



Cashmere Valley Record

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Washington State explores linking carbon market with California and Quebec

Rep. Keith Goehner expresses concerns

Ward Media / Leavenworth Echo

OLYMPIA - Laura Watson, director of the Washington State Department of Ecology, made an announcement on Nov. 2 regarding the state's cap-and-invest carbon reduction program. The department is taking a preliminary step towards linking Washington's program with similar initiatives in California and the Canadian province of Quebec. This move is based on a report issued by the Ecology Department in October.

Watson's office feels the preliminary decision is a signal to

the other jurisdictions, indicating that Washington is prepared to initiate discussions between the three governments concerning the potential linkage of their carbon markets. It's worth noting that both California and Quebec also have their own processes to consider whether to link their programs.

Director Watson explained her decision, the research, public input that contributed to it, and the future steps for Washington in a blog post on the Washington State Department of Ecology website.

Strength in numbers and the Climate Commitment Act

In 2021, Governor Jay Inslee and the Washington Legislature passed the Climate Commitment Act (CCA), establishing a carbon marketplace where greenhouse gas emissions allowances could be bought or sold. Over time, the number of available allowances would decrease, putting pressure on businesses to invest in emissions-reducing technologies or programs.

The thought is that connecting Washington's carbon market with

those in California and Quebec would create a larger, more liquid market, offering price stability and incentives for long-term emissions reduction strategies. It would also align Washington's decarbonization efforts with those of its peers, amplifying their collective influence on climate policy and clean energy initiatives.

The CCA directs the Ecology Department to seek linkage agreements with other jurisdictions and charges the director with negotiating and signing such agreements.

Realizing local benefits

While international emissions have global consequences, there are

tangible local benefits associated with reduced emissions, including cleaner transportation, electricity generation, and buildings.

The CCA outlines the considerations and evaluations needed before signing a linkage agreement with California and Quebec. Criteria are in place to ensure that such an agreement would benefit Washington's communities, economy, and climate goals. Additionally, it's crucial to reduce compliance costs, ensure seamless allowance sale and tracking, and maintain market security.

An Environmental Justice Assessment is also required to evaluate the

See **CARBON MARKET** Page **A2**

Nonprofit Focus

Community dinner at Cashmere church fosters unity and connection

By **QUINN PROPST**
Ward Media Staff Reporter

Every Thursday, a group of Cashmere residents come together to share a meal in the Cashmere Community Church gym. At first glance, it looks like just that, just a meal. But in reality, it is so much more.

Sure, good food is shared, but the real beauty of the gathering is in the community it builds.

"The real treasure is the coming together of community," Cashmere resident June Darling said. "I now know the names of most everyone. They have begun to leave their name tags on the wall and pick them up again each Thursday. I have learned the names of several if not all of our homeless folks and see them as human beings."

Each Thursday, a different group volunteers their time to prep, cook, serve, and clean up. It is not a small effort to feed so many people. There are groups from different area churches, civic groups, businesses, and even just groups of friends or neighbors who volunteer to keep the tradition going.

The schedule is worked so that each group cooks about every other month, Cashmere Community Church Pastor Lilia Felicitas-Malana said.

The meals were started more than a decade ago by three women, Georgia Rich, Donna Winn, and Diane Parker, but stopped during the pandemic.

Felicitas-Malana wanted to bring the meals back, but the church did not have enough members to do it every week. They planned to make



Dinners gathered at the Cashmere Community Church wait eagerly to hear the dinner bell to eat food prepared by Chef Ben Herreid with Our Lady of Assumption Catholic Church.

the meals happen once a month. Then Cathryn Finlayson stepped in and began reaching out to other churches and groups. Her help has been instrumental in making the meals happen again.

The community saw value in the gatherings and stepped in to keep them going.

Felicitas-Malana has observed that people are not just coming for the food, though the food is good, but they are sitting down at the tables together and talking and sharing their lives, she said.

Felicitas-Malana said that, pre-pandemic time, she would remember the faces of people who came to

the meal, but she didn't know their names. June and her husband, John Darling, came up with the idea of using name tags.

"And I tell you what, it's the most beautiful thing that had happened here at the dinner because now we greet each other by name," Felicitas-Malana said. "We just don't say hi,

hello, thank you for coming. We now can say hi whatever the name is, you know Steve or Mary or Craig or you know, and even the little ones."

Felicitas-Malana feels that by knowing names, people are able to build more intimate relationships.

See **DINNER** Page **A4**



Cashmere Methodist Church Pastor Felicitas-Malana visits with the youngest diner, Micah Neimeyer.



One of the many groups that volunteer to cook and serve is the Seventh Day Adventist Church.

Cashmere Chamber announces Scare-Crazy winners

By **QUINN PROPST**
Ward Media Staff Reporter

The Cashmere Chamber of Commerce has announced the winners from their 10th annual Scarecrow Walking Tour, known as Scare-Crazy.

During October, businesses and community members created scarecrow displays all over town.

Each year, scarecrows are displayed, enlivening the downtown area and drawing visitors from around the region to stroll through town, capture photos, discover the Cashmere community, and enjoy the scenery while the creations are on display.

The best Business Theme goes to the Cashmere Fire Department.

A residence on Pioneer Street won the Best Ensemble award for their scarecrow Marionette Madness. A residence on Elberta won the Most Creative award for their scarecrow, Human Nature. The Viewer's Choice award went to a residence on Maple for their scarecrow Peter Peter Trick or Treater. Honorable Mention goes to the Cashmere Bakery for their display of Ginger Deadman. And the Grand Prize went to Epledalen Assisted Living for their display, There's No Place Like Home.

JoAnne Prusa, one of the judges, said they had 29 scarecrow displays that entered to be judged, but there were at least twice as many scarecrows up in the community.

See **SCARE-CRAZY** Page **A4**



The Grand Prize went to Epledalen Assisted Living for their display, There's No Place Like Home.



A residence on Elberta won the Most Creative award for their scarecrow, Human Nature.



The Best Business Theme award went to the Cashmere Fire Department for their scarecrow display in the citywide 10th annual Scarecrow Walking Tour.

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Cashmere's Trae Smith named 2023 Caribou Trail League Defensive Player of the Year



COURTESY OF COACH BRYAN BREMER

Caribou Trail League Defensive Player of the Year, Trae Smith, making a tackle versus Chelan.

Ward Media / Cashmere Valley Record

CASHMERE - The Caribou Trail League has released its All-League Football awards for 2023, and it's no surprise that Cashmere's Trae Smith, a senior defensive back, has been named the Defensive Player of the Year. Smith's outstanding performance on the field this season earned him this prestigious honor.

Smith's remarkable skills in the secondary were evident throughout the season, making him a key figure in

Cashmere's strong defensive efforts. His ability to read plays, tackle effectively, and make crucial interceptions has undoubtedly made a significant impact on the team's success this year.

Cashmere's Coach of the Year, Coach Russ Elliott of Quincy was named Coach of the Year, and the Sportsmanship Award went to the Cascade Kodiaks. Lance Gogal from Chelan secured the Offensive Player of the Year title.

Cashmere, the powerhouse in the league, was well-represented in the All-League selections. Tyler Peterson,

a senior running back, was named to the First Team Offense, while Logan Spies, a sophomore wide receiver, also made the First Team Offense. Dalan Smart, a senior tight end, joined the First Team Defense, and several other players earned well-deserved recognition.

Cashmere High School's football program can take pride in its athletes' impressive achievements this season, and Trae Smith's Defensive Player of the Year award is a testament to the team's dedication and hard work.

Dinner

Continued from page A1

"Because of that, some barriers are kind of broken down," she said. "Because when you don't know the name of the person you're talking to, even if you know the face, the sharing of lives rarely happens, or if it happens, it's just the superficial part of living that is being shared. But now that people know each other, they can share even some personal, very personal, things that are going on in their lives."

Leavenworth Chef and Cashmere resident Ben Herreid volunteers his time to cook for the meal. Like Felicitas-Malana and Darling, he appreciates the community that is found in gathering for the meals.

When Herreid first moved to Cashmere, he was looking for a way to be part of the community, so volunteering to cook was an easy decision, he said.

In this post-pandemic world we have come to appreciate being able to be together.

"I think we really need these community events where people can see each other and get to know each other and, you know, support each other, and people don't feel so isolated," he said.

"You know, if you look at the stats right now, I mean,

here's the Surgeon General saying loneliness is more of an issue, and it's a worse risk than smoking 15 cigarettes a day," Darling said.

Darling has enjoyed being a part of and watching bonds and the sense of community build and strengthen through the gatherings.

At times, there have been as many as 200 people at the meal, though Darling estimates that the usual amount is around 100. Anniversaries and birthdays have been celebrated. Parents feel safe enough to relax and let their kids run around. Homeless people are treated with dignity.

"You'd never see anywhere around Cashmere a more diverse group of people having a good time eating together...in a gym," Darling said.

For Darling, the story is about connecting community during a challenging and often divisive time.

"Our little rural communities are the backbone of this country," Darling said. "And we don't get enough credit for what these little communities mean to our country. And especially now when so much of our country is divided. How much our local communities can bring to strengthen the fact that 'I got your back and whatever is going on out there, I got your back,'" she said.

The dinners start at 5 p.m. every Thursday at the Cashmere Community Church, but the doors open at 4:30, so people can come in, get out of the cold, and spend some time talking to each other.

It is a free community dinner, though donations are accepted to help with the cost of ingredients. And while the donations are appreciated, Felicitas-Malana wants people to know that that should not be a barrier to keep someone from coming.

"And another thing, for some reason, they and I, when I say they, you know, the community, some community members thought that the dinner is for the homeless people," she said. "And I would say yes, we love to see those who are experiencing homelessness, to at least have one meal in a week that they can come in, you know, sit down, be comfortable and have a meal."

"But it's not only for the homeless people," she said. "Again, we tried to underscore it's for the community and anyone in the community can come, anybody in the community can come. We will be happy to welcome everyone."

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

and her husband Pat Keller also had a tough time deciding who to pick.

"A lot of them went to a lot of work," Huston said. "And it was really impressive."

"It was really fun for my husband and I to go out and search them all down and see what they were and what people had done," Huston said.

"I'm sending out thank you notes to those who did participate just because it takes time and creativity to put these things together, and they don't need to," Prusa said. "It's just fun for the community to enjoy. So I appreciate that."

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COURTESY OF PAT KELLER

Honorable Mention goes to the Cashmere Bakery for their display of Ginger Deadman.



COURTESY OF PAT KELLER

The scarecrow Marionette Madness won the Best Ensemble.

Cashmere shines in 2023 Caribou Trail League All-League Volleyball awards

Ward Media / Cashmere Valley Record

CASHMERE - The 2023 Caribou Trail League All-League Volleyball awards have left a significant mark in the hearts of Cashmere's volleyball fans, as Faith Kert was named Co-Player of the Year, and several other Bulldogs earned well-deserved recognition.

Faith Kert, a senior at Cashmere High School, was honored as Co-Player of the Year alongside Brynn Hughbanks of Chelan. Kert's exceptional skills and unwavering dedication on the court made her a standout player in the league.

The accolades didn't stop there, as Cashmere's talent was on full display. Macie Smart, a freshman sensation, Ellie Bessonette, a junior, and Rylie Harnden, a senior, all claimed spots on the First Team, showcasing the depth of the Cashmere volleyball program.

Smart's outstanding performance in her debut season solidified her as a rising star, while Bessonette's consistent play and Harnden's leadership were instrumental in the team's success.

This year's Coach of the Year award went to Abby Lewellen of Chelan, emphasizing her exceptional leadership in guiding her team to success.

The Sportsmanship Award was presented to the Cascade Kodiaks, recognizing the importance of respect and fair play in high school sports.

The Second Team included seniors Layne Varrelman and Molly Smith from Cashmere, highlighting the team's depth and experience.

In the Honorable Mention category, several players from different schools were recognized for their contributions to the league.

This year's Caribou Trail League All-League Volleyball awards not only celebrated individual achievements but also the spirit of teamwork and sportsmanship. Cashmere's presence was prominent, and the community couldn't be prouder of their athletes' outstanding performances.



COURTESY PHOTO

Faith Kert, Co-player of the year.

Bulldog Scoreboard



FOOTBALL	
Nov. 3:	Cashmere 49, Newport 7, Win
Nov. 10:	Cashmere vs. Toppenish, Home at 6 p.m.
SOCCER	
Nov. 4:	Cashmere 2, Deer Park 1, Win
Nov. 8:	Cashmere vs. Naches, Home at 5 p.m.
VOLLEYBALL	
Nov. 4:	Cashmere 2, Lakeside 3, Loss

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VALE
Students
OF THE
Month

OCTOBER TRAIT OF RESPECT

Kinder:
Max Smith, Kennedy Campbell, Cascade Zander, Arlette Velasquez, Emily Quintanilla, Cooper Shelby, Michael Belcher, Stella Luna, Dylan Guillermo Sanchez, Ximena Reyna, Giovanni Arizmendi, Marisol Carreno Arrison

First:
Kane Lemus, Maggie Beem, Easton Grubb, Ryker Boyer, Tate Albright, Alice Turner, Shiloh Johnson, Silas Lewing, Catalina Sanchez, Kali Ray, Adrianna Andler, Obed Oropeza, Jose Torres, Charley Foss, Jayden Valenzuela

Second:
Athena Baez, Domic Fors, Taytum Bertilson, Mary

Torres, Tristan Chrismer, Tucker Vetter, Britta Miller, Hudson Sasseen, Grecia Mendez, Eddie Marron, Harper Allyn, Mason Cockrum, Adrian Marquez,

Third:
Sofia Cortez, Eva Bailey, Brody Lowers, Jonah Brooks, Maika Landes, Wesley Fischer, Estefania Sanchez, Trevor Dunagan, Junia Reppas, Bella Johnson, Gage Smith, Scarlett Clark, A.J. Terry, Auckland Machado, Klare Miller, Alejandro Cuevas-Perez, Olivia Barber

Fourth:
Elsa Hall, Clara Dennett, Henry Gere, Jayden Alva, Daniel Whitford, Alaiza Garcia-Garcia, Rylee Stimac, Emely Alvarez, Isaiyah Hubbs, Stella Graf, Jayson Gomez, Trace Rumann, Clem Kill, Cruz Baylosis, Wyatt Beem

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STUDENTS of the **MONTH**

Opinion

Honoring those who served

Every year on November 11th, our nation comes together to pay tribute to the men and women who have served in the U.S. Armed Forces. Veterans Day is a time for reflection, gratitude, and remembrance, and its history is as rich and meaningful as the sacrifices made by those it honors.



From the Publisher
TERRY WARD

a time when we come together to honor our local heroes, those who have worn the uniform and represented our region with pride.

As we observe Veterans Day, it's not just about taking a day off from work or school. It's a chance to participate in parades, ceremonies, and events that highlight the valor of our veterans. It's also a time for personal reflection, where we can reach out to the veterans we know, listen to their stories, and thank them for their service.

While Veterans Day provides an opportunity to express our gratitude, it should also serve as a reminder of the ongoing commitment we owe to our veterans. It's a commitment to ensuring that they have access to the healthcare, support, and opportunities they deserve. It's a commitment to never forget the sacrifices they've made.

This Veterans Day, let's come together as a community to honor and celebrate the dedication and sacrifice of our veterans. Let's remember that, while November 11th is the designated day for this recognition, our veterans deserve our gratitude and support every day of the year. So, take a moment to thank a veteran, attend a local event, and reflect on the history and significance of Veterans Day.



STOCK PHOTO

The origins of Veterans Day can be traced back to the end of World War I. On November 11, 1918, an armistice was signed, marking the cessation of hostilities on the Western Front. The following year, President Woodrow Wilson proclaimed November 11 as Armistice Day, a day to celebrate the peace achieved after the Great War.

It wasn't until 1954, following the end of World War II and the Korean War, that Armistice Day was officially renamed Veterans Day. President Dwight D. Eisenhower signed the legislation into law, recognizing that this day should not only honor those who fought in World War I but also all veterans who have served their country.

The significance of this date lies not just in the history of the holiday but in the profound meaning it holds for our nation. Veterans Day is an opportunity for us to express our gratitude to the brave individuals who have defended our freedoms, often at great personal sacrifice.

Our community here in North Central Washington, with its strong tradition of military service, understands the importance of this day. It's



POINT OF VIEW

Washington state transportation system at a critical crossroad

If you traveled around Washington State this summer, you likely experienced some of the extensive road construction that was happening. While it was great to see the much-needed work on our roads, our transportation system is quickly approaching a critical crossroad.

Washington state is not keeping up with road maintenance and preservation, bridges and railways are outdated and need to be replaced, state ferries are operating at reduced levels of service, and construction projects have been delayed and are exceeding expected costs.

Inflation is driving up contract prices, labor shortages continue, there are fewer bids for construction projects, and there is a decrease in revenue coming from fuel taxes with more fuel-efficient and electric vehicles using our roadways.

This year's study by the Reason Foundation ranked Washington state 46th in the nation in overall highway performance and cost-effectiveness. The state ranks last, meaning the most expensive, in costs to build new and widen existing highways and bridges, as well as last in costs to perform routine upkeep such as repaving. It ranked in the bottom ten nationally in six of the report's 13 metrics.

We are facing many difficult issues as our transportation funding model is languishing.

In fact, according to a recent article, a Washington State Department of Transportation (WSDOT) official told the

Washington State Transportation Commission at its Oct. 17 meeting that the department has amassed an \$11 billion gap over the past decade between the revenue they're receiving and the amount they need to preserve and maintain the infrastructure. He said WSDOT would need an additional \$1.1 billion each year "to meet all of the agency maintenance and preservation needs."

During the 2023 legislative session, it took a strong, bipartisan effort to reverse the governor's proposal to eliminate or delay transportation projects already underway.

There are no easy answers, but we need to examine our transportation priorities.

Recently, a contract was awarded to start electrifying the state ferry system. The cost to retrofit three vessels amounts to \$150 million, which is part of an approximate \$4 billion plan to electrify or build new ferries and add charging power to 16 terminals. Is this the best bang for our buck as we fall behind on crucial projects and our roads deteriorate?

The Climate Commitment Act (CCA) is bringing in a massive amount of dollars at taxpayers' expense. However, there is limited transportation benefit because the dollars generated by the CCA are not dedicated to roads and can only be used on aspects of electrification of the ferries, not the complete price of a



REP.
KEITH GOEHNER

boat despite the overall cost being hundreds of millions more due to the need for a new design for the hybrid-electric ferries. Wouldn't it be better to use these dollars to address the \$7 billion backlog of crumbling roads, structurally unsound bridges, and a lengthy list of maintenance needs?

Finally, some Congressional members and legislators in the Puget Sound area have requested \$200 million from the federal government just to study a high-speed rail system between Portland and Vancouver, B.C., with a stop in Seattle.

An independent legislative review in June estimated construction costs of potentially \$63 billion. Last session, the transportation budget included \$50 million for state matching funds for any federal grant for the bullet train project. Have we not learned anything from the failed experiment in California to build a similar project? Many legislators realize this is a massive and unrealistic endeavor with a huge price tag that could take decades to build if it is finished at all! Meanwhile, we cannot pay to maintain the roads and rails we have.

Instead of throwing money at these wasteful projects, it would be better to prioritize getting the existing system into a state of good repair.

It is time to get away from drivers paying for other modes of transportation infrastructure. Two years ago,

I was able to get a provision in the transportation budget that would have taken a more proactive approach to creating a sustainable and resilient transportation spending plan. Unfortunately, the governor vetoed it.

With the general fund having billions of dollars in unexpected revenues, Republicans continue to call for revenue from the general fund, such as the state sales tax paid on motor vehicles, to fund the preservation and maintenance of existing infrastructure.

We can take some pressure off the increasing cost of gas driven by the CCA and vehicle license fees by shifting funding for the removal of fish-passage barriers, multimodal programs, and Amtrak from the transportation budget to the operating budget because of their benefits to the environment, public health, and air quality. Keep in mind the Legislature is spending a record amount of money, including the funding of new programs. The focus should be on much-needed transportation infrastructure projects – not new programs.

We must explore new options. A strong, high-quality transportation system is essential to our economy, public safety, and quality of life.

Rep. Keith Goehner serves on the House Transportation Committee, is the ranking Republican on the House Local Government Committee, and serves on the Environment and Energy Committee

POINT OF VIEW

Thank you to our Veterans!

Veterans Day is one of the most important holidays in America and one that deserves special recognition. Each year, our country proudly honors the courageous men and women who have sacrificed to help maintain the freedoms that our country holds so dear. At a time when wars are raging in multiple areas of the world, where free and sovereign nations are attacked, we should all reflect upon the liberties we enjoy in America and acknowledge those who have sacrificed so much to protect them.

Saturday, November 11 marks the date when our state and country officially honor the heroes among us with the national holiday of Veterans

Day. This annual tradition represents a special day to show appreciation for our Veterans and the families who support them but should not be the only day that we reflect on their service and show our support for those living among us who have served in our armed forces.

If you know of veterans living in your neighborhood, teaching in your schools, working alongside you at the office, or serving in local elected positions, please take the time this week – and when opportunities present themselves throughout the year – to say thank you. We show our appreciation because these proud servicemen and women (and their loved ones)

have dedicated so much to protecting our way of life, a way of life that some people sadly wish to threaten.

We are privileged in the 12th District to still have some of "The Greatest Generation" among us, who have served in World War II. Cherish our time with them. Some of our neighbors and friends served in the Korean War, Vietnam War or deployments in Iraq, Afghanistan, or other conflicts. We also have thousands of proud reservists among us who have dedicated years to our military efforts.

Our veterans have sacrificed greatly – through various endeavors – and are a humble group. You may not even realize



SEN.
BRAD HAWKINS

the military service of some people you know quite well. This happens to me quite often. I am honored to learn of each person's service and, no doubt, hold them in even higher regard than I did before because it matters.

We live in a safe and beautiful region, but we should all recognize that we live in a dangerous and unpredictable world. To the proud veterans and military families of the 12th District, thank you. Our region is grateful to you, today and every day. I am honored to be your state senator.

Brad Hawkins is the State Senator for the 12th Legislative District

Community voices wanted

Join our Reader Advisory Board

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

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

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

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

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

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

Community Impact: Play a vital role in ensuring that our publication continues to reflect the rich tapestry of life in

Cashmere.

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

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

Together, we can make our publication even more relevant and engaging for everyone in our community. Your voice matters, and we can't wait to hear it. Join us in shaping the future of the Cashmere Valley Record. Your input will be a crucial part of our continued success in delivering quality journalism to the Cashmere area.

We look forward to welcoming you aboard!

Deadline for applications: Friday, November 24.

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

Cashmere Valley Record

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Have Your Say

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 of 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**

WARD MEDIA

VETERANS DAY

NOVEMBER 11

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VETERANS DAY SALUTE

Honoring those who have served and those who are.

Clofas Abbott, Deceased, U.S. Army. **E5 Steve Alford**, Retired, U.S. Army. **1st Lt. Richard Allulis**, Retired, U.S. Army. **Dan Balliff**, Deceased, U.S. Air Force. **1st Lt. Tom Baldwin**, Deceased, U.S. Army. **Lt. Col. Scott Baker**, Retired, U.S. Air Force. **Bob Bark**, Retired, U.S. Navy. **Lt. Col. Mark Baker**, Active, U.S. Air Force. **Calvin O. Belmont**, Deceased, U.S. Army. **PFC Alfred C. Bergren**, U.S. Army. **Sgt. Carl A. Bergren**, U.S. Army. **PFC David C. Bergren**, U.S. Marine Corp. **Sp-5 Mearl E. Bergren**, U.S. Army. **PFC Teresa D. Bergren**, U.S. Army. **Gordon Black**, Deceased, U.S. Marine Corps. **Sp-4 Richard L. Bergren**, U.S. Army. **Hartley Swede Blankenship**, Deceased, U.S. Marine Corps. **Dr. Donald E. Carpenter**, Captain, Retired, Deceased, U.S. Air Force. **Sgt. Daniel Brian Christenson**, Deceased, U.S. Army. **Doug Clearwaters**, Deceased, U.S. Army. **Larry Eldred**, Deceased, U.S. Army. **David Field**, Retired, U.S. Army. **David T. Firman**, Deceased, Army Air Corps. **Robert C. (Bob) Firman**, Deceased, U.S. Army Air Corps. **Vernon Firman**, Deceased, U.S. Army. **Donald L. Forbush**, Retired, U.S. Army. **1st Lt. William Forhan**, Deceased, U.S. Army. **E5 Michael S. Forhan**, Retired, U.S. Navy. **George Freeman**, Deceased, U.S. Navy. **Robert Goedde**, Retired, U.S. Army. **Lt. Col. Craig Hess**, Retired, U.S. Air Force. **Jack Goehry**, Deceased, U.S. Air Force. **Clyde W. Green**, Deceased, Branch of Service: U.S. Navy. **Wally Hahn**, Deceased, Branch of Service: U.S. Army. **Bill Haines**, Retired, U.S. Navy. **Michael Harris**, Deceased, U.S. Navy. **Freddie J. Hayter**, Deceased, U.S. Air Force. **SP4 Robert H. Huntington**, Retired, U.S. Army. **Paul Kenck**, Deceased, U.S. Army. **Dr. John Kremer**, Retired. **2nd Lt. Nile E. Lambert**, Deceased, U.S. Army Air Corps. **Col. Marlynn Lietz**, Retired, U.S. Army. **Verne Lietz**, Retired, U.S. Air Force. **LeRoy Longbons**, Deceased, U.S. Army. **Mary Longbons**, Deceased, U.S. Army. **Ervin G. 'Erv' McAlvey**, Deceased, U.S. Army Air Forces. **Lester McIalwain**, Retired, U.S. Marines. **James Curtis McClellan**, U.S. Air Force. **Jean (Firman) McClure**, Deceased, U.S. Army. **Allen A McHenry**, Active, U.S. Army Reserve. **Daniel McHenry**, Retired, U.S. Army. **Richard McKinnon**, Deceased, U.S. Army. **C. Merle Morehouse**, Retired, 102 years young. **United States Navy. David G. Nickinovich**, Retired, U.S. Army. **Lt. Col. Allan A. Nilles**, Retired, U.S. Air Force. **Raymond 'Toad' O'Neal**, Deceased, Marine Corps. **Lt. Stephen Palmbrush**, Deceased, U.S. Navy. **Terry Portler**, Retired, U.S. Army. **Jack Pusel**, Retired, U.S. Navy. **Charles A. Rist**, Deceased, U.S. Navy. **Sgt. First Class Delbert L. Sagaser**, U.S. Army. **Sgt. David E. Severance, Jr.**, Retired, U.S. Marine Corps Reserve. **William (Mickey) M. Smith**, Retired, U.S. Air Force. **Major Grant Stoebner**, Retired, U.S. Army Infantry. **Brian Strausbaugh**, Retired, U.S. Navy. **Brian Thompson**, Retired, U.S. Navy. **Gregory Walters**, Quarter Master, U.S. Army. **Lois (Monroe) Westerdahl**, Deceased, Branch of Service: U.S. Navy. **Roy Westerdahl**, Deceased, U.S. Navy. **Major General R. Michael Worden**, Retired, U.S. Air Force. **James Curtis McClellan**, U.S. Air Force.

MADISON SCHOENING
Administrative Assistant II
Sergeant, U.S. Marines

KYLE DAVENPORT
Chief Operator at Rocky Reach
Machinist Mate 2nd Class, Navy

DUANE PLINSKI
Plant Foreman Mechanic
Machinist Mate 2nd Class, Navy

GRATEFUL FOR YOUR SERVICE

Service is our mission, and we thank all of the veterans and those on active duty in our community. We appreciate your contributions and dedication.

We're closed in honor of the holiday on Friday, Nov. 10, but you can reach us 24/7 to report power outages and other emergencies at (877) 783-8123.

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

To Place Information In The Church Guide Call 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6.30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE COMMUNITY CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com

CHRIST CENTER
Sunday Worship Service at 10 am
Lead Pastor Steve Haney
5800 Kimber Rd., Cashmere
509-295-8006
christcentercashmere.com

GRACE LUTHERAN CHURCH
• 509-860-0736 • 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 • 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday Worship at 11 a.m. • Prayer Meeting Wed.
at 6 pm. Pastor Bill Clem • Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 509-782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalley baptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
Please join us Sunday mornings
9 a.m., Sunday School
10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St.
info@cornerstoneleavenworth.com
Sunday Worship – 10 a.m.

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997

SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org

NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth
www.newlifeleavenworth.com

PLAIN

PLAIN COMMUNITY CHURCH
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Looking for you at 10:30 this Sunday!
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facebook.com/plaincommunitychurch
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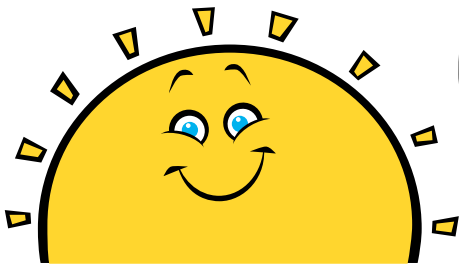


Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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World Kindness Day!

November 13 is World Kindness Day! Join people around the world on this day and commit random acts of kindness!

The Lion and the Mouse

This famous Aesop fable tells of the importance of kindness.

Late one night in the jungle ...

Gotcha!

Please don't eat me, sir!

And why not?

If you'll be so kind as to set me free, I'll pay you back by helping you some day!

YOU? Help ME? HA! HA! HA! Haaaa-ha HAAha!

LATER

HELP! HELP! Someone PLEASE help me!

It's you! Oh my gosh! Hunters tied me up! They'll be back any minute!

Don't you worry! I'll chew through those ropes in no time!

Thanks, little buddy!

Discuss these questions:

1. What unexpected acts of kindness did the lion and the mouse each do?
2. How did acts of kindness change both their lives?

Standards Link: Civics: Know character traits that contribute to the health of American democracy.

Kid Scoop Puzzler

Missing Vowels

The vowels are missing from this famous quote about kindness. Can you replace them all?

A = ☺ E = ★ I = 🌸 O = ❤ U = ☾

“H _ m _ n _ k _ n _ d _ n _ s _ s _ h _ s _ n _ v _ r _ w _ k _ n _ d
 th _ st _ m _ n _ r _ s _ ft _ n _ d _ th _ f _ b _ r _ f
 fr _ p _ pl _ . A n _ t _ n _ d _ s _ n _ th _ v _
 t _ b _ cr _ l _ t _ b _ t _ gh .”

—Franklin D. Roosevelt
 32nd President of the United States

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

- KINDNESS
- COMMIT
- RANDOM
- PLANET
- LONELY
- AESOP
- ACROSTIC
- QUOTE
- ROPES
- STUDENT
- JUNGLE
- POEM
- HUGS
- ACTS
- WORD

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

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

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

Random Rocks of Kindness

Read the news story below. Fill in the missing words on each blank line using the words in the word box.

In 2018, Tiffany Lester of Regina, Saskatchewan in Canada wanted to do something kind for _____ in her community. She and some friends started painting rocks and _____ them around the community.

People in the community _____ going outdoors to _____ for the rocks. Some started painting more rocks and hiding those. When people find a rock, they are asked to post the _____ on social media.

What do they do with the rocks? Most of them _____ them again, to keep the fun going.

Children are _____ off their digital devices and spending more time _____ trying to find the rocks.

Gather some friends and paint and hide kindness rocks. That would be an act of kindness for your community!

OUTDOORS	HUNT
PEOPLE	ENJOYED
HID	TURNING
LOCATION	HIDE

You can visit the Random Acts of Kindness Foundation at randomactsofkindness.org

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With hundreds of topics, every Kid Scoop® printable activity pack features six-to-seven pages of high-interest extra learning activities for home and school! Get your free sample today at:

kidscoop.com/activity-pages/

Kid Scoop VOCABULARY BUILDERS

This week's word: **KINDNESS**

The noun **kindness** means helping someone or giving them encouragement.

Kim showed **kindness** by helping Ian pick up the papers he had dropped.

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



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

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All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: Ward Media LLC shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for the corrections made thereafter. Ward Media LLC shall not be responsible for slight changes or typographical errors that do no lessen the value of the advertisement. Ward Media LLC's liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisements in any subsequent issue. No monetary refunds will be given. For more information call 509-548-5286.



Administrative Puzzle Solution

Cross Word Solution here
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Announcements Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.
Leavenworth/Cashmere 509-548-5286 email: classifieds@ward.media
Lake Chelan Mirror 509-682-2213
Quad City Herald 509-689-2507 classifieds@ward.media
Deadline Noon on Friday for the next week's papers

Happy Ads

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

Email your ad to: classifieds@ward.media to place your ad in our newspapers:
Lake Chelan Mirror
Quad City Herald
The Leavenworth Echo
Cashmere Valley Record

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

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DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not!
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PREPARE FOR POWER OUTAGES today with a **GENERAC** home standby generator. \$0 money down + low monthly payment options. Request a **FREE Quote.** Call now before the next power outage: 1-888-674-7053.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a **FREE LeafFilter estimate** today. 20% off Entire Purchase. 10% Senior & amp; Military Discounts. Call 1-888-360-1582.

Employment Help Wanted

The City of Chelan's Public Works Department is accepting applications for the position of Assistant Mechanic. The monthly income range for this position is between \$4,911 and \$5,970 (\$28.33 to \$34.44 Per Hour). Benefits include PERS retirement, medical, dental, and vision insurance, paid vacation, holidays, and sick leave. Application materials are located on the City's website: cityofchelan.us/Jobs. First review of applications will be Wednesday November 15th, 2023. Position is Open Until Filled. Incomplete applications will not be accepted.



School District is seeking qualified applicants for the following positions:

- Icicle River Middle School Cook 2.5hrs
- Icicle River Middle School Special Education Para Educator 4hrs
- Maintenance/Delivery/Warehouse/ Groundskeeper 8hrs

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Place your Help Wanted and find the best qualified local employee

• Email: classifieds@ward.media
• CALL 509-548-5286

Help Wanted



School District is seeking qualified applicants for the following positions:

- Cascade High School Head Track & Field Coach
- Cascade High School Fastpitch Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Looking for a great local employee? Place your ad today

Call 509-682-2213
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Quad City Herald
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or email classifieds@ward.media

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

Employment Opportunity Registered Nurse Harmony House – Brewster, WA
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2 Positions available
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The Leavenworth Echo **Cashmere Valley Record** 509-548-5286 classifieds@ward.media **Deadline: Noon on Friday for all papers.**

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Help Wanted

F/T Preschool Teacher needed at Upper Valley Christian School. (Leavenworth, WA).
An undergraduate or associate degree in preschool teaching req. Exp. pref. but not req. \$31,800/year plus benefits. 35-40 hrs/wk, 9:00am-5:00pm. Email resume to administration@uvcseagles.org.

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classifieds@ward.media
Leavenworth Echo
Cashmere Valley Record 509-548-5286
classifieds@ward.media

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Legals Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of **MARJEAN BILLIE MATHEWS, Deceased. NO. 23-4-00375-04**
PROBATE NOTICE TO CREDITORS

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: November 1, 2023
PERSONAL REPRESENTATIVE: Hanne Marjean Beener
ATTORNEY FOR PERSONAL REPRESENTATIVE: Kera Dexter
ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00375-04
OVERCAST LAW OFFICES By: /s/ Kera Dexter, WSBA No. 58486 Attorney for Personal Representative. Published in the Leavenworth Echo/Cashmere Valley Record on November 1, 8, 15, 2023. #6599

Public Notices

City of Leavenworth Request for 2024 Comprehensive Plan Amendment (Docket) Proposals
The City of Leavenworth is entering into the annual Comprehensive Plan (20-year visioning document) amendment cycle and is requesting community input for ideas, suggestions and proposals regarding amendments, including changes to Land Use Designation Map. Amendments will be finalized and addressed in the 2024 Planning Commission Docket. For an amendment to be considered for sponsorship by the City Council, submittal is due by December 29, 2023. Additionally, individuals may request privately sponsored amendments when submitted by January 31, 2024. Suggested amendments, applications and/or questions may be sent to Community Development, phone (509) 548-5275, e-mail at ivespierrez@cityofleavenworth.com, or mail City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826. Published in the Leavenworth Echo/Cashmere Valley Record on November 8, December 6, 2023. #6586


Public Notices

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE FINAL 2024 BUDGET
The City of Cashmere Preliminary 2024 Budget has been filed with the City Clerk-Treasurer. The Cashmere City Council will hold a public hearing on the Final 2024 Budget for the City of Cashmere on Monday, November 27, 2023, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. Copies of the preliminary budget are available by November 21st at Cashmere City Hall, 101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday. The public is invited to attend said hearing and make comments. If you are unable to attend in person, please call City Hall or access the agenda on the City's website for login information. Written comments can be sent to Kay Jones, City Clerk-Treasurer at kay@cityofcashmere.org. Kay Jones
City Clerk-Treasurer
CITY OF CASHMERE
Published in the Cashmere Valley Record/Leavenworth Echo on November 1, 8, 2023. #6337

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The Washington Outdoors Report



Gary Lewis glassing for big game.

COURTESY OF GARY LEWIS OUTDOORS



Kevin Witte with a Lake Roosevelt sturgeon.

COURTESY OF UPRIVER OUTFITTER

Outdoors Roundup

Elk Hunting Advice:
The general Eastern Washington elk season has ended, but the modern firearm season remains open in Western Washington. There are also a variety of special elk hunts open around the state, and hunters using muzzleloaders continue to have hunting opportunities from now through December.

Outdoors writer Gary Lewis, who also hosts the television show, Frontier Unlimited, is an avid elk hunter. I interviewed him recently on America Outdoors Radio and he shared some sage advice. One topic we talked about was tracking elk in

the snow. In his words, "When tracking elk in the snow one thing we sometimes do is cow call while we are tracking. But that seems to be a 50/50 proposition and I would do less of that now because, the elk are professionals at being tracked. Every single day of their lives they are being tracked by something. So, they're always looking over their shoulders, they walk out on a high point and look back, and so while you're looking down at tracks, they're looking at you and then they know they are being tracked and they keep on moving. If you are cow calling them, you are just educating them at this

point." Lewis also says you need to make a significant amount of time available for the hunt if you want to harvest an elk. Lewis says, "6.6 days. When I did the research that's what I came up with as to what it takes to be successful in the elk woods. You can get an elk on the first day or the last day but you've got to spend 6.6 days, on average, to get your elk." **Pheasant Hunting Report:** Rob Phillips is an outdoor columnist for the Yakima Herald Republic and an avid pheasant hunter. He says he has been out chasing roosters in the Yakima Valley but is finding the number

of birds to be down significantly from past years. Having said that, Phillips says there are still some isolated pockets of pheasant that can provide good hunting if you can find them. **Lake Roosevelt Sturgeon:** Catch and keep fishing is open for hatchery raised sturgeon in Lake Roosevelt right now. Kevin Witte, the owner of Upriver Fishing, says the fishing has been pretty good for him but hit and miss for many anglers. Witte has been finding the fish in the 50 to 100-foot range, not in the deeper waters where other anglers have been looking for them. Witte says he also is moving around a lot to find fish and it's working. He's catching up to 10 sturgeon a day, averaging a keeper every

other day. You are allowed to keep one fish per day and two per year measuring between 53 and 63 inches from the nose to the fork of the tail. Once you do decide to harvest a legal fish you have to put your rod away. Catch and release fishing is not allowed after you keep a sturgeon. Kevin is still booking sturgeon trips weekdays until the end of November. You can call him at 509-398-7995 or go to his website at www.upriveroutfitter.com to book a trip. **Columbia Gorge Fishing Report:** Kristen Zahn At Gorge Outfitters Supply in Rufus says salmon fishing is trailing off but walleye fishing is picking up. The walleye are being caught at depths of 35 to 70 feet in the Colum-

bia River. Zahn says most anglers are fishing spinner-worm harnesses behind bottom bouncers, tipped with a night crawler. The best patterns are dark colored, to include black. Quite a few folks are also fishing the John Day River which is now open for steel-head. Zahn says if you are in the lower arm where the current isn't strong try fishing beads or salmon eggs or prawns. Higher up where there is more current on the John Day try a Kwikfish. Lure sizes that work include the K7X, K9X or K11X. As for the hot color, that would be the gold-green-pirate pattern.

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

Alternatives for treating bladder infections

Q: I have been having one bladder infection after another. Within a few weeks of finishing an antibiotic, I'm back in the doctor's office with another one. Are there any alternatives to repeated prescriptions of antibiotics that can help me?

Nearly 20-30% of women have bladder infections that return. Urinary tract infections, also called UTIs, are painful and annoying. Having one over and over again is very frustrating. Bladder infections are considered recurrent UTIs when you have more than two episodes within six months or more than three infections per year. Recurrent bladder infections can be one of two types: relapse or reinfection. When appropriate antibiotic treatment is completed and a second bladder infection occurs soon afterward with the same bacteria that caused the previous one, it is considered a relapse.



A recurrent UTI is considered reinfection if the exact same organism infects again after it has been cured or a completely different bacteria attacks the bladder. When you achieve a negative urine culture after completing a course of antibiotics, that is considered a "cure." How do recurrent urinary tract infections happen? Most UTIs result from bacteria that migrate from your intestine into your bladder. This can happen when the intestinal bacteria find a way to stick to the skin next to your vagina and urethra, the area where your urine comes out. Once the bacteria can attach to your skin, instead of being washed away every time you urinate, they can multiply. These bacteria living around your urethra have now established a "base camp," giving them better

access to your bladder. If the intestinal bacteria move upstream through your urethra, they can eventually arrive at your bladder. Inside your bladder, if they can find a way to stick to the inside wall, they can establish a new base. If the bacteria that have traveled upstream from your urethra into your bladder can stick to the cells that line the inside, they won't be flushed away by urine moving through. Instead, they stay and keep multiplying. This is called colonization. One way to treat recurrent UTIs is a daily dose of antibiotics to keep the bacteria from multiplying. Unfortunately, this eventually causes the bacteria to develop resistance, and the antibiotic no longer works. To break the cycle of recurrent UTIs, we need to prevent bacteria from colonizing the inside of your bladder. Several options can help prevent colonization and reduce the frequency of recur-

rent bladder infections. **1. Cranberry** Cranberry extract can help reduce repeat bladder infections. However, in several studies of cranberry juice to prevent bladder infection, many participants dropped out, implying that it may not be as effective as other types of cranberry. The most common dose suggested is 400mg of cranberry extract twice daily. Regular use of cranberry may increase your risk of developing kidney stones. **2. Methenamine Hippurate** When combined with hippuric acid, methenamine is more effective than methenamine mandelate. The supplement methenamine hippurate changes into formaldehyde in acidic conditions, and when excreted into the urine, it has bacteriocidal action similar to antibiotics used for bladder infections. For best results, take it with 1 gram twice daily of vitamin C to encourage urine acidity.

3. d-Mannose One of the sugars found in our diet, d-mannose, may help keep the sides of your bladder slippery, discouraging bacteria from sticking to the walls. Unfortunately, there is not much evidence to prove its effectiveness in preventing bladder infections. Taking d-mannose may cause vaginal burning and diarrhea. **4. Estrogen cream** After menopause, loss of estrogen reduces the concentration of lactobacilli around the vagina. Lactobacilli create an acid environment, interfering with the proliferation of bacteria around the nearby urethra. With fewer bacteria near the urethra, there is less opportunity for bacteria to migrate into the bladder. Prescription-only vaginal cream applied to "where the water comes out" can reduce the incidence of bladder infections by 30%, which can be effective in preventing recurrent bladder infections.

5. Phenazopyridine Phenazopyridine is an orange dye that works to ease the burning that recurrent bladder infections can cause. It numbs the signals of bladder distress but does not remove the bacteria infecting your bladder. Phenazopyridine is usually prescribed in addition to an antibiotic for the first 2-3 days to help ease the burning and urgency of a bladder infection. Available both as 100mg and 200mg prescription tablets and as 95mg tablets without a prescription, phenazopyridine colors your urine a bright orange that stains anything it touches.

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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CROSSWORD PUZZLE

THEME: THANKSGIVING

ACROSS

- Poet Angelou
- "Thanksgiving season"
- Bug-eyed
- "Tiger Beat" centerfold
- New York's ___ Island
- Simmering feeling
- Combustible rock
- Short for Charlotte
- *Thanksgiving sauce source
- Singer Redding
- Old hat
- Bar in Ireland
- *Macy's tradition
- Gets ready for publication
- Dr. Cornelius of film, e.g.
- What's good for the goose is good for the ___
- Paul Bunyan stories and such
- Parallelogram or heptagon
- Charged particle
- More cunning
- Ant construction
- Fluffy sweater material
- Cribbage piece
- Ancient Mesopotamian civilization
- Sea, in Spain
- Fraternity K
- Hoodlum
- *Massasoit's people
- Do like QA
- Opposite of written
- Like watching paint dry
- Togetherness
- Move like sludge
- Eliza follower
- Placeholder surname
- Like hand-me-downs

DOWN

- Painter Chagall
- Hatha or bikram, e.g.
- Be gaga over
- Squirrel away
- Comrade in arms
- *Popular Thanksgiving TV entertainment
- Nay sayer
- "___ Fall in Love" song
- Caustic substance
- Cold brew (2 words)
- Intangible storage
- "The Red ___ of Courage"
- A pop
- Turkish bigwig
- Animal and Plant Health Inspection Service
- Brazilian coins
- Former U.S. Attorney General Janet
- a.k.a. nutria
- Elms
- Military uniform fabric
- Columbus' vessel
- *TV's National ___ Show on Thanksgiving
- *1621 celebration location
- Planktonic tunicate
- Lungful
- Small wave
- Gangly
- Popular carriage in royal procession
- Semi-desert region in South Africa
- Astonish
- DNA segment
- Final notice
- *"Miracle on 34th Street" star
- Yours and mine
- Sheltered, nautically speaking
- Hefty competitor
- Give a nickname

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1	8	2							
	4			6			3		
6				8	9				5

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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**Bone-In Pork
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2.98
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Crab
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LB.

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Equals
FRESH



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Royal Red
Shrimp
13 to 15 Count

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LB.

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Equals
FRESH



Bornstein's
Shrimp Meat
Fully Cooked &
Ready to Eat
16 Oz.

9.48
EA.

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Equals
FRESH

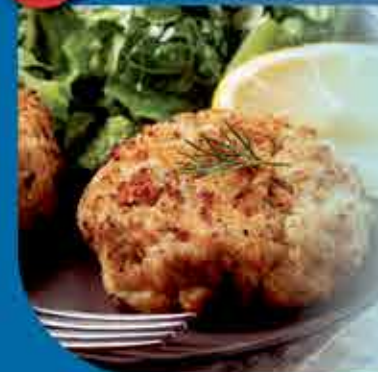


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EA.

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FRESH



PRODUCE

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Fancy Lemons
Great with
Seafood

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EA.

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Equals
FRESH



WINE

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& Selected
Varieties
750 ml.

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Equals
FRESH

Fresh

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Chicken Thighs
Value Pack

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LB.



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Boneless Beef
Bottom Round
Roast

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BEEF

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FRESH

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local products.

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Apples

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LB.

LOCAL
Equals
FRESH



Opal



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Crowns

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LB.

5 Lb. Bag
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