



See Martin's Market Fresh IGA Grocery ad — page B4

Elder Speak Journey to Wisdom

Come to the Elder Speak Journey to Wisdom event on September 10 from 2-4 p.m. for two hours of film, stories, wisdom, and discussion at Snowy Owl Theater in Leavenworth. In person, you enjoy refreshments before and after

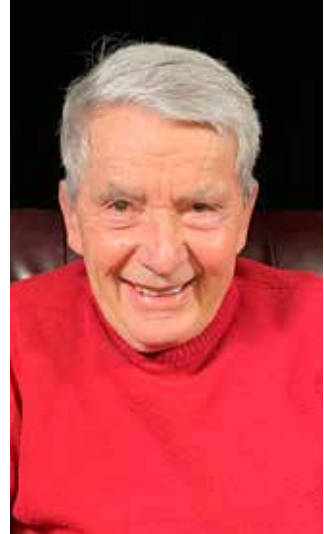
the program, and if you are watching from home, you can join online with this link: <https://www.youtube.com/watch?v=hnHu39WZPdA>

Liz Saunders from Leavenworth, Pat Turner from East Wenatchee, Andre

Nowacki, from Wenatchee, Dick Ryan, and Julie Ryan from Cashmere, each share an experience from their life and the wisdom they gained from it. Following their talk, the audience can ask questions of the Elders deepening everyone's understanding of the wisdom shared. This provides us all with a

chance to reflect on and investigate our own experiences that guide and inform our lives. This family friendly event is for anyone 5 to 109 years old.

For more information go to www.theripplefoundation.org and look at the Elder Speak Program.



SUBMITTED PHOTO.

Andre Nowacki



SUBMITTED PHOTO.

Liz Saunders



SUBMITTED PHOTO.

Pat Turner



SUBMITTED PHOTO.

Dick Ryan



SUBMITTED PHOTO.

Julie Ryan

Cashmere City Council Meeting

BY KIRK BECKENDORF

Correspondent

Cashmere's Water Department will be flushing fire hydrants starting in mid-August, as a result residents may notice impacts to water pressure and discoloration of their water, as a result of sediment or rust being flushed from the water mains. Steve Croci, Director of Operations, made the announcement at the City Council's August 14 meeting. He explained that this is part of the city's water maintenance program. If tap water turns rust-colored, Croci recommends that residents turn on, and run, faucets that are nearest the water meter to flush the rusty water. He warned that rusty water can stain light colored clothing and he suggested refraining from doing laundry on a day discolored water is noticed.

According to Croci the hydrants have not been flushed in years, so they are being flushed for safety reasons, to clean out the piping system and to do preventative maintenance of hydrants.

A public hearing was announced at the Council meeting. On August 28 at 6 p.m. at the City Hall a hearing will be held to obtain public input regarding the city's updated draft Six Year Transportation Improvement Program (TIP).

Croci outlined the draft TIP for the Council. He said the first priority will be S. Douglas St., followed by Prospect St., Norman and Douglas Streets, and Olive St. Following the August 28 hearing, the Council will vote on the Plan. Croci explained that the prioritization is primarily driven by improvements that are needed to underground utilities (water, sewer, electrical, storm, communication, etc). He added, that in some cases, the roads are in decent shape, but the underground utilities are in need of repair.

Unanimous approval from the Council was given for the City to contribute financial support towards a Regional Pathways Study, which will continue investigating and planning a non-motorized pathway, from Wenatchee through Cashmere to Leavenworth. As a result of the vote, the city will contribute a total of \$40,000 (\$20,000 in 2024 and \$20,000 in 2025) towards the study's estimated cost of \$1.3 million. Of that total, about \$400,000 will be in local funds and about \$900,000 coming from federal grants. Other entities involved in the project include TREAD, Chelan County, Wenatchee, Leavenworth and Chelan. Fletcher explained that local funds are required to be able to obtain any federal grants. He said that the goal of the pathway would be focused on serving the needs of local populations and the result of the study would be a "grant-ready" plan to build the pathway. Croci added that a pathway connecting communities in the valley, by alternate forms of transportation, is also good from a regional perspective. Council member Derrick Pratt made the motion for contributing funds to the project and said that Cashmere having "skin in the game" would help in getting grant money. Members Chris Carlson and Jayne Stephenson both agreed that this would be a good investment.

The Council unanimously approved hiring Fitzpatrick Surveying to survey and mark future burial plots in the undeveloped portion on the west side of the cemetery. City documents indicate that the current plotted portion of the cemetery is 95% full. Croci said that the survey, which will cost \$26,000, will allow the city to plan for additional and upgraded infrastructure, such as widening the road. Mayor Fletcher said a second step will be planning out what to do about the inefficient irrigation system. He explained that with the current system it can take a week to water the whole cemetery lawn, and that is with sprinklers running almost all the time. Stephenson, suggested that something besides a grass lawn be considered for the new portion of the cemetery.

CONTINUED TO PAGE B1

\$1.1 million awarded to mix of public, community housing projects

SUBMITTED BY JILL FITZSIMMONS

Chelan County PIO

WENATCHEE - A mix of municipal projects and new affordable housing projects will share in \$1.1 million from the Cascade Public Infrastructure Fund this year.

On Monday, August 7, Chelan County commissioners awarded \$1,120,754 to six projects, which range from infrastructural improvements at the Cashmere Mill Site business park to upgrades at an apartment complex in Leavenworth that provides affordable workforce housing.

Now in its third year, the grant program, or CPIF, was created to help finance public projects that facilitate the creation or retention of businesses and jobs or permanently affordable housing opportunities in the county. Managed by the Chelan County Economic Services

department, the CPIF awarded nearly \$589,200 to five local agencies in 2021. Last year, commissioners awarded \$923,200 to four agencies.

"With each year, these monies are making a greater impact in our community," said Ron Criddlebaugh, Chelan County Economic Services director. "In three years, we will have invested more than \$2.6 million into a variety of projects that will either create or retain jobs or create more affordable housing, two top priorities for Chelan County."

The projects awarded 2023 CPIF grant dollars are:

- Chelan Douglas Regional Port Authority: \$244,600 for infrastructural improvements to the Cashmere Mill Site, a port-owned property. The improvements, which include waterline, stormwater drainage system and road improvements, are necessary to attract new

businesses to the business park.

- Chelan County: \$30,000 for a facility assessment of Ohme Gardens, the Wenatchee River County Park and the Chelan County Fair and Expo Center. The assessment will help determine priority needs to ensure the county-owned facilities remain open to the public and continue to generate economic activity.
- City of Entiat: \$350,000 to complete a general sewer plan and waste water treatment plant engineering report. The report will identify recommended improvements to the city's system to prepare for projected residential and commercial growth.
- City of Wenatchee: \$65,000 for the relocation of a sewer mainline that will support redevelopment efforts in the

north Wenatchee area.

- Common Ground Housing Trust: \$231,154 for the development and installation of infrastructure that will support the construction of eight attainable housing units, or cottages, on 9th Street in Wenatchee.
- Upper Valley MEND: \$200,000 for improvements to a 31-unit rental housing project in Leavenworth that focuses on affordable workforce housing.

The grant project is funded by existing revenues from the sales-and-use tax for public facilities in rural counties, also called the Rural Counties Tax. The CPIF Advisory Committee reviewed and scored all applications and submitted its recommendations to the Chelan County Board of Commissioners for final decision making.

Giving multiplied with school supplies for children overseas

SUBMITTED BY LIZETTE MILLER

Samaritan's Purse

Leavenworth - As the school year approaches, shoebox packers are making use of back-to-school prices to purchase gifts and essential items for children in need around the world. Residents in Leavenworth are collecting school supplies, along with personal care items and fun toys, to pack in shoeboxes. Operation Christmas Child, a project of Samaritan's Purse, will deliver these gift-filled shoeboxes to children in more than 100 countries.

For many children, access to these simple items is essential to an education. This was the case for Justin Thomas, a shoebox recipient in Southeast Asia whose parents could not afford the supplies needed for school. Thomas remembers the specific day he received a gift-filled shoebox from Operation Christmas Child and found it filled with toys and most exciting to him, school supplies.

Growing up with hand-me-down clothes and used items, Thomas used to write with a pencil so short that he held it using a pen cap. Having an entire packet of new pencils and a pencil sharpener

all his own was a treasure to him. This simple gift made a life-changing impact for Thomas because it opened the doors for him to receive an education.

For more information, visit samaritanaspurse.org/occ. National Collection Week is Nov. 13-20. Participants can donate \$10 per shoebox gift online through "Follow Your Box" and receive a tracking label to discover its destination. Those who prefer the convenience of online shopping can browse samaritanaspurse.org/buildonline to select gifts matched to a child's specific age and gender, then finish packing the virtual shoebox by adding a photo and

personal note of encouragement.

Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 209 million gift-filled shoeboxes to children in more than 170 countries and territories. This year, Operation Christmas Child will celebrate its 30th year of ministry.

All-male chorus seeks new members

Apollo Club in their 113th year

SUBMITTED BY HANK LUBEAN

WENATCHEE - Wenatchee's oldest community singing group, the all-men Wenatchee Apollo Club, is looking for more singers as rehearsals for a new season begin Sept. 12.

The Apollo Club has a wide repertoire of pop, folk, jazz, musical theatre, patriotic, barbershop, seasonal, spiritual, and non-denominational religious songs. It began in 1910 with interruptions during both world wars and for two years during the recent Covid pandemic. It resumed rehearsing in April 2022 and performed traditional Christmas selections at senior living centers that December. It performed eight times this year before taking a summer break. Those performances included a benefit concert with Columbia Chorale and other groups, a performance of the U.S. and Canadian anthems for the new Wenatchee Bighorns Basketball Team, and guests at an Apples concert.

The Apollo Club was also in the Apple Blossom Festival parade, a fundraiser for Ukrainian refugees, and a performance at the Wenatchee Farmers Market in June.

Tim Scheer, a retired choral music teacher of 40 years in Wisconsin public schools, became Apollo Club director in January and says he's "delighted and humbled to step into the shoes of a long line of exceptional club directors." Hank LuBean, club president who has been a member since 2012, said the mission is to provide men an opportunity to develop their vocal skills and be community ambassadors of goodwill.

"All-male choruses are a unique sound that audiences love," LuBean said. "We love to sing and bring entertaining, positive songs."

"Community and church choirs were already declining before Covid, and the Apollo Club was no exception and continues to struggle to maintain its numbers. We need new members, particularly young men of high school and college age, but all ages are very welcome." LuBean said. "The

community would lose a valuable asset if Apollo Club ceased and we need new members to continue the men's choir tradition here in North Central Washington," he said.

Prospective members must be able to sing. The ability to read music is desirable but not required. Practice tracks are provided to learn parts. Few songs require memorization.

The club is planning a Christmas concert and a late spring 2024 concert

and is looking for other opportunities, including benefit concerts.

Singers interested in joining or groups interested in arranging performances may contact Apollo Club at: wenatcheeapolloclub.com or apollo1910.org or come to a rehearsal. Apollo Club is on Facebook. Rehearsals are 7 p.m. Tuesdays at Eastmont Junior High in the choir room on the lower level with entry from the west door. A pre-season potluck will be held at Walla Walla Point Park, shelter No. 2, at 5:30 p.m. Aug. 29; prospective members and their families are also invited.



PHOTO SOURCE: APOLLO CLUB FACEBOOK PAGE

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Michelle's Kitchen Table Strategies

By Michelle Priddy

Grandpa's Thermos

In the evenings before heading to bed Grandpa prepares the coffee pot to make five cups of coffee in the morning: one cup for me and two cups each for him and Grandma. In the wee hours of the morning Grandma gets up; brews the coffee; drinks her two cups; pours the remaining three cups into Grandpa's Stanley thermos then she starts her day. Three or four hours later Grandpa and I

wake up, crawl out of bed, and make our way to the kitchen table to start our day sipping hot coffee out of that thermos. Yesterday I seated myself across the table from Grandpa. I sprinkled half a teaspoon of kosher gelatine into the bottom of my pretty teacup; reached out; grabbed the thermos; started to pour my coffee and the plastic handle broke. My body was surprised when it came apart in my hand, but my mind wasn't. That thermos has been around for a very long time. It has grown old in Grandpa's hands. Across the

top of the lid yellow fingernail polish tells us how to position the cap so coffee will flow in a stream, not too fast, not too slow, into our cups. The inside of that thermos is a permanent shade of 'coffee'. Logically the plastic handle with years of useful stress and strain would have weakened to the point of failure. And mine was the hand that caused it to happen. Grandpa and Grandpa looked it over; found the 'super' glue. We took some time, worked together, and glued the plastic handle back into position. Neither one of them poked or prodded about my breaking the handle... until after the handle was back together. Then they teased me a bit about being heavy handed. I teased back about the Stanley thermos prior to this one that had a second life after Grandpa ran over it with the tractor and squished it. The thermos had a strange shape, but it didn't leak. He kept using it for a year or two until Grandma got tired of seeing it and bought him this one new. When I joined Grandpa at the kitchen table this morning while Grandma made oatmeal with raisins for breakfast, I

saw that the 'super' glue hadn't held, and the handle was back to being broken. I looked at the once hunter green of the handle. Over time the color had mellowed to take on a bluish tint as the plastic oxidized and weakened. Grandpa saw me checking out the handle. "Leather. I'll make a better handle, even than it had new," he said. I looked at the two square moving metal 'rings' attached to the thermos to hold the handle. One piece of square metal held the handle end that still maintained its integrity. I was trying to imagine how a leather handle on that old thermos could be better than the plastic one and I wasn't seeing it when Grandpa continued, "out of good thick leather." (How did he know I was seeing a flimsy, floppy, pliant leather band tied around those two metal rings?) He nodded my direction, "not supple. Thick and stiff." Then I saw what he was imagining. When he tans hides, he's aiming for soft and supple for Grandma to enjoy. But there's quite a few hides in his shop that didn't make it to the 'supple' stage and are stiff as boards. He wouldn't be

able to tie it on; it would have to be riveted; I could see it; it made sense. I grinned, "That'll work. At least this Stanley has a second life that's still in the round." He grinned back and Grandpa chuckled.

Coffee 'Jello'

- 1 cup hot coffee
- 1 teaspoon honey (or sugar)
- ½ teaspoon - 1 Tablespoon plain kosher gelatine-no flavors or sugar added

Pour hot coffee into a cup or a ½ pint mason jar. Mix in honey or another sweetener. Decide how stiff the 'Jello' needs to be and add ½ teaspoon to 1 Tablespoon plain gelatine. (If kosher gelatine can't be found, Knox will work). Stir, stir, stir until the gelatine is dissolved in the coffee. Put in the fridge and eat topped with whipped cream once it gets solid. (Sometimes my left-over morning coffee will gel in the cup without refrigeration, so I have an ongoing experiment to figure that out.) Note: I prefer to buy WIC labeled and Kosher labeled food products because I think they are produced

under higher standards than other food stuffs. I try to make our food from scratch when I can because I have a better handle on the nutritional value that way. That's just me.

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. You can contact the Leavenworth Echo at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.

WVC Foundation receives \$12,171 grant from Numerica Charitable Fund

SUBMITTED BY HOLLY THORPE
WVC

The Wenatchee Valley College Foundation received \$12,171 from the Numerica Charitable Fund to support the WVC Bridge program. The new program is designed to help Adult Basic Education (ABE) students without their high school credentials get access to financial aid so that they can transition into higher education programs, including trade programs, two- and four-year degrees. The WVC Bridge program began summer quarter 2023. If a student does not have high school credentials (a diploma or GED), they are not eligible for financial aid support through federal aid (FAFSA) or state aid (WASFA).

However, if they complete six college credits, then they can claim Ability to Benefit (ATB), a federal classification that gives them access to financial aid to continue their education. "These students are in a financial aid desert," said Rachel Evey, WVC Foundation executive director. "With funding from the Numerica Charitable Fund to support WVC Bridge, WVC can cover college-related expenses for ABE students to successfully transition into higher education programs. We are excited to serve these students directly and share their success with the community." Numerica Charitable Fund annual grants are awarded to organizations that foster education, support women

and children and work to end hunger and homelessness. "Numerica is proud to support organizations that show up for our most vulnerable community members when times are tough," said Carla Cicero, Numerica Credit Union president and CEO. "Our annual grant program is just another way we show our commitment to enhancing lives, fulfilling dreams, and building communities." Of 564 WVC students enrolled in Adult Basic Education who were surveyed, 52% reported having a family income below the 70% lower-living income standard for Washington, according to ABE faculty Julie Fitch. Learn more about ABE at WVC at wvc.edu/TransitionalStudies.

State and federal dollars allocated to build resilience in local food supply chain

SUBMITTED BY AMBER BETTS
WSDA

OLYMPIA - The need to respond to pandemic-related disruptions to the food supply chain in recent years illustrated the important ways that resilient local food systems can help connect consumers to foods produced closer to home. The need for local food system infrastructure that supports growth in local economies and healthy communities is recognized by both the state and federal governments who are making new grants and technical assistance available. Washington State Department of Agriculture (WSDA) and United States Department of Agriculture (USDA) are investing in grants and technical assistance programs that bolster resilient local food systems. Earlier

this year, Washington State Legislature approved \$8 million in new ongoing state funding to continue WSDA's successful Local Food System Infrastructure Grant. In addition, this summer, USDA announced the Resilient Food System Infrastructure Program is providing \$9.4 million in funding for Washington state to administer grants and technical assistance that will support farms and food businesses with infrastructure projects that expand capacity and strengthen collaboration across linkages in the regional food supply chain. Background: In 2022 and 2023, nearly \$20 million in grants were awarded to small farms and local food businesses through the Local Food Systems Infrastructure and Local Meat Processing Capacity Grant programs, which are administered by the WSDA

Regional Markets Program. The businesses that received assistance through these programs have demonstrated the important role they play in maintaining a vibrant and robust local food system. Continued funding from Washington State Legislature will further bolster the resiliency of our local food systems. In addition to state-funded programming, WSDA is partnering with USDA on the newly announced Resilient Food Systems Infrastructure Program. Federal funding from this program will complement the state-funded program, supporting continued expansion of local food system capacity and farm viability in Washington. Funds will be used primarily for large-scale grants and technical assistance designed to build resilience across the middle of the state's food supply chain.

The Contract
Unveiling the healing power of forgiveness
A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel Garcia Marquez was quoted as saying, "All human beings have three lives, public, private and secret." In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

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.

Wenatchee River Institute upcoming events

Cascades Track & Sign Evaluation with David Moskowitz: Saturday, September 16 and Sunday, September 17. Spend two full days in the greater Leavenworth area, with professional wildlife tracker, naturalist, educator and author, David Moskowitz. This class is a wildlife track

and sign evaluation through CyberTracker North America. This class is an excellent way to learn and investigate, with the chance to achieve a wildlife tracking certificate.

Cascade Creative Reuse Community Survey
What is creative reuse? It is the upcycling or repurposing

of otherwise unwanted materials into something new. Creative reuse can include the exchange of physical materials, the sharing of ideas and knowledge, and the borrowing of tools and supplies. Creative reuse centers are physical locations dedicated to reuse and can inspire creativity, provide

community gathering space, and conserve resources. The information gathered by this survey will help plan the next steps for a new creative reuse center in Cashmere called Cascade Creative Reuse. Let them know what you'd like to see by taking the survey online at wenatcheeriverinstitute.org.

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CASHMERE VALLEY
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WARD MEDIA

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

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Have an idea for a story? Call the Record at 509-548-5286

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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.

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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.

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.

Regional

Good News for All Alumni

From Peshastin-Dryden School District, Peshastin School District, Dryden School District, Leavenworth School District and Cascade School District. Effective now, access to all school annuals is online. On the internet, go to Cascade School District Homepage, click on District Information, click on More, then (alphabetically) History/Yearbooks. Selection can then be made on any of the listed (years) yearbooks. If you notice specific years are missing online, it is because an annual for that year could not be found. There are also some leftover yearbooks of various years if you are interested. If you have questions or concerns, contact Sandy Houston, 509-670-5521.

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 go to fund local community projects. Website leavenworthrotary.com

G.O.O.F.Y. Gathering of Old Fogies

The yearly gathering of classmates of Leavenworth High School will be September 6, from 10 a.m.-3 p.m. at Walla Walla Point Park, Shelter #2. Please bring a main dish, salad, or dessert. Coffee and water will be provided. Potluck will be served at noon. Contact

Helen Rayfield at 509-888-5892.

Leavenworth Library

Art show for Brian Strickland from Aug. 15- Sept. 22. Brian was inspired to do art ever since he was 6 years old watching Bob Ross on TV. Over the years he has explored art in many forms including oil painting, chalks, music, poetry writing and culinary art. He served on the Anacortes Art commission and this year he started Wenatchee River Studio.

The Leavenworth Lions Club

Is serving up Breakfast in The Park each 2nd and 4th Saturday August through September. Come enjoy hearty all you can eat breakfast of pancakes, eggs, and sausage from 7 a.m.-11 a.m. in Lions Club Park.

Elder Speak: Journey to Wisdom Event - A Chance to Connect, Reflect, and Learn

Join us for an enriching afternoon that promises to illuminate your journey through life's complexities. The Elder Speak: Journey to Wisdom Event is scheduled for September 10, from 2 to 4 p.m., at the Snowy Owl Theater, Leavenworth. Esteemed community members Liz Saunders, Pat Turner, Andre Nowacki, Dick Ryan, and Julie Ryan will each share a personal experience from their lives and the profound wisdom they've gained from those moments. Their stories will resonate with you and offer insights that can shape your own journey. www.theripplefoundation.org

CHELAN COUNTY SHERIFF FIRE & EMS REPORTS

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 11

- 02:48 Suspicious Circumstance, 102 Titchenal Way, BJ's Shell
- 09:31 Civil Dispute, 115 E. Pleasant Ave.
- 10:28 911-call, 817 Pioneer Ave.
- 11:28 Suspicious Circumstance, 318 Elberta Ave.
- 13:22 Suspicious Circumstance, 7564 Otis Rd., Dryden
- 13:40 Parking/ Abandoned Vehicle, 8000 block Stine Hill Rd., Dryden
- 14:50 Fraud/ Forgery, 4736 Mission Creek Rd.
- 16:00 Suspicious Circumstance, 210 River St.
- 19:27 Alarm, 404 Pioneer Ave., LE Wilson
- 19:49 Noise Complaint, 9025 Nahahum Canyon Rd.
- 19:55 911-call, 8660 Nahahum Canyon Rd.
- 20:37 Noise Complaint, 9100 block Nahahum Canyon Rd.

August 12

- 05:17 Warrant Arrest, 222 Cottage Ave
- 06:32 Trespassing, 102 Titchenal Way, BJ's Shell
- 09:06 Parking/ Abandoned Vehicle, 7750 Stine Hill Rd.
- 12:24 Public Assist, 5605 Wescott Dr.
- 12:34 Domestic Disturbance, 8780 Deadman Hill Rd., Dryden
- 12:51 Domestic Disturbance, 5605 Wescott Dr.
- 18:21 Public Assist, 314 Woodring St.
- 20:15 Hazard, 5500 block Tigner Rd.
- 22:21 Noise Complaint, 312 Elberta Ave.

August 13

- 14:27 Non-injury Accident, 5798 Pioneer Dr.
- 19:06 Noise Complaint, 314 Riverside Dr.
- 20:31 Noise Complaint, 314 Woodring St.
- 20:51 Trespassing, 7272 Deadman Hill Rd., Dryden

August 14

- 09:53 Theft, 320 Cottage Ave.
- 11:44 Suspicious Circumstance, 4265 Old Monitor Rd., Monitor
- 15:04 Harassment/ Threat, 300 1/2 Chapel St.
- 17:43 Public Assist, 105 Fasken

- Dr.
- 17:52 Harassment/ Threat, 6994 Brender Canyon Rd.
- 18:24 Extra Patrols, 300 Woodring St.
- 18:50 Disturbance, 6303 Pioneer Dr.
- 23:23 Alarm, 702 Pioneer Ave., Pioneer Market

August 15

- 00:09 Domestic Disturbance, 318 Peshastin St.
- 08:05 Extra Patrols, 6200 block Pioneer Dr.
- 09:23 Civil Dispute, 9230 Olalla Canyon Rd.
- 13:16 CPS/ APS Referral, Cashmere area
- 14:39 Agency Assist, Aplets Roundabout
- 16:21 Agency Assist, 423 Cottage Ave.
- 16:22 Parking/ Abandoned Vehicle, 7900 block Stine Hill Rd., Dryden
- 18:26 Public Assist, 130 Titchenal Way, Martin's IGA Market
- 19:20 Traffic Offense, 102 Titchenal Way, BJ's Shell
- 20:14 Agency Assist, US Hwy. 2 MP 106, Dryden
- 22:36 Public Assist, 102 Titchenal Way, BJ's Shell

August 16

- 11:06 Public Assist, 8703 Alice Ave., Dryden
- 11:09 Parking/ Abandoned Vehicle, 8410 Main St., Dryden
- 15:04 Non-injury Accident, 401 Aplets Way
- 16:50 Theft, 300 Sunset Hwy., Crunch Pak
- 18:52 Court Order Violation, 2930 Mission Creek Rd.

August 17

- 03:12 Disturbance, 817 Pioneer Ave.
- 06:54 Trespassing, 8100 block Stine Hill Rd., Dryden
- 09:45 Suspicious Circumstance, 125 Cottage Ave., Joyful Scholars
- 10:34 Fraud/ Forgery, 5688 Airport Rd.
- 15:58 Suspicious Circumstance, 7900 block Stine Hill Rd., Dryden
- 20:48 Weapons Violation, 4900 block Kelly Rd., Monitor
- 21:39 Diversion, 7652 Stine Hill Rd., Dryden

BUSINESS & SERVICE Directory
 Add your business or service to this directory: 509-548-5286

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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

The Washington Outdoors Report



Nick Burson and Marc McPherson on the summit of Mt. Adams.

PHOTO BY NICK BURSON



Burson and McPherson making their way down from the summit of North Sister

PHOTO BY NICK BURSON

The Mountain Men

By JOHN KRUSE

I first spoke with Nick Burson and Marc McPherson in 2017. Nick and Marc are both law enforcement officers who work and live in Central Washington. Nick is a Corporal at the Kittitas County Sheriff's Office and Marc serves as a Lieutenant for the Central Washington University Police Department. The two are dedicated law enforcement officers but when they aren't working, they love to climb to mountains and do so like nobody else.

In the summer of 2017 the two summited Washington's five volcanos (Mt. Adams, Mt. St. Helens, Mt. Rainier, Glacier Peak and Mt. Baker) in five and a half days. It seemed like the accomplishment of a lifetime, done in a nearly non-stop fashion and going one 36-hour stretch without any sleep at all.

However, two weeks ago, Nick reached out to me again to let me know he and Marc had done not one better, but

seven better, scaling twelve summits in three states in less than twelve days between July 23 and August 2. Nick told me their goal was to summit all twelve volcanos of the Cascade Mountain Range over 10,000 feet in 11 days.

Nick and Marc had been looking for a new challenge since 2017 that was in Nick's words, "Bigger and better and a little more challenging than what they did before." That's how they came up with the idea of scaling these peaks in Washington, Oregon and California in less than 12 days.

The two actually tried to complete this quest last year, summiting Lassen Peak in California but coming up a couple of hundred feet short of the summit of North Sister peak in Central Oregon. The two encountered snow just below the summit that required a technical climb to get through and the two had not brought the equipment with them to do it. The two were faced with hiking back to the trailhead to retrieve the gear they needed to make it to

the summit and realized the weather was deteriorating on the top of the mountains they planned to climb next. With their timeline blown, they resolved to try again this year.

Shortly after midnight on the morning of July 23 the two men set out from the Pole Creek Trailhead towards North Sister, the peak that defeated them the previous summer. They encountered the same treacherous snowfield below the summit they found last year but with the right gear, they were able to traverse it and reach the peak. The two then summited the peak of Middle Sister from the same trailhead that brought them to North Sister. They then hiked back to their vehicle and drove to a different trailhead, setting out for the peak of South Sister that evening and managed to make it to the top before midnight, tagging all three peaks in less than 24 hours.

It was a great start to the expedition and more than most mere mortals would ever dream of doing in two or three days. After running back to

the trailhead, they slept in the campsite there for a few hours before driving south six hours to the trailhead that would take them to Lassen Peak in California. After bagging Lassen Peak, they drove north to Mount Shasta, slept for 90 minutes and began making their way towards the top of this iconic Northern California mountain shortly before midnight. The following day they reached the summit of Shasta and returned to the trailhead to make an hour-long plus drive to another trailhead that would lead them towards little known Mount Shastina. Burson explained few people climb this mountain and there were really no defined trails to the top but they managed to make it there late on their third day, conquering six mountain peaks in 72 hours.

The next day the duo rested some and traveled to the base of Mount Jefferson in Central Oregon. It was a mountain they had summited before but the route they were taking this time was unfamiliar, and hiking the trail in the dark with

their headlamps, the two lost the trail. What was supposed to be a 14-mile hike to the top of the mountain instead turned into a 20-something-mile-long trek. McPherson said in addition to the long trek Mt. Jefferson is challenging because you also have to do some rock scrambling, traverse snowfields and do some technical climbing before you reach the summit, after which you have to rappel down cliffs to safer ground.

After this very long day McPherson and Burson headed towards Mount Hood in Northern Oregon. The latest climbing report from the rangers there were three weeks old with a recommendation of not climbing the mountain. However, buoyed by their success on Mount Jefferson, the two went anyway. They had the mountain to themselves and made the summit where they only stayed a short time, being buffeted by 50 mph winds, before heading back down.

The two next bagged Mount Adams during an uneventful

climb, tagged Mount Rainier after setting out on a morning climb to reach the summit at sunset, normally it's done the other way to reach the summit at sunrise, and then it was on to Glacier Peak, which was a long hike covering 38 miles round trip from the trailhead to the summit and back.

On the tenth day they began their climb up Mount Baker, their final destination. They reached the summit by 5 p.m., which they had to themselves to savor their accomplishment for an hour before heading back to the trailhead where they checked the clock and found they had completed their epic quest in 10 days, 23 hours and 51 minutes. It will be interesting to see what kind of mountain climbing challenge the two will take up next. I'll share the details of the next expedition with you when it occurs.

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

NCESD Board of Directors call for 2023 elections

SUBMITTED BY BECCA FREIMUTH

The North Central Educational Service District (NCESD) has announced a call for Board of Directors. Candidates must file their declaration of candidacy between September 1, 2023, and September 16, 2023. The following districts within the NCESD are seeking

candidates; each term is 2024 - 2028 and begins January 2024:

- District 2 represents Cascade, Cashmere, Entiat, Lake Chelan, Manson, and Stehekin School Districts.
- District 4 represents Ephrata, Quincy, Soap Lake, Warden, and Wilson Creek School Districts.
- District 6 represents Eastmont School District and

the southern portion of the Wenatchee School District.

North Central ESD covers just over 12,600 miles and provides services to schools in Chelan, Douglas, Okanogan, and Grant Counties serving over 44,000 students. The Board is composed of seven regionally elected members.

A person is eligible to be a candidate for membership on

an educational service district board of directors if he or she is a citizen of the United States, a registered voter, resides within the boundary of the board member district for which they are applying and is not a school district employee, member of a board of directors of a school district or on the State Board of Education.

Anyone interested in filing for candidacy can contact Dr. Michelle Price, Superintendent

of NCESD, at 509-665-2628 for more information. The elections process will be completely online via the Washington State School Directors' Association. Learn more and file candidacy at www.wssda.org.

About North Central Educational Service District: The North Central Educational Service District provides a wide array of programs, services

and support to the 29 public school districts in the North Central Washington region of Chelan, Douglas, Grant and Okanogan County. The service district provides professional and timely tools to meet the needs of individual schools and districts, and a reliable point of education-related information for the communities served. The NCESD is one of nine respected educational service districts in Washington state.

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



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

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.



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA

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

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

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

LEAVENWORTH CHURCH OF THE NAZARENE

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

SEVENTH DAY ADVENTIST CHURCH

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



SPIRIT LIFE CENTER

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

MONITOR



MONITOR UNITED METHODIST CHURCH

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

PLAIN 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.com
www.newlifeleavenworth.com



PLAIN

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Choosing a Decongestant for Allergy Symptoms

Yesterday, my sister-in-law Ann called me for advice. She's suffering from allergies.

"My nose is SO stuffed up, I have to breathe through my mouth. I've been taking a decongestant, but it isn't working. Can you develop an immunity to Sudafed?"

"When you got the last box of Sudafed®, did you pick it up off the cough and cold shelf, or did you have to sign something before buying it?"

"I got it from the cough and cold section of the grocery store."

"The Sudafed® found on the shelves of the cough and cold medicine sections of pharmacies and grocery stores today is not the Sudafed® that you remember. The name on the box is a little different, too. It's now Sudafed PE® instead of Sudafed®.

Ann, you're not getting the relief you used to get because you're not taking the same medicine. Your older version of Sudafed® contained pseudoephedrine. The formula you bought off the shelf, called Sudafed PE®, contains phenylephrine. While it's true that pseudoephedrine and phenylephrine are both decongestants designed to relieve stuffy nose symptoms, the newer version isn't as effective."

There are two reasons for this. One reason is that the over-the-counter version of Sudafed PE® is less effective than its original formula. Another reason is not everyone absorbs the entire dose of Sudafed PE®. Some of it gets left behind in their gut instead of going into their bloodstream to help their nasal congestion symptoms.

Phenylephrine and pseudoephedrine are equally effective as nasal decongestants when taken as a 30mg tablet. Unfortunately, phenylephrine can cause high blood pressure and strokes when taken at that dose. For public safety, the Food and Drug Administration (FDA) limited the amount of phenylephrine to 10mg, just one-third of its effective dose. Sudafed PE® is unlikely to cause serious side effects but

is also unlikely to give as much relief from a stuffy nose as its older cousin, pseudoephedrine.

Phenylephrine is sold as Sudafed PE® tablets, syrup, and Neo-Synephrine® nose spray and drops.

Why was an effective non-prescription decongestant medicine replaced with a "wimpy" one? Because pseudoephedrine is a critical ingredient in making methamphetamine. In 2005, the USA Patriot Act restricted the sale of crucial components, called precursors, used to manufacture methamphetamine, to combat meth production, trafficking, and abuse.

The compounds identified as methamphetamine precursors were ephedrine, phenylpropanolamine, and pseudoephedrine (the generic name of Sudafed®). Beginning on September 30, 2006, products containing any of these were kept "behind the counter" in pharmacies or under lock and key by grocery stores and other vendors.

To fully address Ann's allergy symptoms, she needs more than just a switch to the older version of Sudafed®. In addition to a decongestant, Ann should also include an antihistamine. When you're suffering from both a runny nose and a stuffy nose, some antihistamines are better at relieving those symptoms than others.

Newer antihistamines like Claritin® and Allegra® cause less drowsiness but don't help dry up a runny nose (rhinorrhea) as effectively as older drugs. Zyrtec®-D (cetirizine plus pseudoephedrine) and Actifed® (triprolidine plus pseudoephedrine) are my favorites to address both a runny and stuffy nose from a common cold or allergies. These combination medications don't usually cause drowsiness and work well to dry up a runny nose.

Actifed® can be hard to find, as many younger pharmacists have never heard of it. You'll need to ask for it behind the counter. It's generic version, Apridine® from Major®



Ask...

Dr. Louise

Pharmaceuticals, has been unavailable for most of this year. Luckily, when I asked my pharmacy if they could order it this week, it's available again, just in time for ragweed season!

Here Are 5 Tips for Using a Decongestant Effectively:

1. Don't use a decongestant to treat a runny nose.

A decongestant can relieve a stuffy nose but often worsens a runny nose. Use an antihistamine instead for allergy symptoms.

2. Avoid phenylephrine tablets and nose spray.

More effective decongestant choices, such as the older form of Sudafed® (pseudoephedrine) as tablets and Afrin® (naphazoline) as a nasal spray, are available.

3. Avoid oral decongestants if you have high blood pressure.

Use just an antihistamine alone, or a decongestant nasal spray like Afrin® (naphazoline).

4. Limit the use of decongestant nose sprays.

Avoid using any decongestant nasal spray for more than 3 days in a row to avoid triggering "rebound", a worsening of your stuffy nose symptoms.

5. Use an antihistamine PLUS a decongestant to relieve both a stuffy and runny nose.

Adding an antihistamine will relieve overall allergy symptoms and dry up a runny nose.

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

Energy efficiency incentives prove popular with customers

SUBMITTED BY RACHEL HANSEN

Growing interest in Chelan PUD's energy rebate program prompted a commission vote to increase funding by about \$3 million on Monday, August 7. Chelan PUD offers customers cash back on energy-efficient improvements to their home or business, including windows, insulation, lighting, or heating, ventilation and air conditioning (HVAC). Since 2010, customers have saved nearly 25 megawatts of energy, enough to power 12,500 homes.

The benefits to customers are many: More comfort, lower electricity bills, and in some cases, increased value of their home or business. The rebate program also supports jobs and the local economy. For every

\$1 Chelan PUD pays in energy efficiency rebates, it earns about \$1.70 back by selling hydropower on the wholesale energy market. Revenues from energy sales allow customers to pay some of the lowest rates in the nation - 3.4 cents per kilowatt hour, which is about half of the cost to produce and deliver electricity.

"This is the single most visible win-win as a utility that we do for customers on an ongoing basis," Board President Randy Smith said.

In 2022, interest waned in energy efficient upgrades due to inflation and supply chain issues. At the same time, the value of hydropower increased on the energy market. In response, Chelan PUD offered higher rebate incentives.

In 2023, participation in the rebate program by residential customers nearly doubled. The cities of Cashmere and Wenatchee approached Chelan PUD with opportunities to fund large-scale energy efficiency upgrades at two wastewater treatment plants.

"Our customers are their constituents, and if they can lower their overhead costs, they can spend those tax dollars somewhere else," said Andrew Grassell, energy development and conservation manager.

With the \$3 million budget increase, the rebate program budget is now about \$7.67 million. For more information about the energy efficiency rebate program, visit chelanpud.org/save.

Community Foundation Accepting Applications for Grant Programs

SUBMITTED BY JENNIFER DOLGE

The Community Foundation of NCW is now accepting applications for its Regional Impact Grant (RIG) and Woods Family Music and Arts Grant.

The RIG is an annual grant program open to nonprofit organizations and public agencies that address community needs in Chelan, Douglas, and Okanogan counties (excluding the Methow Valley). Organizations that are 501(c)(3) public charities headquartered in these counties are eligible and encouraged to apply for unrestricted, core operating support.

Government agencies (excluding schools), tribal agencies, faith-based organizations, fiscally sponsored programs, or a 501(c)(3) public charity serving the region but headquartered outside of NCW are eligible for funding to support specific programs or projects that meet our Grant Guidelines and Policies.

The funding request, \$6,000-\$14,000, is determined by the budget size of the organization. The Foundation strives to award a balanced number of grants across budget sizes based on the total funding available and the number of applications received per budget range.

The Woods Family Music & Arts Grant is open to 501(c)(3) nonprofit organizations, or fiscally sponsored programs, and public schools in Chelan, Douglas, and Okanogan counties, excluding the Methow Valley. Up to \$5,000 is available to support initiatives such as equitable access to arts and culture for youth, expand and increase access to underrepresented audiences, programs that celebrate the rich and diverse culture of NCW, and operating support for high-quality art programs.

The deadline for the RIG is September 15. The deadline for the Woods Grant is September 30. Learn more and apply

online at www.cfncw.org/grants.

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties.

Established in 1986, the Community Foundation manages \$130 million in assets through 600+ individual funds and has awarded over \$55 million in grants and scholarships.

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City Council Meeting

CONTINUED FROM PAGE A1

Final approval for Phase II of the Freedom Hills subdivision was unanimously approved. Tammy Miller, Cashmere's Permit Specialist told the Council that this is the last part of the subdivision, and that road is a private drive, that the city will not need to maintain or plow. Council member, John Perry, asked about the ownership of the water and sewer lines that are buried under the road. Miller responded that the city owns them and is responsible for their maintenance and has an easement allowing access to that infrastructure.

Mayor Jim Fletcher presented a draft ordinance to the Council that would change the city code in an attempt to clarify ownership of water and sewer lines. According to City documents, "there have been situations where older water and sewer lines were not accurately recorded and have been found on private property" and the existing code "contains an unclear description of what water mains and sewer mains the city owns and would be responsible for locating, repair and maintenance."

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- RECORD
- MIRROR
- HERALD

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- ECHO
- RECORD
- MIRROR
- HERALD

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- MIRROR
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Public Notices

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON 108 1st Ave South, Suite 450 Seattle, WA 98104 Trustee Sale No.: WA-22-946999-BB Title Order No.: 220595983-WA-MSW Reference Number of Deed of Trust: Instrument No. 2495162 Parcel Number(s): 222010525090 Grantor(s) for Recording Purposes under RCW 65.04.015: KRISTY N RIEVE, AN UNMARRIED PERSON Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): NEWREZ LLC D/B/A SHELLPOINT MORTGAGE SERVICING Current Trustee of the Deed of Trust: QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON Current Loan Mortgage Servicer of the Deed of Trust: NewRez LLC, f/k/a New Penn Financial LLC d/b/a Shellpoint Mortgage Servicing I. NOTICE IS HEREBY GIVEN that QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON, the undersigned Trustee, will on 9/22/2023, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: THE EAST 60 FEET OF LOTS 7 AND 8, BLOCK 2, COLUMBIA HEIGHTS ADDITION TO WENATCHEE, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 1 OF PLATS, PAGE 97. More commonly known as: 520 SPOKANE ST, WENATCHEE, WA 98801-2949 Subject to that certain Deed of Trust dated 4/25/2019, recorded 4/29/2019, under Instrument No. 2495162 records of CHELAN County, Washington, from KRISTY N RIEVE, AN UNMARRIED PERSON, as grantor(s), to FIRST AMERICAN TITLE INSURANCE COMPANY, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. AS NOMINEE FOR CALIBER HOME LOANS, INC., ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to NEWREZ LLC D/B/A SHELLPOINT MORTGAGE SERVICING, the Beneficiary, under an assignment recorded under Auditors File Number 2571595 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$23,593.81. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$175,763.09, together with interest as provided in the Note from 1/1/2022 on, and such other costs, fees, and charges as are due under the Note, Deed of Trust, or other instrument secured, and as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 9/22/2023. The defaults referred to in Paragraph III must be cured by 9/11/2023 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 9/11/2023 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 9/11/2023 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above. and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 4/4/2023. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You may be eligible for mediation. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-568-4267 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/foi/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-806-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-22-946999-BB. Dated: 5/9/2023 QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON, as Trustee By: Jeff Stenman, President Trustee's Address: QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON 108 1st Ave South, Suite 450, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-946999-BB Sale Line: 800-280-2932 or Login to: <http://www.qualityloan.com> IDSPub #0185786 8/23/2023 9/13/2023. Published in The Cashmere Valley Record/Leavenworth Echo on August 23, and Sept. 13, 2023. #5737

Public Notices

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold a public hearing on September 6, 2023 at 7:00 PM in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington and via Zoom (<https://zoom.us/j/91659264393?pwd=L1JFa0NGemcrK0hPVFY5aQVUQ2Jqdz09>) to take public testimony on Amendments to City of Leavenworth Code 18.56.120 Conditional use Permit - Bed and Breakfast regulations. The City determined that these amendments are exempt from State Environmental review pursuant to WAC 197-11-800(19). Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Community Development at City Hall, phone 509-548-5275 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/Cashmere Valley Record on August 23, 2023. #6171

Public Notices

NOTICE OF APPLICATION AND PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make a decision on a Variance application. Hearing will be held at 10:00 am, Tuesday, October 31, 2023, online via Zoom, Meeting ID: 972 5986 9142; Passcode: 2985; Or the call-in phone number: 1-253-215-8782. LUA/VAR 2023-032: Request for a variance from Leavenworth Municipal Code Section 18.36.035 which states "accessory dwelling unit must be connected to the water and sewer utilities of the city, and shall have separate services for any accessory dwelling unit greater than 900 square feet in area." The project is located at 119 Birdhouse Lane, Leavenworth, WA, within the Residential Low Density 6,000 zoning district; Assessor's parcel number 241711840060. The public is encouraged to attend via zoom and to submit written comments prior to the hearing. Materials may be viewed by appointment at City Hall, or on the City's Public Portal at <https://lvnworth.wa.permittrax.com/PermitTrax>. Search LUA2023-032, the property address, or use the interactive map feature to access the file. For additional information, please contact Liith Vespier, Director, Community Development Department at (509) 548-5275, or vespier@cityofleavenworth.com. Published in The Leavenworth Echo/Cashmere Valley Record on August 23, 2023. #6167

Public Notices

CITY OF CASHMERE NOTICE OF APPLICATION SHORT PLAT-SP2023-001CA Name of Applicant: Cashmere Assembly of God Application Number: SP2023-001 CA Date of Application: August 8, 2023 Date Notice of Application Issued: Wednesday, August 23, 2023 Description of Proposal and Project Permits: The applicant, Cashmere Assembly of God, is proposing a short subdivision to divide approximately 20.57 acres into two (2) lots. Lot "1" will be approximately 16.19 acres in size and Lot "2" will be approximately 4.38 acres in size. The property is located at 5800 Kimber Rd, Cashmere, WA in Chelan County, Washington. The Chelan County Assessor's Parcel # is 23-19-05-219-750. • Lot 1 - Retain existing church building. • Lot 2 - Vacant lot to be sold for future development Requested Approvals, Actions and/or Required Studies: The approval of a short subdivision for two lots. Other Permits Not Included, To the Extent Known: None Existing Environmental Documents and Where They Can Be Reviewed: Pursuant to Section 18.04.110 this project is exempt from the environmental checklist review process. Statement of Public Comment Period: The 14-day comment period commences on Wednesday, August 23, 2023 and lasts through Wednesday, September 6, 2023. Any interested person/party has the right to comment on the proposal, request a copy of the decision once it is made, and may appeal the decision subject to the requirements of the CMC Title 14.11.010, Appeal of Administrative Interpretations and Approvals. Statement of Preliminary Determination: The development regulations that will be used for the project mitigation and to provide consistency with the type of land use for the proposed site, are outlined in Titles 15, 16, 17 and 18. Statement of Decision Timeline: A decision on this application will be made within 120 days after issuance of the letter of completeness, pursuant to RCW 36.70B and the CMC Title 14 Development Code Administration. City Contact Person: For further information about this project, please contact Tammy Miller, at City Hall, 101 Woodring Street, Cashmere, WA 98815, or by calling 782-3513. Published in The Cashmere Valley Record/Leavenworth Echo on August 23, 2023. #6177

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

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1. Out of harm's way
5. Street, in Paris
8. Citric or sulfuric one
12. *Female gamete
13. Comedian Carvey
14. Excessively fat
15. Trunk extension
16. Wading bird
17. Savory jelly
18. *Distance per unit of time
20. Prep a salad
21. Omit or suppress
22. Hair goo
23. Preterm infant, colloquially
26. Free from slavery
30. Rapid escape
31. Lady slipper, e.g.
34. Ruptured
35. Goodbye, in Puerto Vallarta
37. Long, long time
38. Greek Bs
39. "Cheers" regular
40. Sheep's coat
42. Over the top, in text messages
43. Tangle up
45. a.k.a. sea hawk
47. U.N. workers' grp.
48. Xbox user, e.g.
50. Zero, on a court
52. *Vertical distance
55. Pavarotti, e.g.
56. *Radical, in math
57. Smidgen
59. *Chemically inactive
60. With competence
61. Countess' husband
62. *Ammonia or baking soda, e.g.
63. ___ canto
64. Proofreader's mark

1. Source of light, in Spanish
2. Tel ___ , Israel
3. Cloud of particles
4. Bald Eagle to Americans, e.g.
5. Fanatical
6. Rallying cry to the workers of the world
7. ___-peasy
8. * ___ zero, lowest possible temperature
9. Large edible mushrooms
10. Osiris' wife
11. Yuletide mo.
13. Chancier
14. Like Cheerios
19. Mixtures
22. Cowboy's shoe prod
23. *Two-dimensional shape
24. *Radioactive noble gas
25. Middle Eastern V.I.P.s
26. Collier's office
27. *Energy-converting device
28. Very angry
29. Easily irritated
32. *Basic unit of life
33. Tiller's tool
36. *Plant- and animal-eater
38. Continually annoy
40. Back, to a pendulum
41. State of harmony
44. Heads-up
46. Prigs
48. Shakespeare's theater
49. *Model of Earth
50. Diva Horne
51. Change for a five
52. Saudi, e.g.
53. "Doggone it!"
54. Hibernia
55. *Tebitybe abbreviation
58. Deli order

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