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Rossi wants to be Reichert’s replacement as our Congressman

By GARY BÉGIN

NCW Media Managing Editor Gary Bégin reached out to Republican candidate for the 8th Congressional District Dino Rossi and posed a few questions to him. What follows are his answers:

NCW Media: Why do you want to be the 8th District Congressman?

Dino Rossi: I'm running for Congress because D.C. is broken and doesn't seem to remember how to work together to solve problems. I have a proven record of building coalitions and bridges with people from all walks of life. In the state legislature, I balanced budgets and prevented tax increases, all while protecting seniors and people with developmental disabilities or mental illnesses. I passed bipartisan laws cracking down on drunk drivers and laws sending child molesters to prison for life after their second strike.

Where others bring theories, I bring results and proof built by my work across party lines bringing people together. I am proud to be the only candidate in the race with a proven track record of accomplishing bipartisan solutions and solving problems, and I think Congress could use more of that. After all, don't you think we have enough people in D.C. yelling at each other?

NCW Media: Tell the readers why your legislative experience in Washington will help you as a legislator in D.C.?

Rossi: I am the only candidate in this race with experience working as a legislator to bring people together and pass meaningful bills into law. As a State Senator, I passed bills that made our communities safer from drunk drivers, hit-and-run drivers, and child predators. I intend to bring that same focus on our communities to Congress.

NCW Media: What is your general stance on immigration?

Rossi: Our immigration system is broken. We must pass legislation to accomplish the following goals:

1. Secure our borders. We need to know who is coming into and exiting our country, and be able to screen out threats.

2. Streamline the process for legal immigration. At the root of most of our current immigration problems is the fact that it's too easy to come here illegally and too inefficient and frustrating for those who want to arrive legally.

3. Provide certainty for those here under DACA. Deporting hundreds of thousands of people to a country that they may have never known and left when they were young is not logical.

4. Clarify that the U.S. should absolutely not be separating parents from their children. We should not return to the "catch and release" policy that was previously in effect.

NCW Media: Tell the readers why they should vote for you?

Rossi: I am the only candidate in this race who has actually worked with both sides to solve problems for our citizens. When I served in the Washington State Senate, I brought people of all walks of like together to solve problems. I have a wide range of interests and expertise. In the Washington State Senate, I brought people together to close an enormous budget deficit without raising taxes, while still protecting the vulnerable. I also passed legislation to put child molesters in prison for life after their second strike and the first law to require ignition locks in the cars of chronic DUI offenders. I sponsored the bill to fully funded our State Park system and have the strong support of the Washington State Farm Bureau as well as local farm leaders.

I'm running for Congress because Washington, D.C. is broken,

and I believe I have the skills to contribute solutions. None of my opponents have this experience, and everything they say they'll do is unproven theory. Everything I've done is a proven record of solving problems in a cooperative way, while sticking to my principles.

NCW Media: Are tariffs against other nations okay with you?

Rossi: I believe that free trade allows us to bring the success of a free market approach to areas that might otherwise be inflicted by poverty and despair. Free trade is important to Washington State and to the 8th Congressional District. I am strongly opposed to excessive tariffs and will work within my party and with those in good faith on the other side of the aisle to ensure that trade relationships with our allies are strengthened.

The last thing I want to see is Washington farmers and businesses get caught in the middle of a trade war. Tariff battles hurt all of us -- lost profits for employers, lost jobs for workers, and higher prices for consumers. I will work to remove trade barriers and push to keep healthy and fair trading relationships with our allies.

NCW Media: What are your hobbies, passions, family, education, etc.

Rossi: I grew up in Snohomish County in a large family. As the son of a public schoolteacher and beautician, I want every family to live the American Dream like my family was able to. My grandparents worked their way across the country until they settled in Black Diamond, Washington where my grandfather worked as a coal miner. I worked my way through college with jobs in construction and as a janitor, scrubbing floors to be able to pay for college. Later, I became successful in commercial real estate, where I learned to work constructively with others to fix problems and help everyone succeed.

Library Summer Reading Program winners



Elijah Duncan-Straight with Dinosaur book/animal



Kaitlyn Greene with Yoda/book



Oliver Chalmers with Star Wars book/ Darth Vader



Emily Swanson with puppy



Rylan Snodgrass with Rhino



Matthew Cornelia with truck prize

Thank you for supporting the Summer Reading Program at the Cashmere Library!



COURTESY PHOTO.

8th District Congressional candidate Bill Grassie's photo was inadvertently not included with his recent article, so we are running it this week.

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Letters policy

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

Corrections

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Reasons I Have Died In My Past Lives:

• I grew a man-bun when I was a caveman and a dinosaur thought it was a meatball. Eventually the various 'saurs became extinct.

• I shouted out, "Black oLives Matter!" at a salad bar while in downtown Chicago. A wannabe Black Panther shot me dead. Charges were never brought.

• I worked for Red people who hated White people while living on the Rez. One of my employees shot me. Charges were never brought.

• My Spirit Animal was hit by a car and I was visiting him at the time. Charges were never brought.

• I was Caesar's 17th Press Secretary at a rough point in



APPLES TO APPLES
GARY BÉGIN
NCW MEDIA
MANAGING
EDITOR

the Empire.

• Agent Orange sprayed on the 3rd Hole at the Guam Officer's Golf Course in '68 caused me to die of non-hodgkins lymphoma.

• Drinking incredible amounts of bourbon when it was the real deal, back when I was a Kentucky farm boy.

• Vlad the Impaler hung me upside down on a spike facing the Mongols.

• I was shot for insolence by a White guy when I was a slave in Bermuda.

• A Spanish Cardinal, Armando de Fuqua, decided I was a heretic and burned me at the stake.

• I drank so much milk I

grew monster kidney stones which exploded my innards before they passed.

• I was waterboarded before waterboarding was cool by my "mother," who really wanted to be a nun (the kind with the heavy-handed ruler).

• The English Army hung me as a French spy after the Battle of Quebec City.

• I shouted that the "King Hath No Codpiece!" when I myself was naked.

• While riding a skateboard, a taxi driven by a Pakistani in Toronto ran me over.

• I tried migrating back to Canada once the Civil War started and both sides shot me dead.

• I criticized a fellow journalist who used the phrase "dissed", but used it

as an actual word. She most likely had a degree in Ebonics. Her boyfriend stabbed me in the bar at Applebees during a company party. Charges were never brought.

• I was, in fact, castrated as a child and served as a Eunuch during the Last Emperor period. The mob tore me asunder once he was deposed.

"... but seriously folks, this matter of violent minority vegans, as in bullet number 2, well I shoulda settled for green olives stuffed with pimentos.

In bullet one? Well the man-bun thing was merely a fashion faux pas - but it cost me street cred on the Avenue and a helluva afternoon at the salon.

If you really think hard, you might imagine the world the way you think it should be, but

then you understand that even "corn hole" contests are now considered sports worthy of ESPN live coverage. It caused me to nearly vomit to death and die of dehydration. Beach Volleyball, midget wrestling, hot dog eating, what is next, the ability to walk and chew gum?

Of course the real sign of the Apocalypse - football is being played indoors like a bunch of girls. Maybe that's why the players haven't enough pride to stand for the flag and anthem?

Thank God I'm a baseball fan. When it rains, they have enough sense to go indoors.

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

Un-synchronized Global Growth?

Over the last couple years, one of the most popular phrases in the financial world was "synchronized global growth." The idea was that all the major economies in the world (America, Europe, Japan and China) were finally growing together, which was very helpful for the American economy and stock market.

However, as much as a strong global economy can help us, it can also pull us down. The last

big drop in the stock market was in early 2016, and China was a big reason for that drop. Similarly, in 2011 & 2012, a crisis in Europe caused major drops in the stock market (remember Greece?). Unfortunately, similar worries are starting to creep into the financial world. Both Europe and Japan are looking weaker, and China recently had a strong of surprisingly bad economic reports. No one is predicting a recession in any of

those places any time soon. However, it's not good news if the global economy is slowing.

On the other hand, it doesn't seem to be hurting the American economy so far. Recent jobs reports have been stellar, consumer confidence and business confidence are high, and Americans are still buying lots of expensive, unnecessary things.



COMMUNITY VOICES
By BRAD BLACKBURN

The only semi-bad recent economic news was our 1st quarter GDP of only 2.2%. However, even that isn't terrible news. Our 1st quarter GDP has been notoriously weak for years, and economists can't quite figure it out. They usually blame it on stormy winter weather keeping people at home.

Most economists think our GDP will bounce back in the

2nd quarter to 3%-4%, or even higher - which would quickly make everyone forget about our lackluster 1st quarter. So, we are still doing well here in America. Let's hope the rest of the world can keep it together.

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

Frazier's family history: Montana to Washington

All this news upon Frazier finding an old receipt:

"Brother Joe died in Oct. or Nov. this past year. In 1906 my grandfather Michael Strutzel traveled from Helena to Wenatchee and purchased 19.8 acres from Deke Brown. He was the founder of Monitor, Washington. The town was first named Brownsville, but with so many Brownsville's in the Americas the people came up with the name Monitor. The property was bordering John Zager already raising fruit at Monitor. Everyone traveled by train in those days and William Clark who built the Copper Roof mansion that is now a hotel in Butte to



HOMETOWN MUSINGS
FRAZIER STRUTZEL

Great Falls so that the people of Butte didn't have to breathe the ore being processed. He also built the huge smelter in Black Eagle just north of Great Falls. This is the same William Clark who established Las Vegas, Nevada. It is in Clark County, Nevada. He was then elected to the U.S. Senate from Nevada. Like I said their were 5 different railroads serving Butte in 1906. Even the Great Northern had a terminal in Butte. I have never researched Helena railroads in those days, but I know that two different railroads went up the narrow canyon to Marysville and the Drumlommen mine.

I know that William Clark

built the beautiful Columbia Gardens as a playland for the people of Montana. It is now gone because of the huge open pit. His rival Daly never did anything, but take from the people of Butte, but he had enough clout to keep Clark from becoming a U.S. Senator from Montana. I have the baptism certificate for Anna Rozman Mehelich. Her dad was listed as Mikel Rozman. The Priest was Father Zager. I grew up on Zager Road in Monitor. She was married to my uncle Mike E. Strutzel, which was not the best thing that ever happened to her. Her parents owned an orchard on Western Avenue in Wenatchee. She was truly a saint who made me dance as a 10 or 12 year old. I'm sure in my mind that dad's uncle John was down to Butte and that is his receipt. Cousin Jane

Carry lived with great Uncle John and Aunt Lucy in Great Falls for quite some time. If she is still alive she has a wealth of information on the entire Mehelich family. Great Uncle John also was involved with his brother Steve who owned the East End Saloon and Boarding house in Butte. Aunt Anne also had a Slovenian book for translation to English. She hosted my brother Joe and cousin Joe Grentz to teach the Slovenian language. I was too young at that time. When I had the book I learned that "klobke" was hat and my mother used the book to put some words I won't publish to a couple of her in-laws. When I asked Dad if I could take lessons from her he shrugged and said, "it is a Dead Launquage".

It is 155 miles from Great Falls to Butte, which was a long trip in 1916 with few cars and poor roads. Michael Ernest

Strutzel 1895-1957 was married to Anna Barbara Mihelich or Mehelich 1896-1955.

She was the daughter of John Mehelich born circa 1875 and wife Barbara Rosman or Rozman born circa 1877 who lived in Butte."

Editor's note: If you or someone you know wants to contribute a historical column or comment about Cashmere, Monitor, Dryden, Peshastin, Plain or Leavenworth, send an email to gary@ncwmedia.com. Frazier Strutzel was born in Leavenworth in 1942 and graduated Cashmere High School in 1960/61. He served in the Marines from '61-'63 and spent 26 years with the Cashmere Volunteer Fire Department and eight years on the Monitor Community Council where he grew up. He can be reached via gary@ncwmedia.net.

Paid Political Endorsement

Vote for Schrier

I'm writing to convey my excitement and unequivocal support for Dr. Kim Schrier for Congressperson of Washington's 8th Congressional District.

We consider ourselves extremely fortunate to have had her as our pediatrician for over ten years. Over the course of her campaign, listening to her debate, talking to her at socials, I have come to recognize that she is a multifaceted and extremely pragmatic candidate for congress. Not only is she a pediatrician, well versed in the issues and challenges families in our community struggle with, she is also very familiar with other challenges facing our country. Her undergraduate degree was in Astrophysics, and as mine was in Physics, I can testify that it lays the foundation for disciplined thought. The US Congress handles a broad spectrum of issues, ranging from the complexity of healthcare, farm and family policies, to the technical nuances of defense, space and the

environment. Kim is a candidate who can work across this broad spectrum and, importantly, has the interpersonal skills to collaborate across the aisle. As a candidate, she has demonstrated the same level-headedness, competency, and judgment as we have known in her practice. She is exactly who we need to help return Congress to being a functional organization, working for the constituents in our district and our core-values as a nation. I can think of no better candidate. Recently, another candidate in the 8th district, Shannon Hader, sent out mailers perpetuating a blatant lie that Kim was an "anti-vaccination" pediatrician. Ludicrous! Our children were vaccinated many times under Kim's advice. As a third generation combat veteran, and a retired Naval Officer, I am disgusted by those in politics who lack integrity.

We need congress people like Kim Schrier. We already have too many like Shannon Hader.

Chris Severns
Sammamish, WA

Leavenworth's Icicle Brewing joins '1% for the Planet' environmental group

LEAVENWORTH - Icicle Brewing Company here has recently joined 1% for the Planet, pledging to donate 1% of distribution sales to support nonprofit organizations focused on the environment.

"We are so excited to be the first brewery member of 1% for the Planet in Washington State! We feel that it is important to work together for a healthy planet and to support environmental solutions through our membership and everyday activities." Pamela Brulotte, Owner.

Members of 1% for the Planet commit to supporting approved environmental nonprofit partners by donating the equivalent of 1% of sales through a combination of monetary, in-kind, and approved advertising contributions. Nonprofits are

approved based on referrals, track record and environmental focus. There are thousands of approved nonprofits worldwide.

Collectively, 1% for the Planet Members have donated more than \$175 million to environmental nonprofits to-date.

"We are thrilled to welcome Icicle Brewing Company to our global network," said Kate Williams, CEO of 1% for the Planet. "Currently, only 3% of total philanthropy goes to the environment and, only 3% of that comes from businesses. We need more businesses like Icicle Brewing to do its valuable part to increase giving and support on the ground outcomes."

About 1% for the Planet 1% for the Planet is a global organization that connects dollars and doers to accelerate

smart environmental giving. We recognize that the current level of environmental giving - only 3% of total philanthropy - is not enough to solve the most pressing issues facing our planet.

Through our business and individual membership, 1% for the Planet inspires people to support environmental organizations through annual membership and everyday actions. We advise on giving strategies, we certify donations, and we amplify the impact of the network.

Started in 2002 by Yvon Chouinard, founder of Patagonia, and Craig Mathews, founder of Blue Ribbon Flies, our members have given more than \$175 million to environmental nonprofits to date. Today, 1% for the Planet is a network of more than 1,400 member businesses, a new and expanding core of hundreds of individual members, and thousands of nonprofit partners in more than 60 countries. Look for our logo and visit onepercntfortheplanet.org to learn more.

About Icicle Brewing Company: We are a mountain culture craft brewery in the heart of Washington's Cascade Mountains. We are passionate about our beer, our people, our customers and our community. We love bringing people together through great craft beer and food experiences every day! Come visit us at 935 Front Street in Leavenworth and for more information about Icicle Brewing Company please visit iciclebrewing.com.



PHOTO BY GARY BÉGIN/NCW MEDIA. Pamela Brulotte

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For two weeks only (space limited).

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Other ways to advertise your News and Events:

Garage and yard sale ads are paid events, please email these to classifieds@leavenworthecho.com

Mention that you are a non-profit event for a discount.

If your group is not a non-profit group you can now be listed for a small fee.

Call for information on any of these items. 509-548-5286

Cashmere

Open Mic Night

Join Librarians Lisa and Leah on Thursday August 2, 6:30 to 7:30 p.m., at the Cashmere Public Library, 300 Woodring Street, no cost for this event.

Have you ever wanted to tell jokes on stage? Or perform a song you’ve been practicing? Do you have a poem or story to share? Come to listen or share your talent in a safe and creative space. Sign up your act ahead of time at the Cashmere Library or come on over to listen.(r31)

American Red Cross Blood Drive

Aug. 8 at Cashmere United Methodist Church, 213 South Division St, Hours: 12:30 - 6:30 p.m. Appointments are encouraged. Call 1-800-733-2767 for an appointment. Walk-ins welcome. Homemade treats and famous ham spread sandwiches. Sponsored by Wacoca Kiwanis Club of Cashmere. (r31,32).

Cashmere Library Book Club

For all readers who love a good discussion! Thursday August 9, at 6:30 to 7:30 p.m., at the Cashmere Public Library.

This month’s book is “The Glass Castle”, by Jeannette Walls. Let’s talk about it. Gain

insight from others to make a great finish on an interesting read and take a treat as well. Stop by the library to pick up a copy. Always entertaining an a fun way to make friends. We meet once a month. Newcomers welcome! (r31,32)

Collin Raye

To perform at Chelan County Fair, on September 7. Concert is Free with Fair Admission. The 2018 Chelan County Fair begins on Thursday, September 6 and runs through Sunday, September 9. Admission is \$10 for adults, \$8 for seniors and students, and a Family Pass is \$30 for 2 adults and 3 children. See the complete schedule at www.chelancountyfair.com, for more information call (509) 782-3232. (er 31,32).

Leavenworth

Craft Night for Teens

Have you tried painting with alcohol ink? This forgiving medium allows you to create and erase to your heart’s content. We’ll paint tiles that work great as coasters. Ages 12 and up. Thursday, August 9, 4 p.m. at the Leavenworth Library. (e31,32).

Historical Walking Tours of Leavenworth

The Upper Valley Museum will be sponsoring a Downtown Historical Walking Tour on Saturday, August 11. The tour begins at Upper Valley Museum, 347 Division St. at 10 am. The tour is 1-2 hours on sidewalks and is about 2 miles long. There is a donation fee \$5. Everyone is encouraged to wear good walking shoes and bring water. Call 548-0728 for more information.(e31,32).

Blood Drive

Leavenworth Red Cross Blood Drive, sponsored by the Church of Jesus Christ of Latter-day Saints, will be held at 10170 Titus Rd., Leavenworth, on Thursday, August 9, from 1:30 to 6:00 p.m.

There is a great need of blood this time of the year. Your donation is needed. For information or scheduling an appointment, call 1-800-733-2767. (e31,32)

Jump for Joy!

Village Rhythms From Around the World. Join teaching artist Susan Wickett-Ford for a wonderful afternoon of music! Fun for the whole family.

Friday, August 10 at 4 p.m., at the Leavenworth Library. (e31,32)

Upper Wenatchee Valley Pickleball Club

Free Clinic for beginning Pickleball players on Saturdays, August 18, and 25 at 9:00 to 11:00 a.m., at the District Office 225 Central Ave., Leavenworth on the tennis courts.

There is a limit of 16 players per training session. Please email Trainer Dave Sebring,

USAPA Ambassador, dls47@msn.com or call Sally Sebring USAPA Ambassador 548-5102 to get on the list. (e31,32).

Village Voices to Kick Off Season with Picnic for New Members

The Leavenworth Villages Voices (LVV) invites prospective and returning members to the fourth annual Season Opener Picnic on Monday, August 13, at Lions Club Park, Leavenworth from 6:00 – 8:00 p.m. The LVV is a community choir that welcomes anyone who loves to sing and is committed to learning his/her music. Members will provide food and beverages (and guitar accompaniment for a sing-along!). Come on out if you want to learn more. Rehearsals start on August 20 and take place on Mondays from 7:00–9:00 p.m. at the Leavenworth Community United Methodist Church, 418 Evans Street. Contact us on Facebook or at www.leavenworthvillagevoices.org. (er31,32)

Light the fire within

Register your child now for a fun and exciting week of summer camp at Camp Zanika Lache on Lake Wenatchee. There are lots of fun activities, boating, fishing, rafting, arts & crafts, canoeing, high ropes course, low ropes course, cook outs, and more. There are still some openings available, register soon online at www.zanika.net Camp is open to all youth entering into 1st through 12th grade. For information contact Theresa Samuelsen or Alexis Blessing 663-1609 (e31)

Announce your event!

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Little Women opens Wednesday



Michael McCormick (left) plays John Brooke and Michela Munoz is Meg March in the Little Women

Cashmere native Michael McCormick performs as John Brooke in Leavenworth Summer Theater’s production of Little Women.

The play is a musical adaptation of Louisa May Alcott’s novel about the March sisters as they come of age during the civil war. Its a story of love, grief, loyalty and finding purpose made into an award winning Broadway musical.

Performances are at Leavenworth Summer Theater’s Ski Hill Amphitheater.

The play opens July 31, with additional performances August 4, 9, 16, 21, 24, 30

For tickets call 509-548-2000 or online: leavenworthsummertheater.org tickets are \$14, \$25, \$35 Infants and children under 5 are not admitted.

COMMUNITY CALENDAR

Wednesday, August 01

8:30 a.m.- 10:30 a.m., Play and Learn Group, Peshastin HeadStart. Call Cheby, 548-7614.

9:00 a.m.- 6:00 p.m., Cashmere Public Library hours.

10:00 a.m.- 10:30 a.m., Preschool Storytime, Cashmere Public Library.

Noon, Cashmere Rotary Club. Cashmere Presbyterian Church. 303 Maple Street. Karen Jackson president.

3:30 p.m.- 5:30 p.m., Cashmere Food Bank, food distribution at The United Methodist Church, 213 S. Division Street. Call 782-3811.

6:30 p.m., Tillicum Riders Drill Team, Chelan County Fairgrounds arena. Call Cindy, 662-5984.

6:30 p.m.- 8:00 p.m., The Underground, youth group for sixth to eighth graders. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

Thursday, August 02

11:00 a.m.- 8:00 p.m., Cashmere Public Library Hours.

2:00 p.m., Deborah’s Bilingual Storytime.

4:00 p.m., Knights of Veritas.

5:00 p.m.- 7:00 p.m., Free weekly Community meal, Cashmere United Methodist Church Gym, 213 S. Division Street.

6:30 p.m.- 10:00 p.m., Cashmere Sportsmen’s Gun Club. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.

7:00 p.m.- 8:00 p.m., Al-Anon Family Group Meeting for families and friends of alcoholics. Cashmere Presbyterian Church, 303 Maple Street. All are welcome.

7:00 p.m., American Legion Post 64. American Legion Hall, 401 Sunset Highway. Call Commander Don Thomas, 548-5893.

7:00 p.m., American Lady’s Legion, American Legion Hall, 401 Sunset Highway. Call President Linda Ingraham, 679-0243.

Friday, August 03

9:00 a.m.- 6:00 p.m., Cashmere Public Library hours.

10:30 a.m.- 11:00 p.m., Baby/Toddler Story time, Cashmere Public Library.

2:30 p.m., Bilingual Family Crafts and Activities.

6:30 p.m.- 8:00 p.m., Evergreen Baptist Church Youth Group (ages 13-20), 5837 Evergreen Drive. Call 782-1662.

Saturday, August 04

9:00 a.m.- 1:00 p.m., Cashmere Public Library hours.

Sunday, August 05

Check the Church page for local services times.

Cashmere Public Library closed.

6:00 p.m., The Underground, youth group for high schoolers. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

Monday, August 06

9:00 a.m.- 6:00 p.m., Cashmere Public Library.

4:00 p.m., Eric Ode.

6:30 p.m. Young Life Club, open to all high school age students. Call T.J. Kaapuni. 509-679-3247.

7:00 p.m. Boy Scouts, Boy Scout building, 201 Riverside Drive. Call Scoutmaster, Jim Kill. 783-3513.

7:00 p.m. Tillicum Riders meeting, Chelan County Fairgrounds. Call Cindy, 662-5984.

Tuesday, August 07

9:00 a.m.- 6:00 p.m., Cashmere Public Library.

Ongoing events

Cashmere Public Library: Monday-Friday, 9:00 a.m.- 6:00 p.m., Saturday, 9:00 a.m.- 1:00 p.m. Sunday: closed.

Baby/toddler Storytime 10:00 a.m.-10:30 a.m.. Other Storytimes call 782-3314.

Cashmere Museum and Pioneer Village: Monday-Saturday, 10:00 a.m.- 4:00 p.m., Sunday, Noon- 4:00 p.m.

Regional events

8 a.m. to 3:30 p.m., Daily: Leavenworth Fish Hatchery. Call 548-7641.

1:00 p.m.- 4 p.m. SCORE (small business counseling), Wenatchee Chamber of Commerce. Call for appointment, 888-2900.(Tue. & Thurs.)

1:00 p.m.- 4:00 p.m., Master Gardener Clinic, WSU Chelan/Douglas County Master Gardener Plant Clinic, 1100 N. Western Ave., Wenatchee. Call 667-6540.

3:30 p.m., Cascadia Conservation District Board Meeting, in the Upstairs Conference Room at the Wenatchee World Building, 14 N. Mission St., Wenatchee. Call the District at 436-1601.

Aging and Adult Services Board Meeting: First Thursday of each month, call 886-0700.

Some meetings or events may be rescheduled. Please check with the organization about the time

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SENIOR CENTER MENUS & EVENTS

Leavenworth Senior Center, 423 Evans St., Leavenworth

Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.

August 02, Thursday: BBQ riblets, baked beans, crunchy pea salad, tossed green salad, garlic bread, strawberry shortcake.

August 03, Friday: Fish filet, seasoned potatoes, coleslaw, summer squash and watermelon salad, peaches, WW bread or roll, & dessert.

August 06, Monday: Chicken Cacciatore, wild rice, carrot raisin salad, grapes, garlic bread, & dessert.

August 07, Tuesday: Meatballs & gravy, mashed potatoes, mixed vegetables, salad with tomatoes, peaches, WW bread or roll, & dessert.

August 08, Wednesday: Tuna noodle casserole, peas, garden salad, garlic bread, fruited Jell-O.

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

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AA MEETINGSCHEDULE

Information numbers for AA:

509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-219-3379

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., United Church of Christ, 8455 Main Street, Peshastin

Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Thursday, noon, Kristalls Restaurant, 280 US-Hwy.2, Leavenworth

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.

No More Pink and Blue

Forget the pink and blue; there is a new phenomenon in parenting and it is called “theybies” – raising children who are gender neutral.

Julie and Nate Sharpe have garnered national attention when NBC reported their decision to keep their children’s gender up in the air until their children decide whether to be a boy or a girl. The reason, they feel, is that this way they are protected from harmful gender stereotypes and allows them the freedom to “self-identify” who they want to be.

I call it an assault on God’s gift of gender and child abuse. As parents, our job is to nurture and care for the children God has graciously given us. Part of that care includes providing clarity and teaching children the truth about reality. To deny a child the basic understanding of who they are is not helpful but extremely harmful to their development.

What is so sad though, is that these parents know the gender of their children. Every time they change their diapers and at every bath time, the gender of their child is clearly perceived.

But their children don’t know who they are and many pediatricians agree that this will do significant damage to their lives.

And for that, I grieve. Jesus spoke severely about



A WALK WITH PASTOR JOHN SMITH

those who would cause little ones to stumble (Luke 17:2) and for that, I fear for the parents.

Gender is not fluid as some assert nor can we decide if we are a male or female. We are who we are because God has created us that way.

God has the final say on gender because He created humanity in His own image and created them “male and female” (Gen. 1:27).

Gender is binary because God defines it as such.

As I looked more into this story and the “theybie” movement, it is very easy to see that this has hardly anything to do with the welfare of the child and everything to do with the parents. In all the rhetoric about the harm of gender stereotypes foisted upon the children from society, the parents have imposed their own abstract and destructive confusion about gender on helpless kids.

This is not rooted in progressive tolerance rather it is in the ancient and pernicious sin of man’s autonomy. In other words, man determines his own reality and it is the arbiter of truth.

This is man’s fundamental problem – we think we have the authority to do such things when Scripture clearly teaches that God alone has the right to define His own creation.

God’s design for gender is beautiful. Both men and

women are equally valued by God and have intrinsic worth. Christianity alone is the only worldview that is consistent on gender equality.

Yet equality doesn’t necessarily mean sameness. Men and women are different and that is okay. The differences between genders are not meant to be viewed as a threat rather they are to be celebrated as a gift.

Yet not according to the Sharpe family and those who promote this new type of parenting. Gender definitions and differences are unsafe and should be avoided at all cost.

I wonder what is going to happen when their children are with other kids on the playground and the question is raised “are you a boy or a girl?” and they won’t be able to answer it. How are they going to feel when the parents they look to for guidance will not give them a clear answer but instead are woefully ambiguous.

I tell you how they are going to feel: they are going to feel ashamed and confused because they will not know the basic truth about their own bodies.

For parents to willfully conceal, distort or confuse their own children about reality is abusive regardless if it is widely accepted as an innovative parenting.

Let us be okay with boys being boys and girls being girls for the sake of the children, please.

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

Okanogan’s Weigle wants seat vacated by Condotta

By GARY BÉGIN

NCW Media Managing Editor Gary Bégin interviewed C. Keiki Stacy Weigle recently about why she wants to take the 12th District Representative seat soon to be vacated by Cary Condotta.

NCW Media: Why do you want to be our 12th District State Representative?

Keiki Weigle: As stated once by Nobel Peace Prize Recipient, His Holiness the 14th Dalai Lama, “Give the ones you love wings to fly, roots to come back, and reasons to stay.” This is the simple and true basis for my motivation to run for office. I want us all to have the roots to come back and reasons to stay and prosper in our 12th Legislative District.

This election is personal to me. My son graduates and heads to college this fall. He loves where we live and wants to come back after college, but he worries the prospects aren’t favorable, and he isn’t the only one who feels this way. Over the last 3 years, I’ve listened closely to students, parents, aunts, uncles, grandparents and business owners speak on issues they feel lessen the prospects of living here. We must do better to improve the prospects of living here for our youth, as well as individuals, families, seniors and businesses by setting and meeting clear objectives to get us there.

To improve the prospects for living in our district for residents, including our youth (staying home after schooling is complete or returning home after college), families, seniors



COURTESY PHOTO.

Keiki Stacy Weigle on left, with son and husband.

or businesses owners, I’ve surmised that there are specific key issues that are interrelated and must be addressed. I think I’m the person to address these issues successfully.

NCW Media: What experience in legislative affairs or management do you have?

Weigle: I have no direct experience as a legislator. From 1978 - 2004, I worked in the fast-paced rollercoaster ride known as the Technology Industry, in and related to Silicon Valley. I primarily served a management and team-building capacity for innovative start-up companies, including Advanced Micro Devices, Sperry Univac Defense Systems, Osbourne Computer, Breakthrough Software, Symantec, CHRONOS Technologies, Plum Hall, Baltimore Technologies and Forterra Systems.

Since 1996, I’ve done business development and product launch projects as a consultant, streamlining my business model to taking on no more than 3 clients per year since 2006. Having travelled for much of my son’s life, I was grateful to spend 2014 through 2018 home with him through his high school years.

Over the last 25 years, I have also enjoyed community service, most recently with Mahalo Meals for wildland firefighters (since 2015), and volunteering at the Omak Stampede (since 2015), doing ticket sales and catering for volunteers.

Party politics aside, I am a professional problem solver and process creator. Having had a successful career in the fast-past technology industry for over 35 years, I have a successful track record in being able to listen, identify and troubleshoot issues or create new options for opportunities,

as well as set clear objectives and meet them. That skillset coupled with my work ethics, makes me a viable candidate to legislate for the actions necessary to successfully address key interrelated issues that our district faces, especially when needing to find or create solutions to very interrelated issues that help our district.

NCW Media: What do you see to be the district’s major issues?

Weigle: I believe effective representation of our district has been sorely lacking in state legislature. I can’t find a time over the past 20+ years when we have been represented effectively and consistently. Our needs have been overshadowed by more populated and developed districts. That challenge is one a Rep must get beyond, chewing it down like a bulldog and negotiating a way into inclusion. I’m a bulldog and will make our district recognized, relevant and hone in on negotiating our way into effective legislation that includes solutions to address our district’s needs.

If elected, I’ll focus my efforts on addressing the following key interrelated issues that will improve the prospects of living in our district, including:

1. Expanded/Upgraded/ Accessible/Affordable State-of-the-Art Technology/Broadband
2. Expanded Education/ Vocational Training
3. Universal Healthcare – including Prescription Coverage and LOCAL facilities access to healthcare AND specialists
4. Town Revitalization Programs, New Business Development and Job Growth with Living Wages increasing Town/County Revenues
5. Affordable Housing

CONTINUED TO PAGE 8

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Chelan County Superior Court Judge, Position 3, Charles Steinberg, recently spoke to members of the Wenatchee Network Group at the Eagles Club in Wenatchee.

UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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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
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. - 206 Vine Underground Junior High, Wednesdays, 6:30 p.m. - 206 Vine
Steve Haney, Lead Pastor
Andy Robinson, Pastor
Joyce Williams, Pastor
Ian Ross, Director of Operations
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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

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

CASHMERE

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

OUR LADY OF THE ASSUMPTION
300 S. Division • Office: 548-5119
Rectory: 782-2643
Sunday Mass: 8:30 a.m.
Spanish Mass: 12:30 p.m.
Daily Mass Wednesday: 5:30 p.m.
Friday: 9:30 a.m. Mass Convalescent Center
Fr. Miguel Gonzales

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

LEAVENWORTH

COMMUNITY UNITED METHODIST
418 Evans Street - 548-5619
Worship and Sunday School for children at 10 a.m. Nursery provided.
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www.leavenworthumc.org

CORNERSTONE BIBLE CHURCH
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Monday & Wednesday 6:30 p.m.

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For any other information: 868-2620

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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
Pastor to Children & Families: Becky Goodman
www.LCN.org

LEAVENWORTH

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Daily Mass • Tuesday & Thursday 8:30 a.m.
Saturday Vigil 5 p.m. • Sunday Mass - 10:30 a.m.
Spanish Mass - Saturday, 7 p.m.
Fr. Miguel Gonzales

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
Pastor Russell Esparza
Sunday Worship 10 a.m.
Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.

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

Bugert vies for Chelan County Commissioner seat

By GARY BÉGIN

NCW Media Managing Editor Gary Bégin interviewed Chelan County Board of Commissioners candidate Bob Bugert about various issues. What follows are his answers:

NCW Media: Tell the readers about yourself.

Bob Bugert: I was raised with strong family values – hard work, honesty, your word is your bond, always lend a helping hand, and your name and your reputation are your most prized possessions. My father started his own small manufacturing company which he grew from two employees to over 200. It would have been easy to join the family business, but I chose to follow my passion and study Wildlife Biology at W.S.U. It was there I met my wife, Carolyn, and we charted our course together.

Carolyn and I first moved to Wenatchee in 1980. We both fell in love with the Valley and while our jobs and my Master's degree in Fisheries Biology took us to many Eastern Washington communities, we committed to return to the Wenatchee Valley.

That opportunity arose in 1990. We moved from Waitsburg, a town of 1,000 people, to Wenatchee. We have lived in Wenatchee in the same house since then. Our three sons all attended Wenatchee public schools and graduated from Washington colleges. I enjoy skiing, backpacking, bicycling, travel, reading and woodworking -- and of course, my sons.

NCW Media: Why do you want to be Chelan County Commissioner?

Bugert: I believe in giving back to the community. I have nearly thirty years of work experience focused entirely on making Chelan County a better place to live. As Executive Director of the Chelan Douglas Land Trust I worked to improve the quality of life in our county. As the Eastern Washington Coordinator for the Governor's Salmon

Recovery Office, I worked with private landowners, irrigation districts, city elected officials and county governments on water issues so that irrigators had water for their crops or livestock, there was water to maintain native salmon and steelhead for fishing, and cities and counties had a reliable water supply. As Facilitator of the Mid-Columbia PUD's I worked with tribes, environmentalists, three PUD's, irrigation districts, growers and the federal government to create an agreement that brought over \$100 million to the Wenatchee, Entiat, Methow and Okanogan rivers. This agreement also created 12 new hatcheries, which created many new jobs. My career reflects my commitment to improving Chelan County.

I also believe in the importance of giving back to the community as a volunteer. When my children were in school I was a soccer coach and active band booster. I drove the band truck to regional competitions and spent summers at the band's concession stand selling hotdogs. I was well known at my children's schools.

Since my children have grown, I have committed myself to volunteering with many community organizations. My interest in improving transportation in the county led me to serve as a volunteer with the Link Transit Strategy Team and Chelan-Douglas Transportation Council. My interest in education led me to volunteer with the Wenatchee Public Library Capital Campaign. My interest in affordable housing led me to volunteer with Habitat for Humanity. My belief that recreation brings tourist dollars led me to serve on the Board of TREAD, a nonprofit focused on outdoor recreation.

I have a long history of working to make Chelan County a great place to live. I am now ready to take that commitment to a higher level-- as your County Commissioner.

NCW Media: Do you have any managerial or legislative experience?

Bugert: I have many years of managerial and legislative experience. As a manager with the Washington Department of Fish and Wildlife, I supervised 40 professional and technical staff, spread throughout eastern Washington, and I was responsible for seven contracts covering several million dollars annually.

As Executive Director of Chelan-Douglas Land Trust, I managed four department heads, who in turn managed other staff. In my ten years with the Governor's Salmon Recovery Office, I worked directly with county governments and both legislative and executive branches of our state government. I have lots of experience with federal legislators as well. As President of the Washington Association of Land

Trusts, and as the only eastern Washington representative to the State Salmon Recovery Funding Board, I have made a half-dozen trips to Washington DC to push for issues that benefit Chelan County, ranging from forest health and wildfire prevention to salmon recovery.

NCW Media: What makes you better than the other 4 candidates?

Bugert: I have experience--lots of it. I have been working on local issues for many years. I have 30+ years of professional experience managing large professional staff, handling complex budgets, multi-party negotiations, and working with local governments, members of Congress and the State Legislature.

I know the job. I have worked closely with county commissioners for most of my career. As Executive Director of the Chelan-Douglas Land Trust, I worked regularly with commissioners in Chelan, Douglas, and Okanogan counties. I've worked a lot with commissioners on specific

local issues. In my ten years' work for the Governor's Office, I worked directly with county commissioners and other elected officials throughout eastern Washington. For 25 years I have worked with dozens--if not a hundred--county commissioners. I have partnered with them in hundreds of public meetings. I know first hand what a commissioner deals with, and have a solid understanding of what makes a good commissioner.

I am the candidate with the background, skills and knowledge to hit the ground running.

NCW Media: Why are you running as an independent? Or do you lean GOP or Dem in general?

Bugert: I am a moderate non-partisan candidate. When I cast my own vote, I do not vote by party line. I base my vote on four things: candidates' experience, their values, who is endorsing them, and where they stand on current issues. Since issues that are important to the community right now may change in the future, I look for candidates that have strong core values and leadership experience to guide them.

For the past year I talked with hundreds of people throughout the county about running for County Commissioner. Over and over I have heard the same comment--we need to get past partisan disputes and focus on solutions that meet the needs of everyone in our community, regardless of party, race, or economic status. I will put the public interest ahead of any special interest, will use common sense, and find common ground to solve problems. The most important responsibility of a commissioner is to set the tone for our government. I am inclusive, respectful, and open to all ideas. I will set the right tone.

I encourage voters to look beyond party and evaluate me based on my track record, qualifications, effectiveness and values.

NCW Media: As far as you are concerned, what is the biggest issue facing the county right now?

Bugert: By far, our county's biggest issue is making housing affordable to our workforce. The high cost of buying or renting a home has been a concern for years and is only getting worse. The problem has many reasons: available land, permits, materials costs, and labor shortages, to name a few. The solutions will take many steps.

I am not new to this issue. I served on the Board of Habitat for Humanity and, for the past few years, I've been an idea man such as streamlining the permit process, providing incentives for alternative housing designs (bungalows, townhouses, 4-

plexes and micro-homes), supporting covenants that allow more

flexibility, and incentives to build homes within the urban area. Other communities have successfully used these new home concepts--and we can learn much from them.

I support the recommendations developed by the Housing Solutions Group. The best solutions often come from grassroots, voluntary efforts of people most impacted by the problem. Our Valley, Our Future has brought all the right people to the conversation to come up with local solutions that benefit our community. We are always better working together.

If you are interested in learning more about where I stand on other issues, please visit my website at electbobbbugert.com.

NCW Media: How will you help bring tourism, Ag dollars to county coffers?

Bugert: I have been working on outdoor recreation issues for many years. The economic benefit of recreation to Chelan County is growing and is well documented. Besides my work with the Land Trust, where we completed a \$8.7 million campaign to create an extensive trails system in the Wenatchee Foothills, I am on the Board of Wenatchee Valley TREAD, the newly-formed nonprofit to promote outdoor recreation and tourism in Chelan and Douglas counties. Our work is done with the financial support and partnership of the Chamber of Commerce and Port of Chelan County, and many recreation businesses and nonprofits in the area.

As the Governor's Eastern Washington representative to the Salmon Recovery Funding Board, I am responsible for providing roughly \$2 million

CONTINUED TO PAGE 8

SWIMMERS of the Week



Kylie Wheatley age 10

Kylie swims hard at every practice and is getting stronger daily. She is a sweetheart that is very polite and kind to everyone. She has a smile that will brighten anyone's day.

Congratulations Kylie!

Zeke Lewis age 13

Zeke is a hard worker with a great attitude. Zeke has showed great improvement throughout the season.

Congratulations Zeke!



The Cashmere Swim Team, which practices at the Cashmere Municipal Pool, is part of the Wenatchee Valley Summer Swim League, which also includes teams from Ephrata, Quincy, Leavenworth, Waterville and the Wenatchee Racquet & Athletic Club. The season runs six weeks, from the first practice on June 18 to championships set for July 28. Meets are generally held at 6 p.m. Thursdays. The Cashmere team has three coaches this season — Head Coaches Harrison Collett and Kim Krumvieda-Buchan, and assistant coach Aster Dotson. For information on the team, go to http://wvssl.org/index.php?p=1_22

Way to Move,
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Kate Norland P.T.
Margaret Fletcher P.T.



‘Four Minutes of Fame’ hosted by Write On The River group

Just when you need it most, a cool literary evening in a super cool venue! Write On The River's summer "Four Minutes Of Fame" is 6:30 Thursday evening, August 16 at the Radar Station, Wenatchee's newest gallery and intimate performance space at 115 South Wenatchee Avenue. Adult beverages and snacks are available; readings

start at 7 p.m.

Enjoy original poetry and prose by local writers. Whether it's dramatic, droll, daring, just-journaled, in-progress, or published -- bring your best to read or join us just to listen.

Reading slots at this open mic event are limited to 16, so email info@writeontheriver.org soon to reserve your spot. Write On The River is

a non-profit organization established in 2005 with a mission to encourage north central Washington writers from inspiration to publication. Visit and bookmark our website Write on the River | Wenatchee, WA to stay informed about more upcoming events: weekend workshops, members' meetings and a writing retreat.

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Friday, Aug 3 & Saturday, Aug. 4

Performances Nightly at 7:30 p.m.

Chelan Rustlers Arena - (follow signs to 74 Union Valley Road)
\$11 Adult • \$7 Youth 7-17 & Seniors • Kids under 6 Free

Family Pass/General Admission Pre-Sale Tickets
available at Chelan Shell Foodmart (Family Pass 2 Adults/3 Students \$35)

Thursday, Aug. 2 - 7 p.m. - Parade - Downtown Chelan
Entry Forms at lakechelan.com, Lake Chelan Chamber of Commerce, All Seasons Rentals

Friday Night - 3rd - KOZI Family Night \$35 - 2 adults & 3 youth -
World Famous Chicken Race/Kids 12 & under,
Ranch Bronc Riding, Kyle Bode Rodeo Clown & Barrelman

Saturday - 4th - Cowboy Breakfast 7-10 a.m.
at the Rodeo Grounds with Chelan FFA Alumni
Timed Event Slack Performance Free at 9 a.m.

Saturday Night - 4th - World Famous Chicken Race/ Kids 12 & under,
"Blue & Gold Saturday Night, A Tribute to the FFA" presented by Jim's Pumping
Ranch Bronc Riding & Kyle Bode Rodeo Clown & Barrelman

Gates Open Nightly at 5 p.m. - Beer Garden • Food & Vendor Booths

Come Join the Good ol' Fashioned Family Fun! & Cowboy Up!

PUBLIC HEARING

Cryptocurrency Moratorium

MONDAY AUG. 6 – 1 P.M.

Confluence Technology Center

285 Technology Center Way

Wenatchee/Olds Station

Public comment will be taken by the PUD Board of Commissioners

For more information visit www.chelanpud.org/cryptocurrency



CHELAN COUNTY





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CASHMERE VALLEY
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PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

HOMES FOR SALE
4 unit multi-family building lodge in Leavenworth. All city utilities \$250,000 Call 509-548-7329 or 509-968-1244

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BUSINESS OPPORTUNITY

Owner Retiring
Rare opportunity to purchase established business. Loyal clientele, excellent reputation.
Kashmir Gardens Florist,
a Cashmere mainstay since 1949, is for sale.
Sale includes equipment, inventory, display pieces.
The building is also for sale separately.
509-782-2071

FOR RENT
Executive living available soon. Chelan. Year round. 4 bedrooms, 2 1/2 baths, 2 plus car garage. View deck. \$2,000/month. References. Deposit required. 509-682-2460.
Newer home for lease in Leavenworth 3 bedroom, 2 bath, 1644 square feet, fireplace, and a nice mountainview. \$1800 per month. Please call Mike 509-548-5537.


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HELP WANTED

The Cascade School District is seeking qualified applicants for the following positions:
Alpine Lakes Title 1/LAP Para Educator
2 Icicle River Middle School Special Education Para Educators
Fast Track application process and information can be found on our website at: www.cascadesd.org EOE

Popular boutique in Leavenworth now hiring. Fun enjoyable environment. Pick up application at Simply Found, 833 Front Street, Leavenworth. Part or full-time for summer. Cynthia - 425-330-2756.

HELP WANTED
Town of Winthrop Lodging Tax Advisory Committee is now accepting applications for a Winthrop Marketing Director to promote the Town of Winthrop. Applicants should have a bachelor's degree in marketing, or a related field, recent marketing experience, have excellent written and verbal communication skills, an entrepreneurial spirit, be self-starters, and have a strong knowledge of the Town of Winthrop and its activities, businesses, and people. Position is full time and salaried. Email resume to winthropmarketingdirector@gmail.com for additional details.


The Cascade School District is seeking qualified applicants for the following positions:
Beaver Valley Custodian- 2 hrs.
Alpine Lakes Day Custodian- Full-time
Cascade High School Graveyard Custodian Full-time
Please go to our website <https://www.cascadesd.org/Page/1798> EOE

Pateros School District
Certificated Reading Instruction Teacher/ Federal and State Programs Director
This 1 FTE continuing position commences with the 2018-19 school year. Duties and responsibilities include: reading intervention specialist; managing Title I/ LAP/ Migrant/ Bilingual programs and services; administering placement tests; supervising instructional and migrant paras and other as per job description. Applicant must have a valid Washington State teaching certificate applicable to the position and favorably pass all background checks.
Salary DOE
For full consideration complete applications are due by noon 7/31/2018. Position open until filled.
Application instructions and complete position description available at www.pateros.org or from the district office Monday- Thursday 8:00 a.m.- 4:00 p.m., 509-923-2751 x4. EOE

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Momi Palmieri • 433-2211

HELP WANTED
Seasonal Job Openings
The City of Chelan Parks and Recreation Department has employment openings for the following entry level positions:
1. Golf Course Greenkeeper
2. Golf Course Greenkeeper
3. Golf Course Greenkeeper
4. Parks Facilities Maintenance Worker - Restrooms
5. Golf Course Clubhouse Office Worker (*)
All positions will start immediately except the Office Worker position. That position will start at the end of August. Competitive wages with benefits. Please come to the Parks Administration Office to pick up an application, job description and more information. If you have questions, please call Karen Sargeant, Parks Director at (509) 682-8015. Please leave a message with valid contact information and your call will be returned.
Come join the team at the City of Chelan Parks and Recreation Department.

Manson School District
is seeking applicants for the following position.
• Assistant High School Cross Country Coach 2018-2019 Season
Detailed job posting and online application process are available at: www.manson.org EOE

Rummage Sale Get the word out! 548-5286

HELP WANTED

Chelan Safeway is looking for several motivated people to join our team.
Open positions include:
• Checkers
• Deli Clerk
• Meat Wrapper
• Bakery Clerk
apply online @ careersatsafeway.com
Please contact Matthew or Jeremy at 509-682-2615 with any questions
Safeway is an equal opportunity employer


Journalist Wanted
The Cashmere Valley Record Newspaper. is looking for a writer/photographer who loves sports and attending community events.
NCW Media has an immediate full-time opening. Pay DOE.
Call Gary, 509-571-5302 or Bill, 509-670-1837 to arrange an interview. Must be a team player and willing to work flexible hours.EOE
Food Service Worker wanted at Cascade Medical in Leavenworth to fill in as needed to wash dishes, assist with food prep, etc. Apply at www.cascademedical.org and click on "Careers".


CLASSIFIED ADS

HELP WANTED
PATEROS SCHOOL DISTRICT Resource Room Paras
Two positions are currently open and both commence with the start of the 2018-19 school year. One for 6.5 hours per day and one for 7 hours per day, Monday-Friday. Salary to be determined by candidate's years of service in the district. Instructional aide and special education experience preferred. Candidate must meet federal certification standards and pass WA State Patrol/ FBI background check.
Application packet is due at noon on 8/8/18 in the district office. Applications can be obtained at www.pateros.org under employment or by calling the district office at 509-923-2751x4. Email contact: lehlenbach@pateros.org Position open until filled. EOE

Find the Best Qualified Local Employee in our Classifieds Ads.
Your ad will appear online and in the newspaper for one low price.
Deadline Monday at noon
Lake Chelan Mirror 682-2213 mirrords@lakechelanmirror.com
Leavenworth/ Cashmere 509-548-5286 classifieds@leavenworthecho.com
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Quad City Herald 509-689-2507 heraldads@qcherald.com
All Classified Ads go in all of our newspapers


Do you have something to sell? Call or go online at 548-5286 ncwmarket.com to list in the classifieds!

CROSSWORD PUZZLE

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71									72		

THEME: SCIENCE FICTION
ACROSS
1. Flora's partner
6. Café alternative
9. Alpine lift
13. European blackbird
14. Owned
15. Reflecting light
16. _____ estate deal
17. He was the greatest?
18. Main artery in the body
19. "The War of the Worlds" invader
21. "Typical temporal setting
23. Shape with an ax
24. Combustible heap
25. Fleur-de-
28. "Scully's first name in "The X Files"
30. Huey, Dewey or Louie to Donald Duck
35. Crematorium jars
37. Ponies at a party
39. #30 Across' sister
40. _____ of arms
41. Mideast V.I.P.
43. Military no-show
44. "Buffy the Vampire Slayer" spin-off
46. Hippocrates' promise, e.g.
47. "David Bowie in "The Man Who to Earth"
48. "The Dagobah _____ in "The Empire Strikes Back"
50. Lack of guile
52. Bad-mouth
53. Form of arthritis
55. National Institute of Health
57. "Foundation" series author
60. "Stanislaw Lem's famous novel
64. Single-cell protozoan
65. Famous Dolly, e.g.
67. Absurd _____
68. West African country
69. "Eureka!"
70. Neil Diamond's "Beautiful _____"
71. They're marching one by one
72. Auction set 73. Young sows

DOWN
1. Memory _____ mattress
2. Certain something
3. _____ friendly
4. Poet's "below"
5. Like U.S. and U.S.S.R. in WWII
6. Conjunction in comparatives
7. "Heuristically programmed algorithmic computer, for short
8. Enlighten 9. Biblical pronoun
10. Ethiopian currency
11. Initial stake, as in poker
12. Swedish shag rug
15. Shiny cotton
20. Not asleep
22. One of #35 Across
24. "Miss America" contest, e.g.
25. "Star Wars" creator
26. Shoemaker without shoes, e.g.
27. Hose woes
29. "Captain of Nautilus
31. "La Vie en rose" singer
32. #23 Across, past tense
33. Cause for food recall
34. "One of the "fathers of science fiction"
36. Proofreader's mark
38. "_____ good example"
42. It's black or white and lives in Africa
45. Office errand boy
49. Barn sound
51. Bureaucratic task
54. Relating to uvea
56. Capital of Vietnam
57. So be it
58. Dispatched
59. Avian wader
60. Center of authority
61. Iron horse track
62. Research facil.
63. Visually perceives
64. Bar association
66. "Doctor _____"

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CROSSWORD PUZZLE

THEME: SCIENCE FICTION
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57. So be it
58. Dispatched
59. Avian wader
60. Center of authority
61. Iron horse track
62. Research facil.
63. Visually perceives
64. Bar association
66. "Doctor _____"

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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



Receptionist Administrative Assistant
The Leavenworth Echo is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday - Friday in our Leavenworth office. This qualified individual will answer phones, take classified and legal ads, and assist the advertising director. (Training will be available). A qualified person must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, good math skills and the ability to use a ten key adding machine -- a big plus. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of Leavenworth and the Upper Valley. Then this job is for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants please send a resume to:

Attn: Publisher
P.O. Box 39
Leavenworth, WA. 98826.

Or bring in your resume to the
Leavenworth Echo office
215-14th St.

Sunset Bar & Grill is hiring Line Cook/ Dishwasher/ Server/ Bartender: \$11.50 to start with tips paid out daily. 18 plus for servers and kitchen, 21 plus for bartenders. We have a great team already working with a fun atmosphere. Solid experience and a positive attitude and work ethics are our requirements and a copy of MAST and/ or Health cards. Full or part-time positions available. Please stop by Sunset Bar at 76 Wapato Way, Manson to leave a resume. We are a very busy bar/ restaurant so please do not call as we would prefer to meet you in person.

PUZZLE SOLUTION

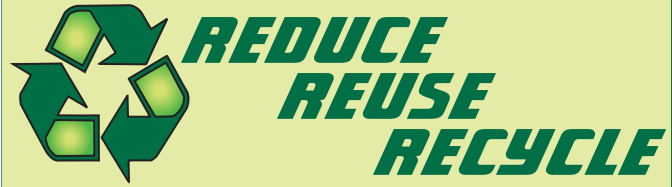
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ANGEL	OATH	FELL
SYSTEM	NAIF	DIS
GOUT	NIH	
ASIMOV	SOLARIS	
AMEBA	EWI	INANE
BENIN	AHA	NOISE
ANTS	LOT	GILTS

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Leavenworth Cashmere
509-548-5286
classifieds@leavenworthecho.com
Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com
All Classified Ads go in all of our newspapers



GARAGE & YARD SALE

CLEAR SOME SPACE WITH A



Fill your pockets with CASH
Let others know what items you are selling!
Your ad appears online & in the newspaper for one low price
Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrorads@lakechelanmirror.com
Leavenworth/ Cashmere
509-548-5286
classifieds@leavenworthecho.com
Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com

ESTATE SALES

Estate Sale: Aug. 3- Aug. 5. 9-4 Friday and Saturday. 9-1 Sunday. 33 Morical Road, Brewster. 2002 Buick La Sabre, sewing machine, tools, Rainbow vacuum. Lots of household items.

AUTOMOBILES

For Sale: 1999 Mazda "Navajo" 4x4. Manual transmission. 200,000 miles. Good condition. \$1,750. Brewster. Call Dan 509-689-2131 or 509-733-1562.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of **BARBARA M. ISAACSON**, Deceased.

NO. 18-4-00207-04

PROBATE NOTICE TO CREDITORS

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: July 25, 2018

PERSONAL REPRESENTATIVE:
Gary Isaacson

ATTORNEY FOR PERSONAL REPRESENTATIVE:
David Visser

Address for Mailing or Services
OVERCAST LAW OFFICES
23 South Wenatchee Avenue
Suite 320
Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 18-4-00207-04

OVERCAST LAW OFFICES
By: David Visser, WSBA No. 41546
Attorney for Personal Representative.
Published in the Leavenworth Echo/ Cashmere Valley Record on July 25, and August 1, and 8, 2018 #82561

PUBLIC NOTICES

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, 2018. More information concerning the 2018 Rate Adjustment can be obtained by calling Waste Management at (509) 662-4591 or www.wmnorthwest.com/cashmere/index.html
Published in the Cashmere Valley Record/ Leavenworth Echo on August 1 and 8, 2018. #82407

Superior Court of Washinton in and For Chelan County

In the matter of the Estate of **James Vincent Decesare** Deceased
Certificate No. 2018-029956
Probate Notice to Creditors

The Personal Representative named below has been appointed as Personal Representative of the 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 provide by RCW 11.40.070 to the Personal Representative named below at the address stated. The claim must be presented and mailed to the Personal Representative with Four Months after the date of first publication of this notice. If the claim is not presented within this time period, the claim is forever barred in accordance with the appropriate laws of the state of Washington..
Date of First Publication: August 1, 2018
Personal Representative: Byron A. Saliby
Address for Mailing in Claims: 15195 Chumstick Hwy. Leavenworth Wa, 98826
Published in the Leavenworth Echo/ Cashmere Valley Record on August 1, 8, and 15, 2018 #82650

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of **ALICE JEWELL BRANDT**, Deceased.

No. 18-4-00203-04

Probate Notice To Creditors

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: July 18, 2018

Personal Representative:
Cleta M. Jeffery

Attorney For Personal Representative: David Visser

Address For Mailing or Service:
OVERCAST LAW OFFICES
23 South Wenatchee Avenue
Suite 320
Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 18-4-00203-04

OVERCAST LAW OFFICES
By: David Visser, WSBA No. 41546
Attorney for Personal Representative.

Published in the Leavenworth Echo/ Cashmere Valley Record on July 18, 25, and August 1, 2018. #82521



Looking for a home for your Furry friend?

Try the pet section on **NCWMarket.com**

PUBLIC NOTICES

Special Meeting For Annexation of Fish Lake Alpine Tracts into Mosquito Control District #3.

WHEREAS, The Board of Chelan County Mosquito Control Dist #3 has received a petition to annex Fish Lake Alpine Tracts in accordance with Chapter 17.28 of the Revised Code of Washington; and WHEREAS, on June 28th, 2018, the Chelan County Auditor duly certified said petition indicating sufficiency. NOW THEREFORE, BE IT KNOWN, that Chelan County Mosquito Control Dist #3 has set 6:00 pm August 7th 2018 for a Public Meeting located at 14224 Idlewild Rd., Leavenworth, WA 98826 to consider testimony from the public regarding annexation of said area and the proposed boundary lines as set forth in said petition as follows:
PETITION TO ANNEX FISH LAKE ALPINE TRACTS SUBDIVISION INTO MOSQUITO CONTROL DISTRICT #3 IDLEWILD (RCW 17.28.320-.350)

TO: THE HONORABLE IDLEWILD MOSQUITO CONTROL DISTRICT NO. 3 BOARD OF TRUSTEES IN THE COUNTY OF CHELAN, STATE OF WASHINGTON

We, the undersigned, being registered voters resident in the territory legally described below, and equal in number to ten percent (10%) or more of the votes cast for the office of governor at the last gubernatorial election, hereby petition and request that the real property boundaries described below be annexed into the Chelan County Mosquito control District No. 3, Idlewild, in accordance with RCW Chapter 17.28. Petitioners further state as follows: The boundaries of the area proposed to be annexed are legally described on Exhibit "A" attached hereto and incorporated herein.

The number of registered voters in the boundaries legally described on Exhibit "A" cast votes for the office of governor in the last gubernatorial election is **13**.

•No portion of the area proposed for annexation lies within a city•
Petitioners request, upon certification by the Chelan County Auditor that this petition contains sufficient valid signatures as provided by RCW 17.28.330, that the Board of Trustees of Chelan County Mosquito Control District No. 3, Idlewild, cause the text of the petition to be published and that further action be taken thereon all in accordance with Chapter 17.28 RCW.
EXHIBIT "A" TO PETITION TO ANNEX FISH LAKE ALPINE TRACTS SUBDIVISION, HOWARD E. CLARK SHORT PLAT NO. 3487, AND PARCELS NO. 271722120100 AND 271722120150 INTO CHELAN COUNTY MOSQUITO CONTROL DISTRICT NO. #3 IDLEWILD

The following described real estate situated all in the **State of Washington, County of Chelan, Section 22, Township 27 N., Range 17 E., W.M.:**
All of Plat of Fish Lake Alpine Tracts, Lots 1 – 48, recorded on August 6, 1968, Book 7 of Plats, Pages 52 and 53, together with all of Howard E. Clark Short Plat No. 3487, lots 1 – 3, recorded on February 12, 2002, in Book 17 of Short Plats, Pages 111-112, together with Chelan County Parcel Numbers 271722120100 and 271722120150.
The petition was signed by 5 individuals who have read the text and petition and consent to the filing of the other pages hereof to be considered as a part of this petition. Michael Brunelle, Christine Humphrey, John Humphrey, Janet Jenkins, Mark Jenkins

DATED July 9, 2018
Board of Commissioners
Chelan County Mosquito Control Dist #3
Dave Neir, President
Published in The Leavenworth Echo/ Cashmere on July 18, 25, and August 1. 2018 #82487

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CHELAN COUNTY MOSQUITO CONTROL DISTRICT NO. 2 ALSO KNOWN AS LEAVENWORTH MOSQUITO CONTROL DISTRICT NO. 2 NOTICE OF PUBLIC HEARING

Notice is hereby given that Chelan County Mosquito Control District No. 2 shall conduct a public hearing at 7:00 pm on Monday August 20, 2018 at the Chelan County P.U.D. auditorium located at 222 Chumstick Highway, Leavenworth, WA 98826, regarding two petitions for annexation at which the district board shall hear persons appearing on behalf of the petition and all protests and objections to it. The district board shall make such changes as it believes advisable in the boundaries to the territory and shall define and establish the boundaries. It shall also determine whether the petition meets the requirements of chapter 17.28 RCW.

First: "Petition 'M' Mine Wetland Area: Petition for Annexation to the Leavenworth Mosquito Control District #2 (RCW 17.28.330). We the undersigned, being registered voters resident in the territory legally described below, hereby petition and request that the real property boundaries described below be annexed to the Leavenworth Mosquito Control District #2 in accordance with RCW Chapter 17.28.330. Petitioners further state as follows: 1. The boundaries of the area proposed to be annexed to the Leavenworth Mosquito Control District #2 are as follows: all areas lie within Chelan County, Washington, are located in the greater Leavenworth basin, and are not currently within the boundaries of the Leavenworth Mosquito Control District #2. See map for detail: the current district and proposed annexation are highlighted. 2. Petitioners request, upon certification by the Leavenworth Mosquito Control District #2 board of trustees that this petition contains sufficient valid signatures as provided by RCW 17.28.020, that action be taken thereon all in accordance with RCW Chapter 17.28.320-17.28.350. (Ten percent or more of registered voters in the boundaries legally described below who have cast votes for the office of governor in the last gubernatorial election are required to validate this petition). 3. Chelan County parcels numbered 28146, 28147 and 28185 are the real property relevant to this petition. Registered voters resident in the above parcels: Lee Marson, Rosalie Marson, Ryan Weaver, Cascadia Marson, and Gerald Faulconer." This petition was signed by five individuals.

Second: "Petition 'T' Titus Road East: Petition for Annexation to the Leavenworth Mosquito Control District #2 (RCW 17.28.330). We the undersigned, being registered voters resident in the territory legally described below, hereby petition and request that the real property boundaries described below be annexed to the Leavenworth Mosquito Control District #2 in accordance with RCW Chapter 17.28.330. Petitioners further state as follows: 1. The boundaries of the area proposed to be annexed to the Leavenworth Mosquito Control District #2 are as follows: all areas lie within Chelan County, Washington, are located in the greater Leavenworth basin, and are not currently within the boundaries of the Leavenworth Mosquito Control District #2. See map for detail: the current district and proposed annexation are highlighted. 2. Petitioners request, upon certification by the Leavenworth Mosquito Control District #2 board of trustees that this petition contains sufficient valid signatures as provided by RCW 17.28.020, that action be taken thereon all in accordance with RCW Chapter 17.28.320-17.28.350. (Ten percent or more of registered voters in the boundaries legally described below who have cast votes for the office of governor in the last gubernatorial election are required to validate this petition). 3. All Chelan County parcels located east of Titus Road and extending to the boundary of section 1 that are not now within the Leavenworth Mosquito District #2, are the real property relevant to this petition. Ruth DeLong, Carol Ann Seaman, Claire Seaman, Shaun Seaman, David Morgan." This petition was signed by twenty individuals.

Published in the Leavenworth Echo/ Cashmere Valley Record on August 1, 8 and 15, 2018. #82685.



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Are you getting enough Vitamin B-12

A few years ago, one of my patients, a retired Marine mentioned how he had been suffering from shooting and burning pains in his legs and feet for the last few years, and although his doctor tried several different pain medicines, none had really helped. Then one day his feet and legs stopped hurting so much.

“The only thing I did differently that week was start a new vitamin that happened to have a lot of vitamin B12 in it. Week after week, I kept expecting the pain to come back, but it’s been over 6 months and I’m still mostly pain-free. But I still take that vitamin, just in case.”

Vitamin B12 is a water-soluble B vitamin that helps your nerves work and also

helps your body make new red blood cells, which can prevent a certain type of anemia. A deficiency in vitamin B12 can show up as fatigue, weakness, depression or pain in your feet or hands. The most common factors that contribute to vitamin B12 deficiency are age, diet and medicines.

According to the National Institutes of Health (NIH), vitamin B12 is found mostly in animal proteins, such as fish, meat, poultry, eggs, milk, and milk products.

Most healthy adults get enough vitamin B12 in their diet; those who don’t either don’t have much animal protein in their diet or aren’t able to absorb vitamin B12 very well.

Strict vegetarians may not get enough animal protein

in their diet to satisfy the recommendation of 1 to 2 mcg daily of vitamin B12. Others become deficient because they cannot absorb it very well, like the elderly, those who have had gastric bypass surgery and people who take certain medicines.

The most common cause of vitamin B12 deficiency is not being able to absorb enough of it from your food. This can be due to a condition called atrophic gastritis, which affects 10-30% of the elderly. Atrophic gastritis interferes with the ability to absorb vitamin B12 from your food because it decreases secretion of digestive juices such as gastric acid.

Gastric acid is critically important in being able to absorb vitamin B12, which is usually attached to animal proteins like ground meat or chicken. Without enough stomach acid, your body can’t break down the proteins enough for the vitamin B12 to be absorbed into your body.

Most people who can absorb vitamin B12 well only require 1 or 2 mcg daily. If you are over 70, take medicine for heartburn or an ulcer or have had gastric bypass surgery, you may need more than that. 1000-2000mcg daily of vitamin B12 as an oral or a sublingual tablet can overcome poor absorption.

Medicines that can contribute to poor absorption and deficiency of vitamin B12 include acid-reducing medicines such as Prilosec® (also known as omeprazole), Prevacid® (also known as lansoprazole), Protonix® or Nexium®. Older acid-blocking medicines which also impair absorption of vitamin B12 include Zantac® (ranitidine), Pepcid® or Axid®. Metformin, a common pill for diabetes can also interfere with your body’s ability to absorb vitamin B12.

A deficiency in vitamin B12 can show up as fatigue, weakness, depression or pain in your feet or hands. If you are noticing these symptoms,

talk to your doctor. Vitamin B12 deficiency can be detected with a blood test. Your doctor or medical provider can advise you if you need tested, and which supplement would be best for you to take, and how much.

Here are 4 Tips on Getting Enough Vitamin B12:

1.Include fortified breakfast cereals in your diet if you arevegetarian or vegan. Since vitamin B12 isn’t found in plant foods, theNational Institutes of Health (NIH) suggests including fortifiedbreakfast cereals in your diet as an alternative source of vitamin B12if you are vegetarian or vegan.

2.Stomach acid helps you absorb vitamin B12 from your food. To avoidbecoming deficient in vitamin B12, minimize your use of medicines thatwork to reduce stomach acid, including Prilosec® (also known asomeprazole), Prevacid® (also known as lansoprazole), Protonix®, andNexium®, along with older medicines like Tagamet® (cimetidine), Zantac® (ranitidine), Pepcid®



(famotidine) or Axid® (nizatidine).

3.Oral and sublingual vitamin B12 supplements are inexpensive anddon’t require a prescription. Most people with vitamin B12 deficiencycan safely take 1000-2000 mcg daily of vitamin B12 as a supplement.

4.Avoid the timed-release or long-acting products of vitamin B12,because they may not be as well absorbed as immediate release forms.

There’s more information about vitamin B12 at the NIH website www.nih.gov <<http://www.nih.gov/>>.

Dr. Louise Achey, Doctor of Pharmacy is a 39-year veteran ofpharmacology and author of Why Dogs Can’t Eat Chocolate: How MedicinesWork and How YOU Can Take Them Safely. Your questions and comments arealways welcome at www.AskDrLouise.com. ©2018 Louise Achey

Weigle

CONTINUED FROM PAGE 4

- Programs and Transitional Homeless Shelters
6. Protected Social Security, Expanded Medicare, with Fair Medicaid Options
7. DACA Protection and Immigration/Asylum Legal Paths to Citizenship
8. Honoring Tribal Treaties with Protections for Waters, Lands and Natural Resources
9. Protection of Equal Rights, Civil Rights and Human Rights
10. Expanded Public Safety and Enhanced Community Service Programs (Youth/Seniors)
11. Environmental Protections for Water, Wildlife, Public Lands and Natural Resources
12. Renewable Energy Solutions and Recycling Programs

NCW Media: How do you feel about unfunded mandates from Olympia?

Weigle: The rural counties of our district can’t tolerate unfunded mandates, especially if there is risk associated with diverting funds from something critical like public safety. This really couples with the first part of my response to Item #3, above, to make sure the counties of 12thLD get the attention, recognition and legislation that helps them as much as one of our West Coast districts and counties do.

NCW Media: Can you work with Republicans and independents to achieve the greater good?

Weigle: Again, as stated in Item #2, above, and party politics aside, I am a professional problem solver and process creator. That skillset coupled with my successful negotiation skills and work ethics, makes me a viable candidate to legislate for the actions necessary, especially when doing so requires building bridges by successfully reaching across political aisles to find or create workable and acceptable solutions to very interrelated issues that will directly include and help our district.

NCW Media: What are your thoughts about the Hirst and/or McCleary decisions?

Weigle: On Hirst, although Senate Bill 6091 allowed our state budget to pass, I believe it

is too soon to tell if the current legislation provides for viable water supply solutions for property owners and affordable homes while protecting our streamflows for fish. I think we will need to be monitoring this closely and start anticipating any changes now that we need to start working and that may be deemed necessary.

As for the McCleary, I am supportive of the decision and the additional \$1billion in funding. What next steps are necessary will depend on whether or not the state’s budget can fully fund, in a timely manner, as required by the court’s decision. There can not be sacrifices or any funds forfeited with delays when it comes to funding education for WA State kids.

NCW Media: If elected, what goals do you have to bring more business and/or tourism to the district?

Weigle: My goals are based on what I have head for almost 4 years my neighbors in the 12thLD. My efforts would be toward effectively legislating to satisfy the 12 interrelated issues I have identified under Item #3, above - starting with Technology/Broadband. Upgrading and expanding state-of-the-art Technology/Broadband across our district will bring new business and jobs. Certainly, it is more complex than what I’m stating here. However, I’m confident technology brining new business and jobs will increase tax revenues to allow for funding of programs to support most of the remaining interrelated issues identified, including tourism and town revitalizations.

NCW Media: How do you feel about tariffs in regards to the economic importance of agriculture to the district?

Weigle: I’m furious over the tariffs. I find they are haphazard and dangerous to our local economic viability, livelihoods and cost of living. I’m as concerned as our growers are and would work toward ending tariffs that cost those growers and negatively impact our state economy. These tariffs are not making our agriculturally driven part of America great. Sadly, if they are not reversed, I fear our residents of the 12th LD and State, as well as the rest of the country will suffer from

resulting increased prices.

NCW Media: Do you have an opinion about the cannabis industry or Bitcoin and how it can be helped (or not)?

Weigle: I’d like to see medical cannabis more affordable and less restrictive for home growers. I also think that as a medical cannabis grower, it is ridiculous to be prevented from being a gun owner. As for recreational cannabis, I feel that it should be sold, as are cigarettes and alcohol – with some restrictions and guild lines to protect minors.

NCW Media: Feel free to tell the readers about yourself: Family, hobbies, passions, education, etc.

Weigle: Thank you. Mahalo for this opportunity to share my responses. A fun fact, “Keiki (pronounced like “Kaye-Key”) is short for Keikilani, which means lovely child and is one of my middle names that was given to me from the elders on the Hawaiian side of my family.

I’m originally from and educated in the San Francisco Bay Area, I’ve been fortunate to have lived in several states and several countries for throughout my career path in the technology industry.

I relocated with my family, which includes my husband, son and stepson, to Okanogan in early 2015. This cross-country move from Palm Beach County, Florida to Okanogan was like coming home for me. Summers of my youth were spent camping, hunting and fishing in Chelan, Douglas, Grant and Okanogan Counties, where my father wanted to eventually retire. His dream never came to fruition before

he passed away and I’m thrilled that my family loves the area and my children want to return home after college to live in the area. We call where we live, “our forever home” because it is.

You’ll find that I’m not a traditional candidate, nor am I running a traditional campaign. I have purple hair and it’s staying that way. I have a strong multicultural and multiracial upbringing, raised Buddhist and Christian, with loving family bonds. Yes, Ohana is my #1 priority, always has been... always will be, and I look at the folks living in the 12thLD as extended Ohana.

I have a diligent work ethic that will only continue with clearly set objectives to meet. I won’t court corporations with special interests who seek influence or control. I’ll run a barebones campaign, putting minimal effort toward fundraising, while keeping expenses to a minimum and my travel effectively planned. I find it far more effective to listen face-to-face, get to know folks and answer direct questions from individuals or small groups. I look forward to meeting and getting to know you as I travel through our district.

I hope that you get to know me, too. If we see eye-to-eye on the key issues, I hope that I can earn your confidence and your vote to be your strong voice in Olympia.

On a final note... I can be a real a typoqueen on social media and in emails. Please don’t hold that against me. Just put me to work for you on what really matters.

Mahalo nui e malama pono (thank you and best wishes).

■ TERI MILLER RECIPe

SUMMER SALADS

Everyone should have at least one salad everyday whether it be veggie or fruit. For me the best salads come from garden fresh veggies and freshly made salad dressing. If your garden is like mine the fresh veggies are still growing. I can’t wait to get that first garden tomato. Last night we had the first corn of the year from the Kallstoms in Quincy, which they grew under plastic this year, so we could have corn at the 4th of July. The remaining corn fields are open and hopefully we will have a continuous supply of corn all summer and into the early fall. My garden peppers are coming along nicely especially my Italian roasting peppers. Herbs in my garden are doing extremely well but I want tomatoes and I want them now. As far as fruit we have lots of cherries and sweet juicy apricots. If you like apricots stop by our fruit stand as we have tree ripened apricots that you will love. We also have fresh eggs that you can cook and add to all sorts of salads. Take advantage of all the bounty that we grow here in the valley and support your local farmers. Enjoy!

SPINACH SALAD

- 1/2 cup sugar
- 1/2 cup canola oil
- 1/4 cup white vinegar
- 1/2 teaspoon celery seed
- 10 ounces fresh baby spinach (about 13 cups)
- 1 small red onion, thinly sliced
- 1/2 pound sliced fresh mushrooms
- 5 hard-boiled large eggs, sliced
- 8 bacon strips, cooked and crumbled

Directions

1. Whisk first four ingredients until sugar is dissolved.
2. In a 13x9-in. dish, layer half of each of the following: spinach, onion, mushrooms and eggs. Repeat layers. Drizzle with dressing; top with bacon.

Teri Miller, Broker

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Bugert

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in grants each year to Chelan, Douglas and Okanogan counties for restoring and protecting salmon habitat. This allows for the strengthening of our sports fishing industry and it provides for more reliable water supplies for agriculture. I can strengthen this work as a County Commissioner.

NCW Media: How do you feel about marijuana growers having the same rights as orchardists?

Bugert: Since marijuana production was approved in Washington State through Initiative 502, growers have specific rights that are outlined in that law. There are many growers in Chelan County that acted in good faith, they operate in a professional manner, and they contribute significantly to our economy. They have rights under the state’s law, which should be recognized, but also the County’s rules must be followed. At this time the Chelan County Commission

has specific restrictions on marijuana production. Since those are the rules set by our current commission, they must be followed. However, I am willing to consider modification of those rules as a commissioner, as this is an important industry to be supported. NCW Media: How do you feel about the Hirst decision now that it is amended? Bugert: I have background experience related to the Hirst Decision. When I worked with the Governor’s Office, I was part of the planning effort that created instream flow rules for the Wenatchee and Entiat rivers. Chelan County’s foresight to create those water plans set it up well to respond quickly when the legislature modified the state law to address the Hirst Decision. Other Eastern Washington communities did not participate in the same planning process and suffered negative consequences. I believe good regional planning saves taxpayer dollars. As your County Commissioner, I will bring these same planning skills to a wide variety of issues in the county.