



Wenatchee River Salmon Festival Returns

WARD MEDIA
Cashmere Valley Record

WENATCHEE - After a two-year hiatus, the much-awaited Wenatchee River Salmon Festival is making a triumphant return to the picturesque Rocky Reach Park and Discovery Center on Saturday, September 23, from 9 a.m. to 5 p.m. This beloved community event promises a full day of interactive games, art, storytelling, and educational fun for attendees of all ages.

The Wenatchee River Salmon Festival is a hands-on outdoor celebration that fosters a deep connection between people and nature. It offers a unique opportunity to engage with the Salmon People and learn about their vital role in the ecosystem. This immersive experience invites visitors to explore a Native American village, providing a rich and authentic intertribal cultural encounter.

A diverse array of natural resource specialists from across the Pacific Northwest will be on hand to share their expertise, allowing festival-goers to delve into the world of fish, wildlife, healthy habitats, and watersheds. The festival aims to provide meaningful and enriching education that sparks a lifelong appreciation for the environment.

The festivities will kick off with a special event on September 21-22, where approximately 1,500 third and fourth-grade students from the region will transform the festival into an outdoor classroom. This day-long field trip integrates grade-level curriculum in a memorable, experiential way, enhancing their understanding of the natural world.

The Wenatchee River Salmon Festival has garnered multiple awards over the years, including recognition as the "Best Children's Program" by the International Festivals and Events Association. The best part? Admission to this extraordinary event is absolutely free.

In 2023, the festival celebrates its 31st anniversary, promising even more exciting activities and exhibits. Some of the highlights include:

- Natural resources and cultural exhibits
- Native American Village presented by Chelan PUD
- Salmon Maze
- Giant Fish Aquarium
- Sardis Raptor Center's "Hunters of the Sky"
- Gyotaku - Fish Printing
- Salmon-Bots with NCRL (spherocoding)
- What's that bird?
- Rolling rivers

• Raptors over the Wenatchee
Live entertainment will keep the energy high throughout the day with performances including:

- Dancing/Drumming (River Ramble Arena)
- Reptile Lady April Jackson (Main Stage)
- Live Music (Main Stage)

A special spotlight shines on the rich cultural heritage of the region:

Spotlight on Dancing, Drumming, & Cultural Presentations: Immerse yourself in the sights and sounds of traditional dancing and drumming during our pow-wows, scheduled on Saturday, September 23, at 10 a.m. and 1 p.m. A pow-wow is a celebration of life and a community gathering that allows visitors to share Native American cultural traditions. Experience the music and dance that Plateau Indian Peoples have performed for centuries.

Spotlight on the Reptile Lady,

April Jackson: Snakes, alligators, and lizards! Interact with reptiles from all over the world in this educational and fun show with the Reptile Lady, April Jackson. Perfect for children of all ages.

Another exciting feature of the festival is the "Salmon Fest Poster Contest." Every year, third-grade students from across Washington State submit their own artwork for a chance to be featured on the official Wenatchee River Salmon Festival poster. The winning design for 2023 was created by Ellie Mae B. from Alpine Lakes Elementary.

For event updates, visit www.salmonfest.org and follow the Wenatchee River Salmon Festival on Facebook. This year's event is hosted by Chelan PUD, Friends of Northwest Hatcheries, U.S. Fish and Wildlife Service, U.S. Forest Service, and Bureau of Reclamation and Bonneville Power Administration.



Ellie Mae B. from Alpine Lakes Elementary in Leavenworth created the 2023 Salmon Festival Poster.



Roger Amerman of the Choctaw Nation presents a series of historical photographs that show the significance of the Native American long tent as the center of tribal community. In this photo, Amerman is discussing the East-West orientation of the long tent at the Wenatchee River Salmon Festival in 2022.



An annual favorite, kids can create their own works of Gyotaku art, the traditional Japanese method of printing fish.



Students become caddisflies, stoneflies, and other aquatic insects in a game of tag. They quickly learn that some insects are more susceptible to environmental changes than others.

Cashmere's Water Department Flushing Hydrants

By Kirk Beckendorf
Special to Ward Media

CASHMERE — The Cashmere Water Department is diligently executing a crucial task: flushing city fire hydrants. However, this essential maintenance operation may bring about some noticeable repercussions for local residents, including fluctuations in water pressure and an unsettling discoloration of their tap water. These temporary changes can be attributed to the flushing process dislodging sediment and rust from the water mains.

Steve Croci, the Director of Operations for Cashmere, issued a recommendation for residents grappling with rust-colored tap water. He advised turning on the faucets nearest the water meter and allowing them to run until the rusty water subsides. Croci further cautioned against doing laundry on days when discolored water is observed, as it could potentially stain light-colored clothing.

Unrelatedly, during the Cashmere City Council's meeting on August 28, the City Pool's manager and

staff received accolades from Dave Erickson, the Director of Parks, Recreation, and Cultural Services for Wenatchee. Erickson commended the professionalism and exceptional service of the Cashmere Pool staff as they hosted Wenatchee's summer day camp. The enthusiastic response from the children was so overwhelming that they were eager to return next year.

However, not all the news from the City Council meeting was positive. Local resident Jeff Gomes expressed his concerns, along with those of his neighbors, regarding the excessive number of vehicles parked on Chapel Street. He raised the issue's impact on the safety of student pedestrians who must navigate this congested street daily. Gomes reported one residence housing a staggering ten vehicles and trailers. He explained that the sheriff's office had indicated that some of these vehicles were not registered. However, the office's hands remained tied until the city addressed the problem. Consequently, the city has resorted to tagging vehicles that require relocation.

Mayor Jim Fletcher acknowledged the parking challenge in Cashmere,

attributing it in part to the town's narrow streets. He disclosed that the city would need to explore potential ordinances as solutions, drawing a parallel with Wenatchee's recent prohibition on RVs and large vehicles parking on city streets.

During the meeting's public hearing on Cashmere's updated 6-year Transportation Improvement Plan, no comments were received, leading the Council to approve the plan unanimously. Director of Operations Steve Croci highlighted the plan's first two priorities, focusing on S. Douglas and Prospects streets. He emphasized the plan's incorporation of improvements to underground utilities, including water, sewer, electrical, storm, and communication, among others. Croci further noted that some projects would necessitate road replacement due to utility repairs.

In other proceedings, the Council approved a \$41,580 contract with A&W Paving to perform chip sealing on the alley located between Cottage Avenue and Mission Street's 400 block. The vote passed, albeit with opposition from Councilmember John Perry,

citing his longstanding disagreement with chip seal repairs. In a narrower 3:2 vote, the Council gave the green light for Bogard/Pascua Engineers to develop performance specifications for the Riverside Center HVAC system at a cost of \$4,500. City Councilmembers Chris Carlson and Jayne Stephenson dissented. The Riverside Center's HVAC system has suffered a catastrophic failure, prompting the engineering firm to compile a list of recommended replacement equipment and minimum repair requirements. This initiative aims to enable multiple contractors to bid on the project.

In concluding announcements, Mayor Fletcher informed the Council of Woodring St.'s closure on October 18, beginning at 6 p.m., for the annual school and library event. Croci offered an update on Sunset Highway repairs, stating that while they were not yet fully complete, the remaining work, including lighting, landscaping, and other finishing touches, would resume in mid-October.

Kirk Beckendorf: kirkbeckendorf@gmail.com

Chelan/Douglas Counties Introduce Text-to-911 for Enhanced Emergency Response

WARD MEDIA
Cashmere Valley Record

CHELAN/DOUGLAS COUNTIES — In a significant stride toward bolstering public safety, RiverCom 911, in collaboration with law enforcement, fire, and EMS agencies across Chelan and Douglas Counties, proudly announced the rollout of Text-to-911 services effective August 28, 2023.

This breakthrough initiative allows residents and visitors in these Washington counties to send text messages to 911 during emergencies when making a voice call may not be possible. Text-to-911 is primarily designed for use in four critical situations, ensuring that individuals in distress can quickly access the help they need:

Assisting the Hearing Impaired: Text-to-911 offers a vital lifeline to individuals who are hearing impaired, ensuring they can readily request emergency assistance via text.

Medical Emergencies: In cases where a medical emergency has rendered an individual incapable of speech, Text-to-911 enables them to convey their urgent needs and location to responders.

Dangerous Situations: In scenarios where speaking aloud may exacerbate the danger, such as reporting a home invasion, robbery, or domestic violence incident, Text-to-911 provides a discreet way to request help.

Poor Cell Coverage: Text-to-911 proves invaluable in regions with unreliable cell coverage, where traditional voice calls may not connect but text messages can be successfully sent.

"This introduction of Text-to-911 marks another layer of protection for residents and visitors in Chelan and Douglas Counties," emphasized Doug Jones, Executive Director of RiverCom. "While calling 911 remains the preferred method, knowing that you can text for immediate assistance in specific situations is reassuring and, potentially, life-saving."

Utilizing Text-to-911 is straightforward. Cell phone users need only type "911" in the field designated for a phone number, and no additional digits are necessary. It's important to send these text messages through the native text messaging service on your wireless phone and not via third-party texting applications.

To ensure an effective response when texting 911, callers should adhere to these guidelines:

Provide Your Location: Clearly specify your exact address or current location to help responders reach you swiftly.

Explain the Emergency: Concisely describe the type of emergency or assistance required.

Cooperate with Responders: Be prepared to respond to any questions the 911 telecommunicator may send via text.

Use Plain Language: Avoid using abbreviations, symbols, emoticons, or photos, and instead use plain and straightforward language to ensure efficient communication.

This launch of Text-to-911 services in Chelan and Douglas Counties underscores the commitment of local emergency response agencies to enhancing public safety and accessibility, providing vital support to those who need it most during critical moments.

For more information and updates, visit the official website of RiverCom 911 at www.rivercom911.org.

THIS WEEK		
5 things to do this week.....A2	Michelle's Kitchen Table.....A4	Classifieds Index
Community Bulletin Board.....A3	Church Guide.....A4	Classifieds.....B2-B3
Community Calendar.....A3	Sheriff Reports.....B1	Real Estate Guide.....B2
Business Directory.....A3	Outdoors Report.....B1	Advertising Flyers.....Safeway



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The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to letters@ward.media.

Corrections

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

News tips

Have an idea for a story? Call the Record at 509-548-5286
email news@ward.media

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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!



Chelan County Fair

The Chelan County fair runs Thursday, Sept. 7 through Sunday, Sept. 10.

"The Chelan County Fair stands as a beloved annual event in the heart of Washington State, offering a cherished platform for community gathering, agricultural showcases, and family entertainment," the event page states. "For decades, this vibrant fair has been a testament to the region's rich heritage and the enduring spirit of Chelan County."

For more information visit chelancountyfair.com

Friday Night Concert - Easton Corbin

The Chelan County Fair will host country music star Easton Corbin for a Friday night concert on Sept. 8 at 7:30 pm.

"Easton Corbin has been gracing stages with his memorable baritone and unique blend of traditional and modern country music for more than a decade," the event page states. "We will also have a beer garden and band playing before and after Easton Corbin. Come early to get a good seat."

The concert is free with your admission ticket to the fair.

For more information visit chelancountyfair.com

PRCA Pro Rodeo

Two days of PRCA Pro Rodeo are coming to the Chelan County fair on Saturday, Sept., 9 at 7 pm and Sunday Sept., 10 at 1 pm. The event is free with an admission ticket to the fair. Events include bareback riding, steer wrestling, tie-down roping, saddle bronc riding, breakaway roping,

team roping, barrel racing and bull riding.

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For more information visit chelancountyfair.com

Fun Fall Story Time

The Cashmere Public Library is hosting a fall storytime for preschoolers and elementary aged children from 10:30 to 11 am in the great room on Thursday Sept., 7.

"A fun interactive time at the Cashmere Library with action songs, fingerplays, rhyming and awesome stories by your favorite librarians," the event page states. "Following storytime we often

have a craft or bring out the special toys for playtime and families to socialize."

For more information email llawless@ncwlibraries.org or call (509) 782-3314.

Annual 9/11 Remembrance Ceremony

There will be an annual 9/11 Remembrance Cere-

mony on Monday, Sept., 11 from 11 am to 12:30 pm at Riverside Park in Cashmere.

"You are invited to join hundreds of first responders, military veterans, airline personnel and people from around the region while attending our annual event," the event page states.

For more information visit 911memorialwa.org

Have Your Say: Join the Conversation in Your Community Newspaper!

Your voice matters, and our community newspaper is a platform for you to express your opinions, share your insights, and engage in meaningful discussions about the issues that affect us all. Whether it's a burning local concern, a heartwarming story, or an in-depth analysis of community life, we want to hear from you! That's why we're encouraging all our readers to take advantage of our "Letters to the Editor" and "Point of View" columns.



From the Publisher
TERRY WARD

Letters to the Editor: Your Short and Sweet Takes

Do you have a strong opinion about a recent local event? Has an act of kindness inspired you or felt the need to address a topic of importance? Our "Letters to the Editor" section is the perfect space

for you. We invite you to craft concise letters of 250 words or fewer that tackle subjects of local interest. Your perspective could shed light on an angle that others might not have considered. To ensure transparency and credibility, please include your name, home address, and daytime phone number along with your letter. These details are for verification purposes. Only your name and city will be published.

Point of View: Delve Deeper into Community Issues

Is there a community issue that you're passionate about? Do you have a unique viewpoint that could enrich the discussions within our community? Our "Point of View" guest opinion columns are designed for just that. Share your insights in columns

of no more than 700 words, diving into the heart of local matters that deserve attention. Just like with the letters, make sure to provide your name, address, and phone number for verification when submitting your guest opinion piece.

Submission Guidelines

Include Author Details: All submissions must be accompanied by the author's name, city, home address, and daytime phone number. We value your privacy; only your name and city will be published. All other details are solely for verification purposes.

No Anonymous Submissions: We firmly believe in open and accountable discourse. Hence, anonymous submissions will not be accepted.

Thank You Letters: We welcome expressions of gratitude from nonprofit organizations and events. However, we will not publish

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Respectful Dialogue: Let's keep the conversation respectful and constructive. We will not publish letters or columns that impugn the personal character of private individuals or groups of people.

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Subject Focus: "Letters to the Editor" should revolve around subjects of local interest, while "Point of View" columns should delve into local community issues.

Avoid Commercial Appeals: Mass mailings, commercial appeals, and letters advocating boycotts are unsuitable for publication.

Send Your Submissions: Ready to share your thoughts? Email your letters and guest

columns to letters@ward.media.

We believe in the power of diverse perspectives and the strength of a community engaged in meaningful dialogue. Your contributions enrich our pages, sparking conversations that shape the very fabric of our society. Thank you for being an essential part of our community newspaper.

Warm regards,
Terry Ward, CEO & Publisher Ward Media



New District Ranger appointed for Entiat and Chelan Ranger Districts

By DEBORAH KELLY
Press Release
Okanogan-Wenatchee Forest Service



COURTESY OF USDA FOREST SERVICE

WENATCHEE—Okanogan-Wenatchee National Forest Supervisor Kristin Bail announced the appointment of Paul Willard as the new District Ranger for the Chelan and Entiat Ranger Districts.

Willard will oversee the management of over 100 personnel on the two units and the work they do to maintain, restore, and protect nearly 700,000 acres of federal land that also encompasses portions of the Lake Chelan-Sawtooth and Glacier Peak Wildernesses, including Lake Chelan recreation areas.

"Paul Willard is highly respected for his leadership and skill working with volunteer groups and agency partners on trail and recreation improvement projects," Bail said. "He recently coordinated the replacement of several aging boat docks along Lake Chelan that provide critical infrastructure to commercial and recreation transportation services to up-lake destinations of Holden and Stehekin. Paul also has experience as an agency administrator, representing the forest on numerous small and large wildfires over the past decade."

Willard grew up in East Tennessee, camping and hiking in the nearby Smokey Mountains. He noted that his interest in outdoor recreation and likely time spent as a river guide in college were pivotal in leading to his career in outdoor recreation management.

In 1991, Willard began

his Forest Service career in the Eldorado National Forest as an archaeologist after graduating from the University of Tennessee with a BA degree in Anthropology. He's worked on seven National Forests in five Regions in recreation-focused positions, including River Ranger, Lead Wilderness Ranger, Trail Crew Leader, and Assistant District Recreation Staff. He has been the Recreation Staff Officer for the Chelan Ranger District since 2010. In August 2022, he served as the acting District Ranger for the two units and recently transitioned into the permanent district ranger position this past May.

"I'm really looking forward to putting the new tools and authorities provided by the Central Washington Initiative

to work as we focus on improving wildfire resiliency within the wildland-urban interface areas of our districts and increasing the restoration footprint with the help of our state and local partners," said Willard.

Willard and his family spend much of their downtime exploring backcountry areas, skiing, mountain biking, fishing, and hunting. "And now that my boys are teenagers, we've also explored the Mad River and Sawtooth trail systems on motorbikes. My wife also has one, so we're all looking forward to exploring more trails together on these districts," Willard said.

For more information, contact Deborah Kelly at 509-670-0354 or deborah.kelly@usda.gov

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- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-548-5286, email: Reporter@cashmerevalleyrecord.com

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).

Friday, no events

Saturday, no events

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.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 509-782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Cashmere

Debbie Dimitre at the Cashmere Community Church

Join PEO Chapter JF members for a journey back in time to meet suffragette Alice Paul as told by storyteller Debbie Dimitre on Saturday, September 23, at the Cashmere Community Church, 213 South Division St. Dessert, and coffee at 6 p.m. followed by the program at 7 p.m. Ticket price is \$15. Available at the door, or a Chapter JF member or contact peoleavenworth@nwi.net. This event is a fundraiser to provide scholarships to women.

Leavenworth

The Leavenworth Women's Exchange

Monthly luncheon meetings resume Wednesday, September 13, at 12 p.m. at the Icicle Inn Restaurant, 505 Highway 2, Leavenworth. The \$26.50 per person cost includes lunch buffet, beverage, tax, and gratuity. The 2023 Royal Lady of the Autumn Leaves, April Watson, will share her experiences as this year's Royal Lady. LWE board members will also discuss the history and facts about the 38-year-old women's group. Check or cash to LWE only. Since this is a catered event, any cancellations after Sept.7 will be responsible for the cost of the lunch. To make your reservation, please contact Claire Burlingame at 509-548-7142 by Thursday, September 7.

It's Jive Time in the Cascades

Wenatchee Big Band performs at 6 p.m. Sept. 17 at the Snowy Owl Theater, 7409 Icicle Road, Leavenworth. The concert is a fundraiser for Cascade Medical Foundation. Tickets, \$40, are available at icicle.org or at the door. A pre-concert social and gourmet charcuterie table, 4:30 to 6 p.m. Tickets are \$25, also available through the ICCA box office, icicle.org. Pre-sale only. For information, go to cascademicalfoundation.org.

Charm Walk Fundraiser

Don't miss this charming fundraiser for Cascade Education Foundation on Saturday, September 23, 10 a.m.-4 p.m. Charm bracelets are \$20 and can be purchased on the CEF website at cascadeedfoundation.org. Pick up bracelets on Sept. 23 at the Gazebo on Front Street.

The National Alliance on Mental Illness (NAMI)

NAMI Family to Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorders, and other conditions. Join a FREE 8-

session series of classes for families and friends of someone with a mental health condition on Wednesday, October 11, from 9:45 a.m. to 12:15 p.m. at the Leavenworth Nazarene church. Discussion topics include communication, problem-solving, treatment and recovery, and self-care. On To register, call Jacquie at (509) 679-8266 or email namidprograms@gmail.com

Leavenworth Rotary Duck Race Fundraiser

Adopt a duck for the duck race on the river Saturday, September 9. Duck drop 2 p.m. Blackbird Island bridge, West Bridge release, and East Bridge catch. Only \$10 a duck to win money prizes. The proceeds will fund local community projects. View on the website at: leavenworthrotary.com

Grand Opening of New Exhibit

The Greater Leavenworth Museum invites everyone to the Grand Opening of their new permanent exhibit, Sn̓p̓əsq̓'áwšəx̓: We Are Still Here, on Sunday, September 10. Beginning with an Opening Ceremony at 1 p.m., p'squosa members will showcase art, culture, and history through exhibits, displays, and discussion at the Gazebo in Front Street Park until 5 p.m. The Museum will open from 11 a.m., until 5 p.m., with entrance fees waived to celebrate this special event.

The Leavenworth Lions Club

Breakfast in The Park on Saturday, September 9 & 23. Enjoy a hearty all-you-can-eat breakfast of pancakes, eggs, and sausage from 7 a.m.-11 a.m. in Lions Club Park.

Regional

The Wenatchee Area Genealogical Society

A hybrid meeting at 2:00 p.m., Monday, September 11, with Seattle genealogy educator Mary Kircher Roddy who will present "Recreating Your Ancestor's World." Meet in person at the LDS FamilySearch Center, 667 10th Street NE, East Wenatchee, and via Zoom (contact Library@wags-web.org to receive Zoom information). Call 509-782-4046 for general information. Free and open to the public.

Cascadia Conservation District Board meeting

The Cascadia Conservation District Regular Board meeting will be in person and call-in / Zoom meeting, held on Friday, September 15, 1:30 p.m., located at 1350 McKittrick St. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the District office at 509-436-1601.

No, you can't wrap a fish in a Web site,



...but you can get the local news online at www.cashmerevalleyrecord.com

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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.

Help Support The Cashmere Food Bank

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna.

Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 3-4 p.m.


For further information or to make a cash donation call Pam, 509-245-6464



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

This ad sponsored by the Cashmere Valley Record





Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

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Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo/Record office, call for details, 509-548-5286.

BULLDOG SCOREBOARD


FOOTBALL	
Sept. 1:	Cashmere 56, Newport 13; Win
GIRLS SOCCER	
Sept 2:	Cashmere 0, Montesano 0; Tie

Sports Schedule

FOOTBALL	
Sept 8:	Cashmere vs. Deer Park, Home at 7 p.m.
TRACK	
May 18:	District VI Championship Meet, Home at 4 p.m.
GIRLS SOCCER	
Sept. 7:	Cashmere vs. Ephrata, Home at 6:30 p.m.
Sept. 9:	Cashmere vs. La Salle, Away at 1 p.m.
Sept. 12:	Cashmere vs. Okanogan, Home at 6:30 p.m.
VOLLEYBALL	
Sept. 9:	Cashmere vs. Freeman, Away at 8 a.m.
Sept. 12:	Cashmere vs. Zilla, Away at 6:30 p.m.

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GO BULLDOGS



Michelle's Kitchen Table Strategies

By Michelle Priddy

Mill Creek Baptism

By MICHELLE PRIDDY
Special to Ward Media

I visited Caren and Jake over the weekend and, as I usually do when visiting, went to church with them on Sunday. They use old-fashioned hymnals, and I like that. I am confident my kids started to recognize repeating patterns as their eyes followed my finger, keeping track of the words we sang in church when they were small. One of the songs we sang was 'Revive Thy Work,' and with the crazy economic attitudes hung over from the COVID-19 defalgaly, I said a fervent prayer for the working folk of our nation.

It just so happened that this was the Sunday for baptizing in Mill Creek, with a potluck to follow. I didn't know beforehand, so we stopped by the store and picked up some ready-made cookies. The package held less food than I prefer when going to a potluck (but I had a good time anyway). I usually take three cups by volume of food per person because I figure two cups is a meal, and I want to contribute

at least half a plate for the next guy or gal who might be unable to bring anything. We all gathered at the creek, a little different from the mighty river my home church baptizes in. The banks on either side of the creek bed were steep and high, evidence that come high water, the creek becomes a river. I laid my offerings for the potluck on the long table covered in white plastic, then turned my attention to the pastor who asked an elder to read words from the Good Book (King James Bible). After the reading, a bright yellow rope was attached to a thick trunked tree and tossed down the embankment so the pastor and those getting baptized could get to the water, and they got busy getting wet to make an outward profession of their inward faith.

Then someone said a blessing, and we got in line to pile our plates full of fried chicken and mostly home-cooked side dishes. Caren took one bite of an unassuming-looking desert and started to rave. "I want to find the old woman who made this and ask for the recipe. It's delicious." "Old woman?" I asked. "No young woman cooks like this,"

Caren told me in a tone that suggested I should know that; then she gave me a nibble, and I had to agree. It was delicious!

So, I asked the pastor who made it... He was no help, but his wife was. She sent me to Dori, who told me, "It's not really a recipe. I just threw it together like a cobbler. Grandpa picked the blackberries," she nodded towards an elderly gentleman in a cowboy hat and a handsome western shirt. I nodded and smiled at him; he grinned back. "I mixed in some sugar and cinnamon, sprinkled a dusting of cornstarch over the berries, and topped it with

a Betty Crocker cake mix and a cube of butter. You know, mix the butter in with the cake mix really well." She waited for comprehension to shine in my eyes. I nodded; she saw the comprehension only old women who've ruined many a desert share, she continued. "Sometimes I mix in some oatmeal if it needs it. But I don't think it needed it this time." I knew exactly what she meant. "375?" I asked.

"Yep," she responded, "for a good 45 minutes. Want bubbling and a crispy crust." She told me. I grinned and thanked her. The recipe is as follows:

Dori's Blackberry Cobbler

- (From the kitchen of Dori Bennett)
- 3 cups of blackberries picked by Grandpa
 - 1 to 1 1/2 cups sugar
 - Pinch to 1 teaspoon cinnamon
 - A 'dusting' (1-3 Tablespoons) of cornstarch sprinkled over the blackberries.
 - Topping
 - 1 box of Betty Crocker cake mix (your choice)
 - 1 to 1 1/2 cubes of butter (1 cube=1/4 lb.)
 - 1/2 to 1 cup instant oatmeal cereal (optional)

Mix blackberries, sugar, and cinnamon together in a 9x13 cake pan. Sprinkle a dusting of cornstarch over

the top of the berries. Set it aside. In a large bowl, mix cake mix and cube of butter (not melted) together. If the cake mix-butter mixture feels too oily, as if once the butter melts over the blackberries, there will be no substance left behind, Add instant oatmeal cereal until you are satisfied; the solids will make a crust for the cobbler. Sprinkle topping over the blackberries and bake at 375° for 45 to 55 minutes until the filling is bubbling and the crust is crispy and browned.

Note: My late husband would have called this a 'crisp,' but this is Dori's recipe, not his.

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. Michelle Priddy: priddymichelle1@gmail.com

End of Summer Fire Safety

By GREGORY BARUSO
Press Release
State Fire Marshal's Office

As we come to the end of the season with fall just around the corner, Washingtonians are enjoying the last few days of summer. Plans may include outdoor activities and grilling. The dry, hot weather has made the conditions ripe for fires.

Last year in Washington State, the fire service responded to more than 6,000 natural vegetation fire incidents, which included

wildland fires. More than 2,000 of those calls were related to outdoor cooking and grilling.

The State Fire Marshal's Office urges residents to keep outdoor grilling safe and avoid contributing to an already very busy time for our fire service personnel. Ensure compliance with local burning restrictions, which may restrict or prohibit the use of open flames and grills.

- Place portable grills outside at least 3 feet away from flammable materials, including fences, deck railings, and exterior

- siding.
 - Keep children and pets at least 3 feet away from hot grills.
 - Clean the grill and maintain it free from the accumulation of grease and fat buildup.
 - Stay by the grill while it is lit, and watch what you are cooking.
 - Use long-handled cooking utensils to prevent burns.
 - Keep loose sleeves rolled up to prevent contact with the hot grill and possible ignition.
 - When turning off gas grills, close the valve at the tank and close the lid.
- When finished with a charcoal grill, ensure the coals are fully extinguished and cool before placing them in a metal container.
 - Allow grills to cool fully before covering or putting them away.
- For more information, contact Deputy State Fire Marshal Gregory Caruso at 360-596-3929 or fpbpio@wsp.wa.gov



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 classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

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

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

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

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

CHRIST CENTER

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

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

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

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday 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.midvalleybaptist.org

LEAVENWORTH

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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.

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 Derosssett
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
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Pastor Lilia Felicitas-Malana

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WASHINGTON OUTDOORS REPORT

Humpy Madness Continues



COURTESY OF JOHN KRUSE, NORTHWESTERN OUTDOORS
Jason Bachman from Oak Harbor with an average-sized pink salmon.



COURTESY OF JOHN KRUSE, NORTHWESTERN OUTDOORS
John Kruse with two salmon caught off the beach.

By JOHN KRUSE
Special to Ward Media

I just returned from my bi-annual camping trip to Fort Casey State Park on the east side of Whidbey Island. I book a stay there every other year in mid to late August to take advantage of the pink salmon that return to Puget Sound and its tributary rivers every odd year.

Pink salmon usually run on the smaller side, with three-pound fish being pretty average. 2023, though, has been a banner year! Some four million pink salmon are in Puget Sound this summer, and there are a lot of nicer fish being caught. Doug Saint Denis, the owner of 365 Charters LLC, told me he is definitely seeing this play out on the Sound this summer. On a recent guided outing, a thirteen-year-old girl from Wisconsin hooked and landed an 11.9-pound pink salmon.

In case you are wondering if this is a new state record, I know I was; it is not. The current state record pink salmon was caught in 2007 on the Stillaguamish River by

Adam Stewart, a behemoth that weighed a whopping 15.4 pounds.

The pink salmon generally start showing up first around Sekiu in Marine Area 5, where anglers target both pinks and coho salmon during the months of July and early August. When August gets into full swing, the pinks flood the entire Sound, and anglers can catch them everywhere from Hoodspout to the San Juans and everywhere in between.

Pink salmon tend to swim in the upper water column, and it's easy to identify schools as they readily jump out of the water. While many anglers target them from boats, you can also have very good success fishing from shore because the pinks, also known as humpies, and the coho salmon that sometimes run with them will often be found within casting distance of the beach in the morning, the evening and as high tide rolls in.

I fished off the beach for three days. I spent all three mornings fishing off the point at Fort Casey State Park, battling a strong ebb tide. The first morning several

anglers caught coho salmon using chartreuse fluttering jigs like Reapers or Buzz Bombs with pink hoochies covering the hook. However, outside of that morning, the fishing was pretty slow at the state park.

I was told I could find more pinks about two miles south of the park at Driftwood Beach. I headed down there to find the tide coming in and the pinks on the bite. There were probably 25 anglers on the beach, and it seemed like everyone was hooking into the humpies. The go-to lure?

A 2 1/2-inch to 3-inch-long pink Buzz Bomb. Fishing the Sound, you do have to use a single barbless hook. Other lures worth trying would be a Mack's Lure Sonic Baitfish in a pink/white color combination or simply a 1/2-ounce pink-colored spoon. As long as it's pink, and you can cast it a long way from shore, you have an excellent opportunity to hook up!

My first fish was a stout pink, weighing close to six pounds. I caught an average size 3-pounder after that, which I released, and a short while later, hooked into another good

pink that weighed north of four pounds. Sensing I wouldn't be able to readily upgrade from these two fish, I called it a day after less than an hour of fishing. I then contented myself to watching others fight and reel in salmon galore with broad smiles on their faces and joyful laughs and screams as they hooked up. It was especially fun to watch fathers and mothers with their children who got to reel in their first salmon that day.

The pink salmon are moving into the rivers now, and the run will continue through the middle of September. The Skagit River is always a good bet around Youngs Bar and the railroad bridge in Mt. Vernon, as is the Lower Snohomish River which opened September 1 from the mouth to the railroad bridge near the Snohomish boat launch. The Snohomish

is scheduled to open upstream from there to the mouth of the Skykomish and Snoqualmie Rivers on September 16.

Heading south, the Puyallup, Duwamish, and Green Rivers all offer good opportunities for humpies, too. If you are wondering why they have that nickname, it's because of the pronounced hump the males develop on their back after they enter freshwater to spawn. You can still catch humpies with spoons or spinners in the river, but most anglers will twitch pink jigs you can either cast and retrieve or fish under a slip bobber. Drift fishing a pink or 50/50 (brass and nickel) Dick Nite spoon is also a great offering that has been catching pink salmon for decades.

When it comes to table fare, the pink salmon get a bum rap, with many anglers looking down on them. Personally,

I've found freshly caught and cooked pink salmon, especially out of the saltwater, taste great off the grill. If you do freeze them, I would recommend consuming them within a couple of weeks. The thinner filets of these salmon, compared to coho or Chinook, don't hold up as well over time in the freezer. As for the salmon you catch out of the river, they taste just fine after you brine them and smoke them. The bottom line is this: If you are looking to get into a bunch of salmon during a day of fishing or want to introduce a new angler to the joys of salmon fishing, the humpies are here now and waiting for you.

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

Grant Funds available to restore historic barns, cemeteries, and theaters



(clockwise from top left): roof work in progress on the Vekved Barn in Whatcom County; restored tombstone at the Kiwanis South Bend Cemetery in Pacific County; Columbia Theater in Cowlitz County.



COURTESY OF THE WASHINGTON TRUST

By JILL FITZSIMMONS
Press Release
Chelan County

SEATTLE - Thanks to funding from the Washington State Legislature, grants are available to support the rehabilitation and restoration of historic barns, cemeteries, and theaters across the state.

The legislature's approval of the 2023-2025 state budget earlier this year included the reauthorization of four state capital grant programs operated by the Department of Archaeology and Historic Preservation (DAHP): the Heritage Barn Grant Program, Historic County Courthouse Grant Program, Historic Cemetery Grant Program, and Historic Theater Grant Program. These grant programs are intended to help to preserve, rehabilitate, and restore some of the state's most historically and culturally significant resources. As in years past, the grant programs are administered by the nonprofit Washington Trust for Historic Preservation, under contract to DAHP. Of the four grant programs, the grant recipients for the Historic County Courthouse Grant Program are pre-determined as part of the legislative request; the remaining three programs are accepting grant applications through October 31.

Established in 2007 and now in its ninth round, the Heritage

Barn Grant Program is specifically designed to assist in preserving Washington's iconic historic barns, which stand as symbols of the state's agricultural heritage. Barns must be listed on the Heritage Barn Register, a statewide list maintained by DAHP, to apply for funding through the Heritage Barn Grant Program. Nearly \$1,000,000 in grant funds will be distributed among successful applicants to aid in the rehabilitation and safeguarding of these unique structures, ensuring their continued cultural significance for generations to come.

Established in 2016 and in its fourth round of funding, the Historic Cemetery Grant Program offers financial assistance to preserve and restore significant burial grounds throughout Washington. These cemeteries often hold valuable historical information and serve as the final resting places of pioneers, veterans, and community leaders, making their conservation crucial to the state's historical narrative. Official historic designation is not required to apply: any cemetery within the state of Washington that contains five or more burials, with at least one burial more than 50 years old, is eligible for this grant program. Nearly \$500,000 in funding is available for distribution as grants.

Lastly, the Historic Theater Grant Program, established

in 2021, seeks to support the conservation of historic theaters that have played a pivotal role in shaping the arts and cultural landscape of Washington, particularly given theaters' financial difficulties and deferred maintenance during the pandemic. Grants will be awarded to successful applicants to aid in the maintenance, repair, and revitalization of these cherished community gathering spaces, with a record \$500,000 to be distributed.

Applicants are encouraged to review the eligibility criteria, program guidelines, and application workshop recordings available on the Washington Trust's website at preservewa.org/grants. All applications must be submitted through the online portal before the deadline of October 31, 2023.

About the Washington Trust: The Washington Trust for Historic Preservation is a statewide, tax-exempt 501(c)(3) nonprofit organization founded in 1976, dedicated to saving places that matter in Washington and promoting sustainable and economically viable communities through historic preservation. For more information, visit www.preservewa.org or call 206-624-9449.

Jill FitzSimmons, Chelan County public information officer. Office: 509-667-6545

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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.

August 25		
<p>01:57 Agency Assist, 3717 Bridge St., Monitor</p> <p>10:29 Property, Ruby St., and Goodwin Rd.</p> <p>13:12 Suspicious Circumstance, 8000 block Stine Hill Rd., Dryden</p> <p>14:01 Traffic Offense, 407 Aplets Way</p> <p>15:07 Non-injury Accident, Main St. and Allyn Ln., Monitor</p> <p>15:16 Disturbance, 8650 Dryden Frontage Rd.</p> <p>18:01 Suspicious Circumstance, 8000 block Stine Hill Rd., Dryden</p> <p>20:50 Disturbance, 200 Aplets Way</p> <p>22:56 Domestic Disturbance, 7900 Stine Hill Rd., Dryden</p>	<p>100 Woodring St.</p> <p>17:02 Welfare Check, BNSF Crossing</p> <p>18:29 Disturbance, 306 Woodring St.</p> <p>19:55 Welfare Check, 115 E. Pleasant Ave.</p> <p>20:19 Civil Dispute, 300 block Angier Ave.</p>	<p>11:26 Harassment/ Threat, 209 Perry St.</p> <p>23:23 Welfare Check, 4136 Eels Rd.</p>
August 26	August 27	August 28
<p>03:28 Domestic Disturbance, 101 Cottage Ave.</p> <p>10:49 Suspicious Circumstance, 102 Titchenal Way</p> <p>13:31 Suspicious Circumstance,</p>	<p>09:47 Suspicious Circumstance, 8300 Olalla Canyon Rd.</p> <p>11:13 Property, Turkey Shoot</p> <p>11:45 Littering, 302 Angier Ave.</p> <p>15:36 Domestic Disturbance, 305 S. Division St.</p> <p>18:24 Disturbance, 5565 Mill Rd.</p>	<p>August 30</p> <p>07:52 Vehicle Theft, 5650 Vale Rd., Chipman Construction</p> <p>10:55 Disturbance, 316 River St.</p> <p>12:04 Public Assist, 8000 block Stine Hill Rd., Dryden</p> <p>14:51 Trespassing, 125 Cottage Ave., Joyful Scholars</p> <p>18:42 Disturbance, 7832 Smith Rd., Dryden</p> <p>20:16 Domestic Disturbance, 5565 Mill Rd.</p> <p>22:45 Suspicious Circumstance, 201 Cottage Ave., Weeds Cafe</p>
August 29	August 31	
<p>08:44 Parking/ Abandoned Vehicle, Sunset Hwy., and Mill Rd.</p> <p>10:19 Diversion, 101 Woodring St.</p>	<p>No report available.</p> <p>04:34 Trespassing, 8100 block Stine Hill Rd., Dryden</p> <p>15:59 Trespassing, 125 Cottage Ave., Joyful Scholars</p> <p>16:17 Trespassing, 117 Aplets Way, Cashmere Valley Bank</p> <p>17:40 911-call, 312 Sullivan St.</p> <p>18:19 Public Assist, Cashmere</p>	



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509-689-2507
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Deadline Noon on Friday for the next week's papers

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Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

Employment

Help Wanted

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:
Building Cook 7 hrs.

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

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following positions:

- District Warehouse/Delivery/Maintenance/Grounds Keeper 8 hours
- Icicle River Middle School Cook 2.5 hours

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



Help Wanted

Looking for a great local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR **Leavenworth Echo Cashmere Record** 509-548-5286 or send email to classifieds@leavenworthecho.com

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



School District is seeking qualified applicants for the following positions:

- Cascade High School Para Educator/Food Service Cashier 7.5 hours
- Cascade High School Assistant Basketball Coach

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



WSU is hiring a full-time SNAP-Ed Program Assistant. This position is with the WSU Extension Food Sense Nutrition Education program in Okanogan County. Bachelor's degree in nutrition or related field or equivalent education and work experience is required. To apply, visit <https://wsu.edu/jobs/> and search position number R-10091. For questions, call Margaret Viebrock, WSU Chelan-Douglas County Director at 509-745-8531. Applications are due September 8. WSU is an EO/AA Educator and Employer.



Looking for a home for your Furry friend? Try the pet section on NCWMarket.com

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For Sale 8' x 10' Utility Trailer \$550 8' Livingston Boat \$200 Call for details 509-668-1940 East Wenatchee

Public Notices

Superior Court of Washington For Chelan County
In the matter of the estate of Rev. Otto Koltzenburg, Deceased. No. 23-4-00247-04
Notice To Creditors (RCW 11.40.030) The person 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 her 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 this 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: August 23, 2023 Elisabeth Hunziker, Personal Representative
Attorney for the Personal Representative: Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111 Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 23-4-00247-04
Published in the Cashmere Valley Record and Leavenworth Echo on August 23, August 30, and September 6, 2023. #6172

Legals

CALL FOR BIDS
Sealed bids will be received by the Board of Directors of the Icicle Irrigation District until 5:00 pm on Tuesday, September 12, 2023 at the district office located at 5594 Wescott Drive, Cashmere, WA for furnishing and installing the following:
Fence:
Approximately 200' of 6' industrial galvanized chain link fence with three strand barbwire cap including three gates; a double swinging approximately 12' gate with center pole, a double swinging approximately 9' gate with center pole, and a typical personnel access gate. All bids must include any additional charges that may be a factor in the furnishing, delivery and, installation of the fence. ALL BIDS MUST BE SEALED AND MARKED "FENCE BID" The Board reserves the right to reject any or all bids. For more information or to schedule a site visit please email: ipid@nwi.net or call (509) 782-2561
ICICLE IRRIGATION DISTRICT LEVI JANTZER
SECRETARY/MANAGER
Published in The Leavenworth Echo/Cashmere Valley Record on Sept. 6, 2023. #6220

Public Notices

Superior Court of Washington For Chelan County
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Published in the Cashmere Valley Record and Leavenworth Echo on August 23, August 30, and September 6, 2023. #6172

Public Notices

SUPERIOR COURT, STATE OF WASHINGTON, COUNTY OF SPOKANE
In the Matter of the Estate of **GEORGE B. TIFFANY, Deceased.** No. 23-4-00901-32
PROBATE NOTICE TO CREDITORS
The Personal Representative named below has been appointed as the Personal Representative of the 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 at the address stated below, a copy of the claim and filing the original of the claim with the court. 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(3); 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 the Decedent's probate and non-probate assets.
Date of First Publication: August 30, 2023
Personal Representative **Paul A. Tiffany**
Address for Mailing Notice: Evergreen Estate & Elder Law Mirisa Torres, WSBA #38089 818 W. Riverside Ave., Ste. 510 Spokane, WA 99201 Telephone Number: 509-325-5222.
Published in The Leavenworth Echo/Cashmere Valley Record on August 30, and Sept. 6, and 13, 2023. #6190



Upgrading your 'ride'? we can help you sell your old one

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Public Notices

CITY OF LEAVENWORTH
Notice of Application and
Optional Determination of
Non-significance NOTICE IS
HEREBY GIVEN that the City of Leavenworth is using the Optional DNS process per the State Environmental Policy Act Rules (SEPA, WAC 197-11-355) and the Leavenworth Municipal Code. Description of proposal: The applicant is proposing grading for a future development of the site, currently anticipated to be a bouldering gym, park, two parking lots, future mixed-use building and a new access road to be dedicated to the city. Location of proposal: The project site is located at 122 and 200 Zelt Strasse, Leavenworth, Washington; Chelan County Assessors Tax Parcel Number 241806330400 and 241806330450 (respectively). The subject area is located within the General Commercial (GC) zoning district, is approximately 2.2 acres. The optional DNS process in WAC 197-11-355 is being used. **This may be your only opportunity to comment on the environmental impacts of the proposed project.** The public is invited to comment on this Optional DNS by submitting written comments no later than **SEPTEMBER 15, 2023** to Leavenworth City Hall, PO Box 287, Leavenworth, WA 98826 or email lvesprier@cityofleavenworth.com. Materials may be reviewed during normal business hours Leavenworth City Hall, 700 US Hwy 2, Leavenworth, or by the Permit Portal, <https://cityofleavenworth.com/city-services/gis-permit-portal/>. FILE #: GRD2023-006, address 122 Zelt Strasse. Published in The Leavenworth Echo/Cashmere Valley Record on Sept. 6, 2023. #6231

Two main categories of antihistamine medicines: sedating, non-sedating agents

Q: Every summer, my nose runs, and my eyes itch from my allergies. Which antihistamine is best?

When you come in contact with something you're allergic to, your body releases histamine, which triggers a cascade of symptoms we associate with an allergic reaction: nasal congestion, runny nose, itchy, watery eyes, and sinus pressure.

Antihistamines counteract the effects of histamine by triggering an opposite action in your body. Which antihistamine is best depends on how well it relieves your symptoms and how drowsy it makes you.

There are 2 main categories of antihistamine medicines: sedating and non-sedating agents. Sedating antihistamines are older drugs and usually cause some drowsiness and drying action. That drying action helps relieve a runny nose and watery eyes.

Antihistamines don't work the same in everyone. Some will relieve your allergy symptoms better than others. Many people have to try more than one before finding one that works well while causing less drowsiness.

Older antihistamines like Benadryl® (diphenhydramine), doxylamine, chlorpheniramine, and tripro-



lidine cause drowsiness in most people. If this concerns you, start with one of the newer drugs.

Newer antihistamines like Claritin® (loratadine) and Allegra® (fexofenadine) rarely cause drowsiness. Unfortunately, these allergy medicines are less effective at drying runny noses or watery eyes than older agents like diphenhydramine and triprolidine.

Two non-sedating options are loratadine (Claritin®, Alavert®) and fexofenadine (Allegra®). Loratadine is taken once daily, while Allegra® is available in 2 formulas, once daily and twice daily.

Cetirizine (Zyrtec®) is another once-daily allergy medicine. Closely related to the prescription drug hydroxyzine, cetirizine is more likely to cause some drowsiness than Claritin® or Allegra®.

If you are suffering from a runny nose, Zyrtec® works better than the non-sedating allergy remedies.

Try one of the older antihistamines if Claritin®, Allegra®, or Zyrtec® aren't relieving your runny nose

or itchy, watery eyes. The most powerful is Benadryl® (diphenhydramine).

It is more potent against severe allergy symptoms but can cause significant drowsiness in many people.

In fact, diphenhydramine is sold as a non-prescription sleeping pill as Tylenol PM® and Sominex II. Unlike newer drugs for allergies, Benadryl® needs to be taken 3 to 4 times daily for best results. If your allergies wake you up with a stuffy nose and sinus pressure, consider taking Benadryl® only at bedtime and using a less sedating agent during the day.

Other older antihistamines still available include chlorpheniramine, brompheniramine, and triprolidine. Triprolidine causes a little less drowsiness than the other older antihistamines, and it dries up a runny nose for me better than anything else.

Triprolidine was previously only available in combination with a decongestant, as Actifed®. My favorite allergy medication is the version of Actifed® (Aprodine™), which contains triprolidine and the original form of Sudafed®, pseudoephedrine.

Years ago, before nasal sprays were available, sur-

geons used them to tame runny eyes and noses when doing surgery. I prefer it because it relieves my runny nose, watery eyes, and nasal congestion without much drowsiness.

In the past, triprolidine has been challenging to find. It has just been released as a single agent, Flonase Night Time Allergy Relief®. It is already in Mucinex® Night Shift Cold and Flu, Night Shift Severe Cold and Flu, and Night Shift Sinus.

I do not recommend Mucinex® Night Shift Severe Cold and Flu or Sinus because they contain phenylephrine. Phenylephrine is not an effective decongestant, and increases blood pressure without relieving nasal congestion.

Here Are 5 Tips on Choosing an Antihistamine:

- 1. Don't delay.** Antihistamines work best if you take them as soon as you are exposed to an allergy trigger. They are less effective after your nose stuffs up and your eyes start itching.
- 2. Choose not to snooze.** Non-sedating antihistamines like loratadine (Claritin®) or fexofenadine (Allegra®) are safest if you have to drive or use machinery.
- 3. Don't give up.** If your first antihistamine choice doesn't help you, try

another one. It's not unusual to get little relief from one antihistamine but have good results with a different one.

4. Consider a combo. Consider adding a nasal spray or decongestant to your antihistamine. Flonase® nasal spray and combining triprolidine and pseudoephedrine as Actifed® or Aprodine™ can address runny and stuffy nose symptoms.

5. Try triprolidine. Although the combination of pseudoephedrine and triprolidine has been hard to find, triprolidine is now available as Flonase® Night Time Allergy Relief, taken every 4-6 hours. As an older antihistamine, it can cause drowsiness. Try it at home before driving to determine if you are affected, or take it only at night. Some, like me, notice no drowsiness at all.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

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This fall, older adults should protect their health

STATEPOINT - With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender, and health status, but the following are some of the most common for seniors, according to Sobel.

Vaccinations

There are a number of vaccines older adults need to consider protecting themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for you.

Flu

This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.

Pneumonia

Administration varies based on health history. If you're 65



COURTESY OF STATEPOINT

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase.

or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.

Shingles

The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.

COVID-19

Ask your doctors about

current recommendations for prevention of COVID-19 infections.

RSV

Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

Health Screenings

The following health screenings are commonly recommended for older adults.

Mammogram

Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.

Colorectal screening

Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.

Bone density scan

USPSTF recommends

women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.

Eye exam

Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.

Mental health checkup

Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.

To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist, or insurer about preventive care costs. Fortunately, costs are often covered fully by Medicare or Medicare Advantage, he said.

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment before undertaking a new health care regimen.

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ACROSS

- The Sweet's hit "Ballroom ____"
- Farm cry
- Barrel racing meet
- "____ Quiet on the Western Front," 1920s novel
- Move sideways
- Southeast Asia org.
- Hula dancer's garland
- Like the Vitruvian Man
- "New type of movie in the 1920s
- *Jack Dempsey's sport
- Triple ____ liqueur
- Prep flour
- "Hamilton: An American Musical" singing style
- Floppy data storage
- Smack
- Not much (2 words)
- *Prolific playwright ____ Coward
- Sacrum, pl.
- "Nana" author ____ mile ____
- Flash of light
- Not kosher
- Convex molding
- *Football legend Graham, born in 1921
- Furniture wood
- Not wholesale
- Aquatic snakes
- Reggae precursor
- Animal den
- Café alternative
- *Assassinated Villa
- *St. ____ 1928 Olympic site
- East Asian peninsula
- Nope
- "Bite the bullet," e.g.
- Relating to Quechuan people
- B&B, e.g.
- Foul smell
- Challenge
- Langley, VA agency
- Decorates, as in Christmas tree

DOWN

- Type of undergarment
- *Like generation described by Gertrude Stein
- Brain wave
- Shades of blue
- Very tired
- "The Fighter" actor Christian ____
- Bass or Redhook
- Defendant's excuse
- Longer than mini
- Port in Yemen
- Smelting waste
- Aviv
- 6 equal parts of 6
- Short for oftentimes
- Mosquito, slangily
- Schick's product
- Beyond's partner
- *Amelia Earhart, e.g.
- Like Charles Lindbergh's 1927 transatlantic flight
- W on a bulb
- TV classic "Green ____"
- Floorboard sound
- "The Trial" and "The Castle" author Franz ____
- Samoan money
- Not on time
- Much, in Italy
- Tin Man's prop
- Follows soh
- Confession, archaic
- Not Doric nor Corinthian
- Downy duck
- Kind of cornbread
- Rainbows and such
- Like a drink in a snifter
- Mimicking bird
- ____ caca, South American lake
- Type of modern meeting
- *American Girl character born in 1923
- American cuckoo
- Robinson to "The Graduate"



- In Customer Service
- Store Condition/Appearance
- Locally Owned & Operated

PORK & CLUCK Sale

2 Days Only!

Fri. & Sat. • September 8th & 9th

Market Fresh

BONELESS SKINLESS CHICKEN BREAST
10 LBS. OR MORE

10 LBS.
or MORE

2.28
LB.

PRAIRIE FRESH BABY BACK PORK RIBS
BONE-IN, SINGLE PACK

2.98
LB.

Market Fresh

CHICKEN DRUMSTICKS

10 LBS.
or MORE

88¢
LB.

PRAIRIE FRESH PORK SHOULDER BUTT ROAST
BONE-IN, GREAT FOR CARNITAS

1.98
LB.

BONELESS CHICKEN TENDERS
VALUE PACK

3.48
LB.

SPLIT CHICKEN BREAST
PREVIOUSLY FROZEN, BONE-IN

1.58
LB.

Market Fresh

BONELESS SKINLESS CHICKEN THIGHS
10 LBS. OR MORE

10 LBS.
or MORE

2.48
LB.

CHICKEN HINDQUARTERS
FROZEN, SOLD IN A 10 LB. BAG

10 Lb. Bag
\$7.80 EA.

78¢
LB.

PRAIRIE FRESH BONELESS PORK SIRLOIN ROAST
TWIN PACK

1.98
LB.

WHOLE IN THE BAG

PRAIRIE FRESH BONELESS PORK LOIN ROAST
WHOLE IN THE BAG

2.28
LB.

PRAIRIE FRESH PORK SPARERIBS
SINGLE PACK

2.28
LB.

Back to School

After School Snacks!

Hot Pockets
Selected Varieties
8.5 to 9 Oz.



2/\$5

Ore-Ida Bagel Bites
Selected Varieties
9 Count



2/\$6

Oscar Mayer Funpack Lunchables
Selected Varieties
8.9 to 10.7 Oz.



2/\$6

Philadelphia Cream Cheese Spread
Selected Varieties
7.5 to 8 Oz.



3.98



Capri Sun Drink Pouches
Selected Varieties
10 Pack

3.98



Kraft Singles
Selected Varieties
10.7 to 12 Oz.

3.98



Jell-O Gelatin or Pudding
Selected Varieties
4 Pack

2/\$5



Totino's Pizza Rolls
Pepperoni or Combination
7.5 Oz.

2/\$5



Kraft Deluxe Macaroni and Cheese
Selected Varieties
12 Oz.

2/\$7



Snack Pack Pudding
Selected Varieties
4 Count, 3.25 Oz.

2/\$3

Breakfast Essentials!

Florida's Natural Juice
Selected Varieties
52 Oz.



3.98

Coffee-mate Creamer
Selected Varieties
32 Oz.



3.98



Malt O Meal Cereal
Selected Varieties
21 to 30 Oz.

2/\$9



Kellogg's Eggo Waffles
Selected Varieties
24 Count

6.98



Pillsbury Toaster Strudel
Selected Varieties
11.7 Oz.

2/\$7

Lactaid Lactose-Free Milk
Selected Varieties
64 Oz.



3.98

Mr. Dell's Hash Browns
Selected Varieties
24 to 32 Oz.



3.98



Pop-Tarts
Selected Varieties
20.5 Oz.

2/\$9