

## Cashmere hosts Christmas festivities



Caroling kids took to the stage during the Christmas in Cashmere event on Saturday, December 2 to sing songs, including The Twelve Days of Christmas.

By MIKAILA WILKERSON  
Staff Writer

The free family event known as Christmas in Cashmere took place in downtown Cashmere on Saturday, December 2 from noon until 3:00 p.m. along Cottage Avenue. Visitors from near and far gathered together to

participate in the various activities that included taking pictures with Santa, enjoying live entertainment, receiving complimentary warm beverages and cookies and keeping warm around fire pits.

Live entertainment included caroling kids who stood up and sang songs such as 'Joy to the World' and

'The Twelve Days of Christmas'. Various restaurants and shops were also open for visitors to look through and take a short break from the town's activities.

Mikaila Wilkerson can be reached at [reporter@cashmerevalleyrecord.com](mailto:reporter@cashmerevalleyrecord.com).



Children gathered around Santa Claus to take pictures. Here children from the Barrera and Guzman family cheerfully take pictures with Old Saint Nick.

PHOTO BY MIKAILA WILKERSON/CVR.

## Library hosts Snowman Craft

PHOTO BY MIKAILA WILKERSON/CVR.  
Etta Deason presents her Snowman craft during the Christmas Library Event on Saturday, December 2.



PHOTO BY MIKAILA WILKERSON/CVR.  
Many kids gathered around in the library to take part in this special Christmas-y event.



PHOTO BY MIKAILA WILKERSON/CVR.  
Ava Hargrove hard at work on her Christmas art piece.

By MIKAILA WILKERSON  
Staff Writer

The Cashmere Public Library hosted a special Christmas craft event for kids on Saturday, December 2 at 11:00 a.m.

The event was Christmas Story Time and Snowman Craft and was open for young kids to come and create their own Snowman art.

Hosted by Librarian Joanne Gembe, the event saw almost a dozen kids in attendance with a few parent helpers.

The kids followed a guide that helped them create the perfect snowmen and a few creative minds were revealed through the crafts that were made.

Mikaila Wilkerson can be reached at [reporter@cashmerevalleyrecord.com](mailto:reporter@cashmerevalleyrecord.com).

## NCW United comes to Cashmere

By MIKAILA WILKERSON  
Staff Writer

As Republican Representative Dave Reichert finds himself in the process of retiring, potential democratic candidates are coming forward to be the new face of Washington's 8th Congressional district.

These democratic candidates, part of North Central Washington United (NCW United) paid a visit to Cashmere's Riverside Center on Monday, November 13 to introduce themselves to those in attendance and to answer any questions asked of them by the people.

The candidates in attendance included Kim Schrier, Jason Ritterreiser, Toby Whitney, Mona Das, Thomas Cramer and Brayden Olson. Schrier is a Pediatrician from

Issaquah, Ritterreiser is a former prosecutor from Issaquah and Whitney, from North Bend, is a former Technology Manager as well as a Congressional Staffer.

Das is a Technology Entrepreneur and Community Leader from Seattle, Cramer is a Businessman and Democratic Activist from Sammamish and Olson is a Businessman in Seattle.

NCW United seeks to inform, understand, protect and persuade, through a supportive and action-oriented community.

The organization has four main objectives: 1) Bring together concerned citizens who desire to be informed and are empowered to take action, 2) Participate in events and activities that help protect the

CONTINUED TO PAGE B6



Washington's 8th Congressional District Representative Candidate Brayden Olson stands before the attentive crowd on Monday, November 13 during the NCW United meeting at Cashmere's Riverside Center.

PHOTO BY MIKAILA WILKERSON/CVR.



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**Cashmere**

**December Blood Drive**

December is a very busy month for everyone, but we really need donors to make time to give the fight of life this season by donating blood through the Red Cross. Wacoka Kiwanis Club of Cashmere will have great treats and Santa may even bring Candy Canes. Come donate from 12:30 p.m. to 6:30 p.m. on Wednesday, December 6 at Cashmere United Methodist Church, 213 Division St. Appointments are encouraged but Walk-Ins are also welcome. Call 1-800-733-2767.

**Santa Storytime**

On Wednesday, December 13 the Cashmere Public Library will host a special holiday event called Santa Storytime starting at 10:00 a.m. Guess who is coming to the Cashmere Library? That Jolly Old Soul, Santa! Following a special Christmas Storytime, Santa will come and all good boys and girls can visit with

him and take a candy cane home. Parents are welcome to take pictures with Santa. HO, HO, HO!

**Hair of the Dog**

On Monday, New Years Day, there will be a fun run-walk-crawl event called 'Hair of the Dog' being held in Cashmere. A simple 5k course will be planned out beginning and ending at a local pub. Attendees are encouraged to bring their leashed dogs (or pets) dressed in Retro 1970s ski attire (both humans and non-humans may dress in this fashion). An aid station will be provided with hydration, coffee and aspirin for the humans and something for the non-human participants. The fun run will start around 11:00 a.m. (TBD) and will be open to all ages with pub refreshments. Prizes for costumes, best in show and other goofy awards will be given out at the completion of the event.

**Doane's Dribblers**

Attention all 1st and 2nd graders!! Are you ready

to learn about basketball? Then don't miss the Doane's Dribblers Program starting January 6. Go to www.cashmeryouthbasketball.com for all the details.

**Kiwanis Mini Bazaar**

Wacoka Kiwanis Club of Cashmere will hold a Mini Bazaar, at the American Legion Hall, 401 Sunset Hwy, Cashmere, on Monday, Dec. 11, at 6:30 p.m. They will have craft items, baked goods, Tupperware, and Christmas items for sale. Monies raised will benefit local children's programs. Please come out and support the Kiwanis Club of Cashmere's efforts to serve children. (er49)

**Santa Storytime**

Guess who is coming to the Cashmere Library? That Jolly Old Soul, Santa. Following a special Christmas Storytime, Santa will come and all good boys and girls can visit with him and take a candy cane home. Parents are welcome to take pictures with Santa. Wednesday, Dec. 13, 10 a.m. At the Cashmere Library, 300 Woodring St. (er49,50)

**Leavenworth**

**Leavenworth Red Cross Blood Drive**

The Leavenworth Red Cross Blood Drive, sponsored by the Leavenworth Rotary Club, will be held at the Leavenworth Fire Hall, 228 Chumstick Hwy. on Thursday, Dec. 7, from 11 a.m. to 4 p.m. Your donation is needed. For information or scheduling an appointment,

call 1-800-REDCROSS, (1-800-733-2767). Walk-ins welcome. (e47,48,49)

**Upper Valley Connection Seeking Ski Coaches**

Upper Valley Connection is seeking coaches for its Special Olympics Nordic Ski team. Experience in skiing needed, but no coaching experience necessary! We practice Sundays in January and February from 1 to 3 p.m. Interested in this fun and fulfilling opportunity? Contact us at upervalleyconnection@gmail.com or at (509) 888-4181. (e48,49)

**Adult social walking program**

The city of Leavenworth is trying out a new winter exercise program at the Leavenworth Festhalle, beginning Tuesday, Dec. 5. The Festhalle will be open on Tuesdays, Wednesdays and Thursdays from 7 - 8:50 a.m. for those wanting to walk a few laps. There is no charge. All you need to bring is a pair of dry tennis shoes. Please enter through the Front Street side door, just down from the front entrance. Unfortunately, we cannot accommodate children at this time. Call 548-5275. (e48,49)

**Leavenworth Library Christmas Party**

Families with young children are invited to join the Friends of the Leavenworth Library for Christmas fun Thursday, Dec. 7 at the Leavenworth Library. There

will be a Christmas Story time reading followed by a choice of three crafts. Each child will get a special cookie treat and every family will receive the gift of a Christmas book to take home. (er48,49)

**Icicle Valley Trout Unlimited**

For the December meeting, come hear Doug Pendleton, owner of Northwest Fly Fishing Academy, share his experiences and photos of his fly fishing adventures at the Tsiu River Lodge in Alaska. Learn about the rods, rigs, lines, knots, patterns and flies that he found to be the most effective for silver salmon. Doug will have examples of his most successful flies and he will share his theory of why they were effective. Wednesday, Dec. 13, 6 p.m. at Lake Wenatchee Room at Icicle Village Resort. Questions? e-mail iciclevalleytu@gmail.com. (e49,50)

**Regional**

**El Sendero Backcountry Film Festival**

The Backcountry Film Festival celebrates its 13th anniversary with eight unique films aimed to inspire winter adventurers to seek the snow less traveled. The festival is hosted by the Wenatchee-based nonprofit, El Sendero Backcountry Ski and Snowshoe Club. The Backcountry Film Festival shows locally on Dec. 6 at the Numerica Performing Arts Center in Wenatchee. Doors open at 6 p.m. and films start at 7 p.m. Admission is

\$15, kids twelve and under are free, tickets can be purchased in advance from the Numerica PAC box office. Raffle tickets can be purchased at the event for a wide assortment of outdoor gear; refreshments will be available for those attending the festival. (er48,49)

**Wenatchee Valley Erratics**

Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute will meet at 7 p.m. on Tuesday, Dec. 12 at the Wenatchee Valley Museum, 127 South Mission. Fracture zones in Columbia River Basalts were recognized by Native Americans, and were depicted on the earliest geologic maps of the area. Yet we don't know what causes them or how they relate to earthquake hazards or groundwater aquifers. EWU Prof. Chad Pritchard will describe recent structural geology research on the Cheney and Palouse Falls fracture zones completed by Eastern Washington University students. The program is free and open to the public. (er49)

**Chelan County Comprehensive Plan and Development Regulations**

Chelan County is seeking public comment and interactive discussion between the County Commissioners and the public on proposed changes to the Chelan County Comprehensive Plan & Development Regulations. The County Commissioners have hosted several workshops. The fourth workshop is Dec. 12 at 10 a.m. at Chelan County Department of Community Development, 316 Washington St. to review the Comprehensive Plan Appendices and related Development Regulations Updates, including the zoning maps and zoning code amendments. Phone, 667-6856. (er49)

**What is the truth?**

CONTINUED FROM PAGE A2

can't be trusted today with the whole truth so the judges decide what is too prejudicial. It is unclear if the jury was aware of Zarate's previous confession. Our system requires that an accused be proven guilty beyond any reasonable doubt. But what is reasonable, when the jury doesn't have all of the facts?

Truth is often difficult to accept, but in a civilized society we must commit to honestly and completely confront the facts before we make a judgment. Journalists who make claims about the issues with incomplete facts are irresponsible and unprofessional. They should be held accountable and removed from their positions.

The problem is much worse today than it has ever

been because now we are all "journalists." Facebook, Twitter and other "social" media have given each of us the power to express our positions on the issues of the day and most of us do.

We owe it to each other to carefully and objectively examine the facts. Not just play into the emotions of the issue. President Trump is not a smooth talking President that weighs his words carefully before he speaks. That is a fault he should work on. Most politicians today are very careful about how they express themselves. We need to decide if their carefully crafted words are honest or manipulative. Many of them need to learn that what they say is important and they need to work on being truthful.

Bill Forhan can be reached at 509-548-5286 or publisher@leavenworthecho.com.

Adrienne's Dance Academy  
Presents  
**THE NUTCRACKER**  
December 9th at 4:00pm  
Cashmere Middle School  
Tickets at the door \$10

**Vale Students of the Month: September 2017 KINDNESS & COMPASSION**



**N.C.W. REALTY INC.**

**Congratulations & Cheers to Vale Students of the Month!**

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Jamie R. Davis**

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Vale Elementary School's September students of the month were selected for the traits of Kindness & Compassion.

**Diamond**  
Lucy Vanderhoff, Adrian "Cruz" Guzman  
Hartnell  
Sarah Flick, Angel Martinez  
Kitchel  
Kloe Webber, Yessenia Cabrera  
Kriegel  
Alondra Hernandez, Tiago Lemus  
Parker  
Ryker Cole, Juana Gonzalez  
Scroggie

**Monserrat Arrieta, Mason Bjorklund Bjorklund**  
Alexis Lawson, Josue Sierra  
Bryant  
Kolton Weeks, Alexis Cruz-Oropeza, Wuitzilyn Barragan  
Heidenfelder  
Sadie Lindsay, Alejandro Mora  
Kenoyer (1st)  
Jace Draper, Abbi Leavitt  
Ream  
Skyler DeJesus, Jennifer Herrera, Allie Neff  
Avila  
Chris Maldonado, Valeria Infante  
Kenoyer (2nd)

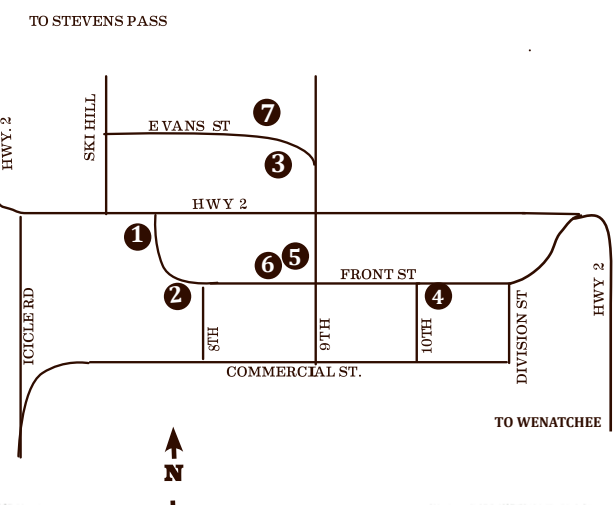
**Kyson Traynor, Miranda Castro Martinez**  
Maisey Loftus, Cole McKenna  
Sanford  
Ella Gemeinhart, Tommy Batanoiu  
Zanol  
Mac Carlson, Majestic Keyes  
Foster  
Maria Lopez, Logan Potter  
Kruiswyk  
Teagan Kerns, KaeLee Cox  
Pace  
Chira Cohen, Marcos Levy  
Smith  
Gerardo Vazquez, Kate Croci

**Thibault**  
Amelia Flick, Domenic Duell  
Caples  
Kalli Miller, Jacob Holladay  
Couture  
Deisy Medina-Regalado, Danna Moreno  
Donald  
Paxton Lopez, Gracie Nieman  
Griffith  
Gauge Provo  
Hammond  
Angel Sanchez, Misty Carney



**EVENTS & ACTIVITIES**

- 1 **Christmas Bazaar** | Dec 8 & 9, 10am-4pm | Dec 10, 10am-3pm | Grange Hall, 621 Front St
- 2 **Kid's Nutcracker Hunts** | Dec 8, 9, & 10, 2:00pm | Nutcracker Museum, 735 Front St
- 3 **Christmas Lighting Craft Fair** | Dec 9, 9am-3pm | Leavenworth Seniors Center, 423 Evans St
- 4 **Leavenworth Festhalle** | 1001 Front St
  - **Vendor Booths, Crafts, Restrooms & More!** Dec 9 & 10, 10am-6pm
  - **Christmas Story Corner** Dec 9 & 10, 1:30pm & 2:15pm
  - **Meet Santa & Mrs. Claus** Dec 9 & 10, 2pm-3:40pm
  - **Santa, Mrs. Claus & other Characters Available Downtown** | Dec 9 & 10, 12:00pm to 6:00pm
- 5 **Gluhwein & Soup Tent** | Dec 9 & 10 11am-7pm | Front St Park
- 6 **Cookie Crawl All Over Town** | Dec 10, 11am-6pm | Maps at Visitor Center & Gazebo
- 7 **Christmas Craft Fair & Luncheon** | Dec 9, 9am-3pm | Methodist Church, 418 Evans St



**GAZEBO ENTERTAINMENT**

**Friday, December 8, 2017**

- 4:00pm-5:00pm: John Wagner**  
John Wagner is familiar to local audiences as cofounder and performer with Leavenworth Summer Theater. He has performed with several Seattle area companies, most recently with Lyric Opera Northwest.
- 4:30pm: Arrival of Saint Nikolaus!**  
Saint Nikolaus arrives at the Gazebo by carriage with "gold" for the good boys and girls!
- 5:00pm-6:00pm: Ernest Palmer**  
Ernest Palmer is a regular performer with the Leavenworth Summer Theater and has appeared at Village Theatre and The 5th Avenue Theatre in Seattle.
- 6:00pm-8:00pm: Mr & Mrs Something**  
Weaving the soulful passion of blues and rock with the honesty of folk, Mr & Mrs Something offer a refreshing taste of hope that feels like coming home.
- 8:00pm-9:00pm: Twin Falls Middle School Choir**  
Building a tradition of musical excellence in the Snoqualmie Valley, the TFMS 7th & 8th grade choirs are excited to bring their program to tonight's performance. They hope you enjoy the show!

**Saturday, December 9, 2017**

- 11:00am-12:00pm: Bethel High School Choir**  
This choir from Spanaway, WA, currently boasts 75 students dedicated to musicianship, camaraderie, and performance.
- 12:00pm: Arrival of Santa!**  
Meet us on Front Street as a cast of Christmas characters – including Father Christmas, Santa and Mrs. Claus – march from the Festhalle to the Gazebo with all the pomp & circumstance necessary to kick-off the festivities! *Participate in this weekend's theme and wear your ugliest Christmas Sweater to march in the Santa Claus parade! Meet at the Festhalle (1001 Front St) at 11:45am.*
- 12:00pm-1:30pm: Mount Tahoma High School Choir**  
The Mount Tahoma High School Music department has a rich history of excellence through arduous work. They challenge students to reach beyond their limits and contribute to society through music.
- 1:30pm-2:30pm: Central Washington University Horn Club**  
The Central Washington University Horn Club is exclusively made up of current university students. The group performs 1-2 full concert programs per year and has released two Christmas CDs.
- 2:30pm-4:00pm: Mr & Mrs Something**  
*See description on Friday, Dec. 8 at 6:00pm.*

**Saturday, December 9, 2017 (continued)**

- 4:00pm-6:00pm: Common Ground Choir**  
Common Ground Choir originated in Scandinavia where Dan Hegelund has performed with his choir in the Presidential Palace of Ukraine. When Dan relocated to Issaquah, the choir was reborn here in the USA.
  - 4:30pm: Christmas Lighting Ceremony!**  
Traditional alphorns kick-off the parade of stars & bells and the lighting of the Christmas Tree. Santa and a few local celebrities will lead the countdown to the lighting of the town and park with over half a million lights! This is the moment we've all been waiting for!
  - 6:00pm-6:30pm: Leavenworth Alphorns**  
The evening serenade is followed by a brief demonstration with information and fun facts about this fascinating alpine folk instrument.
  - 6:30pm: Living Nativity**  
Enjoy the performance of the Nativity presented by local churches.
- Sunday, December 10, 2017**
- 11:00am-12:00pm: Central Washington University Horn Club**  
*See description on Saturday, Dec. 9 at 1:30pm.*
  - 12:00pm: Arrival of Santa!**  
*See description on Saturday, Dec. 9 at 12:00pm.*
  - 12:00pm-1:00pm: Wenatchee High School Choir**  
Please welcome Wenatchee High School's various choirs directed by Dawn McCormick!
  - 1:00pm-2:00pm: Salvation Army Brass Band**  
Typically made up of 4 to 5 brass instruments, the Salvation Army Band plays a variety of old and new Christmas carols and songs.
  - 2:00pm-3:00pm: Cascade High School Select Choir**  
This award-winning choir has appeared on "Good Morning America" and "The Today Show".
  - 3:00pm-4:00pm: Apollo Club**  
The Wenatchee Apollo Club was formed in 1910 when the Rev. Stuart Hyatt assembled 14 young men to organize a group to sing for their community.
  - 4:00pm-6:00pm: Sonoro Women's Choir**  
Located in the Puget Sound area, this choir's mission is to inspire passion for choral music through accessibility and education.
  - 4:30pm: Christmas Lighting Ceremony!**  
*See description on Saturday, Dec 9 at 4:30pm.*
  - 6:00pm-6:30pm: Leavenworth Alphorns**  
*See description on Saturday, Dec. 9 at 6:30pm.*

Schedule & map courtesy of Leavenworth Chamber of Commerce



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**Christmas Lighting Craft Fair, Bake Sale, and Luncheon,**

The Leavenworth Community United Methodist Women are holding their annual Christmas Lighting Craft Fair, Bake Sale and Luncheon on Saturdays, Dec. 9, and 16 at the Community United Methodist Church, 418 Evans St. Leavenworth, from 9 a.m. to 3 p.m. Lunch will be served from 11:30 – 3 p.m. Lunch will be a homemade meal, with dessert, beverage and hot drinks served all day. Cost by donation. Proceeds go towards church programs, and local, national, and international missions. The Sanctuary will be open to pause and reflect during the day. For information, the church office, 548-5619. (e47,48,49)

**Leavenworth Village Voices Christmas Concerts**

This holiday season the Leavenworth Village Voices will present "Christmas in the Mountains: Together at Christmas" for its 35th annual Christmas concert series! Concerts are

on Friday, Dec.1 at 7:30 p.m., Friday, Dec. 8 at 7:30 p.m., and Sunday, Dec. 10 at 4 p.m. at the Leavenworth Church of the Nazarene. Tickets at the door or at the Leavenworth Chamber of Commerce (548-5807). Evening performances are \$15 for adults, \$12 for children. The Sunday matinee is \$30 families and \$12 for a single ticket. Children, five and older are welcome. Visit us on Facebook or at [www.leavenworthvillagevoices.org](http://www.leavenworthvillagevoices.org). (er48,49)

**Hilfreiche Hausfrauen Craft Fair**

The Hilfreiche Hausfrauen Club, a group of "Helping Housewives" invite the community to join them at their annual Christmas Lighting Craft Fair on Saturday, Dec. 9 at the Leavenworth Senior Center, 423 Evans St. from 9 a.m. – 3 p.m. The craft fair, which has been held each year since 1971, will feature handmade items, such as sweaters, hats, scarves, towels, and items for babies, children and adults. Proceeds from the fair will go to purchase equipment for Cascade Medical and other local charities. For further information, Gen at 548-6222. (e47,48,49)



# Alki Tours' Snow Train and Its Entertainers Head to the Leavenworth Lighting Festival for the 24th Consecutive Year

SUBMITTED BY ALKI TOURS

Alki Tours is more than a little obsessed with Leavenworth's Lighting Festival. After all they are the only company in the country that has a train packed full of fabulous performers and a few thousand lucky riders on holiday trips from Seattle to Leavenworth.

The Snow Train is such a magical way to travel from Seattle to Leavenworth. In fact, it's so magical that there is at least one marriage proposal officiated by Santa on board every year.

Passengers board the train at stations in Seattle, Edmonds or Everett and snuggle into their cozy seats for a fun ride. The first thing they notice is the cars—dazzlingly decorated with garlands and ornaments. Elves await to serve hungry travellers breakfast and hot coffee or cocoa.

Cruising eastward, the action inside will compete with the scenery outside as sixteen different groups of entertainers stroll through the train cars. When the train door opens between cars, you never know what type of performance you will see. Be it magicians that levitate, face painters that transform children into wild animals, crooners from NBC's show The Voice, burlesque dancers, hula

Canote Bros



singers and dancers, oomp pah pah bands...Alki Tours has it all in one fun-filled day. This trip will definitely take the BAH out of your Humbug. So it's no surprise that everyone is champing at the bit to find out who the celebrity line-up is this year.

Ethan Tucker has toured the country opening for Michael Franti and Spearhead. His unique blend of reggae, soul and acoustic roots will leave you jammmin' til your Bavarian keg is gone.

Caela Bailey recently became an internet sensation when she sang lead in Mod Carouse's "Blurred Lines" parody on YouTube, that has been viewed by over 4.5 million. She just released

Ethan Tucker



her new CD featuring 50 musicians world-wide.

Jacob Westfall is a singer songwriter from Nashville. He may look familiar after his debut on NBC's show The Voice.

Shannon DeLong can wail out the song "Dust in the Wind" because she was the opening act for the band Kansas. You will recognize her partner Chris Eaks as an American Idol star.

Ruben Barron, comedian and magician will make you laugh til your wallet disappears. He performed at Superbowl XXXV and was voted Best Local Celebrity by Seattle Weekly Magazine.

Bonnie Birch is an accordion virtuoso that played in

Haley Johnsen



Carnegie Hall. Her Bavarian Band can rock all of the classic German tunes and can also play an astounding rendition of Zeppelin's Stairway to Heaven.

Michael Cagle has received many great reviews. Ed McMahon called him a "Powerful Vocalist who can hit notes so big and long you could drive a truck on them". FOX TV said, "Michael's voice is like Patti La Belle meets Nathan Lane".

Haley Johnsen's one-of-a-kind voice is mesmerizing. You may have seen her on American Idol but now you can hear her on the radio across the country.

Auntie Manu is an "institution" in the Hawaiian

Jacob Westfall



Islands. She is the queen of Hawaiian music cd's and has taught her girls how to hula. The dancing is so beautiful it will make you want to fly direct to the Islands.

You may know the Canote Brothers from their 13 year stint on NPR Radio with Sandy Bradley's Potluck and as the band for Garrison Keillor's Prairie Home Companion. With their banjo and fiddle, it's all back porch when these boys swing.

Ericka Corban is a singer/songwriter who's voice is likened to Norah Jones, Colbie Caillat, and Sarah McLachlan. Her songs have been placed in indie films as well as Starbucks stores worldwide. She recently appeared as a

Michael Cagle



contestant on Season 12 of NBC's hit show The Voice.

At age 15, Washington native Emily Randolph was selected to be on the NBC hit singing show

The Voice. She chose Team Blake and was mentored by the legendary Cher. She is an upcoming country star.

These are just some of the performers who will entertain riders on the three Saturday trips the Snow Train will make over the pass to the Lighting Festival. Trip includes breakfast and dinner. For more information about the train, the entertainers, or to book seats in 2017 and 2018, please contact Alki Tours at 800-895-ALKI or online at alkitours.com.

## The Leavenworth Church of the Nazarene present the Living Nativity

SUBMITTED BY SUSAN HUFMAN

The Leavenworth Church of the Nazarene will be presenting the Living Nativity on Dec. 22, 23, and 24. Each night, there will be four performances at 7 p.m., 7:30 p.m., 8 p.m., and 8:30 p.m. on the church lawn at 111 Ski Hill Drive in Leavenworth. On Dec. 24, Christmas Eve, there will be two candlelight services. The first one will be at 5 p.m. before the first performance of the Living

Nativity, and the second service will take place at 9 p.m. immediately following the last performance.

The Living Nativity began in 1978 under the direction of then Pastor James West. The cast was made up primarily of congregation members, but has expanded over the years to include people from all over the community, and even some visitors from beyond the Wenatchee Valley. Each year the Baby Jesus is played by newborns from the area. It truly has become a family

event with grandparents, children and grandchildren all participating together celebrating the birth of Christ.

There will be a hospitality tent with cocoa, coffee, and cookies set up for those who would want to warm up in the winter weather.

For further information please call the Leavenworth Church of the Nazarene office at 548-5292. There is no charge for any of the performances. The public is warmly invited to attend.



## Spread joy with a simple home-cooked meal

As the nights lengthen and temperatures drop, it's a time to embrace all the simple and cozy pleasures the season has to offer: Tailgating parties, fuzzy socks, hanging strings of lights to bring ambiance to those early evenings.

Of course, the season can also bring on some serious cravings for warm and comforting fare, like warm drinks, stews and chilis and spiced baked apple desserts. In fact, now is the perfect time to increase your contentment and spread the joy by preparing and sharing some homemade food. With these tips, you'll have the perfect recipe for making others around you glow with that particular inner warmth that only the season's simple pleasures can bring.

### Fire up the oven

Staying in is always the perfect excuse to create a

comforting meal from scratch, especially when it fills your house with warmth and good scents. It could be a batch of almond scones, a chicken pot pie with extra rosemary or a homemade pizza with a robust basil garlic sauce. For the most delicious results, always start with high-quality, wholesome ingredients that make you feel good about what you're making. For example, high-quality seasonings and extracts, such as those from the Simply Organic line, will infuse your dishes with pure and delicious flavors.

### Share the joy

Whatever you're cooking, be sure and make extras, because connecting with others is especially important this time of year. Prepare a meal and invite some friends over for an evening of feasting and conversation, Or use your cooking to uplift

someone who could really use a friendly gesture. Perhaps there's an elderly neighbor who can't get out much in the winter, or a friend or colleague with a touch of the blues. A shared homemade meal can be a source of comfort and bring contentment to a dark winter evening. Then, post your experiences and photos of your meal on social media with the hashtag #CookForAChange.

### All aglow

However you share the meal, be sure and go with warm, intimate lighting. Place lit candles around the room, hang a string of lights or do both. Either way, the soft glow will make everyone want to linger a little longer over the dinner table, savoring the warmth that comes from the cozy atmosphere, delicious food and fellowship.

Take time for reflection: In the end, your effort and the happiness it creates can make you feel a deeper appreciation for life's simple pleasures. Think about how the time-honored practice of sharing your home, your time and a homemade meal transforms how you feel about the season. Then, inspire others with your stories and photos on social media with the hashtag #CookForAChange. For more information about the campaign, visit [www.cookforachange.com](http://www.cookforachange.com).

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## Boys press on after falling to Warriors



PHOTO BY MIKAILA WILKERSON/CVR.

Tyler Kert works aggressively to get the ball to the basket during the home game against Wahluke on Saturday, December 2.



PHOTO BY MIKAILA WILKERSON/CVR.

Noah Phillips scores a point for the Bulldogs.



PHOTO BY MIKAILA WILKERSON/CVR.

Jason Kenoyer prepares to shoot.

By MIKAILA WILKERSON  
Staff Writer

The Boys Basketball team played their first game of the season against the Eastmont Wildcats in an away game on Tuesday, November 28 and won 63-52.

The Bulldogs then went up against the Wahluke Warriors in a home game on Saturday, December 2, which proved to be a very intense game all the way to the last second.

Finding themselves tied 11-11 by the end of the first quarter, the two teams were neck to neck throughout the second quarter until the Warriors pulled ahead 24-21 by half-time.

The intensity of the game did not die down during the second half of the game as the Bulldogs and the Warriors were once again tied up. This time they were tied 40-40 with only 20 seconds left in the game.

But with two more points scored by Wahluke within the last several seconds of the game, the Bulldogs ultimately lost to the Warriors with the overall score of 42-40.

"We played pretty solid defense," Coach Levi Heyen said. "We only gave up 42 points and most of the time if you hold a team to 42 points you're going to win the game."

One of the team's struggles

of the evening was being able to make baskets. They also had over 20 turnovers.

"We just have too many turnovers and we just missed some shots that we normally make," Heyen said after the game. "I'm happy with the effort on the defensive end and we're just going to continue to work and continue to grind and try to get ready for league on Tuesday."

In regards to scoring,

Tyler Kert was the team's strongest player during the game with 11 baskets made.

"He (Kert) hit three big threes for us," Heyen said.

Sam Phillips scored the team ten points and Noah Phillips scored nine.

Noah Phillips made 11 rebounds and Tyler Kert made seven.

"As a group we played really solid defense and we're going to have different guys scoring different nights,"

Heyen said. "We've got good kids and we're just going to go back to work and we're going to be just fine."

The boys will face the Zillah Leopards on Friday, December 8 in an away game and then they will compete against the La Salle Lightning in a home game on Saturday, December 9.

Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com.

## Lady 'Dogs beat Panthers

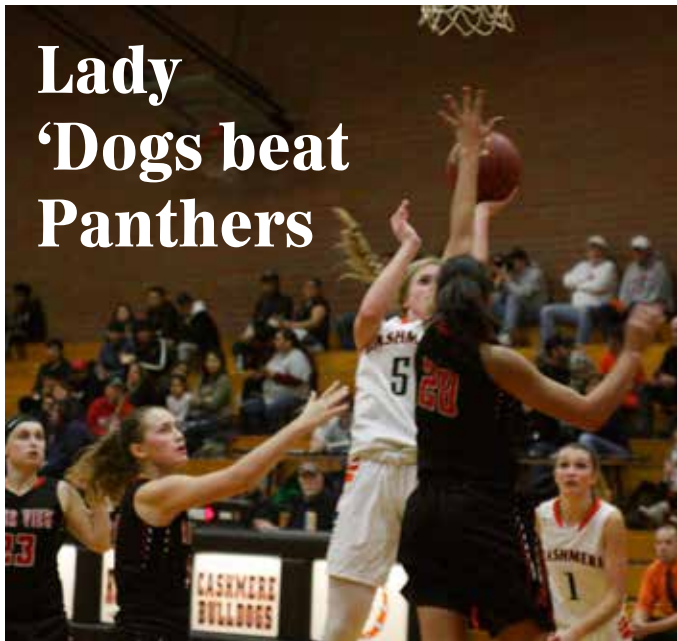


PHOTO BY MIKAILA WILKERSON/CVR.

Hailey Van Lith goes to score during the Bulldogs' game against the River View Panthers on Saturday, December 2.



PHOTO BY MIKAILA WILKERSON/CVR.

Cami Knishka shot as River View's #20, Aaliyah Anderson, closed in on her.



PHOTO BY MIKAILA WILKERSON/CVR.

(Basketball Girls 12/2/3): Grace Hammond takes a shot.

By MIKAILA WILKERSON  
Staff Writer

Tuesday, November 28 saw the lady Bulldogs basketball team take on the Ellensburg Bulldogs in an away game, where they won 73-29.

Then on Saturday, December 2 the girls found

themselves up against the visiting River View Panthers. By half time, the lady 'dogs were ahead 38-21.

At the end of the game, the Bulldogs came off the court victorious with the winning score of 66-31.

"We did some things fairly well but there's a lot of things

we've got to get better at," Coach Brent Darnell said. "I thought we did some good stuff on offense and I liked how we attacked the basket, but we were kind of not doing it consistently."

According to Darnell, when the second quarter came around everyone was mostly

settling for making three pointers.

"Sometimes the problem when you get wide open threes is they get intense and you have to take them quickly," Darnell said. "We kind of got out of our aggressiveness in attacking the basket and that's what we're good at."

But Coach Darnell was very pleased with the defense within the first and fourth quarters of the game.

"I thought it was really good," Darnell said. "I thought Hailey Van Lith did a good job at getting up at pass

lanes and getting steals. She finished with six steals."

Darnell was also impressed with the performance of Claire High.

"She (High) went out and had eight offensive rebounds," Darnell stated.

A couple of the freshmen, Millie Brunner and Jalynn Darnell, also had a great game that evening.

"Millie Brunner came in and had a good fourth quarter in there and did some good things, and Jalynn Darnell came and had a decent fourth quarter on defense," Darnell said.

According to Darnell, there is still a lot of growing for the team to do.

"I'm excited for where I think we're going to be, but right now we've got a lot of things to fix and get better at for sure," Darnell said.

Next on the team's agenda is to play against the Zillah Leopards in an away game on Friday, December 8 and then take on the La Salle Lightning for a home game on Saturday, December 9.

Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com.

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# Winter Sports Preview



## Basketball boys ready to face the season



PHOTO BY MIKAILA WILKERSON/CVR.

The 2017-2018 Boys Basketball Team. From left to right: Nate Phillips, Sam Dotson, Huber Farias, Carter Alberts, Noah Phillips, Tyler Kert, Brooks Elliott, Sam Phillips, Eyob Green, Jacob Ball and Jason Kenoyer.

By MIKAILA WILKERSON  
Staff Writer

This season will be five years since Coach Levi Heyen started coaching the Cashmere High School Boys Basketball team. “We had a great summer,” Heyen said of the team’s training. “We’re just trying to build on that. We have five returning seniors bringing back good experience and good leadership.”

The five returning seniors are Noah Phillips, Tyler Kert, Eyob Green, Jacob Ball and Jason Kenoyer. Ball had, unfortunately, missed out on playing during his sophomore and junior years due to knee injuries. But he is back and ready for action. Heyen is looking forward to seeing Ball bring intensity to the team’s defensive end. “We’re excited to have him back,” Heyen said of Ball. “He’s an all-around good athlete.” Two of the tougher teams within the Caribou Trail

League that Heyen looks forward to playing against this year are Omak and Okanogan. According to Heyen, Okanogan will be bringing back almost the entire team that they had last year, minus one starter. “Omak was really strong last year,” Heyen said. “A lot of good players are coming back. They have some really good guards and a tough big man.” Tyler Kert and Noah Phillips are returning first team all-league players this season.

“We’re going to be really deep this year with lots of boys coming off the bench to do really well,” Heyen said. Jason Kenoyer and Carter Alberts are going to be the two big man down low players. Sam Phillips and Nate Phillips are two new freshman who are already ready to take on the season. “They’re looking to make an impact right away and help us out this year,” Heyen said. Sam Dotson and Huber Farias are two strong junior

players. “They both have the ability to score,” Heyen said of Dotson and Farias. According to Heyen, he’s also looking to see how Sophomore Brooks Elliot will help defensively and with rebounds. “We’re looking to him (Elliot) because he’s really athletic,” Heyen said. Eyob Green will be coming on as the point guard. “We’re looking forward to him knocking down some

three pointers,” Heyen said. The Bulldog boys prepare to take on The Zillah Leopards on Friday, December 8 in an away game and then they will play the La Salle Lightning at a home game on Saturday, December 9. Tuesday, December 12 will see Cashmere take on the Cascade Kodiaks in a home game. Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com.

## Basketball girls aim high for the season



PHOTO BY MIKAILA WILKERSON/CVR.

The 2017-2018 Girls Basketball Varsity team. From left to right, top row: Cami Knishka, Grace Erdman, Ali Ball, Millie Brunner and Claire High. Bottom row: Jalynn Darnell, Hailey Van Lith, Ellie Alberts and Grace Hammond.

By MIKAILA WILKERSON  
Staff Writer

This season will mark Coach Brent Darnell’s 18 years of coaching basketball altogether throughout his career. It is also the fifth season that Darnell has been coaching for the Cashmere High School Girls Varsity Basketball team. Starting as an Assistant Coach at Wenatchee Valley College for a year, Darnell moved on from there to be a JV Coach at Wenatchee High School, an Assistant Boys Varsity Coach at Eastmont High School and a 7th grade Boys’ basketball coach at Sterling Middle School. He was then a freshman girls’ coach at Eastmont Junior High, a JV girls’ coach at Eastmont Junior High, a JV girls’ coach at Wenatchee High School, an Assistant Varsity Coach at Cashmere High School and then Head Coach for Cashmere High School. “I think we’re very young,” Coach Darnell said of this season’s team members. “We graduated four seniors last year so we’re replacing some new faces but I really like our

girls’ attitude so far at the start of the season. Their work ethic has been great, they’re all very coachable and they look at improving every day.” Darnell is excited to see the girls on his team grow together throughout the duration of the season. Hailey Van Lith, Cami Knishka, Claire High and Ellie Alberts are returning players this year, with Knishka being the team’s only senior. Grace Erdman and Grace Hammond are two returning players who also got to play on Varsity a little bit last year. “We’ve got some new faces,” Darnell stated. “Got some three new freshman with Jalynn Darnell, Millie Brunner and Gabby Terrell-Lewis.” According to Darnell, the team is looking forward to having every upcoming game, league or non-league, be a good, competitive game. “Every game is different and we have great coaches in our league,” Darnell said. “I think we have some of the best coaches in the 1A Classification in our league. Every game is a battle and we just kind of take it one game at a time. We don’t want to underestimate anybody and we respect everybody so every game is

going to be a good game.” From what Darnell has seen, the team is doing very well defensively. “We need to get better at communicating but we’re pretty good at our man-to-man defense,” Darnell said. “We do a good job of pressuring the ball and rotating. We’re fairly athletic and getting up onto the floor offensively is a plus for us. We like to play fast anyway so we like to go down and try to score as fast as we can.”

Darnell is impressed by the girls’ aggressiveness, their willingness to compete in practices and how they work to help better each other. “Practice is so important for us and our girls know that,” Darnell said. “They really get after it in practice, and that makes the coach happy. We’re getting better.” Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com.



PHOTO BY MIKAILA WILKERSON/CVR.

The 2017-2018 Girls Basketball JV team. From left to right, top row: Grace Pixton, Taicha Christensen, Syd Smith, Peyton Brown, Halley Larson and Elizabeth High. Bottom row: Miranda Sites, Gabby Terrell-Lewis, Johanna Christensen, Izzy Lyons and Hannah Tyler.

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# Winter Sports Preview




## Wrestling Team eager for the new season

The 2017-2018 Wrestling Team. This year's team consists of Jaaziel Alviter, Blake Brown, Matthew Cuning, Debra Dodson, Hunter Duke, Maddie Fadenrecht, Whelan Gillikin, Aaron Guerrero, Dominic Harrington, Arianna Herrera, Kobe Hersel, Angel Ibarra, Tony Ibarra, Kaden Keogh, Baz Lloyd, Erick Martinez, Voilet Mora, Tristan Napoles, Duke Odenrider, Iziah Oropeza, Neely Ovenell, Matt Powell, Bryson Pratt, Mya Pratt, Lukeas Qualiter, Crystal Sanchez, Jordy Sanchez, Oscar Sanchez, Peyton Smith, Caitlyn Spaeth, Aili Velasco, Tucker Weatherman, Skylar Wierima.

By MIKAILA WILKERSON  
Staff Writer

Overall, Coach Ken Hoyt has now been coaching wrestling for 37 years. This year is his second year coaching for the Cashmere High School Wrestling team.

"Any time you get an opportunity to coach kids—they're all great opportunities and they all have their own rewards," Hoyt said. "Cashmere is no different. I think one of the better things that I've enjoyed about Cashmere is that the value

system is a little bit better when it comes to how they still treat and respect their kids in relation to the sport and the coaches in relation to the sport. It's more like that old school feeling as opposed to what it is in a larger school. It's more personal for more contact from your administrators to your custodians and to your teachers. It's just a better feel."

First and foremost, Hoyt hopes for this year's seniors to get the best opportunities to succeed.

"I always have strong feelings for my seniors and

how they put in this amount of time over the years and when they've given up so much over the years," Hoyt said. "Let's face it, these kids haven't been able to enjoy their winter, fully, for the last four years."

According to Hoyt, his wrestlers are just looking to make improvements and better themselves throughout the season.

"We're looking forward to improvement every single day," Hoyt said. "Working hard and showing improvement, it's one step at a time. We look for the successes in the little

ways."

Attitude is one of the team's biggest strengths according to Hoyt.

"To put up with what they put up with and still stay positive takes a tremendous amount of attitude," Hoyt said. "Good attitude. These kids are awesome. It's not an easy (practice) room by any means and those practices are tough, tough, tough. This team accepts what we have to dish out every single night and they do it with a lot of enthusiasm and there's a lot to be respected for that."

Matt Powell, Lukeas Qualtier, John Chamberlain, Hunter Duke and Angel Ibarra are returning seniors this season.

Other returning players include Blake Brown, Tucker Weatherman, Tony Ibarra, Aaron Guerrero, Tristan Napoles, Bryson Pratt, Madeleine 'Maddie' Fadenrecht and Skylar Wierima.

"We've had a lot of kids improving," Hoyt said. "Matt Powell, Lukeas Qualtier and John Chamberlain all have years of experience on this team. They've had good years in the past and hopefully we build on that this year."

There are also a few more girls on the team this year.

"Hunter Duke and Maddie Fadenrecht, the two girls that started last year, they have two of the best attitudes I've ever seen of any of my

athletes," Hoyt said. "They're just awesome kids and in a lot of ways I wish my male cohorts had their kind of drive, their kind of vision and their kind of stick-to-it-ness."

Hoyt looks forward to the hard work that his team will put in this year.

"We're going to promise to wrestle hard, we're going to promise day by day, week by week, to get better and hopefully represent Cashmere wrestling on its next step towards building towards a championship," Hoyt said.

The team will be traveling to Connell on Saturday, December 9 to take part in their Invitational before competing against Okanogan on Tuesday, December 12 in a home match.

Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com.



## Cheer/Stunt team prepares for the upcoming season

The 2017-2018 Cheer/Stunt Team. From left to right, front row: Mikayla Stoffel, Ava Eversaul, Shelby Brunner, Steph Cisneros, Annie Weber, Rhiannon Strutzel. Back row: Justine Wood, Christian Hernandez, Erik Alvarado, Jay Cravens, Dani Monroe.

By MIKAILA WILKERSON  
Staff Writer

For Jenn Brunner, the Cashmere High School Cheer Coach, this year will be her 10th year coaching.

The kids who Brunner has the pleasure to coach are the best part about Brunner's job.

"The excitement that they have, the fun that you have with them, getting to know them and the whole high school society (is great)," Brunner said. "They're good kids and it's fun."

Only one student has

crossed over from cheering for football to cheer for basketball: Mikayla Stoffel.

The other seven students involved in basketball's cheer/stunt team were all previously involved in other fall sports such as volleyball, soccer and cross country.

"So they do other things during the fall and then they come and cheer for basketball," Brunner said.

There are three new faces being added to the team this year.

"For the first time on the team it would be Ava, Annie

and Justine," Brunner said. "They're all sophomores so it's their first chance to cheer."

Brunner and her team eagerly await this new season. "We take it to another level for winter season," Brunner said. "We do a lot of stunts, we do a lot of half-time things, a lot of performances and we have our little kids cheer camp coming up. So it's a busy season, there's always something to do, something to learn and we're getting better every day, hopefully, at practice."

Wednesday, December 6, Friday, December 8 and

Saturday, December 9 are the three days that the kid's Cheer Camp will be hosted by the team.

Then on Saturday evening the camp's participating kids will perform at the high school boy's varsity game, which begins at 5:45 p.m. at home.

"It's fun," Brunner said regarding the night of the performance. "There's always a ton of people and it's a fun night."

Mikaila Wilkerson can be reached at reporter@cashmerevalleyrecord.com.

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**Dental Assistants - (7)** Per Diem (as needed basis) Bilingual required-All locations  
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**Okanogan: Process Improvement Facilitator - part time**

**Omak: Pharmacist - full time Pharmacy Assistant - full time - Bilingual required MA-R/Phlebotomist - full time**

**Patient Navigator - full time Patient Accounts Rep. - full time**

See [www.myfamilyhealth.org](http://www.myfamilyhealth.org) for job descriptions. Submit cover letter, resume and application to FHC, c/o Human Resources, PO Box 1340, Okanogan, WA 98840 or email: [HR@myfamilyhealth.org](mailto:HR@myfamilyhealth.org). Open until filled. FHC is an EOE Employer.

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## PATEROS SCHOOL DISTRICT One on One Resource Room Para

This position commences immediately. 6.5 hours per day, Mon-Fri, 8 am to 3 pm. Instructional aide and special education experience preferred. Unique qualifiers: Physically capable to restrain, lift and carry, Constant supervision required. Candidate must meet federal certification standards and pass WA State Patrol/FBI background check. Application packet is due at noon on 12/6/17 in the district office. Applications can be obtained at [www.pateros.org](http://www.pateros.org) under employment or by calling the district office at 509-923-2751x4. Position open until filled. EOE

Brewster School District is accepting applications for a bus driver for a four hour a day position. A 2 hour bus route in the morning and afternoon. Extra-curricular trips are available for additional pay. Rate of pay \$18.68 hourly. Medical, dental and optical are offered. Open until filled. Brewster School District is an Equal Opportunity Employer.

## Office Assistant

The City of Leavenworth, an equal opportunity employer, is seeking applications for a full-time Office Assistant in the Finance Department. Must have outstanding customer service skills, excellent written and oral communication skills with exceptional attention to detail, and be proficient in Microsoft Word and Excel. Primary responsibilities include clerical support, customer assistance, permit processing, and assisting with accounts payable and utility billing. A six-month probationary salary will start at \$2,599/ month and increase to \$3,058/ month thereafter with excellent benefits. To request an application packet, contact the City of Leavenworth at (509) 548-5275 or 700 US Highway 2, Leavenworth, WA. 98826 or visit the City's website at [www.cityofleavenworth.com](http://www.cityofleavenworth.com) to download the job description and application.

Deadline for applications is 12/19/2017 at 5:00 p.m.

Bridgeport School District is seeking applicants for the following position: Assistant Cook. Position is open until filled. Please apply on-line at [www.bridgeport.wednet.edu](http://www.bridgeport.wednet.edu). For further information you may send questions to [jobs@bridgeport.wednet.edu](mailto:jobs@bridgeport.wednet.edu) or contact the HR department at 509-686-5656. Bridgeport School District is an Equal Opportunity Employer.

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3	8	9	7	6	1	5	4	2
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7	9	1	6	8	2	3	5	4
5	2	8	4	3	7	9	6	1
6	3	4	9	1	5	7	2	8

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

# CROSSWORD PUZZLE

**THEME: HAPPY HOLIDAYS**

**ACROSS**  
 1. Oscar, e.g. 6. Debate position  
 9. Judicial document  
 13. Hawaiian veranda  
 14. Deadeye's forte  
 15. Capital of Egypt  
 16. Lumps of something soft  
 17. Beluga yield  
 18. Ar on table of elements  
 19. \*First state to officially recognize Christmas  
 21. \*Country which produced first artificial Christmas trees  
 23. Boiling emotion  
 24. Grain in "The House That Jack Built"  
 25. Equinox mo.  
 28. \*On Christmas it often includes ham or goose  
 30. In style  
 35. Twelfth month of Jewish year  
 37. \*Max and Santa's Little Helper  
 39. Jack Black's Libre  
 40. Saturnalia's place of origin  
 41. Rat's world 43. Midge spool  
 44. Actress Periman, pl.  
 46. Angler's decoy  
 47. Partner of "void"  
 48. \*A Connecticut in King Arthur's Court  
 50. Speed of object divided by speed of sound  
 52. A layer in plywood  
 53. Please do not delay  
 55. \* the season to be jolly...  
 57. \*Beloved Montgomery Ward creation  
 61. \*Christmas Carol author  
 65. Avoid, as in taxes  
 66. ENT's first concern?  
 68. Alfred Hitchcock in his own movie, e.g.  
 69. What tailor did

**DOWN**  
 1. Aquarium dweller  
 2. Room border 3. Dwarf buffalo  
 4. Torah teacher 5. Divest one of a gun  
 6. \*For in Spanish  
 7. Orinoco or Grande  
 8. Opposite of alpha  
 9. \*Like holiday memories?  
 10. Capital of Latvia  
 11. Wedge in a golfer's bag, e.g.  
 12. Broadway recognition  
 15. Dairy aisle package  
 20. Bribes of rewards, in the olden days  
 22. Liberty Tree, e.g.  
 24. \*Naked Lunch creatures  
 25. \*Like Christmas  
 26. Greeting in the land of "Mele Kalikimaka"  
 27. Part of cow's stomach  
 29. \*Yuletide 31. Repair, as in socks  
 32. Freeze over 33. Conch, e.g.  
 34. \*Poisonous Christmas berry  
 36. Plumbing problem  
 38. Red Cross supplies  
 42. Abdominal muscles  
 45. \*Like a letter mailed to Santa  
 49. Sixth sense  
 51. Diaphragm spasm  
 54. Best way to shop?  
 56. \*The kids do it in opening of "A Charlie Brown Christmas"  
 57. Catch your breath  
 58. Iris holder  
 59. Dracula's bane  
 60. Words from Wordsworth  
 61. Big attraction  
 62. Outback birds  
 63. Infamous emperor of #40 Across  
 64. Daughters' brothers  
 67. Belgian brew

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# Effective Laxatives

While enjoying your Thanksgiving dinner last month, we each shared something we were thankful for. Recalling my 89-year old father struggled to walk up hills and stairs during our trip together in Italy a few weeks ago, I reflected on how we take for granted the small things: not only our mobility, but good bowel and bladder function. I know that I did.

As pharmacy students in our early twenties, my classmates and I snickered in the back row as our professor, Dr. Keith Campbell, explained various types of laxatives. It all seemed so funny, back then. Funny, that is, until it happens to YOU, which it did, 10 years later during a bout of whooping cough while taking a cough syrup containing the narcotic codeine. The misery I suffered when my bowels stopped working had to be Karma at work, getting the last laugh.

How does constipation happen? When you eat, your food becomes a liquid mass of nutrients. You have muscles lining the walls of your intestines that squeeze in a coordinated rhythm called peristalsis to move that mass of food along, allowing your body to absorb nutrients and

water from it along the way. Eventually that movement results in eliminating the remainder as feces. The longer it takes to move through your intestine, the more water can be reabsorbed into your body and the firmer your feces or stool becomes. If the muscle contractions of your intestine aren't strong or fast enough, your stool will become hard, causing constipation. Ouch!

Certain medicines and foods called laxatives can help relieve constipation. The word laxative means "to loosen", and laxatives relieve the discomfort of backed up bowels by relaxing or loosening them. Some laxatives work by increasing the amount of water in the stool to keep it soft and less painful to eliminate, while others increase the amount of bulk in the stool, which helps move it along and holds water in the stool as it moves through to keep it soft. The fastest way to relieve constipation is with a stimulant laxative, which increases the strength and frequency of the peristalsis squeezing action to get things moving again.

There are several stimulant laxatives to choose from: Senna, castor oil and an extract

from the bark of a tree called cascara segrada are from natural sources, and bisacodyl is a synthetic compound.

Senna is an effective laxative from either the dried leaves or the pod of the Senna Plant. Available as tablets or extract as Senakot®, or as tea brewed from Senna leaves, it creates strong intestinal contractions and causes a bowel movement within six hours.

Castor oil is extracted from the bean of the castor plant and is converted in the small intestine into a compound that creates such intense waves of peristalsis that it can be days before another bowel movement occurs. The intestinal cramping that from castor oil can even trigger uterine contractions. Castor oil should only be used occasionally; otherwise it can interfere with absorption of nutrients and can irritate or damage the lining of the intestine.

Cascara extract is from the bark of the cascara or buckthorn tree, which grows wild along the Pacific Coast in Washington and British Columbia. It also tastes absolutely terrible, and milk of magnesia (another type of laxative) is often added to it to mask its bitter taste.

The most commonly used stimulant laxative today is bisacodyl, a synthetic



**Ask... Dr. Louise**  
compound introduced in 1953 as Dulcolax®. It is less likely to interfere with nutrient absorption because it acts in the colon instead of the small intestine. Bisacodyl is available as tablets and rectal suppositories.

**Here are 4 tips to keep things moving:**

- 1. Know how fast your laxative will work.** Bisacodyl rectal suppositories can achieve results within 15 minutes to an hour; Senna and castor oil usually act within about 6 hours, while bisacodyl tablets work overnight, in about 6-12 hours.
- 2. Stimulant laxatives can be combined with stool softeners to help relieve the discomfort of hard stools.** Some examples include Senokot- S® and Pericolace®, and prunes (dried plums).
- 3. Consider trying prunes, AKA dried plums.** Studies show that prunes are effective in relieving constipation but unlike over-the-counter laxatives deliver many critical nutrients, including antioxidants, fiber, potassium, vitamins A and K. Prunes/

dried plums have also been shown to improve bone density as well or better than many medications prescribed for thin bones.

**4. Avoid remedies that can cause or exacerbate constipation.** Talk to your pharmacist to see if any of your medicines/supplements could be contributing to constipation.

*Dr. Louise Achey, Doctor of Pharmacy is a 38-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at [www.AskDrLouise.com](http://www.AskDrLouise.com) ©2017 Louise Achey*

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PHOTO BY MIKAILA WILKERSON/CVR.  
Representative Candidate Jason Ritterreiser shares his views and goals during the NCW United Meeting.

## NCW United

CONTINUED FROM PAGE A1

vulnerable and bring about effective positive change, 3) Trade in accurate and reliable information in order to educate the community, and 4) Persuade and inform through fostering an informed dialogue among diverse viewpoints.

All of the candidates stood up at the front and shared some of their background, where they are coming from and what they are currently doing in life. They all stated what their intentions are for the public if they were to be elected and what their beliefs are.

Among the topics discussed that night were increases

in wages, housing costs and healthcare costs.

NCW United meets from 6:00 p.m. until 8:00 p.m. every second Monday of the month at various locations.

Stations were also provided during the Cashmere meeting for people to register to vote if they haven't already.

Donations to NCW United were accepted as the potential candidates gave their speeches.

For more information or to locate where upcoming meetings will be, those interested may visit [www.sites.google.com/view/ncwunited](http://www.sites.google.com/view/ncwunited) or [NCWUnited@nwi.net](mailto:NCWUnited@nwi.net).

Mikaila Wilkerson can be reached at [reporter@cashmerevalleyrecord.com](mailto:reporter@cashmerevalleyrecord.com).

## Sheriff Reports

CONTINUED FROM PAGE A6

Cashmere; **juvenile problem**  
2:56 p.m. 104 Paton St., Cashmere; **lewd conduct**

## Fire/EMS logs:

### Tuesday, Nov. 21

8:48 a.m. **unconscious**; 302 Fisher St.; Cashmere Fire Department, Ballard  
4:16 p.m. **unconscious**; 105 Evergreen Dr.; Cashmere Fire Department, Ballard

### Wednesday, Nov. 22

4:24 a.m. **stab/gunshot**; 7900 Stine Hill Rd.; Cashmere Fire Department, Ballard, CC6

### Thursday, Nov. 23

10:41 p.m. **breathing problem**; 100 North St.; Cashmere Fire Department, Ballard  
11:42 p.m. **stroke**; 208 McGill St.; Cashmere Fire Department, Ballard

### Friday, November 24

12:00 p.m. **fall**; 100 North St.; Cashmere Fire Department, Ballard

### Saturday, Nov. 25

3:30 a.m. **heart problem**; Sunset Highway & Hagman Rd.; CC6  
12:28 p.m. **od/poison**; 133 Cottage Ave.; Cashmere Fire Department, Ballard

### Sunday, November 26

10:34 a.m. **diabetic**; 213 S Division St.; Cashmere Fire

# LED streetlight rate proposal

**Chelan PUD is considering a new rate for municipal streetlights that use LED lamps.**

The new rate would be lower than for standard lamps, recognizing LEDs use less energy. It could lead to grants to help small cities install LED streetlights.

**Learn more at these community meetings. Join us at 5:30 p.m. on:**

<b>Dec. 11:</b> PUD Leavenworth Office Auditorium, 222 Chumstick Hwy.	<b>Dec. 12:</b> PUD Chelan Office Conference Room, 1034 E. Woodin Ave.	<b>Dec. 20:</b> Wenatchee's Confluence Technology Center, 285 Technology Way
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PUD commissioners will host a public hearing in January to consider the proposal, review customer feedback and take comment in the headquarters boardroom at 327 N. Wenatchee Ave.

**QUESTIONS?** Contact Catherine Melton, Customer Service program analyst, at [catherine.melton@chelanpud.org](mailto:catherine.melton@chelanpud.org).

CHELAN COUNTY  
[www.chelanpud.org](http://www.chelanpud.org)

Department, Ballard 4:11 p.m. <b>chest pain</b> ; 8587 Pine St.; CC6, Cascade	<b>Tuesday, Nov. 28</b> 11:09 a.m. <b>structure fire</b> ; 1205 Mission Creek Rd.; CC6, Ballard 9:20 p.m. <b>mva</b> ; US 97 MP 171; CC6, Cascade	Deadman Hill Rd.; CC6, Cascade 4:58 p.m. <b>psychiatric</b> ; 3601 Sells Motel Rd.; CC6, Ballard 6:36 p.m. <b>structure fire</b> ; 6296 US 97; CC6, Cascade
<b>Monday, Nov. 27</b> 9:41 a.m. <b>fall</b> ; Butler Rd.; Cashmere Fire Department, Ballard 10:14 p.m. <b>electrical hazard</b> ; 132 Titchenal Way; Cashmere Fire Department	<b>Wednesday, Nov. 29</b> 4:16 p.m. <b>stroke</b> ; 8896	<b>Thursday, Nov. 30</b> 5:57 a.m. <b>commercial alarm</b> ; 10001 School St.; CC6

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