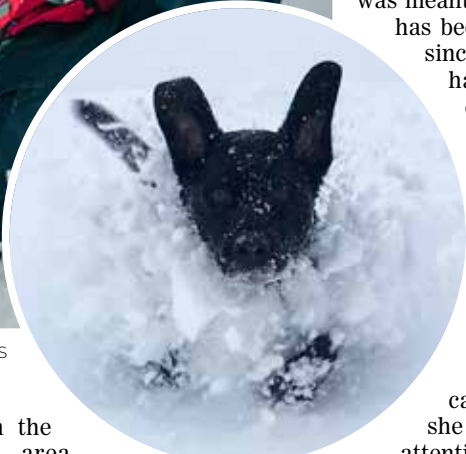


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Beloved Bailey



Avy rescue dog Bailey and her handler Angela Seidling.

COURTESY PHOTOS

By **QUINN PROPST**
 Ward Media Staff Reporter

As the days grow shorter and the temperatures drop, many are anticipating and preparing for the winter season at Stevens Pass. But there is one regular who will be taking it a lot easier on the slopes this season. Bailey, the Avalanche Rescue dog, is ready for a slower pace as she begins her first winter season of retirement.

The Stevens Pass avalanche rescue dogs, or avy dogs, come to work every day with their handlers ready to be called out in case of an emergency. After 11 years of working alongside the Ski Patrol, Bailey has earned her right to a slower pace. Bailey's handler and owner and Stevens Pass Patrol Director, Angela Seidling, said that Bailey will still come to work with her. "She'll spend more time hanging

out in the base area and more time on the couch in the office," she said. "I foresee us still getting out on the hill together this winter for maybe some promenade laps. And promenade is the green groomed run that gets you to the base area. The majority of it is quite flat, so she'll get carried out to promenade for some little glory laps

Avalanche rescue dog retires to cozy life at Stevens Pass

down that run." The biggest difference between being an active avy dog and retirement, besides more couch time, is that Bailey will no longer be called out for rescues. Avalanche Rescue dogs go through an extensive training process that starts when they are puppies and takes about three to five seasons. From the moment Bailey first came to work as a puppy, she just belonged there, Seidling said. "Oh, gosh, Bailey has, it's like she was meant for this," she said. "Bailey has been all in with this job ever since the very beginning and has always loved training, even obedience training. I mean, she's kind of nerdy like that." "She has a lot of the typical characteristics that labs have," she said. "She loves to eat, she loves to fetch, she loves to swim, she loves the snow. But she also has some kind of catlike characteristics like she doesn't seek out physical attention." "She is pretty professional in the workplace," she said. "Like, oftentimes more professional than her human team members. She's been very driven and focused right from the start." This year, Bailey will do a lot of PR work and help raise awareness for the avalanche rescue dog program, which

See **BAILEY** Page **A3**

Cashmere City Council meeting

By **KIRK BECKENDORF**
 Special to Ward Media

Two significant business items dominated the Cashmere City Council's Oct. 9th meeting. First, up for discussion was a proposed relaxation of the City's commercial parking requirements; Second, was a budget workshop discussion tax and levy options to address the gap between city revenues and city expenses. Cashmere Planning Commission (CPC) member, Zak Steigmeyer, and Director of Operations, Steve Croci, explained that city staff and the CPC was developing significant proposed changes to the commercial parking code. If implemented the changes would loosen commercial parking requirements, significantly decreasing the number of on-site parking spots a business would need. Parking requirements for residential properties would not be affected by the proposed changes. Croci told the Council that this is just a "check-in" and no action was required, but the CPC members wanted to get some initial feedback from the Council before proceeding further. Steigmeyer added that the CPC wanted to make sure that the changes are in-line with Council's views and would not be something that will just get shot down. Steigmeyer told Council members that the current code is not compatible with the look and feel of the walkable downtown Cashmere. The four changes to the code include:
 1. allowing city-owned parking lots to be included as 75% of a businesses' parking requirement. Currently this is set at 25%. Three additional city parking lots would also be allowed to be included as part of a businesses' off-site parking allotment.
 2. shared parking spaces for businesses may be allowed if the parking needs and times do not overlap.
 3. changes to the types of business categories and the amount of parking required for each type of business.
 4. allow a business to request an Exception to the Parking Requirement. This would allow a business to provide a written justification to demonstrate a reduction in the amount of required parking. A lengthy discussion followed, with Council members asking "what-if" questions apparently seeking to determine potential impacts or unintended consequences of the proposed code changes. Some of the scenarios discussed included; what if a business is in someone's home, what if a building is sold and a different type of business is established, would the same type of business be grandfathered-in, and the option of the city completely elimination commercial parking requirements. The discussions ended with the Council telling Steigmeyer and Croci that they were supportive of the direction the Commission is headed. The budget workshop portion of the meeting was led by Council member Chris Carlson. As a workshop, the meeting was specifically for discussion purposes preparing for a public hearing, so no action was taken by the Council. The first hearing will be held on Oct. 23rd to receive public input regarding a possible increase in property taxes. On Nov 13th a hearing will be held to hear public comments regarding the preliminary 2024 budget. A hearing will then be held on Nov 27th to obtain public comments on the final 2024 budget. All of the hearings will be held at 6:00 p.m. at the Cashmere City Hall. Written comments can be sent to Kay Jones, City Clerk-Treasurer at kay@cityofcashmere.org. Although absent, Mayor Jim Fletcher, tasked the Council with reviewing options to help address the gap between city revenues and expenditures. Relaying information from Fletcher, Kay Jones, presented to the Council, 4 options for increasing city revenue through a Levy Lid lift, or the possibility of establishing a Transportation Benefit District (TBD),

See **CITY COUNCIL** Page **A3**

GladSong benefits top \$100K



Andy Anderson, in front on solo, as GladSong sings "Oh Happy Day," for Wenatchee's Hope Care Clinic at Calvary Crossroads Church on Sept. 24.

By **DAN WHEAT**
 Press Release
 GladSong

The community inspirational singing group, GladSong, has helped charities raise more than \$100,000 over the past three years in the greater Wenatchee area and has two more benefit concerts before its winter break. GladSong began in 2021 and performs pop, country, jazz and gospel tunes. It helped raise \$618 in a short 2021 season, \$42,275 for 11 charitable organizations in the first full season of 2022 and, so far, \$58,387 for seven charities this year. All concert proceeds go to the charity for which a concert is given. "We love singing, touching people

with positive messages and helping our community," said Tim Meyer, director. GladSong's next concert is 6 p.m. Oct. 22 at Eastmont Baptist Church to raise funds for Samaritan's Purse Operation Christmas Child that provides Christmas gifts in shoeboxes to children around the world. Many local churches participate each year. GladSong's final 2023 concert is set for 6 p.m. Nov. 4 in the Wenatchee High School Commons to benefit the school's Random Acts of Kindness club. GladSong was the featured entertainment at annual fundraisers for Wenatchee's Hope Care Clinic and Central Washington Safe Families in September. Each event raised about \$22,000 from donations, sponsorships,

silent auctions. Safe Families also from ticket sales. "I would say about 40% was from sponsorships for the event, like Cascade Auto Center, and 60% from our generous donor base," said Ginny Kerstetter, executive director of Hope Care Clinic. Proceeds go into the clinic's \$70,000 annual budget to provide medical, dental and behavioral health care for uninsured and the underinsured, she said. About 120 people attended the 80-minute concert at Calvary Crossroads Church on Sept. 24. "GladSong is awesome. The audience really loved it," Kerstetter said. The eight-month-old Safe Families

is the local affiliate of a national organization providing alternatives to foster care. "This was our launch celebrator dinner to raise money for expenses and get more people involved as volunteers," said Sherry Mott, director. The Sept. 9 event at Sage Hills Church drew 125 attendees at \$40 per plate for \$5,000, raised another \$10,000 in donations and \$5,000 from a silent auction. Sponsors included Town Toyota Center and Goodfellow Bros. Among other concerts this year, GladSong helped raise \$6,000 for Ohme Gardens on July 9 in the gardens, and more than \$2,000 for a Leavenworth association providing weekend food for school children in need.

HANK LUBEAN/GLADSONG

Inside The Record this Week

5 things to do this week.....	A2	Business Directory.....	A4	Classifieds Index	
From the Publisher.....	A2	Battle for the Bronze Shoe.....	A5	Classifieds.....	B4-B5
Community Calendar.....	A3	Cashmere Middle School.....	A6	Real Estate Guide.....	B4
Vale Students of the Month.....	A3	Fall Home Improvement.....	B1-B3	Advertising Flyers.....	Safeway

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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...

Corrections

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

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\$15.00 for first 30 words .10 for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Probst at quinn@ward.media. We'll showcase the five most captivating events of the week...

Wenatchee Kennel Club Dog Show

The Wenatchee Kennel Club will host its annual dog show starting at 8 a.m. on Oct. 22 and runs through the 24th at the Chelan County Fairgrounds in Cashmere.

"Many activities are offered, including Conformation, Obedience, Rally Obedience, Lure Coursing, Barn Hunt, and others," the event page states.

For more information visit wenatcheeclub.com/events.

Children's Book Swap

Watermill on the Avenue will host a children's book swap on Thursday, Oct. 19 from 3 p.m. to 6 p.m. at their Wenatchee location.

"All you book lovers out there, come down to the Watermill on The Ave with your kiddo and some children's books you are ready to swap," the event page states.

"We will have a few fun kid's meal options, with sparkling apple juice and, of course, our seasonal menu as well," the event page states.

Recognizing local non-profits making a difference

As we approach the season of giving, we at Ward Media are excited to bring you stories that truly reflect the spirit of our community.



From the Publisher TERRY WARD

We believe that featuring local non-profit organizations is a wonderful way to showcase the dedication and selflessness of those who contribute to the well-being of our community.

We invite you to recommend non-profit organizations you believe deserve recognition for their outstanding work. These organizations can be the unsung heroes who make a significant impact in our area...

Our mission is to shine a spotlight on these local heroes who embody the true spirit of giving. We hope to inspire others to join their efforts and make this giving season special...

Please take a moment to share your suggestions for these feature stories with us. You can email me at terry@ward.media or call my office at (509) 731-3284.

Thank you for being a part of our community and helping us make a difference.

Advertisement for Ward Media Classifieds: Find the best qualified local employee... with the Echo/Record Classifieds. Call us at 509-548-5286

Letters to the Editor

Supporting Jeff Johnson On November 7th, an important Cashmere City Council position is up for grabs. One candidate, Jeff Johnson, is exceptional and worth considering.

and threatening behavior toward individuals who are civically engaged. I attended a crowded City Council public hearing on 03/13/2023. During the public comment period, Councilor Pratt rudely interrupted the public speaker and was confrontational and aggressive.

Public servants are expected to conduct themselves in a manner that justifies the confidence placed in them by the people, maintaining integrity and discharging the high responsibilities of public service ethically.

A vote for Jeff Johnson sends the message that decorum in public office does matter. Jeff embodies the qualities of a City Council member. Unlike his opponent, Jeff has good interpersonal skills, is a good listener, is ethical, and has an approachable demeanor.

p.m. to 8:00 p.m. The doors open at 6:30 p.m. for a community social with beer and wine available for purchase.

"There's a lot more going on in the skies that's affecting climate than just increasing CO2," the event page states.

"Sarah will talk about how particles in the atmosphere, like smoke from fires and pollution from engines and industrial activities, are affecting our climate, how their influence on climate differs from that of greenhouse gasses like CO2..."

Wenatchee River Institute Red Barn events are now hybrid and can be joined in person or on livestream.

The event is free with a donation basket at the door.

For more information visit wenatcheeriverinstitute.org.

Live Music at Chelan Ridge Winery

The Chelan Ridge Winery



5 THINGS TO DO THIS WEEK

will host Cashmere musician Carly Klein on Sunday Oct 22 from 3 p.m. to 6 p.m.

"We are so excited to have Carly Klein Schoening joining us at Chelan Ridge Winery on October 22nd from 3-6," the event page states.

"Sip wine, enjoy our made to order wood fire artisan pizzas, charcuterie & salad," the event page states.

For more information visit chelanridgewinery.com.

Autumn Amble

The Wenatchee River

Institute will host an Autumn Amble on Friday, Oct, 20 from 9 a.m. to 11 a.m.

"Join the Wenatchee River Institute for a two-hour autumn amble with one of our knowledgeable naturalists," the event page states.

The event is limited to 10 participants and registration is required.

For ages 16 and up the cost is \$10. For ages six to 15 the cost is \$5 and ages five and under are free.

For more information visit wenatcheeriverinstitute.org.

Chelan County Sheriff's Report



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

October 6

05:10 Traffic Offense, 101 Pioneer Ave., Vale Elementary School

October 9

11:21 Domestic Disturbance, 207 N. Douglas St.
13:13 Agency Assist, 407 Aplets Way, Milepost Brewing

October 7

01:05 Suspicious Circumstance, 222 Perry St.
19:30 Extra Patrols, 3263 Allyn Ln., Monitor

October 8

12:19 Missing Person, 6747 Flowery Divide Rd.
12:53 Agency Assist, 910 Pioneer Ave.
13:52 Drugs, 8978 Motel Rd., Dryden

Railroad Ave. and Olive St.
19:32 Property, 300 Aplets Way, Hometown Market

October 11

08:20 Suspicious Circumstance, S. Douglas St. and E. Parkhill Ave.
08:47 Trespassing, E. Parkhill St. and Riverfront Dr.
15:50 Parking/ Abandoned Vehicle, 500 block Cottage Ave.

October 12

03:21 Alarm, 5655 Sunset Hwy., Los Tres Amigos
11:19 Injury Accident, Goodwin Roundabout
11:34 Trespassing, 509 Cottage Ave.

17:40 Theft, 130 Titchenal Way, Martin's IGA

October 10

09:14 Trespassing, Maple St. and Mission Ave.
13:59 Suspicious Circumstance, 300 Tigner Rd., Cashmere Middle School

October 10

19:19 Hazard, Olalla Canyon Rd. MP 1
19:19 Hazard, Olalla Canyon Rd. MP 1

Speak Up for Grizzly Bears!

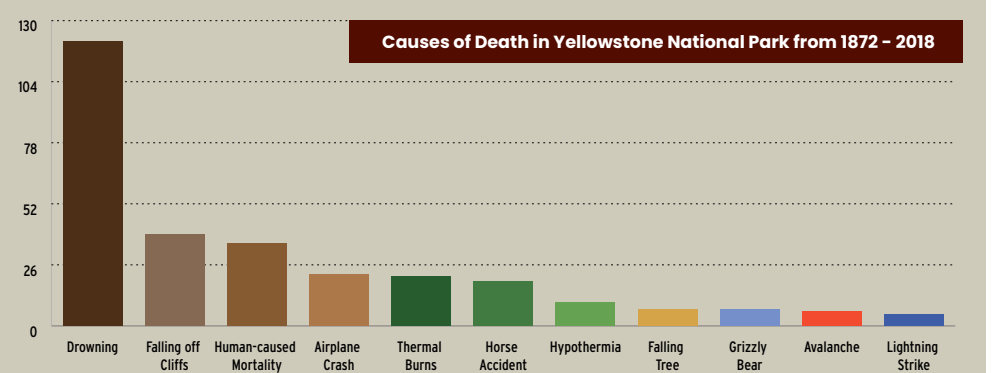
Grizzlies roamed Washington's North Cascades for thousands of years, but now none remain. Hunted, trapped, and poisoned, the bears were exterminated. We now have a plan—and a responsibility—to bring them back.



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



Understanding Risk in Grizzly Country



During a 147-year period in Yellowstone National Park, grizzly bears posed a relatively small risk to humans compared to other hazards.

Gunter, K.A. in press. Bear-caused human fatalities in Yellowstone National Park. Accepted for publication in: Human-Wildlife Interactions. digitalcommons.usu.edu/hwi (used with permission).



Learn more at: www.northcascadesgrizzly.org/action

Community Bulletin Board

Local, Regional Community News & Events

Any non-profit 501(c)-(3) group, person(s). Must provide: full name, city, phone number. Items pertaining to local events that are free or minimum charge. Want to place Your Community News Online? Go to ncwmarket.com 24/7. Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthcho.com or place online at ncwmarket.com. To submit info call **509-548-5286** or email: news@ward.media.

Community Calendar

Wednesday

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

Thursday

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

Sunday

CHURCH: See the church page for local service times and events.
Cashmere Farmers Market
 600 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. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Icicle & Peshastin Irrigation Districts, Current meeting time 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.lipid@nwi.net (2nd Tues.)
Peshastin Water District, meets at 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.

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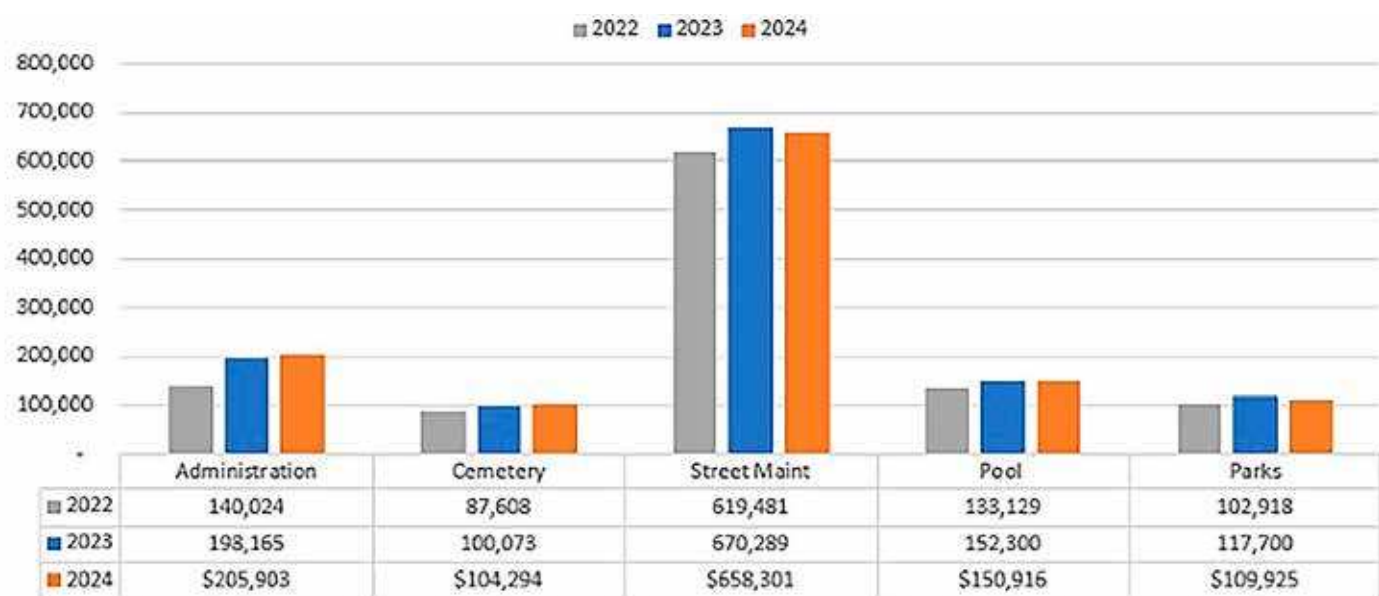
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Proposed 2024 allocation of Cashmere's General Government Budget and changes from 2022 and 2023.



Proposed 2024 allocation of Cashmere's Public Works Funds.

City Council

Continued from page A1

to increase the sales tax up to 0.3%. According to documents provided by the city, state law allows a city to establish a TBD as "... an independent taxing district that can raise revenue for specific transportation projects..."

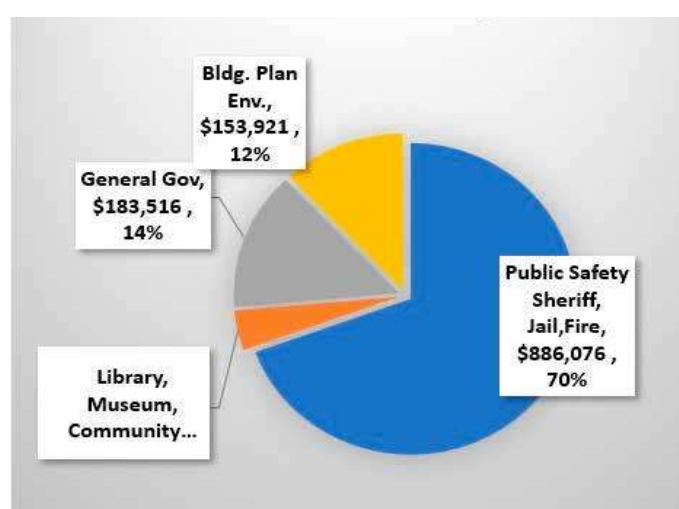
Carlson explained that all of the city's costs have increased due to inflation, with wastewater cost up about 12% and charges from the county are up at least by 15%, but the city's revenue is relatively stagnant. Most of the increase from the county is a \$70,000+ increase for operating the jail. A 180% change, from \$40,000 in 2023 to \$112, 400 for 2024.

Carlson said that the Council and the City are faced with either raising taxes or figuring out what services and projects can be cut to reduce expenses. City Clerk-Treasurer, Kay Jones, said that increases to property tax revenues by the allowable 1% will only raise about \$7000 in revenue. Carlson presented four options for lifting the levy limit but explained that they require a public vote which would take up a lot of the revenue just to get it on the ballot and they would provide a minimal increase in revenue for the city and would take a year begin bringing in and revenue.

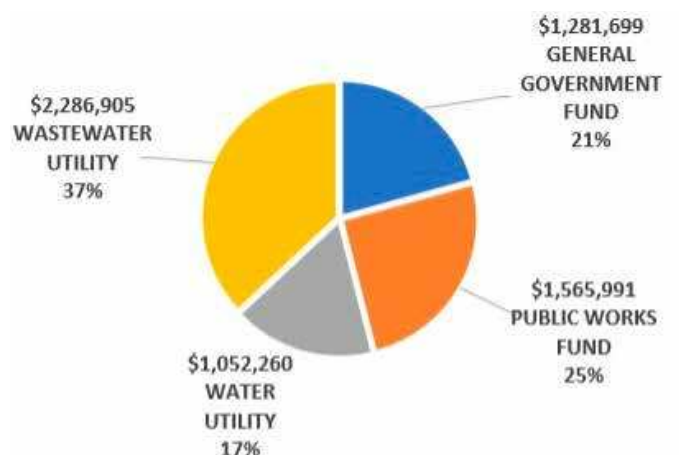
Jones said that she and Fletcher are advocating for a Transportation Benefit District to increase city revenue by

a proposed 0.1%. Responding to a question from Council member Shela Pistoresi, Jones said that the current sales tax rate in the city is 8.3% and the potential increase would raise the rate to 8.4%. She added that the cost would be shared by anyone who comes to town and purchases something in Cashmere, not just city residents. Jones further explained that to establish a District only requires a public hearing, not a public vote. During the 1st year, Jones estimated that the 0.1% sales tax would raise about \$80,000 - \$90,000, which would be dedicated to transportation projects, allowing property taxes to be used to cover the increased cost of the jail.

Council member Derrick Pratt said it was necessary to ask the question of where the city could cut cost that would be significant enough to make a difference. Jones replied that the city has been making cuts and that the majority of the budget includes services that the city is required to provide, as an example 70% of the General Government budget is for contracts with the county for Public Safety (i.e. Sheriff, Jail and Fire). Croci responded that the city could make cuts by reducing maintenance of streets, parks and equipment and by not implementing capital projects. Jayne Stephenson added that numerous fire hydrants are no longer operational due to the city's lack of maintenance.



Proposed 2024 Cashmere General Government Budget.



Estimated 2024 Cashmere City Revenues.

Bailey

Continued from page A1

is a nonprofit organization. "So our dogs at Stevens Pass, their primary purpose is to be available to the skier if we were to ever have somebody buried in an avalanche inbound," Seidling said. Dogs are often the quickest way to locate a buried skier. However, it is important to note that there has not been a single inbound burial in all of Bailey's 11 years of service, which means that their avalanche mitigation work has been effective, Seidling said. Stevens Pass Avy Dogs started in 1993. At the time,

there were only about a dozen trained avy dogs in the country. Today, Stevens Pass has a pack of seven dogs in various stages of their careers. Since 1993, they have trained 20 dogs. Ski patrollers commit to the extra duty of training and maintaining Avy dogs. Seidling said that Ski Patrollers love having their dogs. "It's just such a fun part of what we're doing up there," she said. "Honestly, it's what's kept me at Stevens Pass for going on my 17th season now." Quinn Propst: 509-731-3590 or quinn@ward.media

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CHS Boys clinch victory at Liberty Bell Cross-Country Invite

WINTHROP - The Cashmere Bulldog's boys' cross-country team displayed their prowess on Saturday as they secured the team championship at the annual Liberty Bell High School Invitational. Held on a challenging five-kilometer two-loop course that wound around the school premises and through cross-country skiing trails, the event saw intense competition from eight complete teams and a total of 94 dedicated runners.

Cashmere edged past their rivals to claim victory in a closely contested battle, narrowly defeating the second-place Okanogan team by a mere three points.

Here are the final Boys Team Scores:

- Cashmere: 55
- Okanogan: 58
- Liberty Bell: 76
- Rogers (Spokane): 98
- Brewster: 105
- Tonasket: 160
- Republic: 200
- Lake Roosevelt: 208

Cashmere's victory was a testament to the outstanding performance of their top five runners:

1. Mack Pell (Freshman) secured the 5th position with a time of 18:01.76.
2. Kaden Miller (Senior) crossed the finish line in 6th place, clocking in at 18:09.15.
3. Maison Sims (Senior)

claimed the 10th spot, completing the race in 18:26.98.

4. Rylan Reiber (Freshman) exhibited remarkable skills and finished 15th with a time of 18:46.07.
5. Tobie Larson (Sophomore) wrapped up the top five scorers for Cashmere, securing the 19th position in 19:15.32.

While the boys' team celebrated their well-deserved victory, the girls' race saw Liberty Bell emerge as the team champions. Cashmere, unfortunately, could not secure team points as they had only four female runners participating. However,

the Bulldog's Senior Saige O'Keefe gave a commendable performance, finishing 12th with a time of 26:21.80. Junior Kimberly Strong (28:49.80), sophomore Ellie Weber (29:17.10), and freshman Vansee Wheeler (30:23.20) showcased their determination, securing the 20th, 21st, and 22nd positions, respectively.

The Liberty Bell Invitational proved to be a thrilling showcase of athletic excellence, with Cashmere's boys' team emerging as champions and their girls' team giving it their all. These young athletes continue to inspire with their dedication and talent on the cross-country trails.

Girls Soccer

Cashmere Bulldogs secures ten consecutive victories

The Cashmere Bulldogs girls' soccer team delivered two impressive performances during their recent encounters against the Chelan Goats and Cascade Kodiaks, extending their winning streak to a remarkable ten consecutive victories.

Cashmere vs. Chelan

In a Central Washington Caribou Trail League match, the Bulldogs emerged victorious with a final score of 2-0. The #3 ranked Bulldogs displayed their dominance,

starting the scoring in the 24th minute when sophomore sensation Erin Ireland brilliantly netted a goal from 12 yards out. This early lead of 1-0 was well-maintained throughout the first half.

The second half opened with junior Kora Traynor showcasing her skills, gracefully maneuvering through Chelan's defense to score from 6 yards out in the 41st minute, further solidifying Cashmere's lead. The Bulldogs maintained their offensive momentum, outshooting their

opponents with an impressive 12-2 count for the night.

In the goalkeeping department, Kamryn Tomlinson continued to shine, securing her 7th shutout of the season with a single save during the match.

Cashmere Bulldogs' girls' soccer team's victory against Chelan highlights their exceptional form and determination, making them a formidable force in the league. With their ninth consecutive win, they are undoubtedly a team to watch in the upcoming matches.

Cashmere vs. Cascade

The Cashmere Bulldogs' girls' soccer team played host to the Cascade Kodiaks at the Cashmere Soccer Field this past Thursday. The Bulldogs continued their unbeaten streak by securing a 2-0 victory.

The contest got off to a balanced start, with a scoreless first half keeping both sides on edge. However, in the 51st minute, the Bulldogs seized the initiative. Junior standout Ginny Pruitt stepped up, calmly converting a penalty kick after senior Yaselyn Mejia was fouled in the box. This goal shattered the deadlock,

sending ripples of excitement through the crowd.

Senior Esther Walkley etched her name into the match's narrative six minutes later. She expertly capitalized on a deflected pass from freshman Addison Talley to slot home the final goal of the encounter, giving the Bulldogs a 2-0 advantage that they would maintain until the final whistle.

The remaining 23 minutes of play saw the Bulldogs fashion several promising opportunities, though they narrowly missed finding the back of the net. Nevertheless, their exceptional performance throughout the match solidified their status as a formidable force.

With this victory, Cashmere remains undefeated this season, boasting an impressive 10-0-2 record. The Bulldogs have notched an incredible ten consecutive wins and recorded their eighth clean sheet, showcasing the prowess of their defensive lineup. The Bulldog defense held the Kodiaks at bay, limiting their shots on goal to a mere seven, while Cashmere's offensive onslaught saw them register an impressive 24 shots on target.

Still undefeated

Bulldogs rally to victory

Ward Media / Cashmere Valley Record

CASHMERE - It was a night of incredible twists and turns as the Cashmere Bulldogs orchestrated an unforgettable comeback in their 2023 homecoming game, defeating the Omak Pioneers in a thrilling contest. Overcoming a 14-point deficit in the first quarter, the Bulldogs clinched a remarkable victory with a final score of 28-21, further cementing their undefeated season and securing the top spot in the Caribou Trail League.

The Omak Pioneers burst onto the field with a fiery start, ignited by their senior quarterback, Beau Sackman. Sackman delivered two exceptional touchdown runs in the first quarter, covering an astonishing 40 yards and an impressive 80 yards, giving the Pioneers an early lead. However, Cashmere responded later in the quarter with two touchdowns of their own.

Senior running back Tyler Peterson exhibited his exceptional skills with a 33-yard touchdown run, followed by a sensational 6-yard touchdown catch by sophomore Isaac Zavala from Rylan Hatmaker, leveling the score at 14-14. The Bulldogs surged ahead early in the second quarter when Hatmaker connected with senior tight end Dalan Smart on a 20-yard touchdown reception, granting them their first lead of the game at 21-14.

Not to be outdone, the Pioneers answered when Sackman found Taegen Mullin on a 68-yard deep crossing route for a touchdown, making it 21-21 going into halftime.

The second half of the game was a display of dominance by the Bulldog defense. Cashmere's defensive unit contained Sackman and exhibited exceptional teamwork as they kept the Pioneers at bay. Peterson added to his accolades with a 12-yard rushing touchdown in the third quarter, giving the Bulldogs a 28-21 lead.

With just eight minutes remaining, Cashmere's defense forced Omak into a turnover-on-downs situation. The Bulldogs then relied on their ground game to eat up precious clock time. Although they faced a brief hiccup with a lost fumble under two minutes, senior Trae Smith secured his second interception of the night from Sackman, sealing the victory for the Bulldogs.

Peterson showcased his skills by rushing for 85 yards on 23 carries, notching two touchdowns. Zavala contributed with 83 yards on 13 carries. The Cashmere offensive line dominated the line of scrimmage in the second half. Hatmaker completed 13 of 20 passes for 156 yards, throwing two touchdowns and one interception. Sophomore Logan Spies caught six passes for 58 yards, while Smart and Zavala each hauled in four receptions for 57 and 26 yards, respectively.

Sackman, the 2022 CTL Offensive Player of the Year, was contained after Omak's first two drives. He finished the night 10-for-33 for 176 yards with one touchdown and rushed for 113 yards on 11 carries. Mullin emerged as a receiving threat, securing four passes for 115 yards for Omak.

Bulldog Scoreboard



FOOTBALL	
Oct. 13:	Cashmere 28, Omak 21, Win
GIRLS SOCCER	
Oct. 10:	Cashmere 2, Chelan 0, Win
Oct. 12:	Cashmere 2, Cascade 0, Win
VOLLEYBALL	
Oct. 10:	Cashmere 0, Chelan 3, Loss
Oct. 12:	Cashmere 3, Cascade 0, Win

Sports Schedule

FOOTBALL	
Oct. 20:	Cashmere vs. Chelan, Away at 7 p.m.
GIRLS SOCCER	
Oct. 19:	Cashmere vs. Wenatchee, Home at 6:30 p.m.
Oct. 24:	Cashmere vs. Quincy, Home at 6:30 p.m.
CROSS-COUNTRY	
Oct. 24:	CTL Championship District V1, Home at 2 p.m.
VOLLEYBALL	
Oct. 21:	Cashmere vs. Freeman, Home at 12 p.m.
Oct. 21:	Cashmere vs. Lakeside, Home at 2 p.m.

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CONGRATULATIONS

Cashmere Middle School Students of the Month!

Maya Simpson, 5th grade

Jordyn West, 6th grade

Ella Niederstadt, 7th grade

Yamillet Acero Carillo, 8th grade

Allie Neff, Music

Emma Miller, Estrella Espanola

Adaneli Cruz, Estrella Espanola

Elaine Bair, Estrella Espanola

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Year #70 for the 'Battle for the Shoe'

Friday, Oct. 20 • 7 p.m.

Sargeant Field in Chelan

Battle for the Bronze Shoe

Cashmere and Chelan Football Rivalry Resumes

CHELAN - The clash between Cashmere and Chelan on the football field this Friday night isn't just another game; it's a time-honored tradition that dates back to 1953. The annual "Battle for the Bronze Shoe" unites these two North Central Washington communities under the bright Friday night lights.

At the heart of this cherished rivalry stands the late Bill Lippincott, a legendary figure who once coached both the Cashmere and Chelan football programs. Lippincott, whose college career as a running back, defensive back, and placekicker at Washington State University earned him legendary status, had one of his old college shoes bronzed by a former assistant coach. This shoe came to symbolize the enduring friendship and sportsmanship shared between the two schools and their football programs.

Lippincott's achievements at WSU are etched in history; he is fifth all-time in career interceptions with 13 and was named to the All-Coast team in 1948, earning a spot in the Hula Bowl. Despite being drafted by the Los Angeles Rams, Lippincott chose a career in teaching and coaching.

Lippincott coached Cashmere into a winning



Cashmere Bulldogs Team

team beginning in 1949 before moving to Chelan in 1953 to coach at Chelan High School. He retired from coaching in 1962 but continued to teach and work in broadcasting until 1984.

This year, the victor of the game will claim ownership of the cherished bronze shoe trophy until the teams meet again next year.

Traditionally, Cashmere has held the upper hand in this series, but the Chelan Goats are resolute in their quest to seize the shoe this Friday night—Chelan last secured victory in the Shoe game in 2014.

The "Battle for the Bronze Shoe" is set to unfold on Friday, Oct 20, at 7:00 PM at Sargeant Field, where Cashmere and Chelan will go head-to-head. This unique trophy, known as "The Shoe Trophy," has its origins in Cashmere High School in 1953, originating from Bill Lippincott's college shoe during his standout days as a running back at Washington State University.

Bill Lippincott, a graduate of Okanogan High School, left an indelible mark as one of the finest athletes to emerge from North Central Washington. He left a legacy not only as an athlete but as a dedicated

educator and coach in both Cashmere and Chelan high schools.

The trophy itself serves as a symbol of the enduring bond of friendship and sportsmanship shared between the Bulldogs and the Goats.

As history has shown, this rivalry has witnessed intense battles on the gridiron over the years. With Cashmere leading the all-time series with a record of 56-12-1, the Battle of the Bronze Shoe continues to be a highlight of the football season, celebrating both athletic prowess and the spirit of camaraderie that transcends the game.

BATTLE FOR THE BRONZE SHOE HISTORY:

1953	Cashmere 12 Chelan 6	1988	Cashmere 42 Chelan 0
1954	Chelan 39 Cashmere 0	1989	Cashmere 34 Chelan 0
1955	Chelan 13 Cashmere 7	1990	No game
1956	Chelan 19 Cashmere 0	1991	Cashmere 49 Chelan 6
1957	Chelan 26 Cashmere 0	1992	Cashmere 37 Chelan 0
1958	Cashmere 28 Chelan 19	1993	Cashmere 32 Chelan 0
1959	Cashmere 20 Chelan 7	1994	Cashmere 33 Chelan 3
1960	Cashmere 20 Chelan 13	1995	Cashmere 47 Chelan 0
1961	Cashmere 33 Chelan 7	1996	Cashmere 22 Chelan 0
1962	Cashmere 21 Chelan 6	1997	Cashmere 42 Chelan 20
1963	Cashmere 20 Chelan 6	1998	Cashmere 31 Chelan 13
1964	Chelan 6 Cashmere 2	1999	Chelan 12 Cashmere 7
1965	Cashmere 18 Chelan 7	2000	Cashmere 28 Chelan 14
1966	Cashmere 20 Chelan 14	2001	Cashmere 35 Chelan 7
1967	Chelan 33 Cashmere 18	2002	Cashmere 68 Chelan 0
1968	Cashmere 13 Chelan 13 (tie)	2003	Cashmere 55 Chelan 20
1969	Cashmere 22 Chelan 8	2004	Cashmere 40 Chelan 10
1970	Cashmere 30 Chelan 21	2005	Cashmere 63 Chelan 7
1971	Chelan 26 Cashmere 6	2006	Cashmere 23 Chelan 7
1972	Cashmere 26 Chelan 6	2007	Cashmere 65 Chelan 7
1973	Cashmere 55 Chelan 0	2008	Cashmere 38 Chelan 28
1974	Chelan 34 Cashmere 13	2009	Cashmere 31 Chelan 13
1975	Cashmere 21 Chelan 3	2010	Chelan 42 Cashmere 35
1976	Cashmere 41 Chelan 0	2011	Cashmere 36 Chelan 35
1977	Cashmere 32 Chelan 6	2012	Cashmere 47 Chelan 0
1978	Chelan 28 Cashmere 7	2013	Cashmere 30 Chelan 29
1979	Cashmere 36 Chelan 8	2014	Chelan 35 Cashmere 21
1980	Cashmere 13 Chelan 6	2015	Cashmere 14 Chelan 10
1981	Cashmere 54 Chelan 0	2016	Cashmere 28 Chelan 18
1982	Cashmere 46 Chelan 6	2017	Cashmere 49 Chelan 0
1983	Cashmere 33 Chelan 6	2018	Cashmere 30 Chelan 7
1984	Cashmere 37 Chelan 0	2019	Cashmere 28 Chelan 18
1985	Cashmere 21 Chelan 6	2021	Cashmere 15 Chelan 7 (spring)
1986	Cashmere 28 Chelan 0	2021	Cashmere 22 Chelan 12 (fall)
1987	Cashmere 35 Chelan 0	2022	Cashmere 41, Chelan 7

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Picking Apples

Today, we picked most of the apples off the one remaining apple tree in the little orchard Grandma and Grandpa planted back when I was in high school. The yield was good this year, even with only one tree. Grandpa put the forks on Johnny, his John Deer tractor, and scooped up a pallet for us to set the boxes full of apples on so we wouldn't have to carry them by hand on foot to the

house. We picked three boxes of golden delicious apples and then set the boxes on the palate to be hauled up to the house. Silver-haired Grandpa, hands on the wheel of that John Deer tractor, backed up on the snowball bush lawn right up to the quaking aspen trees that border our property. A strong fall breeze shook those aspens, sending round chocolate-tinted tan quarter-sized leaves floating down all around him and his tractor. The leaves swirled and

twirled, catching the light of the autumn sun. Grandpa caught my eye, and with a grin, he said, "Wow, that's a bit of a breeze, eh?" Spinning, the leaves floated past the tractor's plywood roof, past Grandpa's silver hair and white grin, past his homemade vest and Carhart britches, past his still strong hands holding firmly to the wheel, past the John Deer green paint of the tractor's body and the boxes full of golden apples on the pallet supported by the

two fork prongs connected to Johnny's lifting apparatus until they hit the rutted dirt under the tractor's tires to lay still and quiet destined to protect the worms hiding underground in the roots of grass where the chickens hadn't yet scratched. "Kind of like snow, isn't it?" I grinned back and nodded my head up and down. He asked me where I wanted to take the apples. I told him the back deck where Grandma could see them. He mentioned something about giving apples to our neighbors as he

jockeyed Johnny's pallet with the three boxes of apples on it right up to the deck so I could unload them easily. Hearing Johnny, Grandma came out the door. As I sat the boxes on the deck table, she said to me, "Make sure to save the nicest ones to share with the neighbors." So, I did. sixteen of the best apples will make their way into the hands of our neighbors, giving Grandpa an excuse to spend a bit of time with each neighbor, just chatting, being approachable, and letting them know they matter to us.

Two Ways to Make Apple Sauce:

Fresh Apple Sauce for Eating Right Now
Quarter and core a fresh apple, scrape it with a spoon, and eat it as is. (Grandma tells me Grandpa used to feed me this type of apple sauce as a baby. Just remember to pay scrupulous attention to kitchen hygiene when using food this way for the very old and the young because their immune systems may not be as robust as a healthy middle-aged adult.)

hours, or simmer the apples in the saucepan for about an hour until the apples fall apart, adding water as needed. Add sugar to taste if so desired. Serve warm or cold.
Choices: add a pinch of cinnamon or other spice or herb. Freeze for winter use in plastic zip-lock sandwich bags. Find a food-preserving book and figure out how to preserve applesauce for your family's winter eating.

Cooked Apple Sauce

- 4-8 apples peeled and cored
 - Water as needed
 - Sugar to taste (optional)
- Put peeled and cored apples in a small crock pot or a medium-sized saucepan. Let the crock pot cook on low for 4 to 8

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.

Girls swim team shines in Eastmont Aquatic Center showdown

CASHMERE - The Cashmere Bulldogs girls' swim team made quite a splash as they battled it out in the Eastmont Aquatic Center pool on Tuesday, Oct. 10. The event saw them face off against tough competitors from Wenatchee, Eastmont,

and Moses Lake, with some remarkable performances leaving a lasting impression. Mollie and Sophee Mott demonstrated their swimming prowess, going head-to-head in the 200 Free and the 500 Free. Mollie claimed victory in the 200 Free, clocking an

impressive time of 2:19.85, while Sophee dominated the 500 Free, recording the fastest time of the night at 6:39.00. Kate Jacobson showcased her skills with stellar swims in the 100 Free, touching the wall at 1:00.21, and the 100 Back, where she completed

the race in 1:13.08. Alia Kovacevich's remarkable performance in the 100-yard free secured her a spot in the districts, thanks to a time of 1:05.37, after shaving off an impressive 2.46 seconds. Ralene Wheatley's

incredible swim in the 100 Breaststroke earned her a ticket to the 2A district meet, with a time drop of 1.05, finishing at 1:31.02. Halie James delivered a phenomenal performance in the 200 Free Relay, contributing significantly to the Cashmere

relay team's qualification for districts. Eliana Thomas proved her mettle by completing all events and earning herself the prestigious "Tough Bulldog" award, showcasing an outstanding swim in the 100 Fly.

CHS Girls Volleyball Cashmere at Leavenworth Invitational

Chelan Secures Victory Against Cashmere in CTL Volleyball Clash

The Chelan Goats hosted the Cashmere Bulldogs on Tuesday, Oct 11, resulting in a disappointing loss for the Bulldogs. The Chelan squad displayed dominance by winning all three sets with scores of 25-16, 25-15, and 25-21, maintaining their flawless record in CTL play. The Bulldog offense, led by Macie Smart, Rylie Harnden, and Ellie Bessonette, put up a strong fight with 13, 10, and 9 kills, respectively. Senior Faith Kert contributed significantly with 28 assists and three kills.

celebrated a memorable night as they honored their four outstanding seniors, Molly Smith, Layne Varrelman, Rylie Harnden, and Faith Kert, in a heartfelt ceremony preceding Thursday's varsity volleyball match against the Cascade Kodiaks. The team displayed remarkable strength on the court, clinching a decisive 3-set victory and advancing their CTL record to 5-2. Senior Faith Kert showcased her exceptional skills with 31 assists and a perfect serving record of 15/15, including four aces. Junior Ellie Bessonette made her presence known with 13 powerful kills, while senior Rylie Harnden contributed nine kills and three service aces. Senior Layne Varrelman added seven kills and one ace, further solidifying the Bulldogs' impressive performance.



PHOTOS COURTESY OF JEFF KENOYER, CHS CROSS COUNTRY COACH
The Ski Hill in Leavenworth bore witness to a thrilling day of cross-country on Saturday, Oct. 14, and the Cashmere Bulldogs showcased their talents in this challenging 2.8-mile event. ● Kimberly Strong ● Kaden Miller ● Ella Kenoyer ● Tobie Larson (L) and Maison Sims (R)

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Home Improvement Financing Options



Ward Media

Whether renovating a kitchen, upgrading the outdoor space, or tackling essential repairs, financing these endeavors is a top priority. In this report, we explore the various financing options available to homeowners looking to enhance their abodes.

Home Equity Loans

One of the most common ways homeowners finance home improvement projects is through home equity loans. These loans allow homeowners to tap into the equity they've built in their homes over the years. Home equity loans typically offer fixed interest rates and predictable monthly payments. With the real estate market in North Central Washington showing strength, many homeowners find this an attractive option to fund their projects. However, it's crucial to remember that defaulting on a home equity loan could result in losing one's home.

Home Equity Lines of Credit (HELOC):

For those who prefer flexibility, a Home Equity Line of Credit (HELOC) might be the ideal choice. HELOCs provide homeowners with a revolving line of credit based on the equity in their homes. Borrowers can draw funds as needed, making it a convenient option for ongoing or uncertain projects. Interest rates on HELOCs are typically variable, meaning they can fluctuate with market conditions. It's essential to carefully consider the potential for rising interest rates when opting for this financing method.

Government Grants and Programs:

Several government grants and programs are available to homeowners who are looking to make energy-efficient

or accessibility-related improvements. These grants often target specific types of projects, such as installing solar panels, improving insulation, or making homes more accessible for individuals with disabilities. While these programs can significantly reduce project costs, they may come with stringent eligibility criteria and application processes.

Personal Loans and Credit Cards:

Sometimes, homeowners use personal loans or credit cards to fund their home improvement projects. Personal loans offer fixed interest rates and a structured repayment schedule. Credit cards provide a convenient but potentially higher-cost option. It's essential to weigh the interest rates and terms associated with these options carefully.

Consultation is Key:

Before embarking on any home improvement project, experts advise homeowners to consult with financial advisors or lenders to explore the best financing options for their specific needs. Each homeowner's financial situation is unique, and selecting the right financing method can make a significant difference in the overall cost and success of the project.

As the fall season inspires homeowners to enhance their living spaces, various financing options are available to turn those dreams into reality. Home equity loans, HELOCs, government grants, personal loans, and credit cards offer distinct advantages and considerations. By carefully evaluating these options and seeking professional guidance, North Central Washington residents can embark on their home improvement projects with confidence.



Creating Cozy Interiors:

Expert Tips for Embracing Autumn in Your Home

Ward Media

As the leaves begin to change and the air turns crisper, it's time to bring the warm and inviting spirit of autumn into your home. Ward Media, in collaboration with interior design experts, presents a guide on creating cozy interiors for the fall season. From warm color palettes to embracing plush textiles, these tips will help you transition

your home decor seamlessly.

Embrace Warm Color Palettes: Fall is all about rich and earthy tones. Swap out the vibrant summer hues for colors like deep reds, warm oranges, and cozy browns. These shades not only evoke the essence of autumn but also create a sense of warmth in your living spaces. Consider incorporating these colors through accent walls, throw

pillows, and drapery.

Layer with Cozy Textiles: One of the quickest ways to make your home feel cozier is by adding layers of soft textiles. Swap lightweight summer throws and pillows for plush, chunky knits and faux fur accents. Drape warm blankets over sofas and beds, and scatter fluffy pillows around your living room. These textures not only

look inviting but also provide comfort during chilly evenings.

Decorate with Autumn Elements: Bring the outdoors in by incorporating autumn elements into your decor. Collect pinecones, acorns, and colorful leaves to create charming centerpieces. Fill glass vases with seasonal flowers like sunflowers or deep-hued mums. These natural accents will infuse your home with the quintessential fall atmosphere.

Transitioning from Summer to Fall: To seamlessly transition from summer to fall, start by decluttering your space. Store away summer items and bright decor, making room for your autumn additions. Consider repositioning furniture to create cozy conversation areas around a fireplace or a warm, well-lit corner.

Lighting Matters: Adjusting your lighting can significantly impact the ambiance. Swap out cool white bulbs for warmer, softer ones. Consider adding candles and lanterns to create a warm, flickering glow that enhances the cozy atmosphere.

With these expert tips and ideas, you can transform your home into a cozy haven that celebrates the beauty of autumn. So, grab a warm cup of apple cider and prepare to welcome the season in style. Create a space that not only looks inviting but also feels like a comforting embrace during the fall months.

Energy-Efficient Upgrades:

Saving Green While Going Green

Ward Media

In an era of rising energy costs and heightened environmental awareness, homeowners are increasingly turning to energy-efficient upgrades to not only reduce

their carbon footprint but also to save significant amounts of money in the long run. Let's explore some of the top energy-saving home improvements that have been gaining popularity in North Central Washington and beyond.

One of the most accessible and impactful changes homeowners can make is installing programmable thermostats. These devices allow residents to regulate their home's temperature more efficiently, adjusting it based on their daily routines. By reducing heating and cooling when it's not needed, families can slash their energy bills by up to 10%, according to

the U.S. Department of Energy.

Adding insulation is another key upgrade, especially in regions like North Central Washington, known for its cold winters and hot summers. Proper insulation keeps homes cooler in the summer and warmer in the winter, reducing the strain on heating and cooling systems. This translates to lower energy consumption and substantial cost savings.

Upgrading to energy-efficient appliances is also a wise investment. Modern appliances are designed to be more energy efficient, using less electricity or gas while providing the same level of performance. For example, switching to an ENERGY STAR-rated refrigerator can

save homeowners up to 15% on their energy bills compared to older models.

Furthermore, these energy-efficient upgrades not only benefit homeowners but also contribute to a greener future. By reducing energy consumption, individuals are lowering greenhouse gas emissions and helping combat climate change.

Making energy-efficient upgrades in your home is a win-win situation. It not only helps homeowners save money on their energy bills but also contributes to a more sustainable and environmentally friendly future. So, if you're looking to save green while going green, consider these energy-saving improvements for your home.



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Reviving Your Outdoor Space for Fall Gatherings

Ward Media

With the arrival of crisp autumn winds in North Central Washington, residents are gearing up to embrace the season's splendor by preparing their outdoor spaces for fall gatherings. As the leaves begin to change and temperatures drop, we've assembled a collection of tips and ideas to help you transform your backyard into an inviting haven for autumn get-togethers.

Fire Pit Setup: One of the coziest additions to any outdoor space is a well-designed fire pit. As the

temperatures dip, gathering around a fire pit becomes a cherished fall tradition. Ensure your fire pit is clean and safe by removing any debris from previous use. Consider adding comfortable seating around the fire pit area to create a welcoming atmosphere. Remember to follow local regulations regarding fire safety and permits.

Outdoor Lighting: With shorter days on the horizon, proper outdoor lighting can transform your space into an enchanting haven for evening gatherings. String lights, lanterns, and well-placed

spotlights can add warmth and charm to your outdoor area. Solar-powered lights are energy-efficient and provide a sustainable lighting solution. Don't forget to check and replace any burnt-out bulbs from last season.

Planting Fall-Friendly Flowers and Shrubs: Enhance the aesthetics of your outdoor space with autumnal plants and foliage. Planting fall-friendly flowers and shrubs can add a burst of color and texture to your backyard. Consider planting chrysanthemums, asters, or ornamental grasses, which

thrive in cooler temperatures and come in a variety of vibrant hues. Additionally, adding shrubs like burning bushes or Japanese maples can provide striking focal points.

Cozy Outdoor Furnishings: To make your outdoor space more inviting, invest in comfortable outdoor furnishings like cushions and throws. Choose autumnal colors and patterns that complement the season. These additions not only provide comfort but also add a touch of style to your outdoor area.

Fall Decor and Accessories: Add the finishing touches to



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your outdoor space with fall-themed decor and accessories. Pumpkin displays, seasonal wreaths, and cozy blankets

can create a festive ambiance. Don't forget to have a supply of warm drinks like apple cider or hot cocoa on hand for your guests to enjoy.

Remember to maintain your outdoor space throughout the season by regularly cleaning and storing outdoor furniture, raking leaves, and trimming overgrown vegetation. By following these tips and giving your outdoor space some TLC, you can create a welcoming environment for memorable fall gatherings with family and friends.

So, get ready to embrace the autumn season and enjoy the beauty of North Central Washington from your revitalized outdoor oasis.

Fall Maintenance Checklist: Preparing Your Home for Winter

Ward Media

As autumn's crisp breeze sweeps through North Central Washington, homeowners are reminded that winter is on the horizon. To help you safeguard your residence against the upcoming chilly months, we've compiled a comprehensive fall maintenance checklist. By following these essential tasks, you can ensure your home remains cozy and comfortable throughout the winter season.



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Sealing Windows

Drafty windows can lead to heat loss and higher energy bills. Seal any gaps or cracks around your windows with weatherstripping or caulk. This simple step can make a significant difference in keeping your home warm and energy-efficient. Don't forget to check for damaged or missing window seals, which should be replaced promptly.

Inspecting the Heating System

Before the cold sets in, it's crucial to have your heating system inspected by a professional. Schedule a maintenance visit to ensure

your furnace or heat pump is in good working condition. Regular servicing not only improves efficiency but also reduces the risk of breakdowns when you need heat the most.

Checking Insulation

A well-insulated home is key to keeping the cold at bay. Check your attic and walls for proper insulation. If necessary, consider adding more insulation to maintain a comfortable temperature inside your home. Proper insulation not only conserves energy but also contributes to lower heating costs.

Chimney and Fireplace Maintenance

If you have a fireplace or wood-burning stove, ensure they're ready for use. Have your chimney cleaned and inspected by a professional to prevent creosote buildup, which can lead to chimney fires. Make sure your damper is functioning correctly, and stock up on firewood if you plan to use your fireplace during the winter.

Outdoor Preparations

Lastly, don't forget about your outdoor spaces. Drain and store garden hoses to prevent freezing and damage. Shut off exterior water sources and insulate outdoor faucets. Consider winterizing your lawn equipment and outdoor furniture, and trim any tree branches that could pose a threat to your home during heavy snowfall.

By completing these tasks on our fall maintenance checklist, you'll be well-prepared to face the challenges of winter. Ensuring your home is in top shape not only guarantees your comfort but also protects your investment. Stay warm and cozy this winter by taking proactive steps now.

Fall DIY Pest Control: Warding Off Unwanted Visitors

Ward Media

As the leaves change colors and the air turns crisp, the fall season ushers in not only a picturesque landscape but also an influx of unwelcome guests – pests seeking shelter and sustenance in our homes. But fear not, for with a few simple strategies, you can fortify your defenses and keep these unwanted visitors at bay.

Seal Entry Points:

One of the first steps in preventing fall pests from infiltrating your home is to inspect and seal potential entry points. Walk around your house and check for gaps, cracks, and openings in doors, windows, and the foundation. Use weatherstripping, caulking, or sealants to close up these vulnerable areas. Remember, pests can squeeze through surprisingly small openings, so thoroughness is key.

Remove Attractants:

Readily available food and

water sources often lure pests. Take proactive measures to eliminate these attractants:

Store Food Securely: Keep all food, including pet food, in airtight containers. Don't leave dirty dishes in the sink overnight.

Clean Up Debris: Fallen leaves, fruits and other organic matter in your yard can attract pests. Regularly rake and remove these items.

Fix Leaks: Dripping faucets or standing water in clogged gutters can be an open invitation to pests. Repair leaks and ensure proper drainage.

Dispose of Trash: Keep trash cans tightly sealed, and take out the garbage regularly.

Maintain Your Landscape:

Trimming trees and shrubs away from your home can deter pests from accessing your house. Overhanging branches provide a convenient bridge for critters like rodents and squirrels. Keep vegetation well-maintained and at a safe distance from your home.

When to Call in Professionals:

Sometimes, despite your best efforts, pests may persist. In such cases, it's crucial to know when to seek professional help. If you notice signs of a pest infestation, such as droppings, gnaw marks, or an increase in sightings, it's time to contact a pest control expert.

Professional pest control services have the expertise and tools to identify specific pests and implement effective measures to eradicate them. They can also provide guidance on long-term prevention.

Remember, addressing pest issues promptly can save you time, money, and stress in the long run.

By following these fall DIY pest control tips, you can enjoy the beauty of the season without the hassle of unwanted visitors. Take proactive steps to seal entry points, remove attractants, and, when needed, enlist the help of professionals. A pest-free home awaits, allowing you to savor the autumn splendor in peace.

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Safety First: Home Security Tips

Ward Media

As the days grow shorter and the cover of darkness descends upon our communities, ensuring the safety of our homes becomes an ever more pressing concern. With that in mind, here is a comprehensive guide to home security measures that can help protect your family and property during the long nights of fall and winter.

Illuminate the Outdoors: One of the most effective deterrents to would-be intruders is proper outdoor lighting. As daylight dwindles, well-lit exteriors make it difficult for anyone to approach your home unnoticed. Consider installing motion-activated lights near entry points and pathways—illuminate dark corners of your yard to eliminate hiding spots.

Upgrade to Smart Home Security Systems: Modern technology has brought us smart home security systems that are both convenient and highly effective. These systems often include features like motion sensors, doorbell cameras, and mobile app integration. You can remotely monitor your home, receive alerts, and even communicate with visitors from anywhere. Ward Media recommends researching and investing in a reliable smart home security system.

Reinforce Doors and Windows: Your home's entry points are its most vulnerable spots. Strengthen your doors with deadbolt locks and solid core doors. Reinforce door frames with strike plates. For windows, consider shatter-

resistant glass or window locks. A secure home begins with secure access points.

Maintain Landscaping: Overgrown bushes and trees can provide cover for potential intruders. Trim shrubbery near windows and eliminate any hiding spots in your yard. An unobstructed view of your property from the street can discourage criminals.

Build a Neighborhood Watch: Connect with your neighbors to create a sense of community vigilance. A tight-knit neighborhood where residents look out for one another can be a powerful deterrent. Share information about suspicious activities and keep each other informed.

Secure Your Garage: Don't overlook the garage, which often houses valuable items

and provides access to your home. Make sure your garage doors are secure, and consider a security system for this area as well.

Home Security Assessment: If you're unsure about the vulnerabilities of your home, consider hiring a professional for a security assessment. They can identify weak points and suggest improvements tailored to your property.

The changing seasons remind us of the importance of home security. By taking these proactive measures to safeguard your home, you can enjoy the cozy nights of fall and winter with peace of mind. Remember, it's always better to be prepared than caught off guard. Stay safe, stay secure, and protect what matters most.



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Fall Crafts:

Get Creative and Decorate Your Home for the Season

Ward Media

As the leaves start to turn and a crispness fills the air, it's that time of year again – the perfect season for DIY fall crafts. Whether you're an experienced crafter or just looking for a fun weekend project, there are plenty of creative ways to personalize your home for the season.

Wreath-Making Delight

One of the timeless classics of fall crafting is making wreaths. It's a simple yet elegant way to greet your guests with the warm colors of autumn. To get started, gather materials like grapevine wreaths, colorful faux leaves, pinecones, and some floral wire.

Begin by arranging the leaves and pinecones in a pleasing pattern on the wreath. Secure them with the floral wire, and voila – you have a beautiful fall wreath to hang

on your door. Feel free to add a ribbon or bow for an extra touch of charm.

Autumn-Themed Centerpieces

Autumn-themed centerpieces are a delightful way to add a touch of seasonal beauty to your dining or coffee table. Gather a variety of fall elements like mini pumpkins, gourds, pinecones, and dried leaves.

Start by arranging these elements in a shallow bowl or wooden tray. You can even add candles for a warm, cozy atmosphere. The key is to mix and match textures and colors to capture the essence of fall.

Pumpkin Palooza

What's fall without pumpkins? Decorating pumpkins is a fantastic way to unleash your artistic side. Whether you're painting, carving, or bedazzling, pumpkins offer endless possibilities.

For those who love a good paintbrush, consider creating pumpkin masterpieces. Acrylic paints in autumn shades like burnt orange, deep red, and golden yellow can transform ordinary pumpkins into vibrant works of art.

If you prefer carving, intricate designs can turn pumpkins into spooky jack-o'-lanterns or whimsical characters. Don't forget to illuminate them with candles for a mesmerizing effect at night.

Personalizing your home for the season doesn't have to be complicated. These easy and fun DIY projects allow you to embrace the spirit of autumn and add a touch of creativity to your living space. So, gather your crafting supplies, put on your favorite fall playlist, and let your imagination run wild. Your home will thank you with a warm and inviting atmosphere that celebrates the beauty of the season.



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Public Notices

CHELAN COUNTY PUBLIC HOSPITAL DISTRICT #1 NOTICE OF BOARD COMMISSIONERS MEETING / BUDGET HEARING CASCADE MEDICAL CENTER

Notice is hereby given that the Board of Commissioners of Cascade Medical Center has set a public hearing for Wednesday, October 25, 2023, at 5:30 PM for the hospital's budget hearing for the 2024 budget. The hearing will be held in the Arleen Blackburn Conference Room at Cascade Medical Center, 817 Commercial Street, Leavenworth. Connection information will also be available on Cascade Medical's website at cascademedical.org for community members who wish to join virtually. Published in The Leavenworth Echo/Cashmere Valley Record on October 11, and 18, 2023. #6549

Public Notices

NOTICE OF CITY COUNCIL HEARING

NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold two public hearings on October 24, 2023 and continuing to November 14, 2023 at 7:00 PM in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington and via Zoom (<https://cityofleavenworth.com/you-r-city-hall/calendar/>) to take public testimony on Amendments to City of Leavenworth Code 18.56.120 Conditional use Permit - Bed and Breakfast regulations; and, consider the adoption of a new municipal code chapter 3.41 Multi-Family Tax Exemption Program. The City determined that these amendments are exempt from State Environmental review pursuant to WAC 197-11-800(19). Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Community Development Director, Lilith Vespier at City Hall, phone 509-548-5275 or email lvespier@cityofleavenworth.com. Published in the Leavenworth Echo/Cashmere Valley Record on October 18, 2023. #6547

Public Notices

Falsework Architecture, Gabe Hogness, PO Box 281 Indianola, WA 98342, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit.

The proposed project, 122 Zelt Strasse, is located at 122 Zelt Strasse in Leavenworth in Chelan county. This project involves 1.61 acres of soil disturbance for Commercial construction activities. The receiving waterbody is Wenatchee River. Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on this Application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320. Comments can be submitted to: ecyrewqianoi@ecy.wa.gov, or ATTN: Water Quality Program, Construction Stormwater Washington State Department of Ecology P.O. Box 47696 Olympia, WA 98504-7696 Published in the Leavenworth Echo/Cashmere Valley Record on October 11, 18, 2023. #6477

THE WASHINGTON OUTDOOR REPORT

FALL CAST & BLAST DESTINATIONS

By JOHN KRUSE
Washington Outdoor Report

Looking to do some hunting and fishing this Fall? Maybe do both activities on the same day? Here are a few cast and blast suggestions for you!

CONCUNULLY DEER AND TROUT: Hunt for white-tail or mule deer in the morning on Forest Service land, fish for trout, bass and kokanee in the afternoon and enjoy dinner and a beer in the Sit 'n Bull Bar and Grill or the Red Rock Saloon in the small town of Conconully where the deer in town outnumber the residents. Conconully Reservoir (north of town) and Conconully Lake (south of town) both offer great fishing for all three species but the do close October 31.

LAKE LENORE LAHONTANS AND CHUKAR: Lake Lenore in northern Grant County offers great fishing for Lahontan cutthroat trout averaging two to three pounds in size in the spring and the fall. The latter season sees very little

fishing pressure but the trout will readily hit cast or trolled spoons at this time of year. This a selective regulation water body, meaning you can only use artificial lures with single, barbless hooks and only electric motors are allowed on boats. While fishing here you'll hear chukkar chattering in the hills surrounding the lake valley. Consider a morning hike for chukkar followed by an afternoon of trolling for trout! Lake Lenore is open until November 30.

CURLEW LAKE TURKEY AND MUSKY: There are a lot of deer and turkey roaming around Ferry County and you can certainly target those in the morning and then hit Curlew Lake in the afternoon for trout or for some of the big tiger musky swimming in these



COURTESY JOHN KRUSE
Rusty Johnston with a Potholes Reservoir walleye

waters. **POTHOLES RESERVOIR DUCKS AND WALLEYE:** Guide Shelby Ross (Ross Outdoor Adventures) offers cast and blast trips during the month of October and for good reason, the hunting is very good! Spend a morning in a blind in the sand dunes area that encompasses the northern

part of the reservoir for a mixed bag of ducks to include teal, wigeon, gadwall and mallard. Several hundred snow geese arrived in the area last week and if it's a goose day you'll have a chance to bag either a Canada or snow goose. After a morning of hunting hop in the boat and troll the main lake near the face of the dunes for walleye which are definitely on the bite right now.

KLICKITAT COUNTY TURKEY AND STEELHEAD: The Klickitat River is a great destination for Fall Chinook and coho salmon as well as summer steelhead during the autumn months. Klickitat County is also a very good, but comparatively under-rated destination for wild turkey though most of these birds are found on private land. If you can get permission to get on this land though, you've got an epic day of fishing and hunting waiting for you.

SNAKE RIVER STEELIES AND CHUKAR: Hunt the breaks bordering the Snake River for chukkar, get a great work out, and then fish the Snake River near Heller Bar or the lower Grande Ronde this fall for summer steelhead. If you have a boat you can side-drift salmon eggs for success. From the bank try fishing flies or casting spinners.

These are just a few ideas for cast and blast fun this Fall. Go for a road trip with a rifle or shotgun and a fishing rod and enjoy the season!

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

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Safely dispose of your expired, unused medications

Q: How should I get rid of my old and expired medicines? I don't want to just flush them down the toilet into the water supply.

There are alternatives now available.

According to a report by Take Back Your Meds, a group of over 270 health organizations, law enforcement, local governments, and environmental groups, nearly one-third of medicines sold to Washington State households go unused yearly. That's about 33 million containers of pills, just in Washington State.

Keeping unused prescription drugs around your house invites theft, encourages diversion of addictive medications, and poses risks to small children and pets. Removing unused pain pills helps keep habit-forming drugs from entering the lives of your children, grandchildren, and their friends.

Home intruders will seek out bottles of pain medicines on countertops or stored in medicine cabinets, not just flat-screen televisions and laptops. Safe disposal helps avoid contributing to the problem of prescription drug abuse.

One of the safest ways to dispose of expired, unused, or unwanted medicines is to take them to a site participating in a take-back program. You can take your medications to specific events set up for safe disposal or to a drug collection box in a community location.

Starting in September 2010, the Drug Enforcement Administration (DEA) began



hosting national prescription drug take-back events in partnership with local law enforcement agencies nationwide. Their goal was to give the public an alternative for disposing of medicines other than putting them in the trash or flushing them down the toilet.

The last Saturday of April and October are National Prescription Drug Take Back Days, where at participating sites, you can bring your medicines for safe, free disposal, no questions asked. Many communities host local take-back events during other times of the year.

On March 22, 2018, Washington State Governor Inslee signed into law the Secure Drug Take-Back Act, the nation's first statewide comprehensive plan for safe and secure medicine disposal by individuals.

The Secure Drug Take-Back Act established a comprehensive statewide system for year-round access to convenient drop-off sites across the state, including community pharmacies and police agencies volunteering to host a secure drug drop-off box.

Washington State's Take-Back Act started as a pilot program in King and Snohomish counties called MED-project (Medication Education & Disposal) that placed drug-collection boxes in community centers and public libraries in addition to pharmacy and law enforce-

ment locations. With the Secure Drug Take-Back Act, lawmakers have expanded the project into a statewide system entirely funded by the prescription drug industry.

Unable to get to a take-back site near you? The FDA recommends you remove any potent pain medicines from their original containers and flush them down a sink or toilet. This includes pain pills containing drugs like Vicodin® or hydrocodone, oxycodone, and patches containing fentanyl or Duragesic®.

Although it seems harmful to the environment to flush narcotics, it's more dangerous to leave them in a trash container, as even part of a pill or a used patch of one of these powerful pain relievers can be lethal to a pet or small child.

Other prescription medicines can be safely disposed of by first removing them from their bottles or boxes and mixing the pills or capsules with something unappealing like kitty litter, coffee grounds, sawdust, or even dirt, then placing them in a leak-proof container like a sturdy zip-lock bag before adding them to your trash bin.

How to Safely Dispose of Leftover, Unwanted or Expired Medicines:

1. Take unwanted medications to a Take-Back location or event.

The 25th Annual National Prescription Drug Take Back Day is Saturday, October 28, 2023. Participating locations for this event are listed at www.dea.gov/takebackday.

For information on local drop-off locations or to order mail-back supplies, call Washington State's safe drug disposal program at (844) 4-TAKE-BACK or (844) 482-5322 or check online at www.medtakebackwashington.org.

2. Flush potent pain medicines.

If you can't get to a take-back location or event, sort out and remove any potent pain medicines such as hydrocodone (Vicodin®), oxycodone (Percocet®), Oxycotin®, or fentanyl patches. Flush them down a toilet or sink.

3. Disguise pills before adding them to your trash.

Mix your non-narcotic prescription pills, vitamins, and supplements with kitty litter, coffee grounds, and even dirt to disguise them before placing them into your trash. Use a plastic container with a secure lid or a heavy plastic zip-lock bag to prevent leakage.

4. Protect your privacy.

Remove or mark out any personal information and drug names before putting any prescription bottles or boxes into your trash or drug collection box.

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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		1		2		5		
	2	5		7				6
			1			3	4	

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.

CROSSWORD PUZZLE

THEME: TV HOSTS

ACROSS

- Big splash, in the audience
- Diminish
- Miss America's accessory
- Wear away
- Nile's mouth, e.g.
- Enter password (2 words)
- Poetic "even"
- Misbehave (2 words)
- "Carpool Karaoke" James
- "The Tonight Show" longest-serving host
- Negative conjunction
- One of Five Ws
- Communications regulator, acr.
- Australian palm
- Branch of traditional medicine, adj.
- Monet's water flower
- Succotash ingredient
- Indian side dish
- Like dental exam
- Administer
- Town news announcer
- Do like eagle
- Recipe command
- "Not Fallon"
- Like a "Vogue" ad
- "Is it wonder?"
- Onion's kin
- Am is to I as is to we
- Certain Barbarian's namesake
- "Last Week Tonight with John"
- Indifferent to emotions
- Tokyo, in the olden days
- Type of car
- Not upright
- Floor cleaner
- Not mainstream
- Gallup's inquiry
- Word for a nod
- Particular manner

DOWN

- Electric swimmer
- Gator's kin
- NBC's peacock, e.g.
- Deck out
- Muscle to bone connector
- Balanced
- "Full Frontal" Samantha
- "Judge Wapner and Judge Judy "hosted" from it
- 1/60th of min, pl.
- Palo, CA
- Like nonlethal gun
- Accident
- Squirrel or hummingbird, moving-wise
- Kane of soap opera fame
- Pleasurable interjection
- Male witch
- Bo-Peep's sheep, e.g.
- Wispy clouds
- Request to Geico
- Politicians, for short
- Opposite of riches
- Plants and animals
- Did not go out for dinner (2 words)
- "Late "Live" King of CNN
- Original matter, according to Big Bang Theory
- "Stewart's successor
- Judge Judy's event
- Remnant of the past
- "Regis and Kathie"
- Critical situation
- Hostile force
- Black tie one
- Football great Graham
- Skin infection
- Tiny river
- "My bad!"
- Whirlpool
- Commuter line
- Pine juice
- Bambie's mom
- Clinton Rodham

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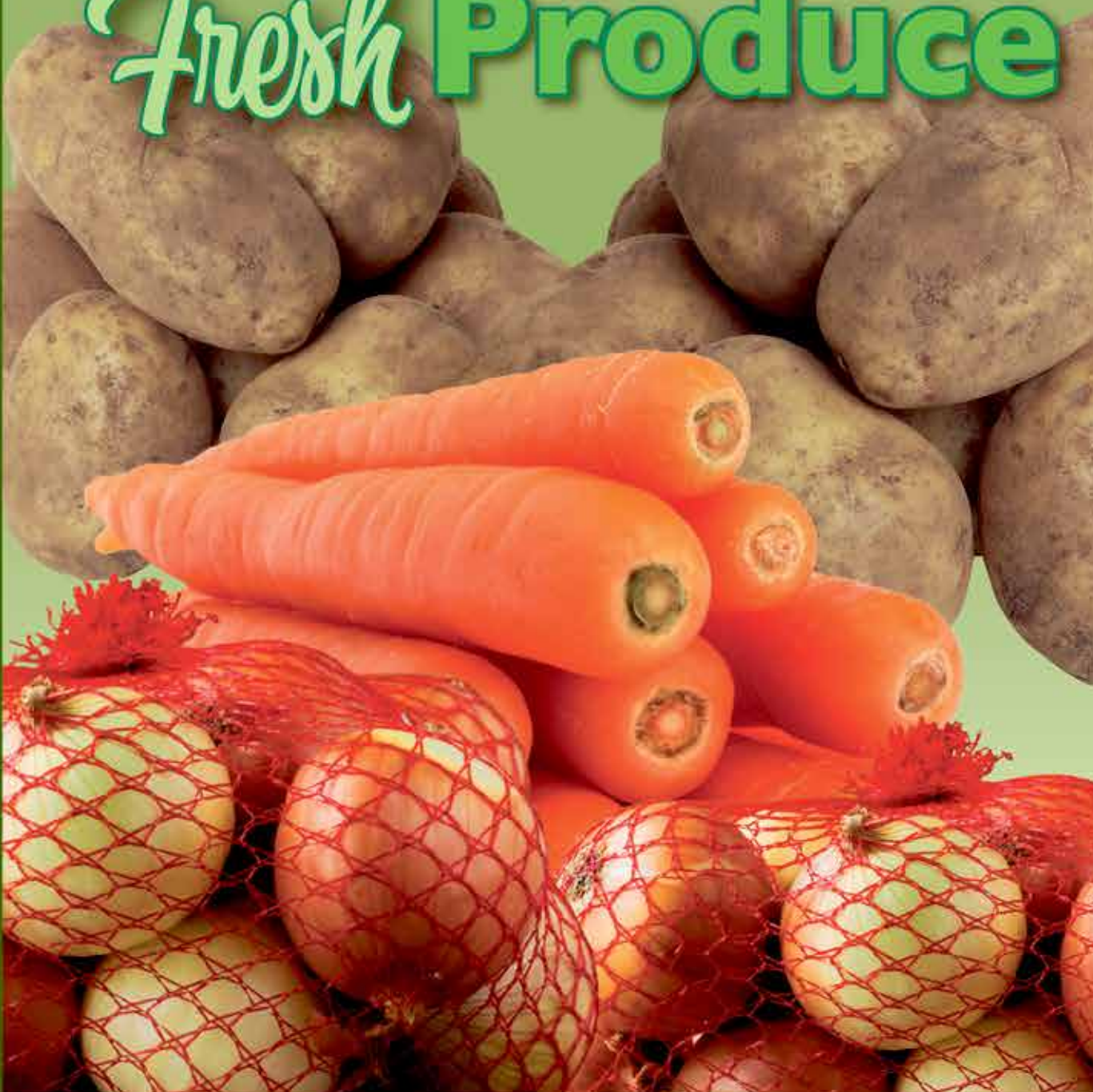


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