

# The Leavenworth Echo

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Upper Valley News Since 1904  
A Ward Media Publication

 leavenworthecho.com



## Holiday RECIPES

Flavorful dishes and desserts for the season of celebrating | B1-B8



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## Leavenworth Village Voices celebrates 41st 'Christmas in the Mountains'



COURTESY OF SWOBODA PHOTOGRAPHY

Leavenworth Village Voices performs "Christmas in the Mountains" at the Icicle Creek Center for the Arts, Snowy Owl Theater in December 2022.

**By QUINN PROPST**  
Ward Media Staff Reporter

The Leavenworth Village Voices choir will celebrate 41 years of their "Christmas in the Mountains" concert series this holiday season.

They have a few new features this year, including three concerts, each with their own unique sound, and their first benefit concert.

All proceeds and donations from their matinee performance on Dec. 10 at 2 p.m. will go to Upper Valley MEND. MEND—a local nonprofit organization dedicated to "Meeting Each Need with Dignity"—tends to

the hunger, housing, and wellness needs of residents in the community. Attendees will learn more about MEND from Executive Director Kaylin Bettinger, and the Bavarian Brass will delight with its lively take on holiday favorites.

When the group sat down in early 2023 to plan for the year, they decided to prioritize giving back to the community. LVV president Allison Bergstrom said it's a bit of a gamble for them because they need every penny to survive, but it is something that is important to them.

"We had done a strategic plan,

and we have clarified our mission statement," Bergstrom said. "And you know, all of that includes really enriching our community, and that's through music performance, but it's also ways that we can give back and lift up our community."

"Our focus is on Leavenworth and all of Chelan County, but really, the upper valley is where we're most focused," she said. "And so to be able to directly impact a group (MEND) that does so much good in our community, we really wanted to be able to do that."

LVV is primarily a Christmas

choir, and the members feel blessed that they can afford to volunteer their time to the group. And since it is the season of giving, they want to make sure others in the community can have a good Christmas as well, Bergstrom said.

Besides their benefit concert on Dec. 10, the group has two more showtimes in December.

The Saturday, Dec. 2 performance begins at 7:30 p.m. and kicks off their concert series. This performance is LVV's traditional "Christmas

See **VILLAGE VOICES** Page **A8**

## Leavenworth City Council grapples with controversial Multifamily Housing Tax Exemption plan

**By TAYLOR CALDWELL**  
Ward Media Staff Reporter

LEAVENWORTH – Leavenworth City Council hosted a public forum Tuesday night regarding the Multifamily Housing Tax Exemption (MFTE), a plan intended to incentivize developers to build more affordable, multi-family homes. The forum was held in an effort to answer unresolved questions about the complex plan.

Erin Fonville, the Assessment Administrator Manager of Chelan County's Assessor's office, gave a presentation on the matter. Andrew Bjorn of Berk Consulting was also in attendance and provided a Summary and Considerations packet for the City of Leavenworth.

According to the Washington State Department of Commerce, MFTE allows local governments to give tax exemptions for new construction, conversion, or rehabilitation to multifamily residential improvements that contain at least four units.

"It's probably the most effective tool that cities have to incentivize affordable housing without directly funding it," Bjorn explained at Tuesday's meeting. According to Bjorn, "It's a way of providing enough leverage to get support [from developers]."

The city is considering two types of MFTE options: a 12-year and a 20-year plan.

If a developer opts for a 12-year plan, at least 20 percent of the housing units must be rented or sold to low and moderate-income households to be exempt from paying taxes on all residential units for 12 years. The developer would still be required to pay taxes on the land and any commercial buildings on the site.

The 20-year plan offers a longer exemption period but requires 25 percent of the units to be sold to low-income households, and a nonprofit or government agency must sponsor the sale.

The clarification that the exemption would cover all residential units, not just the affordable ones, shocked residents in attendance and even some council members. "That's news to me today," said City Council Member Tibor Lak.

The primary concern in Tuesday night's meeting was the likely tax shift other property taxpayers would take on.

The packet provides an example that if there were a 25 million dollar MFTE in the 2022 tax year, a \$400,000 home within city limits would pay about \$31 more in taxes. While \$31 may not seem like much, Fonville pointed out that the more tax-exempt projects the city allows, the more the public pays, which can add up.

Lilith Vespier, Community Development director, reminded the audience that since MFTE became available in 2021, "only two to three developers have asked [about it]... Right now, we don't have anyone interested. City Council Members have expressed that they want this as a tool in their toolbox."

While the program targets certain zones within the city, the tax burden will also be on homeowners outside those zones and city limits since it will affect shared taxing districts such as Fire District #3, Hospital District #1, and the school district.

"The county (general, mental

See **EXEMPTION PLAN** Page **A8**



COURTESY OF MARCIA SMITH

At the 2022 Fowl Play 5K participants began their Thanksgiving Day morning with a chilly run or walk through the streets of Leavenworth. The race has operated as a fundraiser for the Cascade High School tennis team and other area nonprofits. This year the race will benefit the CHS tennis and cross country teams.

**By QUINN PROPST**  
Ward Media Staff Reporter

Leavenworth's Fowl Play 5K race is back to kick off the holiday season with another run this Thanksgiving Day. The event will raise funds for the Cascade High

School tennis and cross country teams.

Fowl Play 5K organizer Marcia Smith started the annual run in 2014 as a fundraiser for the Cascade High School tennis team.

Through the years, the race has grown from about 50 participants the

first year to around 250 runners and walkers.

When Smith first started the 5K, she didn't know if it would take off and is surprised to still be doing it nine years later.

"I didn't expect to be doing it 10 years later," she said. "Every year

I always say, oh gosh, I said to my husband, 'Okay, I don't know if we're gonna do this again.' And he's like, 'No, we're doing it again. Because everybody's so happy.' Just the happiest crowd ever, and he just gets

See **FOWL PLAY** Page **A8**

## Stevens Pass announces new parking plans, new Kehr's Chair passes load test

**By TAYLOR CALDWELL**  
Ward Media Staff Reporter

LEAVENWORTH – Winter is coming, and Stevens Pass has major updates for the upcoming season. Vice President and General Manager Ellen Galbraith shared updates at Wenatchee River Institute's Red Barn event on Thursday, Nov. 9. The meeting included information about the new carpool incentivization plan, the new Kehr's Chair, and new operational hours for food and

beverage.

Under the carpool plan, Lots A and G, nearest to the ski area, are going to be reserved for vehicles with four or more occupants on weekends, holidays, and weekday powder days (defined as six inches or more). This will be enforced until either the lot is full or 1 p.m., whichever comes first. The plan includes three exceptions: ADA access, EV charger access, and three-occupant vehicles

See **STEVENS PASS** Page **A8**



VP and General Manager Ellen Galbraith poses with three Stevens Pass patrollers present at WRI's Red Barn Event Thursday night.

TAYLOR CALDWELL/WARD MEDIA

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# The Leavenworth Echo

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## Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at [quinn@ward.media](mailto:quinn@ward.media). We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!



### Pride and Prejudice at Icicle Creek Center for the Arts

Icicle Creek Center for the Arts presents the opening night of Kate Hamill's "Pride and Prejudice" based on the novel by Jane Austen on Friday, Nov. 17 from 7:30-10 p.m.

"This isn't your grandmother's Austen," the event page states. "Bold, surprising, boisterous, and timely, this P&P for a new era explores the absurdities and thrills of finding your perfect (or imperfect) match in life."

"The outspoken Lizzy Bennet is determined to never marry, despite mounting pressure from society," the event page states. "But can she resist love, especially when that vaguely handsome, mildly amusing, and impossibly aggravating Mr. Darcy keeps popping up at every turn?! Literature's greatest tale of latent love has never felt so theatrical, or so full of life than it does in this effervescent adaptation. Because what turns us into

greater fools...than the high-stakes game of love?"

For more information visit [icicle.org](http://icicle.org).

### Holiday Artisan Market

Pybus Public Market will host the Holiday Artisan Market on Friday, Nov. 17 from 8 a.m. to 2 p.m.

The event will continue through the weekend on Saturday, Nov. 18 from 8 a.m. to 4 p.m. and Sunday Nov. 19 from 8 a.m. to 2 p.m.

For more information visit [pybuspublicmarket.org](http://pybuspublicmarket.org).

### Snowfest II

Snowfest II the Snowmobiling Expo Event will be at the Leavenworth Festhalle on Saturday, Nov. 18 from 10 a.m. to 5 p.m.

"For those who have a love of snowmobiling and a respect for the opportunity to ride, and share the backcountry with other winter

recreationalists," the event page states.

"Come to Snowfest to load up on new gear for the season, support Boondockers and other clubs, see the latest and greatest products, get some awesome tacos, win a prize from our famous boondockers raffle, or try a chance to win a huge toolbox, and so much more," the event page states.

Admission is \$5. For more information visit [bavarianboondockers.com](http://bavarianboondockers.com).

### "Early" Thanksgiving Dinner

The Leavenworth Community Methodist Church (418 Evans St.) is hosting a free "Early" Thanksgiving dinner for the Leavenworth community on Tuesday, Nov. 21 from 5-7 p.m.

"This event is a community supper for all ages, families,



**5 THINGS TO DO THIS WEEK**

seniors, singles and kids," the event page states. "All are welcome to share in this traditional Thanksgiving meal with neighbors and friends. Guests from out of town are also welcome."

No RSVP is required.

### Fowl Play 5K

The Fowl Play 5K is back in Leavenworth for a Thanksgiving Day race.

"Mark your calendars for Fowl Play 5K," the

event page states. "This dog friendly event will be held from 8:30 a.m. to 10:00 a.m. on Nov. 23, 2023 at Front Street Gazebo in Leavenworth. Admission is \$10-\$15 and benefits Cascade High School's tennis and cross-country teams."

The race is for runners, walkers, all ages and well-behaved dogs.

Registration begins at 8:30 a.m. on the day of the race or runners can pre register on Eventbrite.

## Caribou Trail Champion Cascade Cross Country Team Wraps Up Memorable 2023 Season



COURTESY OF CARRIE NUNNALLY

Head Coach Dayle Massey and Coach Stephanie Astell frame the CHS varsity XC runners holding their Caribou Trail League and District 6 trophies after Braydon Anderson and Caroline Menna led the teams to Victory. Anderson and Menna were named Caribou Trail runners of the year.

After charging through the regular season in historical, record-breaking fashion, the Kodiak harriers ran into the postseason with lofty expectations – and they did not disappoint.

At the Caribou Trail League (CTL) Championships at Walla Walla Point Park in Wenatchee on Oct. 24, the lady Kodiaks, led by junior Caroline Menna, took the championship trophies in dominant fashion. For the second straight year, Menna cruised to a comfortable win in the varsity girls' field to become the 2023 League and District Champion.

She was followed next by teammate junior Grace McDevitt, with junior Alice Farrell, and seniors Paige Nunally and Isabel Menna crossing the line in fourth, fifth and sixth place, respectively, to round out the Kodiak scoring. Junior Harper Baker and sophomore Gwen Pewhoski also raced for the varsity squad and finished solidly in the top



BY BEN JEROME  
Cascade High School Publications Group Special to Ward Media

15. Menna (Caroline) was subsequently named CTL Runner-of-the-Year.

The boys CTL Runner-of-the-Year, Braydon Anderson, was nothing short of ascendant this year. The senior, who earlier in the season became the fastest runner in CHS history and won the prestigious Nike Hole in the Wall Invitational, ran alone from the gun to the tape for his third straight individual win to become the 2023 CLT and District 6 Champion. Senior Jasper Bard dashed to second place, followed by junior Ben Jerome in fourth, senior Blue Knutson in seventh, and sophomore Miles Porter in thirteenth. The five Kodiaks outperformed second place Cashmere in the team competition, in which the lowest score wins, 27-56. Freshman Grant Burrill and senior Cruz Martinez, the sixth and seventh CHS varsity runners, also earned starting slots to the state meet in Pasco on Nov. 4.

The CHS Junior Varsity girls' team, comprised of senior Karina Shiliaeva, junior Napiqua Gibbs, sophomores Jewel Leroy and Kelsea Sheffield, and freshmen Adyson Bradburn and Isabelle Zapalowski, easily won their team race. First and second place finishers Leroy and Bradburn joined the varsity team as alternates at the state race.

The JV boys took second place behind exciting finishes from senior Elijah Walker and junior Damian Sandoval, both of whom earned alternate slots on the Kodiak varsity boys' team in Pasco. Freshmen Colton Khun and Jayden Parker, and senior Alexis Romero rounded out the Kodiak runners at Walla Walla.

"It was another good year for the team," reflected Head Coach, Dayle Massey, who continued: "I'm happy for the kids; they worked hard, and it showed. Most of our runners PRed [set a personal record] at least once this season, some several times."

The Kodiak cadre of nine boys and nine girls rode



COURTESY OF BEN JEROME

CHS junior Damian Sandoval (left) and Elijah Walker (front, right) lead out the junior varsity race at The Caribou Trail League Championships on October 24th. Walker and Sandoval went on to finish first and second, respectively, for the Kodiaks thereby qualifying to join their varsity teammates as alternates at the State meet in Pasco, WA on November 4th. Jewel Leroy and Adyson Bradburn led the JV girls to nail down their own alternate spots on the state team.

the league and district winning momentum into the Washington State Cross Country Championships at Pasco's Sun Willow Golf Course in Pasco ten days later. There, Anderson again shined with a gutsy run to the podium.

He led the boys' team, who came into the race ranked tenth in the state, to a well-earned eighth place. In addition to Anderson, Bard, Jerome, Knutson, and Porter all scored points for CHS. The girls' team also finished eighth in the state with Menna (Caroline) leading the top five CHS finishers, McDevitt, Farrell, Menna (Isabel) and Nunally.

While considering the season, Martinez, who will be one of the team's captains

next year, felt that "as great as our results were as a team and individually, I think the best thing was how we came together as a team. There was a really great social aspect to the team this season."

Before the Kodiak cross country team shutters itself for the season, it says goodbye and good luck to its seniors, including captains Knutson, Anderson, and Menna (Isabel), and introduces its 2024-25 team leaders, Martinez, Jerome, Farrell and Menna (Caroline). While next year's team has some big spikes to fill, coaches Massey, Stephanie Astell, and Helene Tambet are returning nine of their varsity racers and several promising underclassmen.

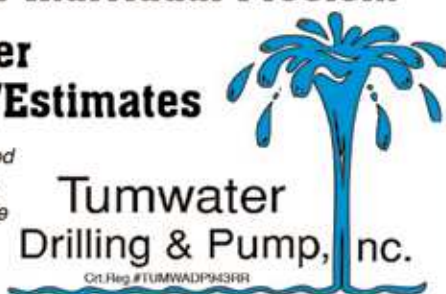
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## Community Calendar

### Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.  
 Alpine Water District, meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.  
 Senior Center, Lunch, noon, \$8 per meal. RSVP 509-548-6666.  
 Ukulele Circle, 5:30- 6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet music.  
 Cascade Medical Board, 4th Wednesday of every month (with a couple exceptions), September 27, October 25, November 15, and December 20, 5:30 p.m.

### Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd Thurs.)  
 Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com  
 Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)  
 Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

### Friday

Veteran Service Office, For information contact Tony Sandoval, 509-664-6801 or email: tony.sandoval@co.chelan.wa.us  
 Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.  
 Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

### Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30-8:00 p.m. Call UVMEND, 509-548-0408 for more information.  
 Leavenworth Mosquito District board meeting, 7 p.m. via ZOOM link posted at <https://leavenworthmosquitocontrol.org/activity-calendar.html> or contact Jenny 509-548-5904 (1st and 3rd Mon.)  
 Cascade School board meetings, 7 p.m., Agenda can be found at <https://www.cascadesd.org/Page/166>. (2nd & 4th Mon.)  
 Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

### Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)  
 Icicle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)  
 Cascade Education Foundation, Contact: CEF@cascade.org  
 LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)  
 Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. [www.leavenworthmasons.org](http://www.leavenworthmasons.org). (1st Tues.)  
 Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)  
 The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)  
 Senior Center, Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: leavenworthseniors@gmail.com  
 Music, call Steve, 509-548-7048. (1st and 3rd Tues.)  
 Greater Leavenworth Museum board meeting 5-7 p.m. Everyone is invited as a guest. Contact info@leavenworthmuseum.org for meeting information. (1st Tues.)

### NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at [ncwlibraries.org](http://ncwlibraries.org) and its Facebook page. Go to [NCWLIBRARIES.ORG](http://NCWLIBRARIES.ORG) or 1-800-426-READ (7323) for more information, and updates.  
 Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online [leavenworth@ncwlibraries.org](http://leavenworth@ncwlibraries.org)  
 Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.  
 Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or [peshastin@ncwlibraries.org](mailto:peshastin@ncwlibraries.org)  
 Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10 a.m.- 2 p.m. Closed Sun. and Mon.

### Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum. Now open daily 11-4. Check their Facebook page or website at <http://www.leavenworthmuseum.org>  
[www.leavenworthmuseum.org](http://www.leavenworthmuseum.org) for updates and information.  
 Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to [reporter@leavenworthecho.com](mailto:reporter@leavenworthecho.com) or call 509-548-5286. Otherwise we are not responsible for any misinformation.

## Meeting Schedules For AA, Alanon, Celebrate Recovery

**AA Meetings:**  
 Call for the Zoom link to Leavenworth AA meetings: 541-480-8946  
 Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939  
 509-548-1627, 548-4522, 664-6469, 206-719-3379  
 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.  
 Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin  
 Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.  
 Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.  
 Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.  
**Alanon Meetings,** Call 509-548-7939  
**Renewed Celebrate Recovery,** Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: [CelebrateRecoveryLCN@gmail.com](mailto:CelebrateRecoveryLCN@gmail.com) or 509-596-1510.

# Bill Davies, Inspirational Math Teacher, on the Cusp of Retirement



By MARLENE FARRELL  
 Special to Ward Media

Bill Davies is wrapping up a substantial teaching career of 39 years, 30 of which were at Cascade High School in the math department, as he approaches retirement at the end of this school year.

"I have had the pleasure to know Bill for over 30 years," shared Greg Peck, retired teacher at multiple grade levels. "We had children in the same class, and later we taught and coached together. When I was at the high school, Bill and I had classrooms connected by a movable wall so we worked closely together and collaborated on many projects. "Bill is an amazing educator, always putting kids first. He would give up his lunch hours, come early or stay late to help his students."

Davies has taught math to thousands of local students over the years and also impacted hundreds more as a coach. He's been closely associated with track and field, having been an assistant coach before his decade as head coach. He also coached cross country and soccer in the past.

He surprised himself with his chosen career path. As a child, Davies aced math but after one bad teacher in high school, he swore he'd never take another math class. The idea of working with kids grew from a fulfilling stint as a summer camp counselor. For his business degree at WSU, Davies took a couple required math courses. He gave math a second thought and switched to the more rigorous math degree program.

His first six years of teaching were on the west side of the state. He followed that with three years in Japan teaching on an Air Force base in a 1A size school. Working abroad could have been his path in life. Being near Tokyo was fun. "In Japan, I also coached cross country, soccer, track and wrestling. But I didn't love base life," Davies said.

When a math position opened at Cascade High School, Davies jumped at the opportunity to return to Washington. He's been in Leavenworth ever since and holds the current longest tenure in the district.

## OBITUARY

### Patricia Alice Keppner Palmer

Patricia Alice Keppner Palmer passed from my arms to those of Jesus Christ on October 28, 2023 at the age of 74. Born in Idaho Falls, Idaho she resided in Quincy, East Wenatchee and Peshastin, Washington where she was an insurance agent, small business owner and a member of the Church of Jesus Christ of the Latter Day Saints. Her favorite charities included Shriners Hospital and Virginia Mason Hospital. She is survived by husband Randall Palmer, sister Tony Hope, brother Dennis Keppner, daughters Cami Gage, and Heather Guthrie. Predeceased relatives include Karl Burnell Keppner and Elsie Dean Ricks Schreuders.

May she always be loved as she loved others.

Davies' first taste of coaching occurred while he was a college student. He had solid high school running times for the 400-meter and 800-meter. "When I got to WSU, they were running times in practice that I ran in races." So, rather than compete, he found an opportunity to assist with coaching for the Pullman High School team, and he's never looked back.

His instinctual freudenfreude, which is a mindset that celebrates others' successes, contributes to Davies serving as social glue at the high school. "The most important thing is building relationships and building trust with students," he said. Authentic, individualized relationships are foundational to how he teaches. When discipline is needed, Davies is careful to address the behavior and not the child. "You pull them aside and say, 'Here are the consequences, and tomorrow is another day.'"

Davies' expertise in teaching math concepts in a variety of ways enables student achievement. Additionally, his empathy and interpersonal skills have been assets in the classroom and on the track. "Coaching builds the strongest relationships," Davies said. He has built a strong track program because, as he says, "My strength is finding great coaches." Together with his coaches who excel at relays, distance, throws and jumping, there's a synergy that benefits the athletes.

"At a 1A school, we want all of our students to turn out for sports," said Elia Alailima-Daley, former teacher and principal at CHS. "Bill would actively encourage students and whether they were the star or someone who just wanted to be a part of a team, Bill supported and coached them equally."

This also made him a great candidate to add an AVID class to his repertoire. "The AVID class is a smaller group of students that stay together, year after year," he explained. "It's a lot about academic support."

Alailima-Daley shared, "Ever since meeting Bill as a colleague in 1995, I have admired his love for teaching and his never-give-up-on-a-student attitude in helping them learn math. He has strong content knowledge. Most importantly, he has always been willing to alter his instruction to meet the needs of students. He develops a strong relationship with students, getting to know them as a person to better support them."

"In the year before I left, our schedule needed a new AVID instructor. While out of his comfort zone, Bill knew adding an AVID elective course would benefit students and the school. So, he signed up, learned the process. I have heard he has done an amazing job."

Davies has witnessed many changes—mostly improvements—in the district over his tenure. He applauded

the switch years ago to 90-minute class periods because he could incorporate more projects that engage students through the application of math to real world problems. Examples include building hot air balloons and calculating the max height, and egg drop experiments to study acceleration.

He's also glad that state testing is no longer tied to graduation, and he's seen a growth in kindness and acceptance of diversity, saying, "The kids are driving this culture."

"Teaching is a hard job. You have to be overly prepared," Davies advises future teachers. "Maybe you have to put in 60 hour weeks at first. Three to four years down the road, it pays off."

The work can, however, be fun, when you're a teacher like Davies. As fellow math teacher, Dayle Massey, said, "Teaching across the hall from Bill for the last few years, I am continually impressed by how much fun he has in the classroom. His enthusiasm is contagious, and his students know that he is on their side and really wants them to learn and be successful."

Massey went on, saying, "Bill has led the math department for years, helping out the other math teachers with teaching and curriculum advice, and advocating for school policies that help our students' math performance. He is the major reason why Cascade has such a strong math program."

## Chelan County Sheriff's Report



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

### November 3

01:12 911-hangup call, 7500 Icicle Rd.  
 01:33 Agency Assist, 70 Garmisch Ln.  
 03:14 Prowler, 18773 Pine Loop, Plain  
 06:49 911-call, 7500 Icicle Rd.  
 08:29 911-call, 7500 Icicle Rd.  
 10:19 Welfare Check, 14040 Chumstick Hwy.  
 10:20 Agency Assist, 8348 Main St., Peshastin  
 12:57 Property, Phelps Creek trail, Lake Wenatchee  
 15:06 Alarm, 19879 Beaver Valley Rd., Plain  
 15:09 Disturbance, 1329 US Hwy. 2, Dan's Food Market  
 16:40 Suspicious Circumstance, 19317 US Hwy. 2, Lake Wenatchee  
 19:30 Suspicious Circumstance, Chumstick Hwy. MP 2  
 21:23 Unknown-injury Accident, Chumstick Hwy. MP 12  
 22:01 Domestic Disturbance, Front and Division Streets  
 23:26 Traffic Offense, 100 Ward Strasse

### November 4

03:20 Domestic Disturbance, 20713 Pelton Pl., Lake Wenatchee  
 12:10 Traffic Offense, Eagle Creek Rd. and Chumstick Hwy.  
 14:19 Hazard, 7000 block Icicle

Rd.  
 14:56 Alarm, 12150 W. Shugart Flats Rd., Lake Wenatchee  
 15:33 Malicious Mischief, 926 Commercial St.  
 19:40 Civil Dispute, 224 Pine St.  
 23:44 Suspicious Circumstance, 10762 US Hwy. 2, Peshastin

### November 5

11:02 Suspicious Circumstance 3947 Camas Creek Rd., Peshastin  
 19:16 Welfare Check, 331 Orchard St.  
 21:44 Liquor Violation, 9640 Moon Canyon Rd.  
 22:50 Attempt to Locate/ Contact, Grouse Mountain Campground  
 23:34 Traffic Offense, 261 Mine St.

### November 6

09:13 911-hangup call, 9600 Embroider Rd.  
 11:19 Parking/ Abandoned Vehicle, 1300 Commercial St., Garten Haus Apartments  
 12:59 Theft, 4011 Camas Creek Rd., Peshastin  
 14:13 Disturbance, 147 W. Whitman St.  
 14:24 Welfare Check, 3745 Camas Heights Rd., Peshastin

### November 7

00:29 Weapons Violation, 21422 Stirrup Rd., Plain

12:13 Diversion, Chumstick Hwy. MP 4  
 14:49 Public Assist, 9255 Foster Rd., BJ's Shell, Peshastin  
 15:19 Welfare Check, 347 Division St.  
 16:39 Traffic Offense, Lake Wenatchee Hwy. MP 7, Lake Wenatchee  
 17:15 Public Assist, 14193 Chiwawa Loop Rd., Lake Wenatchee  
 17:56 Suspicious Circumstance, Chumstick Hwy. MP 5  
 18:33 Theft, 216 Park Ave.

### November 8

08:29 Runaway, 330 Prospect St.  
 09:44 Parking/ Abandoned Vehicle, 23000 Brown Rd., Lake Wenatchee  
 11:22 Animal Problem, 15121 Chumstick Hwy.  
 22:15 Suspicious Circumstance, 205 Scholze St.

### November 9

01:27 Alarm, 300 US Hwy. 2, Wells Fargo  
 08:34 Extra Patrol, 300 US Hwy. 2, Wells Fargo  
 08:43 Harassment/ Threat, 100 Ward Strasse  
 14:19 Civil Dispute, 500 Pine St., Alpine Lakes  
 15:57 Trespassing, 636 Front St.  
 18:17 Agency Assist, 8780 Deadman Hill Rd., Dryden  
 18:22 Diversion, 116 River Bend Dr., Safeway

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# Opinion

## Bloom where you're planted

In the spirit of gratitude and personal growth, it's important to take a moment to reflect on the simple notion of "blooming where you're planted." This timeless wisdom is a reminder that no matter where life has taken us, there are opportunities for growth, joy, and success right in our own backyards.



From the Publisher

**TERRY WARD**

The concept of "blooming where you're planted" encourages us to invest in our local communities, take part in civic activities, support local businesses, and build relationships with our neighbors. By doing so, we not only enrich our own lives but also contribute to the vitality of the places we call home.

As we approach the Thanksgiving season, a time when expressions of thankfulness are in abundance, it's the perfect occasion to remember the importance of making the most of our current circumstances and surroundings.

In North Central Washington, we are surrounded by the breathtaking beauty of nature, a strong sense of community, and countless opportunities to connect, learn, and grow. It's easy to get caught up in the hustle and bustle of life, always looking for the next big adventure, but sometimes, the most profound growth happens when we stay rooted.

This is a powerful reminder that our surroundings are filled with opportunities to thrive and make a positive impact. Each day, we have the chance to nurture our own growth, just as a plant needs care, water, and sunlight to flourish.

So, as we gather around our tables to celebrate Thanksgiving, let's not only give thanks for the blessings in our lives but also remember to appreciate the unique beauty of our own communities. By embracing the principle of "blooming where you're planted," we can make a positive impact, foster growth, and ensure that our local areas continue to thrive for generations to come.

## Awaken the Magic of Reading Building a Brighter Future for Our Youth



STOCK PHOTO

In the realm of knowledge, where words unlock the doors to boundless opportunities, literacy stands as the key. The importance of literacy cannot be overstated, and here at Ward Media, we're on a mission to awaken the magic of reading in our community. We invite you to join us on this enchanting journey.

As you peruse the pages of our community newspapers, you've probably noticed the exciting addition of our new Kid Scoop page. This initiative is not just about informing and entertaining our young readers; it's about promoting literacy, nurturing a love for reading, and shaping the future of our children.

It's disheartening to learn that 66% of fourth graders read below their grade level. But here's the silver lining: engaging with our local paper can make a world of difference. Research shows that kids who dive into the world of print see a remarkable 10% increase in their reading test scores. This is not merely a statistic; it's a testament to the power of the written word in our community.

At Ward Media, we are committed to supporting youth literacy 52 weeks out of the year. We believe that every child in North Central Washington should have the opportunity to unlock the magic of reading. We understand that we can't embark on this noble quest alone. We need your support.

If your company shares our passion for nurturing young minds and empowering the next generation, we invite you to become a sponsor of our "Kid Scoop" weekly page. By doing so, you will not only help us provide valuable reading material to our young readers but also bring a smile and magic to every doorstep in our community.

Together, we can build a brighter future, one where every child has the opportunity to explore new worlds, learn, and grow through the pages of our local newspapers. Join us in this enchanting journey, and let's make a difference in the lives of our youth. Your support will not go unnoticed, and the applause you deserve is waiting for you as we awaken the magic of reading in our community.



### POINT OF VIEW

## Five steps the Legislature should take to support business in Washington

The Washington State Legislature will begin its 60-day session on January 8. The main focus of this year's legislative session will be developing and approving updates to the three state budgets – the operating, transportation, and capital – for the 2023-2025 biennium. The Legislature will likely make adjustments to various laws, including in energy, natural resources, healthcare, education, and other areas. The legislative session will be very fast-paced.

Decisions the Legislature makes are very important to our state and its efforts to promote a supportive business climate. Most of the revenue that funds state operations is generated from sales taxes and business taxes. For the state to maximize its revenues, our business sector needs to thrive. While there are many steps lawmakers should take to better support Washington businesses, here are five ideas:

#### 1. Business and Occupation Tax Reforms

Washington State implements a Business and Occupation (B&O) tax, which is applied to the gross receipts of all products and services. The rate depends on the type of business, such as manufacturing, wholesaling, or retailing. The tax applies to "gross" rather than "net" income of businesses, meaning that businesses are taxed even if they don't earn a profit. This tax structure is especially burdensome for high-volume, low-margin businesses. Reforms to the B&O tax would impact revenues in the short term, but would help businesses be successful over the long term.



SEN. BRAD HAWKINS

This would keep more people employed and generate additional economic opportunities.

#### 2. Climate Commitment Act Changes

The state's Climate Commitment Act was approved by the Legislature in 2021 and began in 2023. It is a comprehensive program aimed at reducing greenhouse gas emissions by requiring the purchase of allowances in a cap-and-trade program. Many of us who voted against it expressed concerns about the program's likely impact on gas prices, which analysts now estimate is nearly 50 cents extra per gallon. I support the environment and I am a clean energy advocate, but high gas prices can have devastating impacts on senior citizens, working families, and businesses. High gas prices affect us all with increased travel, grocery, and supply chain costs. I don't expect the program to go away, but adjustments should be made to lessen its economic impact.

#### 3. Refocus Education on Academics and Job Skills

With over 1 million students in the state public school system, K-12 education is critical to workforce development. Washington businesses rely on students being college or career-ready. Per student expenditures have grown to over \$17,000 per year with funds supporting pre-kindergarten programs, multiple meal services, childcare offerings, social supports, healthcare in schools, and other functions. There is no doubt that students have many needs, which our schools can help facilitate, but with only 50%

of students meeting English standards and only 40% meeting Math standards, we must return academics and job skills back to top priorities. Our school system must work for all students, so they are prepared to succeed and contribute to our global economy.

#### 4. Preserve and Improve our Transportation System

Washington businesses depend on a high-functioning transportation system. This is key to getting crops to market, creating efficiencies in the supply chain, and improving commutes for employees. The Legislature has increased funding for the preservation and maintenance of our roads and bridges, but the funding has unfortunately not kept pace with inflation, nor with the additions to the transportation system over time. The preservation of our existing system is more important than new projects, but new projects are also needed to keep up with our growing population and to keep traffic moving. The state approved a new 16-year, \$16.9 billion package in 2022 for statewide transportation investments. We need to ensure that these projects get completed as scheduled so that Washington businesses can benefit from a reliable statewide transportation system.

#### 5. Continue Efforts on Housing Solutions

Affordable housing continues to be a struggle in nearly every community, although what is characterized as "affordable" varies from place to place and is the source of substantial debate at the State Capitol. The Legislature has made

record investments recently through its capital budget to fund housing opportunities in Washington state, but more work remains to be done. Various regulatory and land use reforms could be made to slow down the rapidly escalating costs associated with homebuilding. Many new laws and housing programs have recently been implemented, which may take some time to produce results. While these new policies get implemented, we should be mindful of other opportunities because we should all recognize that stable housing is fundamental to nearly every aspect of life. For businesses, having access to a reliable, local workforce is vital.

Thank you for the opportunity to serve

While many state policy areas interest me, supporting the creation of jobs will always be a priority. Many of you may not realize but my father Buell Hawkins was a partner with Valley Tractor & Equipment for several decades. I spent many afternoons playing on tractors at his Chelan and Wenatchee stores. Having been raised as the son of a small business owner, I have a deep appreciation for our business community. To our local businesses, I am proud to support you in the Washington State Legislature. Thank you for the opportunity to serve as your State Senator.

*Brad Hawkins is a Washington State Senator for the 12th Legislative District. He was awarded the 2022 Guardian of Small Business Award by the National Federation of Independent Business and has been recognized by the Association of Washington Business for his voting record in support of our business community.*

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Reporter

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## Have Your Say

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# Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

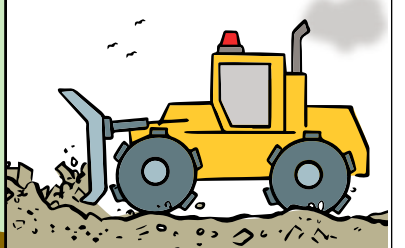


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## Kid Scoop Together

### Landfill Problems

A landfill is a place where garbage is taken and buried. Over time landfills start to fill up and then more land needs to be found. Recycling and composting reduce the waste sent to landfills. That way they are usable for a longer period of time.



# COMPOSTING IS AWESOME

## Do the Rot Thing!

Composting turns food scraps into good dirt that is healthy for plants.

Food scraps and other compostable trash make up the largest category of waste in our landfills. When you stop sending food scraps to the landfill, it helps to slow down the filling of the landfill. The compost facility turns it into soil that's healthy for plants.

### What goes in a compost bin?

Anything organic can go in the compost bin.

**Organic:** Things that were once alive. For example, paper made from trees is organic because trees were alive.

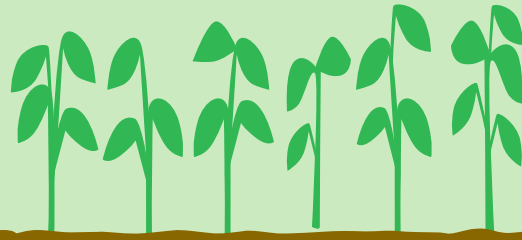
**Inorganic:** Things that are made of things that are not from animals or plants, living or dead. For example, diamonds, table salt, and silver are inorganic.

**Standards Link:** Life Science: Understand that matter can be organic or inorganic.

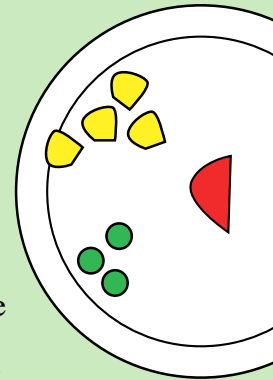


Use a green crayon to circle all the things that belong in the compost bin.

## Composting: An Action That Helps the Planet



1. Composting starts with food that is left uneaten, or "food scraps."
2. Put the food scraps into the compost or "green" bin to be sure it goes to a composting facility.



3. At the composting facility, your organic waste is mixed with things like woodchips, branches and shredded newspaper. This slowly rots and turns into healthy soil.

### Composting Is Good for Us!

When healthy compost from composting facilities is mixed with soil, it makes plants grow better and improves the nutrition of our food. And it keeps food waste out of the landfill where it would have created methane gas.

**Standards Link:** Life Science: Understand the health and environmental benefits of composting.

## Don't forget to compost these things!

Do the math to see what else can go in the compost bin. The items that add up to even numbers can go in the compost bin. Odd-numbered items can be recycled.

10 + 8 = pizza box

8 + 2 = coffee filters and coffee grounds

6 + 6 = orange peels

3 + 4 = yogurt cup

4 + 2 = fries

9 + 6 = aluminum cans

6 + 4 = pizza

2 + 2 = carrot tops

3 + 17 = leaves

8 + 8 = food soiled napkin

5 + 11 = salad scraps

### Why is methane gas a problem?

Food scraps and other compostable waste create methane gas when they rot in a landfill.

Methane gas molecules are released from the landfill into the atmosphere. They absorb heat and make more heat by heating up molecules around them. This can cause the earth's temperatures to rise.

**ANSWERS:** Things that **DO** go in the compost bin are the apple core, bread, banana peel, carrot tops, cheese, chips, coffee filters and coffee grounds, fries, food soiled napkin, grapes, leaves, pizza, pizza box, napkin, orange peels, and sealed scraps.

Things that **DO NOT** go in the compost bin are the aluminum can, plastic bag, plastic bottle, and yogurt container.

### Extra! Extra!

#### Organic or Inorganic?

Look through the newspaper and circle organic things (things that can be composted) in **green**. Circle inorganic things that cannot be composted in **purple**.

**Standards Link:** Science: Matter can be organic or inorganic.

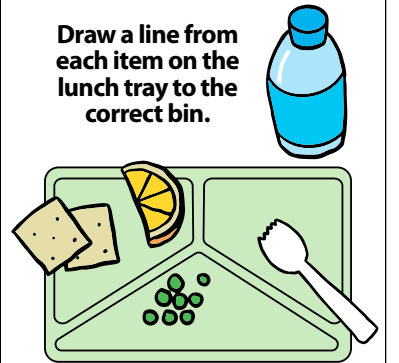
### Send Less to the Landfill

What is the number one thing that people throw away that ends up in a landfill?

Circle every other letter below to find out.

**F** C O L O B D A

Draw a line from each item on the lunch tray to the correct bin.



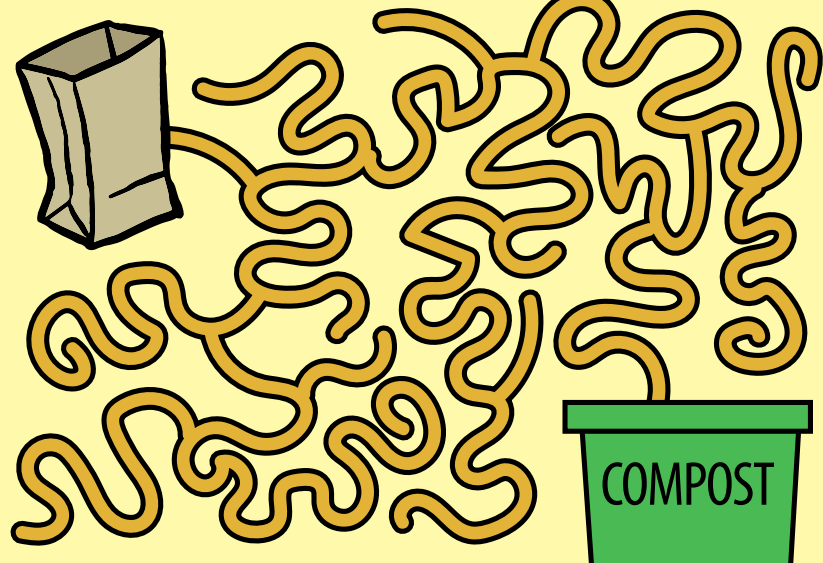
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## Kid Scoop Puzzler

### Avoid the Landfill

Putting less waste in the landfill helps our planet. Get this paper lunch bag into the composting bin.



## Double Double Word Search

- ABSORB
- BIN
- COMPOST
- FOOD
- GAS
- GREEN
- GROW
- HEAT
- LANDFILL
- METHANE
- PAPER
- PLANTS
- SALT
- SOIL
- WASTE

Find the words in the puzzle. How many of them can you find on this page?

T	G	R	O	W	V	J	E	D	Q
L	B	A	C	D	W	B	Y	O	P
L	A	R	S	O	I	L	M	O	K
I	B	M	G	N	M	T	L	F	P
F	S	W	T	R	E	P	A	P	L
D	O	A	V	Y	E	U	O	T	A
N	R	S	A	L	T	E	N	S	N
A	B	T	A	E	H	N	Y	T	
L	B	E	N	A	H	T	E	M	S

**Standards Link:** Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

## Kid Scoop VOCABULARY BUILDERS

This week's word: **ROT**

The verb **rot** means to decompose or break down into smaller parts.

The apple in the bowl started to **rot**, and we put it in the compost bin.

Try to use the word **rot** in a sentence today when talking with your friends and family members.



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**Administrative**  
**Puzzle Solution**

3	2	9	7	6	4	8	1	5
6	1	5	9	2	8	4	7	3
7	8	4	3	5	1	2	9	6
9	6	1	4	8	3	5	2	7
2	7	3	5	1	9	6	8	4
4	5	8	6	7	2	1	3	9
1	3	7	2	4	5	9	6	8
5	9	2	8	3	6	7	4	1
8	4	6	1	9	7	3	5	2

A	M	P	S	S	I	B	V	E	T	O
F	I	L	O	T	U	N	A	P	A	P
E	S	A	U	O	R	C	A	A	C	O
W	O	N	D	E	R	F	U	L	G	A
A	M	A	S	S	G	A	T			
G	R	I	N	C	H	D	E	N	I	E
R	O	N	E	S	T	E	E	M	O	R
A	B	U	S	E	E	L	M	S	N	A
T	O	R	C	E	L	F	I	S	H	S
E	T	E	R	N	A	L	P	O	W	E
O	A	R	V	E	L	A	R			
R	O	O	K	F	A	M	I	L	Y	M
R	O	U	G	E	I	C	O	N	E	U
E	A	S	E	D	B	U	T	T	S	L
F	R	E	D	S	A	E	T	E	A	S

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**Legals**  
**Public Notices**

**SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY**  
**In the Matter of the Estate of MARJEAN BILLIE MATHEWS, Deceased. NO. 23-4-00375-04**  
**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: November 1, 2023  
PERSONAL REPRESENTATIVE: Hanne Marjean Beener  
ATTORNEY FOR PERSONAL REPRESENTATIVE: Kera Dexter  
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. 23-4-00375-04  
OVERCAST LAW OFFICES By: /s/ Kera Dexter, WSBA No. 58486 Attorney for Personal Representative. Published in the Leavenworth Echo/Cashmere Valley Record on November 1, 8, 15, 2023. #6599

  
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**Public Notices**

**Superior Court of Washington for Chelan County**  
**In the matter of the estate of Marie Louise Davis, Deceased. No. 23-4-00387-04**  
**Notice To Creditors (RCW 11.40.030)**

The persons named below have been appointed as co-administrators 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 co-administrators or their 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 co-administrators 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 this 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: November 15, 2023.  
JACK N. DAVIS and KATHRYN L. HENDRY, Co-Administrators  
Attorney for the Co-Administrators: Joseph C. Brown, Jr., WSBA# 17991  
Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111  
Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 23-4-00387-04  
Published in the Cashmere Valley Record/Leavenworth Echo on November 15, 22, 29, 2023. #6665

**Public Notices**

**Upper Valley Park & Recreation Service Area**

On the 8th day of November 2023, the Board of the Upper Valley Park & Recreation Service Area passed the following budget resolutions. A summary of the contents of each provides as follows: Resolution 1-2023: A Resolution authorizing the regular property tax levy plus 1% increase and is authorized for the levy to be collected in 2024; Resolution 2-2023: A resolution adopting a budget for 2024 and providing other matters properly relating thereto. A copy of the full text of the resolutions are available at Leavenworth City Hall or will be mailed to you upon your request to Brandi Mynatt – Assistant Deputy – PRSA Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in the Leavenworth Echo/Cashmere Valley Record on November 15, 2023. #6693



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**Public Notices**

**NOTICE OF TRUSTEE'S SALE** 108 1st Ave South, Suite 450 Seattle, WA 98104 TS No.: WA-22-897633-BF APN No.: 231913625010 Title Order No.: 220009862-WA-MSW AMENDED Pursuant to the Revised Code of Washington 61.24.130(4) Reference Number of Deed of Trust: Instrument No. 2223928 Parcel Number(s): 231913625010 Grantor(s) for Recording Purposes under RCW 65.04.015: BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4 Current Trustee of the Deed of Trust: QUALITY LOAN SERVICE CORPORATION Current Loan Mortgage Servicer of the Deed of Trust: Specialized Loan Servicing, LLC As the federal bankruptcy stay has been lifted, this amended notice as to the Notice of Trustee's Sale recorded under CHELAN County Auditor Instrument Number . I. NOTICE IS HEREBY GIVEN that QUALITY LOAN SERVICE CORPORATION, the undersigned Trustee, will on 12/15/2023 , at 9:00 AM AT the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, THE WEST 130 FEET IN WIDTH OF LOT 1, IROQUOIS FARMS, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 2 OF PLATS, PAGE 16, LYING NORTHERLY OF THE WENATCHEE RECLAMATION DISTRICT CANAL RIGHT OF WAY. More commonly known as: 2599 EASY ST, MONITOR, WA 98801 which is subject to that certain Deed of Trust dated 3/29/2006, recorded 3/31/2006, under Instrument No. 2223928 records of CHELAN County, Washington , from BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE , as grantor(s), to FIRST AMERICAN TITLE , as original trustee, to secure an obligation in favor of NEW CENTURY MORTGAGE CORPORATION , as original beneficiary, the beneficial interest in which was subsequently assigned to Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4 , the Beneficiary, under an assignment recorded under Auditors File Number 2356278 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$66,610.53 . IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$303,099.31 , together with interest as provided in the Note from 11/1/2020 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 12/15/2023 . The defaults referred to in Paragraph III must be cured by 12/4/2023 (11 days before the sale date), subject to the terms of the Note and Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 12/4/2023 (11 days before the sale), subject to the terms of the Note and Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashier s or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 12/4/2023 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower (s) and Grantor (s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 2/28/2022 . VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. Additional Information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan, in which case this letter is intended to exercise the Note holders right's against the real property only. The Trustee's Sale Number is WA-22-897633-BF. . Dated: 10/25/2023 QUALITY LOAN SERVICE CORPORATION, as Trustee By: Tianah Schrock, Assistant Secretary Trustee's Address: QUALITY LOAN SERVICE CORPORATION 108 1 st Ave South, Suite 450, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-897633-BF Sale Line: 800-280-2832 or Login to: <http://www.qualityloan.com> IDSPub #0189079 Published in the Cashmere Valley Record/Leavenworth Echo on November 15, December 6, 2023. #6601

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# The Washington Outdoors Report

## Great Winter Fisheries East of the Cascades

By JOHN KRUSE  
Washington Outdoor Report

**LONG LAKE:** Located near Spokane, Long Lake kicks out good numbers of quality rainbow trout in November and December. The best fishing is found several miles up the lake from the main boat launch at the south end of this reservoir. Trolling Mack's Lure Wedding Ring spinners is a good choice and orange is a great color. Dropping water levels in December often make the primary boat launch unusable so plan on fishing here sooner than later.

**CURLEW LAKE:** Traditionally known as a summer destination for trout and the occasional tiger muskie, Curlew Lake is now known for its perch fishing. Perch are now the predominant species in this Ferry County lake and fishing for them in the winter, either through the ice or in open water, can reward you with quality fish averaging 9 to 11-inches in length.

**LAKE ROOSEVELT:** This

huge impoundment of the Columbia River offers excellent fishing for three species during the winter months. Walleye are often found biting near Kettle Falls and at the southern end of the Reservoir from Keller to Seven Bays you can find big rainbow trout and kokanee salmon that often weigh over two pounds. If you have never fished Lake Roosevelt in the winter before, consider booking a trip with a local guide and learn from a pro.

**RUFUS WOODS RESERVOIR:** If you are looking for big trout, head to Rufus Woods Reservoir, an impoundment of the Columbia located between Grand Coulee Dam and Chief Joseph Dam. The best fishing is around the Nespelem net pens. You can fish from either the shore (An access fee is required) or from a boat. Jigs or dough baits both work well for trout that are measured in pounds, not inches. A Colville Tribal fishing permit is required to fish here. Looking for another option? Try fishing from shore just above Chief Joseph Dam. Anglers soaking bait from shore for trout can do quite well at times.



COURTESY OF JOHN KRUSE

Guide Steven Morris with a Long Lake rainbow trout.

It's not just about trout at Rufus Woods Reservoir. There is an under-rated walleye fishery too which offers very good opportunities. The walleye here tend to be eater sized versus trophy sized and can be caught in the winter with blade baits or fishing nightcrawlers off the bottom.

**MID-COLUMBIA RIVER:** Another great place for walleye during the winter is the mid-Columbia River from The Dalles to the Tri-Cities. Unlike Rufus Woods Reservoir, you have a legitimate shot at big walleye in this stretch of the Columbia which has given up state records in both Washington and Oregon (20.3 pounds and 19 pounds, 15 ounces respectively). Try looking for walleye at least 30 feet deep and be prepared to go far deeper. Blade baits, jigs and slowly trolled spinner-worm harnesses behind a bottom bouncer weight all work. Wondering what color to use? Start with Chartreuse.

**POTHOLES RESERVOIR:** Quality rainbow trout and walleye fishing is the name of the game here during the winter. Trout, averaging one to three pounds, can

be caught either trolling or from shore at Frenchman's Wasteway next to Potholes State Park or at Medicare Beach at the east end of this 27,000-acre reservoir. When it comes to the trout, fishing nightcrawlers (drifted or off the bottom) can be effective. If you are trolling, try a Berkeley Flicker Shad, both #5 and #7 sizes work well. You can catch the walleye in the winter months in 20 to 50 feet of water with blade baits or vertical jigging spoons like a Mack's Sonic Baitfish.

**ROSES LAKE:** Last but not least, Roses Lake near Manson is a good place to go for rainbow trout and this lake typically gets a good stocking of catchable size rainbows in the fall. You can catch these fish in open water out of a small boat or from shore at the public access area on the south side of this small lake. Roses Lake is also a good destination for ice fishing too. Just make sure you are not the first person on the ice this season if you decide to venture out there!

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com)  
and [www.americayoutdoorsradio.com](http://www.americayoutdoorsradio.com)

## Can Valerian help you sleep better?

**Q: Will valerian root help you sleep?**

Valerian extracts have been used for over 2000 years as a remedy for insomnia. The root and rhizomes of the valerian plant contain the highest amounts of its active component, valerenic acid.

Valerian acid increases the action of GABA, a compound that creates a calming effect on your brain. This is similar to how the prescription medications zolpidem (Ambien®), lorazepam (Ativan®), alprazolam (Xanax®), and diazepam (Valium®) work.

Valerian is marketed as an herbal sleep aid and may also be helpful for relief of anxiety.

Valerian is taken once daily before bedtime, with peak blood levels 1-2 hours after taking it. Most people can eliminate it from their body within 5-6 hours. It may take several weeks to show its full effect on your sleep. Most studies showed no improvement in sleep with just one dose of valerian or when taking it nightly for 1 week.

The valerenic acid used for most clinical studies was from ground roots, rhizomes, or root extracts. The most common doses studied were 300-600mg once daily for adults and 160-300mg daily for children under 12. You can find valerian combined with non-prescription sleep aids or other herbs like hops, lemon balm, and passionflower.

Like with the use of ben-



zodiazepine prescription medications like alprazolam, zolpidem, and lorazepam, stopping valerian abruptly after taking it regularly can cause similar symptoms of withdrawal: anxiety, rapid heart, irritability, insomnia, and even hallucinations.

Lemon balm is a lemon-scented perennial herb native to Europe, Asia, and North Africa. Lemon balm extract may be labeled as its active component, rosmarinic. Lemon balm increases calmness and alertness at 300-600mg daily. It is marketed for the relief of symptoms of anxiety, ADHD, and insomnia. Lemon balm may cause increased appetite, abdominal pain, nausea and vomiting, and decreased blood sugar.

Hop extract may improve sleep and anxiety and is usually a second or third ingredient in herbal sleep aids. Hops are vine-like plants that grow by twisting around poles or ropes, producing unique cone-like structures. The name "hop" is from the Anglo-Saxon word "hoppan," which means "to climb". Hop extract can encourage sleep. It is widely used to preserve and flavor foods and beverages and brewing beer.

Medications or supplements for relief of insomnia may or may not help. How can you tell? By document-

ing your sleep patterns BEFORE you take that first dose, you will have a much more accurate and helpful way of determining whether valerian is helping you.

To help determine whether a sleep aid product is helping you, I recommend using a "symptom diary." In the words of a Chinese proverb, "The palest ink is better than the best memory."

First, decide WHAT you expect/hope the supplement will do for you. If it worked, how would life improve for you? Would you fall asleep sooner? Stay asleep longer?

Next, before you take the first dose, measure where you are NOW. Exactly how long is it taking you to go to sleep? How many times do you wake up in the middle of the night? How many hours of sleep are you getting every night? Write these down as your "before" score.

After starting your supplement, compare your "before" scores to your "after" scores. For valerian root, you should continue taking it for at least 4 weeks to allow it to work before comparing your "before" and "after" results.

**Here are 5 Tips on Taking Valerian Root Safely:**

**1. Be patient.** Compared to prescription sleep agents, valerian takes longer to work. It may take up to 4 weeks or even longer to see its full effect on your sleep.

Valerian may also take longer to work at night; you may need to take it 30-60 minutes

before getting into bed, compared to 15-30 minutes for prescription benzodiazepine medications like zolpidem and lorazepam.

**2. Watch out for side effects.**

Side effects reported from valerian root include dizziness and drowsiness, stomach upset, headache, and vivid dreams. If you have liver disease, check with your doctor first. There have been reports of liver damage from chronic use of valerian.

**3. Avoid stopping valerian abruptly.**

Taking valerian root regularly can cause dependence. It's best to decrease your dose of valerian gradually to avoid triggering withdrawal.

**4. Consider combinations with other sleep aids.**

Lemon balm or hops may improve the effectiveness of valerian in improving your sleep.

**5. It smells bad.**

Valerian has a distinctive, unpleasant aroma. If you are sensitive to strong smells, be careful when opening a bottle of capsules or extracts containing valerian.

*Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com.*

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ACROSS

- Concert units
- \*Kevin to Buzz in "Home Alone"
- Emphatic no
- Phyllo, alt. sp.
- Chicken of the sea? 14. a.k.a. papaya
- Biblical firstborn
- Aquarium show star
- Type of squash
- \*Like George Bailey's life
- Struggle for air
- Aggregate
- Gangster's gun
- \*Mount Crumpit's misanthrope
- They refuse to believe
- \*Howard, directed a movie about #23 Across
- High regard
- Like dental exam
- Bullying, e.g.
- Popular deciduous tree
- Kaa of "The Jungle Book"
- Cleopatra's necklace
- \*Like characters in Will Ferrell's famous Christmas movie
- Use a Singer
- Continuing forever
- Wonder Woman's ability to fly, e.g.
- Galley propeller
- Type of consonant
- Corner chess piece
- \*Nicolas Cage's character gets a glimpse of a different life (2 words)
- Like famous Moulton
- Computer image
- French money
- Alleviated
- Target of a joke
- Iditarod ride
- \*Nick Claus' brother, a repossession agent
- Famous frat house
- Black and green brews

DOWN

- Not many (2 words)
- Japanese soup
- Architectural drawing
- Sudan, in French
- Rides the wave
- Ear bone, a.k.a. anvil
- Jezebel's idol
- \*Griswold family's pastime
- Epic poem
- Waterproof canvas
- Part of B.Y.O.
- Synagogue scrolls
- Like a Druid
- Master of ceremonies
- Engagement symbol
- Prepare carrots, sometimes
- R2-D2, e.g.
- Accustom
- Bruce Willis' ex
- Use the blunt pencil tip
- Autumn laborer
- Lots and lots
- Regale with a tale, e.g.
- \*Human from North Pole comes to NYC
- \*Bill Murray movie, inspired by Charles Dickens
- Water-covered sandbank
- Corn cob
- Orthopedic device
- In the buff
- Driest, as in humor
- Vacuum, pl.
- Be theatrical
- Katy Perry's 2013 hit
- Yorkshire river
- Trivial lies
- Drug smuggler
- Pi times square of radius
- Show of agreement, pl.
- Game official, for short

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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.



## Village Voices

Continued from page A1

in the Mountains" concert featuring special guest artist the Bavarian Brass. The Bavarian Brass will perform their innovative renditions of favorite holiday songs.

On Saturday, Dec. 16, at 7:30 p.m. LVV will hold a joint concert with indie-pop, husband-and-wife band BOSAYA. This unique pairing combines the ethereal coloratura soprano of Galina Bosaya and guitarist/sound producer Vadim Zariuta with the harmonies of Christmas

Town's community choir. The audience will enjoy an eclectic mix of favorite carols, classical melodies, and energetic dance-pop arrangements of seasonal favorites from home and abroad.

All three concerts will be in the Snowy Owl Theater at the Icicle Creek Center for the Arts in Leavenworth. Grants from the City of Leavenworth and Chelan County Lodging Tax Funds help to make the concert series possible.

To purchase tickets or for more information, visit [leavenworthvillagevoices.org](http://leavenworthvillagevoices.org).

Director Mindy Wall is

now in her third season with the choir and is a Central Washington University graduate in Music Education with extensive experience as a teacher, director, and performer.

LVV's accompanist, Leah Moats, has returned to the group after many years and brings a resume that includes orchestras, choirs, theater companies, and churches throughout the Pacific Northwest.

The Leavenworth Village Voices is a nonprofit community choir founded in 1982 by the late Eleanor Culling, who also founded the Marlin Handbell Ringers of Leavenworth. The choir strives for performance excellence and seeks to enrich the community and visitor experience through music performance. LVV also offers an annual scholarship to a local student pursuing a career in music or the performing arts.

The choir performs primarily during the holiday season, with rehearsals starting in mid-August and performances going up to Christmas.

"LVV is a friendly, welcoming group of people who share a love of making music," Bergstrom said. "I am so grateful that our community

offers a musical outlet for individuals who love to sing."

For those who may feel intimidated, LVV is a non-audition choir. "To join, we simply require some dedication and a willingness to learn and have fun," she said.

In addition to their concert series, LVV carols around downtown Leavenworth during the holiday season and

performs at charitable and private events throughout Chelan County.

"We consider it our greatest joy to share the Christmas spirit with residents of local assisted living facilities each year," Bergstrom said. "It is a highlight of our season to bring our concert to those who cannot easily attend or participate in Leavenworth's

festivities."

The group usually performs for residents at Epledalen Retirement and Assisted Living in Cashmere. They have also performed at the rehab center in Cashmere, an assisted living home in East Wenatchee, and in Chelan as well.

Quinn Propst: 509-731-3590 or [quinn@ward.media](mailto:quinn@ward.media)

## Fowl Play

Continued from page A1

energy off of everybody else's happy energy."

The event has funded a lot for the CHS tennis team, like bleachers and benches for the courts, provided a stipend to coaches so they can coach summer lessons, and other supplies for the team. Plus, they have been able to put money into their fundraising ASB account and now have a healthy account, Smith said.

They have even been able to donate to other area nonprofits like Upper Valley MEND, the Community Cupboard, and to help other youth sports.

Smith's family and supporters of the tennis team help make the event happen every year. But after this year, she is handing the organizing baton over to the CHS cross country team.

"I know cross country does a lot of traveling in the fall to go to meets kind of all over the state," Smith said. "And so that gets pretty spendy, and you know, if they can help, maybe offset some costs for the kids because they have a huge

cross country team as well."

The race starts and ends at the Front Street Park gazebo. Registration begins at 8:30 a.m. on the day of the race, or participants can pre-register on Eventbrite. The run starts at 9 a.m.

"We start at the gazebo, and we run down toward Dan's Food Market, and we go in front of the Community Cupboard, and then they come all the way back up into town," Smith said. "Weather permitting, they will run down into the park right by Posy. They'll head down there and run through the park and come out at Enchantment Park, and then they still have to do a little loop, and then they run back to the gazebo."

Participants can run or walk the course. Children, strollers, and well-behaved dogs, especially dogs in costume, are welcome.

Smith hopes the weather will cooperate but said that no matter the weather, everyone seems happy to be there and to have a lot of fun.

Quinn Propst: 509-731-3590 or [quinn@ward.media](mailto:quinn@ward.media)

## Exemption plan

Continued from page A1

health, and Veterans relief), library, port, flood control, and Upper Valley Park & Rec will also be affected as the exemption lowers the taxing districts taxable assessed value, which increases the levy rate for each affected tax

district," Fonville added in an email to Ward Media.

The program received a large amount of criticism Tuesday night from both residents and city officials. Council Members Sharon Waters, Zeke Reister, and Tibor Lak all expressed doubts about the program.

One attendee highlighted that most developers benefiting from the City of

## Stevens Pass

Continued from page A1

containing two children twelve or younger.

The plan was originally discussed in April of last season as a result of the public's growing frustration with parking. "The biggest thing that I learned and had to lean into last year was parking at Stevens Pass," said Galbraith. "Parking has

been an issue at Stevens Pass since 1937." The Pass is still planning to continue to improve snow removal efforts, provide shuttle services from Yodelin, limit ticket sales, and identify suitable land for future lots. Another problem being addressed in the parking lots? A need for relief. A new pit toilet will be available in the back of Lot D this season, said Galbraith.

The new Kehr's Chair also passed its load test on Thursday,

Galbraith was excited to share. The news means it will be ready for public opening day. The new fixed-grip, four-seater chairlift will replace the old Kehr's Chair, a two-seater Riblet chair from 1964.

Galbraith also discussed a better variety and longer operating hours for food and beverage offerings, including an additional day a week of operation for the Foggy Goggle.

As far as long-term plans go, Galbraith said she's in the

early stages of considering the possibility of expanding terrain on the front side of the mountain, such as the Grace Lakes area west of Brooks Chair, and the Northern Exposure area just east of Kehr's Chair. For now, she's mostly focused on daily operations.

Stevens Pass has a tentative opening date of Dec. 1.

Taylor Caldwell: 509-433-7276 or [taylor@ward.media](mailto:taylor@ward.media)

# Study ranks Chelan County 7<sup>th</sup> in U.S. for landslide vulnerability

By TAYLOR CALDWELL  
Ward Media Staff Reporter

CHELAN COUNTY – Landslide season just began, and Chelan County is ranked seventh in the nation for landslide vulnerability, according to a recent study.

Gutter Gnome compared 743 counties with moderate to very high landslide risk according to FEMA, and ranked them based on three factors: landslide risk, landslide triggers, and financial risk.

Of the highest ranked counties, most were located

in Oregon, California, and Washington. Chelan County ranked eighth in both landslide risk and financial risk categories, and 91st in landslide triggers. Snohomish County was right behind Chelan, landing in the top ten for the landslide trigger category.

While Chelan County ranked high in landslide risk, actual landslide occurrence is fairly infrequent, according to Chelan County's 2020 Multi-Jurisdiction Natural Hazard Mitigation Plan. The plan credits the reason

being that much of the land in the county is on bedrock, which is not susceptible to landslides. However, the plan reads, "because of the steep topography and narrow valleys of Chelan County, the potential for slides is high all year round," which may contribute to a higher risk ranking.

The 2018 Washington State Enhanced Hazard Mitigation Plan reported 23 significant landslide events in Chelan County since 1960, tied with Skagit County. According to Chelan County's plan, "This

would equate to an annual probability of 39.7% or a recurrence interval of 2.52 years for that period."

Among the landslide triggers listed in Gutter Gnome's study were earthquakes, droughts, wildfires, and historical average yearly precipitation, which typically cause larger, or deep seated, landslides. Chelan County's plan also accounts for human factors such as construction, drainage or groundwater alterations, and changes in vegetation as potential causes for smaller, or shallow seated, landslides.

Landslides can pose risks to both property and people. According to Chelan County's plan, the replacement value of property at high risk of deep seated landslides totals more than \$172 million. For property at moderate risk for shallow seated landslides, the replacement value totals more than \$1.8 billion.

The plan also states that almost 12 percent of the total planning area population lives in an area that is at moderate to high risk of deep seated landslides, and 18 percent are in areas at risk of shallow

seated landslides.

Gutter Gnome suggests people can limit their property's exposure by avoiding building on steep slopes, regrading their properties, planting trees that help with erosion control, and improving rainwater dispersal methods. Researching where landslides occur in the area, signing up for emergency alerts, and having an evacuation plan are also recommended.

Taylor Caldwell: 509-433-7276 or [taylor@ward.media](mailto:taylor@ward.media)

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# Holiday — RECIPES —

FLAVORFUL DISHES AND DESSERTS  
FOR THE SEASON OF CELEBRATING





# RECIPES:

- B2** Noodle Kugel
- B3** Holiday Turkey
- B3** Basil Mashed Potatoes
- B4** Chicken & Peanut Stew
- B5** Crispy Akara
- B6** Pumpkin Pie
- B6** Raspberry Jam Doughnuts
- B7** Gingerbread



## Dig into a sweet *and* traditional noodle dish

When preparing meals for Chanukah celebrations, some families may want to serve kugel. Kugel is a Jewish dish that is similar to a casserole or pudding. Kugel originated more than 800 years ago in southern Germany. Kugel soon became a staple within Jewish households throughout eastern Europe and eventually the United States.

There are many ways to make kugel. Some recipes feature potatoes, bread or rice as the main starchy ingredient. Kugel also can be sweet or savory. "Lokshen" (noodle) kugel is perhaps the most traditional. It blends light and airy egg noodles with moist and creamy dairy ingredients. Chanukah celebrants can try this recipe for "Noodle Kugel," courtesy of Taste of Home.

### RECIPE:

#### Noodle Kugel

- 1 package (1 pound) egg noodles
- ½ cup butter, melted
- 8 large eggs
- 2 cups sugar
- 2 cups sour cream
- 2 cups 4 percent cottage cheese

#### Topping

- ¾ cup cinnamon graham cracker crumbs (about 4 whole crackers)
- 3 tablespoons butter, melted

1. Cook noodles according to package directions; drain. Toss with butter; set aside. In a large bowl, beat the eggs, sugar, sour cream and cottage cheese until well blended. Stir in noodles.
2. Transfer to a greased 13 x 9-inch baking dish. Combine the cracker crumbs and butter; sprinkle over top.
3. Bake, uncovered, at 350 F until a thermometer reads 160 F, 50 to 55 minutes. Let stand for 10 minutes before cutting. Serve warm or cold.



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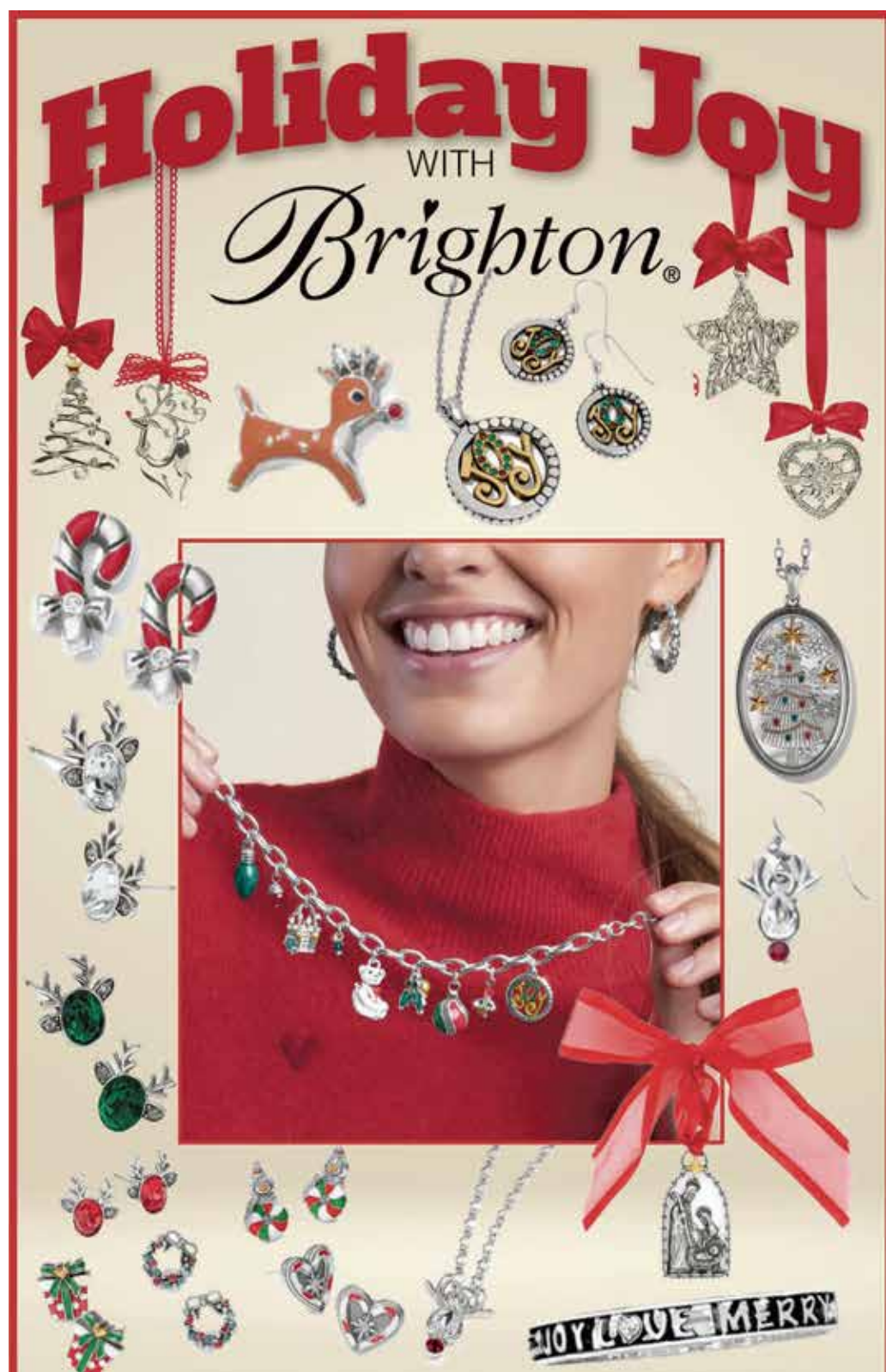
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## Simplify your feast by slow cooking your Thanksgiving turkey

Food features prominently in many holiday celebrations, but perhaps no holiday is more closely associated with eating than Thanksgiving. In fact, Thanksgiving and food are so closely connected that many people lovingly refer to the holiday as “Turkey Day,” which is an homage to the popular main course that finds its way to millions of Thanksgiving dinner tables across the country each year.

Side dishes abound on Thanksgiving dinner tables, but turkey still takes center stage. That reality can put some pressure on hosts tasked with preparing the

meal for their family and friends. Unlike some other dishes that require a laundry list of ingredients and lots of prep work, turkey is a relatively hands-off main course. However, home cooks know a dried out turkey is not on anyone’s holiday wish list. Slow cooking can help to avoid such a result. This recipe for “Holiday Turkey,” courtesy Andrew Schloss’ “Cooking Slow” (Chronicle Books), calls for slow cooking the bird. Such an approach should result in a delicious and mouth-watering main course that satisfies anyone who’s anxious to sit down at the Thanksgiving dinner table this year.

### RECIPE:

#### Holiday Turkey

Makes 15 servings

- 1 fresh turkey, about 15 pounds, preferably free-range
- 1 tablespoon olive oil
- 1 quart apple cider
- 2 teaspoons dried poultry seasoning
- Coarse sea salt and freshly ground black pepper

Remove the giblets from the turkey and discard (or save for another use). Rinse the turkey inside and out and pat dry with paper towels. Rub it all over with salt and pepper. Refrigerate, uncovered, for at least 12 hours and up to 24 hours. During that time, the surface of the turkey will become visibly dry and the skin will tighten; this encourages a nice crisp skin on the finished bird.

Remove the turkey from the refrigerator 1 hour before you plan to start roasting. Preheat the oven to 450 F.

Put the turkey on a rack set in a large, flameproof roasting pan. Drizzle the oil over the top.

Roast for 1 hour. Reduce the oven temperature to 175 F. Pour the cider into the roasting pan and sprinkle the poultry seasoning

in the liquid. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh (but not touching bone) registers to 170 F.

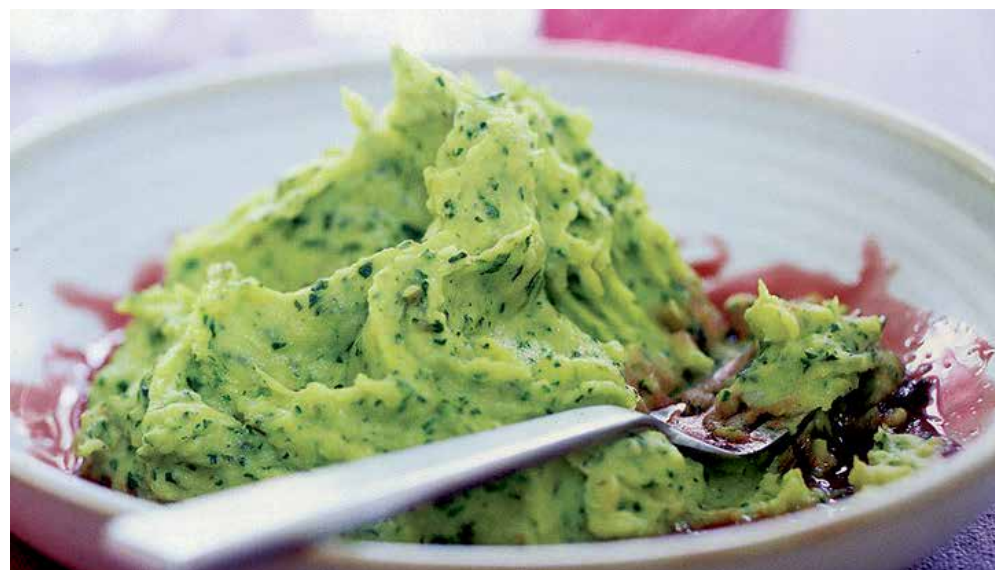
Transfer the turkey to a carving board, tent loosely with aluminum foil, and let rest for about 15 minutes (see tip). Meanwhile, skim the fat from the surface of the liquid in the pan. Put the roasting pan over two burners and bring the pan drippings to a boil over high heat. Cook until the juices reduce and thicken slightly, enough to coat a spoon, about 10 minutes. Taste for seasoning. Carve the turkey and serve with cider pan juices.

Resting tip: Slow-roasted meats need far less resting time (pretty much none) than those that are traditionally roasted. The reason for resting meat that has been roasted at a high temperature is to allow juices that have collected in the cooler center time to migrate back into the dryer (hotter) exterior sections after it comes out of the oven. Because slow-roasted meats are cooked evenly and a temperature that keeps most of the juices in place, a resting period is largely unnecessary. A brief resting time does allow the meat to become a little firmer as it cools, making it easier to carve.

## Give a beloved side dish a fresh new taste this Thanksgiving

A typical Thanksgiving dinner table is loaded with familiar foods. Turkey, of course, takes center stage, but side dishes also garner their fair share of attention during Thanksgiving dinner.

Hosts don’t have much room to experiment when preparing turkey for Thanksgiving dinner. Though turkey can be roasted, slow cooked, smoked, or even fried, recipes for seasoning the bird are likely to feature similar ingredients. Hosts have much more leeway when it comes to side dishes. New and bold flavors can add a little something special to side dishes this Thanksgiving, and guests might appreciate a break from the norm. That’s just what this recipe for “Irresistible Basil Mashed Potatoes” from Marlena Spieler’s “Yummy Potatoes” (Chronicle Books) provides. The fresh basil can add some unique flavor to a beloved side dish.



### RECIPE:

#### Irresistible Basil Mashed Potatoes

Serves 4 to 6

- 2 pounds floury, baking-type potatoes, peeled and cut into chunks
  - Salt
  - 2 to 3 cups fresh basil leaves of any type (2 to 3 ounces – a nice big bunch)
  - 2 cups heavy (whipping) cream or half-and-half
  - 4 tablespoons butter
  - Black pepper
1. Place the potatoes in a saucepan and fill with water to cover. Add a big pinch of salt. Bring to a boil and cook, covered, for about 10 minutes, or until the potatoes are just tender. Drain, return to the heat and shake out; turn off the heat, cover the pan and keep warm.
  2. Meanwhile, blanch the basil. Plunge it into a saucepan of

boiling water, cook a moment or two until the leaves wilt and slightly change color and lift out of the pot using a slotted spoon, then plunge into a bowl of ice water. Leave for about five minutes or until it turns brightly colored, then lift from the ice water.

3. Heat the cream in a saucepan until bubbles form around the edge of the pan.
4. Squeeze the basil in your hands gently to rid it of excess water from cooking. Place in a food processor and whirl to purée. Slowly pour the hot cream into this puréed basil and whirl until it forms a fragrant, pale green cream.
5. Coarsely mash the potatoes with a masher, then add the basil cream and mash it in; work in the butter, and season to taste with salt and pepper. If you’re serving duck or lamb, serve the potatoes with a drizzle of the port reduction around the edge.

## Home for the Holidays

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# Traditional foods add something special *to* Kwanzaa celebrations

Kwanzaa is a traditional holiday that is celebrated by Black Americans, Afro-Caribbeans and others of African descent around the world. Kwanzaa was the creation of Maulana Karenga, a college professor who was inspired by South African first-fruits celebrations and other Swahili traditions. There are many components of Kwanzaa, but the culmination of the celebration is a feast known as Karamu on December 31.

African foods are a big part of Karamu festivities. Peanut stew, also called "maafe" or "mafe," is a West African staple comprised of lamb, steak or chicken in a hearty tomato and peanut base. The stew varies by region, but the general result is a nutty and spicy dish that is warming and filling. Enjoy this recipe for "West African-Inspired Chicken & Peanut Stew" courtesy of Delish and Brooke Caison.



## RECIPE:

## West African-Inspired Chicken & Peanut Stew

*Yields 6 to 8 servings*

- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 ground cardamom
- 4 teaspoons kosher salt, divided
- 1 2-inch piece of ginger, peeled, minced, divided
- 4 cloves garlic, minced, divided
- 3 tablespoons peanut or neutral oil, divided
- 1 1/2 pound skinless, boneless chicken thighs
- 1 medium onion, finely chopped
- 2 medium carrots, peeled and cut into 1/2-inch pieces
- 1 Scotch bonnet pepper or habanero chile, halved
- 2 tablespoons chopped fresh thyme leaves, plus more for serving
- 2 tablespoons tomato paste

- 1 1/4 pound Roma or beefsteak tomatoes, finely chopped
- 1 cup smooth peanut butter
- 4 cups low-sodium chicken broth, divided
- 1 medium sweet potato, chopped into 1/2-inch pieces
- 2 tablespoons fish sauce
- 3 cups cooked white rice
- 3/4 cup chopped roasted peanuts, for serving

**Step 1:** In a small bowl, combine pepper, cumin, cardamom, and 2 teaspoons salt. In a medium bowl, combine 2 1/2 teaspoons seasoning mix, half of ginger, half of garlic, and 1 tablespoon oil. Pat chicken dry with paper towels and add to bowl, tossing to coat. Let chicken sit at room temperature at least 15 minutes or refrigerate up to 2 hours.

**Step 2:** In a large Dutch oven or pot over medium heat, heat remaining 2 tablespoons oil. Arrange chicken in a single layer and cook, undisturbed, until a golden brown crust starts to form, 5 to 6 minutes per side. Transfer chicken to a plate.

**Step 3:** In the same pot, cook onion, carrot, and remaining seasoning mix, stirring occasionally and scraping up browned bits in bottom of pot, until softened, about 5 minutes. Add pepper and remaining ginger and garlic and cook, stirring, until fragrant, about 1 minute. Add thyme and tomato paste and cook, stirring frequently, until paste darkens in color, about 4 minutes. Add chopped tomatoes and 2 teaspoons salt and cook, stirring occasionally and breaking up tomatoes with a wooden spoon,

until mostly broken down, about 20 minutes.

**Step 4:** In a large bowl or measuring cup, whisk peanut butter and 1 cup broth until smooth. Add remaining broth 1 cup at a time, whisking until smooth and combined. Add broth mixture and potatoes to pot, stirring occasionally, until potatoes are tender and soup is thickened, about 30 minutes.

**Step 5:** Chop chicken into bite-size pieces. Remove pepper from pot, then return chicken to pot. Add fish sauce and stir until chicken is heated through.

**Step 6:** Divide rice among bowls. Ladle stew over rice and top with peanuts and thyme.



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# Celebrate Kwanzaa *with* this beloved West African dish



**K**wanzaa is an annual celebration of African American culture that begins on December 26 and includes the feast of Karamu, which typically is celebrated on December 31. The feast of Karamu is evidence that Kwanzaa celebrations, similar to other holiday-related festivities, simply would not be complete without food shared with loved ones.

Kwanzaa celebrants typically look to incorporate African foods into their celebrations. According to the Food Network, akara has been a popular street snack in West Africa for quite some time. That popularity has extended beyond Africa's borders, and the fritters are now available in many locations, including the American South, where Atlantic Creole foods are enjoyed. This Kwanzaa, families can cook up this recipe for "Crispy Akara with Savory Smoky Sesame Sauce" courtesy of the Food Network.

## RECIPE: Crispy Akara *with* Savory Smoky Sesame Sauce

*Yields 4 to 6 appetizer servings*

- 1 pound dried black-eyed peas, picked through and any pebbles removed
- 1 1/4 cups minced shallot
- 1 cup diced "stoplight" bell peppers (red, yellow and green bell peppers)
- 1/2 cup finely snipped green onion, dark green parts only; save the bulb for another use
- 2 tablespoons minced garlic
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 1 1/2 cups rice flour
- High-heat threshold oil, such as refined coconut oil or non-hydrogenated organic shortening, for frying
- Savory Smoky Sesame Sauce, recipe follows, for serving
- Savory Smoky Sesame Sauce
- 1/2 cup organic tahini sauce (made from roasted — not raw — sesame; see Cook's Note)
- 1 tablespoon smoked paprika
- 1 1/2 teaspoons blue agave
- 1 teaspoon dried minced onion

- flakes, preferably organic
- 1 teaspoon granulated garlic or garlic powder
- 1/2 teaspoon kosher salt
- Zest and juice of 1/2 lemon
- 2 tablespoons unseasoned rice vinegar

Remove and discard the pea skins in one of two ways: either rub the damp black-eyed peas (about 1/4 cup at a time) between the palms of your hands (the ancient African way); or pulse the beans in a food processor with some of the soaking water for a few minutes, then rinse and strain in batches, picking out and removing/discarding the pea skins in each session.

Transfer the peeled peas to a food processor and process, adding about 1/2 cup fresh water, into a thick paste. Mix in the shallot, bell peppers, green onion, garlic, salt and pepper to taste by pulsing until a smooth paste forms. Transfer the paste to a bowl, add the rice flour and stir until a thick batter forms.

Melt a few inches of coconut oil

or shortening in a medium to large cast-iron skillet (within at least an inch from the top rim of the skillet so the oil doesn't spill once hot). Heat over medium-high heat to 375 degrees F.

In batches, gently and carefully place individual scoops (at least 1 tablespoon) of the mixture into the oil using a cooking spoon with a long handle. Deep-fry until golden brown, 2 to 3 minutes per side. Drain on paper towels before relocating to a serving tray. Bring the oil back to temperature between each batch. Serve with the Savory Smoky Sesame Sauce. To make the Savory Smoky Sesame Sauce:

Pour or spoon the tahini into a measuring cup with at least a 2-cup capacity and a spout (large enough to stir or whisk in the ingredients and later pour from). Add the paprika, agave, onion flakes, granulated garlic, salt and lemon zest and juice and whisk or stir vigorously to combine.

Add the rice vinegar and stir; you'll notice the mixture converts to a paste-like consistency, but

don't panic — this is a normal reaction of sorts. Stir in 1/4 cup warm water until the mixture converts back to a creamy consistency.

Stir and pour from the measuring cup into a festive dipping bowl; or perhaps pour into individual tiny condiment dishes used for dips and sauces.

**Cook's Note:** The peas/beans can soak for up to 24 hours (at room temperature on the counter part of the time, then covered in the refrigerator or a cool room for overnight). The longer the soak, the easier it will be to remove the external bean skins. However, if a few of the black specks or bits of "black eye" from the pea skins stay in, that's fine. Tahini consistencies vary greatly by brand — this one is based on using a creamy, liquidy style or version that doesn't easily separate (sesame oil from paste). Don't panic when the creamy texture of the tahini turns into a dense, almost flaky paste after the vinegar is added; that's what the warm water is for — to loosen it back up!

*Sip, Sip, Hooray!*

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# Homemade pie makes for a perfect ending to a holiday meal

Millions of people insist no holiday meal is complete without some pie for dessert. Pie served with coffee certainly makes for a fitting end to a holiday meal, and hosts can serve any type of pie and still end up with some satisfied guests.

Though pie aficionados typically have their own go-to pie, pumpkin pie is especially popular at the

holiday dinner table. Hosts who want to cater to the masses can serve up the following recipe for "Pumpkin Pie" courtesy of Emily Luchetti's "Classic Stars Desserts" (Chronicle Books). Featuring homemade pumpkin purée and cream, this recipe is sure to make guests happy this holiday season.

## RECIPE:

### Pumpkin Pie

Serves 8

- 3 large eggs
- 1/2 cup firmly packed light brown sugar
- 1/2 cup dark corn syrup
- 1 1/2 cups heavy whipping cream
- 1 1/2 cups pumpkin purée, home made (see below)
- 1 tablespoon rum
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 prebaked 9 1/2-inch pie crust
- 1 recipe chantilly cream
- (see below)

Preheat the oven to 350 F.

In a large bowl, whisk together the eggs and brown sugar until blended. Add the corn syrup and whisk until smooth. Whisk in the cream, pumpkin purée, rum, cinnamon, ginger, and salt until well mixed. Pour into the prebaked pie crust.

Bake until the filling is set, about 30 minutes. Let cool to room temperature. Serve with the chantilly cream.

#### Chef's Tip:

The pie may be made a day in advance, covered and refrigerated. Bring to room temperature before serving.

### Pumpkin Purée

Makes 2 1/2 cups

- 2 1/2 pounds sugar pumpkins
- 1/4 cup water

Preheat the oven to 325 F. Cut

each pumpkin into sixths. Scrape out the seeds and any stringy pulp. Put the pumpkin pieces, cut-side up, and the water in a baking pan and cover the pan with aluminum foil. Bake until soft when pierced with a fork, about 1 hour and 10 minutes.

Remove from the oven and, when cool enough to handle, scoop out the flesh with a spoon and purée in a food mill or food processor. If the purée is watery, place it in a large sauté pan and cook over medium heat, stirring frequently, until thick. The timing will depend on how watery the purée is.

Let cool, cover and refrigerate until using.

### Chantilly Cream

Makes about 2 1/4 cups

- 1 cup heavy whipping cream
- 1/2 teaspoon vanilla extract
- 1 tablespoon granulated sugar

Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth.

Cover and refrigerate until serving.

#### Chef's

tip: You can whip the

cream an hour or two in advance, cover and refrigerate it. If it sits longer than that, it will start to thin out and you will need to rewhip it lightly before using. A few quick stirs with a whisk will do the trick.



# Doughnuts make a great Chanukah treat

Chanukah is a Jewish celebration also known as the Festival of Lights. Chanukah commemorates the miracle of the Temple menorah, during which a minimal supply of oil somehow lasted for eight days. As a result, oil features prominently

in Chanukah traditions, and many faithful Jewish people include foods fried in oil as part of their holiday dinners or desserts.

This recipe for "Raspberry Jam Doughnuts" from BBC GoodFood produces a delicious treat for Chanukah celebrations.

This recipe features metric volumes and weights, so use the correct measuring conversion in countries where the metric system is not employed.

## RECIPE:

### Raspberry Jam Doughnuts



Makes 20

- 130 ml whole milk
- 1 vanilla pod, split lengthwise
- 500 grams strong white bread flour
- 40 grams golden caster sugar
- 1 teaspoon fine sea salt
- 7 grams fast-action yeast
- 3 medium eggs, lightly beaten
- 120 grams unsalted butter, softened
- Vegetable oil, for proving and deep-frying
- 350 grams raspberry jam

#### For the icing

- 400 grams icing sugar, sieved
- Pink food coloring
- Freeze-dried raspberries, to decorate (optional)

Pour the milk into a saucepan and add the split vanilla pod. Slowly bring to a simmer and, once it begins to steam, remove from the heat and pour into a measuring jug. If it has reduced, top with up to 130 ml extra milk, then leave to cool until tepid.

Put the flour into the large bowl of a stand mixer. Stir through the sugar, salt and yeast. Using the hook attachment for your mixer, begin combining the dry ingredients, then add the vanilla-infused milk and eggs. Keep mixing for 10 minutes until you have a smooth, elastic dough. Scoop small spoonfuls of the softened butter and gradually add to the dough. When all the butter has been added, continue mixing for a further 5 to 6 minutes or until it is well incorporated and the dough is sticky and stretchy.

Lightly oil a large mixing bowl, put the dough in the bowl, cover

and leave in a warm place for 1 hour or until doubled in size.

Divide the dough into 20 equal-sized pieces (if you want to weigh them, they should be around 45 grams each). Roll the dough into balls and place them, well spaced apart, on two lightly oiled baking sheets. Cover with lightly oiled baking parchment, or a light tea towel (if it's too heavy it will keep the dough from rising) and leave for a further 1 hour, 30 minutes or until doubled in size.

Fill a large heavy-based saucepan two-thirds full with oil and place over a low-medium heat, bringing the temperature up to 170 C. Use a cooking thermometer to check, then carefully lift each doughnut and gently lower into the oil to fry in batches of about five at a time. Cook each batch for 5 minutes, turning halfway, until the doughnuts are dark golden brown. Remove with a slotted spoon and transfer to a baking tray lined with kitchen paper. Leave to cool completely.

Spoon the raspberry jam into a piping bag without a nozzle and snip a very small hole in the end. Use a skewer to poke a hole in the side of each doughnut, then push the end of the piping bag into each hole and pipe in a little of the jam. Set aside.

For the icing, mix together the icing sugar and 4 tablespoons water, then a drop or two of the food coloring to make it pale pink. Drop a dessert-spoonful of the icing on top of each doughnut, then use a palette knife to spread and even out the icing. Sprinkle each one with the freeze-dried raspberries, if you like.

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# A version of gingerbread *with* historical roots



Gingerbread is a popular sweet that often finds its way onto holiday dessert tables. Some people bake and construct lavish gingerbread houses, while others make cut-outs of gingerbread people to turn into cookies.

Legend suggests that gingerbread originally landed in Europe in 992 with an Armenian monk named Gregory of Nicopolis, who brought a

honey-and-spice cake to other monks in France, where it quickly became a favorite and was considered a “food from heaven.” Historians are not really sure if the original gingerbread had any ginger in it at all. In fact, typical medieval recipes for gingerbread include no ginger and the French would later refer to it as “pain d’épices,” or spiced bread.

Gingerbread once was a treat only for the elite, but as the masses discovered it, recipes evolved to include soft cakes to hard biscuits and everything in between. The following recipe for medieval “Gingerbread” produces a chewy, almost candy-like texture with potent ginger flavor. Try it for holiday gatherings, courtesy of “Tasting History” (Simon Element) by Max Miller.

## RECIPE:

## Gingerbread

Makes 20 to 25 1-inch pieces

- 12 to 14 slices (238 g) stale white bread
- 1 cup (330 g) honey
- 1 tablespoon ground ginger
- 3/4 teaspoon ground long pepper (a spice similar to black pepper but with more heat that typically must be ordered online)
- 1/2 teaspoon sandalwood powder, if desired, for color (one drop of red food dye can be used instead)
- 1/2 cup (50 g) or less sugar (enough for sprinkling)

- 20 to 25 whole cloves
  - Gold leaf
1. Either with a food processor or by hand, grind the bread into coarse bread crumbs. Commercially bought bread crumbs will work as well, though the texture from homemade bread crumbs is preferable.
  2. Pour the honey into a large saucepan set over medium heat, and heat to a rolling boil; the honey will become like syrup. Note that it will boil up quite a bit, so do not use a small

saucepan. Slowly add the bread crumbs to the honey while stirring. The mixture should come together and begin to pull away from the sides of the saucepan. Continue to mix until fully combined. Remove the pan from the heat and quickly stir in the ginger, long pepper and sandalwood, if desired. Turn the mixture out onto a sheet of parchment and spread with a spatula. Then, place another sheet of parchment and, with a rolling pin, roll the gingerbread out to about 1/2-inch thick (1.2

cm). Wrap in plastic wrap and chill in the refrigerator until stiff, about 2 hours.

3. Once the gingerbread is cool, sprinkle sugar on top and cut into 1-inch squares or whatever shape you like. Keep in mind that each piece should be bite size, as they are very strong. They will also be quite sticky, so handle them as little as possible. Insert a whole clove into each piece of gingerbread and fleck with gold leaf. Leave the clove in until serving, then remove it just before eating.

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