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Public hearing set to discuss parking requirements

By Kirk Beckendorf
Special to Ward Media

CASHMERE - A public hearing seeking citizens' input regarding proposed changes to Cashmere's parking requirements will be held on Dec. 4.

The hearing, which will be held at 6 p.m. at City Hall, was announced by the Cashmere Planning Commission at their Nov. 6 meeting. Director of Operations Steve Croci and Council member Zak Steigmeyer reported that the proposed changes had been discussed with the City Council, who were supportive of the draft code revisions, but asked that the Commission also review the amount of parking required for studio apartments and restaurants.

Based on that directive, in the proposed code a restaurant would need one off-street parking spot for every 300 square feet of the business (previously one for every 100 sq. ft.) and a studio apartment would be

required to provide one parking spot per dwelling unit.

Significant additional changes to the current commercial parking code were included in the proposal, which Croci described as very pro-business. These include;

- A city-owned parking lot can be included as 75% of a businesses' parking requirement. Currently this is set at 25%.
- Three additional city parking lots would also be allowed to be included as part of a businesses' off-site parking allotment.
- Businesses may be allowed to share parking spots, if the parking needs and times do not overlap.
- Changes to the types of business categories and the amount of parking required for each type of business.
- A business may request an exception to the parking requirement to demonstrate a reduction in the amount of required parking.

Cashmere is at a place where it needs new visioning and a lot of public involvement to plan for the anticipated growth and what the next 20 years will look like, explained Christina Wollman, a Contract Planner consultant with Perteet, Inc. She provided this advice to the Planning Commission as they began their next major planning task, discussing options and impacts of expanding, and/or changing Cashmere's Urban Growth Area (UGA).

Wollman explained that making changes to the UGA requires the city to follow a specific and detailed process that begins with population growth estimates and allocations across the county. Croci said that city and county planners have been meeting to establish those allocations.

According to Wollman, for Cashmere to change its UGA, analysis would need to be conducted to determine if the city has enough land within the city boundaries and in the UGA to house the anticipated

increase in population and for supporting commercial and industrial businesses. To make changes, the city would need to provide evidence to the county, showing that there is not enough land for the expected growth.

The county would make the final decision for the size and location of Cashmere's UGA. Wollman reiterated that the county has a detailed set of criteria for modifying the UGA, but that Cashmere does have circumstances that give it potential opportunity to have changes made to its current UGA. She highlighted specific examples including; within the city limits there is a limited amount of land that can be developed for residential or commercial use, and within the UGA there are areas which will be unlikely to ever be annexed into the city.

Wollman added that the UGA is also based on water and sewer capacities. Croci added that the city does have plenty of capacity. Commission discussions centered on

the chicken and egg effect of city water/sewer lines and development. Developers cannot afford to pay for the expansion of city utilities to a new development, and the city cannot afford to expand city lines in hopes a development will occur.

Commissioner John Torrence agreed with Wollman that a fresh look and new vision is necessary to manage growth and development in Cashmere. He felt it was necessary to get the City Council's view on UGA boundaries and city growth before the Commission invested a lot of time on the issue.

Steigmeyer expressed his view that he knows that the city needs growth, but some people don't want more cars driving down the roads, and said that somehow the city needs to thread the needle between the two. He also recommended that the Commission talk with the Council about the issue of growth and the UGA at the next joint meeting and he agreed with Torrence that direction from the Council is needed.

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



COURTESY OF SWOBODA PHOTOGRAPHY

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

By Quinn Propst
Ward Media Staff Reporter

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

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

their first benefit concert.

All proceeds and donations from their matinee performance on Dec. 10 at 2 p.m. will go to Upper Valley MEND. MEND—a local nonprofit organization dedicated to "Meeting Each Need with Dignity"—tends to the hunger, housing, and wellness needs of residents in the community. Attendees will learn more about

MEND from Executive Director Kaylin Bettinger, and the Bavarian Brass will delight with its lively take on holiday favorites.

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

every penny to survive, but it is something that is important to them.

"We had done a strategic plan, and we have clarified our mission statement," Bergstrom said. "And you know, all of that includes really enriching our community, and that's through music performance, but it's

See VILLAGE VOICES Page A8

Leaders emerge for contested races after Thursday's election count

By Quinn Propst
Ward Media Staff Reporter

In the recent general election the majority of Cashmere candidates ran unopposed. But in the two contested races, likely victors have emerged after the second tabulation of Chelan County ballots on the evening of Thursday, Nov. 9.

In the race for Cashmere School Board Director District #2 Sara Pipkin is the likely winner with her solid lead of 996 votes, giving her 65.44% of votes. Her opponent Ted Russell Snodgrass received 522 votes, which gave him 34.36% of votes. Snodgrass did gain two percentage points since the first tabulation but still lags behind Pipkin's lead.

"I appreciate the opportunity to serve the Cashmere School District and the community," Pipkin said. "I am looking forward to working with the rest of the board team to ensure that Cashmere's commitment to excellence is upheld for the benefit of all stakeholders."

In the race for City of Cashmere Council Member #5, Jeff Johnson emerged as the likely winner with a lead of 339 votes, securing 59.09% of the votes cast. His opponent, Derrick Pratt, garnered 230 votes, constituting 40.21% of the votes.

"I feel privileged to represent the people of Cashmere," Johnson said. "I look forward to getting to work and solving problems, listening to all the voices that make up our great little town."

Meanwhile, in uncontested races, Aaron D. Bessonette for Cashmere School District No. 22 School Board Director District #1 and Nick Wood for Cashmere School Board Director District #3 have both received overwhelming support. Bessonette secured 1,153 votes, representing 99.05% of ballots cast, while Wood received 1,075 votes, earning 97.2% of the votes, with 31 write-in votes.

Incumbent Cashmere Mayor Jim Fletcher, running unopposed, garnered 93.04% of the votes with 441 votes, and Jayne Stephenson, City of Cashmere Council Member #4, holds 97.26% of votes with 426 ballots cast in her favor.

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

Cashmere Mayor grateful to continue progress for city

By Quinn Propst
Ward Media Staff Reporter

James "Jim" Fletcher said that he is grateful to have been elected to another term as Mayor of Cashmere in the Nov. 7, general election.

"The voters really turned out, and they did their civic duty, they voted, given me, you know, their blessing to continue doing as mayor and trying to accomplish the things that I've started," he said.

Fletcher was appointed mayor by the city council in 2018 when the previous mayor, Jeff Gomes retired in the middle of his second term. Fletcher ran and was elected in 2019, so this will be his second term.

Prior to his appointment in 2018,

Fletcher had served on the city council for three terms.

In his new term, Fletcher hopes to continue working on the projects and plans he has helped to set in place.

"Well, we started several things, which, of course, takes longer than you sometimes expect," he said. "We'd like to continue the process of trying to move the library into the Riverside Center, so we make better use of that particular building."

"We've got some challenges coming up with trying to fund road improvements and things we're gonna have to work hard to find a way of continuing to improve the town to keep things as robust as we can for the quality of Cashmere," he said.

"We've got some plans for some playground improvements over at Riverside Park we want to get done," he said. "Working in efforts of some various volunteer groups that have recently been noted about the pumptrack and other things that volunteers have done for us. So just a lot of smaller little projects that are just making a difference."

Fletcher plans to stay in touch through community workshops later this winter to bring the community in to talk about different issues and listen to what is going on in the community and with residents.

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



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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.

News tips

Have an idea for a story? Call the Record at 509-548-5286 email news@ward.media

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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!



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.

Holiday Artisan Market

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

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

For more information visit pybuspublicmarket.org.

"Early" Thanksgiving Dinner

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

"This event is a community supper for all ages, families, seniors, singles and kids," the event page states. "All are welcome to share in this traditional Thanksgiving meal with neighbors and friends. Guests from out of town are also welcome."

No RSVP is required.

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

Icicle Creek Center for the Arts presents the opening

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

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

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

Because what turns us into greater fools...than the high-stakes game of love?"

For more information visit icicle.org.

Fowl Play 5K

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

"Mark your calendars for Fowl Play 5K," the event page states. "This dog friendly

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

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

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

Fowl Play 5K returns to kick off Thanksgiving with a run for a cause



COURTESY OF MARCIA SMITH

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

By QUINN PROPST

Ward Media Staff Reporter

Leavenworth's Fowl Play 5K race is back to kick off the holiday season with another run this Thanksgiving Day.

The event will raise funds for the Cascade High School tennis and cross country teams.

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

Through the years, the race has grown from about 50 participants the first year to around 250 runners and walkers.

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

"I didn't expect to be doing it 10 years later," she said. "Every year I always say, oh gosh, I said to my husband, 'Okay, I don't know if we're gonna do this again.' And he's like, 'No, we're doing it again. Because everybody's so happy.' Just the happiest crowd ever, and he just gets

energy off of everybody else's happy energy."

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

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

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

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

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

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

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

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

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

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Community Bulletin Board

Local, 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. Want to place Your Community News Online? Go to ncwmarket.com 24/7. Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at ncwmarket.com. To submit info call **509-548-5286** or email: news@ward.media.

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 Cottlets 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.ipid@nwi.net (2nd Tues.)
Peshastin Water District, meets at 5:30 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 Cottlets 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.

Cashmere

Cashmere American Legion Auxiliary #64 seeks soldier addresses for holiday care packages

The Cashmere American Legion Auxiliary #64 is reaching out to the community with a heartfelt request. In an effort to show support and appreciation for local soldiers during the holiday season, the organization is collecting addresses and item donations to create care packages. Community members who have a loved one deployed or are aware of someone in need of a care package are encouraged to get in touch with Linda Ingraham at 509-679-0243. Linda can be reached through private messages or by phone. Additionally, those interested can contact any auxiliary member for assistance.

To make contributing even more convenient, a collection box for snacks and personal items to fill the care packages will be available at the Cashmere Post Office until the first week of December.

All donated items will be carefully assembled into care packages at Cashmere High School and then promptly mailed to the soldiers in time for the holidays. This initiative aims to show our unwavering support for the brave men and women who serve our country. Let's join together as a community to make this holiday season special for our soldiers. Your contributions can make a significant difference in their lives.

Leavenworth

Leavenworth Library to host art show for Alpine Lakes Elementary students

The Leavenworth Library is set to showcase the creative

talents of Alpine Lakes Elementary students in an art exhibition scheduled to run from Nov. 7 - 30. The event, held in the library's Fireside Room, promises a delightful display of youthful artistic endeavors.

Under the guidance of local artist Amber Zimmerman, students from various grade levels have channeled their artistic energies into distinct projects. These projects have drawn inspiration from renowned artists and various artistic concepts, resulting in an array of captivating pieces. Visitors to the exhibition can expect to see works influenced by the vibrant sunflowers portrayed in Van Gogh's iconic paintings. Other students have delved into the world of lines and patterns, following the lead of Charles McGee's innovative techniques.

Birding by the river with the knowledgeable staff of the Wenatchee River Institute, the second Wednesday of every month. Meet outside

the River Haus at 8 a.m. and plan to be finished by 9:30 a.m. This is a great opportunity to learn about eBird, the largest biodiversity-related community science project in the world, and utilize it to record our observations of local wild birds.

Regional

Chip Davis of Mannheim Steamroller marks 35 years of Christmas tour

Celebrating 35 years of Christmas magic, Chip Davis, the founder of Mannheim Steamroller, brings a special holiday concert to the Town Toyota Center. Enjoy classic Christmas tunes, multimedia effects, and MagicSpace Entertainment's creative touch. Get your tickets for Nov. 26 at 7:00 p.m. on www.TownToyotaCenter.com. Don't miss this festive extravaganza!

Chelan County Sheriff's Report

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



November 3

08:58 Disturbance, 8345 Stine Hill Rd.
 12:26 Welfare Check, 404 Mission Ave., Wilbur Ellis
 13:52 Disturbance, 5800 block Pioneer Dr.
 17:33 Suspicious Circumstance, 201 Riverside Dr., Riverside Park
 19:53 Non-injury Accident, 130 Titchenal Way, Martin's IGA Market

Douglas St.
 05:58 Harassment/ Threat, 301 Angier Ave.
 16:12 Traffic Offense, Pioneer Ave. and Evergreen Dr.
 22:08 Noise Complaint, 3145 Main St., Monitor
 23:30 Trespassing, 108 1/2 Cottage Ave., Club Crow

Vehicle, 201 Riverside Dr., Riverside Park
 11:53 Disturbance, 6125 Hay Canyon Rd.
 17:59 Welfare Check, 5862 Sunset Hwy.
 19:48 Theft, 121 Elberta Ave.
 19:49 911-call, 117 1/2 Elberta Ave.

November 5

01:24 Domestic Disturbance, 107 Cottage Ave., That Pizza Place
 03:37 Non-injury Accident, US Hwy. 2 and Old Monitor Rd., Monitor
 07:46 Parking/ Abandoned

November 6

02:43 911-hangup call, 3510 Fairview Canyon Rd., Monitor
 07:32 Parking/ Abandoned Vehicle, Mission Creek Rd. MP 3
 08:26 Suspicious Circumstance, 210 S. Division St.
 10:40 Burglary, 5902 Sunset Hwy.
 11:40 Trespassing, 3510 Fairview Canyon Rd.
 19:39 Diversion, 8115 Depot Rd., Dryden
 22:48 Suspicious Circumstance, 8709 School St., Dryden

November 7

11:32 Civil Dispute, 85 Chicken Farm Ln.
 13:16 Trespassing, 5651 Sunset Hwy.

16:03 Suspicious Circumstance, 215 S. Division St.
 21:45 Suspicious Circumstance, BNSF Crossing

November 8

08:23 Juvenile Problem, 3757 Strutzel Rd., Monitor
 11:45 Domestic Disturbance, 8000 Kinney Rd., Dryden
 12:15 Parking/ Abandoned Vehicle, 3850 Iroquois Ln., Monitor
 13:21 Non-injury Accident, 7000 block Stine Hill Rd.
 14:35 Property, 109 Cascade Pl.
 16:21 Domestic Disturbance, 5455 Mill Rd., Louis Truss
 20:10 Agency Assist, 300 Cottage Ave.
 22:53 Trespassing, 5145 Burke Rd.

November 9

06:16 Injury Accident, Cashmere Rock Cut
 06:50 Non-injury Accident, Cashmere Rock Cut
 09:28 Theft, 130 Titchenal Way, Martin's IGA Market
 15:24 Non-injury Accident, 329 Tigner Rd., Cashmere High School
 16:16 Suspicious Circumstance, 5738 Vale Rd.
 18:17 Agency Assist, 8780 Deadman Hill Rd., Dryden
 18:19 Injury Accident, 280 Lure Ln., Monitor

Study ranks Chelan County 7th in U.S. for landslide vulnerability

By Taylor Caldwell
 Ward Media Staff Reporter

CHELAN COUNTY – Landslide season just began, and Chelan County is ranked seventh in the nation for landslide vulnerability, according to a recent study. Gutter Gnome compared 743 counties with moderate to very high landslide risk according to FEMA, and ranked them based on three factors: landslide risk, landslide triggers, and financial risk.

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

While Chelan County ranked high in landslide risk, actual landslide occurrence is fairly infrequent, according to Chelan County's 2020 Multi-Jurisdiction Natural Hazard Mitigation Plan. The plan credits the reason being that much of the land in the county is on bedrock, which is not susceptible to landslides. However, the plan reads, "because of the steep topography and narrow valleys of Chelan County, the potential for slides is high all year round," which may contribute to a higher risk ranking.

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

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

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

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

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

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

Taylor Caldwell: 509-433-7276 or taylor@ward.media

STUDENT SPOTLIGHT

Athlete: Maison Sims, 12th grade



Maison ran a team best time at the State Cross Country Championships and was a first time competitor at the state meet. Maison put in extra time running in the mornings along with practice in the afternoon and his work and dedication paid off! -Coach Jeff Kenoyer
Parents: Amy and Justin Sims
Activities/ Sports: I

am in cross country, Track, FFA and I instruct skiing at Mission ridge. I also weld in my school shop. My future plans are going into the Air Force to weld airplanes, then become a Hydro Mechanic.

Student: Angel Moreno, 9th grade



Angel is a really hard worker in Honors English. He consistently produces high quality work, he takes on interesting and challenging novels, and he participates with his partner in class. I appreciate his hard work and kind personality. -Mrs. Gemeinhart
Parents: Maria Medrano, Miguel Moreno
Activities/ Sports: I'm

involved in TSA and in band. I do not currently participate in sports but I'm thinking of doing tennis or soccer in the Spring. I'm thinking of going to college after high school, and study Political Science and go into Politics.

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Opinion

Bloom where you're planted

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



From the Publisher

TERRY WARD

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

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

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

The concept of "blooming

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

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

Awaken the Magic of Reading

Building a Brighter Future for Our Youth



STOCK PHOTO

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

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

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

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

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

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



POINT OF VIEW

Five steps the Legislature should take to support business in Washington

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

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

1. Business and Occupation Tax Reforms

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



SEN. BRAD HAWKINS

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

2. Climate Commitment Act Changes

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

3. Refocus Education on Academics and Job Skills

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

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

4. Preserve and Improve our Transportation System

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

5. Continue Efforts on Housing Solutions

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

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

Thank you for the opportunity to serve

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

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

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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**

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

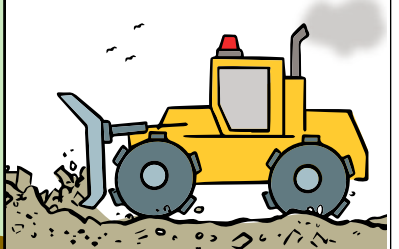


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Kid Scoop Together

Landfill Problems

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



COMPOSTING IS AWESOME

Do the Rot Thing!

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

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

What goes in a compost bin?

Anything organic can go in the compost bin.

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

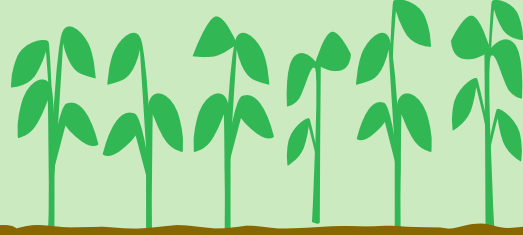
Inorganic: Things that are made of things that are not from animals or plants, living or dead. For example, diamonds, table salt, and silver are inorganic.

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

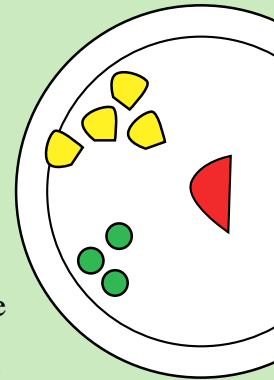


Use a green crayon to circle all the things that belong in the compost bin.

Composting: An Action That Helps the Planet



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



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

Composting Is Good for Us!

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

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

Don't forget to compost these things!

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

Math problems and items to be classified as compostable or recyclable:

- 6 + 6 = 12 (orange peels)
- 8 + 2 = 10 (coffee filters and coffee grounds)
- 10 + 8 = 18 (pizza box)
- 3 + 4 = 7 (yogurt cup)
- 4 + 2 = 6 (fries)
- 6 + 4 = 10 (pizza)
- 3 + 17 = 20 (leaves)
- 5 + 11 = 16 (salad scraps)
- 2 + 2 = 4 (carrot tops)
- 9 + 6 = 15 (aluminum cans)
- 8 + 8 = 16 (food soiled napkin)

Why is methane gas a problem?

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

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

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

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

Extra! Extra!

Organic or Inorganic?

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

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

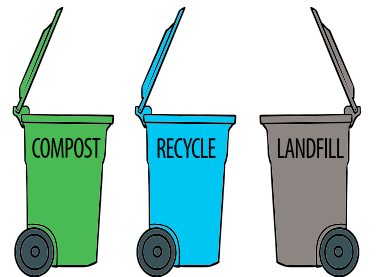
Send Less to the Landfill

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

Circle every other letter below to find out.

F C O L O B D A

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



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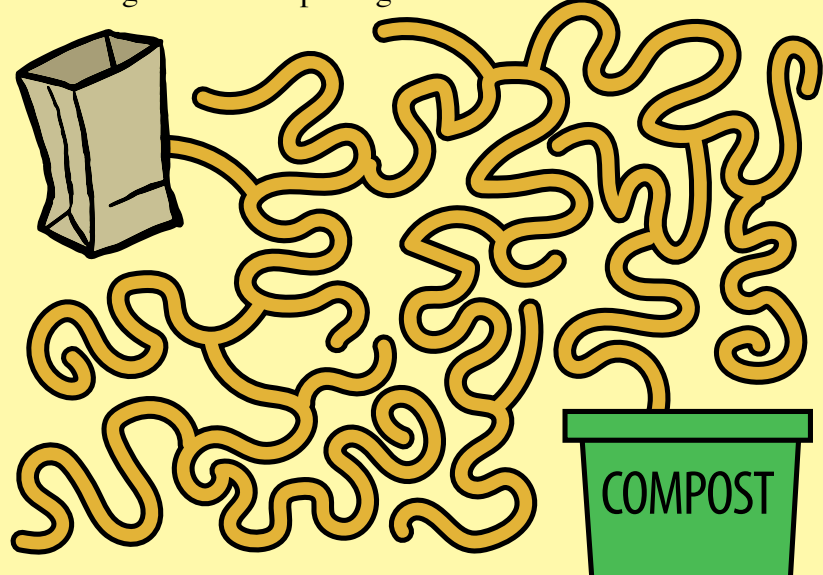
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Kid Scoop Puzzler

Avoid the Landfill

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



Double Double Word Search

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

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

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

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **ROT**

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

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

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



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The Washington Outdoors Report

Great Winter Fisheries East of the Cascades

By JOHN KRUSE
Washington Outdoor Report

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

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

LAKE ROOSEVELT: This

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

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



COURTESY OF JOHN KRUSE

Guide Steven Morris with a Long Lake rainbow trout.

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

MID-COLUMBIA RIVER: Another great place for walleye during the winter is the mid-Columbia River from The Dalles to the Tri-Cities. Unlike Rufus Woods Reservoir, you have a legitimate shot at big walleye in this stretch of the Columbia which has given up state records in both Washington and Oregon (20.3 pounds and 19 pounds, 15 ounces respectively). Try looking for walleye at least 30 feet deep and be prepared to go far deeper. Blade baits, jigs and slowly trolled 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 Berkeley Flicker Shad, both #5 and #7 sizes work well. You can catch the walleye in the winter months in 20 to 50 feet of water with blade baits or vertical jigging spoons like a Mack's Sonic Baitfish.

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

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

Can Valerian help you sleep better?

Q: Will valerian root help you sleep?

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

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

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

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

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

Like with the use of ben-



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

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

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

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

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

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

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

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

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

Here are 5 Tips on Taking Valerian Root Safely:

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

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

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

2. Watch out for side effects.

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

3. Avoid stopping valerian abruptly.

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

4. Consider combinations with other sleep aids.

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

5. It smells bad.

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

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

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

DOWN

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

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Bulldogs dominate Toppenish Wildcats, heading to State Quarterfinals

Ward Media / Cashmere Valley Record

CASHMERE - In an awe-inspiring display of dominance, the Cashmere Bulldogs left an indelible mark on the 2023 1A State Playoffs by securing a resounding 49-14 victory over the visiting Toppenish Wildcats. This win secured their spot in the state quarterfinals for the second consecutive season.

The Bulldogs' journey to playoff glory will continue Saturday, Nov. 18, when they descend upon the Apple Bowl in Wenatchee.

The tale of this remarkable game unfolded in the first quarter, where the precision of sophomore Rylan Hatmaker's passing game found its mark in Tyler Peterson, resulting in an 8-yard touchdown reception and an early 7-0 lead for the Bulldogs. Toppenish Wildcats responded in the second quarter with two touchdown passes, temporarily seizing a 14-7 advantage.

However, the pendulum swiftly swung back in Cashmere's favor as senior Trae Smith bulldozed his way

to a 1-yard score, leveling the contest at 14-14. Moments later, Cashmere added two more touchdowns before the halftime whistle. A highlight-reel 68-yard punt return by sophomore Isaac Zavala and a sublime 70-yard touchdown connection from Hatmaker to Caed Wilkinson left the Bulldogs leading 28-14 at the intermission.

The second half of the game unfolded as a clinic in domination by Cashmere. Smith continued to be the catalyst, adding his second touchdown of the night with a 5-yard rush early in the third quarter. He accumulated a team-high 77 yards rushing on eight carries, sealing his double-score performance.

Hatmaker continued to orchestrate the symphony of touchdowns, finding fellow sophomore Logan Spies twice in the end zone. The first score was set up magnificently by a bone-crushing sack and forced fumble by junior Jacob Savage, seized by Brody Larson and returned 40 yards to the 6-yard line, paving the way for Spies' first touchdown reception. The crescendo came with a

stunning 40-yard connection.

Hatmaker's performance throughout the evening was nothing short of extraordinary. He accumulated 27 touchdown passes this season, with a mere solitary interception. Hatmaker's performance etched his name into the annals of CHS school history, breaking the school record for the most touchdown passes in a single season, previously held by Sam Phillips at 24. Hatmaker's final stat line for the night read 12-for-18 for 176 yards and 4 TDs.

The Bulldogs' defense was equally imposing, ruthlessly stifling the Wildcats' ground game, allowing a mere 16 yards on 17 carries. For the entire season, Cashmere's defense consistently restricted opponents to under 60 yards per game on the ground. Their relentless pursuit of the quarterback was evident, with Savage contributing a pair of sacks, and Larson and Donald Flick each recording a single sack during the contest.

This resounding victory elevated the Cashmere Bulldogs to an unblemished 11-0 record for the season.



COURTESY OF BOSNAR PRODUCTIONS

The Leavenworth Village Voices 2023 choir will celebrate 41 years of their "Christmas in the Mountains" concert series this holiday season.

Village Voices

Continued from page A1

also ways that we can give back and lift up our community."

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

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

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

The Saturday, Dec. 2 performance begins at 7:30 p.m. and kicks off their concert series. This performance is LVV's traditional "Christmas in the Mountains" concert featuring special guest artist the Bavarian Brass. The Bavarian Brass will perform their innovative renditions of favorite holiday songs.

On Saturday, Dec. 16, at 7:30 p.m. LVV will hold a joint concert with indie-pop, husband-and-wife band BOSAYA. This unique pairing combines the ethereal coloratura soprano of Galina Bosaya and guitarist/sound producer Vadim Zariuta with the harmonies of Christmas Town's community choir. The audience will enjoy an eclectic mix of favorite carols, classical melodies, and energetic dance-pop arrangements of seasonal favorites from home and abroad.

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

for more information, visit leavenworthvillagevoices.org.

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

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

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

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

"LVV is a friendly, welcoming group of people who share a love of making

music," Bergstrom said. "I am so grateful that our community offers a musical outlet for individuals who love to sing."

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

In addition to their concert series, LVV carols around downtown Leavenworth during the holiday season and performs at charitable and private events throughout Chelan County.

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

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

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

Michelle's Kitchen Table Strategies

By MICHELLE PRIDDY Special to Ward Media

The church's Thanksgiving potluck is coming up. I'm going to take a couple of pies this year. I'm not sure what kind, but it will probably be 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 foodstuff 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.

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 1/2 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

• 1/2 cup flour • 1/4 cup brown sugar (white also works) • 1/4 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° oven until the crust is stiff and crumbly around the edges.

Grandma's Crumble Pie Crust

- 1 3/4 cup flour • 1 teaspoon sugar • pinch of salt
 - 2 Tablespoons water
 - 1/2 cup veggie oil
 - 2 Tablespoons cornstarch
 - 1 to 2 cups 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

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Bulldog Scoreboard

FOOTBALL

Nov. 10:	Cashmere 49, Toppenish 14, Win
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SOCCER

Nov. 8:	Cashmere 1, Naches 0, Win
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Holiday — RECIPES —

FLAVORFUL DISHES AND DESSERTS
FOR THE SEASON OF CELEBRATING



RECIPES:

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



Dig into a sweet *and* traditional noodle dish

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

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

RECIPE:

Noodle Kugel

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

Topping

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

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



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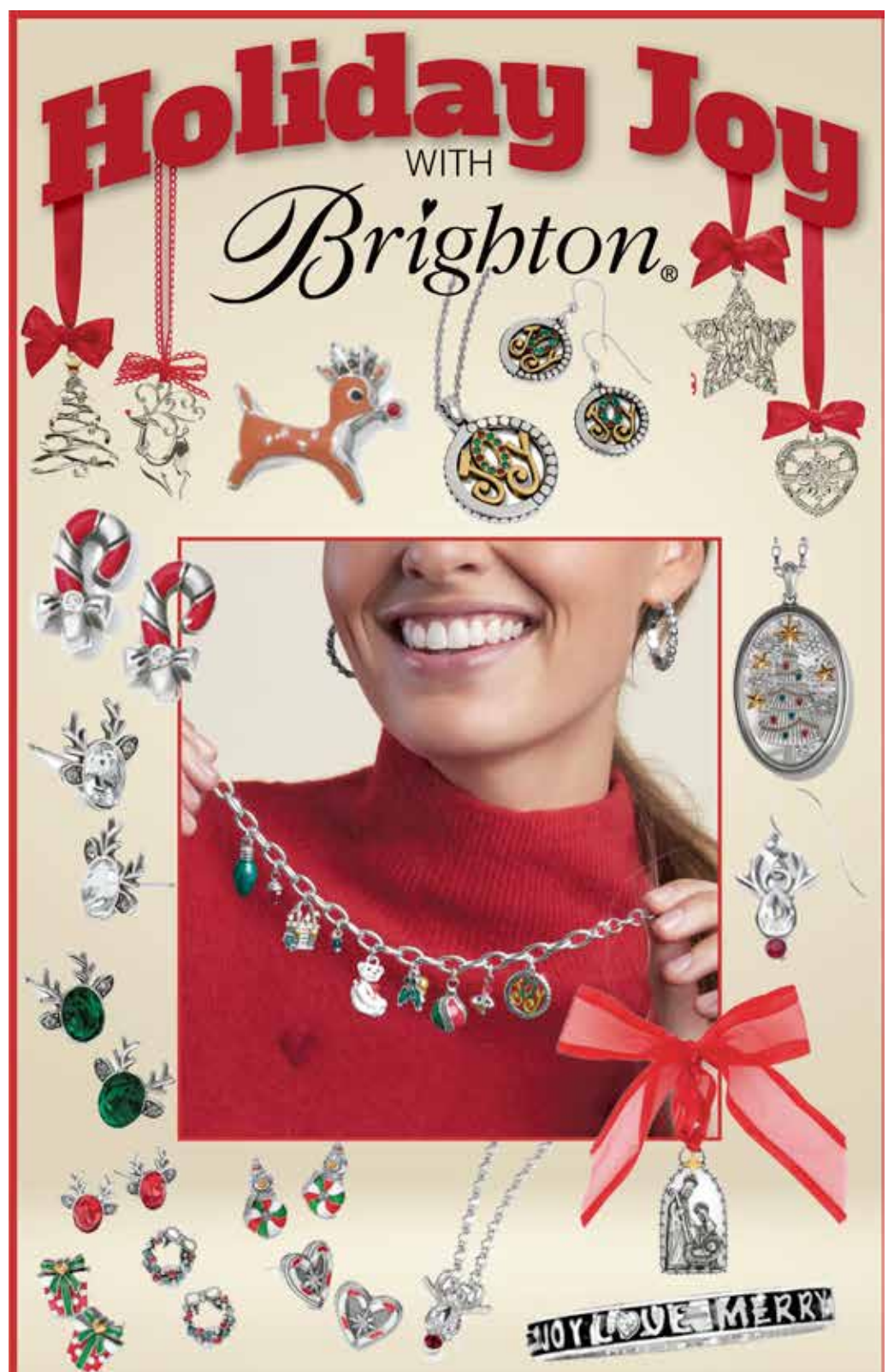
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Simplify your feast by slow cooking your Thanksgiving turkey

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

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

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

RECIPE:

Holiday Turkey

Makes 15 servings

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

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

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

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

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

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

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

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

Give a beloved side dish a fresh new taste this Thanksgiving

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

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



RECIPE:

Irresistible Basil Mashed Potatoes

Serves 4 to 6

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

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

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

Home for the Holidays

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Traditional foods add something special *to* Kwanzaa celebrations

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

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



RECIPE:

West African-Inspired Chicken & Peanut Stew

Yields 6 to 8 servings

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

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

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

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

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

until mostly broken down, about 20 minutes.

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

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

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



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Celebrate Kwanzaa *with* this beloved West African dish



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

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

RECIPE: Crispy Akara *with* Savory Smoky Sesame Sauce

Yields 4 to 6 appetizer servings

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

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

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

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

Melt a few inches of coconut oil

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

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

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

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

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

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

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

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Homemade pie makes for a perfect ending to a holiday meal

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

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

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

RECIPE:

Pumpkin Pie

Serves 8

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

Preheat the oven to 350 F.

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

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

Chef's Tip:

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



Cover and refrigerate until serving.

Chef's

tip: You can whip the

Chantilly Cream

Makes about 2 1/4 cups

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

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

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

Pumpkin Purée

Makes 2 1/2 cups

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

Preheat the oven to 325 F. Cut

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

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

Let cool, cover and refrigerate until using.

Doughnuts make a great Chanukah treat

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

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

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

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

RECIPE:

Raspberry Jam Doughnuts



Makes 20

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

For the icing

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

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

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

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

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

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

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

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

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

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A version of gingerbread with historical roots



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

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

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

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

RECIPE:

Gingerbread

Makes 20 to 25 1-inch pieces

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

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

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

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

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

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