



Cashmere Valley Record

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Christmas in Cashmere event this Saturday

By QUINN PROPST
Ward Media Staff Reporter

CASHMERE - Cashmere will usher in the holiday season with its annual Christmas in Cashmere event on Saturday, Dec. 2 from 10 a.m. to 4 p.m. in the downtown area.

Every year, Christmas in Cashmere is celebrated on the first Saturday in December.

"It's a great family fun event," said JoAnne Prusa, a Cashmere Chamber volunteer and board member.

"It'll be walking together, enjoying

some crafts and food, and getting some special deals," she said. "It's a Cashmere kind of event because it is geared towards families and family-friendly events with using the whole community, stores and groups to come together to celebrate."

There will be a variety of craft vendors at the Henry's Building or the cider and beer garden on the street as well as complimentary warm beverages and kid's crafts.

"The more fun stuff is that at 11 o'clock, Santa is going to come down through the streets and the

neighborhoods on the antique fire truck and just wave to kids and families," Prusa said. "And then he's going back at noon to sit at Martin's Market and greet the children there."

At Martin's IGA Market, there will be photo backdrops to take family Christmas pictures, and visitors can take pictures with the Coca-Cola Polar Bear or Buddy the Elf.

Down the block, the library is sponsoring a used book sale and will have a craft table. On Railroad Avenue, a new Cashmere business, Dispatch Mailroom, will offer a mobile bookstore

and a Santa Letter mailing station.

Since it is the season of giving, people are encouraged to bring donations for the food bank.

"We're having a giving tree for the food bank, and people can bring non-perishable foods," said Prusa.

A local nonprofit, Happy Letters will have a table set up for people to make and send Happy Letters.

"Happy letters, which is kids drawing messages of what makes them happy, and then these letters are sent to hospitals or nursing homes or wherever they might bring a smile to

somebody's face," Prusa said.

Kiwanis will be serving hot chocolate. Fire pits along the street will offer shoppers a chance to warm up. There may be carolers serenading shoppers as well, Prusa said.

Event organizers hope that people will bring their whole family and spend the day in Cashmere enjoying the festive atmosphere and ushering in the sights and sounds of the Christmas season.

Quinn Propst: 509-731-3590 or quinn@ward.media

Spreading happiness, one letter at a time



COURTESY OF P2X STUDIO

Traci Pierson started Happy Letters at her preschool to teach kids about kindness and ways of giving back to the community.



COURTESY OF P2X STUDIO

Kids and adults alike create Happy Letters as a way to show kindness and appreciation for people who may be going through a hard time and could use an uplifting note or picture that helps them know someone cares about them.

By QUINN PROPST
Ward Media Staff Reporter

CASHMERE - Happy Letters is a local nonprofit organization focused on spreading happiness and kindness to those who need it most.

Traci Pierson first began Happy Letters in 2015 at her preschool and childcare center Traci and Friends in Cashmere. She was looking for ways to teach the kids about the importance of spreading kindness and giving back.

But the seeds for Happy Letters had been planted many years before.

"I think what inspired me is my mom because she battled cancer for nine years, and in those nine years I owned a preschool, so in those nine years, we would send different letters to my mom at different times," Pierson said. "And it just made her day."

"We would do daily journals in our

preschool class, and we would get to see these beautiful drawings that the kids would make, and the kids were so excited to show us the drawings or give the drawings to someone," she said.

"So that's when I thought, okay, I've seen the letters in action because of my mom," she said. "But then I'm watching these kids and seeing how excited they get about giving back to people with something that they're so proud of making. So that's when we came up with the idea. Let's do Happy Letters. And we started Happy Letters, and it's grown."

The children made letters for veterans, people in retirement homes, and cancer patients. They also sent letters as thank yous to people in the community, such as police officers, nurses, doctors, first responders, and postal employees.

In 2021, Pierson retired but saw the importance of keeping the letters

going. So her husband helped her file the paperwork to make Happy Letters an official nonprofit.

"It's important to me because I have seen firsthand the excitement and love that kids put into making happy letters," Pierson said. "They know that what they're drawing is going to make someone smile. It's going to make someone's day. And I just wanted to keep that going because I saw firsthand the difference it made in the kids."

She has also seen the difference it makes for the people who receive the letters. People have emailed and called to let her know how much they mean to them.

Barb Parker and Pierson had been friends for years, and she was aware of Happy Letters but was not involved. That all changed about a year ago when she was diagnosed with cancer

See LETTERS Page B4



COURTESY OF TRACI PIERSON

Avyia Garcia displays some of her Happy Letters creations. Garcia has made a lot of Happy Letters to share with others.

Inside The Record this Week

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www.cashmerevalleyrecord.com

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Letters policy

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

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

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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!

5 THINGS TO DO THIS WEEK

Winter Reading Program

The Cashmere Library's Winter Reading Program starts on Friday, Dec. 1, and runs through Jan. 31, 2024.

"Winter is the time to read," the event page states. "Sign up for the Winter Reading Program to encourage reading in your family or in your own routine. Make a goal and go for it. I bet you will surprise yourself."

Friends of the Library BIG Book Sale & Ornament Craft Day

The Cashmere Library will host the Friends of the Library Big Book Sale and Ornament Craft Day on Saturday, Dec. 2, from 10 a.m. to 2 p.m.

"Come make a fun ornament and find some hidden treasures in the Friends of

the Library Big Book Sale," the event page states. "Books are sold by donation, and the ornament craft is free. All proceeds from the book sale go to help fund Library programs. All are welcome."

For more information, visit nculibraries.org.

Christmas in Cashmere

The Cashmere Chamber of Commerce will host the annual Christmas in Cashmere on Saturday, Dec. 2, from 10 a.m. to 4 p.m.

"Enjoy a variety of craft vendors at the Henry's Building or the cider/beer garden on the street as well as complimentary warm beverages and kid's crafts," the event page states. "Santa will be driven through downtown and local neighborhoods on

the antique fire truck before settling in at Martin's IGA Market to visit with kids. Bring the whole family and spend the day in Cashmere."

Pop-in Adult/Teen Holiday DIY Ornament Craft

The Cashmere Library will host a Pop-in Adult/Teen Holiday DIY Ornament Craft time on Tuesday, Dec. 5, from 2 - 5 p.m.

"We have some extra ornaments that need a little decorating," the event page states. "Pop-in to make one and take it home. While supplies last. Glass ornament and craft supplies provided free."

For more information, visit nculibraries.org.

Holiday House creations

The Cashmere Library will host an afternoon of Holiday House Building on Wednesday, Dec. 6, from 3:30 p.m. to 5 p.m.

"Sign up online for an afternoon of festive fun creating a unique holiday house out of graham crackers and assorted candy," the event page states.

For more information and to sign up, visit nculibraries.org.

Music Theatre of Wenatchee to open comedic retelling of a Christmas classic

By **KATIE LINDERT**

Ward Media Staff Reporter

WENATCHEE – Music Theatre of Wenatchee's cast of A Twisted Christmas Carol has been busily preparing since September to bring audience members this delightful Texas-inspired spoof on Charles Dickens's classic holiday tale. Music Theatre of Wenatchee (MTW) is a non-profit community theater that relies upon talented volunteers to spearhead all aspects of production. On their website, they state, "Our goal is to provide quality entertainment and the chance for community members to share talents, make new friends, learn new skills, and enjoy the excitement that live theatre offers." Additionally, in support of local students, they provide scholarships yearly to graduating seniors.

Written by Phil Olson, produced by Marie Scanlon, and directed by Cynthia Brown, this comedy tells the tale of a character named Buford, a Christmas Scrooge whose former partner comes to haunt

him. This show is said to bring audiences a lighthearted holiday experience, lots of laughs, and the Christmas spirit.

This madcap tale of holiday haunts is put on by a cast of only five characters: Darla Johnson, played by Sarah Fitzgerald; Buford Johnson, played by Clint Barke; Daisy Newsom, played by Libbie Poirier; Bubba Pickford, played by Caleb Seims; and Hank Walker, played by Mike Mattocks.

To catch the next MTW show after A Twisted Christmas Carol, audiences can enjoy An Inspector Calls by J.B. Priestley and Directed by Terry Sloan, Jan. 25-27 and February 1-3.

Their annual 2024 Apple Blossom Musical will be Grease, presented in partnership with the Numerica Performing Arts Center. Auditions for this are open to the community and will be held in Jan. 2024.

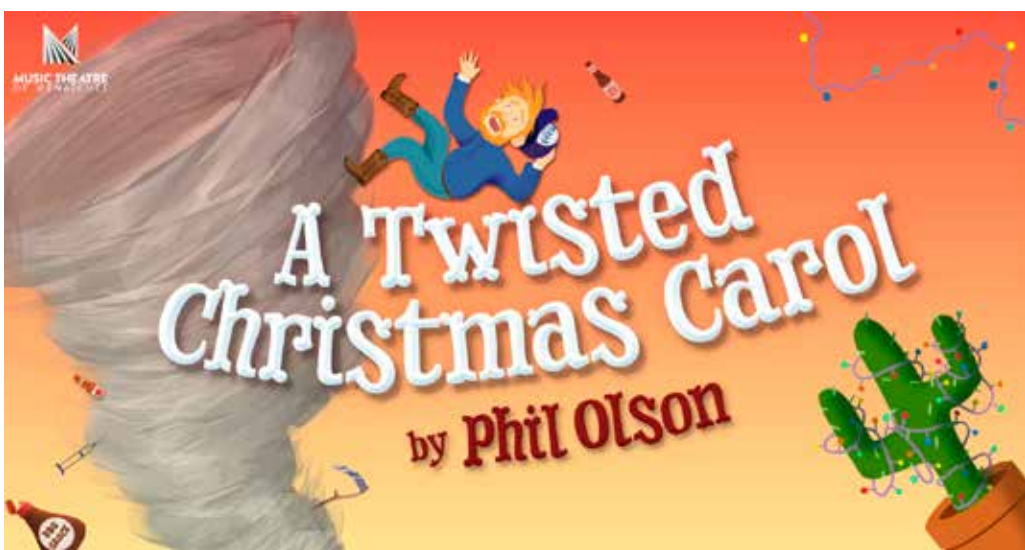
MTW puts on a minimum of three shows annually in the fall and winter and a special Apple Blossom Musical in Spring. They intend in their 2024 season to have a director

showcase of The Laramie Project in June, A Little Night Music in Fall, and likely another holiday show that has yet to be determined.

Music Theatre of Wenatchee welcomes anyone to become an MTW member for as little as \$25 a year. Membership fees include many perks such as discounted tickets, early notice of ticket sales, and a dedicated champagne reception on member's nights. Interested parties may sign up on their website at <https://mtow.org/mtw/membership>.

Performances for MTW's A Twisted Christmas Carol will open on Thursday, Nov. 30, at the Riverside Playhouse located at 233 B N. Wenatchee Ave, Wenatchee, WA 98801. Additional performance dates are Dec. 1-2, 7-9, and 14-16 at 7:30 p.m., with matinees on Dec. 2 and 9 at 2:00 p.m. Tickets may be obtained at the Numerica Performing Arts box office online by visiting www.numericapac.org, or by calling (509) 663-ARTS.

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



COURTESY OF MUSIC THEATRE OF WENATCHEE

Official play poster for this beloved Christmas comedy featuring regional talents

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Chelan County Sheriff's Report



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

November 17

15:11 Injury Accident, US Hwy. 2 and Easy St., Monitor
16:56 Trespassing, 5200 block Sunset Hwy.
18:14 Non-injury Accident, Woodring St. and Cottage Ave.

Monitor
06:17 911-hangup call, Monitor
11:12 Agency Assist, 5710 Goodwin Rd.
18:32 Civil Dispute, 3850 Iroquois Ln., Monitor
20:21 Diversion, 8115 Depot Rd., Dryden
22:41 Suicide Threat, 103 Dual Peaks Ln.

November 18

02:12 Suspicious Circumstance, 280 Lure Ln., Monitor
17:24 Trespassing, 206 Washington St.

November 20

00:03 DUI, US Hwy. 2 MP 114 eastbound, Monitor
07:26 Disturbance, 603 Cottlets Way, Aut-To Mocha
08:09 Theft, 5607 Sunset Hwy.
09:44 Parking/ Abandoned Vehicle, 314 Woodring St.
11:56 Harassment/ Threat, 917 Pioneer Ave.
17:53 Welfare Check, 8000 Kinney Rd., Dryden

November 19

00:13 Suspicious Circumstance, 213 S. Division St.
01:06 Juvenile Problem, 105 Evergreen Dr.
01:47 Suspicious Circumstance, 4841 Mission Creek Rd.
01:55 Public Assist, 7832 Smith Rd., Dryden
02:24 Unknown-injury Accident, US Hwy. 2 MP 115.

November 21

08:51 Welfare Check, 423

See SHERIFF Page A3

SMITHSON INSURANCE SERVICES Information You Can Rely On!
Kathy Z. Smithson
720 Valley Mall Pkway, East Wenatchee

Merry Christmas to All
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Cashmere

Cashmere Library launches winter reading program

Embrace the cozy joys of winter with the commencement of the Winter Reading Program

at the Cashmere Library. Starting on Friday, December 1, and extending until January 31, 2024, this program aims to ignite the love for reading during the colder months. Winter, often synonymous with huddling up with a good book, provides the perfect

backdrop for this initiative. Whether it's fostering a family reading routine or setting personal goals, the Winter Reading Program encourages participants to immerse themselves in the world of literature.

"Winter is the time to read," expressed the library staff, encouraging individuals to sign up and embark on their reading journey. Setting goals and diving into books can often lead to surprising and delightful discoveries, sparking newfound interests and passions.

The program invites everyone to participate, inviting them to explore the vast and captivating world of books. Embrace the season of reading by joining the Winter Reading Program at Cashmere Library and unlock the joys of literature.

Cashmere Library hosts pop-up button making craft event

Get ready for a creative afternoon as the Cashmere Library prepares to host a special pop-up button-making craft event on Friday, December 8, from 3:30 to 5 p.m. This engaging activity will take place in the library's spacious great room.

Unleash your artistic side and join in the fun of crafting personalized buttons to take home. The pop-up button factory promises an afternoon filled with creativity and camaraderie. Participants are encouraged to design buttons for themselves and to share with others, with each creation bearing its unique charm.

All necessary supplies will be provided, ensuring an enjoyable experience for attendees of all ages, from elementary school students to adults. Whether you're a seasoned crafter or trying your hand at button-making for the first time, everyone is welcome to participate in this exciting event.

Don't miss this opportunity to express your creativity and make unique buttons at the Cashmere Library's pop-up crafting session.

Leavenworth

Skiing: then, now and beyond

Join the Wenatchee River Institute, A Book for all Seasons, Greater Leavenworth Museum, and the Northwest Ski Museum for a special Red Barn event as they host Lowell Skoog, author of *Written in the Snows*, and Michael 'Bird' Shaffer, for an evening of Northwest ski culture from past to present. Copies of Lowell Skoog's book will be available for purchase at the event.

On Wednesday, Dec. 13, the doors open at 6:30 p.m. for a community social with beer and wine available for purchase. The presentation will start at 7 p.m.

The event is free with a donation basket at the door. This hybrid event is offered in person or on WRI's YouTube channel.

Michael Shaffer goes by 'Bird'. Among other talents, Bird is a speed flyer and an extreme skier. He embodies the unbridled joy and freedom of powder skiing and lives by the motto of "full wingspan." Raised off the grid in the Pacific NW and seen frequently in Chamonix, France, he is truly a magnetic presence in the skiing world. Michael Bird Shaffer is the authentic soul spreading the love of flight and free skiing to all.

As a skier, climber, writer, and photographer, Lowell Skoog has been a keen observer of Northwest mountaineering since the 1970s. He is the creator of the *Alpenglow Gallery* and founder of the *Northwest Mountaineering Journal*, websites that celebrate local mountain culture, and he was a key member of the team that launched the Washington State Ski and Snowboard Museum. Skoog is the chairman of the Mountaineers History and Library committee. He lives in Seattle.

Skoog shares a definitive and visually rich history of Northwest ski culture over the past century, from stirring and colorful stories of wilderness exploration to the evolution of gear and technique. He traces the development of skiing in Washington from the late 1800s to the present, covering the beginning of ski resorts and competitions, the importance of wild places in the Cascades and Olympic mountains, and the friluftsliv, or open-air living spirit, of backcountry skiing. Skoog addresses how larger social trends, including immigration, the Great Depression, war, economic growth, conservation, and the media have shaped skiing. In turn, Northwest skiers have affected their regions in ways that have transcended the sport, producing local legends like Milnor Roberts, Olga Bolstad, Hans Otto Giese, Bill Maxwell, and more. While weaving his own impressions and experiences into the larger history, Skoog shows that skiing is far more than mere sport or recreation.

It's time for the annual Christmas bird count

Calling all birders. It's the most wonderful time of the year – it's time for the annual Leavenworth Christmas Bird Count on Tuesday, Dec. 19, at 8 a.m. The Christmas Bird Count (or CBC) is a nationwide community science effort to count birds. Organized by the National Audubon Society, these counts have been going on for over 120 years. This year, Wenatchee River Institute is proud to take the lead in organizing the 2024 Leavenworth CBC. Volunteers will team up to cover an area 15 miles in diameter around town. There are plenty of routes to cover and lots of space for volunteer leaders or beginning birders alike to join in. Birders of all persuasions, whether that be hikers, carriers, or at-home feeder watchers, are encouraged to participate in this amazing community science opportunity. If you are interested in volunteering, email Tucker at tjonas@wenatcheeriverinstitute.org or visit our website www.wenatcheeriverinstitute.com.

Leavenworth Friends of the Library hosts holiday celebration

The Leavenworth Friends of the Library is set to host its annual Holiday Party, bringing joy and excitement to the community on Wednesday, Dec. 6, from 6:30 to 7:30 p.m. The event will take place in the main area of the Leavenworth Library.

This anticipated gathering promises a delightful evening for families and kids of all ages. Attendees can look forward to a range of activities, including crafts, snacks, a photo booth, and plenty of fun-filled moments. Every family attending will receive a free book as a token of celebration, available while supplies last.

The Holiday Party, an event

brought to the community by the Leavenworth Friends of the Library, aims to foster a joyous atmosphere and a love for literature during the holiday season. All are warmly invited to join in the merriment and create lasting memories.

Festive Christmas party

The annual Christmas celebration hosted by the Leavenworth Women's Exchange promises an afternoon of festive cheer and camaraderie. Scheduled for Wednesday, Dec. 13, at the picturesque Icicle Village Resort (505 Highway 2, Leavenworth, WA), the event

will kick off at 11:30 a.m. Attendees can anticipate a delectable buffet lunch priced at \$35.00 per person, accompanied by a lively gift exchange. Each participant is encouraged to bring a small gift within a \$15.00 limit to join in the exchange.

Claire Burlingame, the point of contact for reservations and information, can be reached at 509-548-7142. Reservations should be secured by Thursday, Dec. 7.

The event organizers extend a warm invitation to bring along friends for an afternoon filled with delicious food, social mingling, and the much-anticipated gift exchange.

Community Calendar

Wednesday

- Cashmere Rotary Club**, meets at Cashmere Presbyterian Church hall, noon. President Mark Shorb. 509-885-0676.
- Mission Creek Community Club**, meets every month, 7 p.m. (1st and 3rd Wed.).
- Cashmere Food Bank**, open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464
- Ukulele Circle**, Join the Ukulele Circle, 5:30 - 6:30 p.m. every Wednesday, at the Peshastin Library. Please come 15 minutes early to tune and get the sheet music.

Thursday

- Caregiver Support Group**, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
- Cashmere Sportsman Assoc., (Cashmere Gun Club)**, open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.
- Cashmere American Legion Post #64**, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August - June).
- Cashmere American Legion Auxiliary #64**, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August - June).

Sunday

- CHURCH:** See the church page for local service times and events.
- Cashmere Farmers Market** 600 Cottleys Way, 9 a.m.-1 p.m.

Monday

- Cashmere Wacoka Kiwanis Club**, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)
- Tillicum Riders**, 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)
- Cashmere City Council**, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
- Planning Committee Meeting**, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
- Cashmere Fire Department**, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
- Cashmere Fire Department**, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
- Cashmere School Board Work Session**, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
- Cashmere School Regular Board Meetings**, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
- Chelan Douglas Republican Women**, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

- Icicle & Peshastin Irrigation Districts**, Current meeting time 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.lipid@nwi.net (2nd Tues.)
- Peshastin Water District**, meets at 4:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)
- Cashmere Chamber of Commerce**, Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)
- The Chelan County Cemetery District #2**, (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

- Cashmere Public Library:** 509-782-3314
- You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).**
- Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat. 10-2. Closed Sun.** 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org
- Cashmere Museum and Pioneer Village** Call for more information 509-782-3230
- Chelan County Historical Society Board meets, 7 p.m.,** Cashmere Museum, 600 Cottleys Way. Call Nicky 509-782-3230. (3rd Thurs.)
- Note:** Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Sheriff

Continued from page A2

- Elberta Ave.
- 17:24 Trespassing, 4900 Nahahum Canyon Rd.
- 18:06 Traffic Offense, 5257 N. Cashmere Rd.
- 18:43 Drugs, 211 River St.
- 23:05 Domestic Disturbance, 4902 Nahahum Canyon Rd.

November 22

- 09:49 Alarm, 109 Railroad Ave.
- 11:48 Domestic Disturbance, 5710 Goodwin Rd.
- 12:07 Unknown-injury Accident, Mission Creek Rd. MP 3
- 13:16 Alarm, 5431 Sunset Hwy.
- 14:18 Stolen Recreational Vehicle, 8445 Main St., Dryden
- 17:20 Attempt to Locate, 108 1/2 Cottage Ave., Club Crow
- 21:23 Domestic Disturbance, 19 Lure Ln., Monitor

November 23

- 11:07 Public Assist, 8859 Josephine Ave., Dryden
- 11:45 Non-injury Accident, 6600 block Stine Hill Rd.
- 18:20 Disturbance, 100 block Cottage Ave.



We Hope your Christmas is Trimmed With Every Happiness.

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Cashmere

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Sports Schedule

GIRLS BASKETBALL	
Dec. 1:	Cashmere vs. Tonasket, Away at 6 p.m.
Dec. 2:	Cashmere vs. Sultan, Home at 3:30 p.m.
Dec. 5:	Cashmere vs. Omak, Away at 5:45 p.m.
BOYS BASKETBALL	
Dec. 1:	Cashmere vs. Tonasket, Away at 7:30 p.m.
Dec. 2:	Cashmere vs. Sultan, Home at 5 p.m.
Dec. 5:	Cashmere vs. Omak, Away at 7:15 p.m.
GIRLS WRESTLING	
Nov. 30:	Cashmere vs. Ephrata, Home at 6 p.m.
Dec. 2:	Eastmont Meet, Away at 9 a.m.
BOYS WRESTLING	
Nov. 30:	Cashmere vs. Ephrata, Home at 6 p.m.
Dec. 2:	Deer Park Meet, Away at 8 a.m.

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Oliver Sasseen, 5th grade

Mason Bjorklund, 6th grade

Alejandro Mora-Ochoa, 7th grade

Oscar Green, 8th grade

Alejandro Mora-Ochoa, Tech Stars

Cody Dahl, Academy Stars

Matthew Cornelio-Marron, Estrella Espanola

Harrison Smith, Estrella Espanola

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Four Stroke Spaghetti

Spent the morning with my son trying to learn about timing chains on a dual overhead cam... I know, right? What are these words? I'm listening as the megabytes (well more like kilobytes) in my brain fill up with anxiety because I simply don't understand what he's talking about. How do I say, 'you are speaking a language I don't understand' and still maintain my motherly superiority? I kept quiet. Next came a question as to why are engines called four stroke "Because there's four sets of pistons?" I said, I could tell by the look on his face I was wrong... I felt sheepishly stupid; motherly superiority went out the window as I looked my son in the eye and could no longer lie by omission. Now he knew just how little I know about one of the most important things in his universe; engines.

Then a wonderful thing happened. We went to lunch and as I twirled spaghetti onto

my fork I asked, "Why are engines called 'four-stroke'?" Realizing I wasn't trying to appease him; that I honestly wanted to know; he started to translate 'engine' into English for me. He didn't roll his eyes or purse his lips to imply I was stupid. He didn't harrumph, change the subject and ignore my question implying I wasn't worth teaching because, like a dinosaur, I'm too old to even begin to understand four stroke engines. Instead, he put his fork down and took the time to illustrate in a way I could understand then he waited for me to catch on.

Using his fist and forearm he explained the up and down motion of a four-stroke engine's piston. He said, "every up or down motion of a piston is called a stroke." Holding his fist up in the air above his head he said, "Starting at the top the piston sucks in air and fuel on the first stroke heading downward," his elbow

fell to his side lowering his fist, "when it reaches the bottom, that's the first stroke. Now for the second stroke," he raised his fist to his shoulder, "It compresses the air and fuel as the piston moves upward." His fist raised once again above his head, "just past the top of the second stroke a spark is delivered to the piston and combustion happens. Combustion is an explosion. The explosion causes the third stroke, the power stroke, forcing the piston down." He pulled his elbow to his side again, lowering his fist. "The fourth and last stroke pushes the used-up air and fuel, now burned gas, out as exhaust." He once again raised his fist over his head, "then the whole process starts all over again."

"Oh," I said, my fork full of spaghetti "So that's what four-stroke means!"

He nodded with a smile and reached for a bread roll. I figure I must have done something right when my son can teach me without rolling his eyes causing me to feel dinosauric.

The Recipe

- 1 cube butter (1/4 pound) divided
 - 4 cloves raw garlic, minced
 - 4 to 8 shakes dehydrated hot pepper
 - 1/2 16 oz box or package of pasta
- Add two Tablespoons butter and the minced garlic to a small sauce pan. Bring to a simmer over medium heat then let the butter and garlic simmer for 2 to 3 minutes to infuse the butter with garlic flavor. If the bottom of the pan starts to stick it is time

to remove the pan from the burner. Add the hot pepper shakes to the melted butter, give a quick stir then add the rest of the butter. Even off the burner the pan will remain hot and it will melt the added butter. Mix well then pour into a 1/2 pint mason jar stirring as the butter cools so the particles of garlic and pepper will be evenly distributed throughout the butter once it solidifies.

Boil the pasta; drain it, reserving 1/4 cup pasta water. Add the butter mixture to the

pasta with the 1/4 cup hot water; toss like a salad. Serve with hot bread and a side of bean soup.

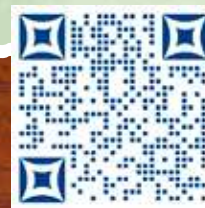
Notes: I like to use habanero powder for my pepper shakes but any chili pepper will do, even paprika if heat isn't called for. Chile flakes work well and simple fresh ground black pepper is delicious too. A freshly fried over easy egg laid over a single serving of this spaghetti? Let that over easy yolk mingle with the herb butter? Yum!

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes.

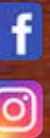


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cashmerecommunitychurch@gmail.com

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Opinion

Cultivating success through guidance and investment

In the journey of life, there's an invaluable asset that often goes uncelebrated yet profoundly shapes destinies - mentorship. It's the beacon that illuminates the path to growth, both personally and professionally. As we navigate through the labyrinth of our ambitions and aspirations, having a mentor serves as a compass guiding us toward success. Simultaneously, being a mentor embodies the act of investing in others, perpetuating a cycle of empowerment and growth that resonates far beyond individual achievements.



From the Publisher

TERRY WARD

nurturing talent. When we invest our time and expertise in others, we foster an ecosystem of growth where each individual's triumph becomes a testament to the power of mentorship.

Crucially, mentorship transcends boundaries - it knows no age, gender, or background. The mentor-mentee relationship thrives on diversity, where different perspectives intertwine to create a mosaic of innovation and progress. Embracing mentorship fosters inclusivity, opening doors for underrepresented voices and nurturing a culture where everyone has the opportunity to thrive.

Mentorship, in essence, is a testament to the human spirit's boundless capacity for learning and teaching. Whether it's a seasoned professional offering insight or a trusted advisor lending an attentive ear, the presence of a mentor provides a reservoir of wisdom and support. It's a relationship rooted in trust, respect, and a shared commitment to personal and professional development.

Consider the transformative power of mentorship in the realm of entrepreneurship. A budding entrepreneur fueled by enthusiasm and ideas faces a myriad of challenges. Here, a mentor's guidance can be the difference between faltering and flourishing. A mentor, drawing from their experiences, offers not just advice but also empathy, instilling confidence and resilience in their mentee to weather the storms of uncertainty.

Conversely, being a mentor is an opportunity to pay it forward, to sow the seeds of success in someone else's journey. It's a chance to contribute to a collective tapestry of achievements by imparting knowledge, providing guidance, and

Investing in others through mentorship isn't just about shaping careers; it's about sculpting futures. It's about fostering a community where the collective success is celebrated, where the achievements of one ripple into the accomplishments of many. It's about creating a legacy woven from the threads of guidance, support, and shared growth.

Let us heed the call to embrace mentorship. Let us seek guidance when needed, and let us extend our hands to guide those in search of direction. In this cycle of learning and teaching, in this exchange of wisdom and empathy, lies the essence of investing in others - a foundation upon which brighter futures are built, one mentorship at a time.

Remember, the journey to success isn't solitary; it's a collaborative endeavor where the footsteps of mentors pave the way for future leaders to follow suit. Embrace mentorship, invest in others, and witness the extraordinary transformations it brings to both mentor and mentee alike.

Viewing marketing as an investment, not a cost

In business, the need for a well-crafted marketing plan cannot be overstated. As a marketing professional, I'm here to advocate not merely for implementing marketing strategies but to underline that marketing isn't an expense; it's a crucial investment in the growth and sustainability of your business. In this article, we'll explore the important role of a well-crafted marketing plan and how it serves as a foundation for sustainable growth and becomes a touchstone as you move through the year.



Ward Media Chief Operating Officer

AMY YALEY

building a brand that resonates in the hearts and minds of your customers.

2. Understand Your Audience:

One-size-fits-all marketing approaches rarely succeed, especially in small businesses serving tight-knit communities. A well-crafted marketing plan involves a deep dive into understanding your target audience. Who are your customers? What are their needs, preferences, and pain points? Armed with this knowledge, you can tailor your marketing efforts to speak directly to the desires and concerns of your community, fostering stronger connections.

3. Set Achievable Goals:

A marketing plan enables you to set clear, achievable goals. These goals should align with your overall business objectives and be measurable. Whether increasing brand awareness, driving website traffic, or boosting sales, setting specific targets allows you to track progress and

See **MARKET** Page **B2**



POINT OF VIEW

2024 Legislative Session Preview

Lawmakers will convene at the State Capitol on Jan. 8 for a 60-day legislative session to update budgets, adjust laws, and more

For legislators, the time of year is quickly approaching to gather in Olympia for the annual process of discussing, debating, and updating state laws. The Washington State Legislature convenes annually each January but alternates between longer sessions of 105 days when first developing the state's two-year budgets and shorter sessions of 60 days in the years it updates those budgets. For the upcoming session, the Legislature will convene on January 8 for 60-days.



SEN. BRAD HAWKINS

and Transportation committees and as the Ranking Member on the Early Learning and K-12 Education Committee.

The "short session" is expected to move quickly. There are plenty of topics to discuss and issues to debate, including whether adjustments can be made to the recently approved Climate Commitment Act and other regulations affecting gas prices and people's increased cost of living. The usual topics of education, energy, and natural resources - among others - will certainly be a big factor as well. Here is a review of each of the budgets to be updated:

Operating Budget (\$69.8 billion for 2023-2025)

The operating budget (\$69.8 billion) funds the day-to-day operations of the state for two years, including early learning, K-12 education, higher education, health and

human services, criminal justice, natural resources, courts, and other areas. Despite the COVID pandemic and national economic uncertainty, state revenues remain somewhat positive, with more dollars flowing into the state than what was projected originally. It remains uncertain how economic factors, such as federal interest rates, gas prices, home values, and past inflation will affect state revenues over the next two and four years.

Some economists have forecasted revenues to flatten over these years. I have concerns about the sustainability of the overall state budget if future revenues flatten or decline. It is my preference that the state set aside more funding in its reserve account to weather any reduced revenue situations. More robust state reserves would help mitigate against any tax increases or spending reductions.

Transportation Budget (\$13.5 billion for 2023-2025)

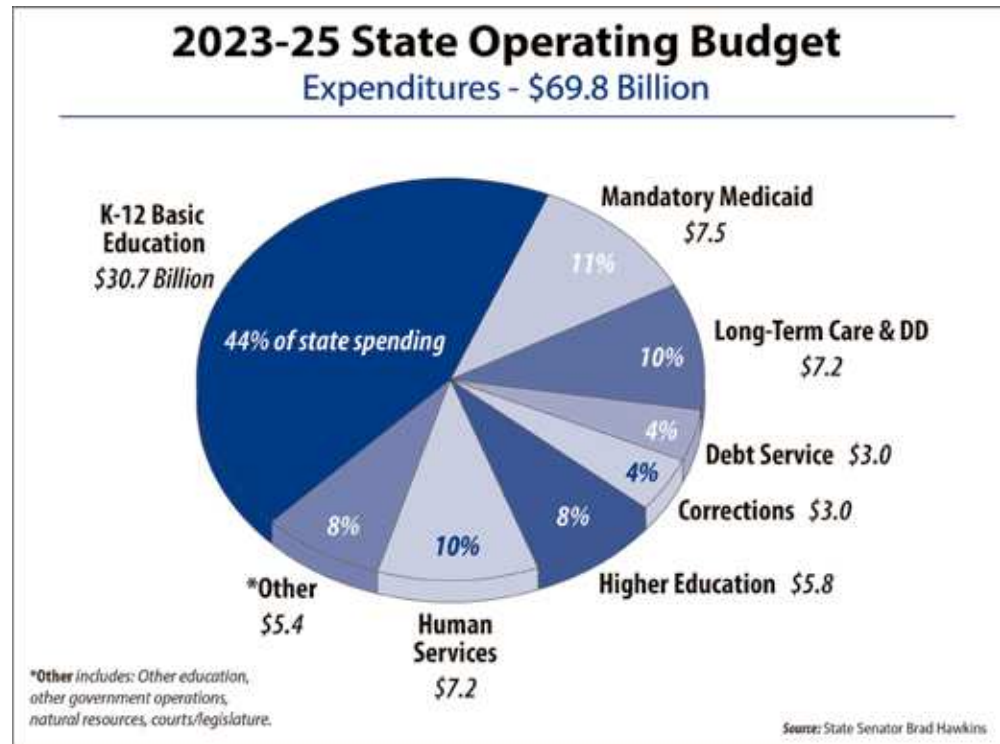
The transportation budget funds the state transportation system, including the maintenance and preservation of roads, bridges, and ferries. This budget also funds the state agencies and commissions that serve our transportation system, including the Washington State Patrol, Department of Licensing, Department of Transportation, Washington Traffic Safety Commission, Transportation Improvement Board, and other entities.

See **HAWKINS** Page **B2**

Following Your Government

Last year, over 2,300 bills were introduced during the Legislative Session but only approximately 400 were ultimately approved. Here are some helpful ways to follow legislative activities:

- **Legislative Hotline:** 1-800-562-6000
- **Television Washington:** tvw.org
- **State Budgets:** fiscal.wa.gov
- **Governor's Website:** governor.wa.gov
- **State Supreme Court:** courts.wa.gov
- **Commerce:** commerce.wa.gov
- **Transportation:** wsdot.wa.gov
- **Children & Families:** dcyf.wa.gov
- **Public Schools:** osp.k12.wa.us
- **Higher Education:** wsac.wa.gov
- **Human Services:** dshs.wa.gov
- **Veterans Affairs:** dva.wa.gov



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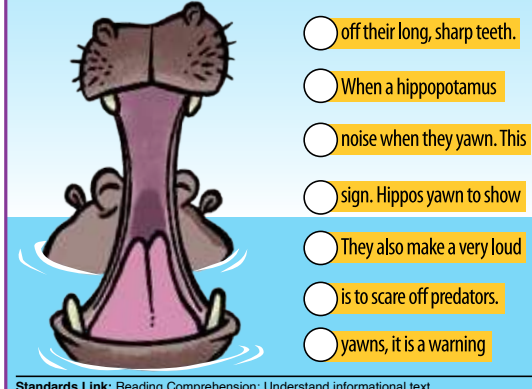
We encourage (1) letter to the editor of 250 words or fewer from readers on subjects of local interest, and (2) "Point of View" guest opinion columns of no more than 550 words that focus on local community lifestyle issues. Letters and guest columns published become the property of Cashmere Valley Record, and it reserves the right to reject, condense or edit for clarity or when information stated as fact cannot be substantiated. Letters published in other newspapers or websites, anonymous letters, letters advocating boycotts, letters to other people, mass mailings and commercial appeals are not published. We will not publish letters that impugn the personal character of private persons or groups of people. Include your name, street address and — for verification purposes — day and evening telephone numbers. Email to letters@ward.media or mail to **Letters, Cashmere Valley Record, 29 S. Wenatchee Ave., Suite A, Wenatchee, WA 98801**



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Kid Scoop Puzzler

Number the paragraph parts in order to reveal facts about hippopotamus yawns.



Standards Link: Reading Comprehension: Understand informational text.



Is it catching?

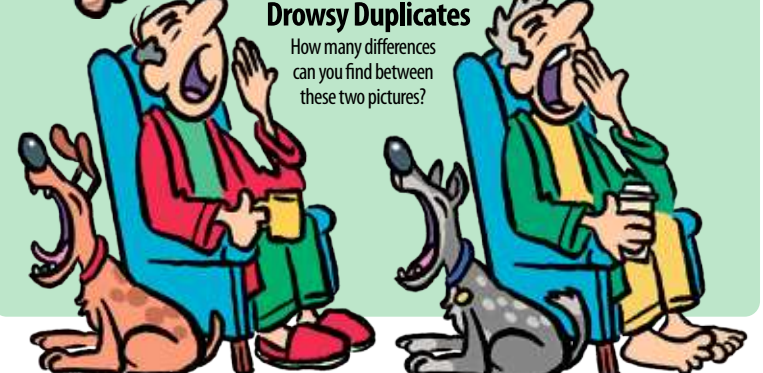
There are ways we can try to avoid catching a cold and the flu, like washing our hands and getting vaccinated. But, there is something you can't stop yourself from catching.

What is it? It's YAWNING!

Give it a try! Start yawning and watch to see if people around you start to yawn. Even reading about yawning can sometimes cause a person to yawn. Are you starting to yawn yet?

Animals Yawn, Too! Many animals also yawn. And some animals "catch" yawning from each other. Some people say when they yawn, their dog will often yawn, too.

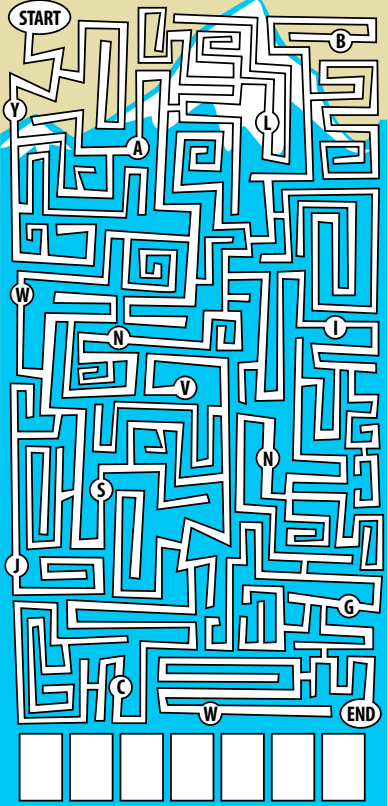
Drowsy Duplicates How many differences can you find between these two pictures?



Popping Ears

If you have traveled into the mountains, or taken an airplane ride you may have noticed your ears feeling plugged up or even hurting. The air pressure in higher altitudes is lower than the air pressure in lower altitudes. When the pressure of the air inside your ears and outside are different, you feel a bit plugged up.

What can help balance the inside and outside pressure? The letters along the correct path reveal the answer.



Double Double Word Search

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

Word search grid with a list of words: AIR, BALANCE, COLD, DOG, DROWSY, EARS, FACTS, FLU, LAST, LOUD, PRESSURE, WINTER, WORDS, YAWN, YEAR.

FROM THE Kid Scoop LESSON LIBRARY

Syllable Search

In a news article, circle all the one syllable words in red, two syllable words in blue, three syllable words in green and four syllable words in orange. Next, create a bar graph showing the number of one, two, three, and four syllable words in the article.

Standards Link: Language Arts: Apply syllabication rules.

Write On! Yawn!

One day, I yawned REALLY big and ... Finish this story.

Kid Scoop Together Proof It

Are you an eagle-eyed reader? Circle the five errors in the article below. Then, rewrite the article correctly on the blank lines.

Do your eyes close when you yawn?

Your eyes will usually close or squint during a yawn. The bigger the yawn, the more tightly your eyes squeeze closed.

By forcing your eyes to stay open, you can actually stop or slow down a yawns.

Scientists think closing the eyes helps the muscles in your face to relax, making it possible to yawn bigger.

Advertisement for Kid Scoop Teacher Activity Pack, featuring a 'FREE DOWNLOAD' and 'Kid Scoop' logo.

Amazing Facts About Yawns

Interactive facts section with a 'SECRET CODE' (26=A, 13=N, 25=B, 12=O, etc.), a yawn illustration, and a question: 'What time of year do people yawn the most?' with a number line.

Market Continued from page B1

adjust strategies accordingly. 4. Set a Smart Budget: Contrary to common belief, marketing doesn't have to be a bottomless pit for your finances.

marketing doesn't have to be a bottomless pit for your finances. A well-structured marketing plan helps you allocate your resources efficiently. You can optimize your marketing spend by

understanding and identifying effective channels for reaching your audience and prioritizing initiatives. This not only safeguards your budget but maximizes the impact of your marketing efforts.

5. Adapt to Change: A good marketing plan is not a static document but a dynamic roadmap that can adapt to changes in your industry, market trends, and customer behavior. Regularly

revisiting and updating your plan ensures that your business stays relevant and resilient in the face of challenges. A well-thought-out marketing plan is a blueprint

for success, guiding your business toward sustained growth and profitability. It's time to recognize that every dollar spent on marketing is an investment in the future of your business.

Hawkins Continued from page B1

The budget also funds previously approved road projects based on their construction schedules. During the 2022 session, the Legislature approved a new 16-year, \$16.9 billion "Move Ahead Washington" transportation package, primarily for preservation and maintenance of the existing system and to complete large-scale projects. Cost escalations on current transportation projects are causing concerns, so the Legislature may need to make some adjustments to the projects and schedule.

rising costs of current projects. Other Legislative Issues In addition to updating the three budgets, other bills will be debated and approved. These will likely include adjustments to education, energy, agriculture, law and justice, environment, childcare, human services, and healthcare laws. I anticipate the recently approved Climate Commitment Act will be debated and potentially refined, especially given the statewide concerns about rising gas prices.

Is Tylenol dangerous?

Q: I take Tylenol because it doesn't upset my stomach, but my sister-in-law insists that Tylenol is dangerous. Is that true?

Tylenol, also known as acetaminophen, is usually a safe option for aches and fevers. However, if you are not careful, it can cause severe liver damage. Tylenol was first used as a pain reliever in 1893. Due to concerns about liver safety, acetaminophen was used cautiously at first. Eventually, by 1949, it became a popular alternative to aspirin for aches and pains. Today, acetaminophen is the most popular non-prescription painkiller sold in the United States. It is considered a safer medication than ibuprofen or naproxen, which can cause kidney damage. Acetaminophen is a safe analgesic for most people, but in certain situations, it can be hazardous. Your body processes acetaminophen by having your liver change it into one or more compounds called metabolites. These metabolites leave your body through your urine. One metabolite of Tylenol is a dangerous compound that is lethal to liver cells. Luckily, your liver also makes a potent protective molecule called glutathione, designed to neutralize toxic metabolites. It's essential to have enough glutathione available to protect your liver cells from Tylenol's dangerous metabolite. The more acetaminophen you take, the more glutathione you need to stay safe.

The Food and Drug Administration (FDA) recommends healthy adults take no more than 4000mg of acetaminophen daily. That's equivalent to twelve regular-strength acetaminophen pills of 325mg each, eight extra-strength tablets of 500mg each, or six extended-release tablets of 650mg.

of acetaminophen in your medicine cabinet. Common prescription pain medicines like Vicodin or Percocet contain both a potent narcotic pain reliever and acetaminophen. Unfortunately, acetaminophen in prescription medications is easy to overlook. Instead of squeezing the word acetaminophen onto prescription labels, the abbreviation APAP or ACET is used.

Here Are 6 Ways to Keep Your Liver Safe When Taking Tylenol (Acetaminophen): 1. Know your maximum "safe" dose. For healthy adults, taking 4000mg over 24 hours is the maximum recommended dose of Tylenol. Healthy older adults should not take over 3100mg per day. If you have liver disease, ask your doctor if it is safe for you to take ANY acetaminophen. 2. Keep track. To keep within your safe dosing limit, check for the names acetaminophen and paracetamol in the active ingredients of all non-prescription products, food supplements, and herbal remedies. Paracetamol is another name for acetaminophen used in other countries. 3. Take only one at a time. Taking two or more medicines that contain acetaminophen puts you at high risk of getting too much. Beware of adding pain medicine prescriptions to cough and cold remedies. Look for the abbreviation APAP or ACET on the label of your prescription bottles, or ask your pharmacist if any of your prescriptions contain acetaminophen.



4. Avoid heavy alcohol use. When you drink alcohol, your liver eliminates it by using its precious glutathione. If you have liver disease and drink alcohol, you should avoid taking Tylenol altogether. Ask your doctor about whether acetaminophen is safe for you to take for fever or pain and how much. 5. Avoid acetaminophen when fasting. Nausea, vomiting, and fasting will increase the amount of dangerous metabolite your body generates when taking Tylenol. These toxic byproducts will require more glutathione to keep your liver safe. 6. For hangover symptoms, avoid acetaminophen. Drinking alcohol uses up your glutathione. Combining fasting with heavy alcohol intake will seriously deplete your glutathione levels, putting your liver at risk. For relief of hangover symptoms, taking either ibuprofen or naproxen plus drinking extra fluids is much safer than acetaminophen.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey



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Announcements
General Interest

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Okanogan School District is requesting a proposal from an independent service provider for the following service:
In person mental health care for Okanogan Alternative Schools Students. Such services to be provided at District facilities while students are present and subject to all district rules.
Contact Okanogan Outreach at 1-509-826-7612 or e-mail rojohanson@oksd.wednet.edu for contract terms and detailed scope. Anticipated rate is \$80 per hour with an estimated 10-15 hours per week on a flexible schedule.

Help Wanted



Douglas PUD has an opening for:
Journeyman Mechanic
Details at www.douglaspud.org

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

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Legals
Public Notices

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

The persons named below have been appointed as co-administrators of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the co-administrators or their attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the co-administrators served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: November 15, 2023. JACK N. DAVIS and KATHRYN L. HENDRY, Co-Administrators Attorney for the Co-Administrators: Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111 Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 23-4-00387-04 Published in the Cashmere Valley Record/Leavenworth Echo on November 15, 22, 29, 2023. #6665

Public Notices

IMPORTANT NOTICE
TO: Salvador Mora-Gutierrez a/k/a Salvador Mora Gutierrez, putative father of Ashley Mora Tolentino, female gender, born May 28, 2010, in Berks County, Pennsylvania, and Eileen Mora-Tolentino, female gender, born May 8, 2011, in Berks County, Pennsylvania. The mother of the children is Marina Tolentino-Diego.

A petition has been filed and a hearing has been scheduled to put an end to all rights you have to your children, Ashley Mora Tolentino and Eileen Mora-Tolentino. That hearing will be held in the Courtroom of Judge Patrick T. Barrett, Berks County Courthouse, 633 Court Street, Reading, PA on January 8, 2024, at 9:30 a.m. If you fail to attend the hearing, the hearing will go on without you and the Court may end your rights to your children, Ashley Mora Tolentino and Eileen Mora-Tolentino.

You have the right to be represented at the hearing by a lawyer. You should take this paper to your lawyer at once. If you do not have a lawyer, contact the office set forth below to find out where you can get legal help: Lawyers' Referral Service of Berks County Berks County Bar Association 544 Court Street Reading, PA 19601 Telephone No. 610-375-4591 To obtain a copy of the Petition for Involuntary Termination of Parental Rights prior to the hearing date listed above, or if you have any questions, please contact Berks County Children and Youth Services at: Taylor S. Davis, Esquire Jennifer K. O'Neil, Esquire Attorney for Berks County Children and Youth Services Berks County Services Center 633 Court Street, 11th Floor Reading, Pennsylvania 19601-4323

AVISO IMPORTANTE
PARA: Salvador Mora-Gutierrez a/k/a Salvador Mora Gutierrez, el padre putativo de Ashley Mora Tolentino, genero femenina, nacido el 28 de mayo 2010 en Berks County, Pennsylvania, y Eileen Mora-Tolentino, genero femenina, nacido el 8 de mayo 2011, en Berks County, Pennsylvania. La madre de las niñas es Marina Tolentino-Diego. Se ha presentado una solicitud y se ha programado una audiencia para quitarle los derechos que tiene sobre sus hijas, Ashley Mora Tolentino y Eileen Mora-Tolentino. Esa audiencia se llevará a cabo en la Sala del Tribunal del juez Patrick T. Barrett, Berks County Courthouse (Palacio de Justicia del condado de Berks), 633 Court Street, Reading, PA, el día 8 de enero 2024 a las 9:30 a.m. Si no asiste a la audiencia, esta se llevará a cabo sin su presencia y el Tribunal podrá quitarle los derechos sobre sus hijas, Ashley Mora Tolentino y Eileen Mora-Tolentino.

Tiene derecho a que un abogado la represente en la audiencia. Debe entregarle este papel a su abogado de inmediato. Si no cuenta con un abogado, comuníquese con la oficina que se indica a continuación para saber dónde puede obtener asesoramiento legal: Lawyers' Referral Service of Berks County Berks County Bar Association 544 Court Street Reading, PA 19601 N.o de teléfono: 610-375-4591 Para obtener una copia de la Solicitud de cese involuntario de la patria potestad antes de la fecha de la audiencia antes mencionada, o ante cualquier consulta, comuníquese con los Servicios para Niños y Jóvenes del Condado de Berks: Taylor S. Davis, abogada Jennifer K. O'Neil, abogada Abogado del condado de Berks Children and Youth Services Berks County Services Center 633 Court Street, 11th Floor Reading, Pennsylvania 19601-4323 Published in the Cashmere Valley Record/Leavenworth Echo on November 29, 2023. #6779

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WORD SCRAMBLE
Rearrange the letters to spell something pertaining to technology.

M I R O O T N

--	--	--	--	--	--

Answer: Monitor

CRYPTO FUN
Determine the code to reveal the answer!

Solve the code to discover words related to technology. Each number corresponds to a letter. (Hint: 25 = C)

A. 25 14 15 4 26 7 17 2
Clue: Machine that performs operations

B. 16 17 1 24 25 17
Clue: Gadget

C. 7 17 25 5
Clue: Abbreviation for electronic devices

D. 25 14 15 15 26 22 24 25 12 7 17
Clue: Exchange information or ideas

Answers: A. computer B. device C. tech D. communicate

SUDOKU

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

Level: Advanced

Fun By The Numbers
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:



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Washington Outdoors Report

Christmas shopping for the outdoor enthusiast

By JOHN KRUSE
Special to Ward Media

It's the time of year where retailers are pulling out all the stops to get you into their doors or to their website to spend money this Christmas and there will certainly be some very good deals for outdoors gear at the big box stores like Sportsman's Warehouse, Cabela's, and Bass Pro Shops. However, you may want to consider a different sort of gift for the outdoors enthusiast in your life.

SUPPORT SMALL BUSINESSES: The big box stores may have the doorbuster deals on Black Friday but consider supporting your local retailer on Small Business Saturday and beyond. The holiday retail sales are just as important to them (maybe more so) than they are for the big guys. A few great smaller stores to consider spending your money at this holiday season include:

- Clark's All Sports in Colville
- Mauk's Fishing Stuff in Brewster

- Republic Sports Shop in Republic
- Lake Chelan Sports or Kelly's Ace Hardware in downtown Chelan
- Der Sportsman in Leavenworth
- Hooked on Toys in Wenatchee
- McCredy Company in Goldendale
- Gorge Outfitters Supply in Rufus

GIVE THE GIFT OF PUBLIC LANDS ACCESS: If you have someone in your life who hikes our forests or visits our state parks give them an annual Discover Pass and US Forest Service Recreation Pass.

An annual Discover Pass costs \$35 and allows you vehicle access and parking for the day at all of Washington's State Parks as well as lands owned by the Washington Department of Fish and Wildlife and Department of Natural Resources. The pass can also be used for two different vehicles. Just write down the license plate of each vehicle and remember to put it in the car or truck you are driving when you set out for

the day. The US Forest Service Recreation Pass gives you access to trailheads and other fee access sites administered by the USFS in both Oregon and Washington. The cost for this annual pass is \$30 and it can be purchased at USFS Ranger Stations as well as at many sporting goods stores.

BOOK A STAY AT A NATIONAL PARK IN WASHINGTON: Now is the time to book a hotel, cabin or campsite at a national park next summer. Washington has great lodging at two national parks. At Mount Ranier National Park, you can book a stay at the Paradise Inn, built in 1916 at an elevation of 5420 feet. The inn is open from mid-May thru early October. The prime time to come is during the summer months when the wildflowers are blooming in the meadows around the lodge. Closer to the Nisqually entrance, the National Park Inn at Longmire also offers simple but comfortable rooms as well as a nice restaurant and a sitting area where you can watch the colors of



COURTESY OF NPS

Wildflowers and Mount Rainier

the sunset on the summit of the mountain. The National Park Inn also has a nearby interpretive trail and is open all year. You can book a stay at <https://mtrainierguestservices.com/accommodations/>.

The other national park to book a stay at is Olympic National Park. Like Mount Rainier National Park, there are several campsites to choose from but there are also some very special roofed accommodations too. One of

them is Lake Quinault Lodge. Located in the southern portion of the park on Lake Quinault, this is a grand lodge built in 1926. If you get a chance dine in the Roosevelt Dining Room for a meal and take in the gigantic, old growth trees located near the lodge on interpretive trails. The lodge is open year-round and reservations can be made at www.visitlakequinault.com.

The coast in Olympic National Park is wild, remote and scenic. If you really want

to soak in the salt air stay at Kalaloch Lodge. You can rent a cabin, camp in the campground or get a room at the lodge. Whatever you do, be sure to enjoy a great meal at the lodge and walk the beautiful beaches found here.

Sol Duc Hot Springs offers not only a chance to soak in the hot springs there, but also to stay in a cabin or in the campground which also accommodates RVs. Heading to Lake Crescent, you can stay at the Lake Crescent Lodge or the Log Cabin Resort. Be sure to check out not only the deep lake, but also Marymere Falls. A short ¼ mile hike through old growth forest takes you to this waterfall with a 90-foot drop. You can find out more about booking stays at Olympic National Park at www.nps.gov/olym/planyourvisit/lodging.htm.

Passes to our public lands and a vacation at one of our national parks. Now that's a couple of Christmas gifts to remember!

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Letters

Continued from page A1

and had to go through some intense treatment involving infusions every other week.

When Parker went in for her first infusion, Pierson dropped off some Happy Letters for her, and then every infusion after that, she dropped off more letters for Parker.

"It was important for me, you know, going through cancer treatment is quite intense. And we try to keep a positive attitude through everything we're going through, and with the help of support from our family and our friends, but to me, this was kids who chose to create these happy letters," Parker said. "They were sharing their visions of happiness, offering words of support, and showing that they care for people in their community. So not only did I have my family and friends supporting me, but I had people in my community who I didn't even know supporting me."

"So being on the other side and seeing what might seem like a small act, that has such a big impact," Parker said. "That really struck a chord for me."

So when Parker was offered the opportunity to volunteer with Happy Letters, she was eager to help with anything she could and is now a board member and treasurer of the organization.

"I mean, everybody's got something different they're going through, and I really think it helps build the community," Parker said. "And it really does to me it really brought a smile. And I think that's the goal is to bring a smile to people and to help them feel that they're valued. And I think that's what Happy Letters does. It helps people in the community feel valued."

A private school in Wenatchee was the first school to adopt Happy Letters after the creation of the official nonprofit.

"And then it just started growing from there, and that's when Cashmere schools started doing them, and now I have over eight schools participating," Pierson said. "And I'm still getting phone calls, so that's great. The more people that are making happy letters, the more happy we can

get out there."

"Our goal this year is to make 3,000 Happy Letters, and I know we are going to go over our goal of 3,000 Happy Letters," Pierson said. "We sent over 700 Happy Letters to Maui. And it was pretty awesome seeing how the communities came together to make these Happy Letters to send to Maui during the tough time that they were going through with the fires and everything."

"For Veterans Day, I'd had a goal of 800 Happy Letters to send out to veterans," Pierson said. "And I'm probably going to get close to 1,000 Happy Letters back from all the different schools that have made Happy Letters to share with the veterans."

Early this year, Abbie Gundersen met her step-daughter, who was a senior at Cashmere High School at the time, for lunch in Cashmere. She had her five-year-old daughter with her as well. She spotted coloring supplies and thought that would be a good activity to entertain her younger daughter while she was chatting with her older daughter.

When she went to grab the coloring supplies, she noticed the Happy Letters information.

"So long story short, I discovered these happy letters, and I absolutely loved the reasoning behind them, and I had just become involved with a local community initiative called Kindness Counts," Gundersen said. "And so I was kind of aware, looking and being more aware of kind things that are going on in our community. Anyway, I saw these Happy Letters and thought these are amazing, such a simple idea, but it can really have a huge impact."

The lunches with her older daughter were a weekly thing and her younger daughter would work on Happy Letters during the lunches. She started posting the Happy Letters on Facebook to promote the organization and then Traci reached out.

The two connected through Facebook and now together look for opportunities to spread happiness through Happy Letters.

"Tracy is amazing," Gundersen said. "She's the sweetest lady, and I've just loved getting to know her and

work with her, and you know, just such a simple concept really, really brightens, you know, brightens people's day."

"As a mum, I want my girls to grow up, kind of looking out for maybe the classmate at school who is sad, or the kid in the playground that's getting picked on and you know, for them to be kind and for their first, thought to be, how can I make someone happy," Gundersen said. "And I really loved how Traci was starting that at a young age. And to kind of show them let's look for people in our communities who are having a hard time and kind of focus our efforts on them."

Gundersen said that her young girls love making Happy Letters.

"So, you know, as a mum,

I'm glad that you know, they enjoy doing it," she said. "So I'm just grateful for people who create these organizations that allow my girls to be loving and kind to someone else they might not even know or meet."

Gundersen brought Pierson to a Kindness Counts meeting to talk about Happy Letters, and the group instantly embraced the idea.

Gene Sharratt, a member of Kindness Counts, which is a year-long initiative to recognize and encourage kindness in North Central Washington, first met Pierson at that meeting.

"And boy, we just liked her right away, and she introduced the whole Happy Letters to our Kindness Counts group," Sharratt said. "And we were really excited about that. We

thought, boy, what a perfect fit for us because we're really about recognizing, contributing, and honoring acts of kindness. We thought, boy, that is a terrific act of kindness."

Both Sharratt and his brother are Vietnam Veterans. His brother is 100% disabled and keeps a Happy Letter on the wall in his room so that he can see it every day. Sharratt said his brother adores the letter.

"So one simple letter, you know, two or three sentences, just perks him up every day," he said.

"He'll never meet the young person, of course, and that's not important," Sharratt said. "But what is important, he just realizes somebody does care about him out there and it means the world to him. Just an

eight and a half by 11 piece of paper with 'I'm thinking about you, thanks for your service' just brightens his day."

"Traci's energy and her enthusiasm, of course, is so authentic that you can't help but get engaged in her work because, you know, it's so sincere for her," Sharratt said. "And, of course, that's why you want to support her. It's not about her, and she always says that 'It's not about me, it's about other people and spreading goodwill,' and we're just so enthusiastic at Kindness Counts to support her at every opportunity."

For more information about Happy Letters and locations visit happy-letters.com.

Quinn Propst: 509-731-3590 or quinn@ward.media

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Join us to explore energy technologies that can enhance our clean energy future and build on our region's hydropower resources.

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Fusion

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Pumped Storage

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