



**VETERANS**



MALTAIS/WARD MEDIA

Veteran and former Mansfield mayor Tom Snell receives a Quilt of Valor last week.

# Honoring their service

Schools hear from veterans, celebrate their dedication to country

By MIKE MALTAIS  
Ward Media Staff Reporter

MANSFIELD – A Quilt of Valor for a military veteran is always a special occasion but never more so than on Veterans Day.

Such an event was the highlight of the Mansfield school assembly on Nov. 9 when Mansfield resident Larry Keller and former mayor Tom Shell were quilt recipients from

two area quilters groups. Mansfield Chat and Craft presented a quilt to Cassidy Tupling, accepting on behalf of Keller. The Brewster Quilt Guild honored Snell.

Snell served in the U.S. Army as an E-4 from 1966-68, and was awarded the Purple Heart in October 1967 while serving in Vietnam.

The assembly featured the Mansfield High School band playing the Star-Spangled Banner, preschoolers and kindergarteners waving flags and singing Way Up in the Sky and See the Veteran. And K-6 students performed Reveille

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MIKE MALTAIS/WARD MEDIA

Cassidy Tupling accepts a quilt on behalf of Larry Keller.

**2023 ELECTION**

## \$72M hospital bond headed for defeat

Also: Incumbent Clint Wall expected to win Town of Mansfield mayor race

By MIKE MALTAIS  
Ward Media Staff Writer

OKANOGAN – The \$72 million bond measure for a new Three Rivers Hospital in Brewster is facing an uphill fight with the preliminary vote counts from both Douglas and Okanogan counties rejecting the measure by a combined 531.

Okanogan County voters oppose the measure with 2,402 votes to 1,871 in favor, while Douglas County shows 275 opposed and 184 in favor. With just under 3,000 votes remaining to be counted between both counties, the margin of defeat that needs to be overcome is in the high teens.

**MANSFIELD**

The race for mayor of the Town of Mansfield appears to be all but decided with appointed incumbent Clint Wall outpolling challenger Kris Neff 52 votes (69.3 percent) to 23 votes (30.67 percent).

Wall, who served on the council for 24 years before being appointed mayor to fill the vacancy left by Tom Snell, is already well acquainted with the city administration. “We are planning a few changes and tightening things up a bit,” he said.

Commenting on the early results, challenger Neff said: “For a new kid on the block, I think I did pretty good.”

Neff added that she plans to remain active in city affairs and is checking the agenda

for the next council meeting.

**BREWSTER**

The incumbent also appears to be winning in the race for Brewster City Council Position 5 with Don Childers leading challenger Emmanuel Hurtado by 14 votes, 78-64.

Childers was appointed to fill the vacancy left by the late Tim Reib. Advised of the early results, Childers said: “I’m tickled to death; it looks pretty promising.”

Hurtado said that regardless of the election results he will continue to be involved in city business.

“Being a councilman gives you the power to be able to speak for the people,” said Hurtado. “Either way I’m going to be involved 100 percent in our community.”

**BRIDGEPORT**

City council member Sergio Orozco, running unopposed, will be the new mayor of the City of Bridgeport. Former mayor Janet Conklin, running for City Council Position 4, trails Paul Anson by 23 votes, 78-55.

“I’ve learned a lot in my 10 years as a councilman,” said Orozco, “I’m looking forward to it. I’m excited. It will be a real challenge but I’m looking forward to it.”

Conklin said she declined to pursue another term as mayor because of health issues but was persuaded to run for council to stay involved but with less demand on her time, “and I could still have a voice and a vote.”

“I wish him well,” said Conklin. “Everybody needs a change.”

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**SCHOOLS**

# Bears band entertains at EWU Homecoming

By MIKE MALTAIS  
Ward Media Staff Reporter

CHENEY – For one day last month some lucky Bears got to Fly Like Eagles.

For almost a decade now the Brewster High School band has been traveling to Eastern Washington University (EWU) to participate in the halftime show at the Eagles’ annual Homecoming football game. That happened again on Oct. 21, when the Bears’ music makers made the 280-mile round trip to entertain alumni and spectators attending the EWU vs Cal Poly game.

“I believe there were three other bands this year,” said district band and choir director Alicia Pulsifer, “Rogers High School, Lakeside High School, and Reardan High School.”

EWU is not the only event the band attends.

“We do a lot of events



MIKE MALTAIS/WARD MEDIA

The Bears practice on the Eagles’ football field the morning of the game.

throughout the year – in addition to football and basketball pep band and several home concerts,” said Pulsifer. “We also had several band and choir students audition for the All-State Honor festivals

(results to be announced Nov. 15), students compete in the solo/ensemble competitions in January and February, and we also perform in the Regional

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MIKE MALTAIS/WARD MEDIA

Two dozen Bears band members prepare to board the bus bound for EWU.

*Inside the Quad City Herald this week*

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**Get your event in the spotlight with Ward Media!**

If you have an exciting event to share, email Reporter Quinn Propst at [quinn@ward.media](mailto:quinn@ward.media). We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!

**Video Game Night**

The Pateros Library will host the offsite event Video Game Night on Friday, Nov. 17 from 4-6 p.m. at the Pateros Brewster Community Center (169 Pateros Mall, Pateros).

"Show off your video game skills during some friendly competition," the event page states. "Join us for some fun as we play various Wii games." For more information visit [ncwlibraries.org](http://ncwlibraries.org).

**Coldwell Banker Coat Drive**

Coldwell Banker Lake Chelan properties will host a Coat Drive throughout November until Dec. 10.

"As the cold weather approaches,

many in our community lack warm coats," the event page states. "Your help is crucial. Every donation directly benefits our local communities."

Coats can be dropped off at 101 E. Woodin Ave, Chelan 509-996-2121.

**Oroville Christmas Bazaar**

The Oroville Christmas Bazaar is back at the Oroville Elementary School (816 Juniper St.) on Saturday, Nov. 18 from 10 a.m. to 2 p.m.

"Come get a picture with Santa Claus," the event page states.

There will be homemade crafts, baked goods, delicious food, vendors and more at the event plus Santa.

**Auditions for Children's Dance Theater of Okanogan**

The Children's Dance Theater of Okanogan will hold auditions for their next production "The Magic Toy Shoppe" on Saturday, Nov. 18 at the Omak Studio (7 Ash St.). "It's time," the event page states. "Children's Dance Theater is excited to present The Magic

Toy Shoppe." Stop by the studio or email [cdtofokanogan@gmail.com](mailto:cdtofokanogan@gmail.com) for registration forms. Or visit the group's Facebook page at CDT of Okanogan for forms and audition times.

**Live music at the Red Light with Thom Barnett**

The Red Light Bar and Restaurant (118 N. Second Ave.) in Okanogan will host musician Thom Barnett on Saturday, Nov. 18 from 7-9 p.m.

"Fans of Thom Barnett are

familiar with his Indy style of rock and pop and always enjoy his fun, pleasant personality on and off stage," the event page states. "We are looking forward to having him play his Red Light debut on November 18 from 7-9 p.m. Hope to see you too."

**5 THINGS TO DO This Week**

# Letter to the Editor

**Clarification**

As the Mayor of the Town of Mansfield I would like to clarify the direct or implied misstatements of fact contained in the Quad City Herald article dated October 18, 2023. Please be advised of the following:

**Budget:** The Town adopts an annual budget. The budget is adopted at a fund level and not based on line items. Fund categories in the budget include Capital Outlay and Park Maintenance. This includes funding for necessary equipment purchases and park maintenance.

**Grants:** The Town adopts a revolving six-year street plan and has been very successful in obtaining grants to accomplish street projects based on the priorities set forth in the plan. The Town applies for grants on other community projects on an as-needed basis.

**Office Hours:** The Town office is open daily from 7 a.m. to 3:30 p.m. five days per week. The office is occasionally closed when the Clerk is required to go to the bank in either Chelan or Waterville

to deposit cash and/or checks received from utility customers, this is required by State Law. Otherwise, the office maintains the above-stated schedule.

**Website:** The Town is currently working on a website which is anticipated to be available to the public in the first quarter of 2024. The Town ordinances were codified in 2023 and will soon be available to the public on the Town website and on the Municipal Research Service Center (MRSC) website.

**Playground equipment:** The Town was advised by our insurance provider that it could not have playground equipment at Triangle/Harry Beard Park due to liabilities or risk the loss of its insurance coverage.

**Online bill payment:** The Town has previously researched providing this service to its residents when its website comes online. The cost of the service is high relative to the size of the Town and its customer base so this may not be a service the Town council will decide to offer.

*Mayor Clint Wall, Mansfield*

# Try this crumble crust pie recipe

There's something about sticking my bare (pre-washed) hands into food stuff and creating 'good eats' that warms my soul.

Before I was 'Mom' I was Auntie. At Thanksgiving I would gather the goodies for some form of craft for a few hours of entertainment for the nieces and nephews to give the moms a break. One year it was cookie houses put together with frosting. It took a full eight-hour day for me to bake the sugar cookie slabs for the house walls so the kids could load up on frosting as they tried to make the corner joints for their cookie houses. Then at Christmas time I saw the same little houses being made with gram crackers. If it hadn't been so much fun to watch those kids trying to glue those uneven sugar cookie slabs together with frosting, I'd have been crestfallen at my

inability to see the potential of gram crackers for the same use earlier.

I felt the same way when I discovered these crumble pie crust instructions in Grandma's recipe box a few years ago. We call it crumble crust because the dough tends to form globs, or dough crumbs, as it is pressed into the pie pan.

**Grandma's Crumble Pie Crust**

1 ¾ cup flour, 1 teaspoon sugar, pinch of salt, 2 Tablespoons water, ½ cup veggie oil

First mix the flour, sugar and salt together in the pie pan the pie will be made in. Second mix the oil and water together then pour the combined liquid into the flour, sugar and salt then mix it all together. (I start with a fork and end up using my fingers.) Third mix the flour mixture and the oil mixture until they are well combined. Fourth press the pie crumbly

dough all around in the pie pan. Try for an even 'press' but if it's a bit lumpy, once the filling is added, it isn't a big deal.

**Filling Options**

3 cups frozen or canned fruit, 2/3 to 1 cup juice, 2 Tablespoons cornstarch, 1 to 1 ½ cup sugar

Drain the juice off frozen or canned fruit into a measuring cup; set aside. In a saucepan mix the sugar and cornstarch together (this will help prevent 'lumpies' in the sauce) then add up to one cup of juice to the sugar cornstarch mixture. Apple juice works well and if no juice is available, water works too. Bring to a boil and let boil for two or three minutes until the sauce thickens and the corn starch turns clear. Taste to make sure the filling is your type of sweet. If it isn't, add more sugar. (I like pre-cooking my fruit fillings because this way I am always sure the filling will be thick

enough and sweet enough after it's baked.)

If using fresh apples use 4 cups of cored, peeled and diced apples and up the cornstarch to 3 Tablespoons. Depending on the juiciness of the apples the starting water can vary. I add ½ cup water to keep the fresh apples from scorching and there is usually enough fluids for a good pie.

Pour thickened pie filling into Crumble Pie Crust

**Grandma's Crumble Pie Topper**

½ cup flour, ¼ cup brown sugar (white also works), ¼ cup butter

Mix all together until the mixture is very crumbly. When the butter is well incorporated, sprinkle over the top of the pie filling already in the pie pan. Then bake the pie for 20 to 40 minutes in a 400°F oven until the crust is stiff and crumbly around the edges.

# Lake Chelan Winterfest announces 2024 dates

**LAKE CHELAN** - Lake Chelan Winterfest, set for Jan. 12-21, will feature intricate ice sculptures, two spectacular fireworks shows, the infamous Ice Bar, live music, kid's activities, a snow slide and much more.

Both weekends will offer a series of winter events for all ages. You can participate in the Wine Walk, enjoy live music at the Ice Bar, sip on delicious local sparkling wine at the Bubble Brunch, and

marvel in the firework show after the beloved polar bear plunge and beach bonfire. The Vendor Market will also feature artisans from across the state.

Winterfest tickets are now available for purchase. Tickets

include Wine Walk, Bubble Brunch, and Ice Bar, or purchase an All Weekend Pass to catch all of the fun.

More information is continually being added to [LakeChelanWinterfest.com](http://LakeChelanWinterfest.com).

# Bloom where you're planted

In the spirit of gratitude and personal growth, it's important to take a moment to reflect on the simple notion of "blooming where you're planted." This timeless wisdom is a reminder that no matter where life has taken us, there are opportunities for growth, joy, and success right in our own backyards.

As we approach the Thanksgiving season, a time when expressions of thankfulness are in abundance, it's the perfect occasion to remember the importance of making the most of our current circumstances and surroundings.

In North Central Washington, we are surrounded by the breathtaking beauty of nature, a strong sense of community, and countless opportunities to connect, learn, and grow. It's easy to get caught up in the hustle and bustle of life, always looking



Terry Ward

**From the Publisher**

for the next big adventure, but sometimes, the most profound growth happens when we stay rooted.

The concept of "blooming where you're planted" encourages us to invest in our local communities, take part in civic activities, support

local businesses, and build relationships with our neighbors. By doing so, we not only enrich our own lives but also contribute to the vitality of the places we call home.

This is a powerful reminder that our surroundings are filled with opportunities to thrive and make a positive impact. Each day, we have the chance to nurture our own growth, just as a plant needs care, water, and sunlight to flourish.

So, as we gather around our tables to celebrate Thanksgiving, let's not only give thanks for the blessings in our lives but also remember to appreciate the unique beauty of our own communities. By embracing the principle of "blooming where you're planted," we can make a positive impact, foster growth, and ensure that our local areas continue to thrive for generations to come.



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**News Tips**

Have an idea for a story?  
Call Quad City Herald at 509-689-2507

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The Quad City Herald 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 non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: [terry@ward.media](mailto:terry@ward.media)

**Corrections**

Quad City Herald regrets any errors. If you see an error, please call 509-689-2507. We will publish a correction on this page in the next issue.

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WARD MEDIA



MIKE MALTAIS/WARD MEDIA

The Columbia Post 97 Honor Guard posts the colors at the Brewster assembly.



MIKE MALTAIS/WARD MEDIA

Brewster school educator Dean Busching, who also is a veteran addresses the Brewster audience.



MIKE MALTAIS/WARD MEDIA

Brandon Caswell plays taps at the Bridgeport assembly.

## VETERANS

CONTINUED FROM PAGE A1

and America the Beautiful, the theme songs of the five service branches.

At each of the observances held between Nov. 6-9, at Pateros, Brewster, Mansfield, and Bridgeport schools, the Honor Guard from Columbia Post 97 of the Brewster American Legion was on hand to post the colors.

### PATEROS

A candlelight observance, music by the Pateros school band and guest speaker/U.S. Army veteran Lex Linquist was among the Veterans Day assembly on Nov. 6 at Pateros High School. Individual presentations by students addressed the evolution of Armistice Day into Veteran's Day, where it originated, the reason for the date, and the sacrifices made by the military and their families.

### BREWSTER

A packed gym at Brewster Middle School heard educator and former Washington Army National Guardsman Dean Busching deliver a video presentation of both his service and that of family members. With the help of 100 student volunteers, Busching included an insightful contrast between the percentage of the population serving in the military at the end of WWII - 7 percent - and the percentage serving today - less than 1 percent.

Busching made special men-



MIKE MALTAIS/WARD MEDIA

Roni Jarrell congratulates Honor Guard member Bob Lewis for his service at the Brewster Veterans assembly.

tion of two Brewster graduates serving in the military, Abi Boesel and Javier Huerta. Sgt. Huerta (Brewster High School Class of 2018) is currently serving as part of the crew of an M1A1 Abrams tank, 2nd Battalion, 12th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, stationed at Fort Cavazos, formerly Fort Hood, Texas.

"It's been an honor serving in the military," Huerta recently texted Busching. "The bonds I've made with friends and family are almost impossible to break. Going through hardships together makes

them so much stronger."

Boesel is a U. S. Navy Airman Apprentice and Brewster High School Class of 2023 graduate.

"She was part of a graduating class of over 900 sailors and, at the conclusion, her scores made her one of the top five sailors," said Busching. "Pretty awesome for a Brewster Bear. She's now stationed at Naval Air Station Pensacola and training to become an Air Traffic Controller."

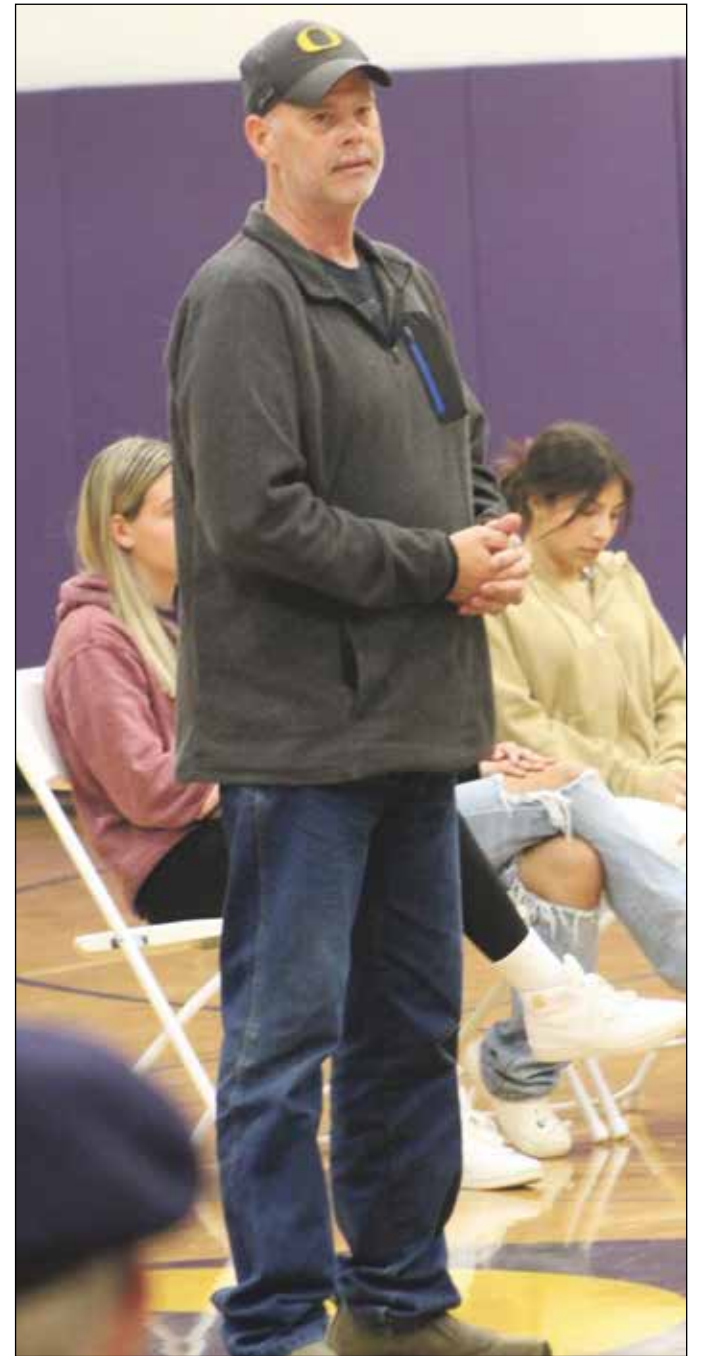
The Brewster High School band and chorus entertained and so did a flag-waving group of Brewster Elementary sing-

ers. Veterans attending the ceremony were recognized and applauded.

### BRIDGEPORT

The Bridgeport Veterans Day observance emceed by ASB president senior Esteban Martinez was a simple affair that featured a moving video presentation depicting active-duty military personnel reuniting with unexpected family members at various venues including sports events and classrooms.

Mike Maltais: 360-333-8483, michael@ward.media



MIKE MALTAIS/WARD MEDIA

U.S. Army veteran Lex Lindquist addresses the Pateros assembly.

# Study ranks Chelan County 7th in U.S. for Landslide Vulnerability

By TAYLOR CALDWELL  
Ward Media Staff Reporter

CHELAN COUNTY – Landslide season just began, and Chelan County is ranked seventh in the nation for landslide vulnerability, according to a recent study.

Gutter Gnome compared 743 counties with moderate to very high landslide risk according to FEMA, and ranked them based on three factors: landslide risk, landslide triggers, and financial risk.

Of the highest ranked counties, most were located in Oregon, California, and Washington. Chelan County ranked eighth in both landslide risk and financial risk categories,

and 91st in landslide triggers. Snohomish County was right behind Chelan, landing in the top ten for the landslide trigger category.

While Chelan County ranked high in landslide risk, actual landslide occurrence is fairly infrequent, according to Chelan County's 2020 Multi-Jurisdiction Natural Hazard Mitigation Plan. The plan credits the reason being that much of the land in the county is on bedrock, which is not susceptible to landslides. However, the plan reads, "because of the steep topography and narrow valleys of Chelan County, the potential for slides is high all year round," which may contribute to a higher risk ranking.

The 2018 Washington State Enhanced Hazard Mitigation Plan reported 23 significant landslide events in Chelan County since 1960, tied with Skagit County. According to Chelan County's plan, "This would equate to an annual probability of 39.7% or a recurrence interval of 2.52 years for that period."

Among the landslide triggers listed in Gutter Gnome's study were earthquakes, droughts, wildfires, and historical average yearly precipitation, which typically cause larger, or deep seated, landslides. Chelan County's plan also accounts for human factors such as construction, drainage or groundwater al-

terations, and changes in vegetation as potential causes for smaller, or shallow seated, landslides.

Landslides can pose risks to both property and people. According to Chelan County's plan, the replacement value of property at high risk of deep seated landslides totals more than \$172 million. For property at moderate risk for shallow seated landslides, the replacement value totals more than \$1.8 billion.

The plan also states that almost 12 percent of the total planning area population lives in an area that is at moderate to high risk of deep seated landslides, and 18 percent are in areas at risk of shallow

seated landslides.

Gutter Gnome suggests people can limit their property's exposure by avoiding building on steep slopes, regrading their properties, planting trees that help with erosion

control, and improving rain-water dispersal methods. Researching where landslides occur in the area, signing up for emergency alerts, and having an evacuation plan are also recommended.

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## QUAD CITY CHURCH GUIDE

Brewster • Methow • Bridgeport • Pateros

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BAPTIST CHURCH

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**METHOW**

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Pastor Jason Getzin • 509-923-2782  
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www.facebook.com/methowcc

"With men this is impossible; but with God all things are possible."  
- Matthew 19:26

To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruth@ward.media

**COMMUNITY BULLETIN BOARD**

Local, Regional Community News &amp; 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.

- Your Community News will appear in print and online at lakechelanmirror.com
- Garage and Yard Sale Ads are paid events. Please email those to classifieds@ward.media
- For more info call the Lake Chelan Mirror at 509-682-2213
- Email your Community News Item to ruth@ward.media

**COMMUNITY BULLETIN BOARD**

Nov. 15, 17, 21, 22

**Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery**

BREWSTER – The Senior Center is now serving meals at noon at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Nov. 15: BBQ Chicken, Macaroni Salad, Buttered Peas, Greek Salad, Mixed Fresh Fruit, Dessert; Nov. 17: Swedish Meatballs, Egg Noodles, Glazed Carrots, Spring Salad, Cherries & Pineapple, Dessert; Nov. 21: Biscuits & Gravy, Oven Brown Potatoes, V-8 Juice, Orange Quarters, Dessert; Nov. 22: Roast Turkey, Mashed Potatoes, Green Bean Casserole, Green Salad, Stuffing & Gravy,

Cranberry Salad, Pumpkin Pie; Friday, Nov. 24: CLOSED.

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**Senior Center Thrift Store**

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out their great kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

Nov. 15-16, 20-22

**Chelan Valley Hope**

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat  
CHELAN - Chelan Valley Hope's Winter Coat Drive has officially launched for the season. They are accepting new and gently used coats, hats, scarves, gloves, and new socks. All sizes are needed. Donation bins can be found at the fol-

lowing locations; Chelan Valley Hope, Chelan Fire & Rescue, Manson Fire Dept., Lake Chelan Eagles, Twisted Cork, North Shore Bible Church, Church of the Nazarene, Chelan Library, and Even Keel Roadhouse. If you are in need of warm winter wear please call or visit them at Chelan Valley Hope, open Monday through Thursday 9 a.m.-3 p.m. (closed noon to 1 p.m.) Call 509-888-2114 for more information or to schedule an appointment. Or visit their website and follow them on Facebook and Instagram to get the latest CVH news and updates chelanvalleyhope.org, @ChelanValleyHope.

Nov. 16

**Bingo**

BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Open to the public. Be early to buy bingo packets and dinner.

Nov. 16, Dec. 14

**Brewster bus trips**

BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is Dec. 14. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, Nov. 16 riders will be taken

to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Nov. 15

**American Legion meeting**

BREWSTER – American Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

Nov. 18

**Christmas Craft Bazaar**

BROWSER - The annual Christmas Craft Bazaar will be held Saturday, Nov. 18, 9 a.m.-4 p.m., one day only at the American Legion Hall, 102 N. 3rd Ave., in Brewster. Lunch will be available. Proceeds are used to purchase Christmas gifts for Veteran's in Assisted Living.

Nov. 19

**NAMI virtual Family to Family series**

NCW - NAMI (National Alliance on Mental Illness) Chelan Douglas will be putting on a VIRTUAL, free of charge,

Family to Family series of eight classes for friends and family members of people with a mental health conditions. The course is designed to increase understanding and advocacy skills while helping participants maintain their own wellbeing. The classes will begin on Sundays, starting November 19, 1-3:30 p.m. for eight weeks. You must have a tablet or computer to attend and wifi. To register contact Jacqui @ namidprograms@gmail.com or at 509 679-8266.

Nov. 20

**Family and friends Support Group**

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Nov. 22

**Okanogan County PUD meeting**

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners is at 3 p.m. For more information okanoganpud.org

Nov. 28

**Douglas County PUD meetings**

EAST WENATCHEE – The next

meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office.

Dec. 6

**American Legion Auxiliary to meet**

BREWSTER – The American Legion Auxiliary #97 meets the first Wednesday of each month, at the American Legion Hall at 6 p.m.

Dec. 11

**Okanogan County Fair Advisory Committee**

OKANOGAN – The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Dec. 12

**Survivors of Suicide Loss Support Group**

WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

**DEATH NOTICES****Elaine Munson**

Elaine Munson, 78, of Brewster, Washington passed away on November 4, 2023. Please leave any thoughts

and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**Obituary & Memorial Policies**

Ward Media LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald: An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-682-2213 or 509-689-2507 for more information Or email [ruth@ward.media](mailto:ruth@ward.media)

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VOLLEYBALL

# Bears fall to Liberty Spangle



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**Brewster senior Mareth Wright goes up for a return against Liberty.**

BY MIKE MALTAIS

Ward Media Staff Reporter

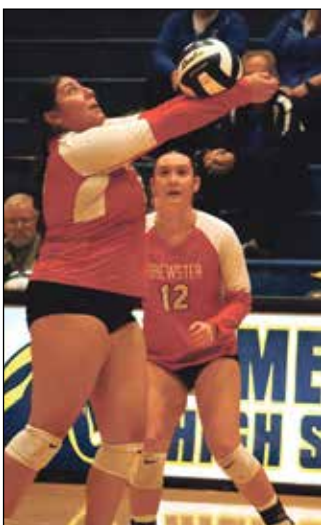
MEAD – With one game standing between them and a state appearance, the Lady Bears varsity volleyball team came up short against Liberty Spangle, 3-1, on Nov. 4, to bring their season to a close.

Manson survived the gauntlet of opponents to win the state title over Lind-Ritzville-Sprague in three sets.

Okanogan lost to Adna to finish sixth.

The Bears will lose four seniors to graduation, Mareth Wright, Rae Najera, Gimena Hurtado, and Maribel Perez.

Mike Maltais: 360-333-8483, michael@ward.media



COURTESY OF ROGER HARNACK/FREEDOM PRESS PUBLISHING

**Bears senior Maribel Perez sets up a shot for teammate Kara Schertenleib.**

CROSS COUNTRY

# Brewster places 13th at state

By MIKE MALTAIS  
Ward Media Staff Reporter

PASCO – The Bears' varsity cross country team that placed third in district, finished 13th at the WIAA state 5,000-meter 1B/2B championships on Nov. 4 in Pasco.

The top finisher for Brewster was Anthony Sanchez who came in 35th among 163 runners. Dexter Delaney of Liberty Bell was the winner. It was Brewster's fifth consecutive state appearance.

Freshman Anthony Sanchez posted the best Bears' time with a 35th place 18:10.5. Over the season Sanchez clocked his best 5,000-meter (5K) time, a fifth-place personal record (PR) of 17:38.6, at the CWB League Championships at Liberty Bell High School on Oct. 28.

Junior Cayden Milton came in 68th at Pasco with a time of 18:51.04. Milton's vest performances during the season included a

Junior Angel Rendon crossed the line in 86th place with a time of 19:12.7. He ran an almost identical 19:12.4 at the sixth annual Battle for the 509 at Spokane on Sept. 30. Rendon's fastest 5M time this season was 19:06.2 PR clocked at the CWB League championships on Oct. 28. He set PRs in the 1.5-mile distance (9:55.0) at Ellensburg on Sept. 9, and 20:03.0 in the 3 mile at Oroville on Oct. 18.

Junior Kevin Silva placed 118th at Pasco with a time of 19:47.8. Silva's best 5K was a 20:01.2 time at the CWB League championships on Oct. 28. He also clocked a PR 20:59. in the 3-mile Oroville Invite on Oct. 18, and a 1.5-mile PR of 10:01 in the Ellensburg Relays on Sept. 9.

Freshman Christopher Talavera finished 126th at state with a 19:58 time. Talavera's best 5K time this season was a PR 19:28 at the CWB League meet on Oct. 28. He also ran a 3-mile 20:07 PR in the Oroville Invite and a 1.5-mile PR of 10:01 at Ellensburg.

Senior Alexis Cortez was 133rd at Pasco. His best races included a 20:26 5K at the CAN-AM Invitational on Sept. 23 and a 20:50 3-mile at Oroville on Oct. 18.

Sophomore Diego Are-



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valo was the 156th state 5K finisher. His best season 5K was a PR 20:33.8 at the Battle for the 509 on Sept. 30, and a 21:22 PR for 3 miles at Oroville last month.

Senior Kaydance Carington ranked 15 in state this year, passed on the state competition due to an injury.

Official Team Scores

- 1.....Valley Christian.....77
- 2.....Pope John Paul 2 .....100
- 3.....Chewelah.....108
- 4.....Liberty Bell .....142
- 5.....Garfield-Palouse.....157
- 6.....Okanogan .....171
- 7.....Davenport .....239
- 8.....Covenant .....249
- 9.....Adna .....250
- 10.....Coupeville .....252
- 11....Goldendale.....268
- 12....Cle Elum/Roslyn .....279
- 13....Brewster .....284
- 14....Mt Vernon Christian 299
- 15....Onalaska .....332
- 16....Morton White Pass...336

Mike Maltais: 360-333-8483, michael@ward.media



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## OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

### Douglas County Sheriff's Office

**November 3**

- 10:41 Agency Assist, SR 173 MP 2, Bridgeport
- 11:29 Fraud/ Forgery, 215 Cross St., Bridgeport Bar
- 12:40 Traffic Offense, 12th St. and Jefferson Ave., Bridgeport
- 18:13 Public Assist, 1400 Tacoma Ave., Bridgeport
- 20:31 Noise Complaint, 335 E. Railroad Ave., Mansfield

**November 4**

- 12:49 Noise Complaint, 335 E. Railroad Ave., Mansfield

**November 5**

- No local reports.

**November 6**

- 07:15 Non-injury Accident, Rd. C NW and Rd. 15 NW, Mansfield
- 11:26 Civil Dispute, 575 Rd. 2 NW, Waterville
- 13:35 911-hangup call, 117 S. Chelan Ave., Waterville
- 15:02 Property, 1045 Rd. 3 NW, Waterville
- 16:56 Drugs, 1400 Tacoma Ave., Bridgeport
- 17:16 911-call, 303 E. Ash St., Waterville

**November 7**

- 05:39 Agency Assist, 13969 Hwy. 17, Bridgeport
- 11:26 Civil Dispute, 458 Ruud Canyon Rd., Waterville
- 12:36 CPS/ APS Referral, 102 S. Chelan Ave., Waterville
- 13:36 Warrant, 303 E. Ash St., Waterville
- 13:39 Traffic Offense, 385 Lakefront Dr., Orondo

**November 8**

- 10:56 Suspicious Circumstance, 0 block Pearl Hill Rd., Bridgeport
- 16:32 Public Assist, 228 Grange Rd., Bridgeport
- 21:13 Unknown-injury Accident, 2701 Rd. P NE, Mansfield

- 21:41 Agency Assist, 929 Maple St., Bridgeport

**November 9**

- 01:44 Alarm, 21318 US Hwy. 97, Orondo
- 04:25 Civil Dispute, 418 N. Columbia Ave., Waterville
- 09:04 Welfare Check, 327 S. Central Ave., Waterville
- 12:58 Public Assist, 412 N. Columbia Ave., Waterville
- 13:41 Trespassing, 320 S. Franklin Ave., Waterville
- 14:09 Stolen Recreational Vehicle, Barber Rd. and Monro Dr., Orondo
- 15:59 Court Order Violation, 2415 Foster Creek Ave., Bridgeport
- 18:32 Noise Complaint, 335 E. Railroad Ave., Mansfield

### Brewster Sheriff's Department

**November 2**

- 09:05 A hit-and-run accident was reported on S. 4th St. in Brewster.
- 11:24 A civil dispute was reported on W. Cliff Ave. in Brewster.

**November 3**

- 04:34 A vicious German Shepherd dog was reported charging a caller when she leaves the house on S. Bridge St. and the caller advised she could not leave her house.
- 16:08 A hit-and-run accident was reported on Hwy. 97 in Brewster as the caller was exiting a parking lot a subject driving a black SUV hit the caller on the driver's side, the male subject handed the caller \$200 cash and left.
- 20:34 Two stray huskies were reported on Columbia Pl. in Brewster.
- 22:08 A suspicious circumstance was reported o Selkirk Pl. in Brewster.

**November 4**

- 19:41 A domestic dispute was reported on E. Jay Ave. and the caller advised there was a fight and they needed to go, then disconnected.

**November 5**

- No local reports.

**November 6**

- 18:18 A caller on W. Indian Ave. requested a police report for a non-injury accident with a neighbor for insurance purposes.

**November 7**

- 11:16 A citizen assist was requested on Pharr Rd. when a caller reported a burglary where several items were stolen, among them a partial semi truck and flatbed trailer and advised they were contacted by a unknown subject at a ranch wanting to get the title from him.
- 11:47 An elderly male subject was reported non-responsive and his lips were discolored, while sitting in a black Ford SUV.
- 20:44 Trespassing was reported on Old Hwy. 97 in Brewster for an unknown male subject on the caller's property. Her husband had a rifle and the subject had been asked to leave. The male subject reportedly requested water or parents.

**November 8**

- 21:36 Trespassing was reported on S. 7th St. in Brewster when a young female subject was reported bugging a caller's kids and they advised she was at the residence to stir the pot and threaten her kids.
- 22:31 An agency assist was requested for a minor female subject after having a child, and EMS requested the infant

and mother be transported to Mid Valley Hospital.

### Okanogan County Sheriff's Office

**November 3**

- 12:33 Drugs were reported on Lakeshore Dr. in Pateros when a caller's daughter that was playing on a jungle gym found an apple that had been turned into drug paraphernalia and the caller was concerned there may be other items in the near area.

- 15:12 A civil matter was reported on Monse Bridge Rd. in Brewster when subjects were reportedly squatting on a caller's property and they requested a call for options.

- 15:49 A caller on Riverside Dr. in Pateros requested a call for options involving an auto carrier transporting vehicles that broke down and reportedly did not transfer new tires and rims to a new transport vehicle.
- 16:04 Two husky-type dogs were reported on a caller's property on Brownlee Ln. in Pateros that killed their chickens and acted aggressively toward other dogs.
- 17:44 An ongoing problem was reported on Riverside Dr. involving two huskies running around the neighborhood.

**November 4**

- 09:35 A vicious animal was reported on Morning Star Way in Brewster.

- 19:41 An agency assist was requested on E. Jay Ave. and the caller advised there was a fight in progress then disconnected the line.

**November 5**

- 10:34 A 911-hangup call was received from a caller on Old Hwy. 97 and it appeared to be a provider issue.

**November 6**

- No local reports.

**November 7**

- 05:18 A burglary was reported on Hwy. 17 in Bridgeport and the caller advised there was a hispanic male subject outside the caller's home trying to get into the house. They caught him trying to get into their bedroom window.

- 12:58 A civil matter was reported on Stennes Point Dr. in Pateros when a package was not delivered to the caller's residence, it was wrapped in plastic and then thrown over the fence.

- 18:11 A citizen dispute was reported on North Star Rd. in

Brewster when a caller reportedly yelled at a male subject who then knocked her over, both parties were still at the location during the call.

18:22 A caller on W. Ives St. reported a male subject that wanted to keep fridges, washers and dryers in a garage and the caller wanted to make sure the appliances weren't stolen.

20:44 Obstruction was reported on Old Hwy. 97 in Brewster regarding an unknown male subject on the caller's property and her husband had a rifle, the subject was asked to leave.

20:57 A caller on Unger Rd. reported a suspicious vehicle driving by oddly slow headed eastbound.

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# Chelan man makes his mark in FAI World Cup of Canopy Piloting

By KATIE LINDERT  
Ward Media Staff Reporter

CHELAN – The Methow Valley's own V Buck Priv recently won 4th place in the 2023 FAI World Cup of Canopy Piloting at Skydive Arizona, Team USA taking the gold. He was one of 63 competitors from assorted countries.

Each competitor participates in speed, distance, and accuracy challenges with three jumps in each discipline. V placed 11th in speed, 5th in accuracy, and 9th in distance, with his combined score placing him in 4th place.

The World Cup is held every other year, between years holding the World Championship. In the World Cup, the top 12 competitors from every nation fill the team, though not all nations have a canopy piloting team. In the US there is a very large pool of skydivers allowing for a full team. The top 12 from National Skydiving Championships are selected to compete in the World Championship. In the last World Cup in 2022, the top 12 were chosen. Despite V feeling like he made a lot of mistakes, to his surprise, he made the team.

When people think of canopy piloting, they often think of smoke jumpers, but smoke-jumping differs dramatically from the act of canopy-piloting. In canopy-piloting, individuals dive straight down to the ground, then pull out of their dive and fly through an extremely difficult course. The course is left and right as well as up and down, and a participant is typically flying within five feet of the ground and going 90+ miles an hour.

Before V first started his canopy-piloting journey, in the winter of 2013 he had a dream he was base-jumping.

Convinced this was something he needed to try, he



KATIE LINDERT/WARD MEDIA

V Buck Priv proudly sports his team jersey, repping the U.S. in their upcoming competition in the Dubai International Parachuting Championship

sought out opportunities to watch others canopy piloting, or "swooping" as it's colloquially-called in the skydiving community.

Learning to skydive is a prerequisite to canopy-piloting. V first studied under the mentorship of former competitor Todd Higley of Skydive Chelan in the spring of 2014. With persistence and determination, he eventually became their first licensed student, soon teaching others to skydive.

"There are many different facets within the sport," V said. "You learn many specializations or stick with one thing like I have...learning to swoop can be frustrating since you have one shot. Sometimes starting over can take ten minutes, sometimes an hour, or maybe that's the end of the day, so then you have to wait until the next day and you just want to try again..."

Skydivers get a wrap as being just adrenaline junkies, V cites, and though there's an element of that for him,

what he's doing is incredibly calculated and takes a lot of time to master.

Though a current specialist in canopy-piloting, V's athleticism and active life are represented across many disciplines. He grew up riding dirtbikes in the woods surrounding his home, playing football and baseball, wrestling, and downhill skiing. This said, dirt-biking holds a special place in his heart.

For such a high-caliber athlete, he admits he doesn't enjoy working out, finding himself often mentally overwhelmed during the process. Though, with his work in the tree industry, he's moving entire trees by hand to keep in shape. He always lives a very healthy lifestyle in support of his craft, consuming a healthy diet and drinking infrequently.

He is very busy between work and training, though still finds time to engage in other active endeavors. He enjoys base-jumping in his free time, and in the winter he snowkites and snow skis. Dirt biking is

his go-to on summer weekdays, most weekends spent at the drop zone or a drop zone in another community. The Chelan drop zone, however, is by far the prettiest and most ideal he's ever experienced.

Across interest, there's a base excitement level for all things he wants to do. Many of his chosen endeavors require a lot of skill, and he enjoys the pursuit of perfection. Canopy piloting is a hard sport, and obviously perfection is rare in what he's doing. "There's no perfect swoop, of course," he says, but the pursuit of this is what keeps him going.

For him, practicing exactly the way he would go about things in a competition is what works. Over-visualizing the process is unhelpful to him. He enjoys, instead, visualizing a dive in the way that one might be squinting. He wants to see the general idea of what he's aiming for and not the exact object. Overall, despite a large amount of risk involved in canopy piloting, V chooses to have a light heart, as he's ultimately doing this to have fun.

"You are physically vulnerable," he explained. "Innately, it is very dangerous, because you are taking your parachute, you're going straight at the ground, and trying to go as fast as you can...then you fly really close to the ground, sometimes touching the ground with your body...there's no protection. It's very dangerous."

Ultimately, it's not specific aspects of the act of canopy piloting that pose the most difficulty for someone highly active in this sport. V discusses how one of the hardest aspects of this sport for athletes is often the time investment it takes to become highly-skilled.

Additionally, the work itself comes with a high price tag, and, when competing, frequent travel can be expensive. One can, in addition to a day job, work in the sport as he has, but this work often takes time away from needed time to train.

He went on to say, "Once you get to this level it's fairly safe...that's why I train so much, so then I don't have to think, 'I'm not scared I'm not vulnerable,' and sometimes it does just feel like a walk in the park or a walk in the woods...sometimes you don't even have time to be scared."

A testament to his mental acuity, positive attitude, dedication, and immense skill, V will be traveling to Dubai on Nov. 18 to compete with the U.S. team in the Dubai International Parachuting Championship held the 19th through the 20th.

Katie Lindert: 509-731-3211 or  
katie@ward.media

## BEARS

CONTINUED FROM PAGE A1

Large Group Festivals where we receive a score from a panel of judges."

Two dozen of Pulsifer's 31 band students made the EWU trip, more than double the number that participated in the first one eight years ago.

"We had fewer than 10 students attend in the beginning," said Pulsifer, who also serves as current president of the North Central Washington Music Educator' Association.

Mike Maltais: 360-333-8483,  
michael@ward.media

## Five steps the Legislature should take to support business in Washington

By BRAD HAWKINS

The Washington State Legislature will begin its 60-day session on January 8. The main focus of this year's legislative session will be developing and approving updates to the three state budgets – the operating, transportation, and capital – for the 2023–2025 biennium. The Legislature will likely make adjustments to various laws, including in energy, natural resources, healthcare, education, and other areas. The legislative session will be very fast-paced.

Decisions the Legislature makes are very important to our state and its efforts to promote a supportive business climate. Most of the revenue that funds state operations is generated from sales taxes and business taxes. For the state to maximize its revenues, our business sector needs to thrive. While there are many steps lawmakers should take to better support Washington businesses, here are five ideas:

### 1. Business and Occupation Tax Reforms

Washington State implements a Business and Occupation (B&O) tax, which is applied to the gross receipts of all products and services. The rate depends on the type of business, such as manufacturing, wholesaling, or retailing. The tax applies to "gross" rather than "net" income of businesses, meaning that businesses are taxed even if they don't earn a profit. This tax structure is especially burdensome for high-volume, low-margin businesses. Reforms to the B&O tax would impact revenues in the short term, but would help businesses be successful over the long term. This would keep more people employed and generate additional economic opportunities.

### 2. Climate Commitment Act Changes

The state's Climate Commitment Act was approved by the Legislature in 2021 and began in 2023. It is a comprehensive program aimed at reducing greenhouse gas emissions by requiring the purchase of allowances in a cap-and-trade program. Many of us who voted against it expressed concerns about the program's likely impact on gas prices, which analysts now estimate is nearly 50 cents extra per gallon. I support the environment and I am a clean energy advocate, but high gas prices can have devastating impacts on senior citizens, working families, and businesses. High gas prices affect us all with increased travel, grocery, and supply chain costs. I don't expect the program to go away, but adjustments should be made to lessen its economic impact.

### 3. Refocus Education on Academics and Job Skills

With over 1 million students in the state public school system, K-12 education is critical to workforce development. Washington businesses rely on students being college or career-ready. Per student expenditures have grown to over \$17,000 per year with funds supporting pre-kindergarten programs, multiple meal

services, childcare offerings, social supports, healthcare in schools, and other functions. There is no doubt that students have many needs, which our schools can help facilitate, but with only 50% of students meeting English standards and only 40% meeting Math standards, we must return academics and job skills back to top priorities. Our school system must work for all students, so they are prepared to succeed and contribute to our global economy.

### 4. Preserve and Improve our Transportation System

Washington businesses depend on a high-functioning transportation system. This is key to getting crops to market, creating efficiencies in the supply chain, and improving commutes for employees. The Legislature has increased funding for the preservation and maintenance of our roads and bridges, but the funding has unfortunately not kept pace with inflation, nor with the additions to the transportation system over time. The preservation of our existing system is more important than new projects, but new projects are also needed to keep up with our growing population and to keep traffic moving. The state approved a new 16-year, \$16.9 billion package in 2022 for statewide transportation investments. We need to ensure that these projects get completed as scheduled so that Washington businesses can benefit from a reliable statewide transportation system.

### 5. Continue Efforts on Housing Solutions

Affordable housing continues to be a struggle in nearly every community, although what is characterized as "affordable" varies from place to place and is the source of substantial debate at the State Capitol. The Legislature has made record investments recently through its capital budget to fund housing opportunities in Washington state, but more work remains to be done. Various regulatory and land use reforms could be made to slow down the rapidly escalating costs associated with homebuilding. Many new laws and housing programs have recently been implemented, which may take some time to produce results. While these new policies get implemented, we should be mindful of other opportunities because we should all recognize that stable housing is fundamental to nearly every aspect of life. For businesses, having access to a reliable, local workforce is vital.

### Thank you for the opportunity to serve

While many state policy areas interest me, supporting the creation of jobs will always be a priority. Many of you may not realize but my father Buell Hawkins was a partner with Valley Tractor & Equipment for several decades. I spent many afternoons playing on tractors at his Chelan and Wenatchee stores. Having been raised as the son of a small business owner, I have a deep appreciation for our business community. To our local businesses, I am proud to support you in the Washington State Legislature. Thank you for the opportunity to serve as your State Senator.

Brad Hawkins is a Washington State Senator for the 12th Legislative District. He was awarded the 2022 Guardian of Small Business Award by the National Federation of Independent Business and has been recognized by the Association of Washington Business for his voting record in support of our business community.



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# The Washington Outdoors Report

## Great Winter Fisheries East of the Cascades

By JOHN KRUSE  
Washington Outdoor Report

**LONG LAKE:** Located near Spokane, Long Lake kicks out good numbers of quality rainbow trout in November and December. The best fishing is found several miles up the lake from the main boat launch at the south end of this reservoir. Trolling Mack's Lure Wedding Ring spinners is a good choice and orange is a great color. Dropping water levels in December often make the primary boat launch unusable so plan on fishing here sooner than later.

**CURLEW LAKE:** Traditionally known as a summer destination for trout and the occasional tiger muskie, Curlew Lake is now known for its perch fishing. Perch are now the predominant species in this Ferry County lake and fishing for them in the winter, either through the ice or in open water, can reward you with quality fish averaging 9 to 11-inches in length.

**LAKE ROOSEVELT:** This

huge impoundment of the Columbia River offers excellent fishing for three species during the winter months. Walleye are often found biting near Kettle Falls and at the southern end of the Reservoir from Keller to Seven Bays you can find big rainbow trout and kokanee salmon that often weigh over two pounds. If you have never fished Lake Roosevelt in the winter before, consider booking a trip with a local guide and learn from a pro.

**RUFUS WOODS RESERVOIR:** If you are looking for big trout, head to Rufus Woods Reservoir, an impoundment of the Columbia located between Grand Coulee Dam and Chief Joseph Dam. The best fishing is around the Nespelem net pens. You can fish from either the shore (An access fee is required) or from a boat. Jigs or dough baits both work well for trout that are measured in pounds, not inches. A Colville Tribal fishing permit is required to fish here. Looking for another option? Try fishing from shore just above Chief Joseph Dam. Anglers soaking bait from shore for trout can do quite well at times.



COURTESY OF JOHN KRUSE

Guide Steven Morris with a Long Lake rainbow trout.

It's not just about trout at Rufus Woods Reservoir. There is an under-rated walleye fishery too which offers very good opportunities. The walleye here tend to be eater sized versus trophy sized and can be caught in the winter with blade baits or fishing nightcrawlers off the bottom.

**MID-COLUMBIA RIVER:** Another great place for walleye during the winter is the mid-Columbia River from The Dalles to the Tri-Cities. Unlike Rufus Woods Reservoir, you have a legitimate shot at big walleye in this stretch of the Columbia which has given up state records in both Washington and Oregon (20.3 pounds and 19 pounds, 15 ounces respectively). Try looking for walleye at least 30 feet deep and be prepared to go far deeper. Blade baits, jigs and slowly trolled spinner-worm harnesses behind a bottom bouncer weight all work. Wondering what color to use? Start with Char-treuse.

**POTHOLES RESERVOIR:** Quality rainbow trout and walleye fishing is the name of the game here during the winter. Trout, averaging one to three pounds, can

be caught either trolling or from shore at Frenchman's Wasteway next to Potholes State Park or at Medicare Beach at the east end of this 27,000-acre reservoir. When it comes to the trout, fishing nightcrawlers (drifted or off the bottom) can be effective. If you are trolling, try a Berkeley Flicker Shad, both #5 and #7 sizes work well. You can catch the walleye in the winter months in 20 to 50 feet of water with blade baits or vertical jigging spoons like a Mack's Sonic Baitfish.

**ROSES LAKE:** Last but not least, Roses Lake near Manson is a good place to go for rainbow trout and this lake typically gets a good stocking of catchable size rainbows in the fall. You can catch these fish in open water out of a small boat or from shore at the public access area on the south side of this small lake. Roses Lake is also a good destination for ice fishing too. Just make sure you are not the first person on the ice this season if you decide to venture out there!

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

## Can Valerian help you sleep better?

**Q: Will valerian root help you sleep?**

Valerian extracts have been used for over 2000 years as a remedy for insomnia. The root and rhizomes of the valerian plant contain the highest amounts of its active component, valerianic acid.

Valerianic acid increases the action of GABA, a compound that creates a calming effect on your brain. This is similar to how the prescription medications zolpidem (Ambien®), lorazepam (Ativan®), alprazolam (Xanax®), and diazepam (Valium®) work.

Valerian is marketed as an herbal sleep aid and may also be helpful for relief of anxiety.

Valerian is taken once daily before bedtime, with peak blood levels 1-2 hours after taking it. Most people can eliminate it from their body within 5-6 hours. It may take several weeks to show its full effect on your sleep. Most studies showed no improvement in sleep with just one dose of valerian or when taking it nightly for 1 week.

The valerianic acid used for most clinical studies was from ground roots, rhizomes, or root extracts. The most common doses studied were 300-600mg once daily for adults and 160-300mg daily for children under 12. You can find valerian combined with non-prescription sleep aids or other herbs like hops, lemon balm, and passionflower.

Like with the use of ben-



zodiazepine prescription medications like alprazolam, zolpidem, and lorazepam, stopping valerian abruptly after taking it regularly can cause similar symptoms of withdrawal: anxiety, rapid heart, irritability, insomnia, and even hallucinations.

Lemon balm is a lemon-scented perennial herb native to Europe, Asia, and North Africa. Lemon balm extract may be labeled as its active component, rosmarinic. Lemon balm increases calmness and alertness at 300-600mg daily. It is marketed for the relief of symptoms of anxiety, ADHD, and insomnia. Lemon balm may cause increased appetite, abdominal pain, nausea and vomiting, and decreased blood sugar.

Hop extract may improve sleep and anxiety and is usually a second or third ingredient in herbal sleep aids. Hops are vine-like plants that grow by twisting around poles or ropes, producing unique cone-like structures. The name "hop" is from the Anglo-Saxon word "hoppian," which means "to climb". Hop extract can encourage sleep. It is widely used to preserve and flavor foods and beverages and brewing beer.

Medications or supplements for relief of insomnia may or may not help. How can you tell? By document-

ing your sleep patterns BEFORE you take that first dose, you will have a much more accurate and helpful way of determining whether valerian is helping you.

To help determine whether a sleep aid product is helping you, I recommend using a "symptom diary." In the words of a Chinese proverb, "The palest ink is better than the best memory."

First, decide WHAT you expect/hope the supplement will do for you. If it worked, how would life improve for you? Would you fall asleep sooner? Stay asleep longer?

Next, before you take the first dose, measure where you are NOW. Exactly how long is it taking you to go to sleep? How many times do you wake up in the middle of the night? How many hours of sleep are you getting every night? Write these down as your "before" score.

After starting your supplement, compare your "before" scores to your "after" scores. For valerian root, you should continue taking it for at least 4 weeks to allow it to work before comparing your "before" and "after" results.

**Here are 5 Tips on Taking Valerian Root Safely:**

**1. Be patient.** Compared to prescription sleep agents, valerian takes longer to work. It may take up to 4 weeks or even longer to see its full effect on your sleep.

Valerian may also take longer to work at night; you may need to take it 30-60

minutes before getting into bed, compared to 15-30 minutes for prescription benzodiazepine medications like zolpidem and lorazepam.

**2. Watch out for side effects.**

Side effects reported from valerian root include dizziness and drowsiness, stomach upset, headache, and vivid dreams. If you have liver disease, check with your doctor first. There have been reports of liver damage from chronic use of valerian.

**3. Avoid stopping valerian abruptly.**

Taking valerian root regularly can cause dependence. It's best to decrease your dose of valerian gradually to avoid triggering withdrawal.

**4. Consider combinations with other sleep aids.**

Lemon balm or hops may improve the effectiveness of valerian in improving your sleep.

**5. It smells bad.**

Valerian has a distinctive, unpleasant aroma. If you are sensitive to strong smells, be careful when opening a bottle of capsules or extracts containing valerian.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Get clear answers to your medication questions at her website and blog, *TheMedicationInsider.com*.

### CROSSWORD PUZZLE

THEME: HOLIDAY MOVIES  
ACROSS

1. Concert units
5. \*Kevin to Buzz in "Home Alone"
8. Emphatic no
12. Phyllo, alt. sp.
13. Chicken of the sea? 14. a.k.a. papaya
15. Biblical firstborn
16. Aquarium show star
17. Type of squash
18. \*Like George Bailey's life
20. Struggle for air
21. Aggregate
22. Gangster's gun
23. \*Mount Crumpit's misanthrope
26. They refuse to believe
30. \* Howard, directed a movie about #23 Across
31. High regard
34. Like dental exam
35. Bullying, e.g.
37. Popular deciduous tree
38. Kaa of "The Jungle Book"
39. Cleopatra's necklace
40. \*Like characters in Will Ferrell's famous Christmas movie
42. Use a Singer
43. Continuing forever
45. Wonder Woman's ability to fly, e.g.
47. Galley propeller
48. Type of consonant
50. Corner chess piece
52. \*Nicolas Cage's character gets a glimpse of a different life (2 words)
56. Like famous Moulin
57. Computer image
58. French money
59. Alleviated
60. Target of a joke
61. Iditarod ride
62. \*Nick Claus' brother, a repossession agent
63. Famous frat house
64. Black and green brews

DOWN

1. Not many (2 words)
2. Japanese soup
3. Architectural drawing
4. Sudan, in French
5. Rides the wave
6. Ear bone, a.k.a. anvil
7. Jezebel's idol
8. \*Griswold family's pastime
9. Epic poem
10. Waterproof canvas
11. Part of B.Y.O.
13. Synagogue scrolls
14. Like a Druid
19. Master of ceremonies
22. Engagement symbol
23. Prepare carrots, sometimes
24. R2-D2, e.g.
25. Accustom
26. Bruce Willis' ex
27. Use the blunt pencil tip
28. Autumn laborer
29. Lots and lots
32. Regale with a tale, e.g.
33. \*Human from North Pole comes to NYC
36. \*Bill Murray movie, inspired by Charles Dickens
38. Water-covered sandbank
40. Cornucopia
41. Orthopedic device
44. In the buff
46. Dryest, as in humor
48. Vacuum, pl.
49. Be theatrical
50. Katy Perry's 2013 hit
51. Yorkshire river
52. Trivial lies
53. Drug smuggler
54. Pi times square of radius
55. Show of agreement, pl.
56. Game official, for short

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# Holiday — RECIPES —

FLAVORFUL DISHES AND DESSERTS  
FOR THE SEASON OF CELEBRATING



# RECIPES:

- B2** Noodle Kugel
- B3** Holiday Turkey
- B3** Basil Mashed Potatoes
- B4** Chicken & Peanut Stew
- B5** Crispy Akara
- B6** Pumpkin Pie
- B6** Raspberry Jam Doughnuts
- B7** Gingerbread



## Dig into a sweet *and* traditional noodle dish

When preparing meals for Chanukah celebrations, some families may want to serve kugel. Kugel is a Jewish dish that is similar to a casserole or pudding. Kugel originated more than 800 years ago in southern Germany. Kugel soon became a staple within Jewish households throughout eastern Europe and eventually the United States.

There are many ways to make kugel. Some recipes feature potatoes, bread or rice as the main starchy ingredient. Kugel also can be sweet or savory. "Lokshen" (noodle) kugel is perhaps the most traditional. It blends light and airy egg noodles with moist and creamy dairy ingredients. Chanukah celebrants can try this recipe for "Noodle Kugel," courtesy of Taste of Home.

### RECIPE:

#### Noodle Kugel

- 1 package (1 pound) egg noodles
- ½ cup butter, melted
- 8 large eggs
- 2 cups sugar
- 2 cups sour cream
- 2 cups 4 percent cottage cheese

#### Topping

- ¾ cup cinnamon graham cracker crumbs (about 4 whole crackers)
- 3 tablespoons butter, melted

1. Cook noodles according to package directions; drain. Toss with butter; set aside. In a large bowl, beat the eggs, sugar, sour cream and cottage cheese until well blended. Stir in noodles.
2. Transfer to a greased 13 x 9-inch baking dish. Combine the cracker crumbs and butter; sprinkle over top.
3. Bake, uncovered, at 350 F until a thermometer reads 160 F, 50 to 55 minutes. Let stand for 10 minutes before cutting. Serve warm or cold.



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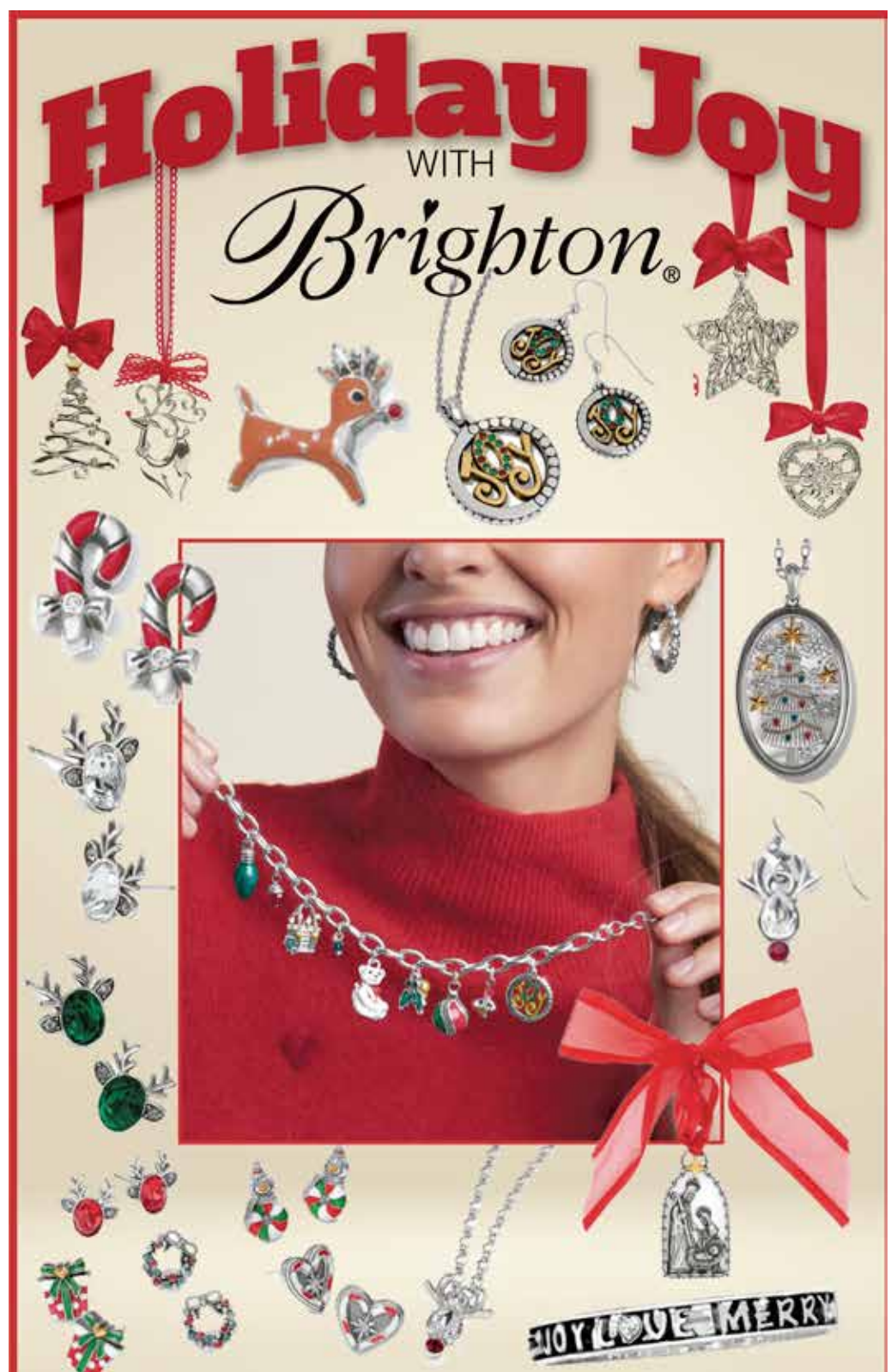
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## Simplify your feast by slow cooking your Thanksgiving turkey

Food features prominently in many holiday celebrations, but perhaps no holiday is more closely associated with eating than Thanksgiving. In fact, Thanksgiving and food are so closely connected that many people lovingly refer to the holiday as “Turkey Day,” which is an homage to the popular main course that finds its way to millions of Thanksgiving dinner tables across the country each year.

Side dishes abound on Thanksgiving dinner tables, but turkey still takes center stage. That reality can put some pressure on hosts tasked with preparing the

meal for their family and friends. Unlike some other dishes that require a laundry list of ingredients and lots of prep work, turkey is a relatively hands-off main course. However, home cooks know a dried out turkey is not on anyone’s holiday wish list. Slow cooking can help to avoid such a result. This recipe for “Holiday Turkey,” courtesy Andrew Schloss’ “Cooking Slow” (Chronicle Books), calls for slow cooking the bird. Such an approach should result in a delicious and mouth-watering main course that satisfies anyone who’s anxious to sit down at the Thanksgiving dinner table this year.

### RECIPE:

#### Holiday Turkey

Makes 15 servings

- 1 fresh turkey, about 15 pounds, preferably free-range
- 1 tablespoon olive oil
- 1 quart apple cider
- 2 teaspoons dried poultry seasoning
- Coarse sea salt and freshly ground black pepper

Remove the giblets from the turkey and discard (or save for another use). Rinse the turkey inside and out and pat dry with paper towels. Rub it all over with salt and pepper. Refrigerate, uncovered, for at least 12 hours and up to 24 hours. During that time, the surface of the turkey will become visibly dry and the skin will tighten; this encourages a nice crisp skin on the finished bird.

Remove the turkey from the refrigerator 1 hour before you plan to start roasting. Preheat the oven to 450 F.

Put the turkey on a rack set in a large, flameproof roasting pan. Drizzle the oil over the top.

Roast for 1 hour. Reduce the oven temperature to 175 F. Pour the cider into the roasting pan and sprinkle the poultry seasoning

in the liquid. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh (but not touching bone) registers to 170 F.

Transfer the turkey to a carving board, tent loosely with aluminum foil, and let rest for about 15 minutes (see tip). Meanwhile, skim the fat from the surface of the liquid in the pan. Put the roasting pan over two burners and bring the pan drippings to a boil over high heat. Cook until the juices reduce and thicken slightly, enough to coat a spoon, about 10 minutes. Taste for seasoning. Carve the turkey and serve with cider pan juices.

Resting tip: Slow-roasted meats need far less resting time (pretty much none) than those that are traditionally roasted. The reason for resting meat that has been roasted at a high temperature is to allow juices that have collected in the cooler center time to migrate back into the dryer (hotter) exterior sections after it comes out of the oven. Because slow-roasted meats are cooked evenly and a temperature that keeps most of the juices in place, a resting period is largely unnecessary. A brief resting time does allow the meat to become a little firmer as it cools, making it easier to carve.

## Give a beloved side dish a fresh new taste this Thanksgiving

A typical Thanksgiving dinner table is loaded with familiar foods. Turkey, of course, takes center stage, but side dishes also garner their fair share of attention during Thanksgiving dinner.

Hosts don’t have much room to experiment when preparing turkey for Thanksgiving dinner. Though turkey can be roasted, slow cooked, smoked, or even fried, recipes for seasoning the bird are likely to feature similar ingredients. Hosts have much more leeway when it comes to side dishes. New and bold flavors can add a little something special to side dishes this Thanksgiving, and guests might appreciate a break from the norm. That’s just what this recipe for “Irresistible Basil Mashed Potatoes” from Marlena Spieler’s “Yummy Potatoes” (Chronicle Books) provides. The fresh basil can add some unique flavor to a beloved side dish.



### RECIPE:

#### Irresistible Basil Mashed Potatoes

Serves 4 to 6

- 2 pounds floury, baking-type potatoes, peeled and cut into chunks
  - Salt
  - 2 to 3 cups fresh basil leaves of any type (2 to 3 ounces – a nice big bunch)
  - 2 cups heavy (whipping) cream or half-and-half
  - 4 tablespoons butter
  - Black pepper
1. Place the potatoes in a saucepan and fill with water to cover. Add a big pinch of salt. Bring to a boil and cook, covered, for about 10 minutes, or until the potatoes are just tender. Drain, return to the heat and shake out; turn off the heat, cover the pan and keep warm.
  2. Meanwhile, blanch the basil. Plunge it into a saucepan of

boiling water, cook a moment or two until the leaves wilt and slightly change color and lift out of the pot using a slotted spoon, then plunge into a bowl of ice water. Leave for about five minutes or until it turns brightly colored, then lift from the ice water.

3. Heat the cream in a saucepan until bubbles form around the edge of the pan.
4. Squeeze the basil in your hands gently to rid it of excess water from cooking. Place in a food processor and whirl to purée. Slowly pour the hot cream into this puréed basil and whirl until it forms a fragrant, pale green cream.
5. Coarsely mash the potatoes with a masher, then add the basil cream and mash it in; work in the butter, and season to taste with salt and pepper. If you’re serving duck or lamb, serve the potatoes with a drizzle of the port reduction around the edge.

## Home for the Holidays

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# Traditional foods add something special *to* Kwanzaa celebrations

Kwanzaa is a traditional holiday that is celebrated by Black Americans, Afro-Caribbeans and others of African descent around the world. Kwanzaa was the creation of Maulana Karenga, a college professor who was inspired by South African first-fruits celebrations and other Swahili traditions. There are many components of Kwanzaa, but the culmination of the celebration is a feast known as Karamu on December 31.

African foods are a big part of Karamu festivities. Peanut stew, also called "maafe" or "mafe," is a West African staple comprised of lamb, steak or chicken in a hearty tomato and peanut base. The stew varies by region, but the general result is a nutty and spicy dish that is warming and filling. Enjoy this recipe for "West African-Inspired Chicken & Peanut Stew" courtesy of Delish and Brooke Caison.



## RECIPE:

## West African-Inspired Chicken & Peanut Stew

*Yields 6 to 8 servings*

- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 ground cardamom
- 4 teaspoons kosher salt, divided
- 1 2-inch piece of ginger, peeled, minced, divided
- 4 cloves garlic, minced, divided
- 3 tablespoons peanut or neutral oil, divided
- 1 1/2 pound skinless, boneless chicken thighs
- 1 medium onion, finely chopped
- 2 medium carrots, peeled and cut into 1/2-inch pieces
- 1 Scotch bonnet pepper or habanero chile, halved
- 2 tablespoons chopped fresh thyme leaves, plus more for serving
- 2 tablespoons tomato paste

- 1 1/4 pound Roma or beefsteak tomatoes, finely chopped
- 1 cup smooth peanut butter
- 4 cups low-sodium chicken broth, divided
- 1 medium sweet potato, chopped into 1/2-inch pieces
- 2 tablespoons fish sauce
- 3 cups cooked white rice
- 3/4 cup chopped roasted peanuts, for serving

**Step 1:** In a small bowl, combine pepper, cumin, cardamom, and 2 teaspoons salt. In a medium bowl, combine 2 1/2 teaspoons seasoning mix, half of ginger, half of garlic, and 1 tablespoon oil. Pat chicken dry with paper towels and add to bowl, tossing to coat. Let chicken sit at room temperature at least 15 minutes or refrigerate up to 2 hours.

**Step 2:** In a large Dutch oven or pot over medium heat, heat remaining 2 tablespoons oil. Arrange chicken in a single layer and cook, undisturbed, until a golden brown crust starts to form, 5 to 6 minutes per side. Transfer chicken to a plate.

**Step 3:** In the same pot, cook onion, carrot, and remaining seasoning mix, stirring occasionally and scraping up browned bits in bottom of pot, until softened, about 5 minutes. Add pepper and remaining ginger and garlic and cook, stirring, until fragrant, about 1 minute. Add thyme and tomato paste and cook, stirring frequently, until paste darkens in color, about 4 minutes. Add chopped tomatoes and 2 teaspoons salt and cook, stirring occasionally and breaking up tomatoes with a wooden spoon,

until mostly broken down, about 20 minutes.

**Step 4:** In a large bowl or measuring cup, whisk peanut butter and 1 cup broth until smooth. Add remaining broth 1 cup at a time, whisking until smooth and combined. Add broth mixture and potatoes to pot, stirring occasionally, until potatoes are tender and soup is thickened, about 30 minutes.

**Step 5:** Chop chicken into bite-size pieces. Remove pepper from pot, then return chicken to pot. Add fish sauce and stir until chicken is heated through.

**Step 6:** Divide rice among bowls. Ladle stew over rice and top with peanuts and thyme.



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# Celebrate Kwanzaa *with* this beloved West African dish



**K**wanzaa is an annual celebration of African American culture that begins on December 26 and includes the feast of Karamu, which typically is celebrated on December 31. The feast of Karamu is evidence that Kwanzaa celebrations, similar to other holiday-related festivities, simply would not be complete without food shared with loved ones.

Kwanzaa celebrants typically look to incorporate African foods into their celebrations. According to the Food Network, akara has been a popular street snack in West Africa for quite some time. That popularity has extended beyond Africa's borders, and the fritters are now available in many locations, including the American South, where Atlantic Creole foods are enjoyed. This Kwanzaa, families can cook up this recipe for "Crispy Akara with Savory Smoky Sesame Sauce" courtesy of the Food Network.

## RECIPE: Crispy Akara *with* Savory Smoky Sesame Sauce

*Yields 4 to 6 appetizer servings*

- 1 pound dried black-eyed peas, picked through and any pebbles removed
- 1 1/4 cups minced shallot
- 1 cup diced "stoplight" bell peppers (red, yellow and green bell peppers)
- 1/2 cup finely snipped green onion, dark green parts only; save the bulb for another use
- 2 tablespoons minced garlic
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 1 1/2 cups rice flour
- High-heat threshold oil, such as refined coconut oil or non-hydrogenated organic shortening, for frying
- Savory Smoky Sesame Sauce, recipe follows, for serving
- Savory Smoky Sesame Sauce
- 1/2 cup organic tahini sauce (made from roasted — not raw — sesame; see Cook's Note)
- 1 tablespoon smoked paprika
- 1 1/2 teaspoons blue agave
- 1 teaspoon dried minced onion

- flakes, preferably organic
- 1 teaspoon granulated garlic or garlic powder
- 1/2 teaspoon kosher salt
- Zest and juice of 1/2 lemon
- 2 tablespoons unseasoned rice vinegar

Remove and discard the pea skins in one of two ways: either rub the damp black-eyed peas (about 1/4 cup at a time) between the palms of your hands (the ancient African way); or pulse the beans in a food processor with some of the soaking water for a few minutes, then rinse and strain in batches, picking out and removing/discarding the pea skins in each session.

Transfer the peeled peas to a food processor and process, adding about 1/2 cup fresh water, into a thick paste. Mix in the shallot, bell peppers, green onion, garlic, salt and pepper to taste by pulsing until a smooth paste forms. Transfer the paste to a bowl, add the rice flour and stir until a thick batter forms.

Melt a few inches of coconut oil

or shortening in a medium to large cast-iron skillet (within at least an inch from the top rim of the skillet so the oil doesn't spill once hot). Heat over medium-high heat to 375 degrees F.

In batches, gently and carefully place individual scoops (at least 1 tablespoon) of the mixture into the oil using a cooking spoon with a long handle. Deep-fry until golden brown, 2 to 3 minutes per side. Drain on paper towels before relocating to a serving tray. Bring the oil back to temperature between each batch. Serve with the Savory Smoky Sesame Sauce. To make the Savory Smoky Sesame Sauce:

Pour or spoon the tahini into a measuring cup with at least a 2-cup capacity and a spout (large enough to stir or whisk in the ingredients and later pour from). Add the paprika, agave, onion flakes, granulated garlic, salt and lemon zest and juice and whisk or stir vigorously to combine.

Add the rice vinegar and stir; you'll notice the mixture converts to a paste-like consistency, but

don't panic — this is a normal reaction of sorts. Stir in 1/4 cup warm water until the mixture converts back to a creamy consistency.

Stir and pour from the measuring cup into a festive dipping bowl; or perhaps pour into individual tiny condiment dishes used for dips and sauces.

**Cook's Note:** The peas/beans can soak for up to 24 hours (at room temperature on the counter part of the time, then covered in the refrigerator or a cool room for overnight). The longer the soak, the easier it will be to remove the external bean skins. However, if a few of the black specks or bits of "black eye" from the pea skins stay in, that's fine. Tahini consistencies vary greatly by brand — this one is based on using a creamy, liquidy style or version that doesn't easily separate (sesame oil from paste). Don't panic when the creamy texture of the tahini turns into a dense, almost flaky paste after the vinegar is added; that's what the warm water is for — to loosen it back up!

*Sip, Sip, Hooray!*

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# Homemade pie makes for a perfect ending to a holiday meal

Millions of people insist no holiday meal is complete without some pie for dessert. Pie served with coffee certainly makes for a fitting end to a holiday meal, and hosts can serve any type of pie and still end up with some satisfied guests.

Though pie aficionados typically have their own go-to pie, pumpkin pie is especially popular at the

holiday dinner table. Hosts who want to cater to the masses can serve up the following recipe for "Pumpkin Pie" courtesy of Emily Luchetti's "Classic Stars Desserts" (Chronicle Books). Featuring homemade pumpkin purée and cream, this recipe is sure to make guests happy this holiday season.

## RECIPE:

### Pumpkin Pie

Serves 8

- 3 large eggs
- 1/2 cup firmly packed light brown sugar
- 1/2 cup dark corn syrup
- 1 1/2 cups heavy whipping cream
- 1 1/2 cups pumpkin purée, home made (see below)
- 1 tablespoon rum
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 prebaked 9 1/2-inch pie crust
- 1 recipe chantilly cream
- (see below)

Preheat the oven to 350 F.

In a large bowl, whisk together the eggs and brown sugar until blended. Add the corn syrup and whisk until smooth. Whisk in the cream, pumpkin purée, rum, cinnamon, ginger, and salt until well mixed. Pour into the prebaked pie crust.

Bake until the filling is set, about 30 minutes. Let cool to room temperature. Serve with the chantilly cream.

#### Chef's Tip:

The pie may be made a day in advance, covered and refrigerated. Bring to room temperature before serving.



Cover and refrigerate until serving.

#### Chef's

**tip:** You can whip the

### Chantilly Cream

Makes about 2 1/4 cups

- 1 cup heavy whipping cream
- 1/2 teaspoon vanilla extract
- 1 tablespoon granulated sugar

Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth.

Cover and refrigerate until serving. Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth. If it sits longer than that, it will start to thin out and you will need to rewhip it lightly before using. A few quick stirs with a whisk will do the trick.

### Pumpkin Purée

Makes 2 1/2 cups

- 2 1/2 pounds sugar pumpkins
- 1/4 cup water

Preheat the oven to 325 F. Cut

each pumpkin into sixths. Scrape out the seeds and any stringy pulp. Put the pumpkin pieces, cut-side up, and the water in a baking pan and cover the pan with aluminum foil. Bake until soft when pierced with a fork, about 1 hour and 10 minutes.

Remove from the oven and, when cool enough to handle, scoop out the flesh with a spoon and purée in a food mill or food processor. If the purée is watery, place it in a large sauté pan and cook over medium heat, stirring frequently, until thick. The timing will depend on how watery the purée is.

Let cool, cover and refrigerate until using.

# Doughnuts make a great Chanukah treat

Chanukah is a Jewish celebration also known as the Festival of Lights. Chanukah commemorates the miracle of the Temple menorah, during which a minimal supply of oil somehow lasted for eight days. As a result, oil features prominently

in Chanukah traditions, and many faithful Jewish people include foods fried in oil as part of their holiday dinners or desserts.

This recipe for "Raspberry Jam Doughnuts" from BBC GoodFood produces a delicious treat for Chanukah celebrations.

*This recipe features metric volumes and weights, so use the correct measuring conversion in countries where the metric system is not employed.*

## RECIPE:

### Raspberry Jam Doughnuts



Makes 20

- 130 ml whole milk
- 1 vanilla pod, split lengthwise
- 500 grams strong white bread flour
- 40 grams golden caster sugar
- 1 teaspoon fine sea salt
- 7 grams fast-action yeast
- 3 medium eggs, lightly beaten
- 120 grams unsalted butter, softened
- Vegetable oil, for proving and deep-frying
- 350 grams raspberry jam

#### For the icing

- 400 grams icing sugar, sieved
- Pink food coloring
- Freeze-dried raspberries, to decorate (optional)

Pour the milk into a saucepan and add the split vanilla pod. Slowly bring to a simmer and, once it begins to steam, remove from the heat and pour into a measuring jug. If it has reduced, top with up to 130 ml extra milk, then leave to cool until tepid.

Put the flour into the large bowl of a stand mixer. Stir through the sugar, salt and yeast. Using the hook attachment for your mixer, begin combining the dry ingredients, then add the vanilla-infused milk and eggs. Keep mixing for 10 minutes until you have a smooth, elastic dough. Scoop small spoonfuls of the softened butter and gradually add to the dough. When all the butter has been added, continue mixing for a further 5 to 6 minutes or until it is well incorporated and the dough is sticky and stretchy.

Lightly oil a large mixing bowl, put the dough in the bowl, cover

and leave in a warm place for 1 hour or until doubled in size.

Divide the dough into 20 equal-sized pieces (if you want to weigh them, they should be around 45 grams each). Roll the dough into balls and place them, well spaced apart, on two lightly oiled baking sheets. Cover with lightly oiled baking parchment, or a light tea towel (if it's too heavy it will keep the dough from rising) and leave for a further 1 hour, 30 minutes or until doubled in size.

Fill a large heavy-based saucepan two-thirds full with oil and place over a low-medium heat, bringing the temperature up to 170 C. Use a cooking thermometer to check, then carefully lift each doughnut and gently lower into the oil to fry in batches of about five at a time. Cook each batch for 5 minutes, turning halfway, until the doughnuts are dark golden brown. Remove with a slotted spoon and transfer to a baking tray lined with kitchen paper. Leave to cool completely.

Spoon the raspberry jam into a piping bag without a nozzle and snip a very small hole in the end. Use a skewer to poke a hole in the side of each doughnut, then push the end of the piping bag into each hole and pipe in a little of the jam. Set aside.

For the icing, mix together the icing sugar and 4 tablespoons water, then a drop or two of the food coloring to make it pale pink. Drop a dessert-spoonful of the icing on top of each doughnut, then use a palette knife to spread and even out the icing. Sprinkle each one with the freeze-dried raspberries, if you like.

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# A version of gingerbread *with* historical roots



Gingerbread is a popular sweet that often finds its way onto holiday dessert tables. Some people bake and construct lavish gingerbread houses, while others make cut-outs of gingerbread people to turn into cookies.

Legend suggests that gingerbread originally landed in Europe in 992 with an Armenian monk named Gregory of Nicopolis, who brought a

honey-and-spice cake to other monks in France, where it quickly became a favorite and was considered a “food from heaven.” Historians are not really sure if the original gingerbread had any ginger in it at all. In fact, typical medieval recipes for gingerbread include no ginger and the French would later refer to it as “pain d’épices,” or spiced bread.

Gingerbread once was a treat only for the elite, but as the masses discovered it, recipes evolved to include soft cakes to hard biscuits and everything in between. The following recipe for medieval “Gingerbread” produces a chewy, almost candy-like texture with potent ginger flavor. Try it for holiday gatherings, courtesy of “Tasting History” (Simon Element) by Max Miller.

## RECIPE: Gingerbread

Makes 20 to 25 1-inch pieces

- 12 to 14 slices (238 g) stale white bread
- 1 cup (330 g) honey
- 1 tablespoon ground ginger
- 3/4 teaspoon ground long pepper (a spice similar to black pepper but with more heat that typically must be ordered online)
- 1/2 teaspoon sandalwood powder, if desired, for color (one drop of red food dye can be used instead)
- 1/2 cup (50 g) or less sugar (enough for sprinkling)

- 20 to 25 whole cloves
  - Gold leaf
1. Either with a food processor or by hand, grind the bread into coarse bread crumbs. Commercially bought bread crumbs will work as well, though the texture from homemade bread crumbs is preferable.
  2. Pour the honey into a large saucepan set over medium heat, and heat to a rolling boil; the honey will become like syrup. Note that it will boil up quite a bit, so do not use a small

saucepan. Slowly add the bread crumbs to the honey while stirring. The mixture should come together and begin to pull away from the sides of the saucepan. Continue to mix until fully combined. Remove the pan from the heat and quickly stir in the ginger, long pepper and sandalwood, if desired. Turn the mixture out onto a sheet of parchment and spread with a spatula. Then, place another sheet of parchment and, with a rolling pin, roll the gingerbread out to about 1/2-inch thick (1.2

cm). Wrap in plastic wrap and chill in the refrigerator until stiff, about 2 hours.

3. Once the gingerbread is cool, sprinkle sugar on top and cut into 1-inch squares or whatever shape you like. Keep in mind that each piece should be bite size, as they are very strong. They will also be quite sticky, so handle them as little as possible. Insert a whole clove into each piece of gingerbread and fleck with gold leaf. Leave the clove in until serving, then remove it just before eating.

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