CASHMERE VALLEY



Buildog Sports – See page B1

NOVEMBER 13, 2019 · VOLUME 112, NO. 46 Single Copy \$1.00

Girls finish in 5th place at State Tournament



Ellie Martin, Johanna Christensen, Tristan Hoffman, Adria Torrence, Kylee Foster, Eleanor Nelson and Syd Smith after earning 5th place in team scoring.

Cashmere Planning Commission

By Kirk Beckendorf, reporter

On November 4 the Cashmere Planning Commission (CPC) unanimously voted for a proposal that would modify city building codes in the downtown business district (DB). The proposal would facilitate development for residential purposes in the DB. Building codes would not change in the Core DB District (Black hashed area on map), but the council's proposal would allow multi-family development in the DB, but outside of the core downtown area. (Inside of red, but not within the hashed area) The proposed changes would reduce setbacks and require that off street parking be provided by the developer. One parking spot would be required for 1 or less bedrooms and 2 parking spots for 2 bedrooms. A public hearing about the proposed code changes will be held at City Hall on Dec 2 at 5 p.m.

The CPC's decision followed the city

council's Oct. 28 vote that placed a temporary moratorium on building permits for residential use of property in the Downtown Business Zoning District. According to city attorney, Chuck Zimmerman, the temporary moratorium is to allow the city to re-evaluate the building code. The moratorium and proposed code changes are a result of developers seeking "to construct ground floor parking structures as the proposed principal ground level use of a lot and construct apartments above the ground level parking structure." The changes to the building code were recommended by city staff to address the current housing supply shortage by allowing development of vacant lots in the downtown area.

Parking was a key component of the discussions held by the developers, staff and commission members in attendance. Zimmerman asked those present to think about what they want the neighborhood to look like, do you want cars on the street? If current residents are able to park on the street, should residents of new developments also be able to do that as well? Plowing the city's narrow streets with parked cars during the winter was discussed as an important issue. Mayor Fletcher asked who should shoulder the burden of parking, the public or developers?

SUBMITTED PHOTO

One developer said that as a general rule developers will want minimal requirements that they provide parking for residents. Others said that many of the residents in their current apartments do not have cars but they use local buses.

Developer Clay Gatens commended the city staff for taking a thoughtful approach with the moratorium. If they want to encourage development they should keep in mind that private developers abhor uncertainty. He encouraged the city to take a clear and straightforward approach in revising the code.

Schrier holds Town Hall meeting

By Bill Forhan

US Congressional Representative for District 8, Dr. Kim Schrier, held a Town Hall discussion in Leavenworth on Sunday. Dr. Schrier received her degree from The University of California at Berkley. She is a Democrat.

Approximately 30 people were in attendance at the event.

During her opening dialogue Representative Schrier admitted that the Affordable Care Act is flawed but she ran because she was concerned about the drumbeat to repeal it. At the time she ran Dr. Schrier was a practicing physician whose clients included a significant number with preexisting conditions.

Representative Schrier said she was surprised that Congress was not the contentious place she had expected. It is a much more gentile environment and she has worked with many people across the aisle in order to address some of her concerns.

Having said that it is important to note that Representative Schrier was confronted by a front row of individuals wearing Make America Great Hats.

Representative Schrier said she has worked with Republican Dan Newhouse on a bill to reform immigration laws as they apply to guest workers. They just introduced a joint bill to reform the guest worker laws as they apply to agricultural workers because they can't wait for a comprehensive immigration bill.

Schrier said many of these workers already have a long history of living here and her bill would help them find a path to citizenship.

Dr. Schrier encouraged the individuals in attendance to turn off their TV's and to not pay attention to news they saw on Facebook or Twitter. "Read more," she said. Get your news from multiple sources. Most of the questions posed to Dr. Schrier focused on health issues.

The first involved concerns about vaccines. Representative Schrier was unwavering in her position that vaccines are safe and while a small percentage of the population may have side effects that are undesirable as soon as those are discovered those drugs are taken off the market.

Schrier said most of the people who oppose vaccines have forgotten all of the horrible diseases that have been eradicated as a result of the use of vaccines. Diseases like small pox and polio have virtually been eliminated.

Schrier went on to talk about health care. She said she is the only woman doctor in Congress. There are 17 doctors in Congress and only 3 are Democrats. Schrier said she is cochair of the new Democrat task force on health care.

"Health Care is a complicated issue and I don't think people who have not worked in health care should be driving the decisions," said Schrier. She went on to say that while we

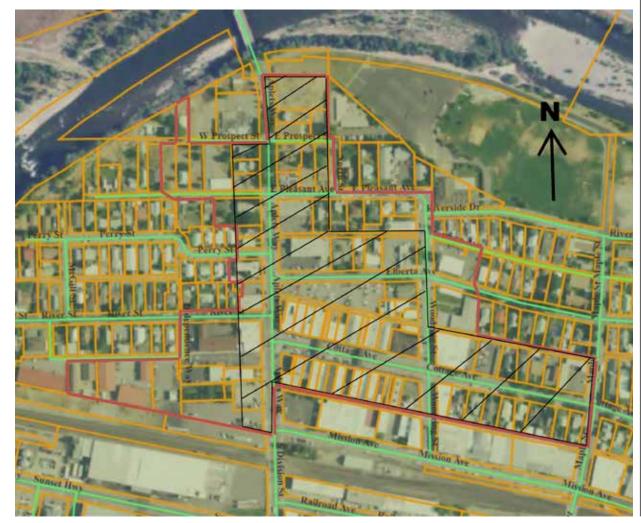
She went on to say that while we all want Universal Health care – that means everyone has coverage. She said she didn't believe a single payer system is the only solution.

Schrier said they are working on a program where they limit the amount of your income you pay for health care to no more than 8.5%.

Schrier said they are also working on a program to limit the price drug companies can charge for prescription drugs to no more than 1.2 times what the drug sells for in six other countries.

Finally, Schrier said they are working on a bill to address "surprise billing" issues. This is where patients get a surprise bill because one on the supporting medical service providers was "not in the network."





November 5, 2019 General Election Last updated on 11/08/2019 4:33 PM

CERTIFICATION DATE 11/26/2019 CITY OF CASHMERE

Candidate	Vote	Vote %				
Mayor						
James (Jim) Fletcher	385	64.81%				
Larry J. Bruehl	205	34.51%				
Write-In	4	0.67%				
Total Votes	594					
Council M	ember #2					
Christopher Carlson	410	98.56%				
Write-In	6	1.44%				
Total Votes	416					
Council Member #4						
Jayne Stephenson	421	98.36%				
Write-In	7	1.64%				
Total Votes	428					
Council M	ember #5					
Derrick Pratt	373	92.56%				
Write-In	30	7.44%				
Total Votes	403					

Candidate	Vote	Vote %
Cashmere School	District N	lo. 222
Director D	istrict #1	
Tom Christensen	1,061	98.33%
Write-In	18	1.67%
Total Votes	1,079	
Director D	istrict #2	
Ted R. Snodgrass	1,026	98.37%
Write-In	17	1.63%
Total Votes	1,043	
Director D	istrict #3	
Nick Wood	1,044	98.96%
Write-In	11	1.04%
Total Votes	1,055	
Fire District N Commiss		itor
Bob Wildfang	984	98.11%
Write-In	19	1.89%
Total Votes	1,003	



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Walk with Pastor A4	W

Church Guide	A4
Business Directory	A4
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Bulldog Scoreboard	
Student Spotlight	B1
Washington Outdoor	

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www.cashmerevalleyrecord.com

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COMMUNITY NEWS

November 13, 2019

CASHMERE VALLEY REGORD

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Office hours

mantra.

Republicans

always known

Success for everyone

from every religion, race,

culture demographic, whatever.

the country. When President

Trump shows his own desires

to keep himself successful

he is manifesting what all

Americans have always wanted

- the freedom to succeed. A fair

and level playing field. All of us

demand NATO allies pay their

Was it wrong for him to

Success for all and all for

conservatives

together.

fair share? No.

defend them? No.

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

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Classified / Legal Notices

classifieds@leavenworthecho.com NCWMarket.com

Circulation 509-689-2507

1-509-293-6780 Cashmere Valley Record (USPS 092-600) is published every Wednesday by NCW Media Inc., 201 Cottage Ave., Suite 4 Cashmere, WA 98815 Telephone: 509-782-3781 Fax: 509-782-9074 Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39. Leavenworth, WA 98826-0039

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Subscriptions

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EDITOR

and

have

this.

inkling of American history will realize that we bought Alaska and that purchase has helped to make America even richer than ever. Rich in natural

Anyone who has a mere

Greenland: Golf courses,

resources and. apparently television shows, Alaska was a NCW Media smart buy, but at the time it was called Seward's MANAGING

Folly or Seward's Icebox. That was because the purchase was recommended by then Secretary of State William Seward and it cost \$7 million (2 cents an acre).

Guess what country sold it to us? Russia. Ironic, eh, but the Czar needed money. We will reap that "folly" until the end of times.

We also bought something called the Louisiana Purchase. That deal doubled the size of the country. Napoleon needed money.

The Louisiana Purchase was the acquisition of a massive chunk of land by the United States from France in 1803 for \$15 million dollars (\$18 per square mile). Google it. You'll see it was far more than just present day Louisiana.

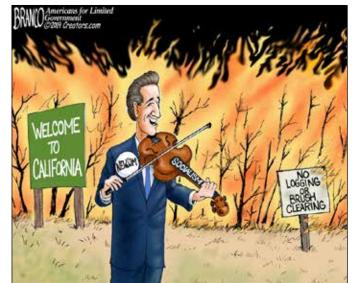
Eventually we had the "Manifest Destiny," а philosophy that held that the United States was destined by God, to expand its dominion and spread democracy and capitalism across the entire North American continent.

People mocked President Trump when he suggested we buy Greenland, but buying huge chunks of real estate has always been a good deal for the country.

In fact, as our President knows intimately, buying land is an indicator of smart wealth management. Real estate has always been a precious commodity for any empire. America could easily absorb a huge land mass like Greenland and turn it into a bastion of human habitation bursting with new adventures, heralding a new Manifest Destiny.

Undoubtedly Greenland has a wealth of natural resources. Why not a "new Alaska"? Why not allow President Trump to pursue a greater good for the masses.

I support President Trump, a man of vision, and wish him continued success in his



fight to keep this country free of parasites, foreign and domestic. Most of us are sick of one-sided relationships, whether by deadbeat neighbors

or other countries. Perhaps the first American colonists to Greenland could be the millions of illegal residents already here. God Speed, I say to them! Go forth and prosper and so shall we all.

Then, when these hard working millions send their money home, home will be back here on the "mainland" and all boats shall rise with the tide of continued American success.

This would be a fine legacy for our future generations, not socialism. Teach the masses to

tuna fish, not by giving them cans of StarKist.

Maybe one day when Denmark is desperate and needs money, it will be our chance to do some wheeling and dealing, i.e., land grabbing?

That could happen. the Danes don't need that chunk of ice anyway.

Editor's Note: Reader

comments are welcome: Emails will be treated as "Letters to the Editor" and published accordingly. Send your "on the record" comments to: gary@ ncwmedia.net. Gary Bégin's views are his alone and do not represent the ownership of NCW Media.

Americans Can't Afford Insurance -- and Obamacare is to Blame

BY SALLY C. PIPES

The number of uninsured Americans rose in 2018 for the first time since the Affordable Care Act passed in 2010, according to the Census Bureau. Obamacare's defenders were quick to blame the change on meddling by the Trump administration. But the real culprit is the law's faulty design. Since the first exchange

plans went into effect in 2014, Obamacare has delivered higher premiums and deductibles for Americans who don't get coverage from their employers. As a result, millions have fled

the Obamacare exchanges over the past few years. Today, only people who receive government subsidies can afford exchange plans. Currently, Americans who make less than 400 percent of the federal poverty level but do not qualify for Medicaid are eligible for subsidies. These subsidies are generous. For example, a family of four with \$50,000 in annual income could get a \$15,855 plan for just \$3,250 - or \$271 per month.

Just under half of Americans are eligible for subsidies. The rest are out of luck, and face monthly premiums routinely exceeding \$1,000.

Celebrate Thanksgiving with us

As a result, many people are deciding not to shop for coverage on Obamacare's exchanges. Between 2016 and 2018, unsubsidized enrollment plummeted by 2.5 million -- a 40 percent decline from around 6.2 million to 3.7 million. Eighty seven percent of people with exchange coverage received subsidies in 2019. The cost of exchange coverage has soared because of Obamacare's many rules, mandates, and regulations. Obamacare requires every plan sold on the exchanges to cover a list of 10 "essential health benefits," from pediatric vision care to substance abuse

treatment. Such comprehensive coverage is expensive. It's also unappealing to many people, particularly young folks for whom these benefits seem far from "essential."

Obamacare also forces insurers to charge everyone of a certain age the same rate, regardless of their health status.

These mandates have raised costs for insurers, which they've passed on to enrollees in the form of higher premiums. In 2017, average exchange premiums rose 21 percent. Not surprisingly, exchange enrollment fell by 10 percent that same year. Americans who didn't qualify for subsidies accounted for roughly 85 percent of this decrease.

An additional 1.2 million unsubsidized patients exited the exchanges in 2018, when premiums rose by 26 percent.

Fortunately, there's at least one option still available to those who can't afford the plans on Obamacare's exchanges -- short-term, limited duration insurance. These policies are exempt from Obamacare's mandates. Insurers don't have to cover every essential health benefit and can price plans based on a beneficiary's risk.

As a result, short-term plans are far more affordable. One analysis found that premiums for the cheapest short-term plans are 80 percent lower than those for the least expensive Obamacare plans.

And thanks to a rule change by the Trump administration, Americans can purchase shortterm plans that last up to 364 days. Insurers can also renew those policies for up to three years. Previously, short-term plans only lasted three months and couldn't be renewed.

As the next open enrollment period approaches, it's clearer than ever that Obamacare has failed. The law's mandates were supposed to help every American get insurance. Instead, they've made it impossible for almost anyone to purchase coverage without a government subsidy. So much for the "Affordable" Care Act.

Sally C. Pipes is president, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute.

"Be our guest."

Free Thanksgiving Dinner Nov. 28 • Noon to 4 p.m.

Is it wrong for him to ask rich countries like Japan and Germany pay for our forces to I support President Trump's plan to purchase Greenland. It is a smart move if we can get it.

Out of State (yearly) - \$52

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

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website: www.cashmerevallevrecord.com e-mail: record@cashmerevallevrecord.com advertising e-mail: echoads@leavenworthecho.com

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Her latest book is The False Promise of Single-Payer Health Care (Encounter). Follow her on Twitter @sallypipes.







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COMMUNITY

Local, COMMUNITY Regional BULLETIN Community News & BOARD Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number. What: Items pertaining to local events that are free or maximum charge of \$100 fee. Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com

Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

COMMUNITY CALENDAR

Wednesday

Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Melissa Grimm, 860-1535.

Cashmere Food Bank, 2:30-4 p.m., Cashmere Food Distribution

Center, 109 "C" Railroad Avenue, for more information, call Pam, 509-669-3159.

Cashmere Park and Recreation Committee, 6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.)

The Underground Youth Group, 6th-8th graders. 6:30-8 p.m.

Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those

with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (2nd & 4th Thurs.)

Free weekly community meal, 5-7 p.m. Cashmere United Methodist Church Gym, 213 S. Division Street. Call 782-3811.

Cashmere Sportsmen's Gun Club, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.

Cashmere American Legion Post 64. 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).

Cashmere American Legion Auxiliary #64, 7 p.m., American

Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).

Friday

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662.

Saturday

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904.

Sunday

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

The Underground, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion

Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.) Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)

Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).

Cashmere

Cashmere Library Events

A.T.L.A.S. (At The Library After School). Every Thursday, 3:30-5 p.m. Join us every Thursday afternoon at the library for STEM events, crafts, and games for schoolaged children. In November, we have 3D Printing on Thursday, November 14 and STEM Stop-Motion Movies on Thursday, November 21. We also have homeschooler's STEM Stop-Motion Movie event on Thursday, November 21 from 12:30-2 p.m.

Cashmere Book Club

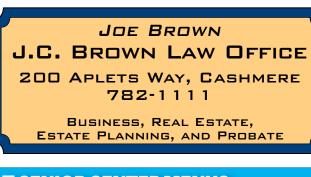
Thursday, November 14. Join us at Cashmere Public Library at 6:30 p.m.

The Great Library Bake-Off

Saturday, November 16, 11:30-12:30 p.m. Join us for round 3 of the Great Library Bake-Off - with a holiday twist. Create delightful delicacies at home, then share them at the library. Categories include: cookies, pastries, breads, and appetizers. Submit a baked good from one category or all four. To submit a baked good for judging, bring your entry to the library at 11:15 a.m. on the day of the event to get set up. Everyone can be a judge. Stop by and taste test some holiday favorites. Contact Lisa or Ashley with any questions.

Cashmere Book & Movie Club

Tuesday, November 19, 6:00 p.m. Join the Cashmere Book and Movie Club to read the book and compare it to the



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Goehner receives 'City Champion Award'

SUBMITTED BY KURT HAMMOND

your News

& Events

movie! A fun way to see how

the book and movie often differ, as well as what remains

central to the telling of the story. We are looking for new

members to join us and create

The Wenatchee Valley

Welcomes botanist Ron

Bockelman, who will report on

the rescue and replanting of

the endemic Snowball cactus,

Pediocactus nigrispinus, at

the Wild Horse Wind Farm

in Kittitas County along with

other ongoing cactus studies.

Free and open to the public,

Thursday, November 14, from

7- 8:30 p.m. at Wenatchee

Museum and Cultural Center,

127 South Mission Street,

Write On The River

Writers' Competition opens

on November 15, with a final

submission date of February 1,

2020. Cash prizes awarded. The

fee is \$20 per submission or \$40

per submission (includes entry

in the contest plus three written

critiques). For competition

guidelines and to submit

your work, visit the Write

On The River website, www.

Cascadia Conservation

The Cascadia Conservation District Board meeting will be

on November 21 at 3:30 p.m.

in the Upstairs Conference

Room at the Wenatchee

World Building, 14 N. Mission

St., Wenatchee. For more

information, call the District at

writeontheriver.org. (er46)

District

436-1601. (er46).

Write On The River

Wenatchee. (er46).

Native Plant Society

lively discussions. (er46,47).

Regional

Rep. Keith Goehner has received a "City Champion Award" from the Association of Washington Cities (AWC).

AWC created the award following the 2014 legislative session to recognize legislators that went out of their way to advocate for key city priority issues.

AWC Government Affairs Director Candice Bock said Goehner wasted no time making local government a priority in his first year as a legislator.

"As a new member of the House, Rep. Goehner quickly stepped up to serve as his caucus' point person for the Local Government Caucus, a bipartisan group of House members who support city issues. With a background as a county commissioner, he was an important voice for the needs of local government and a strong advocate for local decision-making authority and local funding," said Bock.

Goehner, who serves on



REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot

November 2

- 11:11 Suspicious, US Hwy. 2 & Cotlets Way
- 14:22 Disturbance, 14 Parkhill St
- 16:36 Traffic Offense, US
- Hwy. 2, MP 108, Dryden 19:19 Trespass, 3554 Bridge
- St., Monitor 21:42 Animal Problem, 803 Emerald Ave.

November 3

- 11:57 Animal Problem, 4519 Kelly Rd., Monitor
- 16:28 Suspicious, Olalla Canyon Rd.
- 17:14 Traffic Offense, US Hwy. 2, MP 115 EB, Monitor
- 20:08 Traffic Offense, US
 - Hwy. 2, MP 113 WB
- 20:50 Injury Accident,

budget with a one percent cap on property tax growth every year." Goehner would like the state to provide more assistance

the House Local Government

Committee, feels his local

government experience gives

him a needed perspective in

"It is great to be recognized

for my work. However, I am

hopeful we can bring more

attention to the challenges our

local governments continually

face with unfunded mandates,

and rules and regulations

imposed by the state," said

governments are expected to

be fiscally responsible and still

offer the core functions of local

government despite having to

"Local

Goehner, R-Dryden.

the Legislature.

with indigent defense, increase the percentage of marijuana revenues going back to local governments, and not take money out of the Public Works Trust Fund, an account utilized by local governments for grants and loans for infrastructure improvements.

The 2020 Legislative Session begins on Monday, Jan. 13.

CHELAN COUNTY SHERIFF, FIRE & EMS

certify the complete accuracy of the information provided.

10:09 Juvenile Problem,

- 6125 Hay Canyon Rd., #19 11:02 Agency Assist, 3717
 - Bridge St., #8, Monitor 11:38 911, 307 Mission Ave.
 - 12:28 Theft, 6270 Hay Canyon Rd.
 - 19:42 Animal Problem, 803 **Emerald Ave**

November 5

- 12:40 Fraud/Forgery, 106 **River St**
- 14:01 Accident/No Injuries,
- 200 Blue Star Way 19:01 Traffic Offense, Tigner
- Rd. & Pioneer Ave.

November 6

23:28 Domestic Disturbance, 106 Lincoln St

Planning Committee Meeting, 5 p.m. at City Hall (1st Mo	n
of	
each month).	
Cashmere Fire Department, Business management,	7
p.m.,	
above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)	
Cashmere Fire Department, meeting, 8 p.m., above Cir	ty
Hall.	
Call Chief Matt Brunner, 782-3513. (3rd Mon.)	
Cashmere School Board, 6:30 p.m., School District Office.	
Call 782-3355. (4th Mon.)	

Tuesday

I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony

Jantzer, 782-2561. (2nd Tues.)

Ministerial Association, 8 a.m., Epledalen lunchroom. Call 782-7600. (2nd Tues.)

- Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)
- Buns, Books and Tea, Peshastin Book Club, Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.).

Ongoing events

Cashmere Public Library: 782-3314

Call for other information if not listed. Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m. Thurs.,11 a.m.- 8 p.m.

Sat., 9 a.m.-1 p.m. Sun., Closed.

Events:

Tues. & Wed., 10-10:30 a.m. Story time Pre-K & up Wed., Preschool Story time, 10-10:30 a.m. Wed., Bilingual Story time, 4:30-5 p.m. (last Wed.of every month Fri., Baby/Toddler Story time, 10:30-11 a.m.

Cashmere Museum and Pioneer Village

Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m. Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call 782-3230. (3rd Thurs.)

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

Events Calendar

November 14, Thursday: Hamburger steak, potatoes and gravy, green beans, garden salad, whole wheat roll, berry crisp.

November 15, Friday: Taco stuffed potato, Baja veggie blend, chilled pears, Tortilla Chops, dessert.

Saturday and Sunday: No lunch.

November 18, Monday: Baked fish, garden rice, Caribbean veggies, crunchy pea salad, whole wheat roll, fruited jell-o.

November 19, Tuesday: Swedish Meatballs, egg noodles, glazed carrots, Caesar salad, cherries and pineapple, whole wheat bread, dessert.

November 20, Wednesday: Bacon & Swiss Quiche, steamed broccoli, garden salad, fresh fruit tray, muffin.

SENIOR CENTER EVENTS

Leavenworth Senior Center, 423 Evans St., Leavenworth **Events Calendar**

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting Tuesday, 1:00-3:00 p.m., Crafts Thursday, 1:00-3:00 p.m., Square Dancing Thursday, 6:30-7:30 p.m., Bavarian Dancing Friday, 6:00 p.m., Bingo Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

AA MEETING SCHEDULE

Information numbers for AA: 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379 Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St. Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St., Tuesday, noon, First Baptist Church, 429 Evans St. Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St. Thursday, noon, First Baptist Church, 429 Evans Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain Information number for Alanon: 509-548-7939 Alanon Meeting Schedule Monday, 7 p.m., United Methodist Church, 418 Evans St.

Pioneer & Wescott Drives 20:57 Theft, 115 E. Pleasant Ave., #3

November 4

Monitor

November 7 07:14 Malicious Mischief, 102 Paton St., #A 11:19 Civil, 5903 Tigner Rd. 14:19 Drugs, 3717 Bridge St.,

18:45 Unknown Accident, 410 Cottage Ave.

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The second

KEGNEJENMITTOP. GOM

09:22 Animal Problem, 4519 Kelly Rd., Monitor 09:31 Property, Hay Canyon Rd.

Community

A WALK

WITH

PASTOR

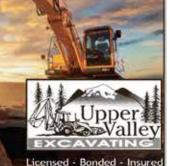
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Kanye the Christian [OB

Jesus said that that all of heaven rejoices when one sinner repents, turning to Christ in faith (Lk. 15:7,10).

Well, there are also many here on earth that are rejoicing that Kanye West has apparently come to Jesus. Yes, the same Kanye West who has spent much of his music career exalting himself, promoting worldliness and blaspheming the Lord

Jesus has now renounced his old life and publicly proclaims his new one every chance he gets.

If you were to tell me a few years ago that Kanye West would become a Christian and that I would be listening to his music, I would have thought you were nuts. Yet here I am (not a fan of Hip-Hop, I'd rather be listening to Metal), actually enjoying listening to Kanye West rap about the gospel and coming away deeply encouraged at the theology behind every lyric. In fact, his new album, "Jesus is King", has way better theology than much of what is called Contemporary Christian Music that is produced from the likes of Bethel, Jesus Culture, and Hillsong.

And he is just getting started!

What Kanye West's conversion shows us that if God can save an adulterer, blasphemer and idolater like Kanye and He can also save wretches like you and me, then no one is beyond the reach of redemption. Anyone can be saved.

However, as I observe Kanye West there is within me a very pastoral concern. Being in ministry for several years, I have seen people initially get really excited about Jesus. They seem to go full throttle for Christ, attending every Bible study and soaking up all they can. Then it stops. No more excitement

No more excitement.
 No more zeal. No more hunger or thirst for the Word. All that is left is an individual who at one time made a public profession of Jesus but nothing

more. Jesus in the "Parable of the Sower", found in Matthew 15, explains that it does happen to people. Comparing people to types of soil, Jesus says in Matthew 15:20, "As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, yet he has no root in himself and endures for a while and when tribulation or persecution arises on account of the word, immediately he falls away"

Is Kanye West, like the rocky ground?

Or is he like another type of soil, Jesus speaks of in verse 22?

"As for what was sown among the thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word and it proves unfruitful" (Matt. 15:22).

None of us know and only time will tell.

That is why I pray in earnest for Kanye West so that he may endure the onslaught of temptation and pressure that assails him. Since he is recognized as one of the world's mega-stars, his walk with Christ has challenges that OBITUARY Darlene Elizabeth Chase

Darlene Elizabeth Chase 82 of Leavenworth, went to Heaven on October 30, 2019 to join her beloved Norman. Although mother loved life...she would often comment that she had everything but nothing since she lost her partner in life in 2004. Mother was blessed to have many family and friends that she loved unconditionally as they did her. Her biggest pleasures in life were her daily walks to Dan's Market and the Community Cupboard along with her trips to Mill Bay with the Senior Center or her Daughter. Many people will miss her daily communications she wrote on post cards/note paper...always with some kind of sticker attached. It was always the little things that mattered to her. The first thing people always looked for was to see what sox and earrings she was wearing. Mother took great pride in her appearance and her apartment. She so looked forward to seeing her grandkids and great grandkids and having the fresh eggs delivered from Tawna and Jace. Darlene was preceeded in death by her husband Norman E Chase Sr., Daughter Viola Marie Chase, Grandson Norman E Chase III, and numerous other family members. Darlene is

neither you or I will ever face. Being in the public eye as he is, he has an untold number of people watching him, many of which unfortunately are hoping to see him fail.

My hope and prayer is for Kanye to be like the last soil Jesus mentions in the parablethe good soil. "As for what is sown on good soil, this is the one who hears the word and understands it. He indeed



survived by her Son, Bud Chase of Cheney, WA (Lori Chase); Lea Anne Paine of Cashmere, WA (Jim Paine); Norma Jean Diaz of Leavenworth, WA (Manny Diaz); 5 Grand Children and numerous Great Grand Children.

Our Family would like to extend our deepest appreciation to the staff at Dan's Market/Friends at Garten Haus/Cascade Medical Center and Hospice for always being so loving to our mother and always making her feel so special. She was a special lady!!

There will be no memorial service per her request. Any donations may be made in her memory to The Leavenworth Senior Center.

bears fruit and yields, in one case a hundredfold, in another sixty, and in other thirty" (Matthew 15:23).

May God sustain Kanye to the end and may his life exhibit the fruit of repentance to the glory of Christ alone.

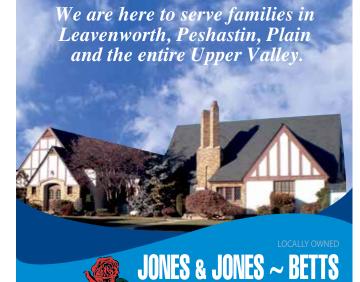
Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.

NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family members to commemorate a loved one's life and to notify the larger community of the deceased.

Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

For publication in the Cashmere Valley Record or The Leavenworth Echo, an obituary or memorial needs to be typed and emailed to editor@leavenworthecho.com no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on





Check out our online classifieds at NCWMARKET.COM

Monday, except holidays.

Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement.

For information call 509-548-5286, or email editor@ leavenworthecho.com



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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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CASHMERE BAPTIST CHURCH 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

CASHMERE PRESBYTERIAN CHURCH

303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org

CASHMERE UNITED METHODIST CHURCH

213 S. Division • 782-3811 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana

CHRIST CENTER

Cashmere Assembly of God • 509-782-2825 Worship Celebration & 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 CHRISTCENTER Children's Pastor, Steve Haney Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director christcentercashmere.com



GRACE LUTHERAN CHURCH Vine & Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl

St. JAMES EPISCOPAL CHURCH 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

EVERGREEN BAPTIST CHURCH

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 www.christforcashmere.org

DRYDEN

DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH

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 www.cmbiblechurch.org Community United Methodist 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. www.leavenworthumc.org

> CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.

> FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

> LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Andy Dayton Youth Pastor, Kent Wright www.LCN.org



SEVENTH DAY ADVENTIST CHURCH

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

SPIRIT LIFE CENTER

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

MONITOR

MONITOR UNITED METHODIST CHURCH

3799 Fairview Canyon • 782-2601 Church Service & Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD

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

NEW LIFE FOURSOURE CHURCH

7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com







PHOTO BY FLI HANFY

Clare Norman move the ball downfield in a game against Okanogan. The Bulldogs won the game advancing to the crossover game against Freeman. Unfortunately the Lady Bulldogs lost to Freeman by 2 to 1 ending their season.

State Cross Country Results



SUBMITTED PHOTO. Rob McManus in second place just after the 2 mile mark





SUBMITTED PHOTO Adria Torrence competing in her third state cross country race



Sc.	BULLDOG OREBOARD
	FOOTBALL
Nov 1,	Cashmere 28, Cascade 33
U	PCOMING GAMES FOOTBALL
Nov 15-16,	Cashmere vs La Salle TBD
	SOCCER
Nov. 12,	Cashmere vs Wahluke
	VOLLEYBALL
	Nothing Scheduled
C	ROSS COUNTRY
	Season finished
Ca	support THE BULLDOGS! shmere Physical Therapy on. Ste. 203, Cashmere • 782-8818
20) 1013310	5h. 5tc. 20), Cashinere - 702-0010
GO I	BULLDOGS



Reason: I would like to recognize Kimberly Dodson. Kimberly is in Freshman English and excels at reading and writing, but that is not what makes her a special student. Along with

her appreciation English for Literature skills, she brings a positive "team' attitude with her to class every day Her willingness to help other students understand and acquire skills make

her a magnet for students looking to improve in class. She creates a positive environment and I'm glad she is in my class. er: Ted Smith

Jonathan Dodson & Gema Dodson

e 9th

4.0

Soccer



SUBMITTED PHOTO.

Syd Smith on her way to earning the 13th place medal

SUBMITTED BY JEFF KENOYER

The state meet has been held in Pasco at the Sun Willows Golf Course since the late 1980's and five kilometers has been the norm since the 1990's. This is the second year the more spectator friendly 5.0 km cross country course has been run. It is a more demanding course than the previous 5.0 km variations. There are more hills and more tight turns.

The girls race started fifteen minutes late due to cool conditions and patchy heavy dew on the course. The girls team had many state meet veterans racing and it showed. The girls ran their best team race of the season with six of the seven girls running season bests or personal bests for a 5.0 km distance. This year's seventh runner was faster than our third runner on last year's state team that finished 8th overall.

The Cashmere girls team finished fifth best this year with a score of 148 points. Ahead of us were Deer Park 98, Lakeside 107, La Center 121 and Klahowya 135. Interestingly all the schools are public schools. Kings was the best private school finishing sixth with 164 points.

We lose two runners from our team to graduation and both are good. Johanna Christensen competed in two state meets finishing 131st as a sophomore and 68th this season. Eleanor Nelson ran in her 4th state cross country race. Only one other girl from Cashmere has ever had this accomplishment.

The boys race also started a little late. Only three of the seven runners had ever competed in a state meet. The boys team ended the season with a good race. The Cashmere boys team finished in 6th place with 147 points behind Lakeside 92, Klahowya 109, Medical Lake 112, South Whidbey 137 and Cascade 145. The best private school finished 7th. I guess the private schools are recruiting a little less successfully.

The boys team loses one state competitor to graduation. Sam Kinser competed in three state meets finishing 86th as a sophomore, 37th last year and 28th this year.

The girls fifth place finish was their best team finish SUBMITTED PHOTO

Oscar Orozco setting a 5 km personal record

since 2011. The boys sixth place finish was their best since 2015. Both the boys and girls potentially return some very good runners with many good young runners also

competing on the team this year. Several of the freshmen runners have comparable freshmen times with older runners that competed in state on Saturday.

GIRLS RESULTS: 149 runners completed the course. The top 16 individuals earned a medal.

	inan	indudio odiniod d	modan
13th	Syd Smith	19:20.20	Season best 5 km time and 51 seconds faster than last
			season's state meet.
36th	Eleanor Nelson	20:19.40	Season best 5 km time.
55th	Adria Torrence	21:04.10	1:18 faster than last season's state meet. Personal record for 5 km and
61st	Tristan Hoffman	21:08.10	Personal record for 5 km and 1:20 seconds faster than last season's state meet.
68th	Johanna Christensen	21:14.10	Personal record for 5 km
78th	Ellie Martin	21:28.0	Personal record for 5 km
84th	Kylie Foster	21:34.30	Personal record for 5 km

BOYS RESULTS: 155 runners completed the course. The top 16 individuals earned a medal

Rob McManus	16:00.20	44 seconds faster than last season's state meet				
Sam Kinser		season's state meet. 34 seconds faster than last season's state meet.				
Oscar Orozco	17:00.10	Personal record for 5 km				
Dyllion Taylor	17:10.00	Personal record for 5 km.				
Felix Dotson	17:55.50	Personal record for 5 km				
Henry Nelson	18:58.50	Personal record for 5 km				
Kyler Knoll	19:06.70	Personal record for 5 km				
	Rob McManus Sam Kinser Oscar Orozco Dyllion Taylor Felix Dotson Henry Nelson	Rob McManus16:00.20Sam Kinser				

My interest are Forensic Science, playing soccer or Supreme Court Justice

Athlete Rob McManus

Reason: Rob is the 2019 Maggie McManus Caribou Trail League and District 6 1A champion cross

He has worked very hard this season, during the summer, all last spring and last winter to put himself in this position. Coach: Jeff Kenoyer

Parents: Scott &

'Bringing the

community

to your door'

isn't just our

slogan...

It's our

purpose

Grade: 11th **Activities:** Cross Country,

country runner.

Track, Honors Society and hanging out with friends, hiking. **GPA:** <u>3.8</u>6 Cross Country and Track Future

Plans: Attend a 4 year college, run in college

Congratulations Students of the Month! >>Daily Soda Fountain Specials<<



and Old Fashioned Soda Fountain

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OUTDOOR

THE WASHINGTON OUTDOORS REPORT



This moose has taken up residence at the Horan Natural Area in Wenatchee

The Weekly Round-Up

By John Kruse

Fishing:

PAGE B2

An unexpected fishery opened up on the Icicle River Nov. 2 for coho salmon. Some 4500 fish are expected in the Wenatchee River basin, far beyond what is needed for hatchery operations. Boat anglers can launch from the Leavenworth National Fish Hatchery and fish their way downstream to fish towards the mouth of the river. Bank anglers have limited public access which includes one pull out on East Leavenworth Road and a section of the river downstream of the hatchery. Casting spinners or twitching jigs are two ways to catch coho. Be warned though, the fish have made a long journey to get here so be prepared to

either catch and release them or consign them to the smoker.

Staff at the South-Central Washington regional office for the Washington Dept. of Fish and Wildlife say this month is the perfect time to catch and release sturgeon in the Columbia River Gorge. That's because the lower water flows and falling water temperatures improve both the bite and the resulting fight from these fish which can reach eleven feet in length and several hundred pounds in weight. Tim Nizich at Clark's All

Sports in Colville says trout fishing throughout Lake Roosevelt has been very good. Anglers are trolling pink flies, streamers and rooster tail spinners and using lead core line to get to where the trout are in 50 to 100 feet of water. The rainbows are averaging 16

inches in size and some are reaching 20 inches in length. **Shellfish:**

Dan Ayres, the Coastal Shellfish Manager for the Washington Dept. of Fish and Wildlife, says... "This year's razor clam system is going to be real gang buster! We have strong populations on almost all of our beaches and we are offering a whole lot of razor clamming dates in the months ahead. Populations are up and for the most part, there are a good number of larger clams."

The next scheduled digs (with low tide information and open beaches included) are scheduled for:

• November 11, Monday, 5:51 pm, 0.1 feet; Long Beach, Twin Harbors, Copalis

• November 12, Tuesday, 6:27 pm, -0.3 feet; Long Beach, Twin Harbors, Mocrocks



Coho salmon fishing on the Icicle River near the Leavenworth National Fish Hatchery

• November 13, Wednesday, 7:03 pm, -0.5 feet; Long Beach, Twin Harbors, Copalis

• November 14, Thursday, 7:41 pm, -0.6 feet; Long Beach, Twin Harbors, Mocrocks

November 15, Friday, 8:22
pm, -0.5 feet; Long Beach, Twin
Harbors, Copalis
November 16, Saturday,
9:08 pm, -0.3 feet; Long Beach,

Twin Harbors, Mocrocks • November 17, Sunday, 9:59 pm, -0.1 feet; Long Beach, Twin

Harbors, Copalis

Wildlife:

A moose has taken up residence in the Horan Natural Area in Wenatchee. At least two local outdoors photographers have posted pictures of the adult cow moose on social media over the last two weeks. Be sure to give this big animal space and don't crowd it. Moose can be

ay, dangerous and forcing it out of its habitat (and on to nearby city streets or highways) could ay, be very detrimental to this animal's long-term prospects.

Jill Sessions works at Confluence State Park which manages this natural area. She is no stranger to moose, having lived in Alaska for 25 years. Sessions says, "Let the moose do its thing and don't try to approach her. It's fine to take pictures but do respect the animal. Never approach a moose or encroach on its natural area. View it from a safe distance. If you see the animal's ears pin back or if the moose lowers its head and shoulders, that's a warning you are too close and may be in danger."

at the annual Sportsman's Warehouse Chili Cook-Off being held Nov. 16 from noon to 2 p.m. at the East Wenatchee Sportsman's Warehouse store. I'll be serving up "Buffalo Chili" and using bison meat this year in an effort to come out on top against a field of talented chili chefs. Come to the store for free samples from up to ten different cooks and vote for your favorite. By doing so you will be entered for a chance to win a \$50 gift card being given away to one voter at 2 p.m.You do not have to be present to win the gift card if your name is drawn.

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

Upcoming Events - Chili Cook-Off

Yours truly will be competing

Land Trust purchases 73 acres to protect salmon habitat

Land along Kahler Creek near Nason Ridge benefits salmon and trail users

SUBMITTED BY CURT SOPER

of the most productive and important salmon streams in the entire Wenatchee River system.

This property adjoins the 3,714 acre Nason Ridge

Coordinating Committee Habitat Subcommittee through Grant PUD's habitat funds (PRCC) and the Washington State Salmon Recovery Funding Board.

Chelan-Douglas Land Trust Executive Director

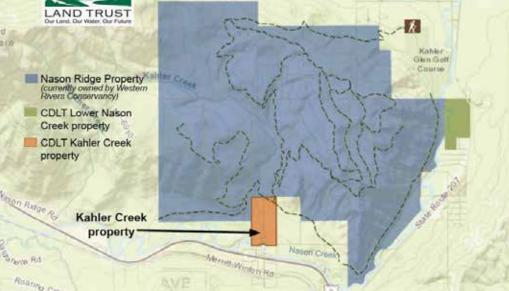
WENATCHEE — The

Chelan-Douglas Land Trust (CDLT) has purchased 73 acres along Kahler Creek and Nason Creek for protection of salmon habitat and to secure conservation of a popular recreational trail. The purchase protects 1 mile of river frontage along Kahler Creek, plus .3 miles of river frontage on the mainstem of Nason Creek.

Kahler Creek has both excellent salmon rearing and spawning habitat as well as consistently cool water temperatures. The creek empties into Nason Creek, one property, recently conserved by CDLT, Western Rivers Conservancy (WRC), and others. Part of the widelyused Nason Ridge trail system crosses the Land Trust's new Kahler Creek property. CDLT looks forward to welcoming trail users and working with the community to provide public access compatible with habitat protection.

The Land Trust is grateful to the family of Clyde Toole, who sold the property for conservation purposes in keeping with his wishes, and to the Western Rivers Conservancy for acquiring the property and selling it to CDLT. Funding for this purchase was provided by the Priest Rapids Permanent stewardship of the property by the Land Trust is being made possible through funding from the PRCC and the Tina Scull Opportunity Fund, founded by Tina and Eliot Scull, with additional contributions from Terry and Suzanne Sorom, and Bill and Mary Griffin.

The Chelan-Douglas Land Trust is a local non-profit working to conserve our land, our water, and our way of life. The Land Trust has a 34-year record of working collaboratively with property owners and communities to identify and protect the region's most important natural landscapes forever. For more information: www. cdlandtrust.org



Wenatchee River Institute Red Barn Event, Cascades Wolverine Project

Learn about Cascade Wolverine Project's (CWP) support of wolverine recovery in the North Cascades on Wed., Dec. 4th, 7pm-8:30 pm in Wenatchee River Institute's Red Barn, 347 Division St. in Leavenworth.

Many biologists seek to answer questions about wolverine ecology in the Cascades, such as this elusive mountain carnivore's distribution, population abundance, and habitat. However, the intrepid Gulo gulo is notoriously difficult to study due to the remote and rugged terrain it inhabits. Blending science, alpine recreation, conservation, storytelling, and stewardship, CWP works to collect highly sought after data by engaging those in the Pacific Northwest who share the mountains with wildlife.

During the event CWP project manager, field biologist, and mountain guide Stephanie Williams will share her knowledge about wolverine ecology and conservation, as well as current research and citizen science among the winter recreation community -particularly backcountry skiers and climbers. Now beginning its third season of winter fieldwork, CWP is a grassroots effort based in the Methow Valley.

Doors open at 6:30pm for community social and no-host refreshments, presentation begins at 7pm.

The evening will also include a raffle to benefit CWP, an 8x10" ready to hang print by photographer, wildlife tracker, and field biologist David Moskowitz. The photograph features Stella the wolverine, who calls Early Winters Creek near Washington Pass her home.



Stanley Civic Center • 509-663-ARTS • www.NumericaPAC.org

Holiday Spice

Holiday Spice is a poignant holiday revenue featuring the area's best performers and the Holiday Spice Big Band saluting the season through dance, music, comedy, and theatre performances.

DAVE & SANDY GELLATLY

RICHARD & CONNIE HOFFMANN

 DEC 6
 DEC 7

 7:00 PM
 1:00 PM

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Full and Part-Time Bedmaker, Laundry and Housekeeping eavenworth Enzian Inn hiring for full and is part-time Housekeeping Laundry Bedmakers competitive Enjoy а wage and positive work ing environment. Shifts typically begin at 9:00 and end between 2:00 4:00 daily. Hotel amenities such as fitness room, **HELP WANTED**

B3



Three Rivers Hospital is seeking full-time seeking a full-time Charge/ER RN responsible for providing onsite nursing service supervision and performing delegated administrative functions during specific work shift. Current WA State RN license and two years of RN experience required. Charge Nurse experience Acute Care is preferred. Experience and skills in ER is recommended. Current BLS, ACLS, TNCC, & PALS certifications. Rotating days and includes some weekends.

Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE



The Cascade School District is seeking qualified applicants for the following positions:

Custodian Cascade High School



Icicle River Middle

volved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants

can apply at the Lake Chelan Mirror office at 310 E. Johnson Ave. 9 a.m.-5 p.m. or send their resume to

P.O. Box 39, Leavenworth, WA 98826. EOE

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maintenance

Wheatland Bank

Email:

Employer

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Paraeducator

The Entiat School District

127 is looking for candi-

dates for two paraeduca-

tor positions, to start as

soon as possible after re-

line is November 1, 2019.

Hours 7:45 am - 3:00 pm

insurance and retirement

Please see our job flyer

at

https://www.entiat-

schools.org/cms/lib/WA0 1001449/Centricity/Do-

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a%20FlyerJD%2019-

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business, and a Cashmere mainstay since 1949. Great growth potential! Owner retiring. Asking 35K. Includes inventory, equipment, and displays. Terms-cash. 509-782-2071 Kashmirgardensflorist@ yahoo.com	Icicle River Middle School 8th Grade Girls Basketball Coach Fast Track application process and information can be found on our website at: www.cascadesed.org EOE	Deadline Tuesday at noon Quad City Herald Your ad will appear online and in the newspaper for one low price. A part-time position for a Registered Dental Hygienist is available at a growing private dental practice in Brewster. Please call Brewster Dental, Dr. Adrian Tomarere's practice, for more information at 509-689-2557 or stop by at 11 Hospital Way to drop off your CV and pick up	ties such as fitness room, indoor pool and jacuzzi are available to employ- ees and their immediate family to enjoy in the win- ter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth	cal one hea cal tior	more the off e. We lo aring fron if you h hs! (509)	ice to bok for n you! nave ar 784-18	reque rward ! Plea ny que 00	est to se es-	Swir Swir Icic Swir Fast ⁻ proces can www.	ng Shift Custo Beaver ng Shift Custo Sch ng Shift Track ss and be fou websi .casca EC	ligh Sc ft, 8 Ho odian Valley ft, 2 Ho odian er Mide nool ft, 3 Ho applica inform inte at: adesec DE	ours ours dle ours ation nation our
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CLASSIFIEDS

HELP WANTED

News Reporter Do you love to write and can take photos ?. Join our team at The Leavenworth Echo-Cashmere Valley Record. We do Local! Local sports. Local community events. Willing to work flexible hours. Pay DOE. Call Publisher Bill for an interview. 509-548-5286. or drop off or mail your resume to Publisher The Leavenworth Echo 215-14th St. Leavenworth, 9am-5pm Monday-Friday. EOE.

Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties Prepare, present and serve the daily breakfast and and at catered buffet functions. Full and part-time posirequiring tions some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.

Apply in person. 590 Hwy. 2 Leavenworth.

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ALJU Stove & Fireplace, Omak can take all your stress installing out of our wood, pellet and gas stoves, fireplace inserts and fireplaces. Chimneys, hearthpads, chimney relining, gas venting gas piping, repair and complete, code installation and advice year-around. 45 + years. Experience. Call Al Bosco,

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SPECIAL Fundraiser for Autumn Leaf Festival Leavenworth Cards With sayings like I Miss You----Wish You Were Here (in Leavenworth.) and many others. Regular cost \$3.99 Selling for \$1.50 Pick up one or more and donate to a family, friendly festival organization. Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that on Monday, November 25, 2019, at 6:00 p.m. at the Cash-mere City Hall, 101 Woodring Street, Cashmere, Washington, the Cashmere City Council hold a public hearing for taking testimony and adopting written findings and conclusions justifying the moratorium established by Ordinance No. 1280. A copy of the ordinance adopting a moratorium on the filing and acceptance of building permits,

for residential use of property zoned DB-Downtown Business District is available by contactng City Hall.

Written comment can be sent to the attention of Director Steve at Cashmere City Hall, Croci 101 Woodring Street, Cashmere WA 98815.

Published in the Cashmere Valley Record/ The Leavenworth Echo on November 13, 2019. #86568

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE FINAL 2020 BUDGET

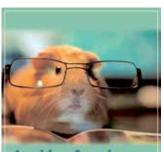
The City of Cashmere Prelimi nary 2020 Budget has been filed with the City Clerk-Treas-urer. The Cashmere City Council will hold a public hearing on the Final 2020 Budget for the City of Cashmere on Monday, November 25, 2019, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. Copies of the preliminary budget are avail able by November 20th at Cashmere City Hall, 101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday. The public is invited to attend said bearing and matter hearing and make comment.

Kay Jones City Clerk CiTY OF CASHMERE

Published in The Cashmere Valley Record/ Leavenworth Echo on No-vember 6 and November 13, 2019. #86170



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Looking for a home

Stocking up for Cough and Cold Season

A couple of years ago, I spent one long, miserable week in January in bed with influenza. I coughed, I sneezed, my nose ran, and it felt like every cell in my body HURT. When I ran completely out of my cough and cold medicine I felt even WORSE. Ever since, I check my medicine cabinet before every flu season to make sure I have plenty of my favorite remedies on hand.

1. Delsym[®] for cough.

Delsym[®] is a concentrated form of dextromethorphan (DM), the same active ingredient as in Robitussin DM®. Each Delsym® dose lasts for 12 hours, so taking a dose before leaving for work lasts all day. Delsym® is almost as powerful as codeine against a cough, but since it doesn't cause drowsiness it's much safer to use when driving a car or working around machinery.

2. Tylenol® for fever and headache.

prefer Ι taking extra-strength 500mg acetaminophen tablets for headache and fever over ibuprofen or naproxen because acetaminophen is less irritating to my stomach, especially if I'm not able to keep anything down but chicken soup.

To protect my liver, I stay within the maximum daily dose of acetaminophen, which is 8 extra-strength tablets (4 grams) daily. For those over 70 years old the recommended maximum dose is 3.1 grams, or 6 extra-strength 500mg tablets.

I won't run out of acetaminophen (Tylenol®) any time soon because my dear husband purchased a twin pack of Costco®-sized bottles last year. Because the supersized bottles don't fit in our medicine cabinet, I keep a smaller bottle of acetaminophen tablets on the shelf instead, refilling it when needed from the larger bottles I keep in a nearby closet.

3. Aleve® for body aches. worst influenza Mv symptom is severe muscle aches. The last time I had the flu I SWEAR that a ninja snuck into my bedroom while I was asleep and whaled on me with their nun chucks.

I prefer non-prescription



cousin ibuprofen because naproxen lasts twice as long (8-12 hours). I hated waking up in the middle of the night when my ibuprofen wore off after only 5 hours.

Naproxen and ibuprofen work better for body aches than acetaminophen, but if you take them while dehydrated from vomiting or diarrhea, they can harm your kidneys, and they cause stomach irritation, even ulcers. People who take blood thinners like warfarin, Pradaxa®, Xarelto®, Eliquis® or Plavix® (clopidogrel) need to be especially cautious to avoid stomach bleeding. To reduce your risk, always take them with a full glass of water or some food.

4. Sudafed® for sinus and nasal congestion.

I only stock the original version of Sudafed® that contains pseudoephedrine, the one you have to sign for, because the other formulation isn't very effective. I prefer the red coated 30mg tablets over the white 60mg tablets because I have trouble sleeping when taking the higher dose.

5. Actifed® for runny nose and sneezing.

I learned about Actifed® as a hospital pharmacist many years ago. We'd get an urgent call from the surgery department, requesting we send something ASAP to dry up the runny nose of a surgeon or scrub nurse. This was before we had the prescription Atrovent® nasal spray available, which can dry up a runny nose in a flash, so instead, we sent them a couple of tablets of Actifed[®], a surprisingly effective combination of the antihistamine triprolidine the decongestant and pseudoephedrine.

Pseudoephedrine relieves stuffiness while triprolidine sneezing. Triprolidine has another benefit: unlike its antihistamine cousins diphenhydramine and doxylamine, it rarely causes drowsiness, so those surgeons didn't have to worry about nodding off in the middle of a hip replacement. Today, Actifed® is only available behind-the-counter.

6. NyQuil® for night-time multi-symptom relief.

While I prefer single ingredient products to treat my specific symptoms, if my husband gets sick he insists on "something to knock me out, so I can get some rest." The green original flavor and red cherry flavor original Nyquil® contained 5 active ingredients: acetaminophen for fever and aches, dextromethorphan for cough, pseudoephedrine for stuffy nose and sinus pressure, and both the antihistamine doxylamine and 10% alcohol to help you sleep.

After pseudoephedrine was banished behind the counter in 2006, Nyquil's® formula changed, now including several variations, using phenylephrine instead of pseudoephedrine. Nyquil® Severe Cold and Flu remains closest to its original formula. 7. Apple juice to prevent dehydration.

Instead of drinking Gatorade when losing fluids from vomiting and diarrhea, apple juice is an effective and tastier option.

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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Don't just park your car on the side of the road with a "For Sale" sign! Promote it on the web for one low price where local buyers can see it at their leisure.

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24 ft. deep water slip, annual rent for 2020 at prevailing rates with off-season Free!! Water, power, security Clubhouse Amenities!! Jerry: 509-521-6441

PUBLIC NOTICES

The Leavenworth Mosquito Control Board will be holding a Public Hearing at 7:00 pm on Monday November 18, 2019, to discuss and approve our operating budget and per parcel tax rate for 2020. It will be held at the Chelan County PUD meet-ing room at 222 Chumstick Highway in Leavenworth. Published in The Leavenworth Echo/Cashmere Valley Record on November 6, and 13, 2019 #86501

PUBLIC HEARING NOTICE Notice is hereby given that the Leavenworth City Council will conduct a public hearing on water utility code changes, generally related to billing procedures, at 6:45 P.M. on Tuesday, November 26, 2019. The hearing will be held at the Leavenworth City Hall, 700 US Highway 2. The public is invited to attend said hearing and make comment Published in The Leavenworth Echo/ Cashmere Valley Record on November 13, 2019. #86570

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