



## Upper Valley Empty Bowls is Back



The four members of the Swoboda family on the right and friends get creative at a past Upper Valley Empty Bowls Glazing Days event.

BY DIANE PRIEBE

Leavenworth's beloved Upper Valley Empty Bowls (UV Empty Bowls) celebration will be back in all of its glory in 2023! The UV Empty Bowls Festival is the most important yearly fundraiser for Leavenworth's Community Cupboard food bank. All proceeds from the Upper Valley Empty Bowls Festival are donated, which total over \$15,000 each year. This donation funds over 50 percent of the food bank's budget each year, helping to stock its food shelves and provide food boxes to over 1000 local households annually.

After a COVID-related pause in 2020, and a modified Community Soup

Supper in 2021, UV Empty Bowls will return with four celebrations in 2023. Mark your calendars!

### Glazing Days January 20-24

The events get started with the Glazing Days, beginning on Friday, January 20 (12-8:00 p.m.) and Saturday, January 21-Tuesday January 24 (10 a.m.-8 p.m.) in the Woodpecker Room at the Sleeping Lady Mountain Resort. The community is invited to paint bowls during the glazing days, then the bowls will be fired and picked up at the Community Soup Supper in March. All ages are welcome,

no experience is necessary, and volunteers are on hand to offer advice. While at the glazing days, be sure to visit the table of local artists at work decorating beautiful bowls for the UV Empty Bowls Artist Bowl Auction in March.

### UV Empty Bowls Artist Bowl Showcase and Gala Celebration March 5

View the spectacular UV Empty Bowls online auction bowls in person by attending the annual UV Empty Bowls Artists' Showcase and Gala Reception. Music, wine, appetizers, community, local artists, and a

chance to win a raffle bowl. This event will be held Sunday, March 5. Stay tuned for details.

### Online Artist Bowls Auction March 13-22

Don't miss the 27th annual UV Empty Bowls on-line auction of bowls and platters hand painted by local artists. From March 13-March 22, nineteen bowls designed and created by local artists and potters will be available for bidding online at the Upper Valley Empty Bowls website ([www.uvemptybowls.org](http://www.uvemptybowls.org)). Each masterpiece is also available for immediate purchase with a "buy it now" price.

### Community Soup Supper March 23

The final event of the UV Empty Bowls Festival is the community soup supper in the Leavenworth Festhalle on Thursday, March 23. The soup supper brings hundreds of members of the community together to collect their finished bowls and enjoy a simple meal with family and friends. Food for this event is donated by local restaurants, bakeries, and grocery stores in our community.

The UV Empty Bowls Festival committee is blessed to have so many local potters, artists and community members as active participants and supporters of this annual event. Please join us as we help feed our community's hungry, strengthen community and celebrate the arts through the Upper Valley Empty Bowls Festival!

For more information, go to [www.uvemptybowls.org](http://www.uvemptybowls.org), or call the UVMEND office at 509-548-0408.

## Cashmere City Council Meeting

BY KIRK BECKENDORF

Correspondent

Snow removal may initially be slower than normal in Cashmere, Mayor Jim Fletcher announced at the Nov 28 City Council meeting. He explained that public works is short one employee. Director of Operations, Steve Croci said he was seeking to hire 1 or 2 on-call non-benefited snowplow operators, who have municipal snow plowing experience and the required CDL license. The Council unanimously approved the request. Stephenson commented that there are still a lot of people parking on the streets.

With a 3:2 vote, the Cashmere City Council approved a tax levy which will result in a 1% increase in general city property taxes in 2023. The increase will provide the city with an additional \$7,167 in revenue. The 3:2 vote followed two tied 2:2 votes. One vote was for a 0% increase and the other for the 1% increase. After the two tied votes the City Clerk-Treasurer explained to the Council that if they did not pass one of the two options by Nov 30 the city would lose substantial funding from the county. City Councilwoman, Shela Pistoresi, who was not in attendance, was called and joined via Zoom and cast the tie breaking vote. John Perry and Jayne Stephenson also voted in favor of the 1% increase. Chris Carlson and Derrick Pratt were opposed to the increase.

A Public Hearing was held prior to the vote, but no member of the public provided any comments. The Council members engaged in substantial discussion before the final vote. Stephenson asked what were Fletcher's reasons for recommending the increase and how much of an increase in taxes could a homeowner expect. According to Fletcher, and city documents, the increase will result in approximately \$1.50 more taxes to be paid per \$100,000 in property value. Fletcher explained that at some point in time the city must have more money to pay for pools, parks and other services that residents want. Inflation is resulting in higher city costs, including higher fuel and other cost, the fire dept is asking for an increase of \$30,000 to maintain and improve their operations, salaries have increased, contracts with law enforcement and others have increased. Fletcher added that with the city only voting for a 1% increase each year, its budget falls behind inflation. "Overtime inflation has very slowly caused us to reduce services." For a while the city tried to operate with one fewer employee, but found it was not getting as much stuff done. Fletcher said that we want to provide more services like described in the Parks' plan and that residents want. He said that he looked at his personal property tax records, according to Fletcher he is only paying about \$16 more in property tax to the city than he was 10 years prior, which he argued is a pretty flat rate increase.

Responding to an additional question from Stephenson, Fletcher reminded the Council that two years ago the Council had voted to not increase taxes, but last year there was a 1% increase.

Carlson said he understands all of that, but he was voting against the increase. He told the others that he has a budget that he has to live within, and he can't just go and ask for more money but he has to cut how much he spends. He argued against the increase because the community is coming out of Covid, the increased costs that citizens are having to pay due to inflation and a new gas tax that is set to begin in 2023. He further explained that on the horizon are increases in water and sewer fees, and an increase in the cost to the city of the law enforcement contract. He explained that he recently received his property tax bill and that it went up a lot. He clarified that he knows Cashmere doesn't receive much of the property tax money. Carlson summarized that "times are tough" and he suggested that the city reduce programs that are not necessary, Pratt agreed.

Describing why he was voting for the increase, Perry said he did not want the city to reduce services and that without an increase in city revenue the city would be further behind in its budget.

CONTINUED TO PAGE A2

## WRI announces new Executive Director

SUBMITTED BY RANDEE ZERGER

The Wenatchee River Institute (WRI) announces their next Executive Director.

Back in August, WRI announced the retirement of Carolyn Griffin-Bugert, Executive Director of 4 years. Now, after a robust search and interview process, WRI is excited to announce their new Executive Director, Canuche Terranella of Leavenworth, Washington.

Terranella says, "Carolyn has built a great track record of connecting people, communities, and the natural world at WRI. I

look forward to continuing the great work and to find new connections and opportunities to expand the reach of our community."

Terranella and his family settled in Leavenworth a few years ago and quickly became an integral part of the community. He showed his commitment to WRI early on, as a donor, advocate, parent, volunteer, and board member, always having the best interests of the organization at heart, and a dedication to our mission clearly at the fore.

Terranella comes to WRI with over 10 years of senior management experience, including deep

experience in complex organizational management, people management, and strategic planning and implementation. He has a master's degree in sustainable business, a bachelor's degree in biology, and a background in teaching.

The WRI Team would like to thank you for your support of WRI and its mission to connect people, communities, and the natural world. The future looks bright!

There will be an open house planned in January where you can ask questions and get to know WRI's new Executive Director. Stay updated by visiting: <https://wenatcheeriverinstitute.org/>.



SUBMITTED PHOTO.

Canuche Terranella, New Executive Director at WRI

## Scouts build and donate outdoor pantry house



SUBMITTED PHOTO.

Boy Scouts Connor Karol (pictured left) and Duke Carrier (right) recently delivered a stout pantry to house food for anyone in need to access 24/7.

SUBMITTED BY UPPER VALLEY MEND

It took a year to plan and design and two weeks to build. The result was an impressive outside pantry for the Community Cupboard. Boy Scouts Connor Karol and Duke Carrier recently delivered a stout pantry to house food for anyone in need to access 24/7.

"This was my Eagle Scout project," Connor explained. "You need to get

a certain number of merit badges to rank up. There are more than 200 merit badges and you need 22 to become an Eagle."

Connor got the idea to build an outside pantry for the Cupboard when he was volunteering at Das Thrift Haus a few years ago. He observed that groceries were being displayed

CONTINUED TO PAGE A4

## Christmas in Cashmere rings in the holidays

PHOTO BY LINDSAY TIMMERMANS.

Downtown Cashmere was compact snow and full of festive entertainment and crafts for kids plus holiday shopping Saturday for the Cashmere Chamber's Christmas in Cashmere event. Santa rolled into town escorted by the Cashmere Fire Department. Sure to Rise Bakery offered free cocoa for kids and there were multiple firepits downtown to warm up. There were cold-weather craft booths, live band musicians, face painting, Happy-Letter making, a winter gnome hunt, a Candy cane Lane, the Coca-Cola Polar Bear, food booths and more at the Mission District just around the corner. Many artisans and vendors were able to showcase their gifts for the season and there was a steady flow of shoppers mingling through the stores of town. Pictured are Hattie and Piper Timmermans



See more Christmas photos on Page B-1

### THIS WEEK

Business Directory.....A3	Mike Makes Write.....A4	Classifieds Index
Community Calendar.....A3	Columbia River Drug.....A4	Classifieds.....B2-B3
Sheriff Reports.....A3	Bulldog Scoreboard.....B1	Real Estate Guide.....B3
Church Guide.....A4	Outdoors Report.....B1	Advertising Flyers.....Safeway



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PO Box 39  
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98826  
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# Wenatchee Valley Humane Society has the highest intake numbers in 55 years

SUBMITTED BY JENNIFER BUSHONG

The Wenatchee Valley Humane Society (WVHS) has a record number of animals flooding into the shelter. The after-effects of COVID-19 have left many people struggling to make tough decisions. Surrendering their pets to the Humane Society is one of them. As winter sets in, the numbers are expected to increase. In fact, the intake is the highest in 55 years of saving pets' lives.

The Community Foundation of North Central Washington's (CFNCW) GIVE NCW campaign will ensure our shelter animals have the best possible medical treatment and services available. WVHS will be using this opportunity to raise funds for the shelter and aid in much-needed medical services. WVHS medical clinic offers on-site treatment and care to the animals.

"The Give NCW campaign is a great opportunity

for community members to directly impact the Wenatchee Valley Humane Society in the best way possible," says Dawn Davies, WVHS Interim Executive Director. Imagine a more Humane Society is the statement being used this giving season by WVHS. "Every dollar to the Give NCW campaign is maximized and will make a tremendous difference in a pet's life," added Davies.

For more information on Give NCW or the Wenatchee Valley Humane Society, visit [www.wenatcheehumane.org](http://www.wenatcheehumane.org), email [wvhs@wenatcheehumane.org](mailto:wvhs@wenatcheehumane.org) or call 509-662-9577.

About WVHS: Founded in 1967, the Wenatchee Valley Humane Society is a private, non-profit organization with a mission to serve Chelan and Douglas counties through education, protection, and pet adoptions. WVHS cares for displaced

pets, rescues injured and lost animals, investigates animal cruelties, and finds homes for orphaned animals. WVHS engages in a Pets for Life philosophy by providing low cost spay/neuter programs, periodic vaccination

clinics, and hosting pet food assistance banks to income-qualified residents throughout its community. By caring for pets and the people who love them, WVHS is creating a humane society in the Wenatchee Valley.

## Washington state's COVID-19 response website was Decommissioned Dec. 1

Stay up to date on COVID-19 information on the DOH website

SUBMITTED BY DEPARTMENT OF HEALTH

OLYMPIA - Washington State Department of Health (DOH) decommissioned the Washington State Coronavirus Response (COVID-19) website [coronavirus.wa.gov](http://coronavirus.wa.gov) on Dec. 1, 2022. As of that date, site visitors will be redirected to the DOH COVID-19 landing page at <https://doh.wa.gov/emergencies/covid-19>.

This streamlining of online resources reflects the end of the COVID-19 emergency order and a decrease in web traffic on the coronavirus.wa.gov website. As part of the decommissioning, the public health content on the site will move to the DOH website. DOH is also working with partners to transfer pandemic information to other state agency websites where appropriate.

DOH remains committed to supporting all Washington state communities in the fight against COVID-19 and urges everyone to stay up to date on

their vaccinations to prevent severe illness. Hospitals are operating at higher-than-usual capacity this winter and it has become even more important to utilize preventive measures to ensure there is space for those with critical health needs.

Everyone six months and older should be vaccinated for influenza and COVID-19 to lower the risk of transmission and serious illness. If you have already been vaccinated against COVID-19, make an appointment now to receive your booster. People ages five years and older who had their last COVID-19 shot at least two months ago can get the updated booster. Influenza and COVID-19 vaccines can be safely administered at the same time. By taking just a few precautions, we can gather with our loved ones safely and help prevent the spread of COVID-19 and other serious respiratory illnesses throughout the holidays.

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

## Expect longer ER wait times

Confluence Health ED ask residents to help prioritize patients with severe illness

SUBMITTED BY ADAM MACDONALD  
Corporate Communications Program Manager

Wenatchee - Due to high volumes of community members seeking care in emergency departments, patients are experiencing longer than normal wait times. Far from being only a local issue, this is a state and national challenge that all hospital systems are currently experiencing.

"With the sharp increase in the number of patients seeking care in our emergency departments, patients with less severe illness sometimes are asked to wait significantly longer than normal while priority is given first to patients with life-threatening conditions," commented Dr. Jason Lake, chief medical officer for Confluence Health. "We want to keep patients informed about these longer-than-usual wait times and thank them for their understanding

as our staff and providers work tirelessly to care for patients with the most severe illness first."

Emergency departments across the state and the nation are experiencing longer wait times as they navigate caring for the high volumes of patients with influenza, respiratory syncytial virus (RSV), and other respiratory infections that have surged the last few months, and especially in recent weeks. While these conditions can sometimes develop into illness that requires immediate medical care, very often mild cases can be treated at home with bedrest and over-the-counter medications.

"It is essential that our communities remember that we will not turn away anyone seeking care," continued Lake. "That said, our capacity issues are a real challenge, and longer wait times are inevitable at this time. We are dedicated to providing care to all those in need and appreciate our communities understanding the challenges that we and other hospitals throughout the state are experiencing."

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### Council meeting

CONTINUED FROM PAGE A1

Adding to Perry's comment, Stephenson said she doesn't like having an increase in taxes, but smaller increases are easier to swallow, compared to if the city does not increase them now, but would need to have a large increase in taxes later to pay for services.

In additional business the Council unanimously voted to approve the 2023 budget.

The council unanimously approved moving forward with the annexation process of property in the Evergreen Dr. and Kimber Rd. area. Tammy Miller, Director of Planning & Building described the annexation request was from Christ Church and Marc Spears. Christ Church is requesting 20.55 acres be annexed and Spears has 3.87 acres. Currently the properties are outside of the contiguous city limit boundary, but they would be contiguous if the City also annexed Kimber

Rd from Evergreen Drive and an approximate additional 555' of Evergreen Drive North of Kimber that fronts the Spears property. The parcels have city water and sewer lines along the frontage that is of adequate size and volume that would allow for short plats and subdivisions, that may include approximately 31 new homes. The parcel is currently zoned SR and would be recommend to be rezoned as Multi Family.

Three Out of Scope work authorizations, for approximately \$60,000, for additional services from Woodard and Curran (the contractor managing operations of the city's water and sewer systems) were unanimously approved.

Fletcher told the Council that he would like to have Community meeting this spring to seek citizen input regarding several specific topics: 1) the library being moved to the Riverside Center, 2) Sunset Hwy. development 3) Pool and parks funding.

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**e-mail:**  
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except weekends, or call 509-548-5286

**Contact information**

**Publisher**  
Carol Forhan  
[publisher@leavenworthecho.com](mailto:publisher@leavenworthecho.com)

**Bill Forhan Ex Officio**

**Advertising Sales Manager**  
Carol Forhan 509-548-5286  
[carol@leavenworthecho.com](mailto:carol@leavenworthecho.com)

**Advertising Sales**  
Lindsay Timmermans  
509-860-7301  
[adexec1@ncwmedia.net](mailto:adexec1@ncwmedia.net)

**Reporter/Photographer**  
[Reporter@leavenworthecho.com](mailto:Reporter@leavenworthecho.com)  
509-782-3781

**Main Office**  
509-548-5286  
**Classified / Legal Notices**  
Obituaries/Memorials  
[classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
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**Cashmere**

**Cashmere Library Events**

**Storytime**  
Thursday, December 8 from 10:30-11 a.m.

A fun, interactive time at the Cashmere Library with action songs, fingerplays, rhyming and awesome stories by your favorite librarians. Following Storytime, we often have a craft or bring out special toys for kiddos to play, and families to socialize.

**Clay Creations Make & Take**  
Thursday, December 8 from 2-5 p.m.

Create an ornament, a holiday decoration or something truly unique with air dry clay. We have all the shiny extras to add to your creation and the clay for you to let your imagination explore. Some examples will be out for viewing. Come, make something, and take it home for free. (While supplies last) age group: Preschoolers, Kids (Elementary), Tweens (Middle School) Presenter: Lisa Lawless, Branch Librarian. For more info contact Lisa or Ashley at Cashmere Library (509) 782-3314, cashmere@ncwlibraries.org.

**Digital Holiday Scene Photos**

Thursday and Friday, December 8 and 9, at 1-5 p.m. Great Room. Age Group: Teens (High School), Adults, Kids (Elementary).

**Friends of the Cashmere Library Group**

Friday, December 9 at 2-3 p.m. at the Library Tutoring Corner.

The Friends of the Cashmere Library group meet once a month to hear all about the activities and events the library

is putting on and discuss how to help with improvements to the library and support its programs. Show your love and support of the Cashmere Library by joining our group. Meetings are held once a month on the second Friday. Age group: Adults. Presenter: Lisa & Ashley, Librarians at (509)782-3314, or cashmere@ncwlibraries.org.

**Yoga Storytime**  
Tuesday, December 13 at 10:30-11 a.m. in Library Great Room.

Yoga instructor, Taylor Sweigard, will lead everyone into exhilarating yoga poses while reading fun stories and songs and always ending in a positive affirmation. An uplifting family activity. Age group: Preschoolers, Kids (Elementary) For more info contact Lisa and Ashley, (509)782-3314, cashmere@ncwlibraries.org.

**Bilingual Storytime**  
Tuesday, December 13 at 4:30-5 p.m. in the Library Great Room.

Join us for fun stories, action rhymes, games and crafts that are both in English and Spanish. A great way to introduce your family to the Spanish or English Language.

**Holiday Card Cart- Make & Take**

Wednesday, December 14 from 1-5 p.m. in the Library Great Room.

Use your creativity to create a personal card to give away during the holidays or over the winter. Supplies will be provided for 5 example holiday cards. Staff will be on hand to explain or answer questions. All ages are welcome at this free make and take.

The presenters are Lisa & Ashley, Librarians (509)782-3314, cashmere@ncwlibraries.org.

**Leavenworth**

**Children's Holiday Party at the library**

Join us at the Annual Holiday Children's Party, hosted by the Library at the Leavenworth Friends of the Library at the Leavenworth Library on Thursday, December 8 from 6-7 p.m. There will be a special holiday, Storytime, crafts, and refreshments. All ages are welcome.

**The Leavenworth Women's Exchange annual Christmas party**

Will be held on Wednesday, December 14, at 6 p.m., at the Tumwater room at Icicle Village Resort, 505 Highway 2. The cost of dinner is \$35 per person. Each person brings a small gift (\$15 limit) to exchange. Invite a friend and enjoy an evening of wonderful food, socializing and our renowned gift exchange. For information, entrée choices and reservations, contact Claire Burlingame at 509-548-7142 by Thursday, December 8.

**Celebrate Christmas with the Leavenworth Village Voices**

Join the Leavenworth Village Voices (LVV) for one of three concerts this Christmas season. Come share the magic of the Christmas season with us this year. Performances 2 p.m., Sunday Matinee on December

11 with the Marlin Handbell Ringers at Leavenworth's Snowy Owl Theater. The second concert with LVV and guest artists will be at 7:30 p.m., December 11 at the Snowy Owl Theater. The final concert will be December 17, 7 p.m., at the Numerica Performing Arts Center (PAC) in Wenatchee. Tickets are available in advance at https://www.leavenworthvillagevoices.org/, or at the door. Merry Christmas from your Leavenworth Village Voices.

**Merry Christmas Seniors**

The Leavenworth Senior Center invites all community seniors to join us for a fun traditional ham and sides Christmas lunch, from 12-1:30 p.m. on Wednesday, December 14. Must call for a reservation by December 10. 509-548-6666. \$8 per meal.

**Regional**

**The Cascadia Conservation District**

Regular Board meeting will be in person and call-in / Zoom meeting, held on Friday, December 16, 1:30 p.m. 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, 509-436-1601.

**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.

<b>Nov. 23</b>	19:38 Theft, 206 River St.
<b>Nov. 23</b>	08:04 Parking/ Abandoned Vehicle, Yaksum Canyon Rd.
<b>Nov. 23</b>	08:06 Agency Assist, US Hwy. 2 and Aplets Way
<b>Nov. 23</b>	16:02 Non-injury Accident, 101 Oak St.
<b>Nov. 23</b>	20:06 Property, 115 E. Pleasant Ave.
<b>Nov. 23</b>	21:21 Disturbance, 305 Woodring St.
<b>Nov. 24</b>	08:44 Domestic Disturbance, 2810 Easy St., Monitor
<b>Nov. 24</b>	11:18 Alarm, 5607 Sunset Hwy.
<b>Nov. 24</b>	12:35 Agency Assist, 4841 Mission Creek Rd.
<b>Nov. 24</b>	13:33 Animal Problem, Nahahum Canyon Rd., and US Hwy. 2
<b>Nov. 25</b>	09:38 911-call, 817 Pioneer Ave.
<b>Nov. 25</b>	12:20 Harassment/ Threat, 5351 Binder Rd.
<b>Nov. 25</b>	17:33 Extra Patrol, 5763 Vale Rd., Happy Crop Shoppe
<b>Nov. 25</b>	19:27 Warrant, 92 S. Douglas St.
<b>Nov. 26</b>	07:00 Welfare Check, 210 N. Douglas St.
<b>Nov. 27</b>	00:39 Injury Accident, US Hwy. 2, MP 113 westbound
<b>Nov. 27</b>	00:54 Noise Complaint, 239 Independence Way
<b>Nov. 27</b>	06:02 Welfare Check, 5800 block Goodwin Rd.
<b>Nov. 27</b>	08:55 Non-injury Accident, 4100 block Mission Creek Rd.
<b>Nov. 27</b>	09:28 Parking/ Abandoned Vehicle, Yaksum Canyon Rd.
<b>Nov. 27</b>	12:09 Vehicle Prowl, 403 Norman Ave.
<b>Nov. 27</b>	18:42 Harassment/ Threat, 411 Elberta Ave.
<b>Nov. 23</b>	07:45 Non-injury Accident, US Hwy. 2, and Hay Canyon Rd.
<b>Nov. 23</b>	07:45 Non-injury Accident, Old Monitor Rd., and US Hwy. 2
<b>Nov. 23</b>	15:04 Harassment/ Threat, 300 Tigner Rd., Cashmere Middle School
<b>Nov. 23</b>	17:32 DUI Arrest, Maple St., and Mission Ave.
<b>Nov. 23</b>	20:11 Public Assist, 411 Elberta Ave.
<b>Nov. 23</b>	22:31 Disturbance, 8374 Main St., Dryden
<b>Nov. 29</b>	08:38 Trespassing, 2695 Easy St., Monitor
<b>Nov. 29</b>	15:37 Theft, 109 Cascade Pl.
<b>Nov. 29</b>	22:18 Traffic Offense, Aplets Way and Elberta Ave.
<b>Nov. 30</b>	08:49 Parking/ Abandoned Vehicle, 101 Pioneer Ave., Vale Elementary School
<b>Nov. 30</b>	12:40 Non-injury Accident, 5795 Kimber Rd.
<b>Nov. 30</b>	14:32 Parking/ Abandoned Vehicle, Hay Canyon Rd. MP 1
<b>Dec. 1</b>	00:37 Miscellaneous Call, US Hwy. 2 and Cottlets Way
<b>Dec. 1</b>	01:12 Suspicious Circumstance, 8500 Main St., Independent Warehouse, Dryden
<b>Dec. 1</b>	08:37 Fraud/ Forgery, 2297 Mission Creek Rd.
<b>Dec. 1</b>	09:33 Injury Accident, 9140 Nahahum Canyon Rd.
<b>Dec. 1</b>	10:45 Welfare Check, BNSF Crossing
<b>Dec. 1</b>	10:55 Fraud/ Forgery, 117 Aplets Way, Cashmere Valley Bank
<b>Dec. 1</b>	14:00 Non-injury Accident, 306 Kennedy Rd.
<b>Dec. 1</b>	18:58 Animal Problem, 5240 N. Cashmere Rd.

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**COMMUNITY CALENDAR**

**Wednesday**

**Cashmere Rotary Club:** meets at Cashmere Presbyterian Church hall, noon. Co-presidents Tracy Franklin 509-670-1165 and Kelley Boyd.

**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

**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**

**American Legion Bingo,** first call is at 6:15 p.m. American Legion Hall, 401 Sunset Hwy. Cashmere. Call 509-888-1904 and leave a message for Wiley Collins.

**Sunday**

**CHURCH:** See the church page for local service times and events.

**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,** Meetings at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee Please, RSVP if you want to have lunch. Check-in begins at 11 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

**Tuesday**

**Icicle & Peshastin Irrigation Districts:** Current meeting time 8 a.m. at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 509-782-2561 or tony.iid.pid@ncwi.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 Cottlets 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  
Monday, 7 p.m., United Methodist Church, 418 Evans St.

**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.

**BUSINESS & SERVICE Directory**

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

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# Rainbow Fentanyl: The colors that kill



MIKE  
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Just about everyone loves rainbows. They rank among the visual sights of the natural world as some of its most thrilling and photographed. But leave it to the profiteers and predators among us to introduce a deadly new realm of rainbow exposure that warrants a watchful mindset over those we cherish. It's called Rainbow Fentanyl and every family needs to be aware for it.

Elsewhere in this issue is a safety bulletin issued by the Columbia River Task Force warning the public about the dangers of counterfeit pills laced with Rainbow Fentanyl, a new twist to the deadly synthetic opioid. As the name implies it is deviously disguised as colored candy to make it more appealing especially to children.

As much of the public's attention was riveted on the COVID pandemic and its rising death toll, those caused by drug overdoses rolled along under the radar. In 2021 alone more than 100,000 of our countrymen died of drug overdoses, the leading killer

of Americans between the ages of 18 and 45, according to the Center for Disease Control and Prevention (CDC). Of that number more than 65 percent were fentanyl related. That comes as no surprise considering that fentanyl packs 50 times the potency of heroin and 100 times that of morphine.

A milligram is very small, only one-thousandth of a gram. It takes 28,000 of them to equal an ounce. It takes only two milligrams of fentanyl to deliver a fatal dose.

Families across the nation are dealing with the losses of loved ones from fentanyl overdoses and reliving the "would have, should have, could have" agonies after the fact. Mine included. Recently an 18-year-old niece on my wife's side of the family was found deceased in her college dorm room. The coroner's results identified the cause. She was steady and studious, the last person one would associate with a fentanyl overdose. But she was away from home for the first time, and this was college.

While vigilance of and communication with family and friends is vital, so is preparation in the event of an overdose. For the latter there is the antidote Naloxone also known as Narcan, a nasal spray that, if administered quickly, can keep an overdose victim alive until help arrives.

Do you know that in Washington State citizens can order free Naloxone kits by mail? The website for the Addictions, Drug & Alcohol Institute (ada.i.uw.edu) at the University of Washington has more detail.

The website stopoverdose.org shows locations closest to you where Naloxone/Narcan is available online or in person. The site also tells you what steps to follow for a person experiencing an overdose.

Worried about "getting involved" and accusations of drug possession? The state's 911 Good Samaritan/Overdose Law (RCW 69.50.315) protects both you and the overdose victim from drug possession charges.

The Washington State Department of Health website (doh.wa.gov) offers more information about Naloxone, detailed instructions about helping an overdose victim, and more useful information.

Consult your physician, pharmacist, or county health department, all good sources of factual information in this atmosphere of unreliable sources.

Fentanyl, first created in 1959, is an old painkiller all painted up in a new disguise to lure more partners into its web of addiction. Watch for it. Educate your children and friends about it. And keep Narcan close by. You never know whose life you might save.

# Columbia River Drug Task Force issues Safety Bulletin: Rainbow Fentanyl



Fentanyl chalk

SUBMITTED BY JESSICA PETERSON

On behalf of the Columbia River Drug Task Force we want to make the public aware of different colored Fentanyl or what is considered "Rainbow" Fentanyl that has been confiscated by law enforcement in the Wenatchee Valley within the last month. CRDTF detectives have seen pictures of this multi-colored Fentanyl on suspect's phones who reside in the Wenatchee Valley.

We want the public to be aware of this latest trend as the



Rainbow fentanyl pills

Fentanyl looks very similar to candy or children's vitamins. Also, there have been drug seizures in Washington State, specifically in Eastern Washington, of colored Fentanyl powder that looks similar to colored chalk. We believe it will only be a matter of time before this type of Fentanyl will also make its way into our community.

We urge the public to talk with your children about the dangers of drugs, to include not ingesting any type of pill that is not prescribed by



Purple fentanyl pills

a Doctor, and not trying or experimenting with any pills or powder that are given to them by an acquaintance, friend, or family member. Fentanyl is an extremely dangerous substance. For more information on the dangers of Fentanyl and to learn more please visit the following websites.

<https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans>  
<https://www.dea.gov/onepill>

# Christmas Tree Fire Safety

SUBMITTED BY WA STATE FIRE MARSHAL'S OFFICE

**Olympia** - At Christmas time many families in Washington State enjoy gathering around the tree to celebrate the holiday season and reflect on the past year. As you prepare for the holiday, the Washington State Fire Marshal's Office wants you to know that a small fire involving a Christmas tree can grow very quickly.

When picking, placing, and lighting your Christmas tree, follow these tips to increase fire safety:

- Select a tree that is fresh and has green needles that do not fall off when touched
- Cut two inches from the base of the tree trunk before placing it in the tree stand

- Keep all heat sources at least three feet away from the tree. This includes fireplaces, portable heaters, and candles. Heat sources too close to the tree cause more than one in every five of home fires.
- Do not block exits or exit pathways with the tree.
- Add water to the tree stand reservoir daily to keep the tree hydrated.
- Use lights that are listed by a qualified testing laboratory, and select the type appropriate for the location of the tree. Some lights are to be used only in indoor or outdoor settings.
- If using an extension cord for you tree lights, avoid putting cords under rugs and carpets, across doorways, or

- where they can be damaged or pinched.
- Follow manufactures instructions for all light strands, and replace any with worn or broken cords or loose bulb connections. Almost one third of home Christmas tree fires are caused by electrical problems.
- Never use lit candles with live flames to decorate a tree.
- Always turn off your tree lights before leaving home or going to bed.
- Remove dried-out trees from inside your home, and do not place them in your garage or against your home.

For more information, contact the State Fire Marshal's Office at 360-596-3929.

## Scouts

CONTINUED FROM PAGE A1

on a black rack on the sidewalk in front of the Cupboard.

"I asked around and concluded that what we were using was not Bavarian themed. I thought I could build something with more storage and that looked nicer," Connor said. "I hoped it would make people feel better about using the pantry."

During the design process Connor met with a City of Leavenworth council member for advice on permitting, which was needed since the pantry would be located on the sidewalk. He also went the extra step of submitting his plans to the City of Leavenworth Design Review Board.

"It wasn't required but I decided to do it for the experience," he said. "Their advice was helpful and resulted

in lowering the roof pitch." Connor, his dad Bryan, and fellow Scout Duke, who lives in Covington, built the pantry on Connor's back deck in the snow. The pantry weighs about 200 pounds. Moving it around the house to the truck in the driveway was the

most challenging part of the project, and also where Connor practiced his leadership skills. "It was the most scary part since if it slipped the entire project would be gone and someone could have been smushed under it," Connor said.

Connor only needs two more badges to achieve his Eagle Scout status. We're sure this enterprising and thoughtful young man will be successful. Thank you Connor for helping us meet the food needs of the Upper Valley and Cashmere with dignity.

## 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

## Obituary & Memorial Policies

NCW Media, Inc.: 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



**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 UNITED METHODIST CHURCH**  
213 S. Division • 509-782-3811  
In-person Service, Sunday, 11 a.m.  
until further notice.  
Pastor Lilia Felicitas-Malana



**CHRIST CENTER**  
Sunday Worship Service at 10 am  
5800 Kimber Rd., Cashmere  
509-782-2825  
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. • 509-433-7477  
Sunday Worship 10 a.m.



**LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH**  
418 Evans Street • 509-548-5619  
10 a.m. Sunday Service, Pastor  
Jo Dene Romeijn-Stout  
leavenworthumc.org  
leavenworthumc@outlook.com

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
10170 Titus Rd. (across from middle school)  
Church: 509-548-7667  
Meetings: Sunday - 10 a.m.

**FAITH LUTHERAN CHURCH - ELCA**  
"Reconciling Works Congregation"  
224 Benton Street • 509-548-7010  
Worship 9:30 a.m. w/coffee following  
<https://www.flcleavenworth.com>

**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509- 470-7745  
Sunday Worship: 11 a.m.  
Website: [www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto: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  
www.LCN.org

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



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

### MONITOR



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

### PESHASTIN



**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street  
Sunday Worship 10 a.m. • Pastor John Romine  
[www.lightinthevalley.org](http://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](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth.com](http://newlifeleavenworth.com)  
[www.newlifeleavenworth.com](http://www.newlifeleavenworth.com)



**PLAIN COMMUNITY CHURCH**  
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[facebook.com/plaincommunitychurch](https://facebook.com/plaincommunitychurch)  
[office@plaincommunitychurch.org](mailto:office@plaincommunitychurch.org)





# The Washington Outdoors Report

## Winter Trout and Christmas birds

By JOHN KRUSE

### WINTER TROUT OPENER:

Staci Lehman, a spokesperson for the Washington Department of Fish and Wildlife in Eastern Washington, shared reports from the Winter Trout Opener that occurred on Black Friday, November 25, at several lakes in our region. In her words, "Fourth of July (Lake) fished pretty well for those willing to put in a little effort to get to open water. Most people who did were rewarded with limits. Overall, the fish were a little smaller than in years past, but were still really nice (only two of the 50+ fish checked were over 20 inches. Most were 15-18 inches).

Hog Canyon (in Spokane County) was 90% ice covered. Staff observed several people ice fishing, but only checked one angler who walked down to the open water and caught 3 fish about 14 inches.

The one lake that was stocked for this event (North Elton Pond) in Yakima County was very successful. Staffer Joe Tucker says he arrived around 10 a.m. and searched a while to find somewhere to fish - due to the lake being about three quarters iced over. He ended up bushwhacking along the South end of the pond to find some non-frozen water where he limited out in 45 minutes. He was using roughly a 1-ounce barrel weight with around 3 feet of leader, and a size 6 hook, with garlic scented power eggs to float the bait above the weeds.

The fish were very nice sized, hovering around a pound. One went over, and the rest were just below this weight. They ranged 14-17 inches. The trail to get to the "fishable" part of the lake was overgrown, with lots of logs to cross, and a small stream to cross, but it was a successful trip. There were multiple Kayakers in the water and everyone that was fishing the unthawed area of the pond were catching fish."

### AUDUBON CHRISTMAS BIRD COUNT

It's once again time to participate in the annual Christmas Bird Count. Put together by the Audubon Society, it's billed as "the nation's longest-running community science bird project."

If you have not participated

in this event before, here's how it works. Between December 14 and January 5, both novice and experienced bird watchers will meet up with a coordinator and then go out and count the birds they see by number and species within a defined circular map area that is used every year. Last year's volunteers surveyed birds in 1,842 circles across the nation. The one-day counts are tallied and you can see both statewide and national trends regarding the populations of birds for this time of year. You will want to contact the coordinator for your area in advance or sign up online to participate at <https://www.audubon.org/conservation/join-christmas-bird-count>.

The trends are interesting. Some birds, like the American bald eagle, have been doing well with numbers up over 5 percent on average each year since 2009. Likewise, the California valley quail has done well adapting to our habitat with a 2.8 percent year over year increase. Also, up this year, our state bird, the goldfinch, which saw a 2 percent increase per year over this timeframe. On the other hand, western meadowlark numbers are down 2.2 percent and snowy owl numbers have decreased each year by 1.6 percent in our state.

Are you wanting to participate and want to find a circle near you? Here's the ones in our region that have openings for participants:

**COLVILLE:** Compiler: Barbara Harding, Email: [stellerijay@hotmail.com](mailto:stellerijay@hotmail.com), Count Date: Dec. 17, 2022

**OMAK / OKANOGAN:** Compiler: Matthew Danielson, Email: [mattie\\_rubio@hotmail.com](mailto:mattie_rubio@hotmail.com), Count Date: Dec. 18, 2022

**LEAVENWORTH:** Compiler: Joe Veverka, Email: [joe\\_everka@yahoo.com](mailto:joe_everka@yahoo.com), Count Date: Dec. 20, 2022

Dates for bird counts in the Goldendale, Wenatchee, Chelan, Bridgeport, Grand Coulee and Chewelah Circles have yet to be determined. Check the Audubon Christmas Bird Count website for updates. Then, sign up, break out your bird guides, your binoculars, and spend a day in nature looking for birds and having a good time while you are at it.

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americanoutdoorsradio.com](http://www.americanoutdoorsradio.com)



PHOTO COURTESY WDFW.

The trout fishing was very good at North Elton Pond last week



PHOTO COURTESY WDFW.

Kayakers at North Elton Pond on Black Friday



PHOTOS BY LINDSAY TIMMERMANS.

Continued from A1: Christmas in Cashmere family fun with painted faces and live music by Cashmere students.



## Christmas tree permits now available for tree cutting on National Forest

SUBMITTED BY ROBIN DEMARIO

Okanogan-Wenatchee National Forest

**NCW** - Holiday season is just around the corner, and for those individuals wanting to cut their Christmas tree from the national forest there are three options for obtaining a Christmas tree permit. Permits may be purchased online through Recreation.gov, at some Okanogan-Wenatchee National Forest offices, and

from local vendors.

To purchase a Christmas tree permit online, go to Okanogan-Wenatchee National Forests Christmas Tree Permit in Washington - Recreation.gov. It is important to carefully read the overview and need-to-know information prior to purchasing the permit. Permits purchased online have to be printed to be valid and must be with you when removing your tree.

Christmas tree permits cost \$5

each (if purchased online there is an additional \$2.50 charged for the reservation/transaction fee). Each tree permit allows a family to cut one tree, with a tree height limit of 15 feet, or dig a small live transplant tree. Permits are limited to two permits per household. The permits are non-refundable and are only good on the Okanogan-Wenatchee National Forest. Christmas trees cannot be harvested in Wilderness areas, campgrounds, developed

recreation areas, or tree plantations.

High clearance 4-wheel drive vehicles are recommended for driving on national forest roads during the winter months. Please check conditions ahead of time, as many forest roads are already closed due to early snow. Remember to leave early in the day to allow for maximum daylight. Also, be prepared for all types of weather. It's also a good idea to bring traction devices for cars, a shovel, warm clothing, blankets, a flashlight, and a first aid kit. Don't forget to bring a saw to cut down the tree, a tarp to wrap around the tree, and a rope to secure the tarp in place on your vehicle.

Free tree permits are available to fourth graders as part of the national Every Kid Outdoors initiative. Fourth graders with a valid Every Kid Outdoors pass can get one free holiday tree cutting permit from the Okanogan-Wenatchee National Forest. In order for students to receive a free tree permit, they must present an Every Kid Outdoors pass or a valid paper voucher printed from the Every Kid Outdoors website (<https://everykidoutdoors.gov/index.htm>). Please note, not all national forest offices are open daily, so be sure to call before visiting offices.

Traditional permits may be purchased in person from the Chelan, Entiat, Methow Valley, Wenatchee River, and Cle Elum Ranger District offices. Be sure to check their hours of operation at <https://www.fs.usda.gov/detail/okawen/about-forest/offices>. Naches Ranger District office will not be selling Christmas tree permits this season.

There are many vendors selling national forest Christmas tree permits. A list of vendors is posted at <https://bit.ly/3nM83Az>. For more information about the Christmas tree program on the Okanogan-Wenatchee National Forest, please contact local ranger district offices or visit the forest website at <https://go.usa.gov/xV7SG>.

Be aware, some Forest Service roads are a part of the Washington State Sno-Park system and are closed to wheeled vehicle traffic and groomed for winter recreation. A Sno-Park permit may be required to park at a Sno-Park beginning Dec. 1. Check the forest website or call ranger district offices for information on roads or suggestions on where to go for your tree.

## BULLDOG SCOREBOARD

GIRLS BASKETBALL	
Nov. 29:	Cashmere 53, Warden 47; Win
Dec. 2:	Cashmere 58, Tonasket 68, Loss
Dec. 3:	Cashmere 62, Sultan 29 Win
BOYS BASKETBALL	
Nov. 29:	Cashmere 56, Warden 48; Win
Dec. 2:	Cashmere 62, Tonasket 46 Win
Dec. 3:	Cashmere 65, Sultan 70 Loss

## Sports Schedule

GIRLS BASKETBALL	
Dec. 9:	Cashmere vs. La Salle, Away at 6:00 p.m.
Dec. 10:	Cashmere vs. Okanogan, Home at 3:45 p.m.
Dec. 13:	Cashmere vs. Quincy, Home at 5:45 p.m.
BOYS BASKETBALL	
Dec. 9:	Cashmere vs. LaSalle, Away at 7:30 p.m.
Dec. 10:	Cashmere vs. Okanogan, Home at 5:15 p.m.
Dec. 13:	Cashmere vs. Quincy, Home at 7:15 p.m.
GIRLS WRESTLING	
Dec. 8:	Okanogan Mixer, Away at 6:00 p.m.
Dec. 13:	Quincy Mix n' Match, Away at 5:30 p.m.
BOYS WRESTLING	
Dec. 10:	Connell Wrestling Invitational, Away at 10 a.m.

## Bulldogs Sports Sponsor of the Year

**Proud to support THE BULLDOGS!**

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**GO BULLDOGS**

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

STAB	BOB	FETA
TACO	TUBA	SOLAR
YEAR	IRIS	POOLE
ELIZABETH	ETNA	
OMITS	EAR	
CHINA	UKRAINE	
BAA	ILLUSE	CROP
ANIMA	ERE	TEASE
RATA	LENDER	TEE
FLTIVR	NAPES	
END	SABLE	
LORE	INFLATION	
CYNIC	TARO	ACHE
WRECK	CROC	RAMS
TASK	HES	DOST

**Announcements**  
**Lost & Found**

**LOST & FOUND ITEMS** can be placed in our Local Newspapers and Online at [NCWMARKET.COM](http://NCWMARKET.COM) for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)

**Deadline Noon on Friday for the next week's papers**

**Happy Ads**

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

Add unlimited text and pictures, video for your online ad at [www.NCWMarket.com](http://www.NCWMarket.com)

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers.

It is easy just 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](mailto:mirrorads@lakechelanmirror.com)

For

**The Leavenworth Echo or Cashmere Valley Record**

Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**General Interest**

**Trouble hearing your TV?**

Try TV EARS' Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-541-3425



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

• Place your ad 24/7 at [ncwmarket.com](http://ncwmarket.com)  
• Email: [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
• Call 509-548-5286

**Employment**

**Help Wanted**

**Cascade Pipe And Feed Supply is hiring for a Stihl sales and service Technician/ Snow plow sales and service.**

\$18-\$27 per hour. WDOE Health Insurance and paid vacation after 6 months of employment. Employee discount on all store items.

Qualifications  
\*High School Diploma or equivalent

\*Valid drivers license and clean driving record  
\*Physically able to lift heavy objects

\*Experience in small engine repair and maintenance.  
\*Stihl service qualifications a plus but not mandatory

Requirements  
\*To obtain Stihl Technician certifications  
\*To obtain Snow Plow certifications

Job Description  
\*Sales and service on all Stihl power equipment  
\*Sales and service on all Boss Snow plow equipment

\*Managing a service schedule on customer equipment  
\*Creating quotes, orders, and purchasing parts.

Email resume to [cascadepipeandsupply@gmail.com](mailto:cascadepipeandsupply@gmail.com)

**Looking for a great local employee?**

It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com)

OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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

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**Looking for real estate in the Upper Valley? Give us a call today!**  
Robyn Bodajla - 617-462-3402  
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Geordie Romer - 509-679-8958  
Allyson Romer - 509-630-9898  
See all available properties at [windermereleavenworth.com](http://windermereleavenworth.com)

**Help Wanted**

**Bus Driver/ Operator Full-time Organization: Okanogan County Transit Authority (TranGO) TranGO IS HIRING DRIVERS;**

Full-time (36 plus hours per week) positions available now; hourly non-exempt.

Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation.

Must have a Commercial Driver's License with Passenger Endorsement. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to [financehr@okanogantransit.com](mailto:financehr@okanogantransit.com), mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan.

Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

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**For Sale**

**Antiques & Collectibles**

**Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.** Place your ad with pictures online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Register and pay on our secure site. **Want Print Only?** Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) **Deadline: Noon on Friday for all papers.**

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**Help Wanted**

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**Legals**

**Public Notices**

**Invitation to Bid Upper Valley MEND Community Cupboard Roof Sealing Project**

**PROJECT INFORMATION:** Notice to Bidders: Upper Valley MEND is currently soliciting bids from licensed contractors for the replacement of the roof surface at our Community Cupboard food bank building, 219 14th Street in Leavenworth, WA.

**SCOPE OF WORK:** The selected contractor will conduct all necessary prep work and replace the existing roof surface with a fully waterproof replacement material. The replacement material should be warranted for at least 20 years and rated for prevailing local weather conditions.

**THE BIDS SHALL INCLUDE:**  
• An assessment of the contractor's approach to completing the work.  
• The total cost of all the work to be performed.  
• A projected time schedule of the work. The work should be completed by July 1st, 2023.

**Please note:** Federal law requires that this contract be paid at prevailing wage rates. BIDS MUST BE RECEIVED BY 4 PM (PST) ON DECEMBER 30TH, 2022

Please complete the attached form and return to Bob Mark, Human Services Director at [bob@uvmend.org](mailto:bob@uvmend.org) or send to Bob Mark, Human Services Director, PO Box 772, Leavenworth, WA 98826.

Questions should be directed to Bob Mark at [bob@uvmend.org](mailto:bob@uvmend.org). You can find this form online at: <https://www.uvmend.org/press-rel-eases-and-articles>.

Published in The Leavenworth Echo/Cashmere Valley Record on Dec. 7, 14 and 21, 2022. #5011

## AMBUSH AUTOMOTIVE BUYERS



Public Notices


Public Notices

**City of Leavenworth Request for 2023 Comprehensive Plan Amendment (Docket) Proposals**  
 The City of Leavenworth is entering into the annual Comprehensive Plan (20-year visioning document) amendment cycle and is requesting community input for ideas, suggestions and proposals regarding amendments, including changes to Land Use Designation Map. Amendments will be finalized and addressed in the 2023 Planning Commission Docket. For an amendment to be considered for sponsorship by the City Council, submittal is due by December 31, 2022. Additionally, individuals may request privately sponsored amendments when submitted by January 31, 2023. Suggested amendments, applications and / or questions may be sent to Community Development, Lilith Vespier, phone (509) 548-5275, e-mail at [lvespier@cityofleavenworth.com](mailto:lvespier@cityofleavenworth.com), or mail City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826.

**NOTICE OF APPLICATION**  
 NOTICE IS HEREBY GIVEN that the City of Leavenworth has received an application for a short subdivision of 303 Whitman Street, Leavenworth WA, within the Multifamily zoning district; Assessor's parcel numbers 241712815310 and 241712815315. The application was determined complete December 7, 2022. The project is described as:  
**LUA2022-033:** An application for a three-lot short subdivision (currently two lots). The proposed lots sizes are 6,326 square feet for lot 1; 6,472 square feet for lot 2; and, 6,180 square feet for lot 3. Lot 3 has an existing house. Access for all three lots is proposed via an access easement from Whitman Street through proposed lot 3. This project is exempt from the State Environmental Policy Act (SEPA) process in accordance with LMC 16.04.250 and WAC 197-11-800(6)(d). The public is encouraged to provide comments now through December 21, 2022. This will be your only opportunity to comment on the proposed project. Materials may be viewed at City Hall, during normal business hours, or on the City's Public Portal at <https://bit.ly/2RMadlw>; Search LUA2022-033, address, or use the interactive map. Questions may be directed to Lilith Vespier, Community Development Director, phone 509-548-5275 or email [lvespier@cityofleavenworth.com](mailto:lvespier@cityofleavenworth.com)  
 Published in The Leavenworth Echo/ Cashmere Valley Record on December 7, 2022. # 4978

Public Notices

**City of Leavenworth Street Closures**  
 Pursuant to RCW 47.48, the Leavenworth City Council is considering continued closure of Front Street (all or portion) between 600-1000 blocks and 8th Street (all or portion) between Front and Commercial Streets. Closed streets will be posted after Council consideration at a Public Hearing on December 13, 2022 at 6:30 PM. The Public Hearing is open to public comments. It will be held at City Hall, 700 Hwy 2, Leavenworth or via Zoom, see city calendar for information <https://cityofleavenworth.com/your-city-hall/calendar/>. Questions and comments may be directed to Lilith Vespier, Community Development Director Email: [dsmanager@cityofleavenworth.com](mailto:dsmanager@cityofleavenworth.com), Phone: 509-548-5275 extension 131  
 Published in The Leavenworth Echo/ Cashmere Valley Record on Dec. 7, 2022. #4932



**Looking for a home for your Furry friend?**

Try the pet section on [NCWMarket.com](http://NCWMarket.com)

# Steps you can take to care for yourself during the holidays

**STATEPOINT** - With seasonal stressors like end-of-year work deadlines, gift shopping and hosting potentially weighing on you, plus all those extra sweets and indulgent foods to nibble on, the holiday season may be the happiest time of year, but it's not always the healthiest. Here's how to take better care of yourself to feel your best this holiday season.

**Protect Your Skin**

You may be aware that the more free radicals you have in your body, the more skin damage can accumulate over time. But did you know that exposure can be particularly high during the holiday season? There are a few reasons for this. One is that cooler temperatures are linked to sugar cravings, making sweet treats especially hard to resist at a time of year when there are so many to choose from. Increased sugar intake can boost the production of advanced glycation end products, and ultimately unwanted free radicals. In general, diets high in fat, sugar, and processed foods can contribute to free radical production, as can stress.

Fortunately, you can take steps to protect your skin from the inside out during the holidays and beyond. Fernblock PLE (Polypodium leucotomos extract), the natural antioxidant in the dietary supplement Heliocare Daily Use Antioxidant Formula, can help neutralize free radicals and the damage they cause. Dermatologist-recommended, Heliocare aids in eliminating free radicals to help maintain younger-looking, more resilient skin.



PHOTO SOURCE: (c) Viktor\_Gladkov / iStock via Getty Images Plus

**While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.**

"Along with the cheer of the season comes skin hazards," says New York-based dermatologist, Rachel Nazarian, MD. "But the holiday season is the perfect time to gift your skin additional protection from the damaging effects of free radicals. You can do this by incorporating a supplement like Heliocare into your routine in addition to using a topical broad-spectrum sunscreen."

To learn more, visit [heliocare.com](http://heliocare.com). (These statements have not been evaluated by the Food and Drug Administration. Heliocare is not intended to diagnose, treat, cure or prevent any disease.)

**Move Daily**

Be sure to take time for yourself each day to receive the combined physical and mental health benefits of movement. Head outdoors for a morning or afternoon walk to get some fresh air, improved blood circulation and some mood-boosting sunlight during the short, dark days of winter. To promote agility, flexibility, and relaxation, take a few minutes to unwind with some meditation or gentle yoga.

**Practice Healthy Habits**

Holiday office parties and family gatherings often involve indulging in the kinds of food and drink that can leave you feeling more dehydrated, bloated, and fatigued than you might normally. Counteract these effects by adopting

healthy habits now that you can carry into the new year. Drink plenty of water each day, and incorporate decaffeinated green tea, coconut water or smoothies into your routine for added electrolytes. Likewise, get high-quality sleep each night. It's especially important to do so if you're burning the candle at both ends. For better shut eye, avoid caffeine, and blue light exposure before bedtime, and keep your bedroom temperature comfortable and consistent.

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

## Preventing scams and fraud this holiday season

**STATEPOINT** - Scams and fraud are more deceiving these days, reaching you in more ways than ever before. The FTC reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 billion.

Scammers begin their traditional uptick at the start of the holiday season, and identity theft protection expert Carrie Kerskie says being aware of what new cyber and phone fraud trends to look out for is your biggest defense against unwanted fraud stories. "Unfortunately when it comes to technology, privacy and identity theft, the same old advice that was given 10, 15 years ago is still the gospel of what you're supposed to do. And that is outdated. None of it works. It's not true, it's not relevant anymore."

Scammers have expanded from targeting consumers with only traditional email

and phone calls. The most recent trending scams are occurring using person-to-person payment platforms or P2P, remote access software and even public Wi-Fi.

Kerskie says the most desirable accounts to criminals include bank accounts, mobile phone accounts, credit card accounts and Amazon accounts. Now, with P2P payment platforms, criminals can get access to your bank account and use it to transfer money for its transfer with moments. The latest tactic that concerns Kerskie is using remote access software to gain access to everything on your computer without having to directly ask you for things like your social security number, bank account or credit card number. While many workers use remote access software safely from their companies' IT departments, criminals are also using this software in

their scams.

Criminals also try to access your information in settings like coffee shops or libraries using public Wi-Fi. A laptop or smartphone using public Wi-Fi can easily fall victim to scams. An easy fix is to use your smartphone's wireless data and hotspot to help keep your personal information secure. Kerskie says there are ways to keep scammers and fraud at bay ahead of the holiday shopping season.

**Prioritize Privacy:** Kerskie says, if it's easy for you, it's easy for a criminal. Privacy means having strong and unique passwords with a minimum of 12 characters, and pins using random numbers and taking advantage of extra security. Enabling multi-factor authentication on your various apps and accounts will also protect yourself from potential threats. Use Available Resources: Take advantage of the free anti-

fraud safeguards offered by your mobile carrier. In the case of T-Mobile's Scam Shield, services include enhanced caller ID, scam ID and blocking, which flags suspicious calls and gives customers the option of blocking those numbers. Additionally, customers can get a free second number to keep their personal number personal, or even change their primary number completely.

**Validate or Eliminate:** Whatever potential threat you come across via email, text message, letter or even a phone call, try to validate the information. If you cannot confirm the information is true or confirm the senders' validity, throw it away, block the phone number or email address and report it as spam or junk mail. Understanding how potential cyber threats and fraud work will help protect you this holiday season and beyond.

## SUDOKU PUZZLE

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## CROSSWORD PUZZLE

**CROSSWORD**

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THEME: YEAR-IN-REVIEW

**ACROSS**

- Use a bayonet
- Greek salad staple
- Meal in a shell
- Like daytime energy
- \*2022
- Van Gogh's famous flower
- Poodle minus d
- \*Late Queen
- Volcano off Sicily coast
- Leaves out
- Elf's distinctive body part
- \*Olympic host
- \*Russia's target
- Black sheep sound
- Treat badly
- Reason for Thanksgiving
- Carl Jung's inner self
- "But I heard him exclaim '\_\_\_ he drove out of sight, "Merry Christmas..."
- Pick on
- Pro \_\_\_
- Bank, usually
- Driver's aid
- Jalopy
- Back of the neck, pl.
- Finish line
- Fur of the marten
- Paul Bunyan story, e.g.
- \*Economic woe
- Faultfinder
- Tropical edible root
- Soreness
- Irretrievable loss
- Gator's cousin
- \*Super Bowl winners
- Undertaking
- "For \_\_\_ a jolly good."
- Archaic form of do, second person singular

**DOWN**

- Eyelid affliction
- Asian weight unit
- Smoothie bowl flavor
- Russian hunting sighthound
- Chemistry lab measuring device
- Parting words
- New Year's Eve get-together, e.g.
- Running competition
- \*Twitter's new proprietor
- Western Samoan money
- "\_\_\_ you ready?"
- Relating to shinbone
- Asparagus unit
- Amnion, pl.
- Barely obtain
- Erie or Suez
- Port-au-Prince country
- Like something vintage, usually
- About to explode
- Olfactory organs
- Atmos' or Porthos' weapon
- Throw up
- Lecherous look
- Funereal container
- \*Tom Cruise's call sign
- "\_\_\_ -la"
- Type of Christmas lights
- All together
- T-shirt style
- Small bomb
- Rabbit trap
- 1970s big dos
- "Musical" constellation
- Dollar bills
- 7-year affliction
- International Civil Aviation Org.
- Electrical resistance units
- Egg holder
- 100 lbs.



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Milestones | Weddings | Births | Birthdays | Anniversaries

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All Natural  
**Center Cut  
Pork Chops**  
Bone-In, Loin or Rib,  
Value Pack



**2.98**  
LB.



USDA CHOICE  
St. Helens  
BEEF  
LOCAL  
Squalls  
FRESH  
Premium Beef  
**Boneless Beef  
Top Sirloin Steak**  
Value Pack

**5.98**  
LB.



*Fresh*

**Boneless Skinless  
Chicken Thighs**  
Value Pack

**1.98**  
LB.

*Fresh* **Produce**

**Opal  
Apples**

**1.28**  
LB.



**Tomatoes  
on the Vine**

**1.48**  
LB.



**Fresh Express  
Garden Salad**  
12 Oz. Bag

**1.98**  
EA.

*Holiday*  
**FIXINS'**

**Food Club  
Vegetables**  
Selected Varieties  
14.5 to 15.25 Oz.

**5/\$5**



**Food Club  
Soup**  
Selected Varieties  
10.5 to 11.25 Oz.

**3/\$4**



**Food Club  
Crispy Fried  
Onions**  
6 Oz.

**2.88**



**Food Club  
Stuffing Mix**  
Selected Varieties  
6 Oz.

**2/\$3**



**Food Club  
Pitted Olives**  
Selected Varieties  
5.75 to 6 Oz.

**3/\$5**



**Food Club  
Mushrooms**  
Sliced, 4 Oz.

**4/\$5**



**Food Club  
Gravy**  
Turkey or Chicken,  
10.5 Oz.

**1.18**



**Food Club  
Broth**  
Selected Varieties  
32 Oz.

**2/\$4**



**Simply Done  
Aluminum Foil**  
Selected Varieties  
50 to 75 Sq. Ft.

**3.98**



**Food Club  
Gravy Mix**  
Selected Varieties  
.75 to 1.25 Oz.

**3/\$2**



**Food Club  
Onion Mix**  
2 Oz.

**98¢**



**Food Club  
Mayonnaise**  
30 Oz.

**3.98**



**Food Club  
Dip Mix**  
Selected Varieties  
1 to 1.34 Oz.

**3/\$2**



**Food Club  
Water  
Chestnuts**  
Whole or Sliced  
8 Oz.

**1.18**



**Food Club  
Cranberry  
Sauce**  
Whole or Jellied  
14 Oz.

**1.88**



**Food Club  
Apple Juice**  
64 Oz.

**2/\$5**



**Food Club  
Mandarin  
Oranges**  
15 Oz.

**2/\$3**



**Food Club  
Dressing**  
Selected Varieties  
16 Oz.

**2/\$5**

**Happy Holidays**

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