



Coaching, all in the “Tronson” Family

By MATTHEW OCKINGA
Correspondent

CASHMERE — On the surface, it was just an average practice. The Cashmere High School soccer team played a typical intra-squad scrimmage on a Friday night in late August. A small crowd gathered to watch the unofficial match, populating the metal stands and grassy lawn near Vale Elementary School. For one fan, the game felt not ordinary, but surreal. Loretta Tronson is married to Dennis Tronson, who has served as head coach of the Bulldogs girls for the past 26 seasons. Helping out with the scrimmage that night was Anya Belcher, an experienced trainer and coach who happens to be Tronson's daughter.

Soaking in the game from the bleachers, Loretta teared up upon reflecting how the beautiful game has blessed her family.

“I knew he was always going to coach. He's coached probably 90 percent of our marriage. I don't ever remember him not coaching,” Loretta Tronson said. “It's not just about the sport of soccer. It's about the relationships that we've built in the 34 years that we've lived here. It's about being able to bring the grandkids. It's really a family event.” Part of that familial journey has been chasing a State title. Earlier this month, that dream fell short of fulfillment as the Bulldogs fell 4-1 to the Freeman Scotties in the Caribou Trail League/Northeast Athletic League crossover match at Cashmere Soccer Field. While still chasing the ultimate prize, the Tronsons continue their soccer legacy.



Dennis Tronson and daughter Anya Tronson Belcher coaching Cashmere soccer

PHOTO BY MATTHEW OCKINGA

After volunteering with Cashmere two years ago, Belcher became a paid full-time assistant last season. Her journey on the pitch began at age five when her family moved to Cashmere and she began playing youth recreation soccer. Her dad started coaching her when she was seven and also coached his daughter Amaris Longmire who is now the head girls' soccer coach in Chelan. Tronson brought something unique to the game: he never played soccer. He attended Eastern Washington University where he enrolled in a football coaching course under longtime Eagles coach Dick Zornes.

Tronson wrote an article about the effects of concussions in football. At the bottom of the paper, Zornes wrote, “If this continues, we'll all be coaching soccer.”

Tronson graduated from EWU and bounced around the Northwest with various coaching gigs until landing in Cashmere in 1997. By the time Belcher joined the Bulldogs as a freshman, she had already been playing competitively in club soccer. She now faced the challenge of being the coach's daughter on a fledgling high school program. During her four years, the team garnered much success including league title and a

State appearance.

After high school, Belcher played at Biola University in La Mirada, CA. While she continued her playing days, another career lay dormant in her mind.

“I always had a passion for coaching or for teaching,” Belcher said. “I'd always been around coaching and teaching. He coached and taught his whole career, so that's what I saw. That's what I knew.”

Right after college she became the head assistant at Biola. She has also always wanted to go to the Olympics.

CONTINUED TO PAGE A2

Cashmere City Council November meeting

By KIRK BECKENDORF
Correspondent

Snow parking restrictions are now in effect, Cashmere Mayor Jim Fletcher announced at the November 14 City Council meeting. He also told the Council that the county is surplusing three small parcels of property and giving them to the city, at no cost. The properties include a small strip of land between the Wenatchee River and Riverfront Dr.; the sidewalk on the west side of Cottage Park; and a small area adjacent to the tennis courts.

Prior to a public hearing regarding the proposed 2023 budget, Fletcher described significant increases in expenses during 2022, that he said were a result of inflation.

The increased costs included:

- General Fund- up 5.8%
- Public Works Fund- up 8.8%
- Water- up 6.9%
- Wastewater- up 10.3%

Specific increases in operating expenses:

- City employee payroll and benefits- up 5%
- Pool Lifeguards- up 50%
- Woodard and Curran Contract- up 8%
- Insurance- up 45%
- State Audit- up \$27,000
- Fire Dept- general increase up \$37,500

During the public hearing about the 2023 budget, Blake Larson, Chief of Cashmere's Fire Department, described equipment, training and other needs that he is requesting to get the department to a point where it can operate efficiently. He said they are down 3 rigs with the loss of Fire District 6. Due to a state law that mandates firefighting gear be replaced every 10 years and he is recommending annually purchasing 3 of the needed 30 sets, at \$5000 per set. He also recommended replacing all 25 sets of wildland firefighting equipment in conjunction with a 1:1 match from the Washington Department of Natural Resources.

In his proposed budget, he included EMT training for 5 new department members. Larson told the Council that approximately every five years the Washington Surveying and Rating Bureau evaluates and rates fire departments. Those ratings are then used by insurance companies to calculate their rates for property fire insurance. As a result, all property owner's insurance rates in Cashmere are impacted by the Fire Department's rating. According to Larson, once a fire engine reaches an age of 25 years it receives almost no credit in the rating system. Next year the Department's engine will be 30 years old, and the city does not have a reserve engine. Although the department's engine is in good condition, the Fire Chief said that he has been looking into the purchase of another multipurpose fire engine, with a used one priced somewhere between \$400,000 - \$525,000 and new ones in the \$1.5 million dollar range.

Following the hearing, the Council voted for but did not pass a 1% property

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Cashmere Scare Crazy winners

SUBMITTED PHOTO.
Gnomes of River Street-People's Choice



SUBMITTED PHOTO.
Jurassic Dark & King Scarington -Best Residential



SUBMITTED PHOTO.
Sugar Momma's Sweets -Best Business

Scare Crazy is a Cashmere Chamber of Commerce annual event held the month of October.

Wishing you all the happiest of holiday seasons!

Our office will be closed Thurs., Nov. 24 & Fri., Nov. 25 so our staff can enjoy the Thanksgiving Day Holiday with their families

Advertising Deadlines for Nov. 30
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Happy Thanksgiving!

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Sheriff Reports.....A3	Outdoors Report.....B4	Real Estate Guide.....B3
Church Guide.....A4	Dr. Louise.....B4	



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Commissioners to appoint Blackmon as Chelan County District Court judge

SUBMITTED BY JILL FITZSIMMONS
Chelan County Public Information Officer

WENATCHEE – Allen Blackmon, a 26-year veteran of the Chelan County Prosecutor's Office, has accepted a judge's appointment to the Chelan County District Court. Chelan County commissioners officially appointed Blackmon, a deputy prosecuting attorney, to position No. 2 of District Court on Nov. 21, when the Board of County Commissioners passed a resolution making the appointment. He will begin serving on the District Court bench in early December. On Nov. 21, commissioners

interviewed three finalists for the judge's position, currently held by Judge Kyle Mott. Commissioner Bob Bugert said Blackmon stood out among the candidates interviewed. "Allen not only has a broad depth and breadth of experience and understanding of the law but he also has the temperament to be an effective and respected District Court judge," Bugert said. "We are lucky to have had several highly qualified candidates to consider for the open position. Allen stood out because of his commitment to helping people experiencing mental health or substance abuse issues. He has great compassion for people." Raised in Wenatchee,

Blackmon has represented the state and Chelan County in all levels of local courts, including appellate courts. For the last 16 years, he has served as a deputy prosecutor in District Court. Blackmon also serves on numerous mental health committees and groups and helped create the Mental Health Diversion program in Chelan County District Court. "I plan to expand on the mental health work I have been able to accomplish and will continue to seek better ways of addressing the mental health crisis in the local courts," said Blackmon, who will serve for a year and then can run for election in November 2023.

Blackmon will replace Judge Mott, who announced in October he would be stepping down. Mott, who was running uncontested in the November general election, has accepted a position at a local law firm. Blackmon and private attorney Jon Volyn also faced off in the current election for Seat 1 on District Court. While the election will not be certified until Nov. 29, it appears Volyn has won position No. 1. "It was a lot of work to get here, not only coming out of the election but also over the span of my career," Blackmon said. "This court can be confident that I will serve the bench and our community with respect, honor and justice in a neutral and fair manner."



Judge Allen Blackmon

A Note from the Publisher

Dear Community,
It now has been a year since Owner and Publisher Bill Forhan passed away. Though we had a beautiful memorial service last December, the snow was just too much for very many to travel. My family and I still received many cards, donations, and love from you all. Since it is now close to Thanksgiving, and what would have been our 55th wedding anniversary, I wanted to let you know what great, supportive communities we have. Thank you again for your help in getting me through this past year. Thank you to my great staff and volunteers in Leavenworth, Cashmere, Chelan, and Brewster who continue to really step up to get our monthly Wenatchee Business Journal and our weekly newspapers done. To my correspondent writers and others who stepped up to write local articles to keep us informed about what we are doing in our communities. A

big thank you to my church family, St. James Episcopal in Cashmere who have blessed me with their continued support and love. To the Leavenworth Rotarians who blessed me in so many ways, food delivery, cards, cleaning my driveway and roof during the snowmageddon we had last year. Cleaning my yard full of leaves and broken tree branches, going to recycling and the dump, multiple times. Help to deliver the newspapers! My wonderful neighbors who were also there with snowplowing and food. My PEO Chapter JF sisters for the many cards, donations, food, and lots of hugs. I just cannot name everything and everyone that I have been so blessed with, but you know who you are. My family, staff and I wish you all the best for the upcoming Thanksgiving and holidays.
Carol Forhan,
NCW Media, Inc. owner and publisher



AVHRA Employment Law Summit

SUBMITTED BY ROBIN FOWLER

Join us December 8 for Apple Valley Human Resources 2022 Employment Law Summit. Below are session details from the upcoming event. Managing mental illness at work - speaker Kara Craig Kara Craig is an Employment Attorney at Vigilant Law Group. She provides strategic day-to-day advice and counsel to Washington and Oregon employers on the entire range of employment and labor law issues. She also drafts workplace policies and employment agreements, represents companies in federal and state enforcement agency investigations, develops learning curricula and speaks publicly about the entire range of employment law issues. As 2022 ends, and the aftermath of COVID-19 lingers, mental health is one of the biggest challenges facing employees and their employers. Unlike physical injuries,

mental illness can show up as subtle, erratic behavior that is easy to miss or dismiss until it becomes unhealthy or even dangerous. These challenges are amplified at work, where employers have a duty to protect employees, but to also avoid discrimination. After attending this training, participants will be able to:

- Capture the attention and buy-in of management regarding the liability and impact of mental health issues at work.
- Identify the signs of a mental health issue, including behavior, appearance, and comments from others.
- Ask mental health questions that are narrow, purposeful, and legal; Apply a checklist approach to a fluid and meaningful interactive process.
- Examine complex, real-life mental health issues using the best practices provided and the most effective agency resources available today.

2023 Employment Law Update - by speaker Erin McCool Erin McCool, is an attorney at Ogden Murphy Wallace and her law practice emphasizes general litigation, employment & labor law and land use & water law. During this year's Employment Law Summit, Erin will review upcoming changes listed below and answer questions on how these changes will impact your business.

- Overview of significant legislation introduced in the 2022 legislative session.
- Highlight what bills are on the horizon in the 2023 session.
- Pay Transparency Impact of the Dobbs decision.
- What HR can expect in 2023.





APPLE VALLEY HUMAN RESOURCE ASSOCIATION

EMPLOYMENT LAW SUMMIT 2022

DECEMBER 8, 2022

The waters appear to be calming a bit, but life is different than what it was prior to COVID. With the ever changing laws, regulations and restrictions, 2023 will continue to bring change. Join, either in-person or via Zoom, to hear how best to meet 2023's changes head on. **PLUS - the AVHRA Auction is back!!!!** In addition to some great auction items, AVHRA will be giving away one annual SHRM membership!

SCHEDULE OF EVENTS

- **7:30-8:30 am:** Breakfast Served
- **8:30-10:00 am:** Managing Mental Illness at Work; Kara Craig from *Vigilant Law Group*
- **10:00-10:15:** Break/In Person Silent Auction
- **10:15-Noon:** 2023 Employment Law Update; Erin McCool from *Ogden Murphy Wallace*

SESSION DETAILS

- **Date:** Thursday, December 8, 2022
- **Time:** 7:30am-Noon
- **Location:** Wenatchee Convention Center or Zoom
- **Cost:** \$50 SHRM/\$65 non-SHRM
- **Register on Eventbrite:** #388712177587

HTTP://AVHRA.SHRM.ORG

Cashmere soccer

CONTINUED FROM PAGE A1

She realized that dream in a different fashion, working for five years for a company called Competitive Athletic Training Zone in Pasadena. During her tenure she trained Olympic athletes including gold medalist beach volleyball player Misty May-Treanor. She then left that company to work as strength and conditioning coach for the Seattle Sounders. Belcher then returned to the college ranks with a few stints including Wenatchee Valley College where she served as the head coach. After having her second child, she decided to pull back on full-time coaching. However she began volunteering shortly after with CHS knowing who still led the program. "Two places that my husband would ask me where would you coach would be Cashmere and Biola. Those are where my heart is. I got 'em both," she said. "I'm a Bulldog

through and through and was always looking back what's going on because Dad was coaching," she said. "I always wanted to come back and give back to the program." As father and daughter, Tronson and Belcher balance each other on the pitch. Tronson is a little more intense and brings the coaching pedigree. Belcher offers her training and fitness expertise in addition to her feminine touch. While Tronson is uncertain when he'll retire, he's made it clear that Belcher would be a perfect fit for the program. Being reunited on the field with her dad reminds Belcher of being his player and the deep bond they share. "Coaching was coaching and home was home, but because I had a passion to grow as a person, as a coach, as a player, we were able to have those conversations," Belcher recalled. "It's not easy being a coach's daughter or son. There's a higher expectation. I think you have to rise to that occasion. I

really think that just drives you even more, those expectations wanting to achieve goals that you've never achieved together. Loretta Tronson admitted there are nerves and mixed emotions when Cashmere plays Chelan. She must watch one daughter coach against her other daughter and her husband. The Goats are still seeking to beat the Bulldogs for the first time in school history. While these matches are clearly competitive and intense, when the final buzzer sounds, the Tronsons know that soccer is simply a tool and that their real legacy is family. "It's great for Anya to come back and coach with him as a role model for these young women. Some of them don't have perfect role models. And her dad is. It's not that he didn't discipline, but he's a good role model as a dad," Loretta said. "I love sports and I love the game of soccer and I love that as a family we can do it together. And it's always been that way."



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

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

News tips
Have an idea for a story? Call the Record at 509-782-3781

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- Items pertaining to local events that are free or minimum charge.

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- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

Cashmere

Addresses wanted for those who are deployed

The Cashmere American Legion Auxiliary #64 is looking for addresses of deployed soldiers to send holiday care boxes. If anyone has a loved one deployed or knows of one who would appreciate a care package from home and would like to share their address, please leave at the Cashmere Post Office, or call Linda Ingraham, 509-679-0243. A collection box for donations of snack and personal items will be at the post office through the first week in December.

Leavenworth

Christmas Craft Bazaar

Join us for a fun day filled with lots of holiday crafts made by local crafters! November 26 at Alpine Lakes Elementary School from 10 a.m. to 4 p.m. The Christmas Craft Bazaar is located at the school at 500 Pine Street, in Leavenworth.

Fowl Play 5K Thanksgiving morning

Registration at 8:30, Race at 9 a.m. Online Registration at Eventbrite, look for Fowl Play 5K <https://www.eventbrite.com/e/fowl-play-5k-tickets-424341114697> Starts/Ends at the Gazebo, \$15 Adults-

\$10 K-12 and proceeds go to the CHS Tennis Team and Upper Valley MEND

This event has been held since 2014. We started with 50 participants and had 250 in 2021. There are runners from adults to children, strollers, and dogs, some even in costume.

Ponderosa Youth Theatre presents The Grinch

A Teacher Pays Teachers play. Join us for one of our three performances beginning Thursday, December 1, 6:30 p.m., Friday, December 2, 6:30 p.m. and Saturday, December 3, 2 p.m.

The show will be held in Lake Wenatchee at Stonewater Gym, 19537 Chiwawa Loop Road. Please reserve a seat

at, <https://PYT-thegrinch.eventbrite.com>. Tickets will be \$5 per person cash donation at the door. Refreshments will be available following the performance. For questions, please contact ponderosayouththeatre@gmail.com for assistance and/or reserving a seat.

David Haire Art Show

Leavenworth Library from November 22-December 30. Growing up in Leavenworth, David spent a lot of time drawing instead of schoolwork. During college and after he tried many other jobs, but finally landed back to drawing. He now works as an independent illustrator. Stop by the Fireside Room in the Leavenworth Library to see the art of local David Haire.

Get rid of all that extra stuff with an ad in the Echo/Record Classifieds. Call us at 509-548-5286

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.

- Nov. 11**
- 03:04 Civil Dispute, 4352 Old Monitor Rd., Monitor
 - 09:52 Fraud/ Forgery, US Hwy. 2 MP 107, Dryden
- Nov. 12**
- 05:05 Non-injury Accident, Blue Star Way, and Cottage Ave.
 - 13:08 Non-injury Accident, 100 block Riverfront Dr.
 - 19:15 Welfare Check, 102 River St.
- Nov. 13**
- 02:13 Vehicle Prowl, 118 Parkhill St.
 - 07:21 Trespassing, 5607 Sunset Hwy.
 - 09:09 Civil Dispute, 6850 Olalla Canyon Rd.
 - 11:13 Diversion, 100 North St.
 - 14:10 Weapons Violation, 1205 Lower Sunnyslope Rd., Monitor
 - 15:16 Abuse, 205 River St.
 - 16:42 911-call, 300 Aplets Way, Hometown Market
 - 17:30 Theft, 2294 Easy St., Monitor
 - 19:43 Public Assist, 4530 E. Nahahum Canyon Rd.
 - 22:55 Trespassing, 300 Sunset Hwy., Crunch Pak
- Nov. 14**
- 09:10 Civil Dispute, 9077 Deadman Hill Rd., Dryden
 - 11:16 Vehicle Theft, Mission Creek Rd. MP 1
- Nov. 15**
- 11:42 Juvenile Problem, 101 Pioneer Ave., Vale Elementary
 - 14:01 Extra Patrol, 8420 Heimigner Rd., Dryden
- Nov. 15**
- 07:06 Domestic Disturbance, 411 Elberta Ave.
 - 12:03 Domestic Disturbance, 102 River St.
 - 15:03 Traffic Offense, Stine Hill Rd., and Pine Flats
 - 17:20 Harassment/ Threat, 227 Independence Way
- Nov. 16**
- 03:53 Alarm, 603 Cotlets Way, Antique Mall at Cashmere
 - 10:13 Domestic Disturbance, 102 River St.
 - 10:35 Alarm, 111 White Birch Pl.
 - 14:59 Disturbance, 300 Aplets Way, Hometown Market
 - 15:10 Trespassing, 6836 Dryden Ave., Dryden Grange
 - 22:08 Alarm, 603 Cotlets Way, Antique Mall at Cashmere
 - 22:19 Welfare Check, 247 Independence Way
- Nov. 17**
- 02:04 DUI, US Hwy. 2 and Eels Rd.
 - 11:02 Disturbance, 500 block Cottage Ave.
 - 12:09 Runaway, 4870 Mission Creek Rd.
 - 20:19 Warrant Arrest, 121 Elberta Ave.
 - 23:29 911-call, 8115 Depot Rd., Dryden

COMMUNITY CALENDAR

Wednesday

- Cashmere Rotary Club:** Zoom meetings 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,** on Saturdays, 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 Monday)
- 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. Cost for lunch is \$18; Cost for meeting with beverage and dessert is \$8 (no outside food please). 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 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.

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The Contract

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Nobel Prize winning author Gabriel García Márquez 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.

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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. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

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.

Three men arrested for possession of Fentanyl, other drugs

SUBMITTED BY COMMANDER CHRIS FOREMAN

Columbia River Drug Task Force

Wenatchee - On Nov. 1, Matthew D. Hendricks, a 29-year-old resident of East Wenatchee, was observed by Columbia River Drug Task Force (CRDTF) Detectives in Rock Island. Hendricks had a DOC Escape warrant out for his arrest at the time. CRDTF Detectives had gathered intelligence from numerous sources that Hendricks was dealing Fentanyl pills. Hendricks drove his motorcycle from Rock Island to a body shop in the 400 block of Rock Island Road. He was contacted by Detectives once he arrived at the location. When contacted, Hendricks fled into the nearby body shop and hid behind a vehicle inside the shop. Hendricks was arrested and found in possession of nearly 1,000 Fentanyl pills and close to an ounce of methamphetamine. Hendricks had over \$2,500 cash on his person. Hendricks was arrested and a search warrant on his phone was served which revealed evidence of drug dealing. Hendricks' cash and motorcycle were seized.

Hendricks was arrested for possession with intent to deliver Methamphetamine and Fentanyl as well as resisting arrest.

On Nov. 9, CRDTF Detectives had been surveilling Casey C. McKinstry, a 32-year-old resident of Rock Island, due to information gathered that McKinstry was dealing Fentanyl. Detectives interrupted a drug deal after seeing a hand-to-hand transaction at the Evergreen Smoke Shop parking lot. McKinstry was arrested for possession with intent to deliver Fentanyl, Heroin and Methamphetamine. The buyer, Christopher R. Dexter, a 30-year-old resident of East Wenatchee, was also arrested for leaving two young children unattended in his running vehicle while he was purchasing drugs from McKinstry. Child Protective Services was called and notified of the situation and the children were placed in temporary protective custody. Both subjects admitted a drug deal was occurring when the CRDTF Detectives contacted them. McKinstry had approximately \$4,800 cash, approximately 400

Fentanyl pills, about a gram of Heroin, and about gram of Methamphetamine in his possession. The cash and McKinstry's vehicle were seized. McKinstry was out on bail at the time of his arrest and has a pending case out of Douglas County for firearms possession and possession with intent. McKinstry was booked into the Chelan County Regional Justice Center. It should be noted that under the current state law for drug possession that CRDTF Detectives only course of action is to issue Dexter a drug referral for his part in the drug transaction.

Both subjects are currently housed at the Chelan County Regional Justice Center.

The Columbia River Drug Task Force is committed to targeting Fentanyl drug dealers in the Wenatchee Valley. There have been too many lives lost and countless lives affected by this poison being distributed in our community. CRDTF is committed to working with our Federal partners as well as the Chelan and Douglas Prosecutor's office to hold these drug dealers accountable to the highest extent of the law.

OBITUARY

Philip M. Rouse

July 2, 1948 - September 4, 2022

Born July 2, 1948, to Kenneth and Adele Rouse, Kent, Washington. Phil graduated from Kent-Meridian High School in 1966. During his youth, besides many slightly delinquent escapades, Phil was also

a champion Bowler and Horseshoe Thrower. He is a veteran of the Air Force and served overseas in Vietnam. Phil passed suddenly on September 4, 2022. Phil is survived by his wife, Chara, sons Zachary Jonas (wife Hillary), Joel Rouse (wife Jaime), daughters Jennifer

Rouse & Michelle Laurence, and three grandsons, Cody, Caleb, and Keegan Jonas. Phil was a wonderful family man, committed husband and loving grandfather. Memorial services were held at the Eatonville United Methodist Church, Saturday September 24, 2022. He will be missed.

High school students invited to submit invasive species art to adorn new trailer

Contest runs through Dec. 30

SUBMITTED BY WASHINGTON INVASIVE SPECIES COUNCIL

OLYMPIA-The Washington Invasive Species Council (WISC) and Washington Department of Fish and Wildlife (WDFW) invite high school-age digital artists to participate in an art contest that will help spread the word about not spreading invasive species.

Invasive species are plants, animals, and other organisms that don't naturally live in Washington and, when brought here, can cause economic and environmental harm. Invasive species can outcompete native species for food and habitat and may even eat native species. Once established, they can proliferate and cost a lot of money to control, as well as negatively impact utility, agriculture, and tourism industries. The winning art from this contest will adorn WDFW's new trailer that travels around Washington State and the Northwest to bring attention to invasive

species and their spread. It will also include images of WDFW's invasive mussel-sniffing dogs Puddles and Fin (right).

"Staff from both WDFW and WISC travel to many communities to educate people about the dangers of spreading these species from one area to another," said Justin Bush, executive coordinator of WISC. "This trailer will allow them to do that more effectively and bring attention to the issue with its eye-catching art." The art contest runs now through Dec. 30. Submissions are required to be in a digital art format, such as graphic designs, photographs, illustrations, cartoons, digital paintings and more. Submissions must include pictures or information on one or more species that could be, or has been, introduced into our region, such as quagga and zebra mussels, European green crabs, Eurasian watermilfoil, northern pike, Mud snails and more.

"Those are some of the invasive species of most concern that can be introduced or spread, but there are many

others," said Allen Pleus, WDFW's aquatic invasive species unit manager. "We have worked hard to prevent impacts from these species and are happy to have an additional tool, the trailer, to bring our message to the public."

In addition to having the design made into a trailer wrap, the winner will receive a \$500 Amazon gift card. A second-place winner will receive a \$300 Amazon gift card. Entries will be displayed on the WISC and WDFW websites. For full contest rules, design dimensions and inspiration, visit either the WISC or WDFW websites: <https://invasivespecies.wa.gov/event/art-contest/> or <https://wdfw.wa.gov/get-involved/educational-resources/invasive-species/art-contest>

For more information on invasive species in Washington, visit the WISC website. WDFW works to preserve, protect, and perpetuate fish, wildlife and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities.



Save the Date CHRISTMAS IN CASHMERE

Christmas in Cashmere returns downtown on Saturday, Dec. 3 from 11 a.m. to 4 p.m. and the local event packs a full schedule of free, family fun and local shopping and dining opportunities. The schedule includes:

- Artisan Christmas in the Henry Building and Brick & Rafters from 10 a.m. to 4 p.m.

- Holiday Market on Mission Ave. from 10 a.m. to 4 p.m.
- Photos with Santa at Martin's IGA Market from 11 a.m. to 1 p.m.
- Downtown Christmas Crafts at 12 p.m.
- Meet the Coca-Cola Polar Bear at 12 p.m.
- Santa comes Downtown at 1:30 p.m.

- Story Time with Santa at 2 p.m.
- Frozen Sing-along and Christmas Carols at 2:30 p.m.

The Cashmere Chamber of Commerce Food Drive is accepting non-perishable food items to the Chamber and all that is donated will be delivered to the Cashmere Food Bank.

Council Meeting

CONTINUED FROM PAGE A1

tax levy which would provide approximately an extra \$7100 in revenue for the city in 2023. City Clerk-Treasurer, Kay Jones, said the additional revenue will not even be enough to cover just the increased cost to the Sheriff's Department for law enforcement. With a 2 to 2 tied vote the resolution was not approved. Council members Shela Pistoressi

and John Perry voted for the levy, Chris Carlson and Derrick Pratt voted against and Jayne Stephenson was absent. The City Council will need to authorize a general property tax levy at the next council meeting, with either a 1% increase or a 0% increase. Carlson said that he does not like to raise taxes and that he would prefer to find a way to cut city expenses. He added that this is a bad time to raise taxes. Fletcher responded that it is always a bad time but did

recommend an increase due to the increase in expenses. Pistoressi said that it sucks that everyone is paying so much property tax but that the city gets very little of what is paid.

The Council unanimously passed resolutions that amend and increase rates and charges for Cashmere Parks and Cemetery; and for charges for licenses, permits and miscellaneous fees. The two resolutions had been tabled for further study at the previous council meeting.

Also unanimously approved was a one-year extension of a contract with Pertee, Inc., for \$15,000 for general planning services. Croci explained that Pertee has been on call for engineering services for the past several years. Carlson asked if the city shops around for firms. Fletcher replied that is the case, but this is also in mid-project and so consistency is important.

In a 3 to 1 vote the Council approved a supplemental services agreement with Pace

Engineering for an additional \$23,183, Carlson voted against. According to Croci, to increase reliability of water delivery in the Phillips and S. Division Road area, changes need to be made to the design of the water delivery system that Pace developed as part of a contract they were awarded in 2020. Carlson said he is frustrated that if Pace made a design mistake that the city must pay for it. Croci explained that the Freedom Hills development warrants the need to make

the changes. He also clarified that the supplemental services agreement would not include any additional construction cost, the new \$23,183 charge would only pay for required surveying and planning.

Croci announced that a public hearing is scheduled with the Hearing Examiner for Nov 30 at 9:00 a.m. at City Hall. The meeting will address the process for next steps with two properties that the city is requiring to be cleaned up on Park Hill and Mission Creek.

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

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

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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 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 BIBLE CHURCH
Leavenworth Grange Hall
621 Front St. • 251-635-3435
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
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224 Benton Street • 509-548-7010
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429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derosssett
www.LCN.org

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

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

MONITOR

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

PESHASTIN

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

NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
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BULLDOG SCOREBOARD

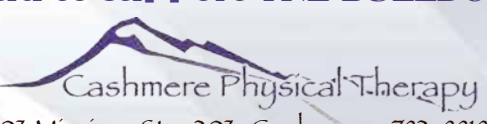
FOOTBALL PLAYOFFS	
Nov. 19:	Cashmere 24, Noosack Valley 34; Loss

Sports Schedule

GIRLS BASKETBALL	
Nov. 29:	Cashmere vs. Warden at Home 5:45 p.m.
BOYS BASKETBALL	
Nov. 29:	Cashmere vs. Warden at Home 7:15 p.m.
GIRLS WRESTLING	
Nov. 30:	Cashmere vs. Othello, Away at 5:00 p.m.
BOYS WRESTLING	
Dec. 1:	Cashmere vs. Ephrata, Away at 7:00 p.m.

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GO BULLDOGS

Student Spotlight

Athlete: Luke Jacobson

Reason: Luke Jacobson (Senior, Running & Linebacker) Luke is an easy choice for athlete of the month. On the football field Luke played very well in the month of November and helped lead the Bulldogs to a berth in the 2022 state tournament.

Coach: Bryan Bremer
Parents: Eric & Pete Jacobson
Grade: 12th
Activities: Football & classical guitar & piano
Sports: Football, Wrestling, Basketball & summer swim.
Future Plans: Hopefully have the chance to play



football at the next level and go to a college to pursue Accounting & Music.

Student: Sophie Hill

Reason: Sophie is a rockstar in Personal Choices. She challenged herself in the sewing unit and made adaptations to her apron and it turned out top quality! Now, in the cooking unit, she is a natural leader. She delegates tasks and creates great food products with her kitchen teammates. She also recognizes and offers assistance to classmates who may need it. Her previous food science knowledge has made for wonderful food based conversations while cooking as well!

Teacher: Rebecca Swanson
Parents: Heidi & Josh Hill
Grade: 10th
Activities: FFA, Sophomore Student Council,



Treasurer
GPA: 4.0
Future Plans: Hope to pursue a career in the sciences, Veterinarian or an Ag-related career.

GladSong Community Choir raise funds



PHOTO BY HANK LUBEAN

GladSong choir performing at Ukrainian refugee fundraiser at Grace Lutheran Church, May 22.

By DAN WHEAT

The community inspirational choir GladSong has helped seven charities raise almost \$39,000 with 10 concerts since May and wraps its second season with one more benefit performance on December 4. That public concert is 6:30 p.m. at Wenatchee's First Assembly of God Church. Free donations will all go to Serve Wenatchee for its Baskets of Blessing program providing food for Fresh Hope Market serving people in need.

"I went to a GladSong concert, the one for the chaplains at Grace City, and I found it to be really upbeat and fun. I really liked that they sang such variety of pop, country, jazz, and gospel. You can tell the singers enjoy it. It comes across," said Connie Hughes, a Serve Wenatchee board member.

Fresh Hope Market, 12 N. Orondo Ave., has fresh deli items, frozen meats, canned and boxed food that qualifying people choose from, she said.

"This is the kind of program we love supporting," said Tim Meyer, GladSong, director. "The results of this season have exceeded our expectations and the cool thing is we get to sing to do it. All of the choir is enjoying themselves immensely, being able to sing in a quality group and at the same time being able to do some good in the community."

Meyer previously led church choirs and directed Wenatchee's Apollo Club, a community men's chorale, from 2005 to 2015.

Meyer and his wife, Alice, started GladSong in June of 2021 with a goal of "encouraging the singer, inspiring the listener and benefiting the community."

The choir began with 21 singers, several from Apollo Club, and now has 35.

"There are a lot fewer church choirs than there used to be and the Covid pandemic shut down everything for a while. Singers needed places to sing," Meyer said. Several other Wenatchee community

choirs are in varying stages of post-pandemic renewal.

GladSong performed three times in 2021 but was not yet raising money for charities. It took a three-month winter break, resuming weekly rehearsals in March.

The second season opener was May 1 in Wenatchee's Memorial Park for the Washington State Apple Blossom Festival.

That was followed by a well-attended May 22 performance at Grace Lutheran Church that raised about \$23,000 for Ukrainian refugees locating in Wenatchee.

"It was so good to have success on our first fundraiser. It set a pretty high bar and was mostly due to the tremendous work by Friends of Ukraine Refugees," Meyer said.

Subsequent performances raised up to \$3,800 apiece for:

- Wenatchee Rescue Mission, formerly Hospitality House, to create space for doctors to treat residents.
- Pacific Northwest Lutheran Women's Missionary League

for missions' projects.

- North Central Washington and Chelan County Regional Jail chaplain ministries to help pay for out-of-town training for chaplains.
- The Wenatchee Area Genealogical Society to improve North Central Washington family history and historical collections.
- A group of people from Leavenworth churches, known as Backpackers of Icicle Creek, providing weekend food for school children in need.
- Wenatchee's Garden Terrace Senior Living Facility to help with elevator expenses.

Beside raising funds for charitable organizations, GladSong seeks to inspire the listeners with familiar pop tunes and positive gospel messages of hope from a repertoire of 22 memorized songs.

After December 4, GladSong takes a break and resumes rehearsals in March. It has a tentative booking for an April concert and welcomes other prospects at GladSong.org.

Registration now open for Energy Department's National Science Bowl®

National Finals to be held on 2023

SUBMITTED BY U.S. DEPARTMENT OF ENERGY

Washington, D.C. –

Registration is open for the 33rd National Science Bowl (NSB), hosted by the U.S. Department of Energy (DOE) Office of Science. Thousands of students compete in the contest annually as it has grown into one of the largest academic math and science competitions in the country.

Teams of students – four or five students and a teacher who serves as a coach – can sign up to participate in the NSB by registering with the coordinator for their regional competition. Details can be found on the NSB registration page. The competition is divided into two categories: high school and middle school. Regional competitions typically last one or two days and take place throughout the country between January and March.

During the competitions, students participate in a fast-paced verbal forum to solve technical problems and answer questions in all branches of science and math. To prepare, teams can use sample questions from the NSB website.

The winning team from each qualifying regional competition will be eligible to

compete in the National Finals held in Washington, D.C., from April 27 to May 1, 2023, with all expenses paid. The national event consists of several days of science activities and sightseeing, along with competitions.

"I am proud to announce the start of this year's National Science Bowl® competitions," said Asmeret Asefaw Berhe, DOE Office of Science Director. "Every year this remarkable event brings together students across America who have a passion for science and learning. Good luck to all the competitors; you are the innovators, scientists, and leaders of our future."

The top two middle and high school teams will win \$5000 for their schools' math and science departments. Other schools placing in the top 16 in the National Finals will win \$1,000 for their schools' science departments.

Approximately 335,000 students have participated in the National Science Bowl® in its 32-year history. Each year, more than 14,000 students compete in the NSB.

The U.S. Department of Energy Office of Science manages the National Science Bowl® and sponsors the NSB finals competition. More information is available on the NSB website: <https://science.osti.gov/wdts/nsb>.

National Park Service, U.S. Fish & Wildlife Service to evaluate options for restoring grizzly bears to the North Cascades

Meetings Dec. 1-2

SUBMITTED BY NATIONAL PARK SERVICE

SEDRO WOOLLEY –The National Park Service and U.S. Fish & Wildlife Service recently announced the initiation of a new Environmental Impact Statement (EIS) process to evaluate options for restoring and managing grizzly bears in the North Cascades of Washington, where the animals once thrived.

The EIS process will identify a range of alternatives for restoring the bears to the mountainous region to support the recovery and eventual delisting of grizzly bears under the Endangered Species Act in the contiguous United States. The agencies will also examine a 10(j) experimental population designation, which would give local land managers additional flexibility.

Grizzly bears roamed across the North Cascades for thousands of years as an essential part of the ecosystem, distributing native plant seeds and keeping other wildlife populations in balance. In the 20th century, humans nearly hunted them to extinction. The last confirmed sighting of a grizzly bear in the U.S. portion of the North Cascades Ecosystem was in 1996.

"This is a first step toward bringing balance back to the ecosystem and restoring a piece of the Pacific Northwest's natural and cultural heritage," said Superintendent Don Striker of North Cascades National Park. "With the public's help we will evaluate a list of options to determine the best path forward."

The new EIS process will include assessing alternatives to include a 10(j) experimental

population designation, which provides land managers with additional options for managing grizzly bears. If adopted, the 10(j) designation would add more certainty, safety, and control for the region.

"By designating bears in the area as a 10(j) experimental population, the agencies can have more flexible options available for management. This would give authorities, ranchers, and landowners more options for managing bears to reduce or avoid conflicts while focusing on recovery. The 10(j) experimental population designation would benefit the people and property in local communities, as well as the grizzly bears," said Hugh Morrison, acting regional director for the U.S. Fish & Wildlife Service.

A previous EIS process for the restoration of grizzly bears in the ecosystem was terminated by the Department of Interior in 2020. This announcement marks the start of a completely new process to evaluate alternatives.

Public comments and participation in the process are important elements to assess potential impacts and identify a preferred alternative. Virtual public meetings will be held at the following times:

Thursday, December 1 at 12 p.m. Pacific Time, and Friday, December 2 at 7 p.m. Pacific Time

You may join the meeting on your computer or mobile device; additional details and information are available at the project website. The public is invited to submit comments and find additional information on the process at <https://parkplanning.nps.gov/NCEGrizzly>.

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Administrative

Puzzle Solution

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Announcements

Lost & Found

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

Leavenworth/Cashmere
509-548-5286
or email classifieds@leavenworthecho.com

or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email 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

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

For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

REVERSE MORTGAGE
A Better Way to Live

Mutual of Omaha
REVERSE MORTGAGE

Let's Talk
Carlos Mata NMLS #70770
Reverse Mortgage Specialist
509.662.5495
cmata@mutualmortgage.com
710 N. Miller St.
Wenatchee, WA 98801

Mutual of Omaha Mortgage, Inc., NMLS ID 1025894, WA Consumer Loan Company License CL-1025894. These materials are not from, or approved by HUD or FHA. www.mutual.com Subject to credit approval. #967202734 Equal Housing Lender

Employment

Help Wanted



School District is seeking qualified applicants for the following position:

- Cascade High School Head Volleyball Coach

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



Help Wanted



School District is seeking qualified applicants for the following position:

- Cascade High School Head Girls Basketball Coach

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

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
- *Phisically 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

General Interest

REVERSE MORTGAGE
A Better Way to Live

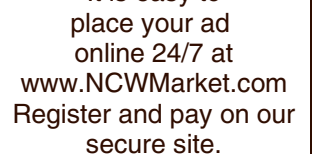
Mutual of Omaha
REVERSE MORTGAGE

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Employment

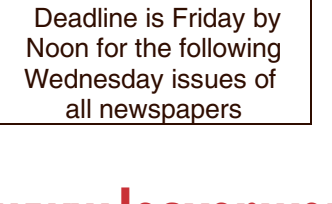
Help Wanted



School District is seeking qualified applicants for the following position:

- Cascade High School Head Volleyball Coach

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



Windermere REAL ESTATE
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!

Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

See all available properties at 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 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, 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.

Help Wanted

The City of Chelan is seeking qualified applicants for the position of part-time receptionist/ clerical assistant to provide excellent customer service and staff support in the Finance department. For a complete job description and application packet please visit our website at www.cityofchelan.us/employment/. First review will be Monday, December 12, 2022.

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 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 or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com **Deadline: Noon on Friday for all papers.**

Garage & Yard Sale

CLEAR SOME SPACE WITH A



Fill your pockets with CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

Vehicles

Trucks & Vans

Leavenworth: **FOR SALE**
White 2008 GMC TRUCK 1/2 ton, 4 x 4 , V-8 extended cab and a canopy. Very clean, 143,964 miles, lots of extras. \$17,000,OBO Call to make appt. to see Carol 509-670-1723. See photo on NCWMARKET.COM

Legals

Public Notices

SUMMARY OF CITY OF CASHMERE RESOLUTION 06-2022
On the 14 day of November, 2022 the City Council of the City of Cashmere, Washington passed Resolution 06-2022. A summary of the content consisting of the title provides as follows:
A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CASHMERE, WASHINGTON, AMENDING RATES AND CHARGES FOR GENERAL LICENSES, PERMITS AND MISCELLANEOUS FEES FOR SERVICES, AND REPEALING CITY RESOLUTION 11-2019. A copy of the full text of this resolution detailing the rates is available at Cashmere City Hall or will be mailed to you upon your request to City Clerk, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on Nov. 23, 2022. #4946

WHAT'S HAPPENING

EVENTS

Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

REDUCE REUSE RECYCLE

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AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Public Notices

SUMMARY OF CITY OF CASHMERE RESOLUTION 05-2022

On the 14 day of November, 2022 the City Council of the City of Cashmere, Washington passed Resolution 05-2022. A summary of the content consisting of the title provides as follows:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CASHMERE, WASHINGTON, AMENDING RATES AND CHARGES FOR THE CASHMERE PARKS AND CEMETERY, AND REPEALING CITY RESOLUTION 03-2018

A copy of the full text of this resolution detailing the rates is available at Cashmere City Hall or will be mailed to you upon your request to City Clerk, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on Nov. 23, 2022. #4944

Public Notices

NOTICE OF EQUALIZATION NOTICE IS HEREBY GIVEN that the Assessment Rolls of the Icicle and Peshastin Irrigation Districts, in Chelan County, Washington, for the year of 2022, has been completed and delivered to the Boards of Directors, and that said assessment books are now and will remain in the office of the Secretary of said Districts for the inspection of all parties interested; AND THAT the Boards of Directors will meet as Boards of Equalization to equalize said assessments on Tuesday December 13, 2022 at 8:00 A.M., at the office of the secretary of said Districts, which is at 5594 Wescott Drive, Cashmere, Washington 98815, at which time and place all person objecting to said assessment as made, may be heard. In accordance with RCW 87.03.250 and RCW 87.03.255 Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 23, and 30, 2022. #4924.

Public Notices

Upper Valley Park & Recreation Service Area

On the 10th day of November 2022, the Board of the Upper Valley Park & Recreation Service Area passed the following budget resolutions. A summary of the contents of each provides as follows: Resolution 1-2022: A Resolution authorizing the regular property tax levy plus 1% increase and is authorized for the levy to be collected in 2023; Resolution 2-2022: A resolution adopting a budget for 2023, and providing other matters properly relating thereto. A copy of the full text of the resolutions are available at Leavenworth City Hall or will be mailed to you upon your request to Brandi Mynatt – Assistant Deputy – PRSA Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 23, 2022. #4935.

Public Notices

CITY OF CASHMERE NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN

that the Cashmere City Council will hold a public hearing on Monday, December 12, 2022, 6:00 PM at the Cashmere City Hall to seek comments on the City of Cashmere's 2023 – 2028 Parks, Recreation and Open Space Plan (PROS Plan). Copies of the draft PROS Plan and supporting documents are available at Cashmere City Hall for public inspection or at the City of Cashmere's website: <https://www.cityofcashmere.org/services/planning-development/plans-programs-standards>

To join the meeting remotely go to: <https://zoom.us> Meeting ID: 882 719 9871 Passcode: 788276

Audio Only: PH# 1-(253)-215-8782 Written comments can be submitted prior to the meeting by letter to Cashmere City Hall, c/o Steve Croci, 101 Woodring St., Cashmere, WA or email: steve@cityofcashmere.org Published in The Cashmere Valley Record/Leavenworth Echo on Nov. 23, 2022. #4937

Public Notices

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARINGS NOTICE IS HEREBY GIVEN

that the Leavenworth City Planning Commission will hold a public hearing for amendments to Comprehensive Plan Capital Improvement Plan on December 7, 2022 at 7:00 PM at City Hall, 700 US Hwy 2, Leavenworth OR via ZOOM – see the City Event Calendar: <https://cityofleavenworth.com/your-city-hall/calendar/> Or login to zoom: Meeting ID: 999 2949 1100 Passcode: 225225 Or Call in: 1-253-215-8782

The CIP outlines the city's plan for achieving the goals, objectives and service delivery levels desired by the City Council. The purpose of this plan is to forecast and match projected revenues and major capital needs over a six-year timeframe. Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Development Services within City Hall, phone 509-548-5275 or email dsmanager@cityofleavenworth.com Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 23, and 30, 2022. #4931

Advertise
548-5286
782-3781

Four unique holiday gifts the recipient will thank you for later

STATEPOINT - The holiday shopping season is here. What do you give a loved one to show them just how much you care? It's time to think outside the box. Here are four presents you can give to special young people in your life now that they may not appreciate in the moment but will thank you for later.

1. Savings bonds. This is the gift that keeps adding in value. Savings bonds can be purchased for as little as \$25 and their value grows over time with interest and as the bond matures. Considered one of the most reliable ways to grow wealth over time, you'll be guaranteeing recipients are able to help fund the important things they want later in life, such as that new car, their college education, first house, wedding or honeymoon.

2. Life insurance. This is probably the last thing on a young person's list of wishes but buying a life insurance policy now when they're young and healthy will ensure coverage later in life when they may not be insurable. Having a life insurance policy through Erie Insurance with a Guaranteed Insurability Option rider (GIO) can bring peace of mind that kids, or grandkids, are



PHOTO SOURCE: (c) MNStudio / iStock via Getty Images Plus
As you look for that perfect gift, don't overlook presents that have long-term benefits.

covered should they develop a life threatening condition. A policy is an affordable way to protect loved ones and help them pay off debts, living expenses and even medical bills. To learn more about life insurance, contact your agent or visit erieinsurance.com/life-insurance.

3. 529 plan. Anyone who wants to save for a child's education can open or gift money to an existing 529 plan account. The best part is the contributions grow tax free and can be used for K-12 tuition, college expenses and even student loan repayments.

4. T-shirt quilt. For more of a sentimental gift, gather all your kids' old sports or other

event t-shirts and turn them into a quilt. They may not love it today as much as they would the hottest gadget, but they'll treasure the memories as time goes on.

"As you look for that perfect gift, don't overlook presents that have long-term benefits," said Louis Colaizzo, senior vice president and division officer of Erie Family Life, Erie Insurance. "Life insurance, along with savings bonds and 529 plans, can put your kids on the path to financial security."

Avoid the holiday crowds at the stores this year and channel your money into a gift your loved ones will truly appreciate for years to come.

Six pains of holiday shipping - solved

STATEPOINT - Unlike Santa, most of us don't have elves to take care of properly packing up holiday packages. With shipping deadlines coming up quickly, it's time to start thinking about getting those presents in the mail. If you don't know where to begin with sending gifts across town or around the world, read on for the most common holiday headaches and solutions to help you "get your ship(ping) together" early.

1. Packages arriving after the First Noel. No one wants to be the person whose gifts arrive after the holidays. That's probably why over a third of respondents to a recent survey conducted by Shurtape Technologies said that the biggest aggravation when it comes to holiday shipping is packages arriving at their destination in a timely manner. Avoid this issue by taking note of shipping deadlines. This year's USPS shipping deadline for standard ground shipping for arrival by Christmas Day is December 17.

2. Festive fragile items being damaged. Leg lamps aren't the only "fra-gee-lay" items being delivered during the holidays. Duck brand Original Bubble Wrap Brand Cushioning is the key to items arriving in one piece. Air Lock Technology maintains consistent cushioning and long-lasting protection to keep objects intact. And of course, you'll want to mark the box as fragile.

3. Costs so high, you think you're on the naughty list. Between purchasing materials and paying postage



Submitted photo
With shipping deadlines coming up quickly, it's time to start thinking about getting those presents in the mail.

fees, shipping costs can feel sky-high. Prepare to mail presents by factoring these expenses into your holiday budget. To start, create a list of how many gifts you'll need to send, the anticipated size of each and what materials you already have on hand. However, when using what you already have, you'll want to ensure that these items are the proper size for the gift being shipped so you don't overpay for box size or weight.

4. Too much time away from the tree. Mailing gifts to their destination isn't just pricey – it's downright time consuming. Spend less time transporting and more time merrymaking by planning ahead to avoid last-minute rushes to the post office – the closer to the holidays you mail, the longer those lines will be.

5. Materials you can't find under the mistletoe. 'Twas the night before Christmas, when all through the store, not a shipping supply was found, not even one box more.

Last-minute shoppers should get ahead of the game and purchase necessary tools as soon as possible to ensure they can secure their preferred products. Stock up on your shipping supplies early.

6. Poor packing tape that would never make it out of the North Pole. Don't let packing tape that rips and tears make you a Scrooge this holiday season. Duck brand EZ Start Packing Tape is made with Frustration-Free technology, so it always unrolls smoothly, easily and quietly. Its strong adhesion provides a long-lasting hold, and its unique design eliminates the annoyance of losing the tape end, so you can pack up your gifts and leave the stress behind.

For more holiday shipping tips and supplies, visit duckbrand.com/products/ mailing-shipping. Don't let shipping be a source of stress this holiday season. Use these tips to pack and mail your gifts like a North Pole pro.

Check the weathercams online before traveling over the mountain passes!
www.leavenworthecho.com | www.cashmerevalleyrecord.com

CROSSWORD PUZZLE

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
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62					63				64		

THEME: CLASSIC TOYS ACROSS

1. "___ Wars" toys from Kenner in the '70s
5. "Certain toy G.I.
8. Miss America's accessory
12. Pot inhale
13. Morsel of Little Miss Muffet's meal
14. Private
15. Larger-than-life
16. Children's author ___ Blyton
17. Post-Its
18. "Sticks and spools toy set
20. One of the Olsens
21. Gibson garnish
22. Middle-earth creature
23. Bias
26. Neat in appearance
30. Chasing game
31. Chancellor, in Europe
34. Not happening
35. Anomie, alt. sp.
37. Local area network
38. Re-attempt
39. Wyatt Earp's card game
40. Common parakeet, colloquially speaking
42. Snakelike fish
43. Not yet a wife
45. "Like certain toy Cathy
47. Mine deposit
48. Water nymph
50. Cassette contents
52. "Illuminated picture maker
56. Waincoats
57. Play parts
58. The Fonz: "Sit ___!"
59. Face-to-face exams
60. Not this
61. Brainchild
62. Homey, alt. sp.
63. "Fight for You" singer
64. High rocky hills

DOWN

1. Editor's mark
2. African antelope
3. Related
4. Suppose
5. Political club, in the olden days
6. Celestial hunter
7. Whirlpool
8. "Sno-Cone, actually (2 words)
9. Opposed to
10. "As ___ on TV"
11. Retail posting acronym
13. Blood-red
14. Beginning of essay
19. "Dear Diary" bit
22. Hockey legend
23. "The Office" people, e.g.
24. Veranda on Oahu
25. Ancient Greece marketplace
26. "The ___ Show" (1976-1980)
27. Sacred song
28. White heron
29. "Raggedy Ann or Strawberry Shortcake, tenderly
32. "Professor Plum and Colonel Mustard game
33. Little bit
36. "Avenues and rail roads game
38. Betty Ford Center, e.g.
40. Spelling contest
41. Superlative of icy
44. Edible herb
46. Quick and skillful
48. Specialty
49. Rose oil
50. Tropical edible root
51. Dwayne Johnson's 2022 role Black
52. Wooden slat
53. ___-China
54. Part of a traditional wedding cake
55. Greek Hs
56. "Play-___

SUDOKU PUZZLE

SUDOKU

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

With purchase of new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. See cash value. Must present offer at time of purchase. CSL 1023185, SCS 002399, 0023443

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The Washington Outdoors Report

PHOTO COURTESY
GLENN MAY.

Glenn May
fishing for
winter bass



Glenn May with a nice cold-water bass

PHOTO COURTESY GLENN MAY.

A winter bass fishing primer

By JOHN KRUSE

When it comes to catching bass between Thanksgiving and the end of February in the Pacific Northwest it would be fair to say, "The struggle is real". As a matter of fact, my chances of catching a bass at this time of year are about the same as winning the lottery. I have simply not had success (in either endeavor).

That's why I decided to reach out to Glenn May. He is the man behind BassResource.com, a website he launched in 1996 that is full of articles, how-to videos and an active forum. I have been a big fan of Glenn for several years, especially since he films quite a few of his instructional videos at the place I consider

to be my home water, Potholes Reservoir.

BassResource.com attracts anglers from all over the nation but Glenn actually lives in Edmonds, Washington and has been bass fishing for 50 years. In addition to fishing for fun he has fished a number of tournaments in the Western United States and has even been a television guest on Lunkerville and the Hank Parker TV Show. Many with his wealth of knowledge and experience would be close-mouthed but Glenn is very approachable and truly wants others to succeed when it comes to catching bass. Here's some questions I posted to Glenn along with some good advice.

WHERE DO THE BASS GO IN WINTER? Glenn says generally speaking the bass go deep, where water

temperatures are warmer and more stable. The bass are also following the baitfish they prey upon that are doing the same thing to survive. Generally speaking, they are deeper than 15 feet and may be as deep as 55 feet, but under certain conditions they may come into the shallows.

A case in point would be a reservoir where water levels are drawn down during the winter months. If crawdads are in the reservoir, they will emerge from the mud to get back into the water. The bass know this and will be waiting in the shallows to feed on them when this occurs. Another time bass may come into shallower water is after several consecutive days of warm weather. That's when the baitfish will head to the shallows and the bass will follow them there.

WHY ARE THEY SO HARD TO CATCH IN THE WINTER? Glenn explained the metabolism of bass really slows down during the winter months. Whereas bass might feed seven times a day in the spring and summer, they may only feed once every seven to ten days in the winter. According to Glenn, that goes a long way towards explaining why bites are few and far between, even when you locate bass during the cold weather months.

SLOW DOWN: The forage base bass feed off of, bait fish, sculpins and crawdads, also lower their metabolism and barely move. That's why you want to slow down your presentation when fishing. A prime example of this, slowly dragging your lure across the bottom, with long pauses in between each dragging movement.

LURES AND TECHNIQUES THAT WORK: Glenn has a number of lures he uses to catch bass in the winter. Try dragging a 1/4 to 1/2 ounce football head jig with a five-inch white grub on it along the bottom. In deep water colors don't show up well but the white contrasts better than a dark color, making it easier for the fish to see on the bottom.

As the water gets really cold the perch will ball up into schools and the bass will sit below them, picking off the perch that are dying off and falling out of the bait ball towards the bottom. You can take advantage of this by dropping a 1/2 ounce hair jig through the baitfish ball to where the bass are.

Try a drop shot rig with a four-inch finesse worm. Fish it on the bottom with a very slow presentation, barely moving

the bait at all. As for colors, try using a pink worm which works very well this time of year. The drop shot will also work on suspending bass you locate on our fish finder. Drop the finesse worm to where the bass are and just hold it there. The small finesse worm will move around enough on its own to elicit not only attention, but oftentimes, a bite.

If you follow all of this sage advice from Glenn May you should be able to grind out some bites and bass during the holiday season and well into the winter. If you want to find more information about catching bass through all four seasons of the year, go to www.bassresource.com.

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

"How much vitamin E should I be taking?"

Sally, a 75-year-old, asked me this question last week.

Good question. Vitamin E is a fat-soluble vitamin that works as a powerful antioxidant. Antioxidants can protect cells from dangerous compounds called free radicals. We produce free radicals in our bodies during specific cell processes. Free radicals can directly damage your cells in ways that lead to cancer, heart disease, and stroke, the 3 leading causes of death in America.

As an antioxidant, shouldn't taking vitamin E help us stay healthier? Research has been exploring how to reduce free radicals in our bodies and maximize the effects of antioxidant compounds to counteract their damaging effect.

Unfortunately, carefully designed clinical studies have shown that extra vitamin E doesn't consistently improve health. Taking a supplement of 400 IU or more of vitamin E daily can actually INCREASE your risk of death, either by

having a stroke caused by bleeding into the brain or developing prostate cancer.

How much vitamin E is enough? The National Institutes for Health (NIH) recommends 22.5 International Units (IU) of vitamin E daily for adults. Most Americans get only about half the recommended daily amount of vitamin E from their diet, but deficiency is rare.

Vitamin E is a fat-soluble vitamin and having some fat in your diet helps your body absorb it. Eating a very low-fat diet or having a disease that interferes with digestion or absorption of fat, such as Crohn's disease or cystic fibrosis, increases your risk of having low vitamin E. Vitamin E deficiency may cause nerve and muscle damage with numbness in your arms and legs, muscle weakness, vision problems, and reduced effectiveness of your immune system.

There are 8 compounds recognized as being vitamin E: four forms each (alpha,

beta, gamma, and delta) of tocopherol and tocotrienol. Alpha-tocopherol exists in higher concentrations in the body than its cousin gamma-tocopherol and, until recently, was assumed responsible for vitamin E's antioxidant effects.

Many vitamin E supplements contain alpha-tocopherol, while gamma-tocopherol is found in foods rich in vitamin E, such as nuts, seeds, oils, and green leafy vegetables like spinach and broccoli.

Most multivitamins include 30 IU of alpha-tocopherol, considered to be 100% of the daily requirement for adults by the NIH. At the same time, individual vitamin E supplements often contain 400 IU, over 10 times that amount.

Recent research has uncovered evidence that taking excess alpha-tocopherol can decrease the level of gamma-tocopherol in your body. This may interfere with the antioxidant effects of vitamin E.

This may partly explain why taking alpha-tocopherol supplements produced harmful instead of favorable results in several well-designed studies.

More research is showing that vitamin E does not act alone. Other nutrients like vitamin C, zinc, beta-carotene, and selenium can interact with vitamin E, enhancing or interfering with its antioxidant activity. Future research is needed to clarify how these compounds work together.

Alpha-tocopherol is available in its natural form (d-alpha-tocopherol) and synthetic form (dl-alpha-tocopherol). Natural vitamin E (d-alpha-tocopherol) is 1.5 times as potent as its synthetic form (dl-alpha-tocopherol).

Vitamin E supplements with gamma-tocopherol are now available. However, it's unclear whether they can prevent cancer, stroke, or heart disease.

Vitamin E supplements CAN help in certain situations,

such as age-related macular degeneration (AMD), a common cause of blindness in the elderly. The Age-Related Eye Disease Study (AREDS) looked at the effect of a daily supplement consisting of zinc and copper combined with vitamins A, C, and 400 IU of vitamin E on the progression of AMD over 5 years. The most severely affected study participants showed a 25% decrease in the advancement of macular degeneration. Those with mild or no AMD did not see any benefit from supplementation.

Here Are 4 Final Facts About Vitamin E:

1. Take an AREDS vitamin supplement if you have age-related macular degeneration.

The AREDS formulation is available as PreserVision® AREDS and as Ocuvite®. Ask your eye care professional which would be best for you.

2. AVOID taking supplemental vitamin E if you are taking a blood thinner.

Vitamin E supplementation of 400 IU or more can cause



Ask...
Dr. Louise

bleeding problems, especially in people taking blood thinners like warfarin (Coumadin®), Eliquis®, Pradaxa®, Xarelto®, aspirin, and clopidogrel (Plavix®).

3. Eat foods rich in vitamin E.

The best way to get the antioxidant benefits of vitamin E is to eat plenty of nuts (especially almonds), seeds, and green leafy vegetables such as spinach and broccoli.

4. Avoid fat-free diets

Your diet needs fat to help you absorb the fat-soluble vitamins A, E, D, and K.

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. ©2022 Louise Achey

(Dis)Respect for Marriage

On November 16, The Senate passed historic legislation codifying same-sex marriage into federal law. Spooked by the fall of Roe, this bipartisan effort enshrines and protects homosexual marriage from the "baddies" of the Conservatives in SCOTUS and makes same-sex marriages an albeit permanent fixture in America.

However, does the State have the authority to define what marriage is? Absolutely not. And the reason is that the State doesn't own marriage; God does. Marriage between one man and one woman is the foundation that society is built on. Created and ordained by God as recorded in the Genesis account (Gen. 2), this institution was defined, blessed, and predates the institution of both Church and State. Therefore, marriage

is incredibly precious to God, and it is the height of arrogance for a creature to redefine and legitimize what God does not.

What happened on November 16, indeed was historic. Although not "historic" in the positive sense, rather never before in history has a nation attempted to usurp God's creational decree by redefining it and making it into law. To put it in perspective, not even at the height of Rome's decadence and hedonism under Nero was this accomplished. But leave it to America to the unprecedented.

Oh, how the mighty have fallen.

As I read through the Respect for Marriage Act, I am surprised that there is no clamor or protests from polyamorous couples whom this act doesn't benefit or protect. Furthermore, lump

every other "variation" of relationships, and you see that this bill is very narrow in scope. This act only protects same-sex couples, but threesomes, foursomes, and people who want to marry their pet or a piece of furniture are simply out of luck. Therein lies the problem, by what standard does Congress say that same-sex marriage is legitimate and protected under federal law while others are not? If truth be told, Congress is just making arbitrary decisions based on rejecting the only standard that matters—the Law of God. When you deny what God clearly reveals in creation, everything is up for grabs, and it wouldn't surprise me that the Respect for Marriage Act will be amended to be more "inclusive."

Some wonder why I have



A WALK WITH PASTOR JOHN SMITH

my hackles raised. After all, it is written within the bill a religious exemption, so I have nothing to worry about. Secondly, why should it be an issue for same-sex unions to be officially recognized as marriages by the federal government? Don't you want people to be happy?

In answering the latter questions, having people happy isn't the basis for governing a nation, nor does it determine truth. In this world, there are a lot of "unhappy truths," which doesn't make them any less true. Moreover, our feelings cannot deny creation, nor can they redefine it. As creatures, we do not have that right or authority. Again, that authority belongs to God alone.

As for the religious exemptions, which Senator

Mitt Romney, a Republican and a Mormon, used as a justification for his support of the bill, they are simply inconsequential. Think about it, when the State enshrines homosexual marriage, and the culture touts that as a virtuous institution, what do you think will happen to a church or Christian college that says the opposite? Of course, we have seen it on a smaller scale with Christian florists and bakers. Still, these religious exemptions will only zero in on those who oppose same-sex marriage and invariably make the Church even more persecuted by the State and culture because only "intolerant bigots" don't want homosexual couples to marry. In other words, the term "religious liberty" in this bill is vacuous and misleading.

Since the Respect for Marriage Act will be the law of the land, we need to consider the cost of what it

means to stand opposed to it. As a church, college, or individual Christian, are you willing to defend what God has ordained even though you may be labeled hateful and bigoted and fall under the scrutiny of American society? It will happen because it has happened already, and as Christians we need to practice, even more, the prophetic ministry of "Thus saith the Lord!" when it comes to marriage.

The Respect for Marriage Act does not respect marriage as defined by God. Instead, it makes blaspheming that institution federal law. The only remedy is repentance and honoring the Lord. Otherwise, any nation that rejects God's design for marriage, dooms itself into oblivion (Psalm 2).

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.

Mission Ridge is Open

SUBMITTED BY : TONY HICKOK

Wenatchee - Mission Ridge Ski & Board Resort announced that opening day of the 2022-2023 season was Saturday, November 19. The pre-Thanksgiving operations was the earliest opening in 5 seasons. The early opening was made possible by the Ridge's

top to bottom snowmaking system and the best in the Northwest Snowmaking crew combined with significantly higher than average November snowfall. The resort kicked off the season with Chair 1, The Wenatchee Express (Chair 2), Chair 4, and the Pika Peak rope tow scheduled for operation from 9 a.m. to 4 p.m.

"We are off to a great start for what is going to be a very exciting season," said Josh Jorgensen, Mission Ridge's General Manager. "We're rolling out a number of improvements and are most excited about the expansion of night skiing to the top of the mountain and a new magic carpet lift in our learning area. There will be new opportunities for both beginner and advanced skiers and snowboarders to enjoy."

Mountain Operations Director

Brad Whiting added that, "with the early season snowfall, our snowmaking team has capitalized on the cold weather opportunity. In a typical season, it may take up to three weeks of work to make snow from the top to the bottom of the mountain. Taking advantage of 21" of snow and cold weather, we completed snowmaking from the summit to the Base Area in just 9 days. Snowmaking is now expanding to Chair 4, our Terrain Parks, and high-traffic areas."

Open terrain and ski runs were limited for the opening weekend and additional chairlifts and terrain will open as conditions permit. All of the resort's services are open with early season menus at the Chair 5 Pub, Ka Wham Cafe, and Midway Lodge restaurants on offer.

Lift ticket prices were discounted to \$89 for ages 25-69, \$79 for ages 18-24, \$69 for ages 13-17, \$59 for ages 8-12, \$9 for ages 7 & under, and \$30 for

ages 70+ for tickets purchased in advance and online to reflect the limited opening of chairlifts and terrain. Contact: 509-888-9404 or ahickok@missionridge.com

About Mission Ridge: Mission Ridge Ski & Board Resort is operated under special use permits from the U.S. Forest Service and the Washington Department of Fish and Wildlife. More information at www.missionridge.com.