CASHMERE VALLEY







SEPTEMBER 2, 2020 · VOLUME 113, NO. 36 Single Copy \$1.00

Catholic Church Breaks Ground on new facility



Pictured from left along with the Bishop and current priest in charge are the Executive Council Committee members, Deacon Jorge Calderilla, Pam Nicklas, Barb Agnew, The Rev. Miguel Gonzáles, Bishop Joseph Tyson, Chairperson, Donna Zukowski and Deacon Bill Dronen.

BY BILL FORHAN

Saturday, August 29, Our Lady of the Assumption Catholic Church broke ground during a dedication ceremony in Peshastin. The event marks the beginning of a project that has been in the works for decades. The new location will result in the combination of Our Lady of the Snows Catholic Church in Leavenworth and St. Francis Xavier Catholic Church in Cashmere.

St. Francis Xavier was founded in the 1880's. Our Lady of the Assumption, previously Our Lady of the Snows, in Leavenworth has gone through a number of changes over the years. It was originally founded as St. Joseph's Church in the 1860's. That building is now the part of the Pension Anna Hotel in Leavenworth.

The combination of the two churches is part of the "One Body in Christ, Our Future Together" campaign.



Bishop Joseph Tyson and The Rev. Miguel Gonzáles

PHOTO BY CAROL FORHAN

Taking a critical look at Covid statistics

By Bill Forhan

I began my career as a Certified Public Accountant not a journalist. I say that only because I have been troubled by the reporting and decisions being made by our politicians concerning the Covid virus.

This virus is a serious disease. We should all be concerned about those who have contracted the virus and sad for the families that have lost loved ones.

The problem is the continual chant from the media and politicians is based on a faulty interpretation of the statistics. This article takes a critical look at the numbers available from multiple sources including, Google, Wikipedia, and John Hopkins.

This article results from what appears to be inadequate research by the major media resulting in often confusing if not outright distortion of the facts. As a 40-year veteran of the news industry, I am aware that most journalists cannot properly decipher statistics. Numbers in general are a blind spot they are incapable of understanding. To make matters worse the electronic media in general

Country

China

India

United States

Indonesia

Pakistan

Nigeria

Bangladesh

Total - top ten

All other countries 3,236,945,157

World population 7,646,225,786

Brazil

Russia

Mexico

Sweden

Washington State

Chelan County

Douglas County

Okanogan County

must sensationalize every story. Without the latest crisis to exploit they live in continual fear of falling ratings. This often makes the real story worse than it really is and drives bad decisions by politicians who need to have some disaster they can promise to fix.

One of the comments I hear regularly on the evening news is the United States has the most deaths of any country in the world. While that is numerically an accurate read of the available statistics, it is irrelevant.

The accompanying chart provides a summary of the numbers regarding the Covid virus and how it is impacting all of us. My chart presents the data sorted by population. The US is the third largest country in the world. China and India both The problem with comparing death rates to the number of confirmed cases is we do not know how thorough and accurate the testing was done or reported. We do know a large percentage of people that have tested positive have been asymptomatic. In other words, their symptoms were so mild that they didn't even know they had the disease.

We also do not know if the number of reported deaths from Covid is being accurately reported. For example, there are news reports that claim Mexico's death rate is much higher than is being officially reported.

All of these numbers are difficult to compare since we do not know how widespread the testing has been or the accuracy of the actual death counts. There does appear to be at least one statistic that appears to be consistent across the globe. That is deaths as a percentage of the population. Ignoring the two extremely low, and questionable numbers for China and Nigeria, it appears only .01 to .06 percent of the population is dying from this pandemic. That means, 99.8 to 99.9 percent of all the people on this planet have either never

Deaths as

% of

population

0.0003%

0.0122%

0.0548%

0.0026%

0.0027%

0.0005%

0.0560%

0.0025%

0.0118%

0.0487%

0.0128%

0.0083%

0.0109%

0.0576%

0.0260%

0.0168%

0.0184%

0.0214%

% of

confirmed

cases

5.2497%

4.7684%

3.0810%

4.3368%

2.1294%

1.8962%

3.1544%

1.3550%

1.7224%

10.7937%

3.6414%

2.9818%

3.3986%

6.9370%

2.6111%

0.7580%

0.6975%

0.91749

contracted the disease, didn't know they had the disease or have survived it.

In the United States, 99.9452% of the population has survived the disease.

In Washington state, 99.974% of the population has survived.

I have included the numbers from Sweden because many people have claimed Sweden, which has not mandated wearing of masks, as an example of a country that has done a better of managing the pandemic. These numbers do not support that theory.

Washington's Governor, Jay Inslee, has set a goal of 25 cases per 100,000 population over the previous 2 weeks in order to allow counties in Washington state to begin to reopen their schools and their economy. This is an arbitrary and highly prejudicial test that severely hampers the economic recovery of the small communities across the state. The governor's goal means the state must have fewer than 1905 new cases in the lookback period or .0003 percent of the state's population to move to phase 2. In the case of Chelan County the goal would be 20 cases or .0336 percent. In other words, it is 112 times more difficult for Chelan County to achieve the Governor's goal. In Okanogan and Douglas County it is 195 times more difficult for the county to meet the governor's goal. It is time we begin to ask the question. Does it make any sense to destroy people's livelihoods, close our schools, shutdown church attendance, or eliminate sporting events when the survivability of this disease is more than 99.8 percent? Covid is clearly a serious disease. When it was first identified, we had limited knowledge of how to treat it. That has changed. Like too many issues in today's world it has become politicized. In the interest of full disclosure. I am 73 years young. I have diabetes. I have been at work everyday since this pandemic began. I do not want to get it but according to the medical experts I am highly susceptible. My business remains open because it is considered essential, however, I would not be able to continue to publish your newspaper without the financial assistance I received from the CARES Act.

P.E.O. Chapter JF-WA announces recipients of the 2020-21Scholarships

SUBMITTED BY MIMI KELLER

Chairperson

P.E.O. is an organization of woman who provide support to other women as they continue their educational journey. The Local Chapter JF-WA is grateful for the continued support from Leavenworth and surrounding communities in helping us reach our goals.

This year's recipients are:

Abby Bergren of Leavenworth. Abby is currently attending Wenatchee Valley College's nursing program. She is working at Mountain Meadows Assisted Living, and aspires to become an RN and continue her career at Mountain Meadows.

Rosita Mota-Marquez of East

have four times the population of the US.

The virus is said to have originated in China. Yet, China is reporting they only have 89,814 confirmed cases of the virus. That is only 1.5 % of the number cases in the US. More importantly, it is only six one thousandth of their population. It stresses the sense of credulity.

% of

population

0.0064%

0.2554%

1.7795%

0.0610%

0.1262%

0.0249%

1.7766%

0.1873%

0.6865%

0.4508%

0.3510%

0.2786%

0.3204%

0.8307%

0.9948%

2.2215%

2.6411%

2.3284%

Deaths

4,715

7,064

6,274

1,011

4,127

16,758

62,594

563,583

268,901

832,484

5,820

1,978

13

8

9

118,649

161,529

180,862

Confirmed

Cases

89,814

3,387,500

5,870,185

162,884

294,638

53,317

304,583

972,972

579,914

15,477,198

9,018,034

24,495,232

83,898

75,753

1,715

1,147

981

3,761,391

Population

1,394,015,977

1,326,093,247

329,877,505

267,026,366

233,500,636

214,028,302

211,715,973

162,650,853

141,722,205

128,649,565

4,409,280,629

10,099,265

7,615,000

77,200

43,429

42,132

Wenatchee. Rosa, a first generation college student, is currently attending Central Washington University in the Interdisciplinary Studies Program. Her goal is to pursue a Master's Degree in Social Work after the completion of her degree program at Central.



Rosita Mota-Marquez



Abby Bergren



During this difficult time support your neighbors Most local businesses offer curbside service or delivery



THIS WEEK

 





www.cashmerevalleyrecord.com



OBITUARY -

Michael Taylor October 19, 1946 - May 12, 2020

POPS: The Man, The Myth, The Legend.

Michael Taylor was born in Bonners Ferry Idaho on October 19, 1946. A couple of years later his parents, Clyde and Wilma, moved him and his sister LouWanna to Ballard Washington.

Michael graduated from Ballard High School, class of 1964. He was a naturally gifted athlete playing football, basketball, and baseball.

Michael loved people and worked in the restaurant business where he could be around people all the time.

In the early 80's Michael married and headed east where he managed Hidden Valley Guest Ranch in Teanaway, Washington.

In 1982, their only son, Joshua was born. Michael was a devoted father and loved playing the part.

Living at the Ranch was one of Michael's favorite span of times to reminisce about. He always considered himself a cowboy or mountain man and loved horses, wildlife and the

open country. Michael eventually settled in

Leavenworth, Washington and resided up on Mountain Home, where he managed a guest lodge for almost 2 decades. This supported his love for the outdoors, wildlife, and people.

He became somewhat of an iconic social figure in Leavenworth and was better known as "Pops". Every softball season, you could find Pops down at Enchantment Park coaching his team in a bright colored softball jersey that was almost as loud as his yell. He brought as much spirit and heart to those fields as anyone ever has.

In the off season, you could find Pops out at the Leavenworth Golf Club playing rounds with Josh and his friends or managing the "Reserved for locals" table down at Uncle Uli's Pub and bringing his spirited comaradrie to the crowds. Otherwise, he loved going out into the woods to look for wildlife.

Just a few of Pop's many memorable characteristics



were his ability to laugh, to make others laugh as well as his ever-lasting loyalty to his friends. He was always willing to help out.

Pops passed away May 12th, 2020, the same day and month his mother passed on 46 years before.

Pops is survived by his sister LouWanna (Taylor) Lacher and her husband Norm, his son Joshua, his daughter-in-law Kelly and his grandson Quinten. He has also left behind many loving friends, including his best friend in the world, Deborah.

We love you Pops - we'll listen for you yelling on the fields!

Back to Basics Campaign Helps Students in Need

When the pandemic hit our communities and schools closed in March, we knew that the impact on our children would not only be academic. Schools **By Denise** provide children with steady routines, Philanthropy nutritious meals, and the watchful eyes of Foundation of adults who identify North Central signs of stress, Washington abuse, hunger, or

Sorom

Director of

Community

other hardship. For many children, schools are their only safe spaces.

In Wenatchee, when students struggled to engage in online learning, the School District sent out their counselors, family advocates, and sometimes even principals to make home visits to check on these "missing" students. The stories that resulted from these visits broke our hearts: teenagers were caring for their infant siblings while both parents went to work; there was not enough food or other basic needs in households to allow children to even consider remote learning; parents feared eviction as jobs were lost; and those most at risk of falling behind were pushed even further to the margins.

We know that this hardship does not only exist in Wenatchee, but is spread throughout Chelan, Douglas and Okanogan counties - touching

all of our school districts. To help meet the needs of kids in our schools, the Community Foundation of NCW is partnering with the School Districts of every community in NCW to host a "Back to Basics" fundraising campaign for struggling students and their families.

The foundation has a long history of supporting teachers, classrooms, and school buildings across the region each year. But this year isn't typical, so instead of our usual school grants, we are seeding the Back to Basics campaign with \$55,000 which will be

distributed to each school district in NCW based on the number of low-income serve. students they This will provide MUCH NEEDED FUNDING that the schools can use to help a kid in need - whatever that need may be.

WE NEED YOUR HELP. You can add to your community's school district award by making a donation in any amount at www. cfncw.org/backtobasics. You can choose to support one or more school districts or make one donation that will benefit all the districts in NCW. Your gift is taxdeductible and there are no fees, so 100% of your donation will directly help a student and their family.

Funds raised through Back to Basics will be used by school counselors, family advocates, teachers and principals to provide direct support to students in need, whether it's a pair of new shoes, a grocery gift card, a winter jacket, or formula for the baby sibling at home. A little bit of help goes a long way to keep our kids learning and thriving in NCW.

Memorial Change

Kiell Bakke Celebration of Life is postponed from September 5, 2020 and will be planned for June 13, 2021 at The Leavenworth Ski Hill Lodge.

Tragedy on Highway 97

A deadly accident took the lives of 3 people on Blewett Pass Friday night.

Police said Marjorie A. Acevedo, 43, driving a 2005 Toyota Sequoia, was passing other vehicles heading north in the southbound lane when she collided head-on with Majelia A. Delgado's 1997 Chevrolet pickup. The two vehicles then struck a third vehicle, a motor home traveling northbound, before coming to rest. No one onboard the third vehicle, driven by a 65-year-old Okanogan woman, was injured.

The Chevy's driver, 19-year-old Majelia Deglado and passenger, 61-year-old Fermin Delgado, both of Seattle, were killed in the collision. An 11-year-old boy riding in the Toyota Sequoia was also killed, according to the release. His name is being withheld.

Acevedo appeared to be driving under the influence, troopers said. The wreck closed both

lanes of Highway 97 until just after 1 a.m. Saturday for investigation and clearance.

The crash occurred at milepost 170 on Highway 97 around 7 p.m. The highway was closed in both directions from milepost 149 to 178 until around 1 a.m. Saturday morning, according to the release.



Back to Basics

Help Students in Need

Many of our local students and their families are struggling right now to make ends meet.

100% of your donation to selected school districts will directly support families who desperately need your help.

Donate online at www.cfncw.org/backtobasics or call (509) 663-7716

For Ever Community oundation



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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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. Praver 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

New LIFE FOURSQURE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall





www.lightinthevalley.org

Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com





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 info@leavenworthbaptist.com Email:

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Mark Miller Youth Pastor, Kent Wright www.LCN.org

GRACE LUTHERAN CHURCH Evening Prayer or Eucharist, 6 p.m., times and place will vary with seasonal changes. Outdoor service at Mission Creek Community Center Contact Pastor Rob Gohl 509-860-0736 for more information.

ST. JAMES EPISCOPAL CHURCH Evening Prayer or Eucharist, 6 p.m., times and place will vary with seasonal changes. Outdoor service at Mission Creek Community Center. Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.

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 8:30 p.m. (school year) Pastor Todd James • www.cmbiblechurch.org

CASHMERE

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 Services are available ONLINE ONLY at 10 a.m. Sundays All updates on COVID-19 can be found at christcentercashmere.com/cc-updates Underground High School Group, ONLINE ONLY at 6 p.m. Sundays CHRISTCENTER Lead Pastor, Steve Haney Children's Pestor, Andy Robinson Congregation Care Pastor, Joyce Williams Director of Operations, Postor Ian Ross High School Director, Steffanie Hanoy



CASHMERE VALLEY

CO

© 2020 NCW Media, Inc.

201 Cottage Ave, Suite 4

Cashmere, WA 98815

Phone: 509-782-3781

On the Internet

website:

www.cashmerevalleyrecord.com

e-mail:

record@cashmerevalleyrecord.com

advertising e-mail:

echoads@leavenworthecho.com

Office hours

Call Leavenworth Echo

for more information.

548-5286

Contact information

Publisher Bill Forhan 509-548-5286 publisher@leavenworthecho.com

Managing Editor Gary Bégin 509-571-5302 gary@ncwmedia.net

Advertising Sales Manager

Carol Forhan 509-548-5286 carol@leavenworthecho.com

Advertising Sales Lindsay Timmermans 509-860-7301 adexec1@ncwmedia.net

Reporter/Photographer Reporter Reporter@leavenworthecho.com 509-782-3781 **Front Office**

509-548-5286

Classified / Legal Notices

classifieds@leavenworthecho.com NCWMarket.com

Circulation

509-689-2507 1-509-293-6780

Subscriptions In Chelan County (yearly) - \$40 In State (yearly) - \$40 \$45 for print and online Out of State (yearly) - \$52

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



Letters policy

The Cashmere Valley Record welcomes letters to the editor All letters must be accompanied by the author's name, a home address and a daytime phone number (for verifical purposes only). Letters may be edited for length, clarity, racy and fairness. No letter will be pub the author's name. Thank you letters will only be pr from nonprofit organizations and events. We ill not publis sinesses, or lists of individual names. Email your lists of bu letters to publisher@le

Corrections

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

News tips

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

Classified Advertising

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



Weekly rates: \$15.00 for first 30 words 50¢ each additional 5 words (over 30) Borders, bold words, headlines logos and photos subject to additional charges.

Local, COMMUNITY BULLETIN BOARD **Events**

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number Regional Community News &

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

Another way to advertise your News & Events

Choose your category and pay for Print & Online at one time For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com

Please check with your church, local businesses, organizations, meetings and events that may have closed, cancelled, or postponed until further notice. We will have updates on our websites as well. Feel free to update us by email at Reporter@leavenworthecho.com or Publisher@leavenworthecho.com. Stay Well.

Cashmere

Free Chipping Event for Chelan County residents

Register by Sept 30 here: https://www.surveymonkey. com/r/JC2LKGX (or via the link at www.cascadiacd. For questions or org). information additional contact Amanda Newell with Cascadia Conservation District.(509)436-1601 or amandan@cascadiacd.org

911 Ceremony is canceled

Cashmere's 911 Spirit of American Remembrance ceremony is canceled for this Sept. 11, 2020 at the Riverside Park. The outside memorial which was completed on September 5, 2019 with the additional 4 granite statues is always open for the public to visit.



CHELAN COUNTY Sheriff, Fire & EMS Reports

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

August 21

09:57 Weapons violation. 6820 Dryden Ave., Dryden 12:00 Domestic disturbance, 47 Tibbets View Ln.

August 22

- 08:24 Injury accident, Nahahum Canyon Rd., MP 6
- 11:47 Public assist, 102 Titchenal Way, BJS Foods 13:27 Animal problem, N. Dryden & Scheble Roads

start of effort to fight socialism **Washington Policy Center teams up** with award-winning creative studio in Austin for effort

SEATTLE – Washington Policy Center (WPC) - one of the nation's leading statebased, independent research organizations - announced today it is the organization behind a billboard campaign across the state that is turning heads.

The billboards contain the message "Free Markets Destroy" - part of a bold, inspirational and first-of-itskind campaign to highlight the value of the free market. "Free Markets Destroy" will focus on the power of the marketplace to destroy society's worst problems and continually improve our lives.

"We have a growing concern – young Americans are warming to the idea of socialism and they have a skeptical perception of our free enterprise

13:21 Theft, 8650 Dryden

14:39 Trespass, 8345 Stine

16:50 Agency assist, 5667

18:09 Suicide threat, 4900

Nahahum Canyon Rd.

22:58 Suspicious, 5649 E.

09:42 Miscellaneous, 4450

Old Monitor Rd., Monitor

11:52 Trespass, 407 Aplets

Frontage Rd.

Wescott Dr.

Cashmere Rd.

August 25

Way

Hill Rd

system," explained WPC President Dann Mead Smith. "That trend cannot go unchallenged. Younger Americans are the first to pursue new technology, new cures, and all of the things the free market system provides. We know that the Free Market Destroys the things everyone in society hates - and replaces them with something even better." A 2019 Gallup poll showed

Statewide billboard campaign signals

Americans as a whole do not believe in Socialism, however over the past few years young adults' overall impression of capitalism and

change what's broken in our society," explained John Papola, the cofounder of Emergent Order. "WPC's campaign is about introducing new audiences to the power of free markets as a revolutionary force for positive change through the process of creative destruction."

The Free Markets Destroy campaign will initially focus on five key areas; Free Markets Destroy climate change, high rents, boredom, hunger and disease.



free markets has steadily declined. "Young people want to



Analysis/Estimates

Conveniently located on Hwy 2 across Tumwater from the Big Y Cafe in Dryden Drilling & Pump,

COMMUNITY CALENDAR

Go to: www.NCWMARKET.COM · 24/7

Wednesday

- Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Kris Taylor, 782-4300, Cell 679-0146.
- Cashmere Food Bank, 2:30-3:30, Cashmere Food Distribution Center, Riverside Park, 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. (1st & 3rd Thurs.)
- 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).

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

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904. No Bingo due to the COVID-19 Virus pandemic.

CHURCH: See the church page for local service times

- The Underground, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie,
- 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.).
- Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. 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 City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.) Cashmere School Board, 6:30 p.m., School District Office. Call 782-3355. (4th Mon.)
- Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.) Icicle & Peshastin Irrigation Districts: Meeting change for Sept.and Oct.now at 5 p.m. Call Anthony Jantzer, cell, 509-433-4064 or tony.iid.pid@nwi.net (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:**

17:22 911, 7900 Stine Hill Rd., #6, Dryden 21:00 Runaway, 7815 Stine Hill Rd., Dryden 23:17 Noise, 7912 Brender Rd.

August 23

03:17 DUI, 4724 Mission Creek Rd. 04:28 Suspicious, Binder & Regan Roads 13:34 Suspicious, 7900 Stine Hill Rd., #C6, Dryden 16:10 Suspicious, 201 Riverside Dr. 16:15 Public assist, 303 Angier Ave. 16:27 Trespass, 4250 Bardin James Rd., Monitor 16:44 Theft, 115 E. Pleasant Ave., #3 18:02 Welfare check, 428 Cottage Ave.

August 24

08:56 Theft, 4034 Pioneer Way, Monitor 09:22 Parking/abandon, 3583 Selfs Motel Rd. 09:41 Trespass, 4900 Nahahum Canvon Rd. 10:00 Parking/abandon, 8200 Taber Rd. 10:44 Court order violation, 115 E. Pleasant Ave., #18 11:32 Attempt to locate, 506 Cottage Ave.

12:35 Agency assist, 5454 Binder Rd., #2 14:57 Trespass, 5755 Evergreen Dr. 16:40 Public assist, 4490 Brisky Canyon Rd. 20:18 911, 115 E. Pleasant Ave., #18

August 26

09:12 Sex offense, 8300 Blk., Pine Flats Loop Rd. 13:05 Littering, 5200 Blk., N. Cashmere Rd. 14:23 Public assist, 275 Independence Way 14:35 Traffic offense N. Dryden Rd. & US Hwy. 2, Dryden 16:22 911, 303 Independence Way 16:55 Injury accident, 100 Pioneer Ave. 17:38 911, 305 Independence Way 19:13 Welfare check, 5903 Pioneer Dr. 19:54 Harass/threat, 5607 Sunset Hwy.

August 27

03:08 Disturbance, 321 Independence Way., #32 07:41 Injury accident, Binder Rd. & Mission Creek 16:54 Suspicious, Nahahum Canyon Rd., MP 5

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.





EXCAVATION

Complete Excavating Service



STUMP REMOVAL



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.

AA MEETING SCHEDULE

Information numbers for AA:

The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946

The phone number to call for the Zoom link to Leavenworth AlAnon meetings is 509-548-7939 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. **Celebrate Recovery** We will be meeting via Zoom weekly on Fridays at 6:30 p.m. Please email celebraterecovervlcn@gmail.com for more

information.





Burge Index near Name Burge Index near Name Burge Index Name Source Source Index Name Source Source Index Name Source Sour								
	2		3					
		3			6	9		8
	5			7				4
6				9	5	4	1	
			4		3			
	1	4	7	6				5
4				5			3	
2		8	1			6		
					7		4	
© StatePoint Media Fill in the blank squares in the grid, making sure that every								

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.





the best online promotion available

WHAT'S

obtained on trict's https://www. bears.org o tacting the office 509-68 This position

until filled.

Applications may be

ence.



Call 548-528

THEME: FALL FUN - ACROSS 1. Domenikos Theotokopoulos, a.k.a. El 6. Org. striving to attain "the highest possible level of health" for all 9. Faculty member, for short 13. Rekindled 14. Western omelet ingredient 15. Trailblazer Daniel 16. Not a minor 17. Spud bud 18. Nonsense 19. *Colorful autumn attraction 21. *Popular fall decor item, pl 23. Leave speechless 24. Thailand money 25. Belfry dweller 28. Dwarf buffalo 30. Eccentric one 35. 2nd word in fairytale? 37. Overnight lodgings 39. Marilyn Monroe's given name 40. Between a trot and a gallop 41. *Pressed beverage Blanc 44. Type of saltwater fish 46. Like a broken horse 47. Larger-than-life 48. Sound setup 50. "CliffsNotes." e.a 52. Fifth note 53. Genuflecting joint he drove out of sight ... ' *Back to what? _ weather 64. Cell dweller 65. Tokyo, pre-1868 67. Out of the way 68. Be needy 69. Sticky stuff 70. Conical dwelling 71. Heidi's shoe 72. Asian capital

73. Move furtively DOWN 1. Famous Steffi 2. Do over 3. Twelfth month o 4. Locomotive hair 5. Canadian capita 6. Cry of glee 7. *Wagon "cushio 8. Last letter, to Ho 9. Standard's partn 10. Crucifix 11. Change for a fiv 12. Funny Poehler 15. Himalayan king 20. Relating to gen 22. Unit of electrica 24. Boo-boo wrap 25. *Next spring's f 26. To the left, on a 27. Safari hat 29. Fonzie: "Sit 31. Top of the Capi 32. *Fall bounty 33. Prenatal test, fo 34. *Pumpkin gard 36. Not far 38. Big rig 42. Stitch again 45. Vietnam river 49. Lennon's widow 51. *Celebrant's ba 54. Lament for the 56. Artist's tripod 57. Exchange for n 58. Greek muse of 59. Before Kong 60. Any time now 61. #70 Across, alt 62. Biblical paradis 63. Stink to high he 64. Broadband acc 66. Unidentified Jo

s may be n the dis- website- brewster- or by con- e district 89-3418.	to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www. threerivershospital.net opportunity	for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily.		
	@trhospital.net EOE	Hotel amenities such as		
	Peshastin Market is now hiring for Cashier/ Clerk. Full-time/ Part-time. Must be 21 or older. Available evenings and weekends. Please apply at 10170 Main St., Peshastin, WA or call 509-548-7327 Part time office help	fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth		
24/7 com eds@ o.com	approximately 6 hours, 3 days per week in Leavenworth. Call Mary, 509-548-9088 or 509-741-2525.	Find the Best Qualified Local Employee in our Classifieds Ads.		
86	Assistant needed for opening of Event Center on Highway 2, one mile east of Cashmere.	Place your ad online 24/7 at www.NCWMarket.com It is easy, just register		
of Jewish year r al	Catering for weddings, funerals, swap meets. Free food distribution. Contact Craig, 509-782-1004	and pay online. Print only? Deadline is Monday by Noon for all papers: Lake Chelan Mirror Quad City Herald 683-2213 Leavenworth Echo Cashmere Record 548-5286		
on" omer ner ive r's funny friend gdom nes al resistance	306 N. Douglas Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment. Email resume to			
flowers a boat 	frenchquail@gmail.com or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756	Your ad will appear online and in the newspapers for one low price!		
len	Cluttor is like a waigh	t around your peak		
ow agful e dead	Clutter is like a weigh Extra CA\$			
ueau				
money f history t. sp. se eaven cess overseer ohn		 Place your ad 24/7 at ncwmarket.com Email: classifieds@ leavenworthecho.com Call 548-5286 		

Interested Candidates

may apply in person or

by mailing their resume

Housekeeping

The Enzian Inn is hiring

Public Notices / Com nunity

We have an opening for a full-time **Caregiver Position** on our Evening Shift.

Help Wanted

Vacation, Vision and **Dental Benefits**

We will train and assist with credentialing as a Home Care Aid.



Please apply in person at Heritage Heights, 505 East Highland Ave. Chelan, 509-682-1998

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price.

Deadline Monday at Noon for all papers:

Lake Chelan Mirror **Quad City Herald** 682-2213 or call Leavenworth Echo **Cashmere Record** 548-5286

Furniture

NCW Media

Newspapers We have excess office furniture available. Items left are 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, A wood credenza and a free 4' x 4' white board All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837.



CLEAR SOME SP WITH A Fill your pockets v CASH \$\$ AD Let others know v items you are sell

Go online now to Place your ad 24/ www.NCWMarket.

Print only? Deadline Monda Noon for all pape

Lake Chelan Mirr **Quad City Heral** Call 682-2213

> Leavenworth Cashmere Call 548-5286

Your ad will appe online and in the newspapers fo one low price.

Sept. 4-5, 8 a.m 6				
p.m., Tri-River				
Storage II,				
Bridgeport. Women's				
clothes, jewelry,				
shoes, purses,				
lamps, furniture,				
kitchen items, lots of				
collectibles. Stella's				
stuff from the White				
Barn.				

Real Estat

Homes for Sa

Leavenworth Condo all furnishings for 975 sq. ft., 1 bedro 1/2 bath plus 1 garage. Located 1 Festhalle. from residential living HOA Rules, prevents rentals. Ideal for seniors/ retirees. Owner will be available for showing September 9-16th. Call Mary or Roy for appointment at 360-531-2154.

JIMERE	VALLET RECORD	Public Notices / Comm			
Sale	Legals	Public Notices	THE WASHING		
		CALL FOR BIDS	0.1		
	Public Notices	Sealed bids will be received by	Saving de		
		the Board of Directors of the	<u> </u>		
		Icicle and Peshastin Irrigation	roadways		
2	SUPERIOR COURT OF	Districts until 3:30 p.m. on	hunting		
-	WASHINGTON IN AND FOR	Tuesday, September 8, 2020, at	hunting se		
N	CHELAN COUNTY	their district office located at 5594 Wescott Drive, Cashmere,	-		
5	In the Matter of the Estate of	WA for the following:	By John Kruse, The V		
_	RONALD CALVIN MESSER,	Witter the following.	INGTON OUTDOOR REPOR		
	Deceased.	Equipment, Operation and the			
	NO. 20-4-00235-04	Installation of Irrigation	REDUCING VEHICL		
ACE		Pipeline	LISIONS WITH DEEP		
		Hire by hour:	ELK – Many of our r		
with	CREDITORS	Small to medium size 4-wheel	are familiar with the		
	The Personal Representative named below has been	um size crawler dozer, and	barren stretches of hi and roads running alo		
hat		excavator.	Hanford Nuclear Rese		
ing!	Representative of this estate.		towards the Tri-Cities		
g.	Any person having a claim		of this area encompas		
0	against the decedent must,	period from October 1, 2020	only the Hanford Nucle		
7 at	before the time the claim would		ervation but also the H		
com	be barred by any otherwise		National Monument,		
com	applicable statute of limitations,	carry proof of adequate liability	mule deer and elk her		
	as provided in RCW 11.40.070	insurance of \$1,000,000,00	Unfortunately, a sign		
(at	by serving on or mailing to the		number of both speci		
y at	Personal Representative or	Certificate of Insurance with the	killed as a result of vehi lisions in this area, esp		
ers	the Personal Representative's	Icicle and Peshastin Irrigation	along Route 4 South,		
	attorney at the address stated	Districts named as Additional	lane roadway running		
or	below a copy of the claim and filing the original of the claim	Insured.	Richland into the H		
ld	with the court in which the	ALL BIDS MUST BE SEALED	Nuclear Site.		
		AND MARKED EQUIPMENT &	Officials at Hanford a		
	commenced. The claim must be	OPERATOR BID	ing something new to		
	presented within the later of: (1)	The Board reserves the right to	the amount of deer a		
	Thirty days after the Personal		killed by vehicles. Writ		
	Representative served or mailed the notice to the creditor	ICICLE & PESHASTIN IRRIGA-	the Tri-City Herald, A Carey reports white		
	as provided under RCW	Published in the Cashmere Valley	sacks are being place		
ear	11.40.020(1)(c): or (2) four	Record/ The Leavenworth Echo on	roadside posts every		
е	months after the date of first	August 26 and September 2, 2020.	along Route 4 South		
r	publication of the notice. If the	#721	many of these collision		
	claim is not presented within		occurred. The idea b		
	this time frame, the claim is forever barred, except as	Public Notices	this low-cost strategy i		
ו 6	otherwise provided in RCW		vehicle headlights sh		
River	11.40.051 and 11.40.060. This	CITY OF CASHMERE NOTICE OF	these bags, the deer them will think the whi		
II,	bar is effective as to claims	PUBLIC HEARING	are the rump of a fleeir		
ien's	against both the decedent's	TRANSPORTATION	or elk, a sure sign of		
elry,	probate and nonprobate assets.	IMPROVEMENT PROGRAM	to animals and a warr		
ses,	DATE OF FIRST	Pursuant to the requirements of	stay away.		
ture,	PUBLICATION: August 19,2020	Chapter 35.77.010 RCW, the	This technique has		
ts of		City of Cashmere has prepared and revised a comprehensive	used in Wyoming w		
ella's	PERSONAL	transportation improvement pro-	state Department of		
	REPRESENTATIVE:	gram for the ensuing six years,	portation study sho 65 percent reduction		
/hite	Jason Lee Messer	and pursuant further to said law	versus deer accident		
	ATTORNEY FOR PERSONAL	the City Council of the City of	study also showed de		
_	REPRESENTATIVE:	Cashmere will hold a public	elk learned to wait ur		
е	David Visser	hearing on Monday, September	bags were not illumina		
		14, 2020 at 6:00 p.m. at the Cashmere City Hall, 101	headlights to cross the		
le	ADDRESS FOR MAILING OR	Woodring Street.	this technique works in		
	SERVICE: OVERCAST LAW	The public is invited to attend	Central Washington to		
o with	OFFICES 23 South Wenatchee Avenue	and make comment.	collisions with mule de		
sale.	Suite 320	Please call City Hall on	elk as it did in Wyon		
om, 1	Wenatchee, WA 98801	September 11, 2020 at	reduce collisions with tailed deer, you may se		
car	,	(509)782-3513 for information	of these white canvas		
block	COURT OF PROBATE	necessary to connect to the public hearing if in-person par-	covering roadside posts		
For	PROCEEDINGS AND CAUSE	ticipation is not permitted by law.	state and less roadkill		
	NUMBER: Chelan County	Written comments can be sent	highways.		
only.	Superior Court, No. 20-4-00235-04	to Steve Croci	COLUMBIA BASIN		
VELUS			DIG DD OGDD GDG T		

FTON OUTDOORS REPORT

er on our and more eason prospects

NASH-RT

ECOL-R AND readers lonely, ighway ong the rvation . Much ses not ear Res-Ianford where ds live. nificant ies are icle colpecially a twog from anford

are trvreduce and elk ting for Innette canvas ed over 50 feet where ns have behind is when nine on seeing ite bags ng deer danger ning to

s been here a Transwed a in car ts. The er and ntil the ated by road. If n South reduce eer and ning to whitee more s sacks s in our on our

HUNT-ING PROSPECTS - Last week we shared prospects for the upcoming hunting season from Central and Northeast Washington. This week, WDFW Wildlife Biologist Sean Dougherty has insights

about how things are looking in the Columbia Basin.

DOVE: According to Dougherty, "Mourning dove numbers are pretty good this year". Hunters heading out for the dove opener on September 1st should try to get permission to hunt on wheat fields if they can. However, the Columbia Basin Wildlife Area around Potholes Reservoir and to a lesser extent, the Gloyd Seeps Unit between Moses Lake and Stratford, will offer public land opportunities. Although the season remains open through October 30th, the vast majority of doves will leave for warmer climes when the first cold front comes through our region.

MULE DEER: Dougherty says the prospects for mule deer are about the same as last year and counts are well within management objectives. Seasonal conditions were favorable this year for deer as well which bodes well for the future. Asked about where to go, Dougherty recommended archery hunters consider Game Management Unit 284 in Adams County, where you can harvest both does and bucks (three points or better on the antlers).

WATERFOWL: Sean Dougherty paints an optimistic picture about ducks in the Basin this year saying, "Local (duckling) production was good and early season counts are up from last year." This should make for a good opening day and early part of the season until the northern ducks and geese arrive from Canada in November.

UPLAND BIRDS: Quail numbers are at least as good as last year and probably up, marking a continued growth of this upland game bird species in the Columbia Basin. Dougherty says pheasant numbers may be up as well but with no surveys completed this year due to Covid-19 issues, this is just a guess.

In short, good seasonal conditions this year should make for a good hunting season for both deer and bird hunters in the Columbia Basin.

John Kruse - www.northwesternoutdoors.com and www.america outdoors radio.com



Also see photos on

NCWMarket.com

Upgrading 'ride'? we can help you sell your old one

 Place your ad 24/7 at ncwmarket.com • Email: classifieds@ leavenworthecho.com

Call 548-5286

\$340,000.

Orchards & Farms



We have buyers for your Pear, Apple and Cherry Orchards! 509-669-4500 information@nwi.net

Wanted to Rent

Chelan County Hospital District No. 2 is seeking the following leased space: Medical Office space; Approximate Square Footage (SF) 1,000 Area: within the boundaries of Chelan County Hospital District No. 2 Information for interested parties is posted on the Lake **Chelan Community** Hospitals' website at https:// lakechelancommunity hospital.com

/lake-chelan-clinic/

Vehicles

Trucks & Vans

Restored 1952 Chevrolet 3100 Pick-Up Truck Restored in 2002. Baby 1952 Chevrolet blue 3100, 1/2 ton, 2 door, 6 cylinder, 216.5 ci, 860 miles with pine truck bed. \$27,500 Call Kary 206-295-5107.

See pictures on NCWMARKET.COM



OVERCAST LAW OFFICES

Attorney for Personal

Representative

David Visser, WSBA No. 41546

Published in The Leavenworth Echo/

Cashmere Valley Record on August

19,26, and September 2, 2020. #681

Bv:

PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold a Public Hearing to consider and make a decision on Special Use Permit (SUP) Application for Parking of Recreational Vehicles Camping. The Hearing will be held at 6:45pm, Tuesday, September 8, 2020. online via Zoom, Meeting ID: 813 3828 4037, Passcode: 227388; Or the call-in phone number: 1-253-215-8782.

SUP2020-059 is an application for the temporary Recreational Vehicle parking, pursuant to Leavenworth Municipal Code (LMC) Chapter 10.14. The application site is 188 Highway 2, Leavenworth, Washington (east of Kristall's Restaurant). The property is identified bv Assessor's Parcel Number: 24-17-11-140-070. The subject site is located within the Tourist Commercial (CT) zoning district. The public is encouraged to attend via zoom; however, City Hall will be open for the public wanting to attend the hearing in person. Social distancing will be required for those in attendance and space may be limited. The public is encouraged to submit written comments prior to the hearing. Materials may be requested via email, viewed by appointment at City Hall, or on the City's Public Portal at https://lvnworth_wa.permittrax. com/Citizen/

worth.com

Echo/Cashmere Valley Record on September 2, 2020. #750



The most common side effect of medicine

Q: I think my medicine is upsetting my stomach. Is there anything I do about that?

Director of Operations at

City Clerk-Treasurer

CITY OF CASHMERE

Kay Jones

#712

steve@cityofcashmere.org

Published in The Cashmere

Valley Record /Leavenworth

Echo on September 2, 2020.

I can really relate, as I remember taking an antibiotic that really bothered my stomach. I felt queasy, and there was a peculiar taste in my mouth. While taking it, a fresh cup of coffee with cream tasted rancid, and I couldn't look at food without cringing.

The most commonly reported side effect of medications is "upset stomach," which in medical terms is called "gastritis". Having gastritis means that you may have any or all of the following: queasiness, stomach pain, stomach cramping, stomach burning, loose stools, or nausea.

Gastritis is very common when taking medicines. Everv single medicine has been reported to cause stomach upset in at least some people, and some medications cause more stomach irritation than others

Antibiotic medications are one of the most common causes of stomach irritation. While some antibiotics are relatively gentle on your gastrointestinal (GI) system, others have reputations for causing significant GI side effects. One time I had a dental infection that took three different antibiotics to cure, each one causing more stomach upset and intestinal distress than the previous one.

Three years ago, one of my molars became infected. My dentist prescribed me Antibiotic Number 1: penicillin, which caused queasiness for a few hours after each dose. Although I took it faithfully, it wasn't able to conquer the infection. One week later, I was back in the dentist's office, getting a root canal. Oy.

My tooth still hurt after the root canal, so I was given Antibiotic Number 2: a more powerful version of penicillin, called amoxicillin plus clavulanate. The clavulanate part of that antibiotic is famous for causing stomach pain and cramping. I became nauseated for several hours after each dose, and it made my food and drink taste funny.



Unfortunately, Antibiotic Number 2 didn't work. In a last-ditch attempt to save my tooth, I was switched to Antibiotic Number 3: clindamycin. Clindamycin has a reputation of not being gentle on your stomach and intestinal system. Taking the clindamycin made my stomach hurt and caused considerable queasiness for the first 3 hours after taking each dose four times a day. While on clindamycin, just thinking about food made my stomach cramp up, and just about the time I started to feel better, it was time to take my next dose.

What causes medicines to make your food taste so bad?

Most antibiotics are designed to spread throughout your tissues and are present in small amounts in your saliva. I experienced the awful taste in my mouth while on an antibiotic because I was tasting the medicine in my saliva.

To minimize stomach upset, unless you are told otherwise, always take your medicines with food. Except for some bone-building drugs like alendronate (Fosamax®) and risedronate (Actonel®), nearly all medicines can be taken with food. One exception is the thyroid supplement levothyroxine, also called Synthroid® or Levothroid®. Levothyroxine is absorbed more completely when you take it before you eat, compared with taking it with food.

Here Are 4 Ways to Help Relieve Stomach Upset Caused by Your Medicine: 1. Take your pills last.

Always try to take the offending medicine near the end of your meal, not at the beginning. You'll be able to dilute the effects of the drug much better if your stomach

already has food in it instead of taking your pill with the first few bites of your meal or snack.

2. Dilute your medicine.

Take the irritating medicine with a full glass of fluid, either water, juice, or milk. Try to avoid washing it down with a carbonated drink like pop or soda, which is very acidic and can aggravate instead of relieving stomach distress triggered by the medicine.

3. Space them out.

If you're taking more than one medicine that causes stomach irritation, avoid taking them simultaneously. Instead, take medications that can cause stomach irritation at least two to three hours apart.

4. Ask for another medicine.

If you vomit after taking your medicine, don't panic. If it's been at least 45 minutes since you swallowed it, most of it has already reached your system and you DON'T need to re-dose. If you took it less than 30 minutes ago, try taking it again after making sure you have both food and fluid in your stomach.

If your medicine is an antibiotic, if you vomit it despite taking it with food, inform your doctor right away to get a different one.

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. ®2020 Louise Achey



Questions may be directed to Lilith Vespier, Development Services, phone 509-548-5275 or email dsmanager@cityofleaven-Published in The Leavenworth



CASHMERE: 130 Titchenal Way





310 2nd Avenue South

During this COVID -19 crisis, our team is working hard to keep our store clean and well -stocked for you. If we are out of advertised items, please accept our apologies. If you have any questions, please don't hesitate ask us. We are here to serve you to the very best of our ability.

Prices effective Sept. 2-Sept. 8, 2020

