



Cashmere City Council Meeting

By KIRK BECKENDORF
Correspondent

The Cashmere City Council will hold a public hearing on Monday, October 24, 2022, at 6 p.m. at the Cashmere City Hall. The public is invited to attend and comment regarding the City of Cashmere's revenue sources and a possible increase in Property Taxes. Written comments can be sent to Kay Jones, City Clerk-Treasurer at kay@cityofcashmere.org. The proposal to pave the Cashmere Pump Track was presented to the Cashmere City Council at their Sept. 26 meeting. Kim Holladay told the Council that her husband, Brent Holladay, was responsible for the pump track being built ten years ago, but he died this past December. His heartbeat was wrapped up with bikes, she explained that her hope is for the pump track to be paved in his honor. James Munley, with Evergreen Bike Alliance, provided the council with detailed plans for the project. According to Munley, he estimated that with local ground source funding and community volunteer support, the track could be rebuilt and paved for about \$25,000. According to Munley that is significantly less than the \$200,000 needed to build pump tracks in Leavenworth and Quincy, and he emphasized that the design would

help reduce maintenance costs. Mayor Jim Fletcher told Holladay and Munley that their next step should be to describe their design to city staff who will make plans for Council approval.

Following up on a request that was made at the previous meeting, the Council discussed the city's poultry and livestock ordinance. Fletcher explained that the city's ordinance does permit livestock and poultry in certain zoned areas. If a property is one contiguous acre or greater, up to 12 chickens, other poultry or rabbits are permitted per acre. Fletcher recommended to the Council that before they start discussing specific changes to the code that they think about what the overall goal is, what do we want in the city and what is the city able and willing to administer. He added that Leavenworth has a permit system for chickens but that he has heard that very few people actually get a permit. Cashmere's current animal ordinance is fairly simple to administer according to Fletcher. He suggested that any new ordinance be easily enforceable, and he argued that the city did not want to be in the business of measuring setbacks of chicken coops to see if they meet a city regulation. Council members Chris Carlson, Jayne Stephenson and John Perry expressed their

support for considering allowing chickens on smaller lot sizes and recommended that the CPC look into specific options. Carlson suggested the need to look into how other cities administer and enforce their ordinance. Derrick Pratt said he was "neutral" on the issue and would like to hear more arguments from both sides of the issue, he expressed concern about enforcement. Cashmere resident, Eva Lorenz, who had brought the issue to the Council earlier in the month, felt that most people who want to have chickens on a small lot will do so responsibly. According to Lorenz, backyard chickens are usually being raised as a learning and family enrichment activity, they are not for saving money but rather for health and education. However, another Cashmere resident, spoke out against allowing chickens on small lots. She argued that in the past when chickens were allowed, her neighbors did not properly take care of the chicken feed and rats and mice became a problem. Smelling chickens is not something she wants to do when she opens her window. She told the Council that if someone wants to have chickens they should live on a farm. She expressed concern that when she called to complain about a neighbor who had a rooster, nothing was done. She questioned

why the city does not regulate the numbers of dogs and their barking or enforce ordinances about trash and debris around homes.

Mayor Fletcher reflected on the meeting with Senator Hawkins being a promotion for a regional aquatic center. Cashmere would not see much benefit from such a Center in Fletcher's opinion. One plan being promoted is the creation of a new Aquatic Center taxing district. Communities would need to choose to join the district and pay the required tax to fund the Center. He recommended that the city watch, wait and see what happens. It might be great for Wenatchee and East Wenatchee, Carlson added, but kids in Cashmere won't be able to just ride their bike to it, like they can to the Cashmere pool.

The additional 600+ water meters that have been ordered have still not been received, and Kay Jones, Cashmere's Clerk/Treasurer said that she had just received word that more meters will not be shipped until Nov. and that only about 200 meters will be available. Depending on the weather they may not be able to be installed at that time. The Council unanimously approved two business items. They amended the city's Inter-local Agreement with Chelan County for the Sunset Highway project allowing the county to conduct negotiations for right of way acquisition. A contract was approved with Nicholls and Kovich Engineering, PLLC to determine load ratings for four bridges in the city by Dec 31, 2022.



4-H Fair Results

SUBMITTED BY 4-H

4-H Round Robin

Intermediate
Grand Champion: Luke Wade - Moses Lake
Reserve Champion: Jaymie Pierson - East Wenatchee

Senior
Grand Champion: Nathaniel Whitehall - Waterville

Reserve Champion: Greer Swoboda - Leavenworth

Livestock Judging Contest

Junior
Grand Champion: Gavin Emerson - Coulee City

Reserve Champion: Caiden McCarthy - Wenatchee

Meat Goats

Sr. Doe Kid, 6 months - 1 year
Grand Champion: Sadie Lyndsay - Cashmere

Goat - Dairy Breeds

Doe
Grand Champion: Ada Missal - Cashmere

Doe, Under 6 months
Goat-Utility Class

Intermediate
Grand Champion: Sadie Lyndsay - Cashmere

Reserve Champion: Ada Missal - Cashmere

Goat - Costume

Outstanding Jr. Doe
Grand Champion: Sadie Lyndsay - Cashmere

Horse Judging Contest

Senior
Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Faith Smith - Cashmere

Horse Fitting & Showing

Intermediate
Grand Champion: Macie Zimmerman - Monitor

Senior
Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Faith Smith - Cashmere

Horse - English Equitation

Intermediate
Grand Champion: Macie Zimmerman - Monitor

Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Faith Smith - Cashmere

Horse - English Equitation with Trot

Junior
Grand Champion: Josie Reichlin - Leavenworth

Horse - English Pleasure

Junior
Grand Champion: Josie Reichlin - Leavenworth

Intermediate
Reserve Champion: Macie Zimmerman - Monitor

Senior
Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Faith Smith - Cashmere

Horse - Bareback Equitation

Intermediate
Grand Champion: Macie Zimmerman - Monitor

Senior
Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Faith Smith - Cashmere

Horse - Western Equitation

Reserve Champion: Macie Zimmerman - Monitor

Senior
Grand Champion: Greer Swoboda - Leavenworth

Horse - Western Equitation - Walk/Trot

Junior
Horse - Western Pleasure

Junior

Chelan County extends fire restrictions through October 15

By JILL FITZSIMMONS,
Chelan County PIO

WENATCHEE - On the recommendation of partner agencies and fire chiefs, the Chelan County fire marshal is temporarily extending current fire ratings and restrictions through at least Oct. 15, or until wildfire conditions ease.

Current conditions, which are unchanged, have the fire hazard level at "high" in both the county's Valley and Mountain zones. Stage 2 restrictions remain in place through Oct. 15.

Chelan County Code calls for any imposed travel and activity restrictions related to wildfire season to expire in the unincorporated areas on Oct. 1. The code also allows for the fire marshal to continue the restrictions and fire hazard rating until the Board of County Commissioners can formally adopt a resolution. The Board was expected to sign the resolution on Monday, Oct. 3 when it is in session.

This is the first time since 2012 that a resolution for an extension will be presented to commissioners, according to county records.

Under Stage 2 restrictions:

- Open burning, such as the burning of yard waste, is not allowed.
- Outdoor fires in recreational fire pits are not allowed.
- Citizens can use an outdoor, commercially made grill, such as a propane grill.
- Traveling off of the county roadway is not allowed.

"We still have several active fires in our area causing these smoky conditions we are experiencing," Fire Marshal Stephen Rinaldi said. "The smoke is a clear indicator of

the ongoing hot, dry conditions in Chelan County. Now is not the time to ease up on our travel and activity restrictions. We are asking the public to bear with us and to be mindful of the fire-prone conditions lingering this year."

If Chelan County receives additional moisture and cooler temperatures in the coming weeks, the county may consider lowering those restrictions before Oct. 15, Rinaldi said.

To keep up on the current fire hazard level, visit the county's website at www.co.chelan.wa.us.

Thank you for supporting my sixth annual listening tour

I recently concluded the first portion of my sixth annual 12th District listening tour. Traveling throughout our district with my staff has become an annual tradition each fall, the time of year when legislators begin planning for the upcoming legislative session. Due to the COVID-19 pandemic, the past two listening tours consisted primarily of remote meetings. This year's tour included in-person meetings with remote meetings available as an option.

This year's listening tour is split between the traditional areas of the 12th District and the new areas resulting from the recent state redistricting. The first portion of the tour took place September 13-16, with visits to Cashmere, Leavenworth, Chelan, and Wenatchee. The remaining tour will take place November 14-18 in the King and Snohomish counties portion of the new 12th District.

Past listening tours have taken me all throughout the 12th District and helped me connect with issues important to all four counties. Many of these communities, unfortunately, will no longer be within the 12th District boundaries going forward, which is why this year's Chelan County stops featured Cashmere, Leavenworth, Chelan, and Wenatchee. During my meetings this year, key topics included the state budget, health care, education, land use, wildfire, recreation, and more. This feedback will be very helpful for me when casting important votes in Olympia.

Hosting a listening tour each year helps prepare me for our state's annual legislative session. Ideas shared during past listening tours



COMMUNITY VOICES
By BRAD HAWKINS

have turned into successful legislative action. As examples, a suggestion by Leavenworth officials to dispose of brush and yard clippings resulted in a bill that became law in 2018. A funding request for the Saddle Rock trail in Wenatchee became reality when it was included in the state budget two years ago, and a road-paving project to a popular fishing location in Okanogan County was recently funded.

A biochar demonstration project to reduce wildfire risk was also funded, as well as significant improvements to Pinnacles Prep

School. All were ideas first raised by constituents during listening tours. Besides legislative ideas, I also collect helpful comments that prepare me to make better decisions for you.

As I reflect upon discussions from this year's listening tour and look ahead to the legislative session, I will be better prepared to represent us in the Senate. When legislators convene at the state Capitol in January, the primary focus will be developing budgets for the 2023-2025 biennium. This two-year period runs July 1, 2023, through June 30, 2025. Legislators likely will approve all three budgets in April or May.

Your support has been terrific

throughout my six years of listening tours. Whether you were able to join me this year or not, please know that my position exists to serve you. Please reach out to me anytime, either in Olympia or here at home. I always appreciate hearing your thoughts and ideas about state government. Contrary to what some people may think, listening is the most important skill any elected official can have. It certainly helps me do my job better.

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.



(L) Cashmere Mayor Jim Fletcher and council members meet with Senator Brad Hawkins (R) during his recent 12th District Listening Tour

PHOTO SUBMITTED BY SEN. HAWKINS.

CONTINUED TO PAGE A4

THIS WEEK		
Pear Bowl.....	A2-A3	AA Meetings.....A4
Bulldog Scoreboard.....	A3	Sheriff Reports.....A4
Church Guide.....	A3	Student Spotlight.....A6
Business Directory.....	A4	Breast Cancer Section.....A6-A7
Community Calendar.....	A4	Dr. Louise.....A7
		Classifieds Index.....A8-A9
		Classifieds.....A8-A9
		Real Estate Guide.....A9
		Inserts: Safeway



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CASHMERE BULLDOGS

- 10

PEAR BOWL 2022

SUBMITTED PHOTO.
Bulldogs Team



CASHMERE BULLDOGS 2022 Varsity Football



#	NAME	HEIGHT	WEIGHT	POSITION	YEAR	HEAD COACH
1	Jack Croci	5' 11"	180	WR/DB	12	Bryan Bremer
2	Trenton Mason	5' 10"	155	QB/DB	12	ASSISTANTS
3	Tyler Peterson	5' 8"	135	RB/DB	11	Steve Simonson
4	Aidan Theiss	5' 7"	140	WR/DB	10	Tyler Theiss
5	Logan Collins	6' 1"	170	RB/DB	12	Brandon Wagg
6	Logan Pesta	5' 10"	150	WR/DB	12	Jed Odenrider
7	Trae Smith	5' 10"	170	WR/DB	11	Danny Gold
8	Caed Wilkinson	6' 3"	195	QB/LB	11	VOLUNTEER
9	Luke Jacobson	6' 1"	200	RB/LB	12	Rob Larson
10	Rylan Hatmaker	5' 7"	125	QB/DB	9	Andres Hernandez
11	Logan Spies	5' 11"	130	WR/DB	9	Reese Stanfield
12	Isaac Zavala	5' 5"	105	WR/DB	9	Duke Odenrider
13	Marcelino Torres	5' 7"	130	WR/DB	10	STUDENT ASSISTANT
14	Lucas Rylaarsdam	6' 2"	160	WR/DB	12	Brayden Kriegel
15	Grady Zimmerman	5' 9"	140	WR/DB	12	MANAGER
16	Dalan Smart	6' 2"	195	TE/LB	11	Molly Hensley
17	Trevor Shoults	6' 1"	155	WR/DB	12	Lexie Thompson
20	Genaro Reyna	5' 10"	195	WR/DB	12	ATHLETIC TRAINER
21	Breken Stone	5' 9"	145	WR/DB	11	Steve Mongeon
23	Kelton Collins	5' 9"	150	RB/LB	11	BAND DIRECTOR
25	Jovanni Ruiz	5' 8"	135	WR/DB	10	Kent Chalmers
26	Max Townsldin	5' 10"	130	RB/MLB	12	CHEER ADVISOR
28	Thomas Bergren	5' 9"	185	RB/LB	9	Leisa Osburn
30	Brayden Stoffel	5' 8"	170	WR/LB	12	CHEERLEADERS
33	Josh Meros	6' 1"	205	TE/LB	11	Ivette Alvarado
34	Donald Flick	6' 1"	215	RB/LB	10	Brianna Castro
44	Gideon Six	6' 2"	180	TE/DE	10	Allyson Kitchel
45	Michael Acton	5' 10"	175	TE/DE	11	Sonia Lanuza
50	Owen Adamek	5' 10"	175	OL/DL	10	Raquel Pedraza
51	Jack Carney	5' 10"	155	OL/DL	12	Grace Regan
53	Ajay Lawson	6' 0"	220	OL/DL	11	Jasmine Romero
54	Drake Mutch	5' 6"	200	OL/DL	11	Naomi Valle
56	Joseph Acton	6' 0"	200	OL/LB	9	Reese Westlund
60	Brody Larson	6' 0"	245	OL/DL	10	SUPERINTENDENT
64	Oliver Kerns	6' 2"	260	OL/DL	10	Glenn Johnson
65	Eberardo Lopez	6' 2"	260	OL/DL	12	PRINCIPAL
71	Caleb Cantrell	6' 0"	215	OL/DL	10	Craig MacKenzie
72	Fernando Betancourt	6' 0"	285	OL/DL	12	ASST PRINCIPAL
73	Jacob Savage	6' 2"	245	OL/DL	10	Scott Brown
76	Dawson Spies	5' 11"	205	OL/DL	12	ATHLETIC DIRECTOR
77	Prin Fox	6' 2"	225	OL/DL	9	Jeff Carlson
78	Rylie Dewitz	5' 11"	260	OL/DL	12	
80	Korey Knoll	5' 10"	155	WR/LB	11	
81	Colby Diaz	5' 10"	135	WR/DB	10	
82	Landon Baker	5' 10"	135	K	11	

2022 Homecoming Royalty Court



Livvy Bartholdt Kaitlyn Bjorklund Alayna Groce Maddie Hammond
Jack Croci J.J. Groner Dawson Spies Grady Zimmerman

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PEAR BOWL 2022

CASCADE KODIAKS



PHOTO BY DZHAN WILEY.
Kodiaks Team



CASCADE KODIAKS

Leavenworth

2022 Varsity Football



#	NAME	HEIGHT	WEIGHT	POSITION	YEAR	HEAD COACH
3	Kai Lewman	5' 9"	175	RB/ROV	12	Dominique Coffin
5	Melvin Northrup	5' 7"	165	RB/ROV	10	ASSISTANTS
6	Cole Ennis	5' 9"	155	RB/ROV	10	
7	Artie Northrup	5' 9"	150	QB/DB	10	Charlie Coffin (DC)
8	Sam Webb	5' 9"	155	QB/RB/DB	11	Aaron Murphy (Co-OC)
9	Alonzo Johnson	5' 8"	185	TE/LB/K	12	Pastor Anaya
12	Zachary Karnes	5' 10"	185	RB/LB	11	Jeff Lang
13	Will Biebesheimer	5' 11"	165	WR/DB	10	David Talley
14	Fernando Tovar	5' 7"	155	WR/DB	12	TJ Ka'apuni
17	Eli Sauer	5' 4"	135	RB/DB	9	ATHLETIC TRAINER
19	Braeden Parton	5' 10"	165	QB/DB	12	
20	Kaden Aispuro	5' 4"	125	WR/DB	9	Jon Betz Derrick Talley
21	David Fernandez	5' 7"	165	TE/DB	11	BAND DIRECTOR
22	Logan Bradshaw	5' 7"	165	RB/LB	11	
23	Jonah Peak	5' 7"	145	RB/LB	9	Jace Rowland
24	Jonah Bowles	5' 4"	150	RB/LB	9	CHEER ADVISOR
26	Tristan McLeod	5' 11"	145	WR/DB	9	
28	Hunter Stutzman	5' 11"	165	WR/ROV	12	Hannah Doherty
32	Jeffrey Palacios	5' 6"	145	RB/DB	10	CHEERLEADERS
43	Jones Duncan	5' 9"	205	RB/LB	12	
44	Gavin Pulse	5' 10"	175	RB/LB	12	Abbi Carnahan
51	Juan Fonseca	5' 9"	160	OL/LB	11	Sofia Oropeza
52	John Vargas	5' 5"	160	OL/LB	11	Natalie Sanchez
53	Juan Alvarado	5' 10"	210	OL/DL	11	Grace Redman
54	Hunter Lang	5' 10"	255	OL/DL	10	Valeria Oropeza
56	Tim Johnstone	5' 10"	205	OL/DL	12	SUPERINTENDENT
58	Frank Rosario	5' 8"	160	OL/LB	10	
62	Talen Johnson	5' 11"	185	OL/DL	10	Tracey Beckendorf-Edou
66	Cody Salmon	5' 11"	205	OL/DL	9	PRINCIPAL
67	Preston Pedferri	5' 8"	175	OL/DL	10	
69	Coy Latimer	5' 7"	240	OL/DL	11	Rudy Joya
70	Chris Varona	5' 11"	180	OL/DL	9	ASST PRINCIPAL
72	Ethan Flansburg	6' 2"	220	OL/DL	10	
75	Gary Sullivan	6' 2"	245	OL/DL	10	Annika Bibby
77	Landon Curnutt	5' 11"	170	OL/DL	10	ATHLETIC DIRECTOR
78	Connor Schoenwald	6' 0"	205	OL/DL	10	
79	Axel Pacheco	5' 10"	225	OL/DL	11	Sam Gilstrap
81	Kaston Dillon	6' 3"	215	TE/DL	12	
99	Alden Brooks	6' 2"	170	TE/DL	12	

It's Pear Bowl time

BY LINDSAY TIMMERMANS
Staff Report

The annual battle for bragging rights in the Upper Valley is set for this Friday, October 7 at 7:00 p.m. at Cashmere High School for the annual Pear Bowl. The Cascade Kodiaks and winners of the 2021 game, will travel to Cashmere on the night of the Bulldog's Homecoming night.

The Bulldogs will be vying for possession of the Pear Bowl Trophy from the Kodiaks who won it last March when Fall Sports commenced later in the school year due to the pandemic. Last year's final score was Cascade 24; Cashmere 19.

Going into this game the Kodiaks are 4 and 1.

The Kodiaks' head coach is Dominique Coffin. He respectfully regarded the

competition Friday saying, "For this year's Pear Bowl it should be a fun one. Cashmere has a very talented team and have done well so far this preseason. Every year you don't know what to expect with the Pear Bowl because it doesn't matter what everyone's record is or who is favored, it is always a great game."

The Kodiaks are coming off a game vs. Quincy last week at home where they picked up another win at 42-7.

"As a team we are excited to get the opportunity to compete against a strong team that is well coached. We are also excited to be able to show what we have," shared Kodiaks' coach Coffin.

The Bulldogs Bulldogs are 5 and 0. The Bulldogs played away last week at Ephrata and picked up a win with the final

score at 30 - 15. The Bulldogs head coach is Bryan Bremer.

For many of the players on both teams this will be their last chance to go into the history books as a member of the winning Pear Bowl Team of 2022-2023. Sixteen of Cashmere's 44-man roster graduate this year, with 41 points per average. Ten of Cascade's 39-man roster are seniors with 50 points per average. This would indicate the Bulldog's roster is a little more experienced than the Kodiak's, but that Cascade may lead again this year in offensive scoring.

It would appear on paper that the teams are pretty well balanced so the game should be another close one just like the last two years in 2019 and 2021. Both teams are capable of making big plays and both teams play with a lot of heart, never giving up. Tickets are on sale on both the Cashmere and Cascade school district websites. Head out this Friday to support your home team under the Friday night lights. What builds a solid rivalry is the mutual respect for the other teams' excellence. The right to brag that goes back to the 1980's between these two CTL schools, with a dash of homecoming this year, is sure to fuel the night.

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2022 "PEAR OF THE GAME"
CASCADE KODIAKS VS. CASHMERE BULLDOGS

Two student athletes will be recognized at the Pear Bowl as the "Pear of the Game," as chosen by the Leavenworth Echo and Cashmere Valley Record






4-H Results

CONTINUED FROM PAGE A1

Grand Champion: Macie Zimmerman - Monitor Senior
Grand Champion: Greer Swoboda - Leavenworth
Reserve Champion: Faith Smith - Cashmere
Horse - Working Pair Senior
Grand Champion: Faith Smith - Cashmere/ Greer Swoboda - Leavenworth
Horse - Trail Class
Reserve Champion: Macy Zimmerman - Monitor Senior
Grand Champion: Greer Swoboda - Leavenworth
Horse - Trail Class -Walk/ Trot Junior
Grand Champion: Josie Reichlin - Leavenworth
Horse - Costume Class Junior
Grand Champion: Josie Reichlin - Leavenworth
Horse - Western Gaming - Texas Barrels Junior
Grand Champion: Greer Swoboda - Leavenworth
Reserve Champion: Faith Smith - Cashmere
Horse - Western Gaming - Two Barrel Flags Junior
Reserve Champion: Kaylee Smith - Cashmere Senior
Grand Champion: Greer Swoboda - Leavenworth
Horse - Western Gaming - Pole Key Race Intermediate
Grand Champion: Kaylee Smith - Cashmere Senior
Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Faith Smith - Cashmere
Horse - Western Gaming - Idaho Figure 8 Senior
Grand Champion: Greer Swoboda - Leavenworth
Reserve Champion: Faith Smith - Cashmere
Horse - Western Gaming - Pole Bending

Intermediate
Reserve Champion: Kaylee Smith - Cashmere Senior
Grand Champion: Greer Swoboda - Leavenworth
Reserve Champion: Faith Smith - Cashmere
Grand Champion: Kaylee Smith - Cashmere
Reserve Champion: Katie Poe

- Hartline Senior
Grand Champion: Greer Swoboda - Leavenworth
Grand Champion: Kaylee Smith - Cashmere
Reserve Champion: Katie Poe - Hartline Senior
Grand Champion: Greer Swoboda - Leavenworth

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BULLDOG SCOREBOARD	
GIRLS' SOCCER	
Sept. 27:	Cashmere 5, Cascade 0; Win
Sept. 29:	Cashmere 3, Omak 1; Win
VOLLEYBALL	
Sept. 27:	Cashmere 3, Cascade 0; Win
Sept. 29:	Cashmere 2, Omak 3; Loss
FOOTBALL	
Sept. 30:	Cashmere 30, Ephrata 15; Win

Sports Schedule	
GIRLS' SOCCER	
Oct. 6:	Cashmere vs. Quincy, Home 6:30 p.m.
Oct. 11:	Cashmere vs. Chelan, Home 6:30 p.m.
VOLLEYBALL	
Oct. 6:	Cashmere vs. Quincy, Home 6:30 p.m.
Oct. 10:	Cashmere vs. Cascade, Away 6:30 p.m.
Oct. 11:	Cashmere vs. Chelan, Home 6:30 p.m.
FOOTBALL	
Oct 7:	Cashmere vs. Cascade, Home 7:00 p.m.
CROSS COUNTRY	
Oct. 8	at 12:30 p.m., Away Liberty Bell

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Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

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

CASHMERE

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

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
 FB page: newlifeleavenworth
 www.newlifeleavenworth.com

PLAIN

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 office@plaincommunitychurch.org

CASHMERE VALLEY RECORD

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 Leavenworth, WA 98826
 Phone: 509-782-3781

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Subscriptions

In Chelan County (yearly) - \$40
 \$45 for print and online
 In State-Out of County (yearly) - \$50
 Online E-edition - \$40
 Out of State - \$52

The Cashmere Valley Record does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. Toll Free 1-509-293-6780

NCW Media, Inc. prints on recycled newspaper with soy ink. Please recycle.

Letters policy

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

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286, by emailing classifieds@leavenworthecho.com or online at NCWMARKET.COM

Services

Back Issues are available up to one year [after publication for a small fee.
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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

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

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- leavenworthecho.com
 - cashmerevalleyrecord.com
 - qcherald.com
 - lakechelanmirror.com
 - NCWBusiness.com



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.

Sept. 23	Riverside Park 18:48 Trespassing, 2960 Easy St., Hot Rod Cafe, Monitor
No report available.	
Sept. 24	Sept. 27
14:52 Public Assist, 7900 Stine Hill Rd., Dryden	12:47 Non-injury Accident, Sunset Hwy., and Division St.
17:25 Diversion, 6869 Nahahum Canyon Rd.	16:37 Traffic Offense, US Hwy. 2 and Easy St., Monitor
18:18 Noise Complaint, 201 Riverside Dr., Riverside Park	20:23 Court Order Violation, Cottage Ave. and Woodring St.
19:18 Noise Complaint, 3705 Iroquois Ln., Monitor	20:48 Trespassing, 107 Cottage Ave., Brian's Pizza
19:32 Noise Complaint, 314 Woodring St.	
20:03 Noise Complaint, 2294 Easy St. area, Monitor	Sept. 28
20:30 Domestic Disturbance, 5300 Wohlers Rd.	01:36 Diversion, US Hwy. 2 MP 105, Dryden
	09:08 Harassment/ Threat, 106 Titchenal Way
Sept. 25	14:44 Assault, 8650 Dryden Frontage Rd., Dryden
08:12 Traffic Offense, Stine Hill Rd., and Pine Flats	14:47 Trespassing, 4630 E. Nahahum Canyon Rd.
13:09 Malicious Mischief, 220 Paton St.	14:57 Public Assist, 4603 Rank Rd.
	15:59 Domestic Disturbance, 118 Parkhill St.
Sept. 26	21:13 Runaway, 4990 Yaksum Canyon Rd.
05:15 Property, US Hwy. 2 and Foster Rd., Dryden	
09:06 Civil Dispute, 5633 Evergreen Dr.	Sept. 29
09:32 Public Assist, 8051 Depot Rd., Dryden	07:48 Civil Dispute, 9077 Deadman Hill Rd., Dryden
09:47 Trespassing, Camas Creek, and Tip Top Roads	08:25 Agency Assist, 708 Rusty Spur Ln.
15:41 Traffic Offense, Sunset Hwy., and Mill Rd.	10:19 Civil Dispute, 5240 N. Cashmere Rd.
16:51 Diversion, 300 Aplets Way, Hometown Market	16:33 Fraud/ Forgery, 6000 Warner Canyon Rd.
17:55 Parking/ Abandoned Vehicle, 201 Riverside Dr.,	16:49 Traffic Offense, Evergreen Dr., and Kimber Rd.

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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 no events

Sunday

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

Cashmere Farmers Market, 600 Cottlets Way, Cashmere Museum, 9 a.m.-1 p.m.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th 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 Red Lion, 1225 N. Wenatchee Ave. 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 Cottlets Way. Call Nicky 509-782-3230. (3rd Thurs.)

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Alanon Meetings, call 509-548-7939
Monday, 7 p.m., United Methodist Church, 418 Evans St.

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.

VOTE

ALLEN BLACKMON

FOR

JUDGE

CHELAN COUNTY DISTRICT COURT POS. 1

8th of NOVEMBER 2022

509.720.7706





Honoring Breast Cancer Survivors

UPPER VALLEY BREAST CANCER SURVIVORS

Ann Avey
Kathy Bangsund
Marjory Blake
Pamela Brulotte
Carol L. Forhan
Lisa Halseth
Deborah Hartl
Rebekah Nugent
Linda Porlier
Kris Taylor
Diane Wells

During our 23 years of compiling the Breast Cancer Survivors' pages, many of these ladies have moved, or are no longer participating at this time.

Our sincere Best Wishes to all our Survivors.
Joan Baldwin
Gale Bates
Carla Carey
Bev Carlson
Janice Clark
Terri Clarke

Floy Detwiler, M.D.
Joy Fields
Elsie Fogelstrom
Carol Hanson
Pat Hills
Sonja Hurt
Jordi Kimes
Dorothy Kellison
Wendi Krieg
Verna Lotts
Beverly Lobe

V Gay Neese-Sweat
Mary Ellen McKinney
Jodi Ostrem
Dorene Parise
Winnifred Pflugrath
Kelley Rose
Terri Scenard
Kara Shephard
Dorothy Shipley
Camille Stemm
Wendy St. Germain

Dorothy Spanjer
Lori Vanderbrink
Camieon Voss
Julie Williams

**** In Memory of these ladies who have passed away.**
Grace Clausen, Jessica Green, Mary Newberry, Marie V. Peck, Judy M. Peck-Cameron, Charlotte Turner, Elizabeth Peyrollaz, Carolyn Wilson

LOCAL SUPPORT

- * Cancer Care of NCW, Inc. Our House, Wenatchee: 509-663-6964 or Email: cancare@nwi.net
- * Wellness Place, Wenatchee, 509-888-9933. Support groups, and other resources.
- * Cascade Medical, Leavenworth, 509-548-5815.
- * Confluence Health/Wenatchee Valley Medical, 509-663-8711.
- * Confluence Health, Breast, Cervical and Colon Cancer Health Program, 509-664-3415.
- * EASE Cancer Foundation, Cashmere: 509-860-1322 or www.easecancer.org
- * Lake Chelan Health Hospital. 509-682-3300
- * Columbia Valley Community Health, Chelan, 509-682-6000
- * Lake Chelan Express Care Clinic, Chelan, 509-682-2511
- * Three Rivers Hospital, Brewster, 509-689-2517
- * Family Health Center, Brewster, 509-689-3455
- * Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org

NATIONAL SUPPORT:

- * American Cancer Society, (ACS) 800ACS-2345, www.cancer.org. Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK
- Reach to Recovery, a one-to-one survivors' help program. New Birthdays Campaign: Less Cancer, More Birthdays. MoreBirthdays.com, Facebook and blog OfficialBirthdaysBlog.com or Cancer.org/circleofsharing.
- * American Society for Therapeutic Radiology and Oncology. 1-800-962-7876, www.astro.org.
- * American Society of Plastic Surgeons, 888-475-2784, www.plasticsurgery.org.
- * AVON Foundation www.avonfoundation.org
- * Blood & Marrow Transplant Information Network 1-888-597-7674, [www/bmtinfonet.org](http://www.bmtinfonet.org)
- * Become a member of Love/Avon www.armyofwomen.org or 866-569-0388
- * Living Beyond Breast Cancer, 888-753-5222 www.lbbc.org.
- * National Breast Cancer Coalition, 1-800-622-2838, www.stopbreastcancer.org or www.canceradvocacy.org
- * National Coalition for Cancer Survivorship
- * Online community Cancerservary.org use to create your own Web pages
- * Susan G. Komen For the Cure, 1-877-GO-KOMEN, www.komen.org
- * The Breast Cancer Alliance, 203-861-0014, www.breastcanceralliance.org
- * National Lymphedema Network, 1-800-541-3259, www.lymphet.org.
- * SHARE (Breast Cancer Hotline) 1-866-891-2392, www.sharecancersupport.org
- * Vital Options International, 1-800-477-7666 www.vitaloptions.org
- * Zero Breast Cancer: www.zerobreastcancer.org

Breast Cancer Glossary

COMPILED BY CAROL FORHAN

Survivor

Educate yourself on these terms when your doctor talks to you about breast cancer

Adjuvant therapy: Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.

Aspiration: The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.

Atypical lobular hyperplasia: Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobule.

Axillary: In the armpit.

Benign: Not cancerous.

Biopsy: Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.

Calcifications: Small calcium deposits in breast tissue that can be seen by mammography.

Carcinoma: Cancer that arises from epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.

Chemoprevention: The use of drugs or chemicals to prevent cancer.

Chemotherapy: Treatment of cancer with powerful drugs that destroy cancer cells.

Core needle biopsy: Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.

Cyst: A lump or swelling filled with fluid or semifluid material.

Duct: A channel in the breast that carries milk from the lobule to the nipple during lactation.

Estrogen: A female sex hormone produced chiefly by the ovaries.

Estrogen receptor: A site on the surface of some cells to which estrogen molecules attach.

False negative: Test results that incorrectly indicate that the tested disease or substance is not present.

Fibroadenoma: A benign, fibrous tumor commonly found in the breast.

Free radicals: Toxic atoms produced by chemical reactions within a cell.

Hematoma: A swelling formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity after a lumpectomy.

Hyperplasia: Excessive cell growth.

Infiltrating cancer: A cancer that has spread from its site of origin into surrounding tissue.

In situ: Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

Lobules: Milk-producing glands of the breast.

Lymphedema: An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

Lymph nodes: Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.

Malignant: Cancerous.

Metastasis: The spread of cancer cells from the site of origin to another part of the body.

Metastases: Secondary cancers that form after cancer cells spread to other parts of the body.

Neoadjuvant therapy: Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.

Palpable: Able to be felt.

Progesterone: A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.

Radiation therapy: The use of x-rays at very high doses to treat or control disease.

Seroma: An accumulation of lymphatic fluid under an incision.

Content provided by MammoSite Breast Cancer Information. www.mammosite.com

Screening saves lives by helping find breast cancer early.

Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

Get your mammogram. Tell your friends, mothers, sisters, aunts, and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.

Information from American Cancer Society

Wellness Place Breast Cancer Awareness Month events

SUBMITTED BY JULIE LINDHOLM

Executive Director at Wellness Place

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. To kick off this important month, Wellness Place has events the first week of October to bring awareness and support their mission of providing free support to cancer patients in North Central Washington.

Taproom at Hellbent Brewery - Wednesday, October 5

It's "Warrior Wednesday with Wellness Place" at The Taproom by Hellbent Brewing at Pybus Public

Market in honor of Breast Cancer Awareness month. All day long, they will donate \$1 for every Hellbent Pint and \$2 for every "Pint to Go" to Wellness Place (glassware included, availability limited). Also, you can write notes of encouragement to be given to our NCW cancer warriors! Do Good. Drink Beer.

Pybus Farmers Market - Saturday, October 8, 9-11 a.m.

Visit us at the Wellness Place table during the Pybus Farmers Market to learn about our nonprofit, and the free cancer services and support we provide. We will have breast cancer awareness handouts, and kids can draw "Happy Letters" to provide

a smile and encouragement for our NCW cancer warriors during their cancer journey.

Wellness Place FREE education afternoon - Saturday, October 8, 1-4 p.m.

Join us for "A Mindset of Meaning". Designed for, and free, for all cancer patients, survivors, caregivers, and loved ones. An afternoon of learning how to cultivate tools to support meaning and well-being. Registration required at www.WellnessPlaceNCW.org

Dr Chandra Villano, ND, and Kari Lyons-Price, MSW with Meditate Wenatchee will present topics including:

- Cultivate Connection- Open hearted approach to

harmonious and consistent optimal breathing, grounding, and mindful movement.

- Nutrition: Wellness Mindset- Overview of tasty Abundance Bowls & Gratitude Bowls for ease of anti-inflammatory whole foods prep, rotation, variety, and maximizing nutrition.

- The Mindfulness-Based Stress Reduction (MBSR) Experience- By design this course empowers participants to take an active role in the management of their health and wellness.

- Sleep Hygiene - High quality sleep is vital for healing and feeling and being well. Learn about an arsenal of practices for getting the

invaluable sleep you need.

"At Wellness Place we are committed to helping all cancer warriors in our community, no matter the cancer diagnosis," says executive director Julie Lindholm. "However, 1 in 8 women will be diagnosed with breast cancer during their lifetime, so for the month of October it is our mission to bring awareness and reminders to our community members to get your mammograms, and self-check your breasts regularly. The earlier breast cancer is diagnosed, the better the chance of successful treatment."



Breast Cancer Awareness Month

No One Fights Alone.



We give FREE cancer support and services to all cancer warriors in Chelan, Douglas, Grant and Okanogan counties.

Scan to see our October events!



LEARN MORE AT:
WellnessPlaceNCW.org
#509-888-9933

Think Pink

In honor of breast cancer awareness month, Cascade Medical is offering free mammograms to those without insurance. Same-week appointments, 3D imaging, and fast results. Call 548-2512 for details.



Phytoestrogens

Years ago, while speaking to 120 pharmacy students in an auditorium in Pullman, Washington, I had my first hot flash. I noticed my scalp suddenly feeling hot and prickly. Two heartbeats later, a shower of sweat gushed down my neck and back. In less than 5 seconds, I was soaking wet!

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their nighttime equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet contains much more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting in your body in ways and places similar to estrogen.

But eating more soy is only part of the answer. Protection against hot flushes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol. Asian and Hispanic women can do this more easily.

Phytoestrogens work by attaching or binding to the same places in your body that other types of estrogens do. These binding sites are called estrogen receptors, or ERs.

The two main types of ERs are ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, which can also stimulate breast and uterine cancer.

However, some phytoestrogens bind to ER-beta receptors, which triggers the opposite effect. Binding to ER-beta receptors can BLOCK the action of estrogen on breast tissue. This is similar to how the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) help prevent certain types of breast cancer.

Unfortunately, studying the effects of any one phytoestrogen in the body is challenging. One reason is that foods and herbal sources of phytoestrogens contain different types of phytoestrogens. The 2 most common types of phytoestrogens are isoflavones and lignans. Soybeans contain isoflavones like genistein and daidzein, while lignans are found in flaxseed, fruits and vegetables, and other foods.

Another reason it's hard to predict the effects of phytoestrogens is that some attach to ER-alpha receptors, some to ER-beta receptors,



and some to BOTH, which can create different outcomes. This may explain why phytoestrogens have been shown to encourage weight loss in post-menopausal women in some studies yet weight gain in others.

Depending on their growing conditions, plants can also have variable concentrations of phytoestrogens. An additional complication is how much estrogen is already in place. Phytoestrogens can act differently in pre-menopausal women compared to post-menopausal women, whose bodies contain much less estrogen.

How much soy do you need to reduce hot flashes/hot flush symptoms? Most clinical studies have used between 40 and 80 mg of phytoestrogens from soy-based products daily. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soymilk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Can eating soy-based food cause breast cancer? If you're not a vegetarian, you're unlikely to get enough soy in your diet to increase your risk of breast cancer.

Be cautious about taking supplements that contain phytoestrogens and estrogen-like compounds. Soy concentrates and herbal products like black cohosh



marketed for "menopause support," like Remifemin®, may increase breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

1. You CAN eat food containing soy, even if you have a history of breast cancer.

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day, and watch your consumption of soy milk.

2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, avoid taking supplements containing concentrated phytoestrogens, like soy concentrates or black cohosh, until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

The exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize every batch to ensure consistent potency.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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

Student Spotlight

Athlete: Faith Kert

Reason: "Faith was voted co-captain by her peers this season. She leads by example and her teammates can always count on her to do whatever it takes to keep plays alive on the court. She is a servant leader, and an incredibly hard worker. Faith has an innate ability to successfully read both offenses and defenses. She has the best court sense of anyone I have had the privilege of coaching."

Coach: Katie Broadbent
Parents: Trevor & Holly Kert
Grade: 11th
Activities: FBLA, FFA, and Spanish Club
GPA: 4.0
Sports: Volleyball and



Tennis
Future Plans: I plan to go to a 4 year university to get a degree in teaching.

Student: Reese Westlund

Reason: Reese has a near perfect score in chemistry through 4 labs, 2 quizzes, and several other assignments. Reese's lab reports have been well constructed and show a desire to reflect and learn, not just accomplish.
Teacher: Scott Simmons
Parents: Josh and Michelle Westlund
Grade: 11th
Activities: FBLA, National Honor Society, Key Club and Spanish Club
GPA: 3.98
Sports: Tennis and Cheerleading
Future Plans: Business or Education Major



VOTE

★★★ MIKE ★★★

MORRISON

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Thurston County Sheriff's Office

Sheriff Frank Rodgers
Okanogan County Sheriff's Office

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Chief Mike Langford
Oroville Police Department

Chief Ryan Cox
Soap Lake Police Department

Chief Aaron Nelson
Kittitas Police Department

Chief of Operations Dave Helvey
Chelan County Sheriff's Office

Captain Donovan Valdez
Chelan County Sheriff's Office (Reserves)

Lieutenant Patti Mize
Tumwater Police Department

Lieutenant Don Stevens
Tumwater Police Department

Lieutenant Bruce Moses
Chelan County Sheriff's Office (Marine Division)

Lieutenant Jim Wall
Chelan County Sheriff's Office (Reserves - Marine Division)

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Chelan County Sheriff's Office

Sergeant Jerry Moore
Chelan County Sheriff's Office

Sergeant Bruce Long
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Sergeant Mike Harris
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Omak Police Department

Sergeant Matt Gray
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Sergeant Stephen Capellas
Vancouver Police Department

Sergeant Joe Hinkle
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Corporal Brian Bolz
Wenatchee Police Department

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Chelan County Sheriff's Office

Detective Dale England
Chelan County Sheriff's Office

Detective Paul Rohrbach
Chelan County Sheriff's Office

Detective Randy Grant
Chelan County Sheriff's Office

Detective Gary McLeod
Douglas County Sheriff's Office

Deputy Mike Simmons
Chelan County Sheriff's Office (Marine Division)

Deputy Bob Francis
Chelan County Sheriff's Office

Deputy Dave Rinehart
Chelan County Sheriff's Office

Deputy Wendell Holve
Chelan County Sheriff's Office

Deputy Bryan Jones
Chelan County Sheriff's Office (Military Police)

Deputy Tim Erwert
Chelan County Sheriff's Office

Deputy Doug Corulli
Chelan County Sheriff's Office

Deputy Aaron Shepard
Chelan County Sheriff's Office (K9)

Deputy Mike Lamon
Chelan County Sheriff's Office (K9)

Deputy Jeff Fogelstrom
Chelan County Sheriff's Office (Reserves)

Deputy Gilbert Lerma
Chelan County Sheriff's Office (Reserves)

Deputy Pete Welker
Chelan County Sheriff's Office (Reserves - Marine Division)

Deputy Judy Wall
Chelan County Sheriff's Office (Reserves - Marine Division)

Officer Craig Bulkley
Spokane Police Department (President Washington Council of Police - WACOPS)

Officer Tracy Martin Valdez
Wenatchee Police Department

Officer Stephynne Silvestre
Wenatchee Police Department (Military Police)

Officer Jim Bucsko
Omak Police Department

Officer Kollin Harmon (PA)
Trooper Mike Carlson

Trooper Leon Layde
Washington State Patrol

Trooper Leeon Layde
Washington State Patrol (Current Sergeant East Wenatchee PD)

Nicole Hankins
Chelan County Prosecuting Attorney (Harkins Law Firm)

Wendy Moran
Chelan County Sheriff's Office Records Specialist

M. Esther Zimmerman
Reserve Deputy Sergeant / Wenatchee PD Dispatcher / 911 Operator

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Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of LYMAN LESTER SHALES, Deceased. NO. 22-4-00449-04 PROBATE NOTICE TO CREDITORS.

Public Notices

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685
The Leavenworth Echo (USPS 308 160) is published weekly at Leavenworth, WA.

Public Notices

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685
The Cashmere Valley Record (USPS 092 600) is published weekly at Cashmere, WA.

Public Notices

SUPERIOR COURT OF WASHINGTON COUNTY OF GRANT
In the Matter of the Estate of: CAROL A. RAY, Deceased. No.22-4-00156-13 AMENDED PROBATE NOTICE TO CREDITORS

Public Notices

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq.108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-19-851164-SW Title Order No.: TSG1705-WA-3255665 Reference Number of Deed of Trust: Instrument No. 9508080068, Book 1048, Page 1464 Parcel Number(s): 23 20 33 110 200 Grantor(s) for Recording Purposes under RCW 65.04.015: JAMES WILLIAM WALLACE JR, AS HIS SOLE AND SEPARATE PROPERTY

Public Notices

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq.108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-22-939695-RM Title Order No.: 220397649-WA-MSW Reference Number of Deed of Trust: Instrument No. 2431555-Parcel Number(s): 222010525065 Grantor(s) for Recording Purposes under RCW 65.04.015: DAVE E. FISHER, AN UNMARRIED MAN

Public Notices

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