



2023 budget: Construction challenges balanced by a strong energy market



SUBMITTED PHOTO

An aerial photo taken earlier this fall shows four operations buildings and the Service Center building. Crews are now working on the exterior stone panels and interior finishes on the Service Center building. The concrete slabs and roofing are also underway on the three warehouse and shop buildings to the left. The steel structure is coming together on the Fish and Wildlife building to the right.

SUBMITTED BY RACHEL HANSEN

Wenatchee - Chelan PUD commissioners reviewed a preliminary budget for 2023 on Monday Nov. 7, that delivers on a bold capital project plan with higher-than-forecasted revenue from a strong energy market (available on the board audio recording).

While revenues are expected to increase, so are operating expenses as the utility carries out the priorities set in its 5-year business plan, and the 2020-2024 strategic plan. Those priorities include:

- Increased reliability with improvements to the electrical distribution system, and a \$3 million effort to prune trees and shrubs away from powerlines
- Investing in its assets with maintenance projects at Rocky Reach, Rock Island, and Tumwater dams
- The preliminary 2023 budget also includes about \$215 million in the capital plan, including several large capital projects:
- Modernization of generating units at Rock Island Powerhouses 1 and 2, including the development

of the PUD's first air-filled turbine hub

- Finishing construction of the Service Center and operations buildings
- Construction of three substations in Leavenworth, Chelan, and Malaga
- Installing advanced meters

The next budget hearing will be Nov. 21, followed by a board vote Dec. 5.

Chelan PUD, partners find a path forward after Service Center delay

Construction is in full swing at the 19-acre Service Center campus after

challenges with supply-chain issues, a labor shortage, and the discovery of cultural artifacts. (Audio available at about 01:24:00 of the board audio.)

"It's been a challenging environment for construction nationwide," said Shared Services Director Dan Frazier. "Industry data indicates that across the construction sector, project costs have increased by over 14 percent this year due to supply chain disruption and labor shortages."

After discovery of several cultural

CONTINUED TO PAGE A3

With State of Emergency end, Confluence Health announces Covid-19 policy changes

SUBMITTED BY ADAM McDONALD

Corporate Communications Program Manager

With the end of Washington State's COVID-19 state of emergency order Oct. 31 after Governor Inslee's announcement, Confluence Health will be updating restrictions and guidelines for their facilities.

"These changes to Confluence Health policy reflect not only the lifting of many of the COVID-19 emergency orders, but a consideration of our status within the pandemic and our ever-growing understanding of how to best confront the threat of COVID-19," commented Dr. Jason Lake, chief medical officer for Confluence Health. "While we remain vigilant with how we address the ongoing challenges of the pandemic and continue to follow the guidance issued by the Washington State Department of Health, the Centers for Disease Control and Prevention (CDC), and the Centers for Medicare and Medicaid Services (CMS), it is important to periodically update guidelines and restrictions as needed."

There are several changes that will be implemented. While employees will still be posted at the doors to Confluence Health facilities to greet and help those arriving, patients and visitors will no longer be directly questioned about COVID-19 symptoms. Instead, signs posted at the entrances will direct those arriving to self-screen and for visitors to not enter the facilities if they have had been in close contact with someone in the past seven days with COVID-19 or if they have symptoms such as a fever, cough, or other respiratory symptoms.

Patients arriving for an appointment should advise the employee at the door if they have these symptoms, a positive test date, or a recent exposure and the employee will help advise the patient on the next steps.

Patients are still encouraged to receive their seasonal flu and COVID-19 vaccinations. While currently there is plenty of availability for flu vaccines for the public through Confluence Health, either through special clinics or during provider visits, at this time COVID-19 vaccination need for both the initial series and boosters is exceeding availability, so patients are encouraged to get their COVID-19 vaccinations from the many other local clinic and pharmacy options available.

Still a statewide requirement for healthcare facilities, masking will continue to be required for all staff and providers, as well as for all visitors and patients, at all Confluence Health facilities. Those who do not have their masks on will be reminded and provided with one at the door as needed, apart from those with chronic respiratory conditions or children under two years of age.

"We are already seeing high numbers of respiratory infections this fall and experts predict a significant flu season," added Lake. "Since we may also see a rise in COVID-19 this winter, masking remains a key component of decreasing the likelihood that we spread those infections within our facilities."

For outpatient visits, patients are still encouraged to attend their appointment alone, but will now be permitted to have one person attend with them if needed. For inpatients, the visitation policy will not change and will continue to be limited to two visitors per day.

Additionally, all cafeterias will remain closed to the public, though the bistro at Wenatchee Valley Hospital will continue to be available to visitors due to it only serving grab-and-go food without seating.

These changes are scheduled to be implemented as of November 1, and are in accordance with Washington State Department of Health guidelines.

Cashmere Planning Commission Meeting

By KIRK BECKENDORF

Correspondent

Cashmere's 2023-2028 Parks, Recreation and Open Spaces Plan (PROS) was unanimously approved and was forwarded to the City Council by the Cashmere Planning Commission (CPC) on Nov. 7. The next step for the draft Plan is a review by the Council, followed by a public hearing to be held on Dec. 12. The Commission approved PROS plan, that will be sent to the City Council for their review and final approval, includes a Vision Statement to guide the city's parks system. The vision is for Cashmere to be "a leading community with accessible high-quality parks, recreation, and open space facilities that promote a healthy community, protect our natural environment, and enhance our quality of life."

The Goals presented in the plan are focused on 4 themes: Well-Stewardled

Parks, a Vibrant Riverfront, Outdoor Recreation and Connectivity. The document, and a virtual tour of the city's parks, can be accessed at <https://tinyurl.com/27wd26az>. The vote followed a public hearing during which local resident, Kalen Fraser, expressed her appreciation of the plan, explained some concerns, and provided additional recommendations. The plan includes vending machines in some of the parks. She warned that access to snacks and candy could become a battle for moms with young children begging to buy snacks every time they go to a park. She thought that may make some mothers hesitant to visit a park if there are vending machines. Director of Operations, Steve Croci, recalled that these may have been added to the plan to provide fund raising for various local organizations and been a component of including concession stands at some of the parks. Commissioner Paul

Nelson also responded that nothing in the plan is set in stone, that it is a guiding document and necessary when applying for funding. He also expressed concern that vending machines would be at high risk for vandalism. Fraser said she loves Riverside Park and people of all ages use it frequently, she was glad to see that the PROS action plan includes better river access.

The PROS plan includes adding and upgrading playground equipment at some parks. Fraser suggested that those facilities include structures that incorporate risk. Many playgrounds around the country are boring and do not provide any challenge for kids, according to Fraser. She commented that she likes that the Plan includes additional restrooms, but also asked how the city plans to deal with vandalism and keeping the restrooms open. Fraser said she is aware that

vandalism has been a problem at Riverside Park bathrooms resulting in the facilities being closed during much of the summer, even though city employees worked hard to keep them clean and open. Nelson replied that it is very difficult to monitor the inside of the restrooms, he added that a 911 call is in order if anyone is at the restroom after-hours.

Fraser concluded that overall, the plan looks great. One comment letter about the PROS Plan was submitted to the Director of Operations office and was read to the Commissioners during the Nov. 7 meeting. Some of the points made in the letter included a Pickleball court at River Street Park, instead of a beach volleyball court; removing the vending machines from the plan; improved river access; coordinate with the school district; and a birding trail at Shotwell Ditch.

The hearing and vote on the PROS plan, by the Commission, followed over a year of meetings, discussions, a public forum, and public hearing.

WVC announces Dr. Faimous Harrison as next president

SUBMITTED BY LIBBY SIEBENS

After conducting a national search, Wenatchee Valley College Board of Trustees voted unanimously during a special board meeting this morning to approve hiring Dr. Faimous Harrison as the next president. Harrison is expected to begin in January, replacing Dr. Jim Richardson who has served as president for 17 years.

"We are excited to welcome Dr. Harrison to Wenatchee Valley College and the beautiful North Central Washington region," said Tamra Jackson, board chair. "He brings a wealth of experience working with diverse, under-served students, improving student engagement, and building vibrant, inclusive campuses."

Harrison brings 32 years of experience in higher education to WVC. He comes to WVC from California State University Stanislaus-Stockton Campus where he is currently the dean. Both his current campus and WVC are federally designated Hispanic-serving institutions (HSIs). Harrison has more than 20 years of experience working in the Washington state community and technical college system.

"I am humbly honored to serve as the 13th president of Wenatchee Valley College," said Harrison. "Wenatchee Valley College's dedicated faculty, talented professional staff, administrators, and board of trustees are committed to supporting student achievement and success, and meeting members of the diverse communities that the college serves where they are, which was one of the many reasons why I was attracted to this opportunity."

As a next step, the board of trustees and Harrison have entered into contract negotiations. Details will be made available at a later date.

WVC began the presidential search process in January after Richardson announced his intention to retire. Harrison was chosen from among 46 applicants and four finalists. He will be WVC's 13th president since it opened in 1939. For more information on the process, visit the presidential search page.

Wenatchee Valley College enriches North Central Washington by serving educational and cultural needs of communities and residents throughout the service area. The

college provides high-quality transfer, liberal arts, professional/technical, basic skills and continuing education for students of diverse ethnic and economic backgrounds. Visit our website, wvc.edu.

Wenatchee Valley College is committed to a policy of equal opportunity in employment and student enrollment. All programs are free from discrimination and harassment against any person because of race, creed, color, national or ethnic origin, sex, sexual orientation, gender identity or expression, the presence of any sensory, mental, or physical disability, or the use of a service animal by a person with a disability, age, parental status or families with children, marital status, religion, genetic information, honorably discharged veteran or military status or any other prohibited basis per RCW 49.60.030, 040 and other federal and state laws and regulations, or participation in the complaint process. The following persons have been designated to handle inquiries regarding the non-discrimination policies and Title IX compliance

for both the Wenatchee and Omak campuses.

To report discrimination or harassment: Title IX Coordinator, Wenatchee Hall 2322M, (509) 682-6445, title9@wvc.edu.

To request disability accommodations: Director of Student Access, Wenatchee Hall 2133, (509) 682-6854, TTY/TTD: dial 711, sas@wvc.edu.



SUBMITTED PHOTO

Dr. Faimous Harrison

THIS WEEK

Election Results.....A2	Outdoors Report.....A4	Classifieds Index
Business Directory.....A3	Church Guide.....A4	Classifieds.....B2-B3
Community Calendar.....A3	Bulldog Scoreboard.....B1	Real Estate Guide.....B3
Sheriff Reports.....A3	Cashmere Middle School.....B1	Inserts: Safeway



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State Senator Brad Hawkins

12th District

New boundaries and new dynamics for our 12th District

The Washington State Redistricting Commission's new boundaries for our state's 49 legislative districts, a process completed every 10 years, will bring many new dynamics to Olympia. One of the more significant changes - due to greater growth in western Washington than eastern Washington - involves the 12th Legislative District, which now reaches over the Cascade Mountains.

Specifically, the new boundary for the 12th District includes East Wenatchee, Chelan County, and portions

of Snohomish County (Index to Monroe) and King County (North Bend to Duvall). Of similar importance for North Central Washington are the adjustments to the 7th District, which now includes most of Douglas County and reaches into many unincorporated areas near East Wenatchee.

Just as the 12th District legislators will be working hard to represent new constituents across the Cascades, the 7th District legislators will be challenged by serving the largest geographic district in the state. If you find it odd for

me to be mentioning issues involving Monroe, Carnation, and North Bend, some of you will also hear about projects in Ferry, Stevens, and Pend Oreille counties. Believe me, we did not draw these new boundaries - the Redistricting Commission did.

As I continue to reach out to the new areas of the 12th District, I find myself reflecting on my service philosophy and trying to explain it to others. One thing that often surprises people when they first meet me is when I tell them that I'm not very political. This seems

a bit odd given my position, but the reality is that I view myself as a public servant and not a politician. As such, my office works diligently with both parties to reach the best outcomes for the people of the 12th district.

My office staff and I emphasize being good listeners, able facilitators, and helpful advocates. We prioritize excellent customer service to you above all else. Here is the best way for me to share my public service commitment to you. As your State Senator, I will continue to:

- Demonstrate a responsible use of tax dollars
- Continually focus on serving constituents
- Stay open-minded about issues before me
- Be a good listener and respect differences
- Answer questions directly and honestly
- Be a good communicator by sharing facts
- Always put public service before politics

I pride myself in being responsive and accessible to you and look forward to continuing to serve as your

State Senator. Despite the adjusted boundaries or changes at the Capitol, please know that my position exists to serve you. Please contact me anytime with questions or concerns. If you would like to follow my legislative activities, visit me at senatorbradhawkins.org. Thank you for the opportunity to serve as your State Senator!

Brad Hawkins is our 12th District state senator representing North Central Washington in Olympia. Contact info: 360-786-7622 or brad.hawkins@leg.wa.gov.



Shon Smith



Anne Hessburg



Carnan Bergren

Chelan County election results

Shon Smith who is running for Chelan County Commissioner #2 has maintained a small lead over Anne Hessburg after the second round of ballot counts were released Thursday, Nov. 10th. According to Chelan County auditor's office, with 50.2% of the vote, Smith, a Republican, leads his opponent, Independent Hessburg by only 143 votes: 13,357 votes to 13,214. Hessburg gained a little ground on Smith from election day and now has 49.66% of the vote, compared to 49.33% on Tuesday, less than one percent.

In the Chelan County sheriff's race, deputy Mike Morrison's advantage over three-term incumbent Brian Burnett remained around 9%. Morrison received 13,751 votes, to Burnett's 11,502 votes. On Tuesday, Nov. 8. Morrison led the current Sheriff Burnett at 54.14% to Burnett's 45.37%. There are about 5,992 left to be counted according to the Chelan County Auditor's

Office. Chelan County clerk candidate Martin Young has a slight lead over Sandra Arechiga. Young has 50.8% of the vote, compared to 49.39% on Tuesday. The total is currently 13,097 votes for Young and 12,822 votes for Arechiga.

The Chelan County District Court race with Attorney Jon Volyn is ahead of Chelan County deputy prosecutor Allen F. Blackmon by 1,416 votes in their bid to replace the retiring Judge Roy Fore. Volyn has approximately 52.88% of the vote.

Former Chelan PUD Commissioner, Carnan Bergren continues to lead Manson School Board member Aurora Flores for Chelan County PUD District 3 commissioner. Bergren has 12,677 votes, or approximately 55%, and Flores has 10,221 votes, or 44.48%, according to the Auditor's office.

Next count will be Nov. 15th with certification on Nov. 29th.

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The Washington Outdoors Report

Outdoors Roundup

By JOHN KRUSE

WATERFOWL: The first wave of northern birds has arrived in the Columbia Basin. Checking out Stratford Lake this past week I saw an estimated 10,000 lesser Canada geese and approximately 1500 snow geese on the lake before sunrise. The first wave of mallards has shown up as well, along with wigeon. That's something I found out hunting with my friend Rusty Johnston this week. We saw many more

ducks, some in large flocks, that we didn't see in mid-October when warm weather made for a tough opening day weekend. Now however, the weather has turned chilly and the migration has begun. Smaller ponds are beginning to ice up but bigger water, creeks and wasteways used by the ducks remain open. The arrival of these new birds should provide some very good opportunity for hunters.

POTHOLES RESERVOIR PANFISH: Most anglers

focus on walleye at Potholes Reservoir this time of year but there are some big panfish and lots of them to be caught this month as well. Pete Fisher at MarDon Resort shared a photo of a 1.2-pound bluegill (yes...a bluegill) caught recently and Travis Dawson, the Fishing Department Manager at the East Wenatchee Sportsman's Warehouse store, reported excellent fishing for crappie at Potholes last week. Travis was using small (1/16 ounce) white jigs or Road Runner lures tipped with a small

Berkley Power Gulp bait for success. Look for schools of crappie around the habitat boxes planted in the lake. You can get a map at the MarDon store that will show you where they are at www.mardonresort.com.

COLUMBIA GORGE FISHING: Wendy Boyer at Gorge Outfitters Supply in Rufus says the coho fishing is wrapping up at the mouth of the Klickitat, but walleye fishing is picking up though the fish are deep. Try using a deep diving Bandit crankbait that will go down to about 28 feet. You can also try a Berkley Flicker Shad with a suspension dot (weight) to get it deep. There has been some effort for catch and release sturgeon in The Dalles pool and Wendy expects there will be good success when the catch and keep season for them opens up in January. On the hunting front, waterfowl hunters are having success on the Columbia River below John Day Dam near Rufus

to the Biggs Junction Bridge. Wendy suggests dropping by the store in Rufus if you are looking for a good holiday gift for the outdoorsman or woman in your life. One special they are running is buy two deep diving plugs and get the third half off. The store is open Wednesday thru Sunday from 8 a.m. to 5 p.m. After hours service is available. Just contact Wendy at the store a day or two in advance. www.gorgeoutfitters.com

LONG LAKE RAINBOWS: Steve Morris at SJM Guide Service has been fishing at Long Lake and the rainbow trout fishing has been good. The trout are averaging 14 inches. Steve will likely fish Long Lake until the first week of December. Steve also went on a duck hunting trip near the Tri-Cities last week and had good success. Steve said there are good numbers of ducks in the area, a mix of mallards and wigeon. www.sjmguideservice.com

ICICLE RIVER COHO: Some 13,000 coho appear to be bound for the Wenatchee and Icicle River but low waters and low temperatures kept most of them out of the Icicle where anglers can target them. That changed the first weekend of November when we got our first good amount of rainfall and the rivers rose. My son and I, along with a half-dozen other anglers, spent Saturday afternoon fishing the Icicle between the Fish Hatchery and the Icicle River Bridge at East Leavenworth Road. Unfortunately, the fish had not made it up yet in good numbers and only one fish was caught that afternoon. Those fish should be in now. However, they are likely not fit for eating at this point since they are either spawned out or close to it. The coho season on the Icicle River remains open until November 30.

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

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Rusty Johnston with three mallards

PHOTO COURTESY JOHN KRUSE

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303 Maple Street • 509-782-2431
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www.cashmerepres.org

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Pastor Lilia Felicitas-Malana

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Caribou Trail League Cross Country - Fall 2022 All-League Teams

SUBMITTED BY JEFF CARLSON

Boys CTL Champions: Cascade

Girls CTL Champions: Cascade

Boys Runner of the Year: Aiden Tuttle (Cascade, 12)

Girls Runner of the Year: Caroline Menna (Cascade, 10)

Boys 1st Team: Aiden Tuttle (Cascade, 12), Evan Butruille (Cascade, 12), Blue Knutson (Cascade, 11), Jasper Bard (Cascade, 11), Kaden Miller (Cashmere, 11), Hugh Wheeler (Cashmere, 11)

Boys 2nd Team: Brayden Anderson (Cascade,11),

Anthony Villalobos (Cascade, 12), Maison Sims (Cashmere, 11), Olen Johnson (Cascade,12)

Honorable Mention: Garrik Strong (Cashmere, 12), Keenan Knoll (Cashmere, 9)

Girls 1st Team: Caroline Menna (Cascade,10), Isabel Menna (Cascade,11), Alice Farrell (Cascade, 10), Gwen Pehowski (Cascade,9), TillieJane Leroy (Cascade, 12)

Girls 2nd Team: Ella Kenoyer (Cashmere, 9), Harper Baker (Cascade, 10), Paige Nunnally (Cascade,11), Saige O'Keefe (Cashmere,11)

Girls Honorable Mention: Kimberly Strong (Cashmere,10)

2022 All-CTL Football

SUBMITTED BY JEFF CARLSON

Defensive Player of the Year: Kaston Dillon, DL 81, (Cascade 12)

1st Kicker: Genaro Reyna, Kicker 20, (Cashmere 12)

Defensive Backs: Trae Smith, 1st DB 7, (Cashmere 11); Aidan Theiss, 1st DB 4, (Cashmere 10); Sam Webb, 1st DB 8, (Cascade 11); Kai Lewman, 2nd DB 3, (Cascade 12)

Defensive Line: Brody Larson 1st DL 60, (Cashmere 10); Luke Jacobson, 1st DL 9, (Cashmere 12); Kaston Dillon, 1st DL 81, (Cascade 12); Drake Mutch, 2nd DL 54, (Cashmere 11)

Linebackers: Jones Duncan, 1st LB 43, (Cascade

12); Josh Meros, 2nd LB 33, (Cashmere 11); Gavin Pulse, 2nd LB 44, (Cascade 12)

Offensive Line: Dawson Spies, 1st OL 76, (Cashmere 12); Brody Larson 2nd OL 60, (Cashmere 10)

Quarterback: Braeden Parton, 1st QB 19, (Cascade 12); Trenton Mason, 2nd QB 2, (Cashmere 12)

Running Back: Luke Jacobson, 1st RB 9, (Cashmere 12); Kai Lewman, 2nd RB 3, (Cascade 12)

Tightend: Kaston Dillon, 1st TE 81, (Cascade 12); Dalan Smart, 1st TE 16, (Cashmere 11)

Wide Receiver: Hunter Stutzman, 1st WR 28, (Cascade 12); Grady Zimmerman, 2nd WR 15, (Cashmere 12)

CTL Girls' Soccer - 2022-23 All-League Selections

SUBMITTED BY JEFF CARLSON

1st Team: Ava Courtney, Forward, (Cashmere 12); Edie Walker Forward, (Cascade 12); Mya Herrera, Forward, (Cascade 11); Kaitlyn Bjorklund, Midfielder, (Cashmere 12); Isabella Hansch, Midfielder, (Cashmere 12); Esther Walkley, Defender, (Cashmere 11); Kora Traynor Defender, (Cashmere 10)

2nd Team: Grace Norman,

Forward, (Cashmere 12); Tania Oyos, Midfielder, (Cascade 12); Teyva Dillon Midfielder, (Cascade 10); Leslie Mata, Midfielder, (Cascade 10); Adysen Bjorklund, Defender, (Cashmere 10); Cassidy Gillespie, Defender, (Cascade 11); Madi Barker, Defender, (Chelan 11); Kamryn Tomlinson, Keeper, (Cashmere 10)

Honorable Mention: Emma Warman, Defender, (Cascade 12)

2022 CTL- All-League Volleyball

SUBMITTED BY JEFF CARLSON

Emma Sunitsch, (Cascade 12)

2nd Team: Lily-Ann Geren, (Cashmere 12); Livvy Bartholdt (Cashmere 12); Alayna Groce, (Cashmere 11); Maddie Hammond, (Cashmere 12);

Sportsmanship Award: Cashmere Bulldogs

1st Team: Faith Kert, (Cashmere 11); Giselle Navarro, (Cascade 12)



FOOTBALL	
Nov. 11:	Cashmere 22, La Center 17; Win
SOCCER PLAYOFFS	
Nov. 5:	Cashmere 1, Freeman 4; Loss
VOLLEYBALL PLAYOFFS	
Nov. 5:	Cashmere 0, Freeman 3; Loss

Sports Schedule

FOOTBALL	
Nov. 11:	Cashmere vs. Nooksack Valley Pioneers, Sat. Nov. 19, 3 p.m., Civic Stadium, Bellingham, WA.

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GO BULLDOGS

Cashmere cross country



PHOTO SUBMITTED BY MATTHEW OCKINGA

Junior cross country runners Hugh Wheeler, second from right, and Kaden Miller, right, take place in a sprinting drill with teammates during practice on Sept. 30.

By MATTHEW OCKINGA

Correspondent

Cashmere - All athletics require preparation. Especially before a key race, runners must ready themselves for the mental grind of a five-kilometer contest.

So, last year at the 1A State Championship cross country tournament in Pasco, how did Cashmere High School teammates Kaden Miller, Hugh Wheeler and Garrick Strong prepare for the year's biggest meet? Super Smash Brothers, of course.

Hours before the State race, the three runners ran into an Army recruiter who challenged them to a three vs. one competition. Unfortunately, one Cashmere teammate was confused about his digital teammates. "I got a little bit confused about who was my teammate in that game," said Strong, who used the character Donkey Kong. "I might have knocked off one of my teammates on accident." Miller confirmed. "Garrick thought that I was the enemy, so he was trying to get me," he said. Yet besides the lesson from the recruiter, they also learned from their first trip to State.

"It was really inspiring seeing all the other teams out there, how fast they were and seeing my teammates go really fast and run really fast," Wheeler said. "I think that we were really good friends before State and even better friends after it."

Though the boys have some work to do on their Nintendo communication, their previous experience at State helped provide experience for this year's final race. While Strong fell a bit short in his bid to return to State, Miller and Wheeler competed at Pasco's Sun Willow's Golf Course on Nov.

6. The 1A State cross country race consisted of 154 runners. Miller finished in 88th place with a time of 18:43:0 while Wheeler finished shortly after, coming in 93rd with an 18:47:7 mark. The two juniors, who have known each other since seventh grade, were on pace to personal 5K records after the first mile which is largely blocked by houses. After that, they faced a fierce headwind for the final two miles. Next season, the friends and teammates will have one last crack at the big race.

Strong, a senior, has ran his last cross country race. Yet the impact he's left on his teammates remains. Wheeler and Miller described the senior as a quiet leader who sets the pace not just by work ethic, but by attitude.

"I've never seen him upset or nervous," Wheeler said. "I've never seen him with any negative emotions. He's always happy and laughing at jokes and making them. He's a really good team leader."

"That's usually exaggerated, but I don't think I've ever physically seen him in a bad mood," Miller added. "He leads us through warmups and makes it fun."

Strong recalled some of his experiences as a freshman runner. He also had role models to set a good tone such as Rob McManus who now runs for Division 1 school Montana State University. As a senior, Strong tried to encourage younger runners to embrace the race mindset and try to improve during each practice.

"I try to tell the freshman every once in a while some of the things I wish I knew at the beginning," Strong said. "You want to take practice a little bit seriously. Every race is another day to get better. If you don't really have a good race, it's not

that bad as long as you know how to improve and learn from it."

Cross country can be a grueling sport with brutal practices and unfavorable conditions. Running when no one is chasing you seems a bit crazy. One year, Cashmere head coach Jeff Kenoyer, who has led the Bulldogs for over two decades, bought his team T-shirts that said, "We're all here because we're not all here."

Sometimes during long practices, which include hikes to radio tower and six-miles runs, the best medication is distraction and friendship.

"You have to find someone that you enjoy talking to because running isn't that fun. It's the feeling afterwards that's good," Miller said. "As soon as you start talking about something else besides running, it tends to go by really quickly. You pick up the pace."

Wheeler concurred and added that running is all about attitude.

"There's a time to be serious, but there's also more time to have it light because it sucks no matter how fast you are, how many times you've run, running six-miles as fast as you can is always going to suck so you might as well have a good outlook on it before you run," he said.

Kenoyer has enjoyed having this trio on his squad. He mentioned how these boys, and the rest of his team, seem uniquely suited to the grind of running.

"Every kid in cross country is pretty unique. Most kids aren't really up for a challenge like this," Kenoyer said. "They've gotten better and better. They're stronger. They like to run. They like to challenge each other. They have a good time with each other."

CONGRATULATIONS, STUDENTS OF THE MONTH!

Cashmere Middle School



Fernando Cortez Enriquez, 5th grade Thurston Christensen, 6th grade Emma Weems, 6th grade Symraj Sandhu, 7th grade



Ella Gemeinhart, 7th grade Cody Paine, 8th Grade Kate Croci, 8th Grade Dylan Arroyo, Specialists



Skyler DeJesus, Estrella Espanola Emma Nick, Estrella Espanola Jackson Binger, Mathletes Logan Potter, Mathletes

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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

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

Help Wanted

Job Title: Public Works Administrative Assistant

The City of Chelan is accepting applications for the position of Public Works Administrative Assistant. Monthly pay range: \$4,677 - \$5,709. Application deadline: November 23, 2022 or until filled. Go to www.cityofchelan.us for additional information and employment application.

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Cashmere School District Technology Assistant Duties and Responsibilities: The successful candidate will provide extra support to the technology department to complete technology projects. The successful candidate will work with a dedicated staff committed to meeting the needs of the district. Additional information and application process can be found at www.cashmere.wednet.edu under the employment link. The District complies with all state and federal rules and regulations and does not discriminate on the basis of race, color, national origin, gender or disability.



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Legals
Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of ROBERT J. STIRLING, SR., Deceased. NO. 22-4-00509-04

PROBATE NOTICE TO CREDITORS

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: November 2, 2022

PERSONAL REPRESENTATIVE: Julia A. Stirling

ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser

ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 22-4-00509-04

OVERCAST LAW OFFICES By: /s/ David Visser, WSBA No. 41546 Attorney for Personal Representative

Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 2, 9, and 16, 2022. #4883

Public Notices

Superior Court of Washington For Chelan County

In the matter of the estate of **Scott Kenneth Warren**, Deceased. No. 22-4-00472-04

Notice To Creditors (RCW 11.40.030)

The persons named below have been appointed as co-personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the co-personal representatives or their attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the co-personal representatives served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: November 2, 2022.

Christine L. Smith, Gail L. Collins, and Sherrie L. Sines, Co-Personal Representatives Attorney for the Co-Personal Representatives: Joseph C. Brown, Jr., WSBA #17991

Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111

Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 22-4-00472-04

Published in the Cashmere Valley Record/ Leavenworth Echo on November 2, November 9, and November 16, 2022. #4881

Public Notices

CITY OF LEAVENWORTH

On the 8th day of November 2022, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:

Ordinance 1663: An Ordinance of the City of Leavenworth, Washington, which is an ordinance authorizing the regular property tax levy and is authorized for the levy to be collected in the 2023 tax year. A copy of the full text of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 16, 2022. #4925



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Confronting the epidemic of drug overdose deaths in our communities

StatePoint - As America's drug overdose and death epidemic continues to impact communities of every size in every corner of the country, new challenges have emerged.

In 2021, more than 107,000 people died from drug-related overdoses, according to the U.S. Centers of Disease Control and Prevention, the bulk of which were from illicitly manufactured fentanyl, which shows up in fake pills, methamphetamine, and cocaine.

Since its founding in 2014, the American Medical Association (AMA) Substance Use, and Pain Care Task Force has brought together medical societies and practicing physicians to develop and implement strategies that can help end this epidemic. The task force's recommendations include urging physicians to enhance their education as well as advocate for comprehensive care for patients in pain and for those with a substance use disorder. The AMA also strongly urges states to update laws to make the opioid overdose reversal medication naloxone more readily available, decriminalize fentanyl test strips, and take other harm reduction initiatives to save lives from overdose. When



PHOTO SOURCE: (c) ArLawKa AungTun / iStock via Getty Images Plus
In 2021, more than 107,000 people died from drug-related overdoses, according to the U.S. Centers of Disease Control and Prevention, the bulk of which were from illicitly manufactured fentanyl, which shows up in fake pills, methamphetamine, and cocaine.

it comes to helping patients with a substance use disorder (SUD) so they can lead satisfying, productive lives, the science shows what works: medication prescribed by a physician or dispensed at Opioid Treatment Programs, combined with behavioral counseling and other services.

Despite certain positive trends and clear science, of the 40.3 million people

nationwide with a substance use disorder, 93% receive no treatment, according to federal officials. A 2022 report from the U.S. Department of Labor found that health insurance companies regularly violate state and federal laws designed to provide coverage for substance use disorders and mental illness. Health insurance companies also continue to put up barriers to accessing medications

for opioid use disorders (MOUD) and deny care to patients with pain—or make it so expensive that patients cannot access care.

“No community has been—or will be—spared the pain of this epidemic. The spiking mortality numbers—with young people and Black and Brown Americans dying at the fastest growing rates—add yet another urgent call to remove health inequities

from the health care system. We know policymakers have not exhausted all remedies. Until we have, we must keep advocating for humane, evidence-based responses,” said Bobby Mukkamala, M.D., chair of the AMA Substance Use and Pain Care Task Force.

The AMA stresses that while physicians are leading in areas where they can have an influence, they cannot end the epidemic alone. To combat the issue at the state and national level, the organization has issued a national “roadmap” to policymakers and regulators focused on these specific actions:

- Remove barriers to evidence-based care for patients with an SUD. This includes removing prior authorization, step therapy and dosage caps for MOUDs, continuing federal flexibilities for take-home medication for opioid treatment programs, continuing audio-visual, and audio-only telehealth options for patients to begin treatment, and removing regulations that prevent most physicians from being able to prescribe MOUDs to their patients.
- Take immediate steps to protect families by focusing on increasing access to evidence-based care rather than using punishment

and the threat of family separation for persons with an SUD who are pregnant, peripartum, postpartum and parenting.

- Enforce laws that require mental health benefits to be on par with other health benefits, thereby broadening access to treatment related to mental health and substance use disorders.

- Pharmacy chains, health insurance companies and pharmacy benefit managers should remove arbitrary barriers to opioid therapy as well as ensure patient access to affordable, accessible non-opioid pain care.

- Patients and physicians should have conversations about safe storage and disposal of opioids and all medications; and increase access to naloxone to patients at risk of overdose.

- Develop and implement systems to collect timely, adequate, and standardized data to identify at-risk populations, fully understand polysubstance drug use, and implement public health interventions that directly address removing structural and racial inequities.

To learn more about efforts to end the drug overdose and death epidemic, visit end-overdose-epidemic.org.

Ready outdoor power equipment for winter storage

Prep your snow thrower

Save time and future headaches

After your lawn gets its last seasonal cut, it is time to put away spring and summer outdoor power equipment, like lawn mowers, leaf blowers, and trimmers. What's next? Snow throwers, generators and other small engine equipment need to

be ready for winter. How and when you prepare your equipment for seasonal changes can save you time and money later, says the Outdoor Power Equipment Institute (OPEI) “Over the last few years, we've learned our outdoor spaces are more important than ever so making sure you've got the means to care for your yard is critical,” says Kris Kiser, President and CEO of the Outdoor Power Equipment Institute and Equip. “Preparation is everything -- understanding how to store equipment and get it serviced, how to operate it safely, and how to ready your space to use that equipment.” OPEI encourages everyone to follow their manufacturer's

guidelines and to keep kids and pets away from operating equipment at all times. Here are a few tips to ensure proper equipment storage, maintenance, and safe handling:

1. Review owner's manuals.

Know how to handle equipment safely including how to turn off equipment quickly and safely. Lost manuals can be found online. Save a copy on your computer, so it can be consulted when needed.

2. Service all equipment.

Before storing spring and summer equipment, clean and service it or take it to a small engine repair shop. Drain and change engine oil and safely dispose of old oil. Service

the air filter, and do other maintenance as directed by the owner's manual. Check winter equipment and see if any maintenance and repairs are required.

3. Handle fuel properly.

Unused fuel left in gas tanks over the winter can go stale and even damage equipment. Before storing equipment, add fuel stabilizer to the gas tank, then run the equipment to distribute it. Turn the engine off, allow the machine to cool, then restart and run until the gas tank is empty. For winter equipment, buy the recommended type of fuel no more than 30 days before use. Use fuel with no more than 10% ethanol in outdoor power equipment. Use a fuel

stabilizer if recommended by the manufacturer. Get more information at LookBeforeYouPump.com.

4. Charge batteries.

Remove and fully charge batteries before storing. Don't store batteries on metal shelves or allow them to touch metal objects. Store them on a plastic or wood shelf in a climate-controlled structure.

5. Shelter equipment from winter weather.

Store spring and summer equipment in a clean and dry place such as a garage, barn or shed. Winter equipment should be kept away from the elements but be easily available for use.

6. Prepare, prepare, prepare.

Make space in the garage or basement before the weather changes, so there is room to store larger yard items. Clean up your yard. Remove sticks, debris, dog and kid's toys and other items that can damage or destroy equipment. Clear the paths used regularly in your yard.

7. Use generators with care.

Keep heavy duty weatherproof extension cords on hand. Ensure the length of the cord will connect to the generator when it is a safe distance from the house or building. Never operate a generator indoors, in a garage, breezeway or under an open window. Install a carbon monoxide detector in your home.

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- Chicken of the sea? 14. a.k.a. papaya
- Biblical firstborn
- Aquarium show star
- Type of squash
- "Like George Bailey's life
- Struggle for air
- Gangster's gun
- "Mount Crumpit's misanthrope
- They refuse to believe
- "Howard, directed a movie about #23 Across
- High regard
- Like dental exam
- Bullying, e.g.
- Popular deciduous tree
- Kaa of "The Jungle Book"
- Cleopatra's necklace
- "Like characters in Will Ferrell's famous Christmas movie
- Use a Singer
- Continuing forever
- Wonder Woman's ability to fly, e.g.
- Galley propeller
- Type of consonant
- Corner chess piece
- "Nicolas Cage's character gets a glimpse of a different life (2 words)
- Like famous Moulin
- Computer image
- French money
- Alleviated
- Target of a joke
- Iditarod ride
- "Nick Claus' brother, a repossession agent
- Famous frat house
- Black and green brews

DOWN

- Not many (2 words)
- Japanese soup
- Architectural drawing
- Sudan, in French
- Rides the wave
- Ear bone, a.k.a. anvil
- Jezebel's idol
- "Griswold family's pastime
- Epic poem
- Waterproof canvas
- Part of B.Y.O.
- Synagogue scrolls
- Like a Druid
- Master of ceremonies
- Engagement symbol
- Prepare carrots, sometimes
- R2-D2, e.g.
- Accustom
- Bruce Willis' ex
- Use the blunt pencil tip
- Autumn laborer
- Lots and lots
- Regale with a tale, e.g.
- "Human from North Pole comes to NYC
- "Bill Murray movie, inspired by Charles Dickens
- Water-covered sandbank
- Cornucop
- Orthopedic device
- In the buff
- Dryest, as in humor
- Vacuum, pl.
- Be theatrical
- Katy Perry's 2013 hit
- Yorkshire river
- Trivial lies
- Drug smuggler
- Pi times square of radius
- Show of agreement, pl.
- Game official, for short

CROSSWORD

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

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	9							
		6		9				5

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 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



Cook's
Always good to the bone™
Cook's
Old Fashioned
Bone-In Ham
5 to 7 Lb. Portions

1.98
LB.



St. Helens
LOCAL
FRESH
BEEF
Premium Beef
Beef Rib-Eye
Roast
Ribs Cut and Retied for Convenience

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LB.



Prairie Fresh
NATURAL
All Natural
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Loin Roast
Center Cut,
Rolled & Tied

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LB.

Complete HOLIDAY Meal Deal



Includes the following Items

Grade A Frozen Turkey 8 to 10 Lb. Average	5 Lb. Bag Russet Potatoes #1	Food Club Cut Green Beans 14.5 Oz.
Food Club Turkey Stuffing Mix 6 Oz.	Rocky Mountain 8 Inch Pumpkin Pie	Food Club Cranberry Sauce Whole or Jellied, 14 Oz.
Food Club Turkey Gravy Mix .75 Oz.	Franz Hawaiian Dinner Rolls 18 Count	Food Club Whole Kernel Corn 15.45 Oz.
Food Club Large Olives Ripe, Pitted, 6 Oz.		

All for Only 29.98 EA.
PLU# 1675

Halos Mandarins
2 Lb. Bag



2.98
EA.

Fancy Sweet Potatoes **1.48** LB.



Fancy
Beauregard or Garnet Yams **1.28** LB.

Fresh
Celery Bunch **1.28** EA.



NO BAG LOCAL HUNGER
Oct. 26 - Nov. 25, 2022
Your \$20 donation buys a bag of food worth \$30 that will be delivered to your local food bank.
All cash and food donations will go to supporting your Local Food Banks.
PLU #1672

Please donate non-perishable food items or donate at the register!

Food Club Tuna In Water, 5 oz. (x2)	Food Club Chicken Noodle Soup 10.5 oz.
Food Club Mayonnaise 30 oz.	Food Club Macaroni & Cheese 7.25 oz. (x2)
Food Club Spaghetti 16 oz.	Food Club Old Fashioned Oats 42 oz.
Food Club Pasta Sauce Traditional, 24 oz.	Food Club Peanut Butter Creamy, 16 oz.
Food Club Green Beans Cut, 14.5 oz.	Food Club Brown Rice Long Grain, 2 lb.

We reserve the right to limit quantities. No rain checks.

HOLIDAY Sides!
Good Food & Family Fun We can help with our Ready to Heat & Eat Sides.
Your Choice!
3/\$12

Creamy Mashed Potatoes 32 Oz.	Mashed Sweet Potatoes 24 Oz.	Green Bean Casserole 22 Oz.
Homestyle Stuffing 22 Oz.	Cornbread Stuffing 22 Oz.	
Homestyle Gravy 24 Oz.	Cranberry Orange Relish 12 Oz.	



service BAKERY

Franz Dinner Rolls Classic or Hawaiian 12 Count 2.98 In Our Bakery	Kings Hawaiian Dinner Rolls Savory Butter or Original, 12 Count 3.98 In Our Service Bakery
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8-Inch Pumpkin Chiffon w/Caramel Pie 9.98 EA.



9-Inch Cream Pie Chocolate or Coconut Cream 10.98 EA.



9-Inch Pumpkin Pie 12.98 EA.



service DELI

Off the Bone Honey Ham 6.98 LB.	All Natural Colby Jack or Pepperjack Cheese 7.98 LB.	Broccoli Salad 8.98 LB.
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Don't forget your ham or turkey sandwich!

Franz Pan Bread Selected Varieties 24 Oz. 3.28	Franz Naked Bread Selected Varieties 22.5 Oz. 2/\$6	Franz English Muffins Selected Varieties 6 Count 2/\$5	Seattle International Sliced Bread Selected Varieties 20 Oz. 3.98
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