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– See **Pages**

A3-A4

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Cashmere FFA Shines at Fair with Impressive Wins





Cashmere High School Agriculture, FFA Advisor Ivette Alvarado - Reserve Champion Lamb with Buyer Dale Hall of Valley Tractor



Courtesy of Rusty Finch, Cashmere High School Agriculture, FFA Advisor Allie McKenna - Grand Champion Hog & Levi Strutzel -



Courtesy of Rusty Finch, Cashmere High School Agriculture, FFA Adviso

Amelia Flick & Reserve Champion Steen

WARD MEDIA Cashmere Valley Record

CASHMERE - The Cashmere Future Farmers of America (FFA) chapter had a remarkable showing at this year's fair, with 54 students earning numerous call-back ribbons and champion rosettes. Here are some of the standout achievements:

Allie McKenna emerged as the Grand Champion in the Market Hog category, while Levi Strutzel secured the title of Reserve Champion Market Hog. Furthermore, an impressive five out of the eight Market Hog Call-Backs

In the Market Lamb category, Reserve Champion Market Lamb, with six out of the eight Market Lamb Call-Backs also won by Cashmere FFA students.

Reserve Champion Hog

Amelia Flick proudly earned the distinction of Reserve Champion Steer, while Drake Mutch stood out with the Grand Champion Ag Mechanics Project.

Cashmere FFA team The demonstrated their expertise in judging as well, securing first place in both Livestock Judging and Horse Judging. Additionally, they clinched

Ivette Alvarado claimed the title of Area Youth Support Fund expressed their gratitude to the sponsors and purchasers who supported this year's animals. The list includes Pipkin Construction, Rick & Sharon Baker, Mission Creek Community Club, Greg & Kris Taylor, Cornerstone Custom Granite, Jeff & Susan Graff, Wok About Grill, Cashmere American Legion, Lone Pine Orchards, Berdan Orchards, Blewett Brewing, Harnden Orchards, Yonaka Orchards, Sangster Motors, Les Schwab, Eagle Rock Fruit agricultural excellence, and these Stand, Valley Tractor, Erlandsen & Associates, Dennis Webb Accountancy,

Cashmere FFA and the Cashmere Mini Storage, Austin Dueman, DEK Orchards, Cashmere Area Youth Support Fund, Escape Tactics, Joe's Septic, Yonaka Orchards, Cornerstone Custom Granite, Harnden Orchards, Cashmere Area Youth Support Fund, Wok About Grill, Eagle Rock Fruit Stand, Cashmere American Legion, Cashmere Area Youth Support Fund, Cascade Quality Water, and Coastal

Farm & Ranch. The Cashmere FFA chapter has once again proven its dedication to achievements are a testament to their hard work and commitment to the

second place in Horse Judging. went to Cashmere FFA students. Coastal Farm & Ranch, Cashmere community. Application Period Commences for WSU Master Gardener Training

WARD MEDIA

Cashmere Valley Record

WENATCHEE — As the seasons shift towards winter, gardening enthusiasts in the Chelan-Douglas region have a unique opportunity on the horizon. The WSU Extension Chelan-Douglas Master Gardener Program is now open for applications for its forthcoming basic training course scheduled to kick off in January.

Becoming a certified WSU Master Gardener entails the successful training, along with fulfilling will continue every Saturday from 9 calendars as the application deadline.

encompass dedicating 55 volunteer informative sessions will unfold at hours during the initial year of enrollment.

The core component of this onceyearly training regimen is rooted in a robust online learning experience offered through Washington State University. Additionally, participants can look forward to weekly in-person classes led by a cadre of experts, including WSU Extension faculty and staff, Master Gardener volunteers, and other specialists in the field.

Local classes are slated to completion of this comprehensive commence on Saturday, Jan. 20. They encouraged to mark Nov. 15 on their

internship requirements that a.m. to noon until April 20. These the Douglas County Transportation & Land Services building, located at 140 19th St. NW in East Wenatchee. Topics covered throughout the course span a diverse range, encompassing botany and plant identification, soil science, entomology, lawns and herbaceous landscape plants, plant health care, integrated pest management, and plant diagnosis.

The cost associated with this enriching training opportunity is set at \$175, with aspiring gardeners

tailored for Chelan and Douglas counties, provides an avenue for individuals to expand their horticultural knowledge and connect with like-minded gardening enthusiasts. Beyond the pursuit of gardening expertise, this volunteer group champions environmentally responsible gardening practices and promotes a healthy lifestyle through gardening.

For those eager to embark on this enlightening journey, a letter designed for prospective volunteers, brimming with additional information and an application form, awaits online at bit. ly/trainingMG.

NCW Fair 4-H Results Celebrate Young Achievers

WATERVILLE - The 2023 North Central Washington (NCW) Fair showcased the talents and hard work of young participants in various 4-H competitions. From Creative Arts to Livestock Judging, these young achievers demonstrated their skills and dedication. Here is a closer look at the performance of Cashmere's participants.

Style Show

Clara Dennett from Cashmere emerged as the Grand Champion in the Style Show for the Junior division.

Poultry Judging

Hunter Schmidt from East Wenatchee was named the Grand Champion in Poultry Judging for the Junior division, while Celia Doyle from Chelan secured the Reserve Champion position. In the Intermediate division, Aaron Hammerberg from Wenatchee impressed judges, earning the Grand Champion title, with Sadie Lindsey from Cashmere as the Reserve Champion.

Rabbit Fitting & Showing

In the Junior division of Rabbit Fitting & Showing, Hunter Schmidt from Mansfield secured the Grand Champion title, while James Poe from Coulee City earned the Reserve Champion position. In the Intermediate division, Sadie Lindsey from Cashmere impressed judges and earned the Grand Champion title, with Addie McGarrah from Wenatchee as the Reserve Champion. Among the Seniors, Natalie Smeller from Wenatchee took home the Grand Champion title.

Rabbits: Best of Breed

In the Best of Breed competition, Hunter Schmidt from Mansfield claimed the title in the Lion Head breed category. Addie McGarrah from Wenatchee earned the Best of Breed title in the Holland category, with Lexi Nellon from Waterville as the Best of Opposite Sex. Sadie Lindsey from Cashmere secured the Best of Breed title in the Rex category.

Goat-Utility Class

In the Junior division of Goat Utility Class, Ava Johnson from East Wenatchee was named the Grand Champion, with Mara Macy from Brewster as the Reserve Champion. In the Intermediate division, Zimri Murphy from East Wenatchee claimed the Grand Champion title, and Sadie Lindsay from Cashmere secured the Reserve Champion position.

Horse - Western Gaming -Texas Barrels

In the Intermediate division of Horse Western Gaming - Texas Barrels, Isis Davenport from Wenatchee was named the Grand Champion, with Raelie Gilmore from Cashmere as the Reserve Champion.

Horse - Western Gaming - Pole **Key Race**

Isis Davenport from Wenatchee showcased her expertise and became the Grand Champion in the Intermediate division of Horse -Western Gaming - Pole Key Race, with Raelie Gilmore from Cashmere securing the Reserve Champion

Horse - Western Gaming - Pole **Bending**

Isis Davenport from Wenatchee impressed judges and took home the Grand Champion title in the Intermediate division of Horse Western Gaming - Pole Bending, with Raelie Gilmore from Cashmere securing the Reserve Champion position.

To delve deeper into this exciting opportunity or seek clarification on any inquiries, prospective participants are encouraged to reach out to Marco Martinez, the coordinator for the WSU Master Gardener program serving Chelan and Douglas counties. He can be contacted via email at marco. martinez@wsu.edu or reached by phone at (509) 667-6540.

Inside The Record this Week

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www.cashmerevalleyrecord.com

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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 (for verification purposes only). Letters may be edited

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Get your event in the spotlight with Ward Media! (

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!

Oktoberfest in _eavenworth

Leavenworth Oktoberfest will run Sept., 29-30, Oct., 6-7 and 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, with two fully programmed venues (beer gardens) located at the Leavenworth Festhalle and at Front Street Park. Sit under our clear-topped tent enjoying tasty local and German beers, lively music, and mountain views for days.

"For the kiddos, a 10,000 sq foot Kinderplatz has been added, free for kids 12 and under, with activities, games, a root beer garden, and a 62 ft Ferris Wheel," the event page states. "It's time to grab your best Trachten (traditional Bavarian garments) and make plans to celebrate Oktoberfest America's unofficial Bavarian capital.'

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

The Kinderplatz is open

As we step into

the vibrant colors of

autumn here in North

Central Washington,

there's an equally

colorful event on

the horizon that's of

utmost importance to

our community - the

upcoming elections. At Ward Media, we

believe in the power

of democracy and

the crucial role that

and schools.

informed voting plays in

shaping the future of our cities

In our ongoing commitment

to serving as your trusted

source of local news and

information, we're excited to

announce our comprehensive

election coverage. We've

reached out to the local

candidates running for city

you, our valued readers.

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.

Autumn Amble

The Wenatchee River Institute will host an Autumn Amble on Friday, Sept. 29, from 9 a.m. to 11 a.m. at the Leavenworth Waterfront Park.

"Join the Wenatchee River Institute for a two-hour autumn amble with one of our knowledgeable naturalists," the event page states. "Walk with us through Waterfront Park as the air begins to cool and the leaves turn gold. You will learn about the natural and cultural history of Leavenworth with many scenic views along the way."

Registration is required, and the event is limited to 10 participants.

The trail difficulty is for beginners and is up to two miles round trip. The cost is \$10 for ages 16 and up, \$5 for ages 6 to 15, and ages five and under are free.

For more information visit wenatcheeriverinstitute.org.

A Night at the Museum

From the

Publisher

TERRY

WARD

The Wenatchee Valley Museum and Cultural Center will host A Night at the The Festhalle Beer Garden Museum on Saturday, Sept. 30,

Your Guide to Informed Voting

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essential:

empower you, our

knowledge you need

to make informed

decisions when you

head to the polls. We

understand that your

votes will shape the

future of our beloved

communities, and we

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accurate, and insightful

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will not only highlight their

platforms but also shed light on

their aspirations and visions

for the positions they seek. We

want vou to know who these

individuals are, what they

stand for, and how they plan

to address the challenges and

information seriously.

readers, with

to

the

from 6 p.m. to 9 p.m.

"The Museum's signature fundraiser features talented chefs, tasty gourmet foods, award-winning wines, great beers, ciders, distilled spirits, and live music," the event page states.

"Funds from this event support the Museum's missionserving programs, including featured exhibits, MakerSpace, robotics clubs, field trips, student scholarships, community cultural events, film and speaker series, and collection restorations," the event page states.

Tickets are \$60 for members and \$75 for non-members. For tickets and more information, visit wenatcheevalleymuseum.

Pawtober Fest

Dog Haus Brewery will host the second annual Pawtober Fest on Saturday Sept., 30 from 1 p.m. to 6 p.m.

"Pawtoberfest is an event to support the non-profit organization DogOnGood Dog & People Rescue," the event page states. "DogOnGood Dog & People Rescue supports training and education of humans and their beloved puppies. It provides training, especially for those humans who have found frustration with their soon-tobecome best friends and just

We thank the candidates for

their willingness to participate

in this process, and we thank

you, our readers, for your

unwavering support. Together,

we can make a difference, one

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election coverage, and let's

embark on this democratic

journey together.

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informed vote at a time.

need some extra understanding or training in order to fully appreciate and understand how to handle their furry friends."

The event includes fun for dogs and people alike with a dog tricks contest, a pie eating contest (for the two-legged attendees), and more.

Admission is free, and donations are accepted.

For more information visit dogongood.org/pawtober-fest.

Scary Craze Scarecrows in Cashmere

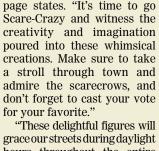
Russell J. Speidel

During October, Cashmere will be filled with scarecrows.

"Get ready to embrace the festive spirit of fall as our charming town gets taken over by an abundance page states. "It's time to go

hours throughout the entire month of October," the event page states. "For a convenient scarecrow tour, simply stop by the Chamber office or any participating businesses to grab your free scarecrow map. Let the scarecrow extravaganza

For more information, visit https://scarecrazy.info/ and



the Cashmere Chamber of Commerce Facebook page.





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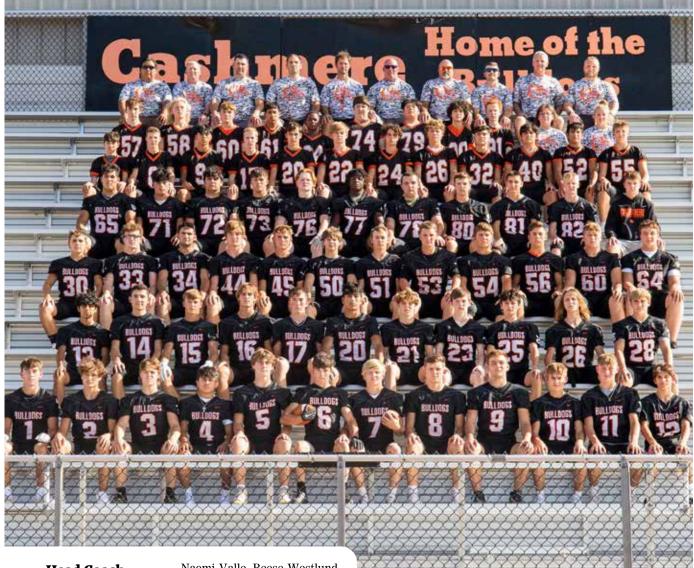
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Bryan Bremer

Asst. Coaches

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Cheerleaders

Brianna Castro, Allyson Kitchel, Sonia Lanuza, Raquel Pedraza, Jasmine Romero,

Naomi Valle, Reese Westlund, Ivette Alvarado, Brianna Talley, Maia Pubaugh

Superintendent

Glenn Johnson

Principal

Craig MacKenzie

Athletic Director Jeff Carlson

Cheer Coach

Leisa Osburn

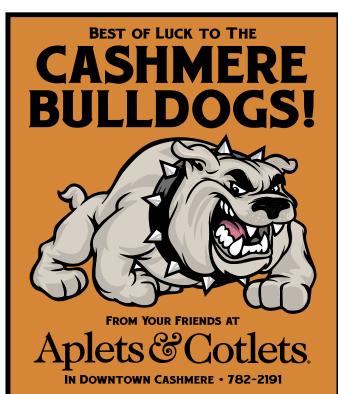




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CASHMERE HIGH SCHOOL VARSITY FOOTBALL

#	FIRST	LAST	POS	HT	WT	GRADE
1	Isaac	Zavala	WR,DB	5'6"	125	10
2	Marcelino	Torres	WR,DB	5'8"	150	11
3	Tyler	Peterson	RB,DB	5'8"	160	12
4	Aidan	Theiss	WR,DB	5'7"	150	11
5	Tom	McDevitt	WR,DB	5'10	135	10

Cross Country Recap

By Jeff Kenoyer Special to Ward Media

It was a pretty good day of racing for the Bulldogs the Wenatchee Invitational on Saturday 9/16! Cashmere runners improved on their times from last Saturday's race at Sunnyside. Several of our veteran runners set new 5 km personal records at Wenatchee. Complete results can be found at https://www. athletic.net/CrossCountry/ meet/221625/info

The Wenatchee race course is at Walla Walla Point Park. The race is a two loop, 5 km race that is rolling but has no steep hills.

freshmen sophomore group is going to be a good one. They work hard in practice and are pushing the older kids.

Our next race is Wednesday at the Okanogan Invitational. The race is run at the Okanogan Valley Golf Course at 105 Danker Cutoff Road, Okanogan, WA 98841. It will be a smaller meet than today but Liberty Bell and Cascade will give us plenty of competition!

Trusted

ROSTER	
Agnew, Lucas	12
Albright, Cody	9
Allred, Jude	9
Bagley, Layne	10
Batanoiu, Sophia (g)	11
Brown, Jack	10
Campbell, Ahren	12
Corbaley, Nahum	10
Cortes, Ethan	12
Cortes, Zennon	9
Duell, Domenic	9
Edwards, Garrett	12
Esmond, Adele (g)	9
Frost, Laurel (g)	10
Frost, Audrey (g)	10
Frost, Jonah	10
Frost, Adele (g)	9
Graves, Owen	12
James, Samuel	10
Kenoyer, Ella (g)	10
Kim, Abigail (g)	9
Larson, Tobie	10
Lindsay, Logan	9
Marron, Jayson	11
Martinez, Carlos	10
Miller, Kaden	12
Mora, Jose	11
Nelson, Wyatt	10
Novak, Jance	9
O'Keefe, Saige (g)	12
Pace, Zane	9
Pell, Marshall	9
Pell, Mack	9
Reiber, Rylan	9
Schur, Preston	9
Sims, Maison	12
Strong, Maddeck	12
Strong, Kimberly (g)	11
Weber, Ellie (g)	10
Wheeler, Vansee (g)	9

BOYS VARSITY

Breken

Trae

Caed

Ajay

Rylan

Logan

Braylon

Thomas

Dalan

David

Grey

Reed

Colby

Brayden

Kelton

Giovanni

Cole

Donald

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Gideon

Michael

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Julian

Josh

Drake

Kyle

Joseph

Eric

Logan

Brody

Tate

Cruz

Oliver

Carson

Caleb

Jacob

Prin

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83rd

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149th

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Bergren

Smart

Odenrider

Jacobson

Lewis

Diaz

Kriegel

Collins

Ruiz-Cook

Norman

Flick

Garzon-Lopez

Six

Acton

Adamek

Soria

Meros

Mutch

Weedman

Acton

Rodriguez

Musser

Larson

Weblev

Hesselschwardt

Kerns

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179 runners representing 26 complete teams. Cashmere was 15th overall. League rivals Cascade, Omak and Quincy finished 9th, 24th and 26th respectively. A complete team is a school that has five runners finish the race

64 th	Hugh Wheeler	18:27.2 (54 seconds faster than last week at Sunnyside)
65 th	Rylan Reiber	18:29.2 (53 seconds faster)
78 th	Mack Pell	18:47.7 (1:12 faster)
92 nd	Maison Sims	19:08.2 (first race of the season)
96 th Owen Graves 19:17.3 (31 seconds faster and a new 5 km personal reco		
106 th	Maddeck Strong	19:37.5 (7 seconds faster and a new 5 km PR)
115 th	Wyatt Nelson	19:31.5 (49 seconds faster and a new 5 km PR)
		GIRLS RACE

225 runners on 17 complete teams. Cashmere was 14th overall. Saige O'Keefe 27:19.8 Kimberly Strong 29:15.9 29:21.6 (new 5 km PR; her old PR was 33:49) **Ellie Weber** Vansee Wheeler 30:09.5 (2:34 faster than last week) Adele Esmond 30:13.0

Four of our girls ran their first race of the season today. We have eleven girls on the roster

BOYS

	11 th - 12 th JV race - 177 runners on 13 complete teams. Cashmere was 7 th overall.		
13 th	Tobie Larson	19:08.2 (1:37 faster than last week and a new 5 km PF	
31 st	Jack Brown	20:24.3 (35 seconds faster than last week)	
77 th	Jayson Marron	21:54.6 (first race of the season)	
84 th	Garrett Edwards	22:11.8 (first race of the season)	
87 th Ahren Campbell 22:18.5 (30 seconds faster than last week)			
162 nd Lucas Agnew 27:07.9 (1:53 faster than last week)			
Two sophomores ran with the juniors and seniors to give us a complete team.			

BUNC

	BUYS			
	9th - 10th JV race - 240 runners on 23 complete teams. Cashmere was 10th.			
42nd	Jance Novak	20:38.6 (3:14 faster than last week)		
47th	Cody Albright	20:50.4 (first race of the season)		
52 nd	Zane Pace	20:56.5 (56 seconds faster than last week)		
57th	Nahum Corbaley	21:00.5 (first race of the season)		
134 th	Zennon Cortes	23:26.4 (first race of the season)		
153 rd	Logan Lindsey	24:12.3 (first race of the season)		
164 th	Preston Schur	24:32.5 (1:06 faster than last week)		
168 th	Jude Allred	24:43.6 (first race of the season)		
183 rd	Domenic Duell	25:24.5 (1:16 faster than last week)		
209 th	Sam James	27:15.4 (5 seconds faster than last week)		
233 rd	Lavne Baglev	33:53.6 (first race of the season)		

Wheeler, Hugh

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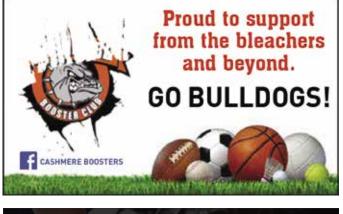
10171 Chumstick Hwy, Suites 1 and 2, Leavenworth

Cashmere Girls Varsity Soccer Roster

#	NAME	POS	YEAR
01	Esther Walkley	MF	Senior
02	Brynne Patrick	DEF	Freshman
03	Kora Traynor	MF	Junior
05	Ginny Pruitt	DEF	Junior
06	Erin Ireland	FOR	Sophomore
07	Yaselyn Mejia	MF	Senior
08	Quinn Pace	MF	Sophomore
09	Aven Davis	FOR	Sophomore
10	Gwen Ledesma	MF	Freshman
11	Alyssa Soria	MF	Sophomore
12	Ashlee Smith	MF	Junior
14	Savannah Tomlinson	MF	Junior
15	Adysen Bjorklund	DEF	Junior
16	Annabelle Flick	DEF	Sophomore
17	Jayce West	FOR	Sophomore
19	Aliza Cloakey	MF	Freshman
21	Addison Talley	MF	Freshman
23	Ada Missal	FOR	Freshman
24	Kamryn Tomlinson	GK	Junior











How long coaching?

Leisa - 3 years, Aly - 1 year

How many returning?

We have 7 seniors, 3 juniors. No sophomores or freshman

Are your numbers up or down from previous years?

We had 24 girls try out for

cheer this spring. 10 were chosen for both football and Basketball cheer. 24 is the most cashmere high school has ever seen at tryouts! The future is bright for CHS cheer and Stunt.

How many new?

I have 2 new cheerleaders this year which are both seniors, Maia Purbaugh and Brianna Talley. The rest are returners.

How did you do last season?

Last season was great! We had 9 cheerleaders and the skills and leadership were really powerful. Who do you see as your toughest team(s) to beat this year.

Please send or tell us where can we find it.

You can see us at all home and away football games!

Cheer team

ROSTER

Naomi Valle

Brianna Talley Raquel Pedraza

Sonia Lanuza

Breanna Castro

Maia Purbaugh

Reese Westlund

Ivette Alvarado Jasmine Romero

Ally Kitchell

COACHES

Head Coach Leisa Osburn **Assistant Coach** Aly White

Cashmere Girls Varsity Swimming Roster

Cashmere High School currently has a co-op agreement with Eastmont HS for Girls Swim & Dive.

Kate Jacobson	(11th Grade)
Kylie Wheatley	(10th Grade)
Ralene Wheatley	(12th Grade)
Haile James	(9th Grade)
Eliana Thomas	(10th Grade)
Alia Kovacevich	(12th Grade)
Mollie Mott	(12th Grade)
Sophee Mott	(10th Grade)

Interested in swimming?

All practices take place at

Eastmont Aquatic Center. CHS athletes are responsible for their own transportation to and from practice each day.

All athletes must be registered on Family ID/Final Forms through Cashmere HS and Eastmont HS.

GIRLS SWIMMING SCHEDULE

Thu S	ep 28 4:00 PM	VS	West valley flight school (fakilla)	Eastmont Aquatic Center	L
Fri Se	o 29 12:00 PM	@	Eisenhower High School with 6 others	Wenatchee High School, James Elwyn Aquatic Center	L
Fr	Oct 6 TBA	VS	AC Davis High School with 5 others	Eastmont Aquatic Center	L
Tue 0	ct 10 4:00 PM	VS	wellattiee niuli Stilooi	Eastmont Aquatic Center	L
Sat	Oct 14 TBA	@	AC Davis High School with 5 others	King County Aquatic Center (650 SW Campus Dr Federal Way, WA 98023)	N
Thu O	ct 19 4:00 PM	@	AC Davis High School with 5 others	Moses Lake High School, Tony St. Onge (MLHS) Pool	L
Thu O	ct 26 4:00 PM	@	AC Davis High School with 5 others	Moses Lake High School, Tony St. Onge (MLHS) Pool	PS
Fri Oc	t 27 12:00 PM	@	AC Davis High School with 5 others	Moses Lake High School, Tony St. Onge (MLHS) Pool	PS
Sat Oc	t 28 11:00 AM	@	AC Davis High School with 5 others	Moses Lake High School, Tony St. Onge (MLHS) Pool	PS



The Team is Together! Play well Bulldogs.



Bruce Cheadle, Agent 301 Aplets Way, Cashmere, WA

(509) 782-1659 Home Office Bloomington, Illinois

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antiquemallatoashmere.com 👍

UPPER VALLEY CHURCH GUIDE 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 School 9:30 a.m. Worship 10:45 a.m. Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 509-782-2616

Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH

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

CORNERSTONE CHURCH Leavenworth Grange Hall

621 Front St. info@cornerstoneleavenworth.com Sunday Worship – 10 a.m.



CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 509-548-7667

FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation"

Meetings: Sunday - 10 a.m.

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

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745

Sunday Worship: 11 a.m. Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE

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

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

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

SPIRIT LIFE CENTER

MONITOR



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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street

Sunday Worship 10 a.m. • Pastor John Romine www.lightinthevalley.org **NEW LIFE FOURSQUARE CHURCH**



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



PLAIN

PLAIN COMMUNITY CHURCH Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday!

plaincommunitychurch.org facebook.com/plaincommunitychurch office@plaincommunitychurch.org

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

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.ipid@nwi.net (2nd Tues.)

Peshastin Water District, meets at 5:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)

Cashmere Chamber of Commerce, Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)

The Chelan County Cemetery District #2, (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Cashmere Public Library: 509-782-3314 You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).

Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org

Cashmere Museum and Pioneer Village Call for more information 509-782-3230

Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Meeting Schedules For AA, Alanon, **Celebrate Recovery**

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946 Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St. Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St. Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St. Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave. Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Alanon Meetings, Call 509-548-7939

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@ gmail.com or 509-596-1510.

CBDL Announces Regional Community Convenings on Columbia Basin **Project Completion**

Ward Media / Cashmere Valley Record

CASHMERE - The Columbia Basin Development League (CBDL) announced commencement of registrations for its inaugural Regional Community Convenings. These meetings are designed to foster informed discussions centered on the essential facts concerning the Columbia Basin Project.

"We are thrilled to open the doors to our Regional Community Convenings," stated Sara Higgins, Executive Director of the CBDL. "This is an exceptional opportunity for individuals invested in the Columbia Basin Project to gain a comprehensive understanding of its various aspects and engage in meaningful conversations."

This year's events revolve around comprehending the process of the Columbia Basin Project completion.

In a series of informative sessions, community members are invited to delve into the historical significance and current benefits of the Columbia Basin Project (CBP)—meeting one scheduled for October 2 from 9 to 11 a.m. in Connell at the Connell Community Center and 2:30 to 4:30 p.m. in Pasco at the Columbia Valley Grange #938, will explore the comprehensive implications of the CBP's completion and its geographical scope. Admission is free at both locations, providing an impartial platform for understanding diverse perspectives on the Project. The second meeting, set for October 17 at the same venues, will further unravel the process of CBP completion, with sessions in Connell from 9 a.m. to 10:45 a.m. and in Pasco from 2:30 to 4:15 p.m., also offering free admission at both venues.

During this assembly, attendees will be guided through a comprehensive breakdown of the step-by-step process crucial for achieving the Columbia Basin Project's completion. The intricacies of requirements, the roles of key stakeholders, and the financial mechanisms essential for realization will be exhaustively explored.

The Regional Community Convenings underscore CBDL's unwavering commitment to transparency and the dissemination of precise information. All interested individuals are strongly encouraged to register promptly to secure their participation, as space is limited.

"By participating in these events, stakeholders will gain valuable insights that will contribute to informed decisionmaking and constructive conversations surrounding the Columbia Basin Project," Sara Higgins added.

To secure your place in these enlightening discussions, register at www.cbdl.org/ community-convenings.

For more information, visit https://www.cbdl.org/

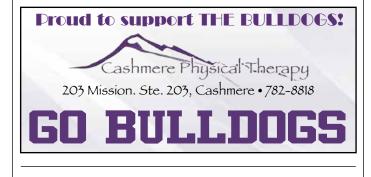
Bulldog Scoreboard

	FOOTBALL
Sept. 22: Cashmere 20, Toppenish 0, Win	
	GIRLS SOCCER
Sept. 19:	Cashmere 3, Ellensburg 1; Win
Sept. 21:	Cashmere 3, Chelan 0, Win
	VOLLEYBALL
Sept. 19:	Cashmere 3, Ephrata 0; Win
Sept. 21:	Cashmere 1, Chelan 3, Loss

Sports Schedule

FOOTBALL		
Sept 29:	Cashmere vs. Ephrata, Home at 7 p.m.	
	GIRLS SOCCER	
Sept. 28:	Cashmere vs. Omak, Home at 6:30 p.m.	
Oct. 2:	Cashmere vs. Eastmont, Home at 4:30 p.m.	
CROSS-COUNTRY		
Sept. 28:	Quincy Colockum Clash, Away at 4 p.m.	
Sept. 30:	Sunfair Invitational, Away at 10 a.m.	
	VOLLEYBALL	
Sept. 28:	Cashmere vs. Omak, Home at 6:30 p.m.	
Sept. 30:	Cashmere vs. Naches, Away at 1 p.m.	

Bulldogs Sports Sponsor of the Year



Or you can write a check to: Cxashmere Food Bank, PO Box 225, Cashmere, WA 98815

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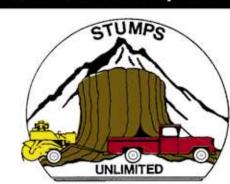
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Ward Media, LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are 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







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Administrative

Puzzle Solution

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



Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers** and Online at **NCWMARKET.COM** for

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

or email classifieds@ward.media

Lake Chelan Mirror 509-682-2213

Quad City Herald 509-689-2507

or email classifieds@ward.media

Deadline Noon on Friday for the next week's papers



Looking for a home for your Furry friend?

Try the pet section on **NCWMarket.com**

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Print ads are limited to 30

words, over 30 words, or extra enhancements like bold words or border will be a

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secure site 24/7 Or call 509-682-2213 to place ad or have questions.

Lake Chelan Mirror or Quad City Herald or email

For The Leavenworth Echo or Cashmere Valley Record

classifieds@ward.media

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General Interest

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General Interest

BREWSTER SCHOOL DISTRICT P.O. BOX 97, **BREWSTER, WA 98812 509-689-3418**

Child Find Notice The process of locating and evaluating children with developmental delays or other disabilities is referred to as "Child Find." The Individuals with Disabilities Education Act (IDEA) requires all school districts to locate, evaluate, and provide services to individuals birth to age 21 years old who may have a disability. If you suspect your child or if you know of a child that may have a developmental delay or disability, please contact the Brewster School District Special Education

Department at 509-689-2581. The Brewster School District offers free developmental screenings. These screenings are designed to provide a brief assessment of the communication, adaptive, cognitive, socialemotional, and motor

development of the child. Developmental screening appointments are available. Please contact the Brewster School District Special **Education Department**

at 509-689-2581 to

Aviso del Proceso de **Child Find**

schedule an appointment.

El proceso de localizar y evaluar a los niños con retrasos en el desarrollo u otras

discapacidades se conoce como "Child Find". La Ley de Educación para Personas

Discapacidades (IDEA) requiere que todos los distritos escolares ubiquen, evalúen y brinden servicios a personas desde el nacimiento hasta los 21 años que puedan tener una discapacidad. Si sospecha de su hijo o si sabe de un niño que puede tener un retraso en el desarrollo o una discapacidad, comuníquese con el Departamento de Educación Especial del Distrito

Escolar de Brewster al 509-689-2581. El Distrito Escolar de Brewster ofrece evaluaciones de desarrollo gratuitas. **Estas** evaluaciones están diseñadas para proporcionar una evaluación breve del desarrollo comunicativo, adaptativo, cognitivo, socioemocional y motor del niño. Las citas de evaluación del

desarrollo están disponibles. Comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al

509-689-2581 para

programar una cita



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Employment

Help Wanted

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



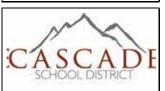
church: 509.548.5619 and

we will contact you.

School District is seeking qualified applicants for the following positions:

 Cascade High School Special Education Para Educator

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



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.cascadesed.org EOE

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Cashmere Record 509-548-5286 or send email to classifieds@ward.media

Leavenworth Echo

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



Help Wanted



School District is seeking qualified applicants for the following positions:

Warehouse/Delivery/ Maintenance/ **Grounds Keeper**

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

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your **Antiques and** Collectibles by placing them in our classifieds. Place your ad with

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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.

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Leavenworth Cashmere

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Vehicles

Boats & Trailers



2005 Bayliner Mode 212CU 150 HP Inboard/Outboard with trailer. Original owners. Immaculate condition Less than 100 hours on engine. Never been in salt water. Bimini top, heater, stereo by Car Toys detachable table, swim step, several life jackets, canvas bumpers, portable toilet (never used - it's still brand new), all original paperwork. Too good to believe. This is truly like a brand new boat. It's a must see! Engine completely cleaned and serviced in May of this year, 2 new batteries, tabs on thru June 2024. Lots of time left this year to enjoy Lake Chelan. Boat is ready and waiting right here in Chelan to go out on the lake. \$24,500

206-227-4462

Public Notices

Legals

Vikram Bhullar,

19279 134 th PL SE Monroe, WA 98272 is seeking coverage under the Washington State

Department Ecology's of Construction Stormwater NPDES and State Waste Discharge General Permit.The proposed project. La Quinta/Hawthorn Hotel, is located at 300 Ward Strasse in Leavenworth in Chelan County.

This project involves 2.5 acres of soil disturbance for Commercial, Utilities construction activities. All discharges and runoff goes to

ground water. Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on 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

September 20, 27, 2023. #6270

www.leavenworthecho.com evrecord.com

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of DOROTHEA H. VANDEMAN Deceased. No. 23-4-00245-04 AMENDED PROBATE NOTICE TO CREDITORS RCW 11.40.030 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

(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under **RCW** 11.40.020(1)(c); 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 except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: September 13, 2023 Personal Representative: Julia A. Weller Personal Attorney for the Representative:

David J. Bentsen Address for Mailing or Service Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court

Cause No. 23-4-00245-04 JULIA A. WELLER Personal Representative Attorneys Personal Representative: SPEIDEL BENTSEN LLP BY DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth

Echo/Cashmere Valley Record on

Sept. 13, 20, and 27, 2023. #6232

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)

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 Representative's Personal 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

the after 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 except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against Decedent's probate 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:

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.

the Leavenworth Record/Cashmere Valley Record on September 27, October 4, 11, 2023.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In re the Estate of **PATRICIA JO MUSILEK**

Deceased. NO. 23-4-00332-04 **NOTICE TO CREDITORS**

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 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 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 provided under 11.40.020(1)(c); or (2) 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 provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the probate decedent's nonprobate assets. of First September 20, 2023

Personal Representative: Carol Andrews; the Personal

Representative: Kyle D. Flick Address for Mailing or Service: South Mission Wenatchee, WA 98801 Court of probate proceedings and cause number: Chelan County Superior Court.

Cause No. 23-4-00332-04 DATED this 15th day of September 2023. LAW OFFICE OF KYLE D. FLICK, P.S.

KYLE D. FLICK, WSBA #14963 Attorney for Estate Published in the Cashmere Valley Record/Leavenworth Echo on September 20, 27, and October 4, 2023.

Choosing the right cleaning solution

What do you reach for when cleaning a kitchen cutting board or caring for a scratch? A disinfectant, antiseptic, or an antibiotic?

Disinfectants and antiseptics are chemical compounds with the power to either completely destroy organisms that cause disease or keep them from multiplying. These compounds can be effective against bacteria, fungi, viruses, and other microorganisms like amebae that live in water.

There are two main types of disinfectant chemicals and disinfecting procedures: sanitizers (sanitization) and sterilizers (sterilization).

Sterilization is a procedure meant to destroy all life forms on a surface. At the same time, sanitizing is less complete, killing most of the organisms it touches and reducing the number left down to a safe level.

Surgical instruments are sterilized with a twostep process. They are first soaked in a disinfectant solution of a particular concentration for a specific time, called cold sterilization. This is followed by heat sterilization by exposing them to very high temperatures inside a pressure cooker-like appliance called an autoclave.

Heat sterilization procedures are used in home canning. You immerse empty canning jars in boiling water for a set time to prepare them for your food. After filling the jars, they are further exposed to heat, with either more time in boiling water or inside a pressure cooker.

Sanitizing kills organisms that cause disease. A disinfectant is a compound used to clean inanimate surfaces like kitchen cutting boards and bathroom fixtures. Cleaning a wound effectively requires something that can kill microorganisms without damaging living tissue: an antiseptic. Antiseptics include antibiotics that target bacteria, antifungals that attack fungi, and antivirals that work against viruses.

An effective disinfectant or antiseptic works against kills on contact and acts quickly. One beneficial char-



acteristic is the ability to penetrate cracks and crannies where microbes can

Some bacteria can form a tight laver over a surface. This is called a biofilm. When bacteria form these layers, they become much harder to kill. The ability of a compound to penetrate into a biofilm and destroy it is a valuable characteristic.

To be most useful, antiseptics and disinfectants must be able to be used safely with other commonly used cleaners. They also should not have toxic fumes and be economical to use. Finally, disinfectants shouldn't create any pitting, corrosion, or staining of instruments or surfaces, and antiseptics must not damage living tis-

Some examples of commercial disinfectants include hydrogen peroxide, sodium hypochlorite (the ingredient in household bleach), phenol, and formaldehyde. Although bottles of hydrogen peroxide and laundry bleach are everyday household items, they are used in higher concentrations when used as commercial disinfectants.

Antiseptics include compounds that reduce the spread of certain organisms or kill them outright. They can suppress the general growth of microbes or be only effective on specific microorganisms, like antibiotics, antifungals, and antivirals. Some anti-infectives should only be used on intact skin, like when used just before surgery. At the same time, others can be applied to wounds or given

A compound containing mercury and bromine called Mercurochrome® was widely used in the 1960s as a topical antiseptic. Like many kids then, my mother painted it on my cuts. After stinging like mad, it left a bright reddish-orange stripe that would take days

Unfortunately, mercury can be absorbed through broken skin. Mercurochrome® is no longer used because it isn't considered effective enough to be worth the risk of being exposed to mercury. Mercurochrome® was replaced with Merthiolate®. a different form of mercury called thimerosal.

Thimerosal is much safer because it "locks" mercury to prevent it from being absorbed into your body. In the past, thimerosal has been used in vaccines as a preservative. Today, most vaccines are distributed as single-dose syringes without the need for preservatives. This avoids potential exposure to mercury from vaccination.

Iodine is helpful as tablets to decontaminate water for drinking and as a solution called povidone-iodine (Betadine®) to clean skin before surgery.

Silver is used on the skin as silver sulfadiazine, an antibiotic widely used in burn victims. Silver nitrate works to cauterize wounds and reduce bleeding.

Hand gels containing at least 60% alcohol work as hand sanitizers, significantly reducing the number of bacteria and viruses on your hands. Parabens and benzalkonium chloride interfere with the growth of microbes and are widely used as preservatives in eye drops and nose sprays.

For kitchen cutting boards, household chlorine bleach sanitizes well.

Hydrogen peroxide helps clean scratches, but you should avoid applying it after the initial cleanse because it destroys new tissue, preventing wounds from healing.

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,

The Medication Insider.com.©2023 Louise Achey

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THEME: FINISH THE LYRICS ACROSS

- 1. Fake deal 5. Dashboard acronym 8. Oxen connector 12. Guesstimate phrase (2 words) 13. Give a darn 14. Exhibitionist
- 15. It's OTAN in French 16. Carbon monoxide lacks this 17. Geometry class prop 18. *Lou Reed: "She says, "Hey babe,
- take a walk on the 20. European "curtain' 21. Mustangs, e.g. 22. Campaign pro
- 23. Cause of wheezing 26. Men's Colonial headgear 30. Fib
- 31. *Bon Jovi: "Take my hand, we'll make it I swear. Woah, livin' on a
- 34. The only thing to fear? 35. Small and round, eyes description 37. Future fish
- 38. Alabama civil rights site 39. Tangelo 40. Shape clay, e.g. 42. James Corden's network
- 43. Awaited deliverer 45. Same as lathees 47. 0 meridian acronym
- 48. World-weary 50. Prefix with legal 52. *Aerosmith: "Sing with me, sing for the year. Sing for the
- 55. Siberian prison Pakistani language 57. *Dionne Warwick: "I think I'm going out of my
- 59. Rapidly 60. Cheese app 61. "Cogito, 62. Diamond's corner 63. European Economic Community

- 1. *Kansas: "Carry on, my wayward
- 2. "Stick in one's 3. Italian wine region 4. Dough
- *The Buggles: "Video killed the . Cattle controls
- 7. BÈbÈ's mother 8. *Elton John: "And it seems to me you lived
- 9. Capital of Norway 10. Hiking sandals brand 11. Mess up
- 13. Show's other star 14. Rap sheet listing
- 19. Negative house description 22. p in #5 Across 23. Michael Jackson's "Thriller", e.g.
- 24. Military blockade 25. Bluish greens 26. Banana leftover
- _'s, grape jelly brand 28. Many iambs 29. *Guns N' Roses: "Take me down to the paradise city where the
- 32. Missouri capital tourist attraction 33. *ABBA: "Waterloo knowing my fate is to be with
- 36. *Queen: "You got mud on your face, you big_ 38. Hiding place 40. Aptitude test acronym 44. Picture 41. Black Death
- 48. Ballet rail 46. Restraint 49. Playful 50. Immature butterfly 51. Unfortunately, exclamation 52. Jiffy's grease
- 53. Spooky 54. Uncontrollable anger 55. Loquacious person's gift 58. Not don'ts

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