ulcer, 78 year-old Mabel was discharged home on pills to heal her ulcer and an iron supplement to correct her blood loss. Despite taking iron for 3 months, Mabel's blood tests showed she was still low in iron. When I asked her which iron supplement she was taking, she proudly showed me a bottle of ferrous gluconate 300mg sustained release capsules. "The ferrous sulfate tablets they gave me tore up my stomach, so the pharmacist recommended this one. I can take one every day without a problem."

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron, either created by leaving swords in water to rust or by saving the water blacksmiths used to cool hot iron in.

Iron is a critical part of hemoglobin, a protein responsible for carrying oxygen throughout the body, with four atoms of iron in each molecule giving blood its distinctive red color. Without enough iron to make hemoglobin, your body can't supply enough oxygen and you'll become pale and tired.

The most common cause of iron deficiency is blood loss, from stomach bleeding like Mabel experienced, heavy menstrual periods, or chronic blood loss from the intestines such as hemorrhoids. Less

common causes of iron deficiency are poor diet, poor absorption due to gastric bypass surgery or kidney disease, or an increased need for iron during pregnancy or breast-feeding.

We treat iron deficiency anemia by giving iron supplements to replace both iron in your blood and replenish iron stores in your bone marrow, usually by giving 100mg to 200mg of elemental iron daily over several months. The most common side effects of iron involve stomach or intestinal irritation: stomach pain, constipation, nausea, vomiting, and even diarrhea. Iron can also make your stools dark and cause a metallic taste. The 3 most common forms of oral iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron is poorly absorbed and needs an acidic environment to assist its absorption. Vitamin C (ascorbic acid) improves the absorption of iron by converting some of it from the less soluble ferric form to the more soluble ferrous form. A six-ounce glass of orange juice can improve iron absorption by 10%. Although they cause less stomach distress, enteric coated and sustained release forms of iron are not as well absorbed as rapid-release

forms because they bypass the stomach to dissolve further down through the intestine where it is less acidic, so less of the iron is in the more absorbable ferrous form.

Taking iron supplements on an empty stomach either 30 minutes before or 2-3 hours after eating also increases iron absorption, although it causes more stomach irritation when taken without food.

Despite taking supplemental iron for 3 months, Mabel's blood tests still showed iron deficiency anemia. I asked her which iron supplement she was taking, and she showed me a bottle of ferrous gluconate 300mg sustained release capsules instead of the ferrous sulfate 300mg tablets that she was originally prescribed. "The tablets they gave me tore up my stomach, so I'm taking these instead." Each 300mg ferrous gluconate tablet only contained 36mg elemental iron instead of the 65mg in each 300mg ferrous sulfate tablet she was originally prescribed.

Here are 6 Tips for Taking Iron Supplements Successfully:

- 1. The dose of elemental iron is the most important.** The effectiveness and side effects are similar at equal doses of elemental iron. 300mg of ferrous gluconate has 36mg of elemental iron compared with 65mg in 300mg of ferrous sulfate.
- 2. For best absorption,**

Ask...
Dr. Louise



take iron on an empty stomach.

If taking your iron supplement on an empty stomach causes stomach irritation, try taking them with food instead of skipping doses.

3. Avoid sustained release or enteric coated iron supplements.

Sustained release, delayed release and enteric coated iron may cause less stomach upset but are less well absorbed.

4. Start by taking one ferrous sulfate tablet daily, increasing the dose if tolerated.

Higher doses of iron are not absorbed as well and cause more stomach upset and constipation.

5. Consider cooking with cast iron skillets and pans.

Cooking with cast iron increases iron content of your food and can treat mild iron deficiency.

6. Keep iron tablets out of the reach of children.

Both ferrous gluconate and ferrous sulfate tablets look like chocolate M&M candies.

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. Your questions and comments are always welcome at www.AskDrLouise.com. 2019 Louise Achey

Swimmers

CONTINUED FROM PAGE B1

recorded a 1-3 finish.

Mack Pell, Bradley Paine and Marshall Pell took the top three spots in the 50-yard backstroke. Kovacevich captured first in the 50-yard breaststroke and Nathan Arnold finished second.

Kovacevich also won the 50-yard freestyle while Hunter Biver placed second and Nathan Arnold took third.

In the 100-yard freestyle, Mack Pell won the event while Aengus Gillian and Ben Newman finished second and third, respectively. Hunter Biver won the 100 IM.

11-12 boys

Parker Hambleton, Tobie Larson and Keenan Knoll recorded a 1-3 finish in the 100 IM.

Seth Martin led Cashmere in taking the top three spots in the 50-yard breaststroke. Keenan Knoll took second and Graham Barry placed third.

Graham Barry placed first in the 50-yard butterfly while Joseph Acton took third. Tobie Larson won the 100-yard freestyle and Grey Jacobson finished third.

Acton clinched the top spot in the 50-yard freestyle while Graham Barry finished second. Tobie Larson and Wyatt Kinnebrew finished second and third, respectively, in the 50-yard backstroke.

13-14 boys

Luke Jacobson won the 50-yard breaststroke while Michael Acton took third.

Michael McPherson took the top spot in the 50-yard butterfly and Luke Jacobson placed first in the 50-yard freestyle and Michael McPherson tied for second in the event.

Silas Gacek took second in the 50-yard backstroke. Michael Acton finished second in the 100-yard freestyle while Josh Dotson came in third. Michael McPherson placed

second in the 100 IM and Michael Acton was third.

15-18 boys

JonLuka Lundberg and Easton Risdon placed 2-3 in both the 100 IM and 50-yard breaststroke events. Lundberg also finished second in the 50-yard butterfly.

Isaac Rodeback placed second in the 50-yard backstroke and 100-yard freestyle. Rodeback also took second in the 50-yard freestyle while Risdon finished third.

Relays

The Cashmere 15-18 boys and girls teams won both the 200-yard medley and freestyle events. The 9-10 boys recorded a 1-2 finish in the 100-yard medley and freestyle races.

The 8 and Under boys won the 100-yard medley relay and finished second in the freestyle event. The 9-10 and 11-12 girls took the top two spots in the 100-yard medley events. The 13-14 girls took the top two spots in both the

100-yard medley and freestyle relays. The 8 and Under and 11-12 girls swimmers took first and second in the 100-yard freestyle races.

The 11-12 boys recorded a 1-2 finish in the 100-yard medley. They also finished first and third in the 100-yard freestyle, as did the 13-14 boys in the 200-yard freestyle. The 13-14 boys took first and third in the 200-yard medley. In the 100-yard freestyle race, the 9-10 girls finished second.

Cashmere travels to Leavenworth on July 17 to face crosstown rival Kodiaks in their final meet before Champs.

Magic show

CONTINUED FROM PAGE 1

containing circuits and other equipment for space travel. He turned the contained into a lunch box, complete with food, a thermos and Orbit gum.

Evans incorporated science into the show, such as demonstrating how air pressure by blowing up a balloon in a bottle. He and his assistant had difficulty blowing up the balloon at first until Evans revealed a small hole at the bottom where he closed his thumb to trap the air.

For another trick, Evans showed how gravity worked by pouring milk into a glass and turning it upside down.

In one of his two card tricks, Evans had an audience member select a card, the Two of Diamonds. He donned a homemade spacesuit for one of his two card tricks and used a vacuum to retrieve card from the table, only for it to pick up a packet of Orbit Gum, which contained the the Two of Diamonds.

Cooper Green was one of the volunteers for the show. He enjoyed the card trick where Evans utilized "light speed" to referenced tricks throughout the show to reveal the card Green selected, the Jack of Hearts, on three pieces of crumpled paper.

During his show, Evans also encouraged the audience to read and check out books from their own library.

"When you open a book, the universe becomes yours," Evans added.

Another of Evans' volunteers was Jayd Pierce. For her trick, Pierce had to solve a Rubik's Cube from behind her back. After Evans was finished speaking, she brought it forward, revealed she had solved it.

Pierce said she enjoyed the "Launch Box" and lunch box trick and the Rubik's Cube.

When her grandmother asked how the Rubik's Cube trick worked, Pierce shook her head.

"It's magic," she answered with a grin.


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Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Anita Fisk, Director of Human Resources
PO Box 577
Brewster, WA 98812
(509) 689-2517 x 3343
www.threerivershospital.net
afisk@trhospital.net
EOE




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HELP WANTED



NEED A SUMMER JOB?

We are looking for some part-time summer office help. Must be able to type, be a good speller, and personable. The job is for three days per week 9-5 p.m., Tuesday, Wednesday, and Thursday. The individual will open the office, answer the telephone, type up the sheriff's report, community bulletin board items and other important local news items. Maintain newspaper archives, take subscription orders and help with posting stories to our websites.

Apply in person at ... Lake Chelan Mirror office at 310 E. Johnson Ave. 9 a.m.-5 p.m. EOE

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

Love cooking for a crowd? Want the afternoon and weekend off? The Cook's position for a non-profit senior nutrition program is for you. Must be good natured, friendly; possess the ability to follow instructions and complete tasks quickly and efficiently. Experience budgeting and cooking for groups of 20+ preferred. Training is provided for the successful candidate. Week day 7:30 am to 3:00 pm. Wage starts at \$13.19/ hr. plus benefits after 60 day training/ probationary period. Background check and food handler permit required. Applications may be obtained online at www.octn.org, or email request to nutrition@octn.org or call (509)826-4391 extension 201. OCTN is an EOE"

Full and Part-Time Bed Maker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bed Makers. 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



Environmental Services Tech Full-time

Three Rivers Hospital is seeking an Environmental Services Tech to perform basic cleaning and servicing of all hospital areas. Assist in maintaining an environment of safety, sanitation, and compliance with all applicable regulations and guidelines for a healthcare facility. Previous housekeeping experience preferred but not required. Must have valid WA state driver's license. Must be able to communicate in English. Variable Days; 8 hour shifts. Shared weekends.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Anita Fisk, Director of Human Resources
PO Box 577
Brewster, WA 98812
(509) 689-2517 x 3343
www.threerivershospital.net
afisk@trhospital.net
EOE

Entiat SD is seeking applicants for the district School Nurse position. Part-time (8-16 hours/week) with flexible hours. See job flyer and application form on our website www.entiat-schools.org or call (509)784-1800. Open until filled.EOE



CROSSWORD PUZZLE

THEME: FIGURE OF SPEECH

CROSSWORD

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62			63				64			

ACROSS

- Without, ‡ Paris
- **Blind as a ___," simile
- *Attract someone's attention onomatopoeically
- Scheme
- Frosh, next year
- *Grim Reaper
- Having the know-how
- Medicinal houseplant
- Forearm bones
- **"Napoleon of "Animal Farm"
- Horsefly
- Emotional turmoil
- *Damn, homophone
- Reproductive cell
- *Opposite of figurative
- Bonanza find
- Er on Periodic table
- Dalai ___
- Chopper blade
- The little one "stops to tie his shoe"
- Like three nursery rhyme mice
- American stock exchange in NYC
- Temper, as metal
- Baron Munchhausen's statement
- ___ fly away home..."
- Time of the year
- Police shot
- Headquartered
- Sailor's heart
- **"Broken heart" or "heart of stone"
- Dig, so to speak
- Tangelo
- Kind of Steven?
- September's reason to celebrate
- Outer layer of Earth's crust
- First female Attorney General
- Caddie's offering

DOWN

- Masseuse's office
- "Some Kind of Beautiful" star
- Steelers' Chuck
- Rosetta Stone and such
- Western neck ornaments
- To the left of helm
- People in general
- Helter-skelter
- Not loony
- Doe's mate
- CaE alternative
- One in low-fitting jeans
- Old European coin
- "C'mon in!"
- Slow-witted
- Small Asian ungulate
- Enophile's sensory concern
- Dished out
- *Stringed homophone of loot
- Pair in a railroad track
- Paternal test, for short
- Full of cargo
- *Collision, onomatopoeically speaking
- Wayside stop
- **"Sweet sorrow" or "painful pride"
- 4-letter word on primetime TV
- Summer mo.
- Attack
- "___ beware"
- Stick firmly
- Launch
- Country album?
- Shevat follower
- Vagrant or tramp
- Gaia to Dali
- Baker's baker
- Tear
- Actor Mahershala
- Us, in Mexico

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

HELP WANTED

Find the Best Qualified Local Employee in our Classifieds Ads.

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.

The Brewster Police Department is looking for qualified lateral police applicants.

SALARY RANGE: \$4,351 - \$4,842 based on years of experience. Benefits include longevity and educational pay, 100% health insurance paid, Spanish speaking incentive pay. Possible sign on bonus.

Interested applicants should contact the Brewster Police Department Civil Service Secretary for confirmation of minimum qualifications. Brewster Police Department Civil Service PO Box 1074 Brewster, WA 98812. Phone (509) 689-2331. To download the application go to <http://www.cityofbrewsterwashington.org/police%20department.html> closing July 31, 2019. Application can be submitted to jescobar@brewsterpd.org. Application fee waived.

Qualifications Changed
Part-time paid position at the Chelan Senior Center in the office. Hours will be 10 - 15 per week; this will include every Thursday 9 - 5 and 3 - 7 hours on weekends. Computer skills and Spanish speaking a plus. Applicants need to be flexible and be a problem solver.

Please call the Chelan Senior Center at 509-682-2712 or email CSC@nwi.net and ask for Vita.

Lake Chelan MIRROR

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



Scheibler Brothers, Inc. Manufacturing company serving an international customer base seeks responsible and motivated Office Manager. Proficiency in QuickBooks preferred but not required. Basic Accounting and budgeting skills, excellent Excel spreadsheet abilities and polished writing and communication skills are required.

Compensation is based on level of experience. Excellent Benefits available after completion of probationary period. Please send resume to Printers@scheiblerbrothers.com

HELP WANTED



NOW HIRING!
Lawn and Garden Maintenance Labor/ Technician.

For nearly two decades Anderson Landscaping has been transforming and tending exquisite outdoor living spaces in the Greater Wenatchee area.

Requirements include: Two years landscape maintenance experience, skilled equipment operator and plant/weed identification. Hard working, respectful, safety-minded, friendly attitude with a quest to learn. Preference include: Pruning, dead-heading, fertilizer and chemical experience, bi-lingual (English and Spanish).

Our team strives for unparalleled excellence with meticulous care for every single project. 40 hours week, overtime and medical benefits. \$14-16 hour DOE. Contact Nick Alden, 509-881-7012, nick@landscapebyanderson.com



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

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PLOT SOPH DEATH
ABLE ALOE ULNAE
ALLEGORY CLEG
ANGST DAM
GAMETE LITERAL
ORE ERBIXO LAMA
ROTOR ANT BLIND
AMEX ANNEAL LIE
LADYBUG SEASON
MUG BASED
AHOY METAPHOR
ADORE UGLI EVEN
LABOR STAL RENO
IRON ENS ENDS

PUZZLE SOLUTION

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GARAGE & YARD SALE

Storage Sale: Cut-Rate Storage in Cashmere 101 E. Railroad Avenue 9 a.m. - 2 p.m. Many items including tools, furniture, crafts, gardening items, clothing, etc.

ESTATE SALES

Estate Sale: 703 Cedar Street, Leavenworth Retro furniture, china, dishes, and much more. Friday, July 19th and Saturday, July 20th 10 a.m. - 4 p.m.

GENERAL MERCHANDISE

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can take all your stress out of installing our wood, pellet and gas stoves, fireplace inserts, and fireplaces. Chimneys, hearthpads, chimney relining, gas venting, gas piping, repair and complete, code installation and advice year-around. 45+ years. Experience. Call Al Bosco, 509-826-2736 aljust*055om

BOATS & TRAILERS



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.

11' Avon Rover 3.40 Rigid-Hull Inflatable Boat (RIB) with Trailer and 15 HP Yamaha Outboard Motor Double fiberglass hull. Inflatable - no leaks. Great condition. Comes with a 15 hp Yamaha outboard motor (rebuilt) and a 5 gallon fuel tank.

WHAT'S HAPPENING

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

PUBLIC NOTICES

CITY OF LEAVENWORTH
On the 9th day of July, 2019, the City Council of the City of Leavenworth, Washington passed the following ordinances. A summary of the contents of each provides as follows:
Ordinance 1591: An Ordinance vacating a portion of Summit Avenue within the plat of Leavenworth First Addition.
Ordinance 1592: An ordinance vacating a portion of Woodward Street within the plat of Ralston's addition.
Ordinance 1593: An Ordinance of the City of Leavenworth, Washington, amending certain revenue and expenditure appropriations in the 2019-2020 budget and ordinance #1579 for the City of Leavenworth. 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 July 17, 2019. #85707.

Advertisement For Bid
Cascade Medical Center is requesting bids for the **Clinic Shelled Space Infill.** The renovation project includes partial 2nd floor room for demolition, detailed mechanical, electrical, fire protection, and finish work. Qualified Bidders shall have until 1:00 PM on July 29th, 2019 to submit their bids to Javier Meraz, Facilities Director, 817 Commercial Street, Leavenworth WA 98826. Bids will be opened to "Chelan County Public Hospital District #1" MRSC contractor roster and bids shall comply with the standards set forth in the Invitation to Bid (ITB). We are a public hospital and it is mandatory that we use our MRSC Roster. Prospecting Contractors that are interested in bidding for this project must also be members of the MRSC (Municipal Research and Services Center) by our Bid Proposal due date. MRSC Rosters is a contracting directory that connects businesses directly with public agencies. We are a public hospital and it is mandatory that we award project bids to our MRSC Roster. Register with the "Chelan County Public Hospital District #1", it is free for contractors to become members at: <http://mrsccrosters.org>. Each bid must be submitted in a sealed envelope, accompanied by the bid bond and clearly marked on the outside of the envelope "BID for CASCADE MEDICAL CLINIC SHELLED SPACE INFILL". Cascade Medical Center's Facilities Director/Safety Officer, Senior Management, and Commissioners will evaluate bids submitted to determine the best qualified bid. The Engineer's estimate of cost is \$57,500. This is a Prevailing Wage Project. Clinic Shelled Space Infill project plans and contract documents may be available by contacting: Javier Meraz, Facilities Director, Safety Officer, 509-548-2515 (office) javierm@cascaedemical.org 817 Commercial Street, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on July 17, 2019. #85711.

CITY OF LEAVENWORTH PLANNING COMMISSION NOTICE OF WORKSHOP - DISCUSSION
NOTICE IS HEREBY GIVEN that the Leavenworth Planning Commission will hold a public workshop - discussion, on July 31, 2019 at 6:30 PM in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington. The intent of this workshop is to review the draft code amendments for (1) the Planned Development Chapter 18.40 and (2) the Development Standard Charts. This workshop will be similar to meetings held June 6th and July 10th, where City staff and/or the Planning Commission will walk through the proposed amendments, answer questions and discuss ideas with the public. The July 31st workshop will be followed by the regular Planning Commission meeting on August 7, 2019 this discussion will continue, if necessary. Once these discussions are complete, the Planning Commission will draft changes to the amendments for a recommendation to the City Council. If you are not able to attend the meetings but would like to provide comment or have questions, please contact Development Services within City Hall at 700 Hwy. 2, Leavenworth, WA 98826; phone 509-548-5275; email dsmanager@cityofleavenworth.com

Published in The Leavenworth Echo/ Cashmere Valley Record on July 17, 2019. #85713.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of RICHARD A. BRYANT, Deceased
No. 19-4-00204-04
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 in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: July 10, 2019
PERSONAL REPRESENTATIVE: Debbie Copsey and Lisa Schauss
ATTORNEY FOR PERSONAL REPRESENTATIVE: Thomas D. Overcast
ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES Attn: Thomas D. Overcast 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court No. 19-4-00204-04
Attorney for Estate: Overcast Law Offices By: /s/ Thomas D. Overcast, WSBA No. 14486
Attorney for Personal Representative: Published in The Leavenworth Echo/ Cashmere Valley Record on July 10, 17, and 24, 2019. #85664.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of ROBERT P. SHANK, Deceased.
No. 19-4-00211-04
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 in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided for in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.
DATE OF FIRST PUBLICATION: July 10, 2019
/s/ Kenneth Roy Shank
Kenneth R. Shank
Personal Representative
Attorney for the Personal Representative:
David A. Kazemba,
WSBA No. 48049
Address for Mailing or Service:
Overcast Law Offices, PS
Attn: David A. Kazemba
23 South Wenatchee Avenue, Suite 320
Wenatchee, WA 98801
Telephone (509)663-5588
Court of probate proceeding and cause number:
Chelan County Superior Court
Cause Number: 19-4-00211-04
Published in The Leavenworth Echo/ Cashmere Valley Record on July 10, 17 and 24, 2019. #85676



Courtesy Wenatchee Valley YMCA
The Eric W. Nelson Cabin at Lake Wenatchee YMCA Camp was dedicated on June 15.

Wenatchee Valley YMCA honors Eric Nelson

SUBMITTED BY WENATCHEE VALLEY YMCA
summer.
"What a testimony to Eric that our board and donors immediately stepped up to help and what a tribute to bestow on Eric for a 40 year career in the YMCA," stated Dorry Foster, Chief Executive Officer of the Wenatchee Valley YMCA.
Eric Nelson, surrounded by friends and donors, humbly recognized the fact that, "You were able to raise \$145,000 in spite of having my name attached to it." With all kidding aside, the cabin is a huge step towards creating a lasting legacy for camp and incredible impact for our campers.
To learn more, contact Dorry Foster at the Wenatchee Valley YMCA at (509) 662-2109 or Tim McElravy at Lake Wenatchee YMCA Camp at (509) 763-9622.

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Unlimited description
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Run it till it sells - Automotive (\$25.00)
Don't just park your car on the side of the road with a "For Sale" sign!

Promote it on the web for one low price where local buyers can see it at their leisure.

- Includes up to 3 photos
- Includes video
- Unlimited description
- Google map to your location (or you can opt out)
- Privacy link (interested buyers contact you through the site protecting your identity)

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it. You can renew it for an additional 12 months at no additional charge.