

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

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Raising funds for Only7Seconds

A WARD MEDIA PUBLICATION 132 years - 1891-2023

# Lake Chelan Health staff share smiles with the community



COURTESY OF AGUSTIN BENEGAS/LAKE CHELAN HEALTH

Men of Lake Chelan Health gathered 'round to show us their smiles; pictured left to right: Brant Truman, Lake Chelan Health CFO; Matthew Hillman, Lake Chelan Health ER Physician; Shawn Ottley, Lake Chelan Health CNO/COO; Byron Schmidt, Lake Chelan Health Lab Manager; Adam Rynd, owner of Woody's Classic Man; Brandon Douglass, Lake Chelan HealthGeneral Surgeon; Aaron Edwards, Lake Chelan Health CEO; Bryce Kipp, Lake Chelan Health ER Manager; George Rohrich, Lake Chelan Health CHW,EMS. Not in Group pictured taken at Woody's: Tyler Ehlert, Lake Chelan Health Nutritional Services and EVS Manager; and Chris Welter, Lake Chelan Health ER Physician.

By KATIE LINDERT Ward Media Staff Reporter

CHELAN - Gentleman from Lake Chelan Health (LCH) gathered at Woody's Classic Man on Thursday, Nov. 9 to have their facial hair either fully or partially shaved in an effort to support local nonprofit Only7Seconds® with a fundraiser effort referred to as Mustache, Cash and Smiles. The team at Woody's Clas-

sic Man donated their time and space to this effort, their barbering team, John and Nathan providing hours of free shearing to devoted LCH

According to their website, "Only7Seconds® is a 501(C) (3) non-profit addressing loneliness by encouraging and empowering individuals and partners to connect with others who matter in their lives."

LCH Communications Manager, Agustin Benegas shares, notice, but Only7Seconds® is a great cause...essentially, it brings smiles to people. We're super grateful to the two barbers here at Woody's for doing

All money raised through Mustache, Cash, and Smiles

will directly benefit Only7Seconds®, fundraising will be ongoing through the month of November. To donate di-"It's a big turnout with short rectly to this cause, please visit Woody's Classic Man at 110 E. Woodin Avenue or Lake Chelan Health Hospital at 110 S.. Apple Blossom Drive, or use the provided QR code.

> Katie Lindert: 509-731-3211 or katie@ward.media



#### Chelan City Council

# **Council explores Transportation Benefit District to fund street repairs**

By MIKE MALTAIS Ward Media Staff Reporter

CHELAN - One of the rewards of being a popular tourist destination like Chelan

is the large number of tourists that bring revenue to businesses and lodging in the city. One of the drawbacks is the toll the out-of-towners take on the city's streets and sidewalks, a cost that the city must absorb.

Tourists do not pay the city's requisite property taxes, so by extension they do not pay for the upkeep of the streets and sidewalks they use.

A principal topic discussed at the Chelan city council workshop last Wednesday, Nov. 8, was the creation of a Transportation Benefit District (TBD) as a new funding

option that would help raise money to maintain this vital component of the city's infrastructure.

"The main revenue sources for the street fund is primarily property tax and fuel sales tax," said city engineer Travis Denham. "There's a list of about 15 or 16 bullet items that we need to complete."

Denham reviewed the narrowing street fund gap between revenues and expenditures. He contrasted the city's need to raise more money to address the growing list of needed street repairs against the shrinking availability of

dollars to do so. "At some point the gap between the two is going to be zero," said Denham. "That means services that we can potentially provide in the

less projects we are able to accomplish; the less matching funds we have for grant opportunities."

Denham's presentation segued into an explanation of a TBD by Community Development Director John Ajax.

"A Transportation Benefit Board allows the city to form a board that will define a geographic area that would be the city limits," said Ajax. "Then that allows for the potential setting up of funding sources."

Ajax cited two primary ways the TBD generates rev-

· An extra car tab fee added to city resident vehicle licenses and dedicated solely to transportation projects.

future may be limited...the Estimated revenue \$200,000 annually.

> • A sales tax from .01 to .03 percent (\$1 to \$3 per \$1,000) and used by the majority of TBD jurisdictions. Estimated

revenue \$1 million annually. "One of the objectives tonight is to get feedback from council on moving forward with forming this," he said. "The one-tenth of one percent is something the council can do without a vote of the

Ajax noted that recent feedback from a council retreat indicated that the TBD is an "equitable way to share the cost burden of providing street funding with tourists."

people."

He therefore recommended putting it before the voters for their feedback and, with

their approval, raising the one-tenth to a potential threetenths of a percent.

Nearby communities have formed TBDs and find them an effective vehicle to raise needed street revenue. Pateros formed its TBD in 2018. For a city with a population of about 600 people, the annual TBD sales tax from that district is about \$40,000 an-

The City of Bridgeport with a 2023 population of 2,153, created its TBD in 2017. It brings in about \$45,000 annually from tab fees.

The Chelan city council meets at 6 p.m. on the second and fourth Tuesdays of each

> Mike Maltais: 360-333-8483, michael@ward.media

### **Mayoral race** stays close

Next count Nov. 13

By KATIE LINDERT Ward Media Staff Reporter

CHELAN - With election results remaining close to Tuesday night's standings, there is time yet to see candidates pull ahead as some races remain close and 1,100 votes are yet uncounted. Here are race breakdowns as of Thursday, Nov. 9.

Only separated by 60 votes, Mayoral candidates Council Member Erin McCardle and standing Mayor Bob Goedde sit neck and neck, McCardle leading with 51.62% of the vote

and Goedde with 47.81% reflected in 1,573 total votes.

Chelan City Council members Bob Goedde Terry Sanders, Brad Chitty, Jon M Higgins, and Mark Ericks sit uncontested for



#1, #3, #4, Erin McCardle and #5 re-

spectively. Len England holds the seat for Hospital District No. 2 Commissioner #1. Doug Gibson sits uncontested for the position of Hospital District

No. 2 Commissioner #5. Barb Polley, Kim Thorpe, and Christy C. Nielsen sit uncontested for Lake Chelan School District #129 School Board Member District #2, #4, and #5 At Large for this multi-county race. These results include only Chelan County.

Manson School District 19 School Board Member Director Districts #1 sees an uncontested win for Ruth Escalera. Seats #2, and #3 see likely wins for Kourtney Alanis and Allan Torgesen, Alanis with 59.08% of the vote and Torgesen with 73.97%.

Fire District #7 Commissioner candidate Mark Donnell leads Ben Laughlin with 63.04% of the vote, Laughlin holding 36.77%.

Chris Willoughby sits as only remaining Fire District #5 Commissioner candidate with the recent passing of competitor Dana Starkweather.

Chelan Falls Water District Commissioner #1 and Commissioner #3 candidates remain uncontested, Susan Young representing 91.18% of the vote, Scott A. Dietrich with 94.12%, respectively.

Lake Chelan Sewer District Commissioner 3 candidate Mark Babcock sits comfortably uncontested with 100% of the vote.

Manson Parks and Recreation District Commissioner positions #2, #4, and #5 appear likely wins for Ivan De Jesús, Leslie Burns, and Susan (Miller) Fox.

For complete Chelan Coun-

SEE **ELECTION** ON PAGE A3



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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. 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!

#### **Coldwell Banker Coat Drive**

Coldwell Banker Lake Chelan properties will host a Coat Drive throughout November until Dec.

"As the cold weather approaches, many in our community lack warm coats," the event page states. "Your help is crucial. Every donation directly benefits our local communities.'

Coats can be dropped off at 101 E. Woodin Ave, Chelan 509-996-2121.

#### **Thrive Holiday Fundraiser**

Thrive Chelan Valley will hold a Thrive Holiday Fundraiser throughout November, December and January.

"Thrive Chelan Valley is a nonprofit with a mission to serve, empower, and advocate for Lake Chelan Valley youth," the event page states. "We run 3 programs: Thrive Cares, Thrive Mentoring, and Thrive Teen Center.

"Thrive fulfills the needs of youth facing barriers through the entire year," the event page states. "We provide warm coats, hats, mittens, food, school fees, personal hygiene items, school supplies, and so much more."

To donate and for more information visit thrivechelanvalley.

#### **Entiat Holiday Bazaar**

The Entiat Valley Chamber will host Enchanted Entiat, the 33rd annual holiday bazaar on Saturday, Nov. 18 from 9 a.m. to 3 p.m. at the Entiat School.

"There will be local artisans, vendors, a student art premiere, book and yarn sale, food, drinks, festival music and much, much more," the event page states. "Plus, after the bazaar, stay for the 3rd annual Light Up The Park at Entiat City Park at dusk."

For more information visit the Entiat Valley Makers Market on their Facebook page.

#### **Live Music with Greg King**

Tipsy Canyon Winery in Manson will host musician Greg King on Saturday, Nov. 18 from 1-4

"Tipsy Canyon Winery is excited to bring you live music paired with barrel tasting featuring the talented Greg King," the event page states. "Greg is a singer, songwriter, guitarist, and band leader

with a smooth tenor voice. singing classic and unique rock covers and some

originals.

"So pull up a seat, kick back and relax with a glass of wine, and get ready to enjoy a fantastic evening with live music by Greg King," the event page states.

THINGS

TO DO

THIS

WEEK

For more information visit tipsycanyon.com.

#### Fowl Play 5K

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

"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, WA, US. 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

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

#### Lake Chelan Winterfest announces **2024 dates**

By MIKE STEELE Press Release Lake Chelan Chamber of Commerce

LAKE CHELAN - Lake Chelan Winterfest 2024, Jan. 12-21, will feature intricate ice sculptures, two spectacular fireworks shows, the infamous Ice Bar, live music, kid's activities, a snow slide and much more.

Both weekends will offer a series of exciting winter events for all ages. Participate in the Wine Walk, enjoy live music at the Ice Bar, sip on delicious local sparkling wine at the Bubble Brunch, and marvel in the firework show after the beloved polar bear plunge and beach bonfire. The Vendor Market will also feature artisans from across the state.

Winterfest tickets are now available for purchase. Tickets include Wine Walk. Bubble Brunch, and Ice Bar, or purchase an All Weekend Pass to catch all of the fun.

More information is continually being added to Lake-ChelanWinterfest.com.

About the Lake Chelan Chamber of Commerce: The Chamber has been in operation since 1931 and serves nearly 500 members. It exists to drive economic growth through leadership, advocacy and promotion that enhances the quality of life in Lake Chelan

For more information: Mike Steele, Lake Chelan Chamber, 509-682-3503. mike@lakechelan.com

# Community members recognized at A Night to Remember

By KATIE LINDERT Ward Media Staff Reporter

MANSON - The Manson Chamber of Commerce hosted their annual event on Wednesday, Nov. 8, A Night to Remember, to recognize community members who are going above and beyond to serve the com-

munity. Event attendees enjoyed delightful hosting of Manson Chamber Executive Director Tom Tochterman and President Kim Ustanik, a slideshow featuring award recipients, and celebrated the recognitions of their beloved peers.

The award recipient recognitions were granted to Norm Manly for Volunteer of the Year, Jeff Conwell for Most Inspirational of the Year, North Shore Christian School for Organization of the Year, and to Dane Johnson and Margarito Barrios for the Manson School District Blue and White Excellence Awards.

Norm Manly, American Legion #108 member, was awarded Volunteer of the Year for his dedication to selflessly serving the community. Norm is active in many types of service work, including working with the Manson Grange Youth Fairs Program and spending much time within the halls of the Manson School District. He also contributes as a writer for More to Manson, and to the Lake



KATIE LINDERT/WARD MEDIA

Jeff Conwell and Norm Manly share in a celebratory moment.

Chelan Mirror.

The North Shore Christian School is a growing private missionary school located in Manson serving K-2 students. They received the distinction of Organization of the Year. From their handbook they state, "Our goals are to promote family

inclusion within the child's learning landscape, to create an environment of varied learning experiences, and to provide a safe haven for education and personal growth.

Recognized within the Manson School District's Blue and White Excellence awards, retired teacher Dane Johnson received recognition for his continued service as a passionate and devoted educator to the community. A Renaissance man, Dane is a gifted musician and craftsman in great addition to his immense talent for teaching.

Manson School District Head Custodian, Margarito Barrios, received the Manson School District's Blue and White Excellence award for Classified Person of the Year. His continued service to the teachers and students within the school district is greatly appreciated, and he is widely regarded as someone who is always willing to help.

Jeff Conwell, Program Director/News Director of KOZI AM/FM, received the distinction of Most Inspirational for his continued dedication to encouraging and building up our community, particularly young people.

"I'm really humbled and honored by this," Jeff shares, "I think we all know what inspirational looks like to each of us, but when someone says you're inspirational, it's kind of amazing. It's humbling to know you've inspired people."

The event was held from 5-8 p.m. at 12 Tribes Colville Casinos Crosswinds Restaurant in Manson. Included with their tickets, attendees enjoyed a dinner of prime rib, grilled chicken with basil tomato sauce, Caesar salad, Italian meats and antipasto platter, penne pasta with roasted garlic cream sauce, sauteed yellow squash and zucchini, and garlic bread.

Katie Lindert: 509-731-3211 or katie@ward.media

# Chelan Valley Housing Trust receives special distinction

By KATIE LINDERT

Ward Media Staff Reporter

CHELAN - The Chelan Valley Housing Trust was recently awarded Non-Profit of the Year by the Lake Chelan Chamber of Commerce at an award ceremony held on

Thursday, Oct. 5. The gala was held in celebration of those making a difference in our community, the CVHT receiving this distinction for their outstanding dedication to providing affordable housing options in the valley.

Regarding these annual

awards, the Lake Chelan Chamber of Commerce stated, "The Lake Chelan Chamber takes pride in recognizing a great group of professionals that we have the pleasure of working with. These organizations are recognized by their peers in the

**FREE** 

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business community as outstanding leaders, innovators and entrepreneurs. Their skills, devotion and commitment to support our valley help create a richer quality of life for us all. Thank you, for being an inspiration to your peers and communities.'

Chelan Valley Housing Trust is a 501(c)(3) non-profit corporation that, according to their website, "aims to house local wage-earners in Chelan and Manson." CVHT initially formed in 2017 as a housing initiative through Chelan Valley Hope. They have been an official 501(c) (3) serving the Chelan Valley since January 14, 2019.

The average family in the

Chelan Valley struggles to either own or even rent a home in our valley due to rising property values and stagnant wages. Community support for this grassroots effort has allowed CVHT to flourish into a non-profit that has not only built several homes, but made those homes affordable for purchase by local wage earn-

CVHT is grateful to all volunteers, donors, and community supporters for sharing their vision for local wage earners to be able to live and thrive in the town in which they work.

Katie Lindert: 509-731-3211 or katie@ward.media



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Have an idea for a story?

#### Corrections

The Lake Chelan Mirror regrets any errors. If you see an error, please call 509-682-2213. We will publish a correction in the

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Call the Mirror at 509-682-2213

# Chelan man makes his mark in FAI World Cup of Canopy Piloting

By KATIE LINDERT Ward Media Staff Reporter

CHELAN - The Methow Valley's own V Buck Priv recently won 4th place in the 2023 FAI World Cup of Canopy Piloting at Skydive Arizona, Team USA taking the gold. He was one of 63 competitors from assorted countries.

Each competitor participates in speed, distance, and accuracy challenges with three jumps in each discipline. V placed 11th in speed, 5th in accuracy, and 9th in distance, with his combined score placing him in 4th place.

The World Cup is held every other year, between years holding the World Championship. In the World Cup, the top 12 competitors from every nation fill the team, though not all nations have a canopy piloting team. In the US there is a very large pool of skydivers allowing for a full team. The top 12 from National Skydiving Championships are selected to compete in the World Championship. In the last World Cup in 2022, the top 12 were chosen. Despite V feeling like he made a lot of mistakes, to his surprise, he made the team.

When people think of canopy piloting, they often think of smoke jumpers, but smoke-jumping differs dramatically from the act of canopy-piloting. In canopypiloting, individuals dive straight down to the ground, then pull out of their dive and fly through an extremely difficult course. The course is left and right as well as up and down, and a participant is typically flying within five feet of the ground and going 90+ miles an hour.

Before V first started his canopy-piloting journey, in the winter of 2013 he had a dream he was base-jumping.

Convinced this was something he needed to try, he sought out opportunities to watch others canopy piloting, or "swooping" as it's colloquially-called in the skydiving community.

Learning to skydive is a prerequisite to canopy-piloting. V first studied under the mentorship of former competitor Todd Higley of Skydive Chelan in the spring of 2014. With persistence and determination, he eventually became their first licensed student, soon teaching others to skydive.

"There are many different facets within the sport," V said. "You learn many specializations or stick with one thing like I have...learning to swoop can be frustrating since you have one shot. Sometimes starting over can take ten minutes, sometimes an hour, or maybe that's the end of the day, so then you have to wait until the next day and you just want to try again..."

Skydivers get a wrap as being just adrenaline junkies, V cites, and though there's an element of that for him, what he's doing is incredibly calculated and takes a lot of time to master.

Though a current specialist in canopy-piloting, V's athleticism and active life are represented across many disciplines. He grew up riding



KATIE LINDERT/WARD MEDIA

V Buck Priv proudly sports his team jersey, repping the U.S. in their upcoming competition in the Dubai International Parachuting Championship.

dirtbikes in the woods surrounding his home, playing football and baseball, wrestling, and downhill skiing. This said, dirt-biking holds a

special place in his heart. For such a high-caliber

athlete, he admits he doesn't enjoy working out, finding himself often mentally underwhelmed during the process. Though, with his work in the tree industry, he's moving entire trees by hand to keep

in shape. He always lives a very healthy lifestyle in support of his craft, consuming a healthy diet and drinking infrequently.

He is very busy between work and training, though still finds time to engage in other active endeavors. He eniovs base-jumping in his free time, and in the winter he snowkites and snow skis. Dirt biking is his go-to on summer weekdays, most weekends spent at the drop zone or a drop zone in another community. The Chelan drop zone, however, is by far the prettiest and most ideal he's ever experienced.

Across interest, there's a base excitement level for all things he wants to do. Many of his chosen endeavors require a lot of skill, and he enjoys the pursuit of perfection. Canopy piloting is a hard sport, and obviously perfection is rare in what he's doing. "There's no perfect swoop, of course," he says, but the pursuit of this is what keeps him going.

For him, practicing exactly the way he would go about things in a competition is what works. Over-visualizing the process is unhelpful to him. He enjoys, instead, visualizing a dive in the way that one might be squinting. He wants to see the general idea of what he's aiming for and not the exact object. Overall, despite a large amount of risk involved in canopy piloting, V chooses to have a light heart, as he's ultimately doing this to have fun.

"You are physically vulnerable," he explained. "Innately, it is very dangerous, because you are taking your parachute, you're going straight at the ground, and trying to go as fast as you can...then you fly really close to the ground, sometimes touching the ground with your body... there's no protection. It's very dangerous."

Ultimately, it's not specific aspects of the act of canopy piloting that pose the most difficulty for someone highly active in this sport. V discusses how one of the hardest aspects of this sport for athletes is often the time investment it takes to become highly-skilled.

Additionally, the work itself comes with a high price tag, and, when competing, frequent travel can be expensive. One can, in addition to a day job, work in the sport as he has, but this work often takes time away from needed time to train.

He went on to say, "Once you get to this level it's fairly safe...that's why I train so much, so then I don't have to think, 'I'm not scared I'm not vulnerable,' and sometimes it does just feel like a walk in the park or a walk in the woods...sometimes you don't even have time to be scared."

A testament to his mental acuity, positive attitude, dedication, and immense skill, V will be traveling to Dubai on Nov. 18 to compete with the U.S. team in the Dubai **International Parachuting** Championship held the 19th through the 20th.

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# Chelan Goats win 4th consecutive Girls' Varsity Volleyball State Championship

Ward Media / Lake Chelan Mirror

YAKIMA - In a display of talent and determination, the Chelan Goats secured their fourth consecutive state championship in girls' varsity volleyball. The Chelan High School volleyball team faced a challenging opponent in Freeman during the championship match, marking the climax of an outstanding journey through the WIAA

tournament.

The tournament path for the Chelan Goats was nothing short of dominant. Their journey to the state championship began on Nov. 10, with a resounding 3-0 win over Montesano. The same pattern continued in the subsequent matches against Lakeside and Meridian, with Chelan winning in each contest, all ending in 3-0 scores.

the championship match against Freeman, a team that proved to be a formidable adversary. The Scotties from Freeman pushed the Goats to their limits. Chelan began the match strong, capturing the opening set with a convincing 25-15 win. But Freeman showed their resilience, bouncing back to win the second set with a score of 25-18, marking the only set the tournament.

With the title hanging in the balance, Chelan regrouped and delivered an outstanding performance in the third set, winning 25-20. The atmosphere was electric as they entered the fourth and final set, with every point crucial. In a nail-biting finish, Chelan clinched the championship with a tense 25-23 victory, securing their loss for the Goats throughout fourth straight state title.

Throughout the tournament, Chelan relied on a combination of exceptional team defense and serving, along with the power-hitting of standout players, including sophomore Brynn Hughbanks and junior Lydia Petersen

In achieving their fourth consecutive state championship, the Chelan Goats have firmly established them-

gram in the 1A State volleyball ranks. Their remarkable accomplishment places them in the company of Colfax as the only 1A school in tournament history to secure four straight championships. Coach Abby Lewellen's leadership has been instrumental in this journey, as she has led the Goats to a state championship in each of her three years as head coach in

# Two open positions on Manson Community Council

Deadline to apply Dec. 1

By KARI SORENSEN News Release Manson Community Council

MANSON - The Manson Community Council will hold elections for two open positions on Tuesday, December 12. These positions are expiring on December 31, 2023. Any members of the community that live within the 98831-zip code and are currently registered Chelan County voters can run for office and vote in this election.

Community minded individuals who are able set aside any personal agendas and have the time to dedicate to the council are strongly encouraged to apply. Monthly meetings are held every 3rd Tuesday of each month and members are expected to attend. These positions

#### **ELECTION**

CONTINUED FROM PAGE A1

ty General Election information and updates, please visit https://results.vote.wa.gov/ results/20231107/chelan/. Standings updates will next be posted on Monday, Nov. 13 at 4 p.m.

Katie Lindert: 509-731-3211 or katie@ward.media

are very important to the future development of our community. Each position will require a 3-year commitment from January 1, 2024—December 31, 2026.

Applications must be filled out in full and returned to a council member, council meeting or where they originally picked up the application packet from. Deadline for any applications must be returned to any council CouncilManson@gmail.com no later than 5:00 pm on December 1, to be considered for election.

Election will held on Tuesday, December 12, between 12-7 p.m. at Manson Parks Department on Pedio Street in Manson. Community members wishing to vote must be currently registered to vote in the 98831-zip code and have valid ID with them at

member or to Community- time of voting. The two who get the most votes will win.

> Results will be posted on Manson Community Council's Facebook page no later than Thursday, December

Newly elected members will be sworn in at the December 19, meeting.

Applications available by request by emailing: communitycouncilmanson@ gmail.com or by stopping by at Blueberry Hills from Wednesday-Sunday, 8-3 p.m.

Please return your completed application to the place where you received it or any council member. Any questions can be directed to Kari Sorensen at (509) 860-8409 or Cindy Smith at (425) 501-8165.

For more information: Kari Sorensen, Chairperson, Manson Community Council, email: communitycouncilmanson@gmail. com or (509) 860-8409 talk/text.









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in the Chelan Business Center - Chelan

# 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



From the Publisher

are opportunities for growth, joy, and success right in our own backyards.

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.

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.

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.

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

By SEN. BRAD HAWKINS

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

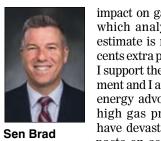
Washington State implements a Business and Occupation (B&O) tax, which is applied

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

### 2. Climate Commitment Act

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



Hawkins

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.

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.

High gas prices affect us all

#### 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 home building. 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.

COMMUNITY **BULLETIN** BOARD

Regional Community News & **Events** 

🔖 Any non-profit 501(c)-(3) group, person(s).

🐁 Must provide: full name, city, phone number.

🐌 Items pertaining to local events that are free or minimum charge.

**5** Your Community News will appear in print and online at lakechelanmirror.com ち Garage and Yard Sale Ads are paid events. Please emails those to classifieds@ward.media

> For more info call the Lake Chelan Mirror at 509-682-2213 🦫 Email your Community News Item to ruth@ward.media

#### Lake Chelan Valley Events, Things to do, Meetings SAIL Exercise Classes: Nov. 15, 16, 17

CHELAN - SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday at 1 p.m. and are taught by Beth Shaw and Jocelyn Rich, Occupational Therapist and Pelvic Floor Health Specialist. Evening SAIL classes are Monday and Thursday evenings at 5:30 p.m., also at the Chelan Senior Center and are taught by Ann Cooper. A SAIL class is offered to residents of Heritage Heights Assisted Living in Chelan on Mondays and Fridays at 2 p.m. taught by Gaylen Willett and Steve Davis.

#### Household hazardous waste drop off: Nov. 15-17

Latex paint now accepted - Drop off Saturday, Dec. 2 'ENATCHEE - Drop-oπ Saturday is October at the Cheian County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week,

#### **Death Notice**

#### **LeRoy Sorensen**

LeRoy Sorensen, 92, of Entiat, Washington passed away on November 4, 2023.

Precht Rose Chapel is handling the arrangements for the family. Please leave your thoughts and memories at www.prechtrose. they are open Tuesday through Friday at the same hours. Drop off your household hazardous wastes and latex paint. This is a free service to Chelan County residents. For a full list of items that the facility does and does not accept, go to the facility's website: https://www.co.chelan.wa.us/solid-waste-management/pages/ household-hazardous-wastes.

#### Chelan Senior Meals: Nov. 15-17, 20-22

CHELAN - The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. Menu: Nov. 15: Salisbury Steak with Mushroom Gravy Mashed Potatoes, Green Beans, WW Roll, Berry Crisp; Nov. 16: Oven Fried Chicken, Mashed Potatoes/Gravy, Buttered Corn, Cucumber Salad, Grapes, Biscuit, Dessert; Nov. 17: Baked Fish Fillet, Pesto Pasta, Caribbean Veggies, Spinach Salad, Pudding/ Berry Parfait; Nov. 20: Meatloaf, Mashed Potatoes / Gravy, Country Vegetables, Spinach Salad, Chilled Pears, WW Roll, Dessert; Nov. 21: Chili Stuffed Baked Potato, Roasted Corn & Peppers, Mixed Greens Salad, Chilled Pears, Tortilla Chips, Dessert; Nov. 22: Roast Turkey & Gravy, Mashed Potatoes, Glazed Carrots, Green Salad, Cranberry Salad, Stuffing, Pumpkin Pie.

#### Chelan Valley Hope: Nov. 15-16, 20-22

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat

CHELAN - With temperatures dropping, let us come together to

support those in need. If you or someone you know is in need of a coat, blanket, or other winter wear please visit or refer to Chelan Valley Hope, open Monday through Thursday, 9 a.m. - 3 p.m. (closed Noon to 1 p.m.). If you are interested in donating this season, we currently need additional blankets, sleeping bags, and cold-weather gear like coats, hats, socks, and gloves. Donations are welcome and can be left during business hours, or call us at 509-888-2114 and we'll gladly make arrangements. The folks in the Chelan community continue to make a difference in the lives of our neighbors. Let's work together to make this winter season a little brighter and warmer for all members of our community.

#### Red Cross Blood Drives: Nov. 15

MANSON/CHELAN - An American Red Cross Blood Drive will be held Nov. 15, 9 a.m.-2 p.m., at Chelan High School, 315 Webster Avenue. Upcoming Blood Drives: Dec. 20, 1-6 p.m. at Lake Chelan United Methodist Church and Jan. 17, 9 a.m.-2 p.m. at Chelan High School. To schedule an appointment to donate, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

#### Chelan Museum: Nov. 16-18

Fall/Winter Hours

CHELAN - The Chelan Museum is open Thursday, Friday and Saturday 11 a.m.-3 p.m. The museum is located at the corner of Woodin Avenue and Emerson Street. For more information: 509-682-5644.

#### **Zumba Fitness: Nov. 15, 16, 17**

MANSON - Zumba Fitness Class, every Tuesday and Thursday morning (excluding holidays), through October, 8:30-9:30 a.m. SEE **BULLETIN** ON PAGE A5



# **Obituary & Memorial Policies**

Ward Media LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald: An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch.

Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-682-2213 or 509-689-2507 for more information Or email ruth@ward.media

# CHURCH GUIDE

CHELAN

CHELAN CHRISTIAN CHURCH Morning Worship 10 am 509-682-2025 • 210 E. Wapato Ave. Pastor Mark Wilton

CHURCH OF THE NAZARENE

Sunday School 10 am Worship 11 am & 6 pm Youth Group - Friday 7 pm for 13-18 years of age 509-682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH

Please join us for Sunday Worship In Person or via Conference Call at 9:30 am. Dial 339-209-6617. Follow prompts. 509-682-9063 • 216 W. Nixon Ave.

#### CHELAN

LAKE CHELAN UNITED METHODIST CHURCH Worship 10 am 509-682-2241 Corner of Johnson & Emerson

#### St. Andrew's Episcopal Church

Worship 10 am 120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816 509-682-2851 www.standrewschelan.org

#### MANSON

#### MANSON UNITED METHODIST CHURCH 10:00 am Worship,

Holy Communion the first Sunday of the month "Come as vou are, all are welcome" 687-3311, at the corner of Green and Boetzkes Sermon-by-Phone 509-423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermonn

#### METHOW

METHOW CALVARY CHAPEL FELLOWSHIP

1107 HWY. 153 • Methow, WA 98834 Pastor Jason Getzin • 509-923-2782 Visit us at Youtube @Through the Bible with Pastor Jason Please see our facebook for special guest speakers! www.facebook.com/methowcc



"With men this is impossible; but with God all things are possible."

- Matthew 19:26

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 509-682-2213 • ruth@ward.media

# Will Steady one of three new firefighters at Chelan Fire & Rescue

By KATIE LINDERT Ward Media Staff Reporter

CHELAN - Chelan Fire & Rescue District #7 recently welcomed three new firefighters. In this direct Q & A, Firefighter Will Steady takes a minute to introduce himself to the valley:

Q: How long have you been in the Chelan area, and where are you from originally?

A: I grew up in Entiat where I graduated high School. I moved for college/work and moved back to the area and have been here since 2015, so 25 years roughly.

#### Q: When did you know you wanted to become a firefighter?

A: When I was in High School. I had friends go into wildland fire and structure fire and both seemed like fun/exciting opportunities to give back to the community.

#### Q: What made you want to come to Chelan?

A: I love the community

and the people who live here and also those that work for this department.

#### Q: Have you pursued other careers before training to become a firefighter? If so, what?

A: I worked for 18 years as a wildland firefighter. 15 years with the Forest Service in Washington and Montana and three years with the Washington DNR.

Q: What is your favorite aspect of being a firefight-

A: Being able to impact others and give back to people in this community This is a special place and it's a privilege to be able to give back to those in the Chelan

#### Q: What do you like to do in your free time?

A: I enjoy spending time with my wife and two kids, camping, hiking, hunting and fishing.

Katie Lindert: 509-731-3211 or katie@ward.media



COURTESY OF CHELAN FIRE DISTRICT #7 Will Steady, one of three new firefighters to Chelan Fire

District #7.

### **Community voices wanted**

Join our Reader Advisory Board

The Lake Chelan Mirror has been a pillar of our community for many years, and we've always strived to be the voice of our readers. We're proud to announce an exciting opportunity for you, our valued community members, to become an even more integral part of our publication.

We're establishing a Reader Advisory Board, and we're looking for passionate individuals who are dedicated to shaping the content and direction of our newspaper.

As a member of our Reader Advisory Board, you'll have the chance to:

**Influence content:** Share your insights and suggestions on the topics, stories, and features that matter most to our community.

Provide feedback: Help us understand what you love about our newspaper and where we can improve.

Connect with the team: Meet our dedicated team, building stronger ties with the people behind the stories.

Community Impact: Play a vital role in ensuring that our publication continues to

reflect the rich tapestry of life in Chelan, Entiat, and Manson.

We believe in the power of community voices, and by joining our Reader Advisory Board, you'll be helping us serve you better. Whether you're a lifelong resident or a recent arrival, your perspective is important to us.

To apply, simply send an email to our publisher at terry@ ward.media explaining why you want to join our Reader Advisory Board. We encourage residents from all our coverage areas to apply and share your unique insights.

Together, we can make our publication even more relevant and engaging for everyone in our community. Your voice matters, and we can't wait to hear it.

Join us in shaping the future of The Lake Chelan Mirror. Your input will be a crucial part of our continued success in delivering quality journalism to the area.

We look forward to welcoming you aboard!

Deadline for applications: Friday, December 1.

For more information or inquiries, please contact Publisher Terry Ward at terry@ward. media.

## Up for renewal in February 2024

# Chelan schools promote EP&O, Capital levies

By MIKE MALTAIS Ward Media Staff Reporter

CHELAN - If there is a voter in the Lake Chelan School District (LCSD) who is not well-informed about the importance of two levies up for renewal on the February 2024 election ballot, it will not be due to a lack of effort on the part of the school superintendent Bradley Wilson to educate them.

Wilson hosted an informational meeting on Nov. 8 to discuss the Education Programs and Operations (EP&O) Levy and the Capital Technology Levy that the district relies on for funding.

"Levies are for learning. Bonds are for building," Wil-

son reminded his audience. "Contrary to what many believe, the state does not provide all the funding the schools need."

Both the EP&O and Capital levies have been part of the district's funding for the past eight years. The Capital Technology levy was added to the mix in 2016. The EP&O or Maintenance and Operations (M&O) levy as it was previously known has been a part of the LCSD and nearly every other school district for much

"The Education Programs and Operations (EP&O) Replacement Levy helps fund educational programs and operations in our school district that are not funded through what we get from the state basic education funds," said Wilson.

Some the programs the levy funds include:

- School Resource Officer
- School nurses Field trips
- College level AP classes
- Library program • Highly Capable programs · Student clubs and activi-
- Music and arts

The February 2024 4-year levy based on .75 cents per \$1,000 of property valuation would collect an estimated \$3,989,500 in 2025, \$4,196,000 in 2026, \$4,390,000 in 2027, and \$4,553,000 in 2028.

"The EP&O levy is about 16 percent of our overall revenue

budget," said Wilson.

"The Capital Technology Replacement Levy helps with a variety of technology needs in our district including all of our Chromebook devices so we can have one device for each student."

#### Chelan

"The EP&O levy is about 16  $\,$ percent of our overall revenue budget," Wilson said.

Based on an estimated rate of \$0.06 cents per \$1,000 of assessed valuation the capital levy would generate \$312,641 in 2025, \$333,523 in 2026, \$350,200 in 2027, and \$367,722 in 2028. The 2020 capital Tech Levy passed at \$.10/\$1,000 AV. Some of the items these dollars pay for include:

· Chromebook replace-

ments for the six schools' 1,289 students. Wilson said that requires the district to purchase about 300 Chromebooks annually.

- · Additional door security and camera systems.
- CMS/CHS HVAC control systems in need of replacement.
- Teacher work stations and classroom display screens.

Wilson said the district is collecting its lowest rate in recent history despite escalating labor and operational costs and used figures compiled since 2010 to support his statement. Another comparison with 2023 tax rates of other districts in Chelan and Okanogan counties showed Chelan's the lowest among a dozen others.

Wilson also noted that new construction in the county adds new home values and taxpayers to the rolls and helps keep the levy rates down for everybody else. Between February 2022 and 2023 there was \$90 million in new construction in the school district.

Wilson said the district webpage, chelanschools.org, will have a link with information about both levies. An informational fact sheet will show up in mailboxes next January in addition to social media, radio, and newspaper sources that will feature levy details.

Mike Maltais, 360-333-8484 or michael@ward.media

### BULLETIN

Join Zumba instructor, Brenda, for some Zumba fitness fun. Donation is \$5 per class. All ages welcome. It's for everyone and is so much fun. This event is a partnership between the Manson Grange and the Manson Parks and Recreation Department. Donation is \$5 per class. All donations help fund the Manson Grange building maintenance program.

#### Lions Club: Nov. 16

MANSON - The Lake Chelan Lions Club holds bi-monthly meetings at the Manson Parks Building at 142 Pedoi St. in Manson. Meetings are held the 1st and 3rd Thursdays of each month at

#### Thrive Teen Center: Nov. 16, 21,

CHELAN: The Thrive Teen Center will be open on Tuesdays and Thursdays from October-May. The hours are 3:30-6:30 p.m. and dinner is served each night. The Teen Center is located in the basement of the Lake Chelan United Methodist Church and is available to all middle and high school students in the valley. There are volunteers to help with homework, pool tables, board games, air hockey, craft supplies, foosball, free clothing and hygiene closets, and more. If you have any questions, email stefani@thrivechelanvalley.com.

#### VFW #6853 Post Coffee/Donuts: Nov. 17

CHELAN - Every Friday VFW Post #6853, located at 427 S. Bradley Street is open 9-11 a.m. for donuts and coffee and conversation. Veterans are invited to join them every Friday.

# **BUSINESS & SERVICES DIRECTORY**

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Retiring soon?

Kelly Allen a call 509-888-9038



Food Bank food distribution: Nov. 18, 21, 25

CHELAN - The Lake Chelan Food Bank food giveaway takes place each Saturday and Tuesday, 9 - 10 a.m. Distribution is drive-thru at 417 S. Bradley Street. Families are limited to one box per week. In September an average of 127 families with 458 individuals were served each week. A total of 23,200 pounds of food was distributed. As the weather turns cold the need increases. If you are able to help please donate online at lakechelanfoodbank.org or send to PO Box 2684, Chelan, 98816. Non perishable food donations may be dropped off at the Lake Chelan Mirror office, 131 Apple Blossom Drive, Suite 109 (Chelan Business Center).

#### Glass recycle: Nov. 18

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open on Saturday mornings from 10 a.m. to noon, at 23235 Highway 97A across from Walmart. They are charging a small fee per pound for glass drop-off. Buckets of the materials produced, sand and aggregate, will be available for purchase at \$5 per 5-gallon bucket. City of Chelan residents are asked not to put glass into their blue recycle bins, but to bring it out on Saturday mornings. Their all-volunteer team relies on support from members of the community to make the operation run smoothly every week. They have tasks suitable for all ages and abilities. To volunteer go to www.911glassrescue. org, and click on the volunteer tab on the home page.

#### Lake Chelan Community Choir: Nov. 19

CHELAN & MANSON - Rehearsals for upcoming Christmas Cantata continue at North Shore Bible Church, Manson on Sundays from 1-3 p.m.. Thanks to our fine community and its generosity at last year's performances, we have the new music to learn this season. Please, save the dates so you do not miss our two performances. Friday evening at 7 p.m., Dec. 15 and Saturday afternoon at 2 p.m., Dec. 16. We truly make a joyful noise and our performances are the unofficial start to the Christmas season.

#### NAMI virtual Family to Family series: Nov. 19

NCW - NAMI (National Alliance on Mental Illness) Chelan Douglas will be putting on a VIRTUAL, free of charge, Family to Family series of eight classes for friends and family members of people with a mental health conditions. The course is designed to increase understanding and advocacy skills while helping participants maintain their own wellbeing. The classes will begin on Sundays, starting Nov. 19 1-3:30 p.m. for eight weeks. You must have a tablet or computer to attend and wifi. To register contact Jacquie @ namicdprograms@gmail.com or at 509 679-8266.

#### Family and friends Support Group: Nov. 20

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509860-3620 or visit their website at: tcfwenatcheevalley.org

#### Holiday Extravaganza: Nov. 25

MANSON - Hosted by the Manson Apple Blossom Festival the Holiday Extravaganza will be held on Saturday, Nov. 25, 9 a.m.-3 p.m. at the Manson Grange Hall. Shop for unique handcrafted items for everyone on your holiday shopping list. For more information: mansappleblossom.com

#### Lake Chelan Health board meeting: Nov. 28

CHELAN - The board of commissioners of Lake Chelan Health Hospital will meet in person on Tuesday, Nov. 28, at 1:30 p.m., in the board room at Lake Chelan Health, 110 S. Apple Blossom Drive. Those interested in attending may do so in person or via the internet. For agenda and login information to to lakechelan-

#### **Survivors of Suicide Loss Support Group: Dec. 12** WENATCHEE - Survivors of Suicide Loss Support Group meets

the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

#### Cancer Support Group: Dec. 14

CHELAN - The women surviving/thriving cancer support group will meet Thursday, Dec. 14, 1 p.m., at the Chelan Library on Emerson Street. Whether you are newly diagnosed, going through treatments, a support to someone who is, or been thriving for years, please join them for this casual gathering. They will be meeting the second Thursday of each month. For more information call Anne Brooks, 509-682-8718.

#### Manson Grange: Dec. 16

MANSON - The Manson Grange #796 will meet hold its November meeting on Saturday, Dec. 16, 5 p.m., at the grange hall located at 157 E. Wapato Way. For more information: Norm Manly, 509-293-0225.

#### **Grange Youth Fairs Program: Jan. 16**

MANSON - The Manson Grange "Youth Fairs" program provides an opportunity for young Grange members to participate in an educational setting, designed to increase confidence, strengthen character, learn invaluable life skills and teach the importance of self-discipline. They normally meet the third Monday of every month at 6 p.m. The next meeting is Jan. 16 at the Manson Grange Hall. The program encourages learning opportunities for the members. The Grange "Youth Fairs" program offers young members, age 5-19 the opportunity to exhibit at county fairs and expositions. This program works alongside other nationally recognized programs such as 4-H and FFA. For more information: Norm Manly, 509-293-0225.

Follow us on Facebook at:

Facebook.com NorthCentralWashington LakeChelanMirror

# **Sheriff/Fire/EMS**

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

#### **Chelan County Sheriff**

#### November 3

- 10:16 Disturbance, 135 E. Johnson Ave., Chelan 11:53 Civil Dispute, 2441 E.
- Wapato Way, Manson 12:04 Drugs, 1000 Totem Pole
- Rd., Manson 14:46 Welfare Check, 2117
- Lakeshore Dr., Entiat 21:39 Welfare Check, 14379
- US Hwy. 97A, Entiat 23:50 911-call, 309 E. Gibson Ave., Chelan

#### November 4

- 09:59 Warrant, N. Navarre St. and E. Woodin Ave.,
- 11:14 Trespassing, US Hwy. 97A MP 235, Chelan
- 14:10 Domestic Disturbance, 60 Two Rivers Rd., Arden-
- 16:39 Public Assist, Roaring Creek and Entiat Roads, Entiat
- 18:58 Hazard, Apple Acres Rd. MP 2, Chelan
- 21:42 Traffic Offense, 485 W. Manson Rd., Don Morse Park, Chelan
- 23:14 Suspicious Circumstance, Pearl Ct. and Howe St., Entiat

#### November 5

- 00:47 Traffic Offense, S. Lakeshore Rd. and Grammas Ln., Chelan 01:29 Alarm, 585 SR 150,
- Chelan 06:22 Diversion, 2419 Entiat
- Way, Entiat 07:51 Property, 207 N. Emer-
- son St., Chelan
- 11:22 Harassment/ Threat, 206 Mountain Lake Ln., Chelan 12:59 Traffic Offense, W. Woodin Ave. and Johnson Pl., Chelan
- 14:47 Public Assist, 703 E. Wapato Ave., Chelan 16:30 911-hangup call, 701 W.
- Golf Course Dr., Chelan 18:47 Alarm, 824 E. Woodin Ave., Apple Cup Cafe,
- Chelan 19:09 Agency Assist, 10920 US
- Hwy. 97A, Entiat
- 20:15 Missing Person, 337 Pine St., Manson
- 20:51 Non-injury Accident, SR

#### 150 and Boyd Rd., Chelan 22:08 911-hangup call, 14128

- Olin St., Entiat 22:32 Agency Assist, N. Emerson St. and E. Woodin Ave., Chelan
- 22:59 Suspicious Circumstance, 200 Green Ave., Manson

#### November 6

- 02:03 911-hangup call, 100 block Ivan Morse Rd., Man-
- 08:54 Public Assist, 232 E. Wapato Ave., Chelan 09:42 Suspicious Circum-
- stance, 10 block S. Farnham St., Chelan
- 10:45 Suspicious Circumstance, 155 SR 150, Lake Chelan Butte, Chelan
- 12:34 Suspicious Circumstance, 128 W. Webster Ave., Chelan
- 12:50 Assault, 422 S. Navarre St., Chelan
- 13:17 Trespassing, 13831 Entiat River Rd., Entiat
- 14:11 Welfare Check, 200
- Green Ave., Manson 14:16 Public Assist, 208 E. Packard St., Chelan
- 14:23 Parking/ Abandoned Vehicle, 117 S. Robinson St., Chelan
- 14:32 Assault, 2650 Entiat Way, Entiat School District, **Entiat**
- 16:54 Unknown-injury Accident, 1000 block E. Woodin Ave., Chelan
- 17:32 Harassment/Threat, 526 Boyd Loop Rd., Chelan
- 17:35 Suspicious Circumstance, 427 S. Bradley St., Chelan
- 18:14 Hazard, S. Lakeshore Rd. MP 1, Chelan
- 19:41 Welfare Check, 110 S. Apple Blossom Dr., Chelan 19:46 Disturbance, 240 E. Johnson Ave., Chelan
- 22:06 Public Assist, 12 Dietrich Rd., Chelan

#### November 7

- 01:21 Domestic Disturbance, 1 Wapato Point Pkwy., Man-
- 07:08 Parking/ Abandoned Vehicles, Entiat River Rd. MP 17, Entiat
- 08:07 Hazard, SR 150 and Wa-

- pato Lake Rd., Manson 08:27 Parking/ Abandoned Vehicle, 120 Walnut St.,
- Chelan Falls 10:49 Diversion, 108 N. Apple Blossom Dr., Walmart,
- Chelan 11:09 Vehicle Theft, 240 E.
- Johnson Ave., Chelan 12:29 Alarm, 103 Crest Dr., Chelan
- 13:55 Parking/ Abandoned Vehicle, 216 W. Highland Ave., Chelan
- 15:53 Extra Patrols, Olin St. and Cammack Ave., Entiat 16:00 Attempt to Locate/ Contact, 4851 Manson Blvd., Manson

#### November 8

- 08:00 911-hangup call, US Hwy. 97A and Stayman Flats Rd., Chelan
- 13:29 911-hangup call, 503 E. Highland Ave., Lake Chelan Health
- 14:28 Parking/ Abandoned Vehicle, 100 block Cooper
- Gulch Rd., Chelan 15:09 Property, 805 S. Emerson St., Chelan
- 15:32 Animal Problem, 485 W. Manson Rd., Don Morse
- Park, Chelan 16:54 Diversion, 721 E. Woodin Ave., Chelan
- 18:57 Non-injury Accident, 500 Wapato Lake Rd., Manson 22:30 Suspicious Circumstance, 700 block Wapato Way, Manson
- 22:40 Theft, 108 N. Apple Blossom Dr., Walmart, Chelan 23:15 Unknown-injury Accident, Vineyard Ln. and W.

Webster Ave., Chelan

#### November 9

- 04:57 Welfare Check, 14579 US Hwy. 97A, BJ's Shell, Entiat
- 07:55 Hazard, 400 block E. Woodin Ave., Chelan 08:02 Runaway, 275 Boyd
- Loop Rd., Chelan 10:10 Alarm, 101 E. Johnson
- Ave., WaFD, Chelan 12:31 Vehicle Theft, 2957 Hed-
- ding St., Entiat 12:38 Vehicle Prowl, 98 Blue Water Ln., Chelan
- 12:47 Welfare Check, S 3rd St. and W. Okanogan Ave.,

#### Chelan 13:07 Alarm, 2325 Lakeshore

- Dr., Manson
- 13:11 Public Assist, 420 N. Navarre St., Chelan 13:56 Traffic Offense, Rocky
- Point, Manson 14:34 Harassment/ Threat, 0
- block Navarre Coulee Rd., Chelan
- 19:47 Welfare Check, 2216 W. Prospect St., Chelan
- 19:52 Suspicious Circumstance, 108 N. Apple Blossom Dr., Walmart, Chelan

#### Fire/ EMS

#### November 3 Chelan Fire District #7 and **Chelan EMS:**

- 10:15 Unconscious Person-2, 71 Roy Ln., Manson
- 10:51 Abdominal Pain, 172 Wapato Way, Manson
- 11:05 Personal Assist, 510 N. Cedar St., Chelan
- 12:53 Electrical Hazard, 225 W. Campbell Ave., Chelan 13:12 Convulsions, 104 W. Woodin Ave., Campbell's
- Resort, Chelan 14:01 Fire Vehicle, Washington Creek Rd., MP 1, Chelan
- 16:31 Unconscious Person-1, 136 Spader Bay Dr., Chelan 20:42 Eye Problem, 726 N.
- Markeson St., Chelan 23:58 Fall-1, 208 North Shore Dr., Chelan
- **Entiat Fire District:** 16:18 Fall-1, 2004 Topaz Pl.,
- Entiat 19:39 Illegal Burn, US Hwy. 97A and Wisdom St., Entiat 20:45 Fall-1, 2003 McCord Pl.,
- Entiat 21:39 Sick Person, 14379 US Hwy. 97A, Chelan
- **Manson Fire District:** 10:15 Unconscious Person-2, 71 Roy Ln., Manson 10:51 Abdominal Pain, 172
- Wapato Way, Manson November 4

#### Chelan Fire District #7 and Chelan EMS:

14:09 Traumatic Injury-1, 219 E. Johnson Ave., Chelan

#### November 5 Chelan Fire District #7 and

- **Chelan EMS:** 02:53 Fall-2, 55 McLallen Ln., Manson
- 08:33 Convulsions, 511 E. Wapato Ave., Chelan 16:39 Convulsions, 209 E. Woodin Ave., Chelan
- 20:03 Medical Alarm, 510 N. Cedar St., Chelan 22:32 Traumatic Injury-1, N. Emerson St., And E. Woodin
- Ave., Chelan **Entiat Fire District:** Saska Way

#### Bold daylight heist in Chelan ends in swift arrest of suspect

Ward Media / Lake Chelan Mirror

CHELAN - In a brazen mid-morning incident, 34-year-old Michael F. Koehnen carried out a bank robbery at WaFed in Chelan on Thursday, Nov. 9 around 10:00 a.m. when Koehnen, armed with a handheld electronic device, entered the establishment and demanded money from the teller.

When prompted for account details, Koehnen stated, "This is a robbery." The teller, confronted with the threat, complied, surrendering an undisclosed sum of money as Koehnen swiftly left on foot.

Bank employees activated the alarm, prompting Chelan County Sheriff's Office deputies to respond and after talking to bank employees they identified Koehnen as the primary suspect.

Deputies located Koehnen at a residence on the 400 block of E. Woodin Ave., effecting a timely arrest. Subsequent investigative measures, including the execution of a search warrant, uncovered not only the stolen funds but also the attire worn by Koehnen during the commission of the crime.

Koehnen now faces charges of Robbery 2nd Degree and Theft 2nd Degree. He has been confined to the Chelan County Regional Justice Center pending legal proceedings.

#### Entiat

18:13 Sick Person, 9993 Saska Way, Entiat **Manson Fire District:** 

02:53 Fall-2, 55 McLallen Ln., Manson

#### November 6 Chelan Fire District #7 and **Chelan EMS:**

- 05:58 Heart Problem, 210 Walnut St., Mansfield 14:51 Sick Person, 246 W.
- Manson Rd., Chelan 16:54 Unknown-injury Accident, 1000 block E. Woodin Ave., Chelan
- 18:16 Fall-2, 111 Division St., Manson
- 18:26 Vehicle Fire, 620 Gorge Rd., Rowe's Towing, Chel-
- 23:07 Residential Alarm, 10 Dietrich Rd., Chelan 23:27 Sick Person, 108 N. Apple Blossom Dr., Walmart,

#### Chelan **Entiat Fire District:**

05:43 Medical Alarm, 2690 2nd St., Entiat **Manson Fire District:** 18:16 Fall-2, 111 Division St.,

### Manson

- November 7 Chelan Co. Fire District #7 and
- Chelan EMS: 06:41 Unknown Problem, 216 W. Manson Rd., Starbuck's,
- Chelan 13:39 Unknown Problem, 385 Lakefront Dr., Orondo **Entiat Fire District:**

12:40 Sick Person, 2003 Mc-

Cord Pl., Entiat

#### November 8 Chelan Fire District #7 and

- Chelan EMS: 08:00 Unknown-injury Accident, US Hwy. 97A MP 224,
- Chelan 09:00 Sick Person, 219 E. Johnson Ave., Lake Chelan
- Health, Chelan 18:04 Convulsions, 740 Washington Creek Rd., Chelan 23:15 Unknown-injury Acci-
- Webster Ave., Chelan **Entiat Fire District:** 08:00 Unknown-injury Acci-

dent, Vineyard Ln. and W.

- dent, US Hwy. 97A MP 224, Chelan 09:17 Unconscious Person-1,
- US Hwy. 97A MP 217, En-17:00 Breathing Problem, 5943

## Entiat River Rd., Entiat

#### November 9 Chelan Fire District #7 and

- Chelan EMS: 12:47 Sick Person, S. 3rd St. and W. Okanogan Ave.,
- Chelan 18:23 Fall-1, 1 Wapato Point

#### Pkwy., Manson

**Entiat Fire District:** 07:10 Heart Problem, 15031 US Hwy. 97A, Entiat

16:11 Breathing Problem, 2003

#### McCord Pl., Entiat

**Manson Fire District:** 18:23 Fall-1, 1 Wapato Point Pkwy., Manson

# 'Tis the Season for

NORTHWEST SWAG WORKS

APPAREL & PROMOTIONAL PRODUCTS

# Spectacular Holiday Promotions!

Discover holiday magic at Northwest Swag Works! Our vast selection of 1.5 million festive products from 3000+ suppliers makes us your top choice for holiday promotions. Whether it's impressing, delighting clients, or rewarding your



# Crumble **Crust Pie**

The church's Thanksgiving potluck is coming up. I'm going to take a couple pies this year, not sure what kind, probably apple because Grandpa's apple tree really produced well this year. The thing about pies is it takes room to make the crusts and my little basement apartment table is occupied with pear dehydrating paraphernalia I don't want to disturb so I'm going to make a crumble pie crust. Crumble pie crusts are actually fun to make because I get to use my fingers. There's something about sticking my bare (pre-washed) hands into food stuff and creating 'good

eats' that warms my soul. Before I was 'Mom' I was Auntie. At Thanksgiving I would gather the goodies for some form of craft for a few hours of entertainment for the nieces and nephews to give the moms a break. One year it was cookie houses put together with frosting. It took a full eight-hour day for me to bake the sugar cookie slabs for the house walls so the kids could load up on frosting as they tried to make the corner joints for their cookie houses. Then at Christmas time I saw the same little houses being made with gram crackers. If it hadn't been so much fun to watch those kids trying to glue those uneven sugar cookie slabs together with frosting, I'd have been crestfallen at my inability to see the potential of gram crackers for the same use

earlier. I felt the same way when I discovered these crumble pie crust instructions in Grandma's recipe box a few years ago. We call it crumble crust because the



dough tends to form globs, or dough crumbs, as it is pressed

#### into the pie pan. Grandma's **Crumble Pie Crust**

1 ¾ cup flour 1 teaspoon sugar pinch of salt 2 Tablespoons water

½ cup veggie oil First mix the flour, sugar and salt together in the pie pan the pie will be made in. Second mix the oil and water together then pour the combined liquid into the flour, sugar and salt then mix it all together. (I start with a fork and end up using my fingers.) Third mix the flour mixture and the oil mixture until they are well combined. Fourth press the pie crumbly dough all around in the pie pan. Try for an even 'press' but if it's

#### a bit lumpy, once the filling is added, it isn't a big deal.

**Filling Options** 3 cups frozen or canned fruit 2/3 to 1 cup juice

2 Tablespoons cornstarch 1 to cup sugar Drain the juice off frozen or

canned fruit into a measuring cup; set aside. In a saucepan mix the sugar and cornstarch together (this will help prevent 'lumpies' in the sauce) then add up to one cup of juice to the sugar cornstarch mixture. Apple juice works well and if no juice is available, water works too. Bring to a boil and let boil for two or three minutes until the sauce thickens and the corn starch turns clear. Taste to make sure the filling is your type of sweet. If it isn't, add more sugar. (I like pre-cooking my fruit fillings because this way I am always sure the filling will be thick enough and sweet enough after it's baked.)

If using fresh apples use 4 cups of cored, peeled and diced apples and up the cornstarch to 3 Tablespoons. Depending on the juiciness of the apples the starting water can vary. I add ½ cup water to keep the fresh apples from scorching and there is usually enough fluids for a good pie.

Pour thickened pie filling into Crumble Pie Crust

#### Grandma's **Crumble Pie Topper**

½ cup flour 1/4 cup brown sugar (white also works) and ¼ cup butter

Mix all together until the mixture is very crumbly. When the butter is well incorporated, sprinkle over the top of the pie filling already in the pie pan. Then bake the pie for 20 to 40 minutes in a 400 degerees oven until the crust is stiff and crumbly around the edges.



# SSIFIED

Leavenworth Echo Cashmere Valley Record Lake Chelan Mirror Quad City Herald

Email your Classifieds & Legal Notices to: classifieds@ward.media or call 509-682-2213 or 509 548-5286

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#### Administrative

#### **Puzzle Solution**

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#### **Announcements**

#### **Lost & Found**

#### **LOST & FOUND ITEMS** can be placed in our **Local Newspapers** ONE week for FREE.

Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 email:

classifieds@ward.media

Lake Chelan Mirror 509-682-2213 **Quad City Herald** 509-689-2507 classifieds@ward.media

**Deadline Noon** on Friday for the next week's papers

#### **Happy Ads**

Do you have a SPECIAL EVENT COMING UP? **HAPPY BIRTHDAY** CONGRATULATIONS! **WILL YOU MARRY ME?** HAPPY ANNIVERSARY

Email your ad to: classifieds@ward.media to place your ad in our

newspapers: Lake Chelan Mirror **Quad City Herald** The Leavenworth Echo Cashmere Valley Record

> You may also call 509-682-2213, 509-548-5286 or 509-689-2507 to place your ad

#### **General Interest**

SEE MLB GAMES at Fenway Park, Yankee Stadium, Quality etc. game tickets, hotels and motorcoach. Call/text for free brochure: 507-217-1326.

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PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

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#### **Employment**

**Help Wanted** 

Looking for a great local employee? Place your ad today

Call 509-682-2213 Lake Chelan Mirror Quad City Herald **Brewster** or email classifieds@ward.media

Leavenworth Echo Cashmere Record

509-548-5286 or email classifieds@ward.media

Deadline is Friday at Noon for the following Wednesday issues of all newspapers

#### For Sale

#### **Antiques & Collectibles**

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds.

Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email classifieds@

ward.media or call The Leavenworth Echo **Cashmere Valley** 

Record 509-548-5286 classifieds@ward.media **Deadline: Noon on** Friday for all papers.

Have news to share? Send it to news@ward. media or call 509-682-2213

#### Garage & Yard Sale

Fill your pockets with CASH \$\$



Let others know what items you are selling! Deadline Friday at Noon for all papers **Lake Chelan Mirror** 

**Quad City Herald** 509-682-2213 classifieds@ward.media Leavenworth Echo

Record 509-548-5286 classifieds@ward.media

**Cashmere Valley** 

Four newspapers for one low price!

#### **Real Estate**

#### **Rentals**



Entiat 2 bedroom, 2 bath apartment with Columbia River views for rent. Full size washer and dryer. Large view deck overlooking the Columbia River. High efficiency heating and cooling system. Stainless steel appliances. Garages are available for additional rent. \$1,687 per month 509-881-1955

#### Legals

#### **Public Notices**

#### **Entiat School District is** seeking applications

from persons interested in being appointed to a committee to write the for or against statements for the Chelan County Local Voters Pamphlet related to the District's Renewal of Expiring Educational Programs and Operation Levy to be considered at the February 13, 2024. Special Election. Those interested should send their name address, phone number and which position they represent to: Greg Whitmore, Superintendent, Entiat School District, 2650 Entiat Way, Entiat, Washington 98822 or via email at

gwhitmore@entiatschools.org by November 22, 2023. Applicants must be registered to vote in the Entiat School District. The Board will take action on the appointments at its November 29, 2023, regular board meeting. In making committee the appointments, the Board will consider the criteria for appointments made by the Chelan County Auditor's Office established in the Chelan County Local Voters' Pamphlet Administrative Rules, updated November 2022. Published in the Lake Chelan Mirror on November 15, 2023. #6676

#### **Public Notices**

#### NOTICE OF PUBLIC HEARING **CITY OF CHELAN**

NOTICE IS HEREBY GIVEN the 2024 Proposed Budget for the City of Chelan, Washington, has been filed with the City Council. Copies of the Proposed Budget will be available to the public by November 13, 2023 at City Hall, 135 East Johnson Avenue in Chelan and on the City Chelan website https://cityofchelan.us/162/Fina nce-Department. public hearing to consider the proposed final budget will be held on November 28, 2023 beginning at 6:00 p.m. in Council Chambers at City Hall. The public encouraged to attend and provide testimony. The final budget will be adopted during the City Council meeting on December 12, 2023. Dated this 8th day of November 2023.

Peri S. Gallucci City Clerk

Published in the Lake Chelan Mirror on November 15, 22, 2023. #6681

## Read it your way ... **Print or Online** 509-293-6780 to order!

#### **Public Notices**

#### **NOTICE OF PUBLIC HEARING LAKE CHELAN AIRPORT**

NOTICE IS HEREBY GIVEN the 2024 Proposed Budget for the Lake Chelan Airport has been filed with the City Council. Copies of the Proposed Budget will be available to the public by November 13, 2023 at City Hall,

135 East Johnson Avenue in Chelan and on the City of Chelan website

https://cityofchelan.us/162/Fina nce-Department . A public hearing to consider the

proposed final budget will be held on November 28, 2023 beginning at 6:00 p.m. in Council Chambers at City Hall. The public is encouraged to attend and provide testimony. The final

budget will be adopted during the Lake Chelan Airport Board meeting on December 12, 2023. Dated this 8 th day of November 2023.

Peri S. Gallucci City Clerk Published in the Lake Chelan Mirror on November 15, 22, 2023, #6679

#### **Public Notices**

www.lakechelanmirror.com

#### **CHELAN CITY COUNCIL NOTICE OF ADVISORY BOARDS & COMMISSION OPENINGS**

#### **NOTICE IS HEREBY GIVEN** that the City of Chelan,

Washington has five (5) positions open on the Library Advisory Board, three (3) positions open on the Parks and Recreation Advisory Board, and one (1) position Planning on the Commission. If interested in an appointment to any of these positions, please submit a Talent Bank Application located on the Citv's Website at

cityofchelan.us by November 29, 2023 at 5:00 p.m. Dated this 7th day of November 2023 Peri S. Gallucci

City Clerk Published in the Lake Chelan Mirror November 15, 2023, #6678

#### **Public Notices**

#### The Entiat School District **School Board**

has re-scheduled its regular monthly meeting for Wednesday, November 29, 2023, at 7:00 pm in the Entiat School Library. Please call the District Office at (509) 784-1800 if there are additional questions. Published in the Lake Chelan Mirror on November 15, 22, 2023. #6658



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D. therapy

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

Determine the code to reveal the answer!

Each number corresponds to a letter. (Hint: 23 = I)

Solve the code to discover words related to caregiving.

**12 22 23** 11 Α.

Clue: Tends to someone

B. **23 15 23** 3 19

Clue: Building or place of business

23 2 23

Clue: Keeps you busy

**20** 11 **12 4** 26 19 D.

Clue: Remediates a health problem

# Guess Who?

I am an actor born in California on November 11, 1974. An agent suggested I use a different name as my stage name. I am known for many big films, including one that really launched my career, despite the subject matter being about a titanic disaster.

Answer: Leonardo DiCaprio

# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to caregiving.

RWEKLA



Апѕиет: Маікет

# 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

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 RESER-VOIR: If you are looking for big trout, head to Rufus Woods Reservoir, an impoundment of the Columbia located between Grand Coulee Dam and Chief Joesph 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 RIV-ER: 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 spinnerworm 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 Berkley 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.northwe stern out doors. comand www.americaoutdoors radio.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.

Valerenic 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 lemonscented 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 BE-FORE 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 ef-

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 with-

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

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

#### 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, TheMedication In sider. com.





#### THEME: HOLIDAY MOVIES **ACROSS** . Concert units Home Alone'

\*Kevin to Buzz in Emphatic no 12. Phyllo, alt. sp. 13. Chicken of the sea? 14. a.k.a. papaya 15. Biblical firstborn 16. Aquarium show star 17. Type of squash

18. \*Ĺike George Bailey's life 20. Struggle for air 21. Aggregate 22. Gangster's gun 23. \*Mount Crumpit's misanthrope 26. They refuse to believe

Howard, directed a movie about #23 Across 31. High regard 34. Like dental exam 35. Bullying, e.g. 37. Popular deciduous tree 38. Kaa of "The Jungle Book"

40. \*Like characters in Will Ferrell's famous Christmas movie 42. Use a Singer 43. Continuing forever 45. Wonder Woman's ability to fly, e.g.

47. Galley propeller 48. Type of consonant 50. Corner chess piece 52. \*Nicolas Cage<sup>i</sup>s character gets a glimpse of a different life (2 words)

56. Like famous Moulin 57. Computer image 58. French money 59. Alleviated

60. Target of a joke 61. Iditarod ride 62. \*Nick Claus' brother, a repossession

# DOWN

1. Not many (2 words) 2. Japanese soup 3. Architectural drawing 4. Sudan, in French 5. Rides the wave

6. Ear bone, a.k.a. anvil 7. Jezebel's idol 8. \*Griswold family's pastime 9. Epic poem

10. Waterproof canvas 11. Part of B.Y.O. 13. Synagogue scrolls 14. Like a Druid Master of ceremonies

22. Engagement symbol 23. Prepare carrots, sometimes 24. R2-D2, e.g. 25. Accustom 26. Bruce Willis' ex

27. Use the blunt pencil tip 28. Autumn laborer 29. Lots and lots 32. Regale with a tale, e.g. 33. \*Human from North Pole comes to

36. \*Bill Murray movie, inspired by Charles Dickens 38. Water-covered sandbank

40. Corncob 41. Orthopedic device 44. In the buff 46. Dryest, as in humor 48. Vacuum, pl

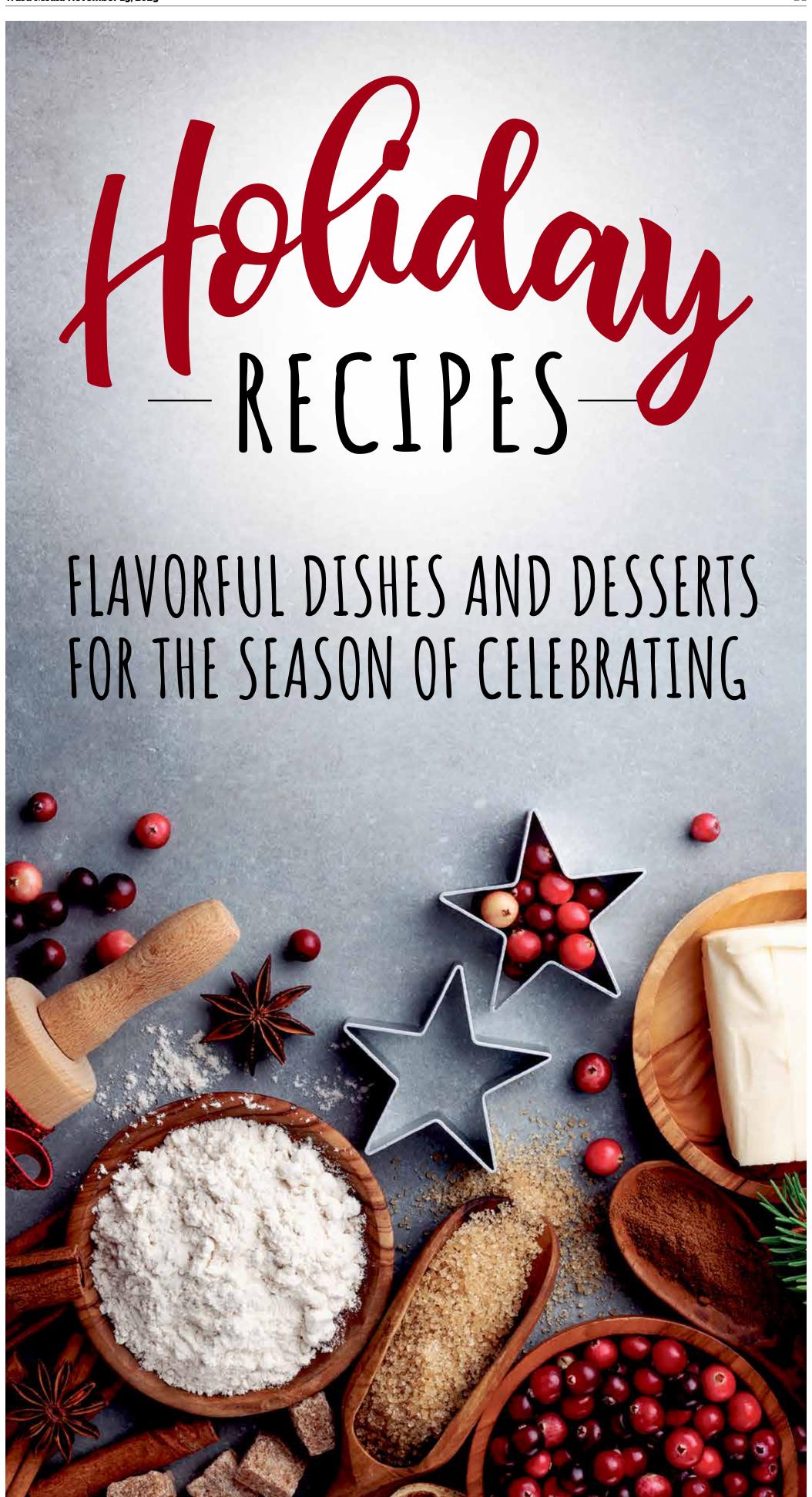
49. Be theatrical 50. Katy Perry's 2013 hit 51. Yorkshire river 52. Trivial lies

53. Drug smuggler 54. Pi times square of radius 55. Show of agreement, pl.



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.

Ward Media November 15, 2023



# RECIPES:

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





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# Dig into a sweet and traditional noodle dish

hen 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.

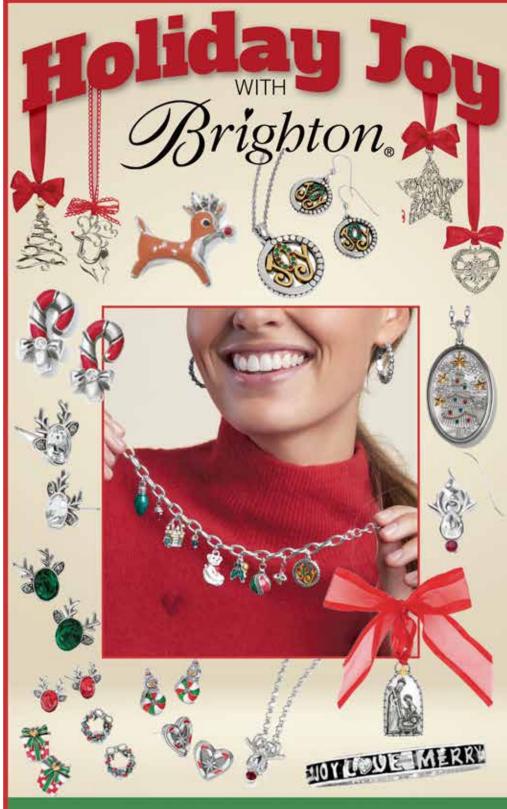
# RECIPE:

## **Noodle Kugel**

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

#### **Topping**

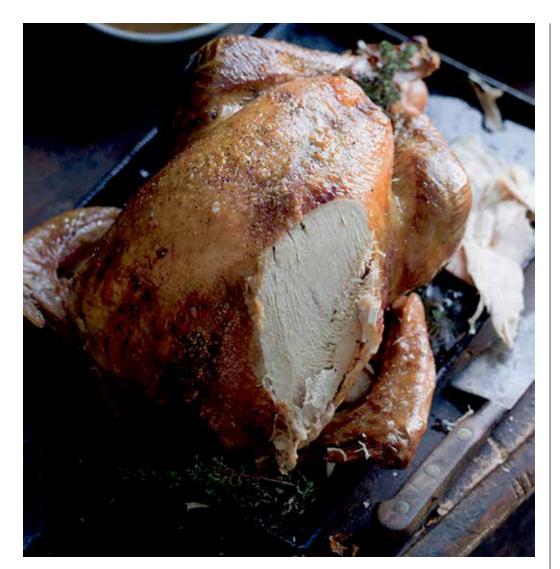
- 34 cup cinnamon graham cracker crumbs (about 4 whole crackers) · 3 tablespoons butter, melted
- 1. Cook noodles according to package directions; drain. Toss with butter; set aside. In a large bowl, beat the eggs, sugar, sour cream and cottage cheese until well blended. Stir in noodles.
- 2. Transfer 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



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# Simplify your feast by slow cooking your Thanksgiving turkey

ood 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

# 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

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) creamor 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 for a few minutes to dry them 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

- Holiday RECIPES

/ wanzaa 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
- 11/2 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

- 11/4 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 21/2 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



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
- 11/4 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
- 11/2 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
- 11/2 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!



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

illions 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 afficionados 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.

each pumpkin into sixths. Scrape

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

Remove from the oven and,

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

will depend on how watery the

**Chantilly Cream** 

1 cup heavy whipping cream

1/2 teaspoon vanilla extract

1 tablespoon granulated sugar

Put the cream, vanilla and sugar

Makes about 21/4 cups

frequently, until thick. The timing

Let cool, cover and refrigerate

when cool enough to handle,

with a fork, about 1 hour and 10

minutes.

purée is.

until using.

out the seeds and any stringy pulp.

# Doughnuts make a great Chanukah treat

hanukah 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:

#### **Pumpkin Pie**

Serves 8

- 3 large eggs
- 1/2 cup firmly packed light brown sugar
- 1/2 cup dark corn syrup
- 11/2 cups heavy whipping cream
- 11/2 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 91/2-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** 

• 21/2 pounds sugar pumpkins

Preheat the oven to 325 F. Cut

Makes 21/2 cups

• 1/4 cup water

Cover gerate until

Chef's tip: You

can whip the

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.

and refriserving.

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.

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# RECIPE:

## **Raspberry Jam Doughnuts**



Makes 20

- 130 ml whole milk
- 1 vanilla pod, split lengthwise
- 500 grams strong white bread
- 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.





# A version of gingerbread with historical roots



ingerbread 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'epices," 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.

# **Gingerbread**

Makes 20 to 25 1-inch pieces

- 12 to 14 slices (238 a) 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. C mmercially 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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