Community voices wanted Join our Reader Advisory Board | A5



Trae Smith named **CTL Defensive Player** of the Year | A4

Cashmere Valley Record A Ward Media Publication

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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-andinvest 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

Nonprofit Focus

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.

 $The {\it CCA} outlines the considerations$ 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

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





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



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 COURTESY OF JUNE DARLING

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.

COURTESY OF JUNE DARLING One of the many groups that volunteer to cook and serve is the Seventh Day Adventist 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, prepandemic 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 Chamber announces Scare-Crazy winners

By QUINN PROPST

Ward Media Staff Reporter

Cashmere Chamber of The 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



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



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



COURTESY OF PAT KELLER

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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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!

Cascada De Flores: Theater for the Very Young

Icicle Creek Center for the Arts will host Cascada De Flores: Theater for the Very Young on Friday, Nov. 10 from 11 a.m. to 12:30 p.m.

"An award-winning trio of Hispanic musicians and storytellers bring bilingual stage adaptations of Mexican folktales and music to audiences nationwide," the event page states. "This performance is specifically designed for youth zero to five, but is great for families and kids of all ages.' Adult tickets are \$10 and

kids are free.

For more information visit icicle.org/events/.

Holiday Wine Walk and Open House

Wenatchee Downtown Association will host a Holiday Wine Walk and Open House on Saturday, Nov. 11 from 12-5 p.m.

"Get Ready to Sip and Shop this season," the event page states. "Dust off those jingle bells and grab your coziest scarf, because the Wenatchee Downtown Association presents the Annual Holiday Open House & Wine Walk."

Your ticket grants you access to 12 tasting tokens and a wine glass, ensuring you'll have the opportunity to sample a wide array of wines and ciders.

"This year, we're thrilled to announce that we have 17 participating wineries and cideries," the event page states. "Get ready to experience the best that the region has to offer."

For more information and to purchase tickets visit downtownwenatchee.org/ winewalk.

Naturalist Trivia with **Wenatchee River** Institute

Bushel and Bee Taproom in Leavenworth will host an evening of Naturalist Trivia with the Wenatchee River Institute on Tuesday, Nov. 14 from 7-9 p.m.

"It's time to test your nature knowledge with a fun evening of Naturalist Trivia with WRI," the event page states. "Bring your friends to form a team of up to six people and compete against the WRI Staff team for a chance to win prizes and, of course, bragging rights over other nature nerds in the valley."

Free to play. Teams can be two to six people.

For more information visit wenatcheeriverinstitute.org.

Karen's Heartfelt Art -Winter Scene

The Cashmere Public Library will host Karen's Heartfelt Art Class on Wednesday, Nov. 15 from 4-6 p.m. in the library Great Room. Karen's 'Sign-up for Heartfelt Art Class at the Cashmere Library and learn

to paint a beautiful winter bridge scene with instructor Karen," the event page states. "Spaces are limited, so be sure to sign up online or call the Cashmere Library."

THIS WEEK

For more information visit ncwlibraries.org.

Green Drinks featuring C6 Forest to Farm

Waste Loop will host Green Drinks featuring C6 Forest to Farm on Thursday, Nov. 16 from 5-7 p.m. in the Wenatchee Room at LOGE in Leavenworth.

"Interested in learning more about biochar and networking with eco-minded folks in NCW," the event page states. "Join us this month for Green Drinks, featuring C6 Forest to Farm. Co-founder Gina McCoy will deliver a TEDx style talk at 6pm – don't miss it.'

"C6 Forest to Farm has a mission to reduce the risk of extreme wildfire in the Pacific Northwest by advancing forest health," the event page states.

For more information visit

Grandma's Salmon Loaf

- 1 14.5 oz can of Alaskan salmor
- 1 cup cracker crumbs, instant oats, or fresh bread crumbs
- 1-3 Tablespoons of olive oil
- $\frac{1}{2}$ sm. onion diced or 2 Tablespoons dried onion flakes
 - 1 egg
- 1 rib of celery or ½ teaspoon dried celery seed(optional)

Pinch of garlic(optional) Drain canned salmon, reserving the liquid. Mix the drained salmon with the egg, cracker crumbs, instant oats, or fresh bread crumbs & set aside. Saute the onion (& celery or celery seed). When the onion is translucent, take the pan off the heat and add the pinch

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

congregating into schools. I watched them undulate from side to side, filling their gills with oxygenated water, the freshwater of an undulating river flowing clear and cold from the mountaintops to nurture a fresh generation of salmon with last year's snowpack melted into this year's rivers.

I love salmon. Not only do they taste delicious, they are, as far as I am concerned, the most courageous of fish. Against all odds, they leave clear, clean, fresh waters to experience a life cycle out at sea that eventually brings them back to their birth streams to reproduce in cycles that vary from two to seven years. Most

dark backs, swishing slowly back and forth in the waters below me, and I considered how many creatures survive and even thrive because salmon exist. The salmon transition from having freshwater flow through their new gills to being able to breathe salt water as they enter the ocean where they spend the bulk of their lives, adapting to life's circumstances before heading back to their home river and letting the fresh water turn them dark as they made their way upstream to spawn so the cycle can begin all over again. And for that, every year, at this time, I am extremely thankful. When the days get shorter, the weather gets

wasteloop.org.

of garlic powder & let cool for five or ten minutes. When the sauteed vegetables are cooled, add them to the salmon mixture and mix well. If the mixture is too dry, add some of the reserved liquid; if it is too moist, add some more cracker crumbs, instant oats, or fresh bread crumbs. Put salmon loaf into a casserole dish; bake for 45 minutes, more or less casserole dish (deeper dish

depending on the depth of the take a bit longer) at 375°. Serve with a smile & a side of lentils. Note: This recipe will also make salmon patties. Simply make the recipe above, make patties instead of a loaf & fry in a skillet on top of the stove & dress up like a hamburger.



Salmon Loaf

I went to see the salmon run with Kat, our oldest. It's late in the season; snow has come to the mountain tops; the silver-sided fish traveling from the salty Pacific Sea have turned dark in the freshwater of their spawning grounds. Below the bridge where we stood gazing down, I saw them: dark shadows under the rippling surface of the river. Last year, we watched a pair of eagles as the eagles watched the salmon. It was earlier in the year, and there were a lot more fish schooling in the

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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this year.

From the bridge above the river, we stared down into the under-water pools where the salmon were

deeper places under the river's

rippling surface than there are

hatched salmon don't return to reproduce because they feed so many mouths, including mine. I gazed down from the bridge into the cold water at their

colder, and Grandma makes a salmon loaf for dinner. I am grateful to God for His generosity in giving us salmon for supper.

SCAN ME

Speak Up for Grizzly Bears!

Grizzlies roamed Washington's North Cascades for thousands of years, but now none remain. Hunted, trapped, and poisoned, the bears were exterminated. We now have a plan—and a responsibility-to bring them back.

Rural communities have coexisted and thrived alongside grizzly bears. Let's help bring back this iconic native species to the North Cascades.





Remote Source Populations Grizzlies are critically endangered in southern British Columbia and the population there is not healthy enough to expand on its own

Habitat Fragmentation Human development and geographical features block movement routes between Canada and North Cascades National Park

Female Home Range Female grizzlies stay close to their mother's home range, making it very unlikely they'll move back into the North Cascades on their own.

Relocation Works Wildlife biologists have already successfully relocated grizzlies and are recovering bears in western Montana.

Learn more at: www.northcascadesgrizzly.org/action

Carbon market

Continued from page A1

potential impacts of the linkage agreement on communities disproportionately affected by pollution.

Public Engagement and the path ahead

Public input was sought through various channels, including online listening sessions, surveys, and meetings with community groups.

Director Watson says her preliminary decision is based on this public input, her staff's analysis, and an independent economic analysis commissioned last year.

Collaboration with California and Quebec is needed to determine their interest in linking, what the combined market would look like, issues to be resolved, and a feasible timeline. Regulatory and statutory adjustments to Washington's program are also on the horizon. If all goes well, participation in a linked market might be possible in 2025 or later.

The public will continue to have a voice in this process, with opportunities for input on regulatory and statutory changes, as well as the draft linkage agreement. An Environmental Justice Assessment will also examine

how linkage might affect vulnerable communities. As Washington embarks on

this path toward linking its carbon market, it represents an important development in the state's ambitious carbon reduction policy. Public engagement and careful consideration of the potential impacts will be crucial in shaping the program's future.

Rep. Keith Goehner's perspective

In response to the department's announcement, Rep. Keith Goehner, a member of the House Environment and Energy Committee, expressed his concerns. He believes that linking Washington's cap-and-trade program with California and Quebec will not effectively reduce carbon emissions or consumer costs in the state. According to Goehner, it essentially allows businesses to continue their current practices and pass the associated costs on to consumers, further increasing fuel and energy prices.

Goehner pointed out that California's high fuel prices and expensive retail electricity rates are not examples to follow. He raised questions about the accuracy of predictions that linkage to California and Quebec would lower prices, emphasizing the potential loss of sovereignty for Washington.

The debate over the potential benefits and drawbacks of this linkage will likely continue as Washington moves forward with its plans.



and completion of Living Trust estate plans.



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. (Ist 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. (Ist Thurs. of every month, August - June).

Sunday

CHURCH: See the church page for local service times and events.

Cashmere Farmers Market

600 Cotlets 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. (Ist 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 (Ist 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 (lst 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.)

Local, Regional Community **News & Events**

Cashmere

Water"

and hope.

Shirley M. Kamada:

Author of "No Quiet

Join Cashmere Library on

Nov. 8 from 5 to 6 p.m. for a

special evening with Shirley M.

Kamada, the talented author

behind the book, "No Quiet

Water." This engaging story

delves into the profound themes

of war, its impact on children, the

power of friendship transcending

cultural boundaries, and the virtues of endurance, hardship,

"No Quiet Water" is not just a

tale; it's a powerful narrative that

provides a glimpse into the world

of agriculture and underscores

the vital role of family farms in

our economy. Don't miss this

opportunity to meet Shirley M.

Kamada and gain insight into

Fun Fall Storytime

at Cashmere Library

The Cashmere Library

invites families to join in on a

delightful Fall Storytime event

on Thursday, Nov. 9, from 10:30

to 11 a.m. This engaging and

interactive session promises

rhyming, and captivating stories

The Fun Fall Storytime at

the Cashmere Library is not

just about stories; it's a great

opportunity for families to

come together. Following the

storytelling session, there will be

an option to participate in a craft

activity or enjoy quality playtime

with special toys. It's a perfect

setting for families to connect

and socialize while having a

Don't miss out on this exciting

event that combines education

and entertainment in one

package. Bring your children to

the Cashmere Library on Nov. 9

for a memorable Fall Storytime

Strum your way

to ukulele bliss at

Cashmere Library

Unleash your inner musician

and embrace the cheerful

sounds of the ukulele! The

Cashmere Library is thrilled

to host a Ukulele Lesson event

on Thursday, Nov. 9, featuring

hour-long sessions every

experience!

wonderful time at the library.

from your beloved librarians.

fingerplays,

her compelling work.

action songs,

hour starting at 12:00 p.m. and concluding at 5 p.m. Whether you're a ukulele aficionado or a complete novice, this event has something for everyone. Volunteer ukulele teacher Tim Morrison is on hand to provide one-on-one or small-group introductory lessons. Don't have a ukulele? No worries! The library has a limited number of lender ukuleles available for checkout. For more information and to secure your spot in this musical journey, reach out to the Cashmere Library at cashmere@ncwlibraries.org or give them a call at (509) 782-3314. And there's more strumming goodness in store! Bring your ukulele and join us for a Ukulele Strum Along from 5 to 6 p.m. on the same day, Nov. 9, at the Cashmere Library. All skill levels are welcome, from kids

Community

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.

and tweens to teens and adults. This delightful social music time, led by Tim Morrison, promises an evening of musical camaraderie. Music sheets will be provided for all participants. The first 15-20 minutes will be dedicated to group play, followed by a 30-45 minute special performance by the Peshastin Library Ukulele circle.

Additionally, an information session will be held to discuss Ukulele playing lessons and the availability of Ukuleles. Get ready to strum and sing your heart out at the Cashmere Library's Ukulele Strum Along!

Please contact the Cashmere Libary for more information at cashmere@ncwlibraries.org or (509) 782-3314.

Friends of the **Cashmere** Library meeting scheduled for Nov. 10

The Friends of the Cashmere Library will convene for their meeting on Friday, Nov. 10, from 2 to 3 p.m. This gathering offers an open invitation to all public members eager to play a more active role in supporting the library's needs and programming.

During the meeting, attendees will discuss the library's forthcoming events and the essential volunteer opportunities required to enhance the library's services further.

For those interested in actively contributing to the community and the library's growth, this meeting is an excellent platform to get involved.

Cashmere Library offers Karen's Heartfelt Art Class

Embrace your artistic side and join Karen's Heartfelt Art Class at the Cashmere Library. In this engaging session, participants will have the opportunity to paint a picturesque winter bridge scene guided by the skilled instructor, Karen.

The class is scheduled for Wednesday, Nov. 15, from 4 to 6 p.m., making it the perfect midweek creative escape. Whether you're an experienced artist or just starting your artistic journey, this class is open to all skill levels.

To secure your spot in this artful adventure, contact the Cashmere Library at (509) 782-3314.

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 biodiversityrelated community science project in the world, and utilize it to record our observations of local wild birds

What's going on with Stevens Pass?

Curious about the upcoming ski season at Stevens Pass ski area? Mark your calendars for a presentation on Thursday, Nov. 9 at 7:00 p.m., hosted by Wenatchee River Institute at the Red Barn.

Galbraith, Vice Ellen President and General Manager of Stevens Pass ski area, will provide a comprehensive overview of what's on the horizon. Gain valuable insights into her experiences from the previous season and learn about the exciting plans for the upcoming ski year. Discover developments the latest surrounding the news construction of Kehr's Chair.

If you have burning questions about Stevens Pass or the ski industry, this is your chance. The floor will be open for live questioning at the conclusion of Galbraith's presentation.

For more information and event details, please visit the Wenatchee River Institute website at www. wenatcheeriverinstitute.org.

Community voices take center stage at Leavenworth Library's inaugural open mic night

Embrace your creative side and share your talents at the Leavenworth Library's firstexciting event promises an evening of artistic expression and community connection.

Whether you're a budding poet, a melodious singer, a stand-up comedian, or simply have a heartfelt message to convey, the stage is yours. Participants are encouraged to showcase their talents and passions in an inviting and supportive atmosphere.

Join your fellow community members for an evening of entertainment and inspiration. The event will feature a diverse array of performances, providing an opportunity to revel in the talents of your neighbors and friends.

To make this experience even more enjoyable, light refreshments will be available, creating a warm and welcoming environment for all attendees.

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!

Wenatchee Birding invites all skill levels to explore Walla Walla Point Park

Join the Wenatchee Birding group for a delightful morning of avian exploration at Walla Walla Point Park and the Horan Natural Area in Wenatchee.

Scheduled for Nov. 22, from 7:30 to 9:30 a.m., this event promises to be an exciting opportunity to connect with nature and learn from the knowledgeable staff of the Wenatchee River Institute (WRI)

Whether you're a seasoned birder or just starting your feathered journey, all skill levels are welcome to participate. It's a chance to observe and identify the

- 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 Cotlets 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.

2023 Integrated Resource **Plan Progress Report**

Chelan County PUD is updating the 2021 Integrated Resource Plan (IRP) as required by state law. The 10-year plan outlines the sources of power needed to supply PUD customers. A new IRP must be developed every four years and updated every two years.

Schedule for the 2023 IRP Progress Report:

- Nov. 20 Present final draft of IRP Progress Report to Commission
- Hearing on final IRP Progress Report **Dec. 4** and Commission action

The Nov. 20 presentation will be made during a regular PUD Commission study session that begins at 10 a.m. in the boardroom at 203 Olds Station Rd. The hearing will be at 1 p.m. during a Commission business meeting at the same location.

Visit chelanpud.org, "Integrated Resource Plan," for more information.



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

Sunday,

Nov. 12

9:30 a.m.

For more Info:

Brian James

509-782-3099

Cashmere TurkeyShoot

10

10

. 6u

6550 Turkey Shoot Rd.

(off Sunset Hwy.) Cashmere

JOE BROWN

J.C. BROWN LAW OFFICE

200 APLETS WAY, CASHMERE

782-1111

BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE take place on Tuesday, Nov. 14, from 6:30 to 8 p.m. This Walla Walla Point Park.

ever Open Mic Night, set to diverse bird species that grace the picturesque landscapes of

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Cashmere's Trae Smith | Cashmere shines in 2023 named 2023 Caribou **Trail League Defensive Player of the Year**



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

Ward Media / Cashmere Valley Record

A4

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

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

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.

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 wellrepresented in the All-League selections. Tyler Peterson,

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

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.

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

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 schools different from 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.



Faith Kert, Co-player of the year.



COURTESY OF COACH BRYAN BREMER

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

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.

recognition.

in the team's success.

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 those 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,

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.

"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 anvone 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

Scare-Crazy

Continued from page A1

Prusa said it was hard to pick winners because there were so many great and creative scarecrows.

The four judges went out and looked on their own and then got together to pick the winners. Judges Fran Huston

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."

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



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.

VALE **Students** Month



B D RAIT OF RESPEC

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, Domonic Fors, Taytum Bertilson, Mary

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

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, Isaiah Hubbs, Stella Graf. Jayson Gomez, Trace Rumann, Clem Kill, Cruz Baylosis, Wyatt Beem



Opinion

Honoring those who served

From the

Publisher

TERRY

WARD

very 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.

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

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.



Community voices wanted

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 repaying. 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.

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 Keith Goenner amount they need

to preserve and maintain the infrastructure. He said WSDOT would need an additional \$1.1 billion each year "to meet all 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

boat despite the overall cost being hundreds of millions more due to the need for a new design for the hybrid-electric

Washington state transportation system at a critical crossroad

Rep.

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.

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 fishpassage 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



Join our Reader **Advisory Board**

he 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 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.

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

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,

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!

eterans Day is one of the most important holidays in America and one that deserves special recognition. Each vear, 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 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)

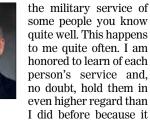
Day. This annual tradition

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**

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

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

your state senator.

every day. I am honored to be

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



74. . . Honoring those who have served and those who are.

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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

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 Army.

ER VALLEY CHURC

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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

Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org facebook.com/plaincommunitychurch office@plaincommunitychurch.org



LEAVENWORTH COMMUNITY UNITED **METHODIST CHURCH**

418 Evans Street • 509-548-5619 10 a.m.Sunday Service, Pastor Jo Dene Romeijn-Stout Leavenworthumc.org leavenworthumc@outlook.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school)

FAITH LUTHERAN CHURCH - ELCA

"Reconciling Works Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jenson, Pastor https://www.cleavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossett Worship Pastor-Jacob Mitchell www.LCN.org

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 am. • Prayer Meeting Wed. at 6 pm. Pastor Bill Clem • Worship 10:45 a.m.

MID-VALLEY BAPTIST CHURCH

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.

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

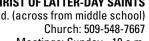


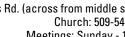
Sunday Worship Service at 10 am Lead Pastor Steve Haney 5800 Kimber Rd., Cashmere 509-295-8006 christcentercashmere.com



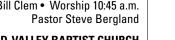












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Cashmere Valley Record November 8, 2023

Leavenworth Echo Cashmere Valley Record

Lake Chelan Mirror Quad City Herald

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A8

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Puzzle Solution

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Announcements

Lost & Found

General Interest ADVERTISE STATEWIDE with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details. DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted Free pickup. Call for details, 855-635-4229 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 eafFilter 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 Citv's website: cityofchelan.us/Jobs. First review of nnlications will be



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

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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 Must have current RN License. 2 Positions available \$10,000 Sign on Bonus Competitive Wages and **Benefits** Come join our strong and supportive team! Email resume to Jreed@Regency-Pacific .com Or call 360-281-8400

Windermere Real Estate/NCW 8 Windermere Leavenworth/Lake Wenatchee Specialists REAL ESTATE Robyn Bodaila - 617-462-3402 Looking for real estate Momi Palmieri - 509-433-2211 in the Upper Valley? Geordie Romer - 509-679-8958 Give us a call today! Allyson Romer - 509-630-9898 See all available properties at windermereleavenworth.com **Help Wanted Public Notices Public Notices City of Leavenworth F/T Preschool Teacher** ON CITY OF CASHMERE FINAL Request for 2024 needed at Upper Valley Comprehensive Plan Christian School. Amendment (Docket) Proposals 2024 BUDGET (Leavenworth, WA). The City of Leavenworth is into the entering annual An undergraduate or Comprehensive Plan (20-year associate degree in visioning document) amendment preschool teaching req. and is reauestina cycle Exp. pref. but not req. community input for ideas, \$31,800/year plus suggestions proposals and regarding amendments, including benefits. 35-40 hrs/wk, 9:00am-5:00pm. changes to Land Use Designation Map. Amendments Email resume to will be finalized and addressed in administration@uvcseagl the 2024 Planning Commission Cashmere City Hall, es.org. Docket. For an amendment to be considered for sponsorship by the Garage & Yard Sale City Council, submittal is due by Monday through Friday. December 29, 2023. Additionally, individuals may request privately Fill your pockets with sponsored amendments when CASH \$\$ submitted by January 31, 2024. access the agenda on the Suggested amendments, applications and/or questions may City's website for sent to Community be Development, phone can be sent to Kay Jones, 548-5275, e-mail (509) at City Clerk-Treasurer lvespier@cityofleavenworth.com, kay@cityofcashmere.org. or mail City of Leavenworth, Kay Jones P.O. Box 287, **City Clerk-Treasurer** Leavenworth, WA 98826. CITY OF CASHMERE Published in the Leavenworth Let others know what Echo/Cashmere Valley Record on Record/Leavenworth items you are selling! November 8, December 6, 2023. #6586 November 1, 8, 2023. #6337 Deadline Friday at Noon for all papers Follow us on Lake Chelan Mirror **Quad City Herald** Facebook at: 509-682-2213 classifieds@ward.media Facebook.com Leavenworth Echo **Cashmere Valley** *NorthCentralWashington* 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 Personal Representative The 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

NOTICE OF PUBLIC HEARING

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 101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., The public is invited to attend said hearing and make comments. If you are unable to attend in person, please call City Hall or login information. Written comments at Published in the Cashmere Valley Echo

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

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

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



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The Washington Outdoors Report



Gary Lewis glassing for big game.

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



Kevin Witte with a Lake Roosevelt sturgeon.

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 spinnerworm 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 steelhead. 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?

Neary 20-30% of women have bladder infections that return. Urinary tract infections, also called UTIs, are painful and annoying. Having



ered 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."

access to your bladder. If rent bladder infections. 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 mov1. 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.

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

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

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.

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

ing 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-

2. Methenamine Hippurate

When combined with hippuric acid, methenamine is more effective than methenamine mandelate. The supplement methenamine hippurate changes into formaldehvde 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.

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.

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. ©2023 Louise Achey

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