

the Exchange

Wenatchee/ Moses Lake

JANUARY 4 -
JANUARY 10, 2023

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How Oatmeal Does a Body Good



Many adults are familiar with various remedies to mitigate symptoms and shorten the duration of the common cold. A bowl of chicken soup, a little extra sleep and tea with honey can help people feel better as they confront cold symptoms like runny nose and sore throat.

Oatmeal is another popular cold remedy, but a piping hot bowl of ground oats can benefit the body even when it's not battling a cold.

Oatmeal and gut health

Beta-glucan is a soluble fiber found in oatmeal that prevents constipation and promotes regular bowel movements. According to Amy Goodson, MS, RD, CSSD, LD, author of The Sports Nutrition Playbook, beta-glucan fiber has been linked to healthy gut bacteria. Healthy gut bacteria can reduce the likelihood individuals will experience issues with digestion after eating and can lower the risk for inflammation and chronic disease.

Oatmeal and cholesterol

WebMD notes that the beta-glucan in oatmeal can help individuals lower their cholesterol. The soluble fiber in oatmeal reduces the absorption of cholesterol into the bloodstream, a property the Mayo Clinic reports can help individuals lower their levels of low-density lipoprotein (LDL), or "bad," cholesterol. It's worth nothing that many people add fiber-rich fruits and berries to their oatmeal, which can help lower cholesterol even further.

Oatmeal and blood sugar

A review published in the journal Nutrición Hospitalaria in 2015 found that eating foods that contained beta-glucans could help lower blood glucose levels in people with diabetes. That makes oatmeal an especially valuable dietary choice for individuals with diabetes, many of whom also must make an effort to lower levels of LDL in their bodies.

Oatmeal and controlling weight

A filling, healthy breakfast can help individuals avoid the kind of snacking that can contribute to unwanted weight gain. The fiber content in oatmeal helps people feel fuller longer, reducing the likelihood that they'll reach for potentially unhealthy snacks throughout the day. That can make it easier to lose weight and keep the pounds off over the long haul.

Oatmeal and nutrients

Oatmeal is among the most nutrient-dense breakfast foods a person can eat. The United States Department of Agriculture's National Nutrient Database indicates that a 1/2 cup serving oatmeal contains 13 grams of protein, 52 grams of carbohydrates and eight grams total fiber. In addition, the USDA notes that oatmeal is a great source of beneficial minerals like magnesium and potassium.

Oatmeal is widely recognized as an effective cold remedy. However, the nutritional value of oatmeal makes it a worthy addition to individuals' diets whether they have a cold or not

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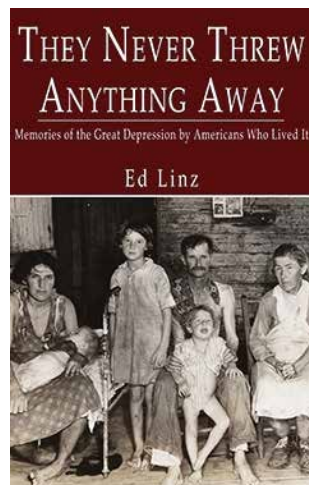
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REMINGTON .338 ULTRA MAG
Remington 700 .338 ultra mag stainless, laminated stock, and 26 inch barrel. Includes Leupold 3x9 scope mounted with Leupold mounts and rings. This rifle was purchased in the mid-2000s and I never got around to shooting it. Comes with the original box in like new condition. \$1850 plus transfer fee. Would consider possible part trade for Marlin 444. Kennewick, WA. Rick 503-812-4871



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"The Outdoor Insider"

We welcomed the New Year with a few days without new snow, which was very welcome. It seemed like about all I was doing, between foot-ball bowl games, was shoveling snow. I am going stir crazy from lack of getting out fishing somewhere.

Tumwater Canyon had opened for driving last Thursday, so I just had to run up to Fish Lake to see what was going on. Conditions were good on Highway 2, and I found the road into the lake plowed and in good shape. The parking area had not been completely cleared of snow, but I found a place to pull in where I wasn't worried about getting stuck. There were some other rigs there and when I went out to look, I saw a couple of ice fishing huts and some other folks sitting on chairs over their drilled holes. I walked over to visit with some anglers and saw that they had a nice catch of perch. I was impressed with the size of them. I laid a couple beside a small propane tank and when I measured a tank when I got home I found that one perch was 8 inches long and the other 10 inches. The people I was talking to were packing up. They said the bite was great from 7 a.m. till just before 10, then it died. They reminded me that the early morning bite is best.

I checked in with Pete at the store at Mar Don Resort, and he said there are people out ice fishing in the area. Some of the smaller lakes in the Seep Lakes Wildlife Area are frozen and people are catching everything from perch to largemouth bass through the ice. Also, there are people out on Lind Coulee. I recall several years ago when the Coulee had a good thick layer of ice, and the perch fishing was very good. Pete mentioned that the lower end of Lind Coulee, actually off the mouth of the Coulee at Perch Point has open water, but further up is where anglers are drilling their holes. Soda Lake, which is the first lake below O'Sullivan Dam, is also frozen and that one can produce good catches of perch and even walleye. I heard from my fishing buddy who had traveled to Scooteney Reservoir that perch fishing is hot, and everyone is catching bunches of them. However, the perch are small. He had hoped to catch some walleye while they were there but had no luck. His group were going to give Soda Lake a try. He called me later to say that he didn't feel comfortable go-

ing out on the ice at Soda.

The sudden shift from below zero to daytime temperatures into the mid-30s has created some interesting conditions for anglers here in Central Washington. Lakes in the Columbia Basin that had a thick layer of ice may have thawed. It would be a very good idea to check to see how many inches of ice are on your favorite lake before walking out too far to drill a hole. One



of my fishing buddies traveled to Royal City and tried his luck at Red Rock Reservoir, which is just outside of town. I fished this lake several years ago and had a great day of bass fishing, and I knew there was a good population of perch in the lake. My friend said that they were very busy catching perch on Red Rock, but they were pretty dinky. Not really worth the trip. A lake that he wants to try soon is Scooteney Reservoir. We fished there last June and caught some nice walleye. He said that walleye of the same size that we caught last summer are being caught through the ice on Scooteney. Now that is something I would like to try. I have never caught a walleye through the ice, and I have some great jigs that would do the trick.

My buddy Austin Moser has been guiding on Rufus Woods for triploids for the last couple of years, and no one puts more big trout in the fish box than he does. So, when I want to know how the fishing is up there, he's the guy I call. When I talked to him earlier this week he reported that fishing is going great at the net pens. He consistent-

ly puts limits of these big trout in the boat for his clients. Many of the fish are in the 4- to 6-pound class, probably the biggest trout most of his clients have ever caught, and he did get a 15-pounder last week. This week's photo is of the 15-pounder that was landed recently.

The last time I fished with him he reminded me that just fishing bait on the bottom sometimes isn't the best way to catch fish up there, and you have to be willing to try different methods. We started off fishing bait, then switched to casting jigs, and that really produced. My brother Rick and cousin Greg have had terrific success with jigs on Rufus Woods. Next time I go I am going to take my bobber and jig rigs and fish the shorelines between the pens, just like I do when I was able to fish for steelhead. There are some really productive spots to do this above the net pens, too.

I am sure that many of you know that the Colville Tribal Hatchery at Bridgeport is making a big contribution to our salmon fisheries on the upper Columbia River. I still hear about people complaining about seeing the purse seiner operating in the mouth of the Okanogan River.

They don't realize that the tribe is gathering brood stock for their hatchery. I got an update on what the hatchery is doing and wanted to share it. The number of eggs in incubation: CJH Spring Chinook – 904,211 eyed eggs. MetComp Spring Chinook – approximately 240,000 eyed eggs. Segregated Summer Chinook – approximately 892,000 eggs. Integrated Summer Chinook – approximately 1,124,650 eggs. The number of fry transported to acclimation ponds: Similkameen Pond: 367,527 integrated summer chinook were transported from October 24 - November 1. Riverside Pond: 235,240 MetComp spring chinook were transported from November 7 – November 15. Brooks Tract Pond: 138,439 integrated summer chinook were transported from November 16 – November 21. All of us who fish the upper Columbia benefit from the releases of summer Chinook, and the prospect of spring Chinook fisheries is the future is very exciting.

I am not sure what I will be doing in the way of fishing in the coming week, but I will keep you posted, and maybe see you out there.

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CAVA COCKADOODLE PUPPIES

Cavalier, Cocker Spaniel, and Poodle. So very cute and ready to go January 15. \$1500, taking deposits now of \$500. 509-305-0423, text only

BICHON POODLE PUPPIES

4 beautiful males pups ready now for their new homes. Dam is a miniature white Poodle with cream ears. Sire a full white Bichon Frise. Hypoallergenic with great personalities, making them the perfect new family member! Vet checked, vaccinated, and wormed, \$900. More information, call or text 509-515-6997 Granger, WA



F2 CAVAPOOS

Ready to go home now! These designer breed pups are family raised, making them very social, well mannered and playful. They are litter box trained. Been vaccinated and dewormed, \$1800. We send all our pups with a farewell package to make for a smooth transition. Call or text Aggie for additional information and pictures and to see them in person. References available upon request, 509-869-6050, Post Falls

ARGENTINE MASTIFF PUPPIES

Ready for their new homes, all females, \$1200. For more information: 509-506-2890

CLEVER K9 PRE-TRAINED PUPPIES

Kennel trained & potty trained, started on basics. Labradoodle female, 4 months, Goldendoodle male 11 weeks, Golden Retriever 4 months. Come meet them! 509-638-9442 Medical Lake



AKC MINIATURE SCHNAUZERS

Will be toy sized, ready for new homes January 6. 3 males & 1 female, \$1500. 509-552-3614. Will answer all inquiries after 3:30pm. Text or leave a voicemail. Clarkston

FEMALE AKC YORKSHIRE TERRIER PUPPIES

\$2200. For more information, please call or text 509-820-1034



WEIMARANER PUPPIES

AKC registered, home raised, silvers & blues, tails docked, dewclaws removed, dewormings, first shots & vet checked, parents hips OFA, great family & or hunting companion. \$1200. 406-450-8766 Cheney

AKC FRENCH BULLDOG

12 weeks old blue male French Bulldog ready for his new home for the new year. He is health tested and cleared, and shots up to date. Full AKC rights also available. \$2500, as pet only. Call or text 509-591-8730. Kennewick, WA. Willing to travel

ADORABLE AKC REGISTERED FEMALE YORKIES

7 weeks old, first shots given, and wormed. 509-828-9370

AKC GOLDEN RETRIEVER PUPPIES

Adorable, family raised, and well socialized with both parents on site. Pups come with first shot given, wormed, and AKC registration. Ready for their new homes January 29, \$950. If interested, contact Jeff: 509-991-7055



\$500 COCKER SPANIEL PUPPY

10 months old, 1 male, up to date shots/ dewormed. 6 Persian kittens, 1 male, 5 females, \$800. 509-362-2786 Spokane Valley

Gallops Annual Charity

STALLION SERVICES AUCTION

Presented By: Rhodes River Ranch

Stallion Services - For The Year - 2023
Ronald McDonald House Charities of the Inland Northwest
Sunday, January 29, 2023 - Northern Quest Resort & Casino - 12:00 P.M. PST

Broadcasting live from Gallop's Internet website: www.gallopauktion.com. New this year, you will have the opportunity to call in on a toll-free number, from your cell phone, or online to bid live on stallion services!

Spooks Gotta Gun NRHA Million Dollar Sire! APHA World Champion Junior Reining Horse Reining By The Bay Open Derby Champion Sire of NRHA Futurity Open & Derby Champion Offspring Earnings of \$2,028,000+	HF Mobster NRHA Derby Champion Member of the 2014 World Equestrian Team Lifetime Earnings: \$123,500+	Whiskey N Diamonds One-Million Dollar Sire! AQHA World Champion - Senior Reining NRHA Open Derby Co-Reserve Champion NRHA Futurity Sire Award Winner Lifetime Earnings: \$225,000	Shiney Outlaw Three-time AQHA World Champion NRCHA World & Reserve World Champion NSHA RCH Open Futurity Champion Earner of \$222,500 and 77 AQHA points	Metallic Malice NRCHA Novice Open Hackamore Classic Champion AQHA Superior Heeling & Register of Merit 8x AQHA World Qualifier
Lazy Loper Sire of 75+ World Championships, Congress Champion & Reserve Championships Multiple Honor Roll Sire AQHA Top-Five Leading Sire NSBA Top-Five Leading Money Earning Sire	VS Flatline AQHA & NSBA World Champion Five-Time Congress Champion Reichert Celebration Equine Sports Medicine - Reserve Champion - Sire of multiple Congress, World & Reserve World Champions	Hay Goodlookn AQHA World Champion NSBA World Champion Congress NSBA Masters Futurity Champion NSBA Breeders Championship Futurity Champion	VS Code Red Multiple NSBA World Champion Five-Time Congress Champion Multiple NSBA Breeders Futurity Champion Sire of Congress, World & Reserve World Champions Offspring earnings have surpassed \$1 Million!	No Doubt Im Lazy AQHA World Champion All American Quarter Horse Congress Champion Three-Time Reichert Celebration Champion Sire of World, Reserve World, and Congress Champions Million Dollar Sire!
VS The Fireman AQHA World Champion - Two-Year-Old WP AQHA World WP Jackpot Open Champion 2X NSBA World Champion NSBA Reserve World Champion 2X NSBA BCF Champion	Sail On Sailor Reserve APHA World Champion Nominated to most Major Futurities	Fiire N Ice A Sudden Impulse Futurity - \$100K Three-Year-Old Maiden Western Pleasure Champion Earner of over \$40,000	Its A Southern Thing AQHA Reserve World Champion Western Riding NSBA World Champion Western Riding NSBA Reserve World Champion Western Pleasure	Blazing Hot NSBA Hall of Fame Multiple AQHA World Champion AQHA, NSBA, and Equistat Leading Sire Sire of AQHA, and NSBA Congress & World Champions Offspring Earnings \$3.5+ Million Dollars

Gallops Annual Charity Auction - 2023 More stallions to follow

QUARTER HORSE STALLIONS

Batt Man	Feel The Sting	Lazy Loper	SJR Diamond Mist
Blazing Hot	Fiire N Ice	Metallic Cattack	Smart Boons
Caribbean Touchdown	Hay Goodlookn	Metallic Malice	Surely A Pepto
Cats Merada	HF Mobster	Ment To Be	Travelin Jonez
Catty Hawk	How Bout This Cowboy	Mighty Mouse	Un Forgettable
CD Diamond	Hubba Hubba Huntin	Mr Zippes Good Bar	VS Code Red
Certainly A Vision	I Am The Party	No Doubt Im Lazy	VS Flatline
DGS Replicated	iStyle	Radical Signs R Good	VS Goodride
DGS Vintage	Its A Southern Thing	Sail On Sailor	VS The Fireman
Enticed	KR Gun Power	Shiney Outlaw	Whiskey N Diamonds

PAINT HORSE STALLIONS

Cool Addiction
DGS TheEntertainer
Invite The Artist
One And Only Asset
Orginial Cowboy
Spooks Gotta Gun

For further information contact: BARBARA TURNER (509) 990-4167

GALLOPS 2023 ANNUAL CHARITY AUCTION SPONSORS

Title Sponsor:
Rhodes River Ranch

Colvico, Inc.	McKinley & Peters Equine Hospital
Kalispel Tribe	Northern Quest Resort & Casino
WhyDevelop, Inc.	Horse Previews Magazine
The Resort At Paws Up	Woods' Western
Spokane Sports & Physical Therapy	
K&N Electric Motors, Inc.	

AUGGIE PUPPY
Black tri male Auggie available, born November 30. Both parents are full panel tested and cleared. He comes vaccinated, wormed, and microchipped. Handled daily and from the sweetest parents! \$750. 509-945-5108 Yakima, WA

THE EXCHANGE IS PROUD TO ASSIST
Local law agencies to stop irresponsible backyard breeders & puppy mills. If you bought a sick puppy or had a strange buying experience please report it to us and if applicable, the local authorities. We take pride in creating a safe buying & selling marketplace for the community. 509-922-3456 or www.WML.Exchange, Wenatchee Valley Humane Society 509-662-9577, Grant County Animal Outreach 509-762-9616

YORKIE/SHIH TZU MIX
Male puppies available, \$800. For more information, call/text 509-460-8629

MINI COCKAPOOS
\$1300. 5 males, ready to go January 19. Will have first shots, multiple dewormings & started on potty training. Located north of Spokane, call/text 509-675-5230

CAVAPOO PUPPIES
These F1 pups are well socialized with children and other pets, and they begin crate training and house-breaking here. First vaccines given and wormed. Parents health tested and cleared. Ready to go February 7, \$2500. Text to set up FaceTime: 509-989-8145

MINI AUSSIE PUPPIES
Blue merle male mini Aussies available. Both parents are full panel tested and cleared, and sweet as can be! Puppies are vaccinated, wormed, and microchipped. Born November 14, \$1500. 509-945-5108. Yakima, WA

CAIRN TERRIER/BICHON MIX PUPPIES
Females and males, they are hypoallergenic, loving, very friendly, and will get along great with your other pets. For more information: 509-270-2905

5 BEAUTIFUL FRENCH BULLDOGS
All pups are AKC registered and current on vaccinations and wormed. Healthy, social, and active little fellas. Questions, please call or text: 509-781-1550



SERENE PRAIRIE FRENCHIES, LICENSED & VET APPROVED!
Our puppies are vet checked, microchipped, up to date on vaccinations & worming, our puppies are out of Champion, Health tested bloodlines. They have been raised in our home, well socialized, & well on their way with potty training. We offer lifetime 24/7 breeder support for our families & a written 24 month health guarantee. Your puppy comes with a "welcome home bag". Call/text, 509-939-7186 www.Serene-FrenchBulldogs.com

ADORABLE REGISTERED YORKIES
First shots & worming, 8 weeks old, \$1500. 509-828-9370

(8) MINI AUSSIEDOODLE PUPPIES
Merles, and black and white, ready for forever homes, \$800. Text or call 208-987-0326 or 513-659-1746, baldyviewboxers.weebly.com, Plummer, ID

FRENCH BULLDOGS
5 beautiful pups, AKC registered with health paperwork and vaccination records. For pictures or more information: 509-781-1550

AUGGIE PUPPIES
Half mini Aussie, half Corgi, these cuties will be ready for their new home January 8. Dewclaws removed and their first set of shots given. Text 509-222-0660 for more information

GERMAN/BELGIAN SHEPHERD MIX PUPPIES
For more information: 509-840-4416 or reynaashleyn6@gmail



WE HAVE 4 ADORABLE SILVER LABS
Looking for their forever homes. 2 males, 2 females left; 10 weeks old, have had their first two rounds of shots. Parents are amazing family dogs and also waterfowl hunters, \$800. 208-719-6608

PUG PUPPIES
Purebred pups available, first set of shots given and wormed. They are all very healthy and adorable, \$1500. If interested, contact 509-728-3246

AKC TOY POODLES
Red, apricot & black, males, 9 weeks, vet checked, 1st shot, wormed, dewclawed, tails docked, family raised, pre-spoiled, \$1400. 509-765-8455, fmathews@ifiber.tv Moses Lake

RHODESIAN RIDGE-BACK PUPPIES
7 puppies, 8 weeks old, all boys. Current vaccinations, genetic testing, vet exam. \$700, negotiable. Please contact me with any questions 210-846-2563 Valleyford WA



AKC SHELTY PUPPIES - NEW YEARS DISCOUNT
\$250 off until January 10! Five weeks, two males & one female, champion bloodlines, family raised & socialized, parents on site. Call or text to reserve yours now! 509-960-0692 Clayton

BOSTON TERRIER PUPPIES
5 females and 2 males. For more information: 509-952-0508. Yakima, WA



SHIH TZU PUPPIES
2 litters available. First litter 3 males, ready January 5. Second litter 1 male, ready January 3. All up to date on vaccines, dewormed & dewclaws removed, \$800. 208-304-7214 Bonners Ferry

3 MALE PUREBRED AKC GOLDEN RETRIEVERS
Ready January 6. For more information, call or text 402-641-7184

MALTESE / HAVAPOO
Puppies are ready for their loving forever homes now. Both parents are very intelligent and affectionate. Pups are hypoallergenic and petite, averaging 6lbs when fully grown. They would make great lap pets for the elderly, and are excellent with children as well. Typically these dogs have a long life expectancy, often living into their late teens. They will come with their first vaccinations given and the record. \$1500, deposit of \$200. Serious inquiries only, please text before calling: 509-285-7811. Selah, WA



BEAUTIFUL GOLDEN MOUNTAIN DOG PUPPIES
Available January 12, asking \$500. Please text Nick, 509-842-4619 Nine Mile Falls



CHOCOLATE ENGLISH LABRADORS
Due December 16, genetically tested, OFA certified & AKC registered parents. Puppies come with limited AKC registration, health records, first shots, dewormed & microchipped. \$250 non-refundable deposit, \$2250 owed at the time of pick up. Classcenglislabradxors@gmail.com 509-828-5473 Greenacres

AKC PUREBRED CHOCOLATE LAB PUPPIES
\$500. Two boys & one girl, 12 weeks old, first shots & dewclaws removed. Great pets or hunters. 509-710-4276 Spokane Valley

GERMAN SHORT-HAIRED PUPPIES, PRICE REDUCED
Shorthaired Pointers, 11 weeks old. Sire is AKC registered, dam is purebred but not registered. First round of shots given, wormed, tails docked, dewclaws removed, and vet checked, \$400. Call or text 509-961-0155 Yakima, WA



YORKSHIRE TERRIER PUPPIES
5 weeks old, very friendly, vet checked, tails docked & dewclaws removed. One female, black & tan, \$2200. Two merle boys, \$2000. Three black & tan males, \$1500. Call/text 509-828-7042 Spokane

YORKIE MIX
15 weeks old, second set of shots given, wormed, tails docked, and dewclaws removed. 1 male and 1 female available, \$600. 541-561-3432

- ACROSS**
- 1. The central bank of the US
 - 4. Direct one's ambitions
 - 10. Only
 - 11. "Nothing ventured, nothing ___"
 - 12. Lead
 - 14. Returned material authorization (abbr.)
 - 15. Indicates the pitch of notes
 - 16. Set up to blame
 - 18. States of rest
 - 22. Complete
 - 23. Be around longer than
 - 24. Instructs
 - 26. Childless (abbr.)
 - 27. Coffee machines do it
 - 28. Bowfin
 - 30. A group separate from established Church
 - 31. Soviet Socialist Republic
 - 34. Mends with a needle
 - 36. When you hope to get there
 - 37. Popular 80's pop duo
 - 39. Beloved Mexican dish
 - 40. Extremely small amount
 - 41. Special therapy
 - 42. Cause to move slowly
 - 48. A person's natural height
 - 50. Elicited
 - 51. Legislator
 - 52. Baking ingredient
 - 53. Sandwich store
 - 54. Peyton's little brother
 - 55. Southeast
 - 56. Popular Mexican beer
 - 58. Baglike structure in a plant or animal
 - 59. Car body manufacturer

- DOWN**
- 1. Colorless volatile acid
 - 2. A way to tangle
 - 3. Jam rock band devotee
 - 4. The nation's highest lawyer (abbr.)
 - 5. Inviolable
 - 6. Collision
 - 7. Clumsy
 - 8. Bends again
 - 9. "Pollock" actor Harris
 - 12. Flew off!
 - 13. Soft creamy white cheese
 - 17. Comedienne Gasteyer
 - 19. Exclamation used for emphasis
 - 20. Expel from one's property
 - 21. Philly transit body
 - 25. Small amount of something
 - 29. Retirement account
 - 31. Holey type of cheese
 - 32. Young pig
 - 33. Climbing palm
 - 35. Discomfort
 - 38. Bullfighter
 - 41. High-level computer language
 - 43. Fleshy extensions above the throat
 - 44. Request
 - 45. Equal to 10 meters (abbr.)
 - 46. Bruce and Spike are two
 - 47. Precipice
 - 49. Wombs
 - 56. A radio band
 - 57. Emphasizes an amount

CROSSWORD

	1	2	3		4	5	6	7	8	9		
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Brush Up On Pet Dental Health

Companionship, unconditional love and security are just some of the perks of pet ownership.

People who bring pets into their homes understand that a certain commitment comes with becoming a pet owner. Pet owners recognize they need to provide food, shelter and basic health-care for their pets, but they may not recognize the role dental health plays in helping pets be as healthy as possible.

The American Animal Hospital Association notes that dental disease can start early in a pet's life. By the age of three, most dogs and cats will have some level of dental disease. If dental disease is left untreated, pets may suffer from inflammation, infection and even chronic pain.

The animal health and wellness site VetStreet says that more than 70 percent of cats and dogs over age four are affected by periodontal disease. Bacteria from poor dental health may spread to other organs and cause illnesses. Recognizing the signs of pet dental disease and taking steps to alleviate it can keep pets healthy.

- Acknowledge bad breath. Bad breath is not something that comes with the territory of having a pet. Odor from a dog or cat's mouth may indicate a problem such as stomatitis, a common feline condition that causes inflammation to the oral tissues and gums.
- Start brushing pets' teeth. Brushing a pet's teeth can promote good oral health and potentially prevent serious problems along the way. Always use a pet-safe toothpaste, and talk to a veterinarian about a special dental diet.
- Invest in other dental products. Seek products that receive the approval of the Veterinary Oral Health Council to help maintain a pet's oral hygiene. Avoid products like synthetic bones, antlers and other animal bones, which can fracture an animal's teeth.
- Work with your veterinarian. Vets typically use X-rays to diagnose dental disease, as teeth may appear normal to the naked eye but still be diseased. Anesthesia is frequently used in dental evaluations and cleanings. It makes it safer and less stressful for the animal and the vet. Speak with your vet about the frequency of dental cleanings and care, asking any questions you may have about the safety and efficacy of anesthesia use.

Pet owners must prioritize their furry friends' oral health. Though often overlooked, pets' dental health is integral to their overall health.



AKC REGISTERED BERNESE PUPPIES
Born November 11 and ready for their new homes January 6, \$1500. Call or text 208-930-3077

BOXER PUPPIES
Purebred pups available, 1 white male, 1 brindle male, and 1 fawn female. Tails docked, dewclaws removed, 1st shots given, and wormed. Ready now for their new home, great way to start the new year! White male is \$1200, brindle male is \$1300, fawn female is \$1400. For more information: 509-367-2473

14 WEEK OLD PURE-BRED LABS
Born September 22, looking for their forever home. 9 females; 5 black, 4 chocolate, and 1 black male, wormed and first shots given, \$700. English, 509-907-1723; Español, 509-831-9425

AKC REGISTERED BRITANY PUPPIES
Parents are excellent gun dogs and family dogs. \$1500 each. 208-610-7159, Clark Fork, ID

GOLDENDOODLES
Available for rehoming January 10, born November 20. Current on shots and vet checked, would be an excellent way to start the new year. For more information: 509-308-8528 or 509-308-8123



MALE SHIH-TZU PUPPIES
15 weeks old, ready now, first set of shots, healthy bloodline, guaranteed best friend for years to come, \$700. Call/ text, 509-761-2484 Moses Lake



AUSTRALIAN SHEPHERDS
18 weeks old, purebred, AKC registerable, dew-claws & tails removed, current on vaccinations & worming, parents DNA tested, \$695 each with limited registration. Text 509-869-4576. Deer Park



AMERICAN COCKER SPANIEL PUPPIES
Purebred, born September 10. 3 males, 2 females. Tails docked, dewormed, parents on site, \$700 each. Call 509-347-6612 or send email to: vlad-sea47@gmail.com

AKC YELLOW ENGLISH LAB PUPPIES
Whelped November 25, ready to go January 22. Dam has been classroom dog since 7 months old. Hunting lines in both dam and sire. Pedigree and health checks complete. Sweet temperaments, perfect for families or hunters. \$500 to reserve your pup. 406-579-9283



AKC FRENCHIE PUPPIES
Champion bloodlines, cream & platinum colors, 12 weeks, ready now for delivery in Spokane area, starting at \$2600. Blue Ribbon on AKC Marketplace. Call/ text, 509-828-0561 Spokane

GERMAN SHEPHERD PUPPIES
World Champion lines: Sire and dam are from world champion bloodlines and are on site, both with great temperaments. OFA tested and cleared, and comes with AKC Limited registration at this price. Health guarantee and up to date on shots. Will be ready to go January 5, \$1500. Call or text at 509-307-1120 or visit my web site www.vazquezshepherds.com. Toppenish, WA. Willing to meet up to 70 miles



REG. AKC MINIATURE SCHNAUZER PUPPIES
Exceptional quality, so cute, tails & dewclaws done, first shots & wormed, salt & pepper, black & silver, home raised, \$1500. Call/ text, 509-389-7691 Deer Park

DOG OF THE WEEK



Wyatt is a gentle hearted fellow who loves the people dearest to him! He starts off a bit shy and is looking for an owner who can be patient. He has a young, playful and goofy boy inside that will shine through when he is comfortable. He is super sweet and gentle and needs your love and guidance through life. He is crate trained, house trained, and rides well in the car.

Please contact the **Wenatchee Valley Humane Society** at (509) 662-9577 or visit our website at www.WenatcheeHumane.org

PLEASE SPAY OR NEUTER YOUR PETS!



CHOCOLATE LABRADOR PUPPIES
Ready for their new homes mid-January. 6 females, 5 males, all chocolate. Purebred, hunting, family dogs. Call to pick out your pup, 509-999-1137 Cheney



AKC COCKER SPANIELS
Parents health tested clear, one year health guarantee, 30 days health insurance. Dewclaws removed & tails docked, vet well check, first shot, \$1200. 509-979-5654 Spokane

BORGI PUPPIES
2 male and 2 females, dam is Border Collie and Corgi, sire is full Corgi. First shots given and wormed. Ready now for their forever homes, \$1200. 509-528-1206 Tri-Cities



AKC COLLIE PUPPIES
Perfect companions, two males, baby Lassies! Born August 20, first shots, limited registration, \$1000 each. Call, no texts, 509-319-6164 Cheney

AUSTRALIAN CATTLE DOG MIX PUPPIES
Available to adopt! Three males & three females. Colors include brown speckled, silver-blue speckled & white. Please email me at kendylgossner@icloud.com or call 425-404-9128 Spokane



AIREDALE/PYREDOODLE PUPPIES
Ready now, six left. Five females, one male, variety of colors, first shots & dewormed, can deliver, \$800. Call or text Britany for more information, 509-868-2285 Mead

SUDOKU

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Level: Intermediate

Find solution to this puzzle in this issue

BUY SELL BUILD

North Central Washington

REAL ESTATE

509.923.5466 | www.realtorshirley.com | January 2023 | #162





Shirley Lange
Managing Broker
509.923.5466
www.realtorshirley.com
shirley@realtorshirley.com

8772 Forest Ridge Dr., Wenatchee • \$1,199,000 MLS #202201241

Wow! A custom crafted of a home with a view! This is a beautiful home with a view of the mountains and the city. The home features a large open floor plan with a gourmet kitchen, a large living area, and a master suite with a walk-in closet. The home is located in a quiet neighborhood with a large lot and a beautiful view. Call Shirley today to schedule a viewing!

8772 Forest Ridge Dr., Wenatchee • \$1,199,000 MLS #202201241

Wow! A custom crafted of a home with a view! This is a beautiful home with a view of the mountains and the city. The home features a large open floor plan with a gourmet kitchen, a large living area, and a master suite with a walk-in closet. The home is located in a quiet neighborhood with a large lot and a beautiful view. Call Shirley today to schedule a viewing!

Laurie Mountrie
Broker/Owner
509.923.5466
www.realtorshirley.com
laurie@realtorshirley.com

Call Shirley Lange or Laurie Mountrie

509.923.5466

office 509.645.9200

509.923.5466

Does your dog share smiles & bring joy to people young & old alike? Please consider being a part of our organization, an International Registry of Certified Therapy Dog Teams. Please go to www.TherapyDogs.com for more information



Plants,
ries,

A cartoon illustration of a brown dog with floppy ears, running towards the left. It is holding a large, white, cartoonish bone in its mouth. The dog has a happy expression with large, round eyes. The background is a solid light blue color.



PUREBRED CHIHUAHUA PUPPIES

They will be 8 weeks old & ready to go! 7 puppies available, 4 are really tiny, \$800 for the girls or \$700 for the boys. Contact 208-640-6363 Spokane



ST BERDOODLE PUPPIES F1

Chocolates & merles. Parents health tested, 1 year genetic health guarantee, 2 years on hips & eyes, 30 days health insurance, vet checked & first shots, wormed regularly, \$2000. 509-979-5654 Spokane

PUG PUPPIES

Very healthy, playful, super cute, and ready for their loving new homes. 3 females, 2 males, they have the most adorable personalities! First shot given and wormed, \$550. For serious inquiries, contact me at 541-561-8815

THE EXCHANGE HAS THE RIGHT

To refuse any ads if mistreatment, abuse of animals or otherwise harmful situations to the animals health or well being are suspected

BOSTON TERRIER PUPPIES

5 females and 2 males. For more information: 509-952-0508. Yakima, WA

BEAUTIFUL AKC FRENCH BULLDOG PUPPIES

All our pups come with 1 year health guarantee, shots, wormed, puppy starter kit, and breeder support, \$3000. Text 503-583-5091. www.Ocean-BlueBullies.org

BRAZILIAN BULLDOG

Multiple champion blood-line Brazilian Bulldogs ready now for their forever homes. The Campeiro is known for their great health and temperaments. Loyal, loving, and athletic, they make amazing family dogs! 509-515-9497

AKC REGISTERED LABRADORS

Puppies will be ready for their new homes January 25. Our puppies are out of working lines and extremely impressive lineage. Health guarantees & full registrations, this litter is all black with 4 females & 5 males available. We can deliver within 300 miles of the Tri Cities. \$1000 per pup. Call for more information 509-308-6335 Benton City

CHOCOLATE ENGLISH LABRADORS

Due December 16, genetically tested, OFA certified & AKC registered parents. Puppies come with limited AKC registration, health records, first shots, dewormed & microchipped. \$250 non-refundable deposit, \$2250 owed at the time of pick up. Classicenglishlabradxors@gmail.com 509-828-5473 Greenacres

MALTIPOO/MINI POODLE PUPPIES

For more information, call or text 509-492-1024

9 WEEK OLD MINIA-TURE SCHNAUZER PUPPIES

Ready for their new homes. 2 males and 1 female, very small and affectionate. For more information: 509-430-2060

AKC REGISTERED BELGIAN MALINOIS

These pups will be ready January 6. Our dogs are all bred for competition, protection & law enforcement as well as great family dogs. \$2000 for limited registration & \$3000 for full registration. 2 year health guarantee & all puppies will be up to date on shots, worming & vet certification at time of purchase. Please call for photos & more information. Will deliver within 300 miles of Tri Cities. 509-308-6335 Benton City

BORGI PUPPIES

2 male and 2 females, dam is Border Collie and Corgi, sire is full Corgi. First shots given and wormed. Ready now for their forever homes, \$1200. 509-528-1206 Tri-Cities

ARGENTINE MASTIFF PUPPIES

Ready for their new homes, all females, \$1200. For more information: 509-506-2890

BEAUTIFUL BLACK AKC WORKING LINE GERMAN SHEPHERDS

Puppies born December 5, ready for their forever homes January 30. Both parents have excellent bloodlines & temperaments, \$1000 limited registration & \$1500 for full. 509-276-0463 Deer Park



"Pin ..."

AKC FRENCH BULLDOG

12 weeks old blue male French Bulldog ready for his new home for the new year. He is health tested and cleared, and shots up to date. Full AKC rights also available. \$2500, as pet only. Call or text 509-591-8730. Kennewick, WA. Willing to travel

AUGGIE PUPPIES

Half Corgi, half Aussie, we have one pup left(female) her name is Penny & she is a sweetheart! She will come with first set of shots, dewormed & dewclaws removed. Asking \$1000. Text for more information 509-222-0660 Eltopia

MALE TOY AUSSIES

Ready for their new home, and current on shots. Willing to drive within a reasonable distance, \$800. Contact me at 508-831-1626 Yakima, WA

PHOTO ADS

(Not Tri-Cities)

MARKETS 1 2 3 4

Photo Ad in 4 Markets (excluding Tri-Cities)\$55

Photo Ad in Market 1, 2 or 3 with Line Ad in 3 other Markets\$35

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Eastern WA/ North ID
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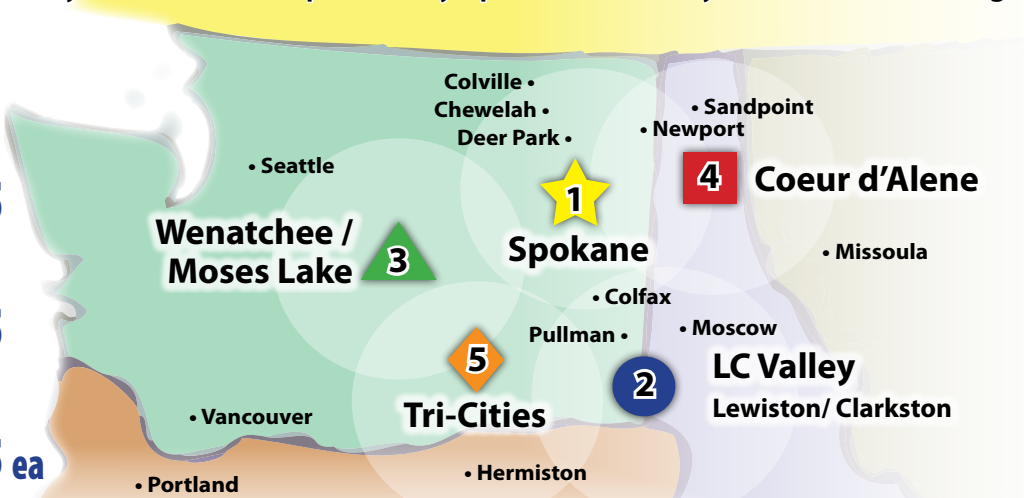
MARKET 2
LC Valley Edition
the Exchange

MARKET 3
Wenatchee/ Moses Lake
the Exchange

MARKET 4
Coeur d'Alene
NICKEL'S WORTH

MARKET 5
Tri-Cities
GIANT MAGAZINE ONLINE

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• 4 Markets- any 4 papers\$30
• 3 Markets- any 3 papers\$26
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02/2022

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Only 105,844 miles, good condition, runs great, accelerates super fast, racing suspension, lowered, sports motor, dual pipes, fin/ rear spoiler, high-end after market rims & tires, leather seats & after market removable racing steering wheel, freshly detailed & very clean, \$5000 or best offer. Must see in person! Call or text 509-319-0638. Spokane



2010 VW JETTA 2.0T WOLFSBURG EDITION

122,000+ miles, DSG automatic, FWD, heated seats, sunroof, rear windows tinted. Recent oil change, new DSG clutch pack, transmission fluid & filter, new front sway bar end links. Timing belt water pump & head gasket done with receipts at 110,000 miles. 17" VW alloy wheels with very good all season tires, clean title in hand, great clean car, \$6250 or best offer. Call/ text, 509-230-0173 Spokane

2015 KUBOTA RTV1120D 4x4

Diesel 4x4, 1054 hours, excellent condition, \$15,500. Located in Spokane, call land line, 509-535-4427, no texts

2016 JOHN DEERE 948L DUAL ARCH GRAPPLE SKIDDER

35.5x32 tires average 70% with new Double Diamond chains, winch, 8600 hours, machine is in excellent condition, \$165,000. Located in Spokane, calls only, 509-535-4427 Spokane



IS YOUR RV GOING TO SIT ALL WINTER?

Don't let it continue to lose value. Call me, I'm paying cash for RVs. 509-994-0718. I'll pick up your Class A, Class C, Travel Trailer, Toy Hauler, Camper, 5th Wheel (no junk please). Call or text photo & details

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All on steel wheels with sensors. (4) 205/65R15 on Camry wheels, less than 500 miles, \$350 or best offer. (4) 205/65R15 on Subaru wheels, less than 1000 miles, \$600 or best offer. (2) 195/60R14 on Honda wheels, \$100 or best offer. Call/ text, 509-750-7410 Moses Lake

1994 KENWORTH T600

Cat 3406E, 15 speed, 46s with double lockers, 4.33 ratio, \$25,000. Located in Spokane. No texts, 509-535-4427

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2020 KOMATSU XT445L-5 FELLER BUNCHER

Quadco QFH 22" 360 head, 3000 hours, excellent condition, \$425,000. Located in Spokane. No texts, 509-535-4427

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Immaculate car with every option available. 20,000 mile service just done. \$35,900. 509-830-1200. West Richland, WA

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Help veterans find jobs or start a business. Call Patriotic Hearts Foundation. Fast free pick-up, maximum tax deduction. Operators are standing by! Call 1-844-859-3920

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BRAND NEW MOSES LAKE HOME IN GREAT CENTRAL LOCATION

Previous home was destroyed by fire, so current owner tore it down to the foundation & built a new home! Primary bedroom & full bath on opposite side of 2 large bedrooms & another full bath. Two living areas, nicely laid out kitchen with slider to back yard with large concrete patio. Luxury plank flooring in main areas, carpet in bedrooms, granite counters throughout. Utility room with deep sink, plus storage space. Nice curb appeal, large fenced front & back yard, with fresh sod & underground sprinklers. Turn key & ready! Close to amenities & schools. Reduced to \$369,000. Motivated seller, open to offers! Make an appointment to tour today! Call Kristen Bryant, Broker 509-670-8159 Coldwell Banker Cascade

WE BUY ALL SIZES OF LAND IN WASHINGTON

Call Frontier Northwest Land, 509-468-0483 Spokane

74 ACRE RANCH ON BEAUTIFUL TEXAS RIDGE IN DEARY, IDAHO

Built 2012, 5500 sq.ft. "Shome", 6 bedrooms, 2 baths, 84x40' shop, 30x60' hay barn, 50x60' animal barn, 8' garden fence, chicken coop, 1400' grass runway, 11 acres of trees, 50gpm well, 3900 gallon water storage, \$1,200,000. Call Doug for information, 509-727-4557

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Cannot rent a full house, need temporary housing or need to recover financially? Room rentals available from \$450 to \$550, includes utilities. Master bedroom for \$750. Call 509-764-7769. www-StMarieProperties.com



NEW CONSTRUCTION IN EAST WENATCHEE

Beautiful new rambler in East Wenatchee with great views of the city & mountains adjacent to Sand Canyon Wildlife Habitat. Large open kitchen with island and walk-in pantry, dining room opens to covered view deck, living room has beautiful electric fireplace. Primary suite with 5 piece bath, other 2 bedrooms on opposite side of home. Large utility room, easy entry from 3 car garage into home. Be the first to make this home your new address! Offered at \$695,950. Call or text Kristen Bryant to schedule a showing, 509-670-8159 Coldwell Banker Cascade

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5715 Squilchuck Road, Wenatchee WA 98801

5 bed | 2.75 bath | 3,088 sqft | \$999,500

Amongst the beautiful surroundings of Mission Ridge Ski Area this home sits peacefully on a wooded two acre parcel. Finalizing this build in 2022 with high-end custom finishes and wood cabinets and mill work. Upon entry, one can immediately embrace the open concept layout, cathedral ceilings and oversized windows. The grand fireplace, modern lighting, and peaceful mountain views from the living room are stunning. Master has an exclusive balcony and spa-like bathroom with soaking tub, heated floors and dream walk-in closet.



Chelsea Fennell

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Guess Who?

I am a singer born in Boston on January 1, 1995. I became a star through my Twitter and YouTube social media channels. I post vlogs and music videos, and have been doing so since 2011. My real name is Moriah.

Answer: Poppy



COLDWELL BANKER
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TOP 5 NEW YEAR'S RESOLUTIONS FOR YOUR HOME (PART 2)



The beginning of 2023 is the perfect time to start planning for a home project. To keep your space comfortable and functioning correctly, it's essential to keep up with home maintenance. You'll be surprised by how a refresh or clean-up can be fun and personally rewarding. So here are a few new year's resolutions for your home.

Spruce Up Your Lawn



A well-manicured front lawn can make all the difference in beautifying your home's exterior. If your yard needs attention, start with a basic clean-up. Try pruning trees, trimming shrubs and removing weeds. Once your yard is cleared, consider planting a tree or adding flowers for a fresh look this year.

Increase Your Energy Efficiency



There are a variety of ways to reduce energy consumption in your home. One step is replacing heating, cooling or water heaters with more energy-efficient units. If your appliances are new or energy-efficient, remember to do regular maintenance so your units can run optimally. Installing drapes and shades on windows are also easy and low-cost ways to regulate the temperatures in your home.

Declutter Your Home



Another year has gone by, so you may have accumulated more items in your home. By decluttering your home, you may find that you have the space you need. Experts recommend clearing your home room by room to avoid feeling overwhelmed. To help manage what stays and what goes, sort items by type: toss, keep, re-use/repair, recycle and donate.

For more information about home repairs or renovations contact the Central Washington Home Builders Association or visit CWHBA.org.

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Money to lend on homes, land, commercial & investment property. No owner occupied. Fix & flip, rehab, and buy & hold. I also buy properties! Contact me for all your real estate finance needs. For a quick response, please e-mail the scenario to Dan dg8603@gmail.com or call/ text, 509-217-2456

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\$400/ month & up. No pets, no drugs. Alaskan Apartments under new management. HUD friendly, references & damage deposit required. Phone Matt 509-560-3362; Grant 250-485-2901

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Are you looking for a winter vacation home spot or retirement investment property? We are selling 20+ acres of waterfront on a private 100 acre lake in Northwest Florida. It has been in our family for over 50 years. Located off a paved road, fenced & gated with water rights included. Beautiful cypress knees, abundant wildlife & wonderful fishing. Close to the whitest beaches in the world & amazing shopping in Panama City Beach, \$500,000. View online: <https://tinyurl.com/2hk4u2a4> Call/ text our realtor Debbie Roney Smith, American Gold Realty, 850-209-8039

BRAND NEW HOMES WITH OPTIONS



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9
HOMES
LEFT!**

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WITH ROOM
FOR:**

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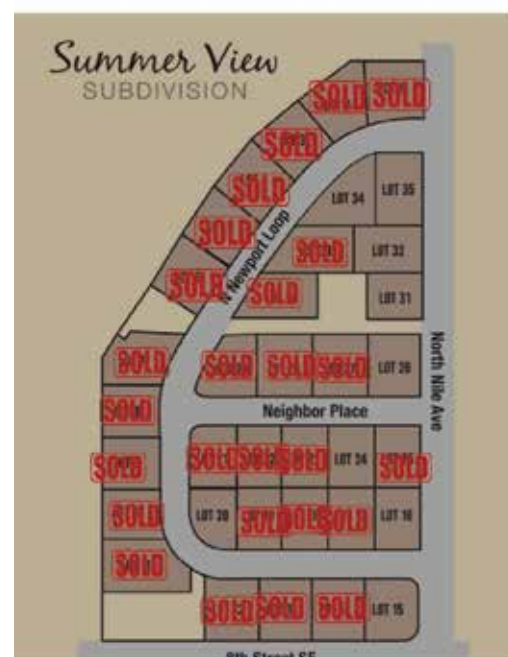
LARGE BACKYARD

**SWIMMING
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Summer View Subdivision
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Ready to move into a quality home with your own personal touches? Pick your countertops, tile and backsplash, cabinets from Bagdon's, carpet colors & pad options to compliment your new beautiful white oak floors.

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**2004 BOBCAT S220 SKIDSTEER**

In excellent condition. Gold Package Loaded, cab with AC, High Flow, two speed Powertach quick coupler, new tires, comes with 78" bucket & forks, 3400 hours, \$30,000. Located in Spokane. No texts, 509-535-4427

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**2016 JOHN DEERE 948L DUAL ARCH GRAPPLE SKIDDER**

35.5x32 tires average 70% with new Double Diamond chains, winch, 8600 hours, machine is in excellent condition, \$165,000. Located in Spokane, calls only, 509-535-4427 Spokane

**FORKLIFT SALES, RENTALS, SERVICE**

Parts for Forklifts, Scissor Lifts, Boom Lifts, & more. For sale: New Linde MT25 Pallet Jack, 5500lb capacity, 45" forks, dual drive wheels, entry/ exit rollers, manual lift function, \$399. Call, 509-868-5962. Spokane Forklift, 509-496-4918 www.SpokaneForklift.com

**2020 KOMATSU XT445L-5 FELLER BUNCHER**

Quadco QFH 22" 360 head, 3000 hours, excellent condition, \$425,000. Located in Spokane. No texts, 509-535-4427

**2015 KUBOTA RTV1120D 4x4**

Diesel 4x4, 1054 hours, excellent condition, \$15,500. Located in Spokane, call land line, 509-535-4427, no texts

Avalanche Awareness Class

347 Division St, Leavenworth

The Northwest Avalanche Center is hosting an introductory Avalanche Awareness Class on Tuesday, January 10 from 6:30pm-8pm. This class is beneficial if you ski, snowshoe, snowmobile, or participate in other winter outdoor activities. This is a free class, but please register at nwac.us/avalanche-awareness-classes

Beginner Bird Walks

347 Division St, Leavenworth

Join the Wenatchee River Institute for a Beginner Bird Walk on Wednesday, January 11 from 8am-9:30am! All birding experience levels are welcome. Loaner binoculars are available. No registration required. For more information, visit www.wenatcheeriverinstitute.org

**1994 KENWORTH T600**

Cat 3406E, 15 speed, 46s with double lockers, 4.33 ratio, \$25,000. Located in Spokane. No texts, 509-535-4427

NOW CONTRACTING BLACK OIL SUNFLOWERS

40 acres minimum. Contracts are available with flexible delivery and/ or storage options. Contact Tim Mondoux, Global Harvest Foods, 509-416-5258 or email tmondoux@gh-foods.com

**2017 JOHN DEERE 2154G PROCESSOR**

SouthStar QS500 Head, good undercarriage, 13,000 hours, \$165,000. Located in Spokane, calls only, 509-535-4427 Spokane

**DRY BOX INC.**

Shipping Containers for sale & rent, 20', 40', 45', 53', dry & refrigerated containers, local experts serving WA & ID. Visit www.DryBoxUSA.com or call 509-992-1020

**2016 TIMBERPRO TL735C FELLER BUNCHER**

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**DOZER WITH 6-WAY BLADE**

Dresser TD-7E. Diesel engine runs great. Perfect snowplow, tons of power, \$21,900. Delivery available. 208-818-6937, Sandpoint

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Requires the seller to give the buyer a receipt with the names & addresses of both the buyer & seller, date of sale, quality/ type of wood, quantity of wood, the quantity in which the price is based (cords) & price of the transaction. Buyer's or seller's complaints should be formally made to The Washington State Department of Agriculture's Weights & Measures Program at 360-902-1857 with information to the Exchange

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Your best source for skid steer, crawler, tractor & excavator parts & undercarriages. Rollers, sprockets, cutting edges, rubber tracks, shoes, idlers, grouser steel, points, tracks, skidder chains. Service, buy, sell, trade. Same day service available. 713 N Cook, Spokane, 509-535-1661 www.Trackman-PartsAndService.com

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40 acres minimum. Contracts are available with flexible delivery and/ or storage options. Contact Tim Mondoux, Global Harvest Foods, 509-416-5258 or email tmondoux@gh-foods.com

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It's time to get your Winter Equipment ready! See us today! Call 509-888-0078. Ask about our senior citizens discount on pickup & delivery. 628 S. Wenatchee Ave, Wenatchee. Monday-Friday 8am-5pm; Saturday, 8am-12pm

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Remember any alterations (permanent improvements) to personal or private property requires registration & licensing with the State of Washington for compliance with the law (RCW 18.27). List your registration number in your ad. Any questions, call 509-886-6500 or 509-764-6900

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