

# CASHMERE VALLEY RECORD

CELEBRATING 112 YEARS • 1907-2019



NOVEMBER 27, 2019 · VOLUME 112, No. 48  
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Santa makes a grand entrance last year courtesy of the Fire Department

PHOTO COURTESY OF THE CHAMBER OF COMMERCE.

## Upper Valley Connection Fall Update

SUBMITTED BY MAREN CAGLE  
Executive Director

During this season of thanksgiving, we wanted to take a moment to share how thankful we are for your generosity and support. Upper Valley Connection programming remains a successful and vibrant part of this community because of you!

This coming year brings so many activities - Art activities (fine arts, theatre, choir), Sports Activities (skiing, snowshoeing, basketball, baseball, soccer), Social Activities (sleigh rides, BBQs, movie nights). These activities make such a huge difference in the lives of those we serve and none of this would be possible without the support you so generously give.

If you would like more information on Upper Valley Connection or would like to become more involved, don't hesitate to contact me at (509) 888-4181 or atuppervalleyconnection@gmail.com.

### What we've been up to

After an amazing Theatre Camp week, we needed to find some ways to relax and through the hot days of summer we found a few fun ways to do just that!

July came with the Whitney West Fishing Day. The folks at Trout Unlimited, the folks at The Cove at Fish Lake, and Karen Brey treated us to a great morning of fishing followed by a fantastic BBQ lunch. Thanks for a wonderful time on the lake! sunny morning. What a wonderful way to spend time with friends!

As the summer was coming to an end, Cornerstone hosted our annual Movie Night where we relived our Theatre Camp production of The Jungle Book, complete with popcorn and lemonade.

August brought another great Art Morning. Local artist Jan Johnston taught us the art of watercolor on a beautiful

September brought some cooler weather and one of our favorite sports - Soccer! Thank you, Coach Rachael, for another great season, and thank you to Coach Glen and the Lady Kodiaks soccer team for joining us for another fantastic game!

### Join us as a Volunteer

We are always looking for folks to join us as coaches, artists, shadows, or to just play with us. We are especially looking for cross country skiing and snowshoe coaches! We practice on Sunday afternoons in January and February and no coaching experience is required - just a familiarity with the sport and a desire to help and have some fun!

If you'd like to join us for this or any of our activities contact us atuppervalleyconnection@gmail.com or (509) 888-4181

Thank you for making such a positive impact on our community!

## Chamber brings "Christmas in Cashmere" to downtown

SUBMITTED BY GINA IMPERATO  
Chamber Manager

The Cashmere Chamber of Commerce invites you to celebrate the season in downtown Cashmere! Join us on Cottage Avenue from 12 p.m. - 3 p.m. on Saturday, Dec. 7 for the Christmas in Cashmere free community event. Just 15 minutes from Leavenworth and Wenatchee, make Cashmere your first stop this holiday season.

Enjoy a complimentary warm beverage, holiday treats, kids craft stations, festive live entertainment

as you cozy up around a fire pit or take a photo at one of our Christmas themed photo stands with family and friends awaiting the arrival of the big man himself - Santa Claus! Free photos with Mr. and Mrs. Claus continues indoors from 12:30 p.m. - 2:30 p.m.

New additions include multi-indoor holiday bazaars including an Artisan Christmas at the Henry Building, Wacoka Kiwanis Crafters and Joyful Scholars Montessori Crafters. Guests can enjoy Cider Tastings at Brick & Rafters and outdoor fun with an appearance by

the Cashmere Royalty and even a reindeer too!

Shop local with Doane's Valley Pharmacy and Urban in Cashmere with event specials.

Cottage Avenue between Aplets Way and Woodring Street will be closed between the hours of 10 a.m. - 4 p.m. Parking for the event will be available at the city lot by Cashmere Baptist Church and in the public lot on Elberta Street. We ask that vehicles be parked off the 100 block of Cottage Avenue during this time. The route will open back up to traffic following the event.

Bring the whole family and spend the day in Cashmere! Shop, taste and dine at our local stores, tasting rooms and eateries while enjoying the sights and sounds of the holiday season!

This event could not be possible without the support of our community and generous sponsors.

Event details: [www.facebook.com/events/484725679024089/](http://www.facebook.com/events/484725679024089/)

Gina Imperato can be reached at 509-782-7404 or email at [info@cashmerechamber.org](mailto:info@cashmerechamber.org)



Upper Valley Connections enjoy a day of fishing at the Cove Resort on Fish Lake



The Soccer Game was a big hit. UVC is looking for coaches for cross country skiing and snowshoeing.

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# THE WASHINGTON OUTDOORS REPORT



Faith Kruse enjoyed this Black Friday fishing trip in Chelan County

PHOTO COURTESY WDFW.



PHOTO COURTESY WDFW.

Rainbow trout like these and up to three pounds are stocked in lakes around Washington just before Thanksgiving

## Black Friday Is For Oregon Fishing Too!

If you live close to the Oregon border a trip with a fishing pole, crab pot or clam shovel on Friday the 29th or Saturday the 30th could be a good and inexpensive bet. That's because the Oregon Department of Fish and Wildlife is offering Free Fishing Days on both these dates with no license required to fish, crab or clam.

According to "The Guide's Forecast" crabbing has been good at the mouth of the Columbia River and in Tillamook Bay this month and Oregon limits are much more liberal than Washington States (12 Dungeness and 12 red rock crab are allowed per day). Razor clam digging has also been very good on the Clatsop County beaches north of Tillamook to Warrenton. Go to <http://myodfw.com> and check out the weekly Recreation Report for details about how the fishing is in various regions of the Beaver State.

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

## Black Friday Is For Fishing

By JOHN KRUSE

Tens of thousands of one to three-pound trout, primarily rainbows averaging 15-inches or longer, are being stocked in lakes all over the state. This gives you a great reason to skip a hectic trip to a big box store or mall on Black Friday and instead, head out for a relaxing day on the water to catch some really nice fish!

Jason Wettstein, a spokesman for the Washington Department of Fish and Wildlife (WDFW) was asked why the agency rolled out this fall stocking program a few years ago. He replied, "Anglers, especially in Western and Southwestern Washington, asked for increased fall and winter trout stockings" and that was the initial impetus. The program has worked. WDFW has seen an increase of license sales since Black Friday stocking became an annual event.

Wettstein says an additional reason they do this, "Is because they know people are with friends and family around Thanksgiving and they wanted to help people start a new tradition of connecting with one another over fishing

and getting outside."

Jumbo trout are being stocked in various lakes across the region. Those lakes include:

### Western Washington:

- Clark County - Battleground Lake And Kline Pond
- Cowlitz County - Kress Lake
- Jefferson County - Anderson Lake
- King County - Beaver Lake (Near Sammamish), Green Lake, Steel And Five-Mile Lake
- Lewis County - Fort Borst Park Pond And South Lewis County Park Pond
- Mason County - Spencer Lake
- Pierce County - American Lake And Tanwax Lake
- Pacific County - Cases Pond - (Juvenile Fishing)
- Skagit County - Clear And Cranberry Lakes
- Snohomish County - Tye, Silver And Ballinger Lakes Plus The Gissberg Ponds
- Thurston County - Black, Offut And Long Lakes
- Whatcom County - Padden Lake

### Eastern Washington:

- Klickitat County - Rowland Lake

Yakima County - Elton Pond North

Additional lakes were not planted with trout but have been stocked by WDFW with fry plants in recent years and will be open for Black Friday. According to WDFW, the following lakes are expected to provide "great fishing" this fall and winter.

- Lincoln/Adams County - Fourth of July Lake
- Spokane Lake - Hog Canyon Lake
- Stevens County - Hatch And

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## Williams Lakes

### Tactics:

Whether you are fishing from a boat or the bank, soaking bait can work well. Nate Treat, the Sportsman's Warehouse Fishing Dept. Manager in Everett, suggests using Berkley PowerBait or PowerBait Mouse Tails. Nate ties on a five-foot leader below a weight. With the PowerBait floating up, you'll often end up in the zone where the fish are found. As for lures, spinners and spoons can work with Treat favoring an Acme

Kastmaster spoon. Finally, Treat says late morning to afternoon fishing is best this time of year so feel free to sleep in!

If you are trolling for trout from a boat, don't troll deep. Wes Malmberg, author of

"The Fly Fisher's Guide to Lowland Lakes", trolls flies such as a Woolly Bugger or a Mack's Lure Smile Blade Fly behind a sinking fly line. He only fishes four to twelve feet deep at a speed of 1 to 1.5 miles per hour. He also trolls in a long S Pattern, which changes the depth of the trolled fly as the boat turns.

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**Happy Thanksgiving to All.**

From all of us here at **NCW Media**

The Leavenworth Echo & Cashmere Valley Record will be closed for the

**Thanksgiving Holiday**  
Nov. 28 and Friday, Nov. 29

**HAPPY Thanksgiving DAY**

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**Wishing all of you a very Happy Thanksgiving!**

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**CASHMERE VALLEY RECORD**

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201 Cottage Ave, Suite 4  
Cashmere, WA 98815  
Phone: 509-782-3781

**On the Internet**

website:  
[www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)  
e-mail:  
[record@cashmerevalleyrecord.com](mailto:record@cashmerevalleyrecord.com)  
[advertising@cashmerevalleyrecord.com](mailto:advertising@cashmerevalleyrecord.com)  
[echoads@leavenworthecho.com](mailto:echoads@leavenworthecho.com)

**Office hours**

Cashmere  
9 a.m. - 5 p.m. Monday-Friday  
Leavenworth  
9 a.m. - 5 p.m. Monday-Friday

**Contact information**

**Publisher**  
Bill Forhan 509-548-5286  
[publisher@leavenworthecho.com](mailto:publisher@leavenworthecho.com)

**Managing Editor**  
Gary Bégin 509-571-5302  
[gary@ncwmedia.net](mailto:gary@ncwmedia.net)

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

**Advertising Sales**  
Lindsay Timmermans  
509-860-7301  
[adexcl1@ncwmedia.net](mailto:adexcl1@ncwmedia.net)

**Reporter/Photographer**

Reporter  
[reporter@cashmerevalleyrecord.com](mailto:reporter@cashmerevalleyrecord.com)  
509-782-3781

**Reporter**  
509-548-5286

**Front Office Classified / Legal Notices**  
[classified@leavenworthecho.com](mailto:classified@leavenworthecho.com)  
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**Corrections**

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-782-3781. We will publish a correction on this page in the next issue.

**News tips**

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

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2019-20 CASHMERE VARSITY BOYS BASKETBALL SCHEDULE

Date	Opponent	Time
Sat, Nov 30	vs Eastmont	7:30 p.m.
Tue, Dec 3	At Ephrata	7:15 p.m.
Sat, Dec 7	vs. La Salle	5:45 p.m.
Thu, Dec 12	vs Omak	7:15 p.m.
Thu, Dec 19	At Okanogan	7:15 p.m.
<b>Wilbur-Ellis SunDome Shootout</b>		
Fri, Dec 27	vs Cascade Christian	1:30 p.m.
Sat, Dec 28	at Port Angeles	9 a.m. SunDome
Fri, Jan 3	At Chelan	7:30 p.m.
Tue, Jan 7	vs Cascade	7:15 p.m.
Fri, Jan 10	At Omak	7:15 p.m.
Sat, Jan 11	vs. Medical Lake	4:30 p.m.
Tue, Jan 14	vs Cle Elum	7:15 p.m.
Fri, Jan 17	vs Chelan	7:30 p.m.
Tue, Jan 21	At Cascade	7:15 p.m.
Thu, Jan 23	vs Royal	7:15 p.m.
Fri, Jan 24	At Chelan	7:15 p.m.
Tue, Jan 28	vs.b Omak	7:15 p.m.
Tue, Feb 4	vs Okanogan	7:15 p.m.
Thu, Feb 6	vs. Cascade	7:15 p.m.
Tue, Feb 11	At Okanogan	7:15 p.m.
Sat, Feb 15	CTL League Championships	At Eastmont (Host)
<b>Post Season (If Qualified)</b>		
Feb 28 - Mar 7	1A Regionals & State	SunDome, Yakima



PHOTO BY BILL FORHAN.  
Front Row from left, Julian Dutra, Reid Smith, Ty Schoening, Nate Phillips, Evan Bakken  
Back Row from left, Colton Baldwin, Carter Ball, Sam Phillips, Carter Alberts, Brooks Elliott, Miguel Sanchez, Asher Neunecker



PHOTO BY BILL FORHAN.  
Top row from left, Hailey Van Lith, Jalyann Darnell, Grace Erdmann, Peyton Brown, Hailley Larson, Cameron Phillips, Manager Olivia Martinez  
Front row from left, Manager Esmeralda Glavez, Millie Brunner, Grace Hamond, Ali Ball, Gabby Terrell-Lewis, Riley Johnson

2019-20 CASHMERE VARSITY GIRLS BASKETBALL SCHEDULE

Date	Opponent	Time
Sat, Dec 7	vs. La Salle	7:15 p.m.
Thu, Dec 12	vs. Omak	5:45 p.m.
Thu, Dec 19	At Okanogan	5:45 p.m.
Fri, Dec 20	vs. Mt. Spokane	7:30 p.m.
Sat, Dec 21	vs. W F West	5:30 p.m.
Fri, Dec 27	At Liberty	(OR) 5 p.m.
<b>2019 Pacific Automation Holiday Classic (Portland, OR)</b>		
Sat, Dec 28	TBD	At Franklin H
Sun, Dec 29	TBD	At Franklin H
Fri, Jan 3	At Chelan	5:45 p.m.
Tue, Jan 7	vs. Cascade	5:45 p.m.
Fri, Jan 10	at Omak	5:45 p.m.
Sat, Jan 11	vs. Medical Lake	3 p.m.
Fri, Jan 17	vs. Chelan	5:45 p.m.
Tue, Jan 21	At Cascade	5:45 p.m.
Fri, Jan 24	At Chelan	5:45 p.m.
Sat, Jan 25	At Kings	3:30 p.m.
Tue, Jan 28	vs. Omak	5:45 p.m.
Tue, Feb 4	vs. Okanogan	5:45 p.m.
Thu, Feb 6	vs. Cascade	5:45 p.m.
Tue, Feb 11	At Okanogan	5:45 p.m.
Sat, Feb 15	CTL League Championships	At Eastmont (Host)
<b>Post Season (If Qualified)</b>		
Feb 28 - Mar 7	1A Regionals & State	SunDome, Yakima

Chloe Diaz signs NLI with Biola

SUBMITTED BY JEFF CARLSON  
Cashmere School District  
Athletic Director

Cashmere High School senior Chloe Diaz has signed a NCAA National Letter of Intent to compete in women's soccer at Biola University next fall. Biola (located in La Mirada, California) competes at the NCAA Division II level and is a member of the PacWest Conference.

Diaz has had a tremendous impact on the success of the Cashmere High School girls' soccer program over the last four seasons. She was named the Caribou Trail League (CTL) Player of the Year the last two

seasons (2018, 2019), and she helped lead the Bulldogs to the 2019 CTL regular season title this fall.

Biola head coach, Erin Brunelle is very excited to add Diaz to the Eagles 2019 recruiting class:

"We are thrilled to welcome Chloe to the Biola University community and our Women's Soccer program. We have enjoyed getting to know Chloe and her family throughout the recruiting process and are excited for the opportunity to walk alongside her for the next four years as she grows in her walk with Jesus Christ and in her development as a soccer player. Chloe has

demonstrated a consistent ability to not only score goals for her teams, but to also create scoring opportunities for the players around her on the pitch. She reads the game in a unique, high caliber approach, and we look

forward to helping her adapt and excel at the collegiate level. Her youth coaches praise her work rate, commitment, and leadership capabilities, so we look forward to adding those attributes to our team as well."

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2019-20 CASHMERE VARSITY BOYS WRESTLING SCHEDULE

Date	Opponent	Time/Place
Sat, Dec 7	At Connell Invite	7:30 p.m.
Fri, Dec 13	vs Mount Baker	7 p.m.
Sat, Dec 14	Cashmere Invite	10 a.m.
Sat, Dec 28	At Freeman Invite	10 a.m.
Sat, Jan 4	Chewelah, Chelan, Cashmere, Colfax, Cheney, Deer Park, Lewis and Clark, Lake Roosevelt, Newport, Omak At Chelan Winter Holiday Invite	10 a.m.
Tue, Jan 7	Cashmere, Okanogan, Omak At Cascade 6 p.m.	Cascade Double Dual
Tue, Jan 7	vs. Okanogan	6 p.m.
Sat, Jan. 11	Sky Valley Invitational At Sultan	9:45 a.m.
Wed, Jan 15	At Chelan 6 p.m.	Chelan Double Dual
Wed, Jan 15	vs Omak	7 p.m.
Sat, Jan 18	Apple Pie Invitational At Tonasket	10:00 a.m.
Wed, Jan 22	8:00 a.m. Weigh-In vs Omak	6:00 p.m.
Wed, Jan 22	Cashmere Double Dual vs Cascade	7:00 p.m.
Fri, Jan 24	At Oroville	5 p.m.
Tue, Jan 28	At Okanogan	6 p.m.
Tue, Jan 28	Okanogan Double Dual At Chelan 7	p.m.
Sat, Feb 1	Okanogan Invite At Okanogan 8 am Weigh In	10 a.m.
Sat, Feb 8	CTL League Championships At Cascade	TBD
Feb 15,	Post Season (If Qualified) 9:30 a.m.	Regional Wrestling at Deer Park High School

Have a great Season Bulldogs!

CASHMERE VALLEY  
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# CTL Girls' Soccer 2019 All-League Selections

**Coach of the Year: Dean Klepec-Okanogan**  
**Team Sportsmanship: Cashmere/Omak**

2nd Team

1st Team

Player Name	Position	Year	Team
<b>Player of the Year</b> Chloe Diaz	Midfielder	12	Cashmere
Kascia Muscutt	Forward	12	Cascade
Clare Norman	Forward	12	Cashmere
Mylie Leitz-Rawson	Forward	10	Okanogan
Molly Wiser	Midfielder	11	Cascade
Chloe Diaz	Midfielder	12	Cashmere
Carley Diaz	Midfielder	10	Cashmere
Mya Moses	Midfielder	12	Okanogan
Truh Merriman	Defender	12	Cascade
Stella Johnson	Defender	11	Cascade
Angelica Walkley	Defender	11	Cashmere
Grace Hammond	Defender	12	Cashmere
Aliyah Villasenor	Defender	11	Chelan
Devan Archer	Goalie	12	Cascade

Player Name	Position	Year	Team
Alexa Rodgers	Forward	12	Cascade
Tori Driscoll	Forward	12	Cascade
Natalie Dart	Forward	10	Cashmere
Alyssa Davis	Midfielder	9	Omak
Giselle Arciniega	Midfielder	12	Omak
Ali Ball	Midfielder	12	Cashmere
Mia Bordner	Midfielder	12	Chelan
Gabriella Burts	Defender	10	Cashmere
Lexi Lafferty	Defender	10	Okanogan
Lindsey Jones	Defender	9	Okanogan
Ashley Sams	Goalie	12	Chelan

Honorable Mention

Player Name	Position	Year	Team
Ariana Perez	Midfielder	11	Okanogan
Palina Yarmolenka	Defender	12	Chelan
Ayeris Jones	Defender	9	Okanogan
Kacie Vejraska	Goalie	11	Omak

Way To Go Bulldogs!

Beth Nierman P.T.  
Steve Mongeon P.T., A.T.C.  
Kate Norland P.T.  
Margaret Fletcher P.T.  
Emily Brandeberry, P.T., D.P.T.

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# Happy Thanksgiving

## Thankful Writing from Mrs. Kruiswyk's 3rd Grade Class at Vale Elementary School

We are very grateful for their participation.



5808 Sunset Hwy  
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Happy Thanksgiving

to our valued customers and families in Cashmere



Happy Thanksgiving

I have so many things to be thankful for. The first thing I'm thankful for is my family because they care and love me. The second thing I'm thankful for is my best friends because they support and they don't judge me. Lastly, I'm thankful for my beautiful school, Vale Elementary. The reason I love my school is because they stretch my brain so much. By: Lindley

The first thing I'm thankful for is that God gave me one of a kind life. If I did not have this life, I wouldn't have my family, a house, or friends to play with. Also, I'm thankful for my parents. This is the best life anybody could ever have. By: Delbert U.

Have you ever thought of what you were thankful for? The first I am thankful for is the cold and clean water in my house. Next, I am thankful for the mountains and trees. Lastly, I am thankful for my loving sweet family. As you can see, I have so many things to be thankful for. By: Isela F.

Thanksgiving reminds me of all the things I am thankful for. To begin with, I am thankful for a warm house to sleep in. Next, I am thankful for the beautiful mountains. Lastly, I am thankful for a table of good food. As you can see, I have so many things to be thankful for. By: Thurston C.

Janie Shrader  
Loan Officer  
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Wishing the families of Cashmere

HAPPY  
THANKSGIVING



I have so many things to be thankful for. First, I love my community. Also, I am thankful for my family because they love me. Next, I am thankful for my cozy bed at home and good books to read. Lastly, I am thankful for my school because I learn a lot. By: Max

I am thankful for my family that love and supports me. I am also thankful for my friends that play with me. Lastly, I'm thankful for my home that keeps my family and I warm, safe, protected and helps my family and I survive. By: Mia W.

These are the three reasons I'm thankful to begin with, I'm thankful for having my grandpa back. Next, I'm thankful for having food on the table. Finally, I'm thankful for having a lease. I'm thankful for my cousin playing Roblox with me. By: Anthony P.

I have so many things to be thankful for. To begin with, I have food to share with my family. Next, I'm thankful for my school because I learn a lot in school. Lastly, I have a home to sleep in. As you can see, I have so many things to be thankful for. By: Yarely G.



Wishing all of you a very  
Happy Thanksgiving!



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WOMEN'S FASHIONS, JEWELRY, BABY, HOME, KITCHEN, TOYS & GAMES  
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### Chicken Marsala over Rice

It's a time to offer thanks, and I am SO grateful for this wonderfully easy and tasty chicken recipe, which keeps me from having to make fried chicken! The first time I made Chicken Marsala in my Instant Pot, my husband Charlie declared it was the best chicken he'd ever eaten.

"Better than fried chicken?" I asked. "Much better. Best chicken, ever!"

While in Germany visiting our daughter this summer, I haunted the aisles of the smaller German markets, seeking out the spices and chicken to make Chicken Marsala for her in her own Instant Pot. Finally, I had gathered together everything I needed except for the Marsala wine. With my broken German, I tried to explain what I was looking for, but none of the markets I visited had any.

"Let's try Kaufland, the supermarket at the edge of town," she suggested. Kaufland did have wine, four full aisles of it. But

sadly, no Marsala. After half an hour of fruitless searching, we gave up and settled on a bottle of sherry. With the sherry instead of the Marsala, the chicken was tender, but it was very bland. And it DESPERATELY needed some salt.

I've served this over mashed potatoes, pasta, even mashed cauliflower. But it is especially good with rice, and I've included my favorite rice recipe for you as well. The recipe comes from an Instant Pot cookbook from Jennifer Robins. You don't have to do Paleo to enjoy the recipes, though. I've made over a dozen of them and they've all been wonderful.

I suggest that you NOT substitute the Marsala with any other cooking wine in this recipe. Just saying...

**Chicken Marsala in the Instant Pot** Makes 4 servings  
Prep Time: 5 minutes Cooking Time: 28 minutes  
• 4 tbsp (60 ml) avocado oil  
• 1 onion, chopped • 20 oz (560 g)



sliced mushrooms • 1 tsp sea salt  
• 1 tbsp (3 g) dried parsley  
• 1 tsp garlic powder • ½ tsp ground black pepper • ¼ cup (180 ml) Marsala wine • 2 lbs (900 g) chicken, chopped  
• ½ cup (120 ml) chicken broth

1. Press the Sauté button on your Instant Pot, then pour in the avocado oil, letting it warm up for a minute before adding the onion and mushrooms to the hot oil. Stir for about 10 minutes, or until the mushrooms begin to brown.

2. Add the sea salt, dried parsley, garlic powder, pepper and Marsala wine, stirring to distribute the seasonings. Allow them to simmer for about 2 minutes.

3. Add the chopped chicken and chicken broth. Put on the lid of your Instant Pot, lock it and close the pressure valve. Press the Keep Warm/Cancel button, then the Pressure Cook/Manual button. Press the +/- buttons until you have 8 minutes displayed.

4. After the cooking cycle is complete, open the pressure valve for a quick release of pressure, then when the pressure drops enough to allow you to, remove the lid. Use a slotted spoon to remove the meat, onions and mushrooms from the Instant Pot, press the Keep Warm/Cancel button, and then press the Sauté button.

5. Allow the sauce to simmer, boiling off extra liquid to thicken the sauce, for about 10 minutes. Serve over rice, mashed potatoes, or pasta.

Adapted from: Affordable Paleo Cooking with your Instant Pot by Jennifer Robins.

Years ago, I served as an Emergency Medical Technician and Fire Captain on our rural volunteer fire department. I was cooking some rice on the stove

late one Saturday afternoon when my fire pager went off, and as I headed to the fire station, I thought I had turned off the stove.

I arrived back home 3 hours later to find my favorite pan filled to the brim with the gummiest, stickiest, crustiest mess you could imagine! I never dared to cook rice on the stove again... until now. Mark Bittman's recipe for short- or medium-grain rice is SO easy, and always turns out perfect.

**My Favorite Way to Cook Rice**

Makes 4 servings Takes about 45 minutes, but keeps very well.

• 1 ½ cups short- or medium-grain rice, well rinsed and drained (rinse until water runs clear) • 2 ½ cups water • 1 tsp salt, or to taste

1. Combine rice, water and salt in a medium saucepan and let sit for about 30 minutes. The rice will absorb most of the water.

2. Cover the pan, then place it over high heat to bring it to a boil. Once boiling, turn down heat to medium-low and cook, undisturbed, for 15 minutes.

3. Turn off the heat. The rice

will be done in 10 minutes, and will hold up for up to 1 hour. From: How to Cook Everything, by Mark Bittman.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Check out her NEW website *TheMedicationInsider.com* for daily tips on how to take your medicine safely.

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# Happy Thanksgiving

## Thankful Writing from Mrs. Kruiswyk's 3rd Grade Class at Vale Elementary School

We are very grateful for their participation.



Community starts at the Heart of ALL, both of the young and antique.



### Happy Thanksgiving!

Cashmere • Mission Creek Rd.  
(2nd Bridge, Turn Left 1/4 mile from Vale School)



509-782-4027




Have you ever been thankful for things? I have! First, I am especially thankful for my family and my home. Also, I am especially thankful for food. Lastly, I am thankful for our police officers in our community.

By: Skyler D.



I am thankful for so much! First, I'm grateful for my house. The second thing I'm thankful for is my community. Lastly, I am thankful for my family. As you can see, I have a lot to be thankful for.

By: Keith



I have many things to be thankful for! To begin with, I am so lucky to have a home. The next thing I am thankful for is that we get fresh food. The last thing I am thankful for is my parents. That is what I am thankful for.

By: Amelia B.



I am so thankful! First, I am thankful for my family. Next, I am thankful for the roof over my head. Lastly, I am thankful for the food in my stomach. I am so thankful.

By: Ta' R.



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I am thankful. To begin with, I have a nice, loving family and a very nice teacher. Next, I am thankful for my school because they teach us great things and treat us nicely. Last, I am thankful for my home and country because it gives me a place to live and eat.

By: Jakobyl




I have so many things to be thankful for! To begin with, I have a warm bed to sleep in. Next, I have a lovely cabin and a lovely home. Lastly, I have a nice and kind family. They are sweet and kind. I have so many things to be thankful for.

By: Carly



I have so much to be thankful for! To begin with, I have a lot of food to share. Next, I have a cozy home. Lastly, I am thankful for my family. I have so much to be thankful for.

By: Kaylee



Thanksgiving makes me think about what I'm thankful for. To begin with, I'm very thankful for my two dogs. Next, I have a warm and cozy home to live in. Lastly, my family and I have plenty of food. As you can see, I have a lot to be thankful for.


By: Ivan



### Warm holiday greetings, from our families, to yours.

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I have always been thankful for so many things and you should too! First, I'm thankful for a free country. Second, I'm thankful for parents that love and care about me. Lastly, I'm thankful for food and water. What are you thankful for?

By: Allie N.




I have so many things I am thankful for in my family. To begin with, I am thankful for a roof over my head. Next, I am thankful for a nice and cozy house. Lastly, I am thankful for my Mom and Dad. As you can see, I have lots of things to be thankful for.

By: Natalie S.



I have so many things to be thankful for! First, I'm thankful for my family. Second, I'm thankful for my house. Third, I'm thankful for my sister because she bought a guinea pig for me! As you can see, I have so many things to be thankful for!

By: April A.



When Thanksgiving comes I'm thankful for many things! To begin with, I have a nice and cozy home. Next, my family is there to support me. Lastly, I have food to eat when ever I'm hungry. As you can see, I have many things to be thankful for on Thanksgiving. What are you thankful for?

By: Kiana I.



## Thankful for our community. Grateful to our members and volunteers.




**CASHMERE MUSEUM**  
& PIONEER VILLAGE




I am thankful for everything! The first thing I'm thankful for is having veterans that serve our country. Next I am thankful for having a home to live in. Last, I am thankful for my family.

By: Gerardo R.



I have so many things to be thankful for! First, I'm thankful for my family. Next, I'm thankful for my two dogs because they protect me. Lastly, I'm thankful for our veterans because they sacrifice their lives for us.

By: Daniel P.



Have you ever thought about what you are thankful for? I have and am thankful for so much! First, I am thankful for my home. Next, I am thankful for my school and my family. Lastly, I am thankful because I love my teacher and friends.

By: Karalyme S.



# Happy Thanksgiving

to our patients and families of Cashmere!









# Is Chick-Fil-A chicken?

In recent news, Chick-fil-A has made waves by announcing a restructuring of their charitable giving which has excluded organizations that uphold the values of traditional marriage and embraced those who do not.



**A WALK WITH PASTOR JOHN SMITH**

the inner workings of Chick-fil-A or what truly is the motivation behind such restructuring. Maybe they deserve the benefit of the doubt? However, the fact that there have been massive protests, sit-ins at their restaurants, and social media outcry about Chick-fil-A's Christian ethics, I (like many others) cannot help but think that this move was merely to garner a better public image. To show, as it were, that Chick-fil-A is just as tolerant and just as inclusive as any other corporation.

For many, who considered Chick-fil-A as the premier example of a Christian company, this sudden decision seems like an outright apostasy from a Biblical worldview. Could it be true that this corporation, that has prided itself on its Christian values, has really caved underneath societal pressures?

It appears they have. Perhaps I am being unfair. I certainly do not claim to have infinite knowledge about

But let's not miss this important fact: They were bullied into that position. Make no mistake, the groups that cry for "tolerance" are some of the biggest bullies in

America. On whatever issue, if you take a stand and disagree with those groups, you will be publicly shamed, mistreated and misrepresented. Gone will be the opportunity for civil discourse because you and your view will be labeled as "bigoted" "meanspirited" and "hateful".

What makes Chick-fil-A's downfall so disappointing is that they didn't stand with their long publicly held convictions and capitulated to appease certain groups--the very same groups, I might add, who are bent on not just making you more tolerant of their lifestyle decisions but are forcing conformity.

The book of Proverbs says, "If you faint in the day of adversity, your strength is small" (Prov. 24:10) and now more than ever, our strength is being tested.

We do live in a day of adversity. As stated before, Biblical convictions that

are held by Christians are called more and more into question by an unbelieving society. To hold to the Bible's definition regarding marriage, gender and sexuality will immediately put you at odds with the prevailing culture. To make matters even worse, if you dare speak up about those beliefs, you will be villainized and the unbelieving world with a call for your head.

It takes courage to stand up for what you believe in and be a person of conviction. Also, I believe people in our world still respect a person who will not

cave in to pressure and stay true to what they believe. For example, when the skeptic and humanist David Hume was caught on his way to hear the Evangelist George Whitefield preach and was asked: "But sir, you don't believe the gospel that Mr. Whitefield preaches, do you?"

To which Hume replied, "I don't, but he does." In other words, Hume respected that Whitefield was a man of conviction and would not budge on Biblical truth. I believe many are like Hume and simply aren't impressed with a person who

claims to be a Christian and yet will not stand for what they know to be true.

Christian, Church, we do the world no favors by pandering to an unbelieving world and shirking on Biblical truth. When our strength and resolve are tested, let us stand in the power of God and exemplify that amazing promise: "the righteous are bold as a lion" (Prov. 28:1).

*Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at [pastorjohnsmithebc@gmail.com](mailto:pastorjohnsmithebc@gmail.com).*



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

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<p><b>CASHMERE</b></p> <p><b>CASHMERE BAPTIST CHURCH</b> 103 Aplets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church</p> <p><b>CASHMERE PRESBYTERIAN CHURCH</b> 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke <a href="http://www.cashmerepres.org">www.cashmerepres.org</a></p> <p><b>CASHMERE UNITED METHODIST CHURCH</b> 213 S. Division • 782-3811 Worship &amp; Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p> <p><b>CHRIST CENTER</b> Cashmere Assembly of God • 509-782-2825 Worship Celebration &amp; Sunday School 10 a.m. Meeting at The Conservatory, back entrance of Apple Annie's Underground High School Group, Sundays, 6 p.m. Junior High, Wednesdays, 6:30 p.m. Meet at - 206 Vine Street Lead Pastor, Steve Haney Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director <a href="http://christcentercashmere.org">christcentercashmere.org</a></p>	<p><b>GRACE LUTHERAN CHURCH</b> Vine &amp; Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl</p> <p><b>ST. JAMES EPISCOPAL CHURCH</b> 222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. 5th Sunday Morning Prayer 9 a.m. Deacon Carol Forhan - 670-1723 Vicar Rob Gohl - Cell - 860-0736</p> <p><b>EVERGREEN BAPTIST CHURCH</b> 5837 Evergreen Drive • 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. Pastor John Smith <a href="http://www.christforcashmere.org">www.christforcashmere.org</a></p> <p><b>DRYDEN</b></p> <p><b>DRYDEN COMMUNITY CHURCH</b> Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p><b>MID-VALLEY BAPTIST CHURCH</b> 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore <a href="http://www.midvalleybaptist.org">www.midvalleybaptist.org</a></p> <p><b>LEAVENWORTH</b></p> <p><b>CASCADE MOUNTAIN BIBLE CHURCH</b> "Where God's Word Remains The Pillar Of Truth" 11025 Chumstick Hwy. • 548-4331 Sunday School 9 a.m. Sunday Worship 10:30 a.m. AWANA (Youth Program) Weekly Bible Studies Wednesday 6:30 p.m. (school year) Pastor Todd James <a href="http://www.cmbiblechurch.org">www.cmbiblechurch.org</a></p>	<p><b>COMMUNITY UNITED METHODIST</b> 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. <a href="http://www.leavenworthumc.org">www.leavenworthumc.org</a></p> <p><b>CORNERSTONE BIBLE CHURCH</b> Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.</p> <p><b>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.</p> <p><b>FAITH LUTHERAN CHURCH - ELCA</b> "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following <a href="http://www.faithleavenworth.org">www.faithleavenworth.org</a></p> <p><b>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC</b> 429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM Website: <a href="http://www.leavenworthbaptist.com">www.leavenworthbaptist.com</a> Email: <a href="mailto:info@leavenworthbaptist.com">info@leavenworthbaptist.com</a></p> <p><b>LEAVENWORTH CHURCH OF THE NAZARENE</b> 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Andy Dayton Youth Pastor, Kent Wright <a href="http://www.LCN.org">www.LCN.org</a></p>
		<p><b>SEVENTH DAY ADVENTIST CHURCH</b> 10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997</p> <p><b>SPIRIT LIFE CENTER</b> 210 Benton Street • 548-7138 Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p> <p><b>MONITOR</b></p> <p><b>MONITOR UNITED METHODIST CHURCH</b> 3799 Fairview Canyon • 782-2601 Church Service &amp; Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana</p> <p><b>PESHASTIN</b></p> <p><b>LIGHT IN THE VALLEY COMMUNITY CHURCH</b> 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine <a href="http://www.lightinthevalley.org">www.lightinthevalley.org</a></p> <p><b>PESHASTIN ASSEMBLY OF GOD</b> School and Lake St. • 548-7523 Sunday Worship Service 10:30 a.m. Bible Adventures for kids at 10 a.m. sharp Pastor Jorge Torres</p> <p><b>NEW LIFE FOURSQUARE CHURCH</b> 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: <a href="mailto:newlifeleavenworth@gmail.com">newlifeleavenworth@gmail.com</a> FB page: <a href="http://newlifeleavenworth">newlifeleavenworth</a> <a href="http://www.newlifeleavenworth.com">www.newlifeleavenworth.com</a></p>