

SUBSCRIBE TODAY

Digital subscription for less than \$1.67/month

509-293-6780

CASHMERE VALLEY RECORD

www.cashmerevalleyrecord.com/online-subscription

October 11, 2023
Volume 116 • No. 41
Single Copy **\$1.00**

Federal agencies seek public input on grizzlies in North Cascades

By **QUINN PROPST**
Ward Media Staff Reporter

The National Park Service and U.S. Fish & Wildlife Service are seeking public input on a recently released draft plan to reintroduce Grizzly bears to the North Cascade Ecosystem.

The plan includes three options for the public to review. Option one is considered the no-action option in which nothing is done and land management continues as is. The other two action alternatives seek to restore grizzly bear populations to a goal of 200 bears over the next century.

“The time has come for the grizzly bear to return to its habitat to take its place in the indigenous ecosystem,” said Scott Schuyler, policy representative for the Upper Skagit Tribe, whose territory lies within the recovery zone. “The Upper Skagit successfully coexisted with grizzly bears for thousands of years, and we should once more.”

“The North Cascades are a special place because it’s big enough and wild enough to support Grizzlies,” said Gordon Congdon, retired Wenatchee orchardist and former executive director of the Chelan-Douglas Land Trust. “There’s only six places in the lower 48 that have received that designation as grizzly bear recovery zones and the North Cascades is one of them.”

Grizzlies roamed the Cascades for thousands of years before hunting and trapping brought them to near-extinction levels.

Grizzlies are known to add to the health of ecosystems. They help regulate the populations of animals they prey on, transport nutrients through their scat, and promote vegetation health as they dig for food in the soil.

However, wildlife biologists do not believe a natural recovery is possible.

“First of all, grizzly bears are a native species to the North Cascades,” said Congdon.

“There are estimates that at one time there were as many as 50,000 grizzly bears in the western United States,” Congdon said. “And unfortunately, by the early 1970s, that number had been reduced to just a few 100 grizzly bears with a few bears in Yellowstone National Park, a few bears in Glacier National Park, and a small number of bears in a couple other places in Montana, and their original range had decreased from this huge area in the western United States to about 2% of the original area.”

The last confirmed sighting of a grizzly bear on the U.S. side of the Cascades was in 1996.

The NCE is one of two federal grizzly recovery areas without an established population of bears, and natural bear migration is unlikely to repopulate it. Instead, based on decades of thorough research, wildlife biologists suggest safely relocating existing bears into the North Cascades.

This is the second attempt by the agencies to restore grizzlies to the NCE after a 2015 process was halted by the Trump administration in 2020. At the time, more than 159,000 members of the public wrote comments supporting the reintroduction of grizzlies.

Under both action plans, it is anticipated that three to seven bears would be released into the NCE each year over five to 10 years with a goal of establishing a population of 25 bears. At this point, it would switch to adaptive management.

Under one action plan, bears would be managed as a threatened species with the existing rule under the Endangered Species Act. What makes the process different this time is that the second action plan includes the 10 (j) rule, which would designate the bears as a nonessential experimental population instead.

“This rule is designed to essentially give land managers and wildlife managers more tools to prevent conflict and confront conflict,” said Graham Taylor, program manager for the National Parks Conservation Association (NPCA).

“The Park Service is doing its best

to try to create a good environment context for recovery that works for people and for bears,” Taylor said.

According to the National Park Service grizzlies are a relatively minor threat to humans especially when compared to other hazards.

“Most of the problems that we have with them (bears) are often caused by humans rather than the animal, and with bears, most of the problems revolve around two things, food and with grizzly bears, they’re very defensive of their cubs,” Congdon said.

“But if we would deal with food in our communities, like Leavenworth, for example, Leavenworth has a lot of black bears, and it’s creating some problems,” Congdon said.

“Leavenworth is now taking some positive steps to reduce the amount of food and garbage available to black bears. And that’s going to make a huge difference in the city of Leavenworth. It’s going to make it much safer, frankly, for bears because where there are problems bears are usually ones that suffer.”

“We have an opportunity in the North Cascades to bring back a missing icon, a missing icon of the Western wilderness, a grizzly bear,” Congdon said. “And that’s something that very few places in the United States can do. We have lots of black bears, but we also will have an opportunity to have grizzly bears and that’s a very special thing.”

“As we move into the future, if we’re going to fight against biodiversity loss, we have to be willing to be creative and try some things to restore and maintain biodiversity,” Congdon said.

The public may submit comments through Nov 13, 2023, on the National Park Service website. The plan can be found on their website under the 2022 North Cascades Ecosystem Grizzly Bear Restoration Plan/Environmental Impact Statement. Comments can also be submitted to the office of the Superintendent at North Cascades National Park Service Complex, 810 State Route 20, Sedro Woolley, WA 98284.

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

Downtown commercial parking changes under review by Cashmere Planning Commission

By **KIRK BECKENDORF**
Special to Ward Media

CASHMERE - Proposed changes to downtown commercial parking was the focus of the Oct. 2 Cashmere Planning Commission meeting. The Planning Commission was asked by the City Council to look into possible parking code modifications. The guidance was given, due to concerns that the amount of parking currently required for a new business is limiting development in the downtown area.

Significant changes were outlined and discussed, one potential change would be to allow city-owned parking lots to be included as 75% of a business’s parking requirement. Currently, this is set at 25%. Three additional city parking lots would be included as part of a businesses’ off-site parking allotment.

Shared parking spaces by businesses was offered as another potential solution if the parking needs and times do not overlap. Changes to business type categories and the amount of parking required for each type of business could alleviate pressures and Croci added that these changes would be beneficial for new businesses in all commercial/business zones in the city.

Another change suggested was a process for 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. Christine Wollman, a consultant with Pertee, Inc. said that this provision provides flexibility to the code and allows a business the opportunity to tell, and prove, to the city how much parking they would really need. As discussed by the Commission this could be important for a business that may not be focused on drive up customers.

Cashmere’s Director of Operations, Steve Croci, who outlined the proposed changes, provided examples of how the changes would affect specific businesses. Citing an example of a 7000-square-foot restaurant, current regulations would require a total of 72 parking spots with 54 being on-site and 18 off-site. With the proposed code changes a total of 72 spots would still be required, but only 18 would have to be on-site, the remaining 54 would be off-site, utilizing city parking lots and street parking. Describing the new River View Building, which is currently under construction, Croci explained that 40 on-site parking spots for the apartments would be required in both the new and old codes, but on-site parking requirements for the building’s office spaces would be reduced from 24 to 5 spots.

Croci said that the changes are substantial and very pro-business. Throughout the Commission’s discussion, Croci repeatedly made the point that these changes would only apply to commercial enterprises and that no changes are being recommended for residential parking requirements in any part of the city.

Although supportive of the proposed changes, the Commission did not vote on changes, but said they preferred to get input from the City Council in a workshop at the Council’s next meeting, before beginning the formal process to change the code. Wollman explained to the Commissioners that a vote for the changes would need to be followed by a public hearing and other official steps will be required to complete the process.

Four positions will be available on the Cashmere Planning Commission. Anyone interested in serving on the Commission, to help guide the City’s future, is asked to contact the Mayor’s office.

What do grizzly bears eat?

80% of their average calorie intake

20% of their average calorie intake

Grizzly bears are often mistakenly believed to be voracious predators that eat mostly meat. In fact, interior grizzly bears eat more than 100 plant species and get about 80% of their calories from plants and insects.

www.nps.gov/noca/learn/nature/grizzly-bears.htm
www.nps.gov/glac/learn/nature/bears.htm

Understanding Risk in Grizzly Country

Causes of Death in Yellowstone National Park from 1872 - 2018

Cause of Death	Count
Drowning	130
Falling off Cliffs	45
Human-caused Mortality	40
Airplane Crash	25
Thermal Burns	20
Horse Accident	15
Hypothermia	10
Falling Tree	5
Grizzly Bear	5
Avalanche	5
Lightning Strike	5

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

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

Grizzly Bears Belong in the North Cascades

Why Grizzly Bears Fit In

- Nutrient Distribution**
Grizzly bears help cycle nutrients through the ecosystem, enriching soils and vegetation.
- Seed Dispersal**
Grizzly bears help plants thrive by dispersing seeds through their digestive system.
- Plenty to Eat**
The North Cascades is home to 100 of the 124 plant species that grizzlies have been shown to eat.
- Enhanced Biodiversity**
By extensively digging for roots, insects, and small mammals, grizzlies contribute to ecological processes which support plant and animal life.

Anchored by North Cascades National Park shown in dark green, the area of detail represents the Grizzly Bear Recovery Zone and encompasses nearly 10,000 square miles of mostly protected public lands

Grizzlies Need our Help to Bounce Back

Bear recovery won't happen without us.

- 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.

COURTESY OF NATIONAL PARK SERVICE

Inside The Record this Week

5 things to do this week.....	A2	Vale Students of the Month.....	A3	Classifieds Index.....	
Sheriff’s Report.....	A2	Sports.....	A4	Classifieds.....	A8-A9
Community Calendar.....	A3	Outdoors Report.....	B1	Real Estate Guide.....	A8
Business Directory.....	A3	Time to Think Pink.....	B1	Advertising Flyers.....	Safeway

\$1.00

PO Box 39
Leavenworth, WA 98826
Phone: 509-548-5286

www.cashmerevalleyrecord.com



© Ward Media, LLC 2023



WARD MEDIA

On the Internet

Website: www.cashmerevalleyrecord.com
E-mail: news@ward.media

Office hours

Hours: 9 a.m. - 5 p.m. except weekends, or call 509-548-5286

Contact information

CEO & Publisher

Terry Ward
509-731-3284
terry@ward.media

COO & Co-Owner

Amy M. Yaley
509-731-3321
amy@ward.media

Advertising Sales

Lindsay Timmermans
509-860-7301
lindsay@ward.media

Circulation

509-689-2507
509-293-6780

Deadlines

Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Friday
Legal Notices: Noon Friday
Classified Ads: Noon Friday

Subscriptions

In Chelan County (yearly) \$40
For print and online \$45
In State-Out of County (yearly) \$50
Online E-edition \$40
Out of State \$52

The Cashmere Valley Record does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week...

Toll Free 509-293-6780



© Ward Media, LLC prints on recycled newspaper with soy ink. Please recycle.

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...

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

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286 or by emailing classifieds@leavenworthecho.com.

Legal Advertising

Legal ads can be placed during normal business hours by calling 509-548-5286 or by emailing legals@ward.media

Obituaries

Obituaries can be placed during normal business hours by calling 509-548-5286 or by emailing obits@ward.media

Services

Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

Cashmere Valley Record (USPS 092-600) is published every Wednesday by ©Ward Media, LLC 2023, PO Box 39 Leavenworth, WA 98826

Classified Weekly Rates

\$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 Propst at quinn@ward.media. We'll showcase the five most captivating events of the week...

Night-In-A-Box

Lighthouse Christian Ministries will host their annual fundraiser Night-In-A-Box on Friday, Oct 13 starting at 5:30 p.m. at Sav-Mart in Wenatchee.

"On Friday, Oct 13th, local businesses, individuals, and families will gather together with sleeping bags, snacks, flashlights, and... you guessed it, cardboard boxes...

"Come sleep in a box with us," the event page states. "We'll have a fun evening and raise funds to feed thousands through the fall and winter months."

"There will be a hot meal, music, a box decorating contest, and more," the event page states. "This is a great experience for families & friends to do together."

For more information visit facebook.com/wenatchee.lighthouse.

Oktoberfest in Leavenworth

The Leavenworth Oktoberfest will run Oct. 13-14 in downtown Leavenworth.

"Oktoberfest returns to Leavenworth this fall with longstanding traditions of music, dancing, and the ceremonial tapping of the kegs," the event page states. "This year, like last year, we have exciting enhancements to Oktoberfest, bringing the event throughout downtown Leavenworth..."

"For the kiddos, a 10,000 sq foot Kinderplatz has been added, free for kids 12 and under, with activities, games, a roof beer garden, and a 62 ft Ferris Wheel..."

The Front Street Park Beer Garden (21+ Only) is open on Friday from 6 p.m. to 10 p.m. and Saturday from noon to 10 p.m.

The Festhalle Beer Garden is open Friday from 6 p.m. to midnight and Saturday from noon to midnight.

For more information and to purchase tickets, visit leavenworth.org/oktoberfest.

Wine and Weave

Rocky Pond Winery will host Wine and Weave on October 17 from 5:00 p.m. to 8:00 p.m.

"Join Brittanie from the Knotty Weaver at the Rocky Pond Winery Leavenworth Tasting Room to create your own beginner woven wall hanging..."

"Enjoy wine and non-alcoholic beverages while you learn or use your skills to create a beautiful woven masterpiece..."

The event is open to all ages.

For more information visit rockypondwinery.com.

Dia de Los Muertos

The Cashmere School District and Cashmere Library will host a free Dia de Los Muertos celebration on Wednesday, Oct. 18 from 6 p.m. to 8 p.m. in the library parking lot and on Woodring Street.

"We are closing off the street



for this event," the event page states. "Join us in celebrating Dia de Los Muertos / Day of the Dead with our Latinx community families. Make several festive crafts, find and visit community resource tables, eat Conchas and drink Hot cocoa while you listen to the Wenatchee High School Mariachi Band perform"

"This is a collaborative activity with the Cashmere school District PAC, wonderful Community partners, NCW's Cashmere Library and the Friends of Cashmere Library group," the event page states.

For more information contact the library at (509) 782-3314.

Community Garden Work Party

The Wenatchee River Institute will host a

Community Garden work party on Thursday, Oct. 19 from 9 a.m. to 11 a.m. at the E. Lorene Young Community Garden.

"This work party is with the Cascade Garden Club and you'd be working alongside them to clean out the garden and put away signs," the event page states. "A wonderful learning opportunity with experienced gardeners. This is also a great opportunity for those who want to learn more about gardening in general. No RSVP needed, you can just show up."

"We will be working in the garden(s) for about 2 hours, but feel free to drop in or leave whenever," the event page states.

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.

September 29

- 06:14 Diversion, 5257 N. Cashmere Rd.
06:15 Trespassing, 9073 US Hwy. 2, Dryden Transfer Station, Dryden
07:37 Suspicious Circumstance, 7900 block Stine Hill Rd., Dryden
09:48 Public Assist, 8410 Main St., Mountain Highway Towing, Dryden
16:50 CPS/ APS Referral, 108 Creekside Pl.
20:19 Diversion, 8115 Depot Rd., Dryden
20:50 Suspicious Circumstance, 309 River St.

September 30

- 18:53 Trespassing, 3 Big Rock Pl.
19:55 Traffic Offense, Cotlets Way and US Hwy. 2
21:50 Attempt to Locate/ Contact, Devil's Gulch trailhead

October 1

- 04:35 Suspicious Circumstance, 115 Cottage Ave., Sure to Rise Bakery
15:30 Theft, 401 Sunset Hwy., American Legion
16:10 Harassment/ Threat, 6125 Hay Canyon Rd.
22:41 Traffic Offense, US Hwy. 2 and Nahahum Canyon Rd.

October 2

- 10:56 Welfare Check, 108 Pioneer Ave.
12:03 Public Assist, 6050 Kimber Rd.

- 17:51 Traffic Offense, Stine Hill and Kinney Roads

October 3

- 10:05 Traffic Offense, 7000 block Stine Hill Rd.
11:09 Civil Dispute, Harnden and Yaksum Canyon Roads
15:58 Harassment/ Threat, 6125 Hay Canyon Rd.
17:07 Parking/ Abandoned Vehicle, 201 Aplets Way, Jerry's Auto
18:12 Domestic Disturbance, 7272 Deadman Hill Rd., Dryden
19:02 Assault, 6434 Hay Canyon Rd.
19:39 Suspicious Circumstance, 310 River St.

October 4

- 07:58 Suspicious Circumstance, Pioneer Ave. and Tigner Rd.
09:05 Hazard, Nahahum Canyon Rd. MP 2
09:35 Civil Dispute, 8115 Depot Rd., Dryden
14:41 Public Assist, 307 Pioneer Ave.

October 5

- 05:22 Hazard, 101 Pioneer Ave., Vale Elementary School
10:15 Public Assist, 6501 Hay Canyon Rd.
13:17 Welfare Check, 210 N. Douglas St.
14:09 Agency Assist, 7652 Stine Hill Rd., Dryden
14:24 Parking/ Abandoned Vehicle, 116 Cottage Ave.
17:06 Theft, 5607 Sunset Hwy.
17:28 Agency Assist, 310 Orchid St.



Moon Cereal

Not long ago, it was the full Fall Moon. I didn't know that, but Grandpa did. When I went upstairs to a breakfast of cereal, Grandpa glanced up at me as he pulled his laced leather boots on. "You see the full moon?" he asked. My eyebrows shot up. "It's real bright. It's the Fall Moon," he continued as he sat upright in his chair. His boots laced, and he pulled his feet back under the kitchen chair. "As it circles above us," both his hands made a circular motion above our table, making the statement more personal. "Now is when it is the closest to us. And the

brightest." I headed through the kitchen door to the front deck as Uncle Larry was filling his cup of coffee. Grandpa stood up to follow me. Standing on the deck, Grandpa and I peered through the pine branches to see the bright moon shining through the morning fog. "Isn't that amazing?" Grandpa asked. I nodded. Grandpa continued, "Even through the overcast weather and the fog over the hills it's still bright." By then, Uncle Larry had joined us. "That's so cool," he said. "That's what they said in King David's time." Grandpa grinned, "all those years ago? And it's the same today.

Imagine that." So we sat down to a breakfast of cereal with milk and raisins. "When I was a kid, we had cows but didn't always have this good half-and-half milk." He nodded towards the carton in front of him. "Or the raisins?" I asked. "Cereal and raisins? Yum, what a treat when I was a kid," he told me. "Nowadays, we don't even think about the vines that give us raisins for our breakfast or that far away cow that gave this milk," I said, pouring half cream, half milk over my cereal, Grandpa nodded, "we don't think about milk cows

See MICHELLE Page A3

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.

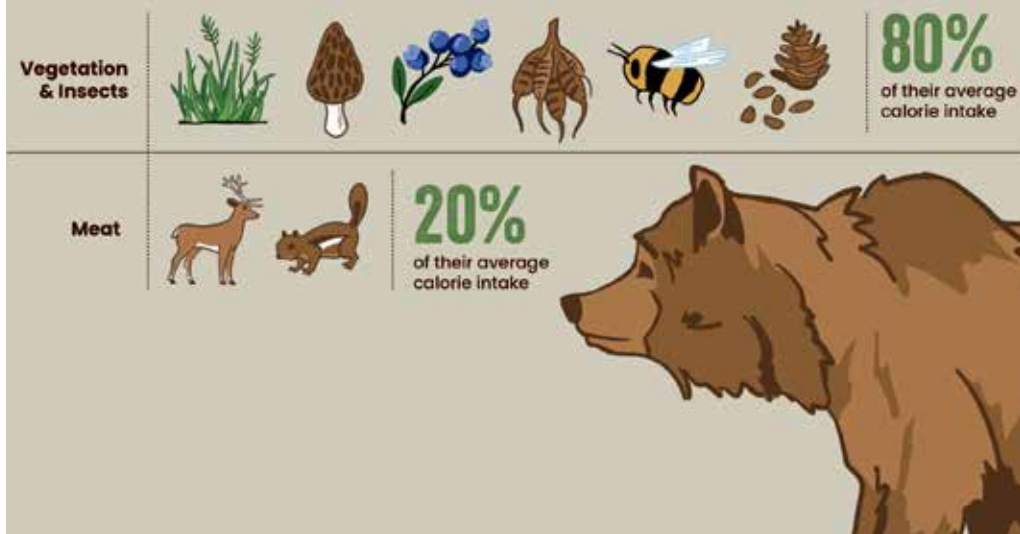


SCAN ME

What do grizzly bears eat?

Vegetation & Insects 80% of their average calorie intake

Meat 20% of their average calorie intake



Learn more at: www.northcascadesgrizzly.org/action

JOE BROWN J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE 782-1111 BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

Find the best qualified local employee ... with the Echo/Record Classifieds. Call us at 509-548-5286

Community Bulletin Board

Local, Regional Community News & Events

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

Community Calendar

Wednesday

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

Thursday

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

Sunday

CHURCH: See the church page for local service times and events.
Cashmere Farmers Market
 600 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.lpid@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.

Michelle

Continued from page A2

very often, do we? I like good milk." He paused to glance at me, "That's why when I was able to have a farm of my own, I got a milk cow." He grinned, "And my daughter..." I started to laugh because I could see the predawn full moon of my teenage years and that red milk cow that looked black in the dark.
 "Yep, and we even had cold cereal back then. We called it dairy mash," I said, and it was his turn to laugh.

Whole Grain Breakfast Cereal

• 1 cup whole grain (wheat berries, oat groats, pearl barley, buckwheat) • 3 cups water
 In a saucepan, simmer whole grain and water until the grain is your type of tender. The grain will get softer the longer it is cooked. When it is done, serve for breakfast with a dab of butter or a splash of milk. Put the extra in the fridge for tonight's snack or tomorrow's breakfast.
 Once cooked, this whole grain cereal can be eaten like boxed cold cereal. If the water is drained off, the grain is poured into a bowl, milk is poured over it & it

is served with a spoon. Or it can be re-heated by putting a few Tablespoons of grain in a mug. Add boiling or hot tap water to fill the mug and eat with a spoon. (I like to sip the warm water as I munch on the whole grain.) This is an easy 'make-my-own-breakfast' for kids of all ages when the grain is cooked the night before. **Note:** Whole grains have serotonin precursors that help us feel good. In these crazy stressful days, as the school season gets into full swing, like everyone else, I can use a boost from those serotonin precursors.

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.

Business & Service Directory

Add your business or service to this directory: **509-548-5286**

Tumwater Drilling and Pump Inc.
"Water Treatment Systems Built to Your Individual Problem"
Free Water Analysis/Estimates



Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2
Tumwater Drilling & Pump, Inc.
 509-548-5361
www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

Complete Excavating Service



Power & Water Systems
 Dump Truck & Dozer
 Drainfield Repair
 Free Estimates
 Septic Systems
 Road Grading

Upper Valley EXCAVATING
 (509) 548-3489
 Leavenworth, WA
 Licensed - Bonded - Insured

Quick 'n Easy Residential Stump Removal



10817 North Road, Leavenworth • (509) 548-8222
 Kim & Rosalie Kozelsky
 Licensed, Bonded, Insured • Cont. #UPPERVE200PI

Donate Your Vehicle
 Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

1. Contact Us
Call (844) 889-8170
2. Schedule Pickup
We'll pick up your vehicle for FREE - at a time and place convenient for you.
3. Receive Top Tax Deduction
You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
844-889-8170

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

Vale Students of the Month

The month of September 2023 - the trait of Responsibility



Kinder: Mae Vanderhoff, Murray Fraser, Kodie Baird, Sawyer Page, Myles Osborn, Annalee Pipkin, Bennett Halle, Sharon Carrillo, Olivia Bryant, Max White, Ellie Martin, Joshua Gideon

1st Tytus Bertilson, Joni Waggoner, Cossette Valerie, Grady Mason, Calvin Harmeling, Gretta Joya, Giovani Chamu-Cuenca, Jojo Perry, Addilyn Gillum, Conner Dennett, Adeline Lutton, Everett Sweigard

2nd Giselle Hernandez, Luis Sanchez, Ryder Dill, Elaina Fuller, Jayden Cho, Ezra Underwood, Lyla Davis, Louis Kill, Avani Sandhu, Alta Christensen, Cooper Cram, Giovany Ceja Murrillo, Alexander Damian, Jocelyn Gonzalez, George Stimac

3rd Cooper West, Fatima Guzman, Kenzie Barrios, Ava Terry, Nasy Waters, Lachlan Smith, Ella Dundas, Simone Fraser, Quinten Karr, Mimi Price, Hunter Simpson, Hunter Bates

4th Adelae Girard, Julius Cloakey, Trae Padilla, Wade Strutzel, Averie Gonzalez, Sullivan Sambuceto, Jenna Lebow, Enola Barrington, Shanik Pina-Villafuerte, Ben Vanderhoff, Margaret McElearney, Cali Smart, Noah Lyons, Caroline Ulrich

MARTIN MORRIS (formerly Milne Insurance Agency)
 AGENCY INC.
 205 Woodring St., Cashmere
 509-782-2213

Congratulations!
We're proud to recognize your exceptional character. Keep it up!

STUDENTS of the MONTH



Connect Anywhere, Anytime.
 Enjoy Free Internet Data on Your Mobile Devices with the Affordable Connectivity Program. You qualify if you receive:

- Medicaid
- Veterans Pension
- SNAP
- Survivors or Lifeline Benefits
- SSI
- Tribal Assistance Program
- WIC
- Housing Assistance




Get a subsidized 4G Android Tablet for \$20
CALL TODAY (866) 788-1147

PROTECT WHAT MATTERS MOST
 Whether you are home or away, protect what matters most from unexpected power outages with a Generac Home Standby Generator.

FREE 7-Year Extended Warranty*
 A \$739 Value!

SO MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS
 REQUEST A FREE QUOTE
 CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 674-7053



*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

CONGRATULATIONS!

Cashmere Bulldog "Pear" Player of the Game
Landon Baker
#82

Pear's 2023 "PEAR" OF THE GAME TROPHY WINNER
 Sponsored by Pear Bureau Northwest.
www.usapears.org

Bulldogs soar to 6-0 with dominant Pear Bowl win



Bulldogs kicker Landon Baker scores the final point of Friday night's Pear Bowl. Cashmere Bulldogs defeated Cascade Kodiaks 63-0.

Cashmere Valley Record
PESHASTIN - The Cashmere Bulldogs (6-0) showcased their dominance once again in a sensational performance during Friday night's 2023 Pear Bowl clash against the Cascade Kodiaks. The Peshastin-Dryden Sports Complex bore witness to a memorable night of football as the Bulldogs delivered a masterclass, securing an impressive 49-0 lead at halftime.

From the very outset, the Bulldogs left no room for doubt about their intentions. The opening kickoff was received by sophomore Issac Zavala, who sprinted an astounding 84 yards for a touchdown, setting the tone for an evening of exhilarating football. This early surge of

energy paved the way for a flurry of touchdowns in the first quarter, with the Bulldogs finding the end zone five times.

The scoring parade continued into the second quarter, as Cashmere added two more touchdowns, bolstering their lead to 49-0 at the midway point.

One of the most remarkable aspects of this victory was the sharing of the spotlight among nine different players, all of whom contributed by scoring touchdowns. The Bulldogs left no stone unturned in their pursuit of excellence.

Cashmere's offensive prowess was on full display as they amassed a total of 346 yards from scrimmage. The sophomore quarterback,

Rylan Hatmaker, displayed his precision by going 7-for-12 with 140 passing yards, including three touchdown passes. Hatmaker's season continues to impress with 18 touchdowns and an impeccable zero interceptions.

The Bulldogs' ground game was equally formidable, with 12 different players contributing to a total of 206 rushing yards.

Defensively, the Bulldogs demonstrated their ironclad resolve by limiting the Kodiaks to a mere 57 total yards, including an astonishing -4 rushing yards. Trae Smith and Tom McDevitt added to the Bulldogs' defensive prowess with interceptions, further cementing their dominance on the field.

The crowning moment of the evening came as senior kicker Landon Baker was awarded the prestigious 2023 Pear of the Game trophy. Baker's flawless performance was nothing short of spectacular, going 9-for-9 on extra points. Additionally, his execution of an onside kick early in the first quarter and his precision on kickoffs consistently pinned the Kodiaks deep in their own territory.

The Cashmere Bulldogs have once again proven their mettle, leaving no doubt that they are a formidable force to be reckoned with in the world of high school football. As they continue their undefeated streak, fans eagerly anticipate their next electrifying performance on the gridiron.

Bulldog Scoreboard



FOOTBALL	
Oct. 6:	Cashmere 63, Cascade 0, Win
GIRLS SOCCER	
Oct. 5:	Cashmere 1, Quincy 0, Win
VOLLEYBALL	
Oct. 5:	Cashmere 3, Quincy 0, Win

Sports Schedule

FOOTBALL	
Oct. 13:	Cashmere vs. Omak, Homecoming at 7p.m.
GIRLS SOCCER	
Oct. 10:	Cashmere vs. Chelan, Away at 4 p.m.
Oct. 12:	Cashmere vs. Cascade, Home at 6:30 p.m.
Oct. 17:	Cashmere vs. Omak, Away at 4 p.m.
CROSS-COUNTRY	
Oct. 14:	Leavenworth Invite at Ski Hill 12 p.m.
Oct. 17:	Cascade Senior Night at 4 p.m.
VOLLEYBALL	
Oct. 10:	Cashmere vs. Chelan, Away at 6:30 p.m.
Oct. 12:	Cashmere vs. Cascade, Home at 6:30 p.m.
Oct. 17:	Cashmere vs. Omak, Away at 6:30 p.m.

Bulldogs Sports Sponsor of the Year

Proud to support THE BULLDOGS!

Cashmere Physical Therapy
 203 Mission. Ste. 203, Cashmere • 782-8818

GO BULLDOGS



The Cashmere Bulldogs show their patriotic side before their Caribou Trail League showdown against Cascade on Oct. 7.

OBITUARY & MEMORIAL POLICIES

Ward Media, LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email obits@ward.media

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

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

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

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



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



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

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

DRYDEN

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

MID-VALLEY BAPTIST CHURCH
 8345 Stine Hill Rd. • 509-782-2616
 Worship Service, 10 a.m.,
 Sunday School, 9 a.m.
 Pastor Mike Moore
www.midvalleybaptist.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 Front Hall
 621 Grant St.
info@cornerstoneleavenworth.com
 Sunday Worship - 10 a.m.



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)
 Church: 509-548-7667
 Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
 "Reconciling Works Congregation"
 224 Benton Street • 509-548-7010
 Worship 9:30 a.m. w/coffee following
 Eva Jensen, 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

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



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

MONITOR



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

PESHASTIN

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



NEW LIFE FOURSQUARE CHURCH
 7591 Hwy. 97 • 509-548-4222
 Sunday Worship, 10 a.m.
 Pastors, Darryl and Mindy Wall
newlifeleavenworth@gmail.com
 FB page: [newlifeleavenworth](https://www.facebook.com/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](https://www.facebook.com/plaincommunitychurch)
office@plaincommunitychurch.org

Washington Outdoors Report

OUTDOORS ROUND UP

By **JOHN KRUSE**
Special to Ward Media

Near record fish caught:

East Wenatchee resident Joan Hardesty and her husband launched their boat and spent the day catching bluegill at Potholes Reservoir on September 29th. I came across the two at the Potholes State Park fishing cleaning station and saw they had a very good day, having caught a good number of sizeable bluegill. One of the bluegills stood out, though, far and away the biggest one I had ever seen in my entire life!

I asked the two if they had weighed the fish, and they said they had not because they did not have a scale. I asked them not to fillet the fish until I could get my scale and weigh it and told them I also wanted to check what the state record is for bluegill.

The brute of a bluegill weighed 2.27 pounds on my handheld scale. Checking the Washington Department of Fish and Wildlife (WDFW) website, I learned the current

state record had stood for nearly 40 years, a 2.33-pound bluegill hauled out of Tampico Park Pond in Yakima County by Ron Hinote back in June of 1984.

With the weight being so close to the record, I recommended she go to a certified scale and get it weighed. Joan did so (at the Moses Lake Safeway store) and unfortunately, it didn't quite break the record, officially weighing 2.275 pounds. While it didn't beat the state record, it was still the bluegill of a lifetime for Joan!

Wdfw Trout Derby continues:

WDFW issued a press release reminding anglers that their annual trout derby continues through October 31st. Eight hundred trout with blue tags were released into 100 lakes around the state this spring, and businesses donated \$40,00 in prizes that are being given to those who catch the fish and report them to WDFW. Currently, 55 to 60 percent of these fish have been harvested, leaving quite a few still available in a month that

sees trout on the bite, putting on weight before winter.

Here is the current status of lakes in Central and Eastern Washington that were stocked with derby fish:

CHELAN COUNTY – Beehive Reservoir still has nine tagged fish swimming around, and Wapato Lake near Manson has four tagged trout that have not been reported as caught. Each of these fish will net lucky anglers a \$25 to \$50 gift card.

DOUGLAS COUNTY – Jameson Lake still has five prizes waiting to be claimed, each one worth a \$50 gift card.

FERRY COUNTY – Curlew Lake is one of the best fishing lakes in the state and there are still two fish that have not been turned in. Tagged fish here have been worth a gift card and in one case, a jersey from the Spokane Indians baseball team.

GRANT COUNTY – Corral Lake has a whopping 14 fish still out there that have not been turned in. Prizes in this lake range from bait boxes to gift cards and even a one-night stay in a cabin at MarDon Resort. Two other lakes in Sun Lakes



COURTESY OF JOHN KRUSE

Joan Hardesty with a near record breaking bluegill.

State Park south of Coulee City also have derby trout. They include Deep Lake, with sixteen trout available, and Vic Meyers Lake, with six tagged trout still

unaccounted for.

KLICKITAT COUNTY – In Rowland Lake, two trout, each worth a \$50 gift card, are still apparently swimming around

there, while in Spearfish Lake, three tagged fish have not been reported as caught.

PEND OREILLE COUNTY – Diamond Lake has had three fish claimed, each worth a \$25 gift card or Spokane Indians apparel, with two still unaccounted for.

STEVENS COUNTY – Cedar Lake is fished out as far as tagged fish go, and Starvation Lake only has one tagged fish that hasn't been turned in, but Loon Lake still has four prizes waiting to be claimed that could be worth up to \$100 in merchandise. Finally, Waitts Lake has two tagged fish remaining, with previously tagged fish worth anywhere from a \$50 gas card to a pizza and soda combo at a local eatery.

If you want to find out more about participating in WDFW's annual trout derby, go to <https://wdfw.wa.gov/fishing/contests/trout-derby> but hurry, the derby ends October 31st!

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

Pioneer Village Festival 2023



COURTESY OF CASHMERE MUSEUM

Seattle artist, Ryan "Henry" Ward showcasing his art while live painting.



COURTESY OF CASHMERE MUSEUM

Spinners from the Alpine Meadows Spinners and Weavers Guild spent the day demonstrating their craft at the General Store.



COURTESY OF CASHMERE MUSEUM

Kellan and Kris Owens of Spokane panning for gold.



COURTESY OF CASHMERE MUSEUM

Museum Volunteer, Chloe Aguigui, painting the face of Margie Kerr from Kindness Counts NCW.



COURTESY OF CASHMERE MUSEUM

Actors from Live History portraying Samantha Brender, Lou Eva Jones, and Judge James H. Chase, early Cashmere pioneers.



COURTESY OF CASHMERE MUSEUM

Train conductor, Rayce Jones, volunteered to share his knowledge and passion for trains.

October is here – time to Think Pink

October is Breast Cancer Awareness Month, and it's time to "Think Pink"...along with a possible spa date.

Cancer is the second leading cause of death in the United States. The numbers don't lie: in Washington, during the most recent slice of years where data is available via the CDC (2016-2020), breast cancer is easily the number one most detected cancer by rates of new cancer cases, nearly double the rate of the number two type (lung and bronchus).

Early detection of cancer saves lives, especially so for breast cancer, and with 3D mammography available at Cascade Medical, community members have the opportunity to receive that early

detection with state-of-the-art technology.

Many women choose to put off screenings because of perceived barriers. If folks put off a mammogram because of cost concerns, they shouldn't, says Cascade Medical Director of Business Services Jerri Smith. "If you have insurance and you are within the guidelines (screening mammograms once every 12 months for women 40 and over), your mammogram should be covered without any out of pocket expense to you." And what about those completely without insurance? "During the month of October, if you don't have insurance, your mammogram is completely covered at Cascade

Medical," Smith says. "Through the generosity of the Cascade Medical Foundation, uninsured may receive their mammogram at no cost to them."

Other than peace of mind, Cascade Medical has one more incentive to make that appointment – a chance for a day-pass to the world-class spa at Leavenworth's PostHotel. During the month of October, all who make an appointment to receive a mammogram at Cascade Medical will be entered into a giveaway, with one lucky winner receiving a day-pass to the world-renowned PostHotel, with access to the steam rooms, pool & wellness areas, with the option to book additional spa services should they choose

to do so. If you received a mammogram from Cascade Medical over the past year (through September 2022), you are invited to enter as well – an entry box will be located in Cascade Medical's main lobby. PostHotel Manager Robin John said "we are so thrilled to offer our services in service to Breast Cancer Awareness Month. If the thought of a little relaxation is the nudge that gets someone to a test that may prove lifesaving, that's an investment in our community we're delighted to make."

To schedule an appointment for a mammogram at Cascade Medical, call their Diagnostic Imaging office at (509) 548-2512.

HAVE YOU HAD YOUR MAMMOGRAM THIS YEAR?

OCTOBER

BREAST CANCER AWARENESS MONTH

München Haus

709 FRONT ST | 509-548-1158 | WWW.MUNCHENHAUSE.COM

Think Pink

Peace of mind, close to home.

Cascade Medical offers free mammograms to uninsured women in the Upper Valley during the month of October. Most women 40 years of age and older may also receive a mammogram with no out of pocket expense to them as well.

Think Pink is supported by local businesses and Cascade Medical Foundation.

Don't delay. Call (509) 548-2512 to make your appointment today.

CASCADE MEDICAL
PARTNERS IN YOUR HEALTH

State Farm

Hope

Together for Breast Cancer Awareness

Bruce Cheadle, Agent | 509-782-1659 | Cashmere, WA

Allstate

Together we make a difference.

Heidi Huddle

T: 509-664-4000
F: 509-664-4040
235 N Mission St Wenatchee, WA 98801

Heidi.Huddle@Allstate.com



CLASSIFIEDS

Leavenworth Echo
Cashmere Valley Record
Lake Chelan Mirror
Quad City Herald

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

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

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



Administrative
Puzzle Solution

ELMS BAT COVE
YEAH POSH AARON
EASE IOTA LUCID
SKELETON GLAD
SATYR SAD
ASTHMA THERETO
TOE PSYCHE OARS
SYNCS OAR INSET
EACH MUTUAL TAI
ASHAMED SIESTA
ION ALTAR
LEND EXORCISM
LOUSE DIVA CLUB
SCRAM GAEL AUTO
DHOW ELD SEEP

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

Announcements
Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.
Leavenworth/Cashmere 509-548-5286 email: classifieds@ward.media

Lake Chelan Mirror 509-682-2213
Quad City Herald 509-689-2507 classifieds@ward.media
Deadline Noon on Friday for the next week's papers

Address Changing?
Call the Circulation Department today so you don't miss a single issue of your Local Community Newspaper or our monthly publication, the *Wenatchee Business Journal*
509-293-6780 or Email laura@ward.media

131 S. Apple Blossom Drive, Ste. 109
in the Chelan Business Center - Chelan

Happy Ads

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

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

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

General Interest

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

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.

Employment
Help Wanted

School District is seeking qualified applicants for the following positions:

- Cascade High School Head Baseball Coach

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

Help Wanted

Looking for a great local employee? Place your ad today

Call 509-682-2213
Lake Chelan Mirror
Quad City Herald
Brewster
or email classifieds@ward.media

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

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

NEEDED
A pianist /accompanist for the Leavenworth Community United Methodist Church. Approximate hours on Sundays would be from 9:30-11:00 a.m.
Our services include a prelude and postlude, two or three hymns and traditional service pieces (Doxology, etc.). Please leave a message at the church: 509.548.5619 and we will contact you.

Bus Driver/Operator – Part-Time
Organization: Okanogan County Transit Authority (TranGO)
TranGO IS HIRING A DRIVER; Part-time (25-30 hours per week) position available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include a percentage of agency paid health, dental, vision, life insurance, and retirement (see website for benefit details), sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2 nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Windermere Real Estate/NCW
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

Give us a call today!

See all available properties at windermereleavenworth.com

Help Wanted

Public Works - Truck Driver/Laborer – Temporary Winter Help
The Chelan County Public Works Department is seeking applicants for our three, four-month long winter Temporary Truck Driver/Laborer positions in the Leavenworth & Wenatchee Districts. The duties include performing manual labor, driving truck and/or operating light and heavy equipment, and snow plowing. The salary range is \$22.48 per hour up to \$24.66 per hour based on experience. These four-month positions will start mid to late November. These positions require a Washington State Driver's License, Class A CDL with Tanker Endorsements and prefer to have a current First Aid/CPR card and flagging card. Applications and a detailed job description can be found on the Chelan County Human Resource Career Opportunities page; <http://www.co.chelan.wa.us/human-resource/s/jobs>
The application, resume and letter of intent must be returned to the Chelan County Human Resource Department 400 Douglas Street #201, Wenatchee, WA 98801 or email to human.resource@co.chelan.wa.us no later than Wednesday, November 2, 2023 at 5:00 p.m.

For Sale
Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.
Call **Lake Chelan Mirror** **Quad City Herald** 509-682-2213 or email classifieds@ward.media or call **The Leavenworth Echo** **Cashmere Valley Record** 509-548-5286 classifieds@ward.media
Deadline: Noon on Friday for all papers.

Garage & Yard Sale

Fill your pockets with **CASH \$\$**

Let others know what items you are selling!
Deadline Friday at Noon for all papers
Lake Chelan Mirror **Quad City Herald** 509-682-2213 classifieds@ward.media
Leavenworth Echo **Cashmere Valley Record** 509-548-5286 classifieds@ward.media
Four newspapers for one low price!

Real Estate
Vacation Rentals

Arts and Crafts Retreat Chelan Mountain Lake View. Walk to town. Private vacation or vocation. Fully furnished, 800 sf. house on four acres. \$1,600 monthly, first and last, plus returnable deposit. windowsart.com 206-632-7332

Legals
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. #6490

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of BILL G. HARRISON, Deceased. No. 23-4-00340-04
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets.;
DATE OF FIRST PUBLICATION: September 27, 2023; Personal Representative: Pete Harrison; Attorneys for the Personal Representative: David Visser, WSBA# 41546; Address for Mailing or Service –Overcast Law Offices; Attn: David Visser; 23 S Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509) 663-5588
Court of probate proceeding and cause number: Chelan County Superior Court; Cause Number: 23-4-00340-04; Presented by: OVERCAST LAW OFFICES; By: David Visser, WSBA No. 41546; Attorney for the Personal Representative. Published in The Leavenworth Echo/ Cashmere Valley Record on September 27, October 4, 11, 2023. #6339

REDUCE REUSE RECYCLE



Announce those special events with us!

Milestones | Weddings | Births | Birthdays | Anniversaries

Call or email us for details!

ECHO RECORD MIRROR HERALD
Email: news@ward.media • CALL 509-548-5286

Advertise in the Classifieds
509-548-5286

Place your Help Wanted and find the best qualified local employee

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

Public Notices

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE REVENUE SOURCES AND POSSIBLE INCREASE IN PROPERTY TAXES

The Cashmere City Council will hold a public hearing on Monday, October 23, 2023 at 6:00 p.m. at the Cashmere City Hall on the City of Cashmere Revenue Sources and possible increase in Property Taxes. The public is invited to attend said hearing and make comments. If you are unable to attend in person, please call City Hall or access the agenda on the City's website for login information. Written comments can be sent to Kay Jones, City Clerk-Treasurer at kay@cityofcashmere.org.
 Kay Jones
 City Clerk-Treasurer
 CITY OF CASHMERE
 Published in the Cashmere Valley Record/Leavenworth Echo on October 11, 2023. #6338

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

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of TERRY DONALD LUMSDEN, Deceased. No. 23-4-00351-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: October 11, 2023
 Personal Representative: Amy Criss Attorneys for the Personal Representative: Thomas D. Overcast, WSBA# 14486 Address for Mailing or Service - Overcast Law Offices Attn: Thomas D. Overcast 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509) 663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 23-4-00351-04 Presented by: OVERCAST LAW OFFICES By: /s/ Thomas D. Overcast, WSBA No. 14486 Attorney for the Personal Representative. Published in the Leavenworth Echo/Cashmere Valley Record October 11, 18, 25, 2023. #6476

Can Phytoestrogens alleviate menopausal hot flashes and night sweats?

Exploring the potential benefits and risks



Ask...
Dr. Louise

Years ago, while speaking to 120 pharmacy students in an auditorium in Pullman, Washington, I had my first hot flash. First, my scalp suddenly started feeling hot and prickly. Then, two heartbeats later, a shower of sweat gushed down my neck and back. In less than 5 seconds, I was soaking wet!

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their night-time equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet. A typical Asian diet contains much more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting in your body in ways and places similar to estrogen.

But eating more soy is only part of the answer. Protection against experiencing hot flushes may also depend on whether your body can change the basic phytoestrogens found in soy into equol, a powerful phytoestrogen. Overall, only 30-50% of North American women can convert soy into equol. Asian and Hispanic

women are able to do this more readily.

Phytoestrogens work by attaching to the same places in your body as other estrogen compounds. These areas of attachment are called estrogen receptors, or ERs. There are two main types of ERs: ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, which can stimulate breast and uterine cancer.

However, some phytoestrogens bind to ER-beta receptors, which triggers the opposite effect. Binding to ER-beta receptors can BLOCK the action of estrogen on breast tissue. This is similar to how the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) help prevent certain types of breast cancer.

Unfortunately, studying the effects of any one phytoestrogen in the body is challenging. One reason is that foods and herbal sources of phytoestrogens contain different types of phytoestrogens. The two most common types of phytoestrogens are isoflavones and lignans. Soybeans contain isoflavones like genistein and daidzein, while lignans are found in flaxseed, fruits, vegetables, and other foods.

Another reason it's hard to predict the effects of phytoestrogens is because some attach to ER-alpha receptors, some

to ER-beta receptors, and some to BOTH, which can create different outcomes. This may explain why phytoestrogens have been shown to encourage weight loss in post-menopausal women in some studies yet weight gain in others.

Depending on their growing conditions, plants can also have variable concentrations of phytoestrogens. An additional complication is how much estrogen is already in place. Phytoestrogens can act differently in pre-menopausal women than in post-menopausal women, whose bodies contain much less estrogen.

How much soy do you need to reduce hot flashes or flushing symptoms? Most clinical studies have used between 40 and 80 mg of phytoestrogens from soy-based products daily. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soymilk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Can eating soy-based food cause breast cancer? If you're not a vegetarian, you're unlikely to get enough soy from your diet to increase your risk of breast cancer.

Be cautious about taking

supplements that contain phytoestrogens and estrogen-like compounds. Soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin®, may increase breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

1. You CAN eat food containing soy, even if you have a history of breast cancer.

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day, and watch your consumption of soy milk.

2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, avoid taking supplements containing concentrated phytoestrogens, like soy concentrates or black cohosh, until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

The exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize every batch to ensure consistent potency.

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

Follow us on Facebook at: [Facebook.com NorthCentralWashington](https://www.facebook.com/NorthCentralWashington)

www.leavenworthecho.com
www.cashmerevalleyrecord.com

Check the weathercams online before traveling over the mountain passes!

www.leavenworthecho.com | www.cashmerevalleyrecord.com



CROSSWORD PUZZLE

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19			20			
21				22			23			
24				25			26			
27				28			29			
30				31			32			
33				34			35			
36				37			38			
39				40			41			
42				43			44			
45				46			47			
48				49			50			
51				52			53			
54				55			56			
57				58			59			
60				61			62			
63				64			65			

THEME: HALLOWEEN

- ACROSS**
- *Trees in famous Wes Craven's horror movie
 - *Vampire's altered form
 - Sheltered nook
 - Fancy-schmancy
 - Rodgers of the Packers
 - "At ___," to a soldier
 - l. to a Greek
 - With clear mind
 - *Popular Halloween decor
 - Alternative to Saran
 - Dionysus' pipe-playing companion
 - Blue, but not as in color
 - Cause of wheezing
 - To that
 - Corn site
 - To "___ out" a competitor
 - Longship propellers
 - Synchronizes, for short
 - #34 Across, sing.
 - Magazine's special feature
 - Per person
 - Like a certain fund
 - Thailand native
 - Embarrassed
 - Afternoon nap
 - + or - item
 - Sacrificial spot
 - What libraries do
 - *Eviction of a demon
 - Hair-loving parasite?
 - Cher, e.g.
 - Golfer's equipment
 - "Beat it!"
 - Celt
 - On its own
 - Type of sailing vessel!
 - Old age, archaic
 - Leak through

DOWN

- *Michael Myers has only one in "Halloween Kills"
- Meadows
- *Halloween face cover
- Expression of exasperation
- Ill-gotten gains
- 19th century business magnate John Jacob ___
- Comparison word
- *Witch's pot
- Killer whale
- Emptiness
- Last word in a fairy tale
- Statue of mourning Virgin Mary, pl.
- Aquarium scum
- Light sources
- Pronoun for a ship
- Away from harbor (2 words)
- Popular animal protein replacement, pl.
- a.k.a. doctor fish
- Through, in a text
- Sunrise side, pl.
- Plural of ostium
- Common second person pronoun contraction
- *Witch's four-legged companion
- *Leatherface's signature weapon
- Hipbone-related
- Family ___ and wing ___
- Stellar
- Data transmitting device
- Kane and Goldberg, of TV
- Type of rotation
- Cherished
- Nessie's home
- European currency
- Competitive advantage
- Uncontrolled swerve
- Remote control option
- Dropped hallucinogen
- Gene Vincent's "Dance to the ___"

SUDOKU PUZZLE

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB 1-855-576-5653

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

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.

2 DAYS ONLY! **MEGA MEAT SALE** **Fri & Sat. OCT. 13 & 14**

Pork Spareribs
Great on the Grill

Whole in the Bag!

1.98 LB.

PRAIRIE FRESH NATURAL

Boneless Beef Bottom Round Roast
Sliced for FREE

Whole in the Bag!

4.58 LB.

USDA CHOICE St. Helens BEEF LOCAL FRESH

Pork Shoulder Butt Roast
Great for Pulled Pork

Whole in the Bag!

1.98 LB.

PRAIRIE FRESH NATURAL

Market Fresh Boneless Chicken Breast

10 Lbs. or More

2.48 LB.

Market Fresh Chicken Drumsticks

10 Lbs. or More

78¢ LB.

Tyson Chicken Breast Tenders
3 Lb. Bag

3 Lb. Bag

6.98 EA.

Tyson

Top Valu Hardwood Smoked Bacon
12 Oz.

4/\$10

Raw Shrimp
71 to 90 Count, 2 Lb. Bag

2 Lb. Bag

8.98 EA.

Local stores supporting local products. **LOCAL Equals FRESH**

Fresh Produce

5 Lb. Bag Russet Potatoes **2/\$4**

JAZZ BOO! IS IT BOO TIME YET? 907g / 2 Lb. Product of U.S.A. LOCAL FRESH

Litehouse Old Fashioned Caramel Dip Original or Low Fat, 16 Oz. **4.98**

Avocados from Mexico ALWAYS GOOD

Jumbo Avocados **2/\$6**

Simple Sides!

Simply Mac & Cheese Traditional Rich and Creamy

Simply Potatoes Traditional Mashed Potatoes

Simply Potatoes Garlic Mashed Potatoes

Simply Potatoes Mashed Potatoes Traditional or Garlic, 24 Oz.

Simply Mac & Cheese Traditional, Rich & Creamy, 20 Oz.

Your Choice! 2/\$7