

AUGUST 12, 2020 · VOLUME 113, No. 33 SINGLE COPY \$1.00

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# Primary election indicates Dem's may be vulnerable

#### Political perspective

By BILL FORHAN

It's no surprise that the incumbent governor and District Congressional Representative captured the most votes in the primary election. The question is, how strong is their performance against a single Republican challenger in the General election?

Gov. Inslee won the statewide election with a narrow 50.3% of the voters who turned out. Other Democrats on the ballot drew 3% away from Inslee. It is unclear at this time if that is because they are disenchanted with Inslee and the Democrats.

Schrier led the race in her bid for re-election, but she only drew 42.7% of the vote. Republican challengers collectively captured almost 50% of vote. With clear evidence that this is a house seat that may be up for grabs in November, there is likely to be a huge push by both parties.

In the race for Lieutenant Governor the top two system will see two Democrats running against each other in the General. Denny Heck will face off against Marko Lias.

Heck essentially ran a campaign against President Trump. Heck decided not to run for re-election to the House of Representatives and run for Lt. Governor instead. At a time the Democrats are desperately trying to hold on to their majority in Congress it is certainly curious. Political operatives on the west side have surmised that Heck is expecting Biden to win and tap Inslee for a

cabinet position. Heck would then assume the role of Governor.

At this point it looks like the election for Chelan County Commissioner is the only race that is still in contention. In this point Tiffany Gering leads Brandt Cappell by 132 votes with 337 ballots left to count for the second spot on the ticket for the general election.

Voter turnout was 47% statewide and 59% in Chelan County. Detailed charts of the top election results can be found on page 5.

# Primary gives Culp the nod in Republican gubernatorial race

By Gary Bégin

 $(Facts\ compiled\ from\ Washington$ Secretary of State, Chelan County Auditor websites)

OLYMPIA - As of Friday, August 7, two term Governor Jay Inslee easily won his party's support for a third term. He will face Loren Culp, a surprise winner of the Republican primary, who defeated Tim Eyman and Joshua Freed among dozens of other rivals.

Culp's victory announcement was held in Plain, unbeknownst to local residents, but reported on by Seattle's King 5 television news on primary night.

The tally was: Inslee with 1,074,988 votes for 50.33%. Loren Culp received 370,596 votes for 17.35% of the total.

Chelan County gave a slight nod to incumbent Inslee and Attorney General candidate incumbent Bob Ferguson. Culp, Republic (Ferry County) police chief outpolled Inslee in Okanogan, Douglas and Grant counties.

In Chelan County, Inslee received 5,095 votes to 4,527 for

In the Eighth Congressional District, Democrat incumbent Rep. Dr. Kim Schrier easily defeated

comers. The Republican challenger is Jesse Jensen who won over Keith Swank for a place on the November ballot. Jensen received 43,460 votes or 22.66%, Keith R. Swank got 38,556 votes or 19.74%.

In other local races and referendums of note:

Dale England and Tiffany Gering, both Republicans, will vie for the Chelan County Board of County Commissioners District 3 seat come November. Gering staged a come from behind victory over primary night rival Brandt Cappell, who, as of Tuesday night, had a slight lead, but when the smoke cleared Friday night, Gering was victorious.

England received 41.58% (3,753 votes) for the overall primary victory followed by Gering's 29.94% (2,703 votes) for second place. Cappell tallied 28.48% (2,571 votes) for third place.

The district includes Stehekin, Chelan, Manson, Entiat and parts of Olds Station in Wenatchee.

The Lake Chelan Community Hospital EMS renewal levy easily passed with 3,120 votes for vice 1,242 against, equaling an approval rate of 71.53%. The passage secures funding for about half of the operational costs, also allowing for replacement of outdated equipment. The new levy amount would be taxed at a rate of .39 cents per \$1,000 of assessed property value for the next 10 years. This is up from the current rate of .31 cents. The levy takes effect in 2021.

About Election Results Reporting: Results are updated when a county reports new tabulation results. Results are certified by each county on August 18. The Secretary of State certifies final results by August 21. The results posted before certification are unofficial.

# Fire Precaution Levels, Fire Danger Ratings Increase in Eastern Washington

Due to the extremely dry, hot weather, the Washington State Department of Natural Resources (DNR) announced today the following changes in campfire restrictions, industrial fire precaution levels (IFPL) and fire danger ratings on DNR-protected lands. These changes come on the heels of the statewide burn ban on all DNRprotected lands signed July 28 by Commissioner of Public Lands Hilary Franz.

Effective Friday, August 7, 2020: · Campfires in campgrounds are not allowed in Valley Fire Danger

· Fire danger will increase from very high to extreme in the Lower Basin Fire Danger Rating Area.

· Fire danger will increase from high to very high in the Foothills, Highlands, Lower Yakima and Upper Yakima Fire Danger Rating

• Fire danger rating remains extreme in the Valley Fire Danger Rating Area.

· Fire danger rating remains very high in the Chelan, Methow and Upper Basin Fire Danger

• Fire danger rating remains

high in the Kaniksu Fire Danger Rating Area. Effective Tuesday, August 11,

• IFPL will increase to Level 3 in

zones 609W and 609E.

• IFPL will increase to a Level 2 in zone 680. IFPL will remain Level 1 in

zones 678E, 685, 687 and 688. • IFPL will remain Level 2 in

zone 675 and 678W. • IFPL will remain Level 3 in

zone 678, 684 and 686. Burn restrictions remain in place for the following:

• Campfires in campgrounds are

Danger Rating Areas. · No burning allowed (written burn permits issued by DNR are

not allowed in Foothills, Kaniksu,

Lower Basin and Upper Basin Fire

(rule burning) are not allowed

in Chelan, Foothills, Highlands,

Kaniksu, Lower Basin, Lower

Yakima, Methow, Upper Basin,

Upper Yakima and Valley Fire

Small debris disposal fires

Danger Rating areas.

suspended) in Chelan, Foothills, Highlands, Kaniksu, Lower Basin, Lower Yakima, Methow, Upper Basin, Upper Yakima and Valley Fire Danger Rating Areas.

Campfires may be allowed in designated campgrounds. Always check with local campground hosts before lighting a campfire. Additionally, always make sure campfires are completely out before leaving them unattended - if it's too hot to touch, it's too hot to leave. Counties and local jurisdictions may have additional restrictions.

Daily updates on burn restrictions are available at 1-800-323-BURN (2876) or on the burn portal map at https://burnportal. dnr.wa.gov/ and IFPL map at http://www.dnr.wa.gov/ifpl.



PHOTO BY JOHN KRUSE

Stuart Lake in the Alpine Lakes Wilderness

PHOTO BY JOHN KRUSE

#### A cutthroat trout caught and released with a spinner **Prime Time For Alpine**

### **Lakes Fishing**

By John Kruse

Looking for a way to cool off during the heat of the summer? Head to a mountain lake and be sure to bring a rod and reel because trout fishing can be fast and furious this time of year!

According to the Washington Department of Fish and Wildlife there are some 2550 lakes sitting at an elevation of over 2500 feet in our state. Most are located in the Cascade Mountain Range and while not all of them have fish in them, many do. The primary fish you'll find in these lakes are rainbow, cutthroat and brook trout.

If you are interested in finding high lakes to fish there are two great resources available. One is the high lakes fishing page at the

Washington Department of Fish and Wildlife website https://wdfw. wa.gov/fishing/locations/highlakes. The other place to go is http://northwestfishingreports. com. This popular website is full of fishing reports and is the creation of Mike Carey, an avid alpine lakes angler who has contributed a sizeable body of high elevation lake reports over the years.

When it comes to mountain lakes in our state there are those you can drive to and those you hike to. As you might imagine, drive-in lakes get a good amount of pressure though frequent stockings often keeps the fishing good through the summer. The hike-in lakes are infrequently stocked or have self-sustaining populations of fish. Generally speaking, the further you hike, the better the fishing becomes and quite often, the bigger the fish get.

Assuming you hike in, resist the impulse to cast from the first place you reach where the trail hits the lake. This is the place that sees more angling pressure than anywhere else. Instead, size up the body of water. Look for sunken trees or large rocks that provide cover for trout that are looking to ambush an easy meal. The inlet and outlet streams of the lake are also good bets since both provide food sources for fish.

Lures and flies both work well for alpine trout. I strongly recommend staying away from bait. These lakes are pristine places and discarded jars of eggs, cartons of worms and colorful Powerbait takes away from the natural beauty found around these waters. I also suggest releasing most of the fish you catch. A shore lunch or dinner of trout wrapped in foil and cooked over a campfire is delicious but if you are not going to eat your fish during your trip let them go. The meat never holds up well after a multi-mile hike and many of these self-sustaining populations of trout are fragile.

With that in mind consider using lures with single barbless hooks. Spinners work quite well (Mack's Promise Keepers, Blue Fox, Mepps and Rooster Tails are all excellent choices) as are spoons such as Dardevles, small Krokodiles and what may well be the super weapon lure for this kind of fishing, the Acme Kastmaster.

As for fly fishing, if you brought a spinning rod use a casting bubble to get that fly out there into the lake. Dry flies like a Royal Wulff or a Parachute Adams are always good choices but so are streamers and nymphs. Just try to match the hatch and if you are there when the fish are rising, you'll likely be in business.

If you are using a fly rod look for a rock to stand on or shallow area you can wade out into so you've got enough room to cast for distance. Another way to really get at the fish that are in the deep part of the lake is to pack in a float tube. Several companies make lightweight ones, the lightest of them coming in at three pounds from Wilderness Lite.

Put it all together and you've got the information you need to hit the trail, head to an alpine lake, soak up some scenery, and catch some trout this summer!

John Kruse – www. northwestern outdoors.comand www.americaoutdoorsradio.



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## **God Can Save Heretics**

I sat amazingly dumbfounded yet rejoicing as I watched a sermon forwarded to me preached by Todd White.

For those who have no idea who Todd White is, he is a popular preacher and evangelist who is the face of Lifestyle Christianity. Scores of videos are on social media that show him "healing"

people and "prophesying" over individuals which amount to nothing more than just saying "God loves you and has a wonderful plan for your life." His method of evangelism has nothing to do with telling people about the cross, sin, or repentance but rather giving people an experience of the "supernatural" which in my opinion, resembles more of a cheap parlor trick than the power of God.

But why use such a strong word as "heretic"? Because a "heretic" is an individual who teaches and maintains beliefs that are contrary to historic Biblical orthodoxy and that is precisely what Todd White was. He aligned himself with Prosperity Preachers like Kenneth Copeland and Creflo Dollar who tell their congregations regularly "God wants you to be materially wealthy",



WITH **PASTOR JOHN SMITH** 

> Bible. Additionally, he has repeatedly condemned evangelism which shares a Biblical gospel and accuses anyone who would dare call him to a more orthodox perspective concerning sin, salvation, and righteousness as being

Reformation)

mixes New

mysticism and pagan

doctrines with the

that

Age

"demonically inspired". Needless to say, Todd White has been way off for vears.

But there apparently is a change that can only be described as a work of the Spirit in that man's life.

In Todd White's sermon, "God's Heart for Humanity", he stood before a crowd with tears in his eyes, saying "I repent for not preaching the whole gospel" and then spent the duration of the sermon preaching just that—the whole gospel. There was a remarkable difference in this man from previous as if now he finally understood what it meant to

badly.

Similarly,

Netflix, Amazon and

Zoom didn't plan

their business model

around everyone

being stuck in their

homes for months -

they got lucky. So,

if there was ever a

time for a bailout,

happened to having

On the other

whatever

be saved and the amazing grace that snatched him out of the fires of Hell. Gone were the gimmicks and the clichés, just the Law of God to sting the conscience and the grace of God to welcome the sinner into the arms of Christ. I cannot say for sure, but I estimate for people who had been attending Todd's church for years, this may have been the first time they had ever heard the gospel.

Todd's apparent repentance is noteworthy because of the influence he has over a wide number of people. However, his repentance should be the expected response when one comes into the realization of how lost and hopelessly condemned they were and how Christ alone is the only one that can effectually save us from our sins. Now some of my more

skeptical friends may charge me for being too quick to rejoice at Todd's repentance considering the damage that has been done due to his false teaching. But to them, I say, "Doesn't Christ forgive all sin and make all things new?" I'd rather rejoice that an individual makes a step in the right direction than to remain critical and suspicious to see if the work of God is true. That only leads to a disbelieving heart and a Pharisaism that deadens Christian charity.

# **Cashmere Planning Commission**

KIRK BECKENDORF

Reporter

The Cashmere Planning Commission's Aug 3rd agenda included Chickens, Accessory Dwelling Units (ADU) and Short-Term Rentals (STR). Due to the lack of a quorum since only 3 Commission members were present, chickens was the only item discussed. Eva Lorenz, a Cashmere resident, addressed the Commission asking that they consider revising the city code, which only allows chickens on lots 1 acre or larger. Lorenz said she has lived in the area for 6 years but just recently bought a home in Cashmere on a

quarter acre lot and so she cannot have chickens. She told the Commission that other towns in the region allow chickens on small lots. According to Lorenz a lot of people in Cashmere do already have chickens on lots smaller than 1 acre.

For comparison purposes, Steve Croci, Cashmere's Director of Operations, provided the Commission with the livestock related city codes from Wenatchee, Leavenworth, Entiat and Chelan. Rick Shorett said the city has some really tiny lots and he wants to look more in-depth at lot size requirements. He added that he would not want to allow roosters in the city. Charlie Cruickshank commented that limiting the number of chickens allowed per 1000 sq. ft. would be something to consider. Christina Wollman, a city planner with Perteet, Inc., said it is common to limit the number of chickens per acre. Leavenworth. Wenatchee, Chelan and Entiat all limit the number of poultry per acre to 12 birds. Maureen Lewison said it would be great to allow more chickens. The Commission said they will look into this further. Lorenz concluded by saying, if people can raise chickens in New York City surely we can have them in rural Cashmere.



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Todd White was a heretic, there is no denying his past. Yet, he has encountered the true and living Gospel and as it stands now, seems to have changed.

Todd White cements more the reality that if God can save a heretic like Todd and bring him to repentance as well as save a wretched sinner like me, delivering me out of the slavery to sin, then God can

Regardless of your past and your sin, the salvation of Christ is freely offered. To those who repent of

their sin and believe, it is given to them eternal life and the forgiveness of sin. Furthermore, they are new creatures who are no longer condemned under the just wrath of God but a free people with a heart

changed by the Spirit, who boldly proclaim "Christ is Lord!"

I rejoice at the working of God in Todd White, but I wonder is God working in you, reader?

I pray He is.

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

Funeral Home

#### Are bailouts the new normal?

The amazingly strong stock market recovery coincided almost perfectly with the first major stimulus package Congress. from Although my clients benefitted greatly from the largesse of the government over the short term, I can't help but worry about the future.

In one way, this was the perfect time for massive bailouts government because no one was at fault for this crisis. Yes, you can blame China, or a poor response from our leaders, but the losers of this crisis (tourism, retail, restaurants, airlines...) were losers out of pure bad luck; it's not that they ran their businesses



**VOICES** By BRAD

**BLACKBURN** 

emergency fund? Shouldn't a profitable corporation be able to make it through a few lean months without needing taxpayers to bail them out? The more our government bails everyone out when a crisis hits, the more it's expected. So, instead of responsibly planning for emergencies, the government is the emergency fund. That's just

this was it.

hand,

not sustainable.

But there are no easy answers. If our businesses overprepare for disasters, they won't be as dynamic. A tank is very resilient, you'll reach your destination no matter what. However, a Porsche will get you there a lot faster - but with a lot more risk. So, do we want our businesses to be resilient like a tank, or high octane like a Porsche? Here's another way to look at it: If I gained 50 pounds, I'd be better prepared for a famine, but less dynamic

during the normal times. Imagine a sober-minded CEO stockpiling cash for an emergency fund over the last decade while every other CEO was showering their stockholders with money through dividends and stock buybacks. That CEO would have been fired long before this crisis made them look smart. Actually, even then they wouldn't look smart because everyone else got bailed out.

Right now, our economy is lean, mean and highly efficient, but also so fragile that we need bailouts every 10 years. Obviously, that's not an ideal situation. However, if we decide to make our economy into a tank, what if China decides to be a Porsche?

For now, the bailouts will continue, and that's probably for the best. I just hope we can find a better balance between dynamism and resilience in the future.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@ black burn financial.net.





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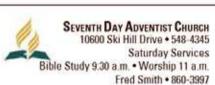
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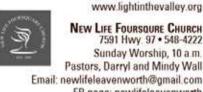
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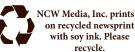
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#### **CHELAN COUNTY** SHERIFF, FIRE & EMS REPORTS

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.

#### July 31

06:55 Welfare check, Sunset Hwy. & Paton St. 11:14 Fraud/forgery, 300 Paton St., #A 11:25 Traffic offense, Nahahum Canyon Rd.,

MP<sub>2</sub> 17:09 Extra patrol, 221 Perry St. 20:01 **Burglary**, 3717

Bridge St., Monitor

#### August 1

06:01 Accident/no injuries, Ayers & Zager Roads, Monitor 10:35 **Theft**, 3627 Bridge St., Monitor 13:32 **Suspicious**, 400

Aplets Way 20:33 **Sex offense**, 5655 Sunset Hwy., #A 21:34 Civil, 5902 Sunset Hwy.

#### August 2

03:11 Civil, 4639 Sky Meadows Rd. 10:47 Civil, 5711 Sunset

18:18 Agency assist, 5045 Harnden Rd.

18:31 Welfare check, 6816 Dryden Ave., Dryden 19:46 Noise, 201

Riverside Dr. 21:19 Suspicious, 5135 Mission Creek Rd.

21:37 Traffic offense, 125 Riverfront Dr. 22:16 Domestic disturbance, 115 E.

Pleasant Ave., #18 23:10 Traffic offense, US Hwy. 2, MP 108, Dryden

#### August 3

Russell J. Speidel

01:21 Agency assist, 849 Mission Creek Rd. 03:02 Accident/no injuries, 7582 N. Dryden Rd., Dryden 10:12 Welfare check, 303 Angier Ave. 14:20 Noise, 201 Riverside Dr.

20:21 Accident/no injuries, 300 Sunset Hwy., Crunch Pak 20:32 Extra patrol, 201 Riverside Dr. 20:54 Assault, 600

Cotlets Way. 21:01 Domestic disturbance, 106 Titchenal Way

#### August 4

12:11 **Property**, 123 Mission Ave.

#### August 5

08:09 Animal problem, 929 Pioneer Ave. 09:12 **Disturbance**, 3368 Mission Creek Rd. 10:47 **Suspicious**, 115 E. Pleasant Ave., #17

13:37 Welfare check. 105 Birch St. 23:41 Agency assist, 3620 Eels Rd.

#### **August 6**

03:12 **Suspicious**, 7900 Stine Hill Rd., #6, Dryden

07:17 Vehicle prowler, 108 Fasken Dr. 11:59 **Suspicious**, 300 Woodring St

13:51 Hazard, Cotlets Way & Titchenal Way 14:03 Public assist, 4450 Old Monitor Rd.,

Monitor 17:25 Traffic offense, 201 Riverside Dr. 17:26 Public assist, 5477 US Hwy. 2 20:42 Hazard, Sunset

Hwy. & Mill Rd.

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#### Cashmere

#### North Central Regional Library Program

The Summer Library Program will run from now to Aug. 31. The free online programming To sign up and learn more, visit www. ncrl.org/slp and follow North Central Regional Library on Facebook. For more information: www. ncrl.org/slp or https://www. facebook.com/NorthCentral RegionalLibrary

#### Gathering Community News

Hello neighbors, we would like to get some good news out in the papers since we do not have sport, community gatherings or meeting right now because of the COVID-19 virus, but if you have good news, or pictures to share with the community please feel free to email it to reporter@ cashmerevalleyrecord. reporter@ com or

leavenworthecho.com Stay

**Free Water** 

Conveniently located

on Hwy 2 across

from the Big Y Cafe

in Dryden

Analysis/Estimates

**BUSINESS & SERVICE Directory** 

Add your business or service to this directory: 548-5286

DRILLING

Tumwater Drilling and Pump Inc.

"Water Treatment Systems Built

to Your Individual Problem"

Tumwater

Drilling & Pump,

548-5361

www.tumwaterdrilling.com • email info@tumwaterdrilling.com

SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, BALT SALES

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMO

well, Stay Strong, Stay informed.

#### P-D School Picnic Cancelled

Due to the Corona Virus this year's Peshastin-Dryden School picnic which would have been on August 15, 2020 will be Please pass cancelled. the word to your fellow classmates and friends. For questions, please call, Marilou Hughes, 509-630-

#### Leavenworth

#### Leavenworth Rotary Bike Raffle

Please help support the Leavenworth Rotary which helps support our local community needs. Drawing will be on Labor Day weekend for 2 Electric Bikes. Tickets are only \$10 and you can call any Rotarian or stop by The Leavenworth Echo office from 10 a.m.- 5 p.m. Call Rotarian Bill, 670-1837, or The Echo, 548-5286.

**■ COMMUNITY CALENDAR** 

#### 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

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.

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

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

Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).

#### Friday

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

# Saturday

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

#### Sunday

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, 782-2825.

#### Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m. American Legion Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.

Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)

Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.). 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.) Ministerial Association, 8 a.m., Epledalen lunchroom.

Call 782-7600. (2nd Tues. Cashmere Chamber of Commerce, Noon, everyone is invited to attend as a guest. Call Executive Director,

Gina, for meeting location, 782-7404. (3rd Tues.) Buns, Books and Tea, Peshastin Book Club, Peshastin

Library. Call Kathy, 509-433-1345. (3rd Tues.).

### Ongoing events

Cashmere Public Library: 782-3314 Call for other information if not listed.

Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m.

Thurs.,11 a.m.- 8 p.m., Sat., 9 a.m.-1 p.m. Sun., Closed. **Events:** 

Tues. & Wed., 10-10:30 a.m. Story time Pre-K & up Wed., Preschool Story time, 10-10:30 a.m.

Wed., Bilingual Story time, 4:30-5 p.m. (last Wed.of

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.

# LOCAL ROOTS, **WORLD-CLASS COVERAGE**

Health Alliance Northwest offers health plans designed for NCW employers with one to 50 employees. Our local partnerships make us better together.



To get started today, contact your insurance agent or call (877) 649-1314. HealthAlliance.org/wagroups





#### MINI STORAGE 5x10- \$60 Per Month 10x10- \$80 Per Month 509-439-0358



PEST CONTROL

STEVE'S PEST CONTROL

Over 35 years of experience!

8x14- \$90 Per Month Secure Timed Keylock System
 Mobile Platform Available •Burglar Alarm• Camera Surveillance 201 Cottage Ave., Cashmere

STORAGE

DOWNTOWN

CASHMERE

**EXCAVATION** 

## Complete Excavating Service



STUMP REMOVAL





10817 North Road, Leavenworth • (509) 548-8222 Kim & Rosalie Kozelisky icensed, Bonded, Insured · Cont. #UPPERVE200PI

## ■ 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.

Windermere Real Estate/NCW

Carmen Bagdon - 237-2060

Momi Palmieri - 433-2211

Geordie Romer - 679-8958

Allyson Romer - 630-9898

BUSINESSJOURNAL

RECORD MIRROR

# Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record **509-682-2213** - Lake Chelan Mirror • **509-689-2507** - Quad City Herald

#### **Administrative**

Publisher's notice

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimina tion based on race, color, religion sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only The advertiser will be responsi-ble for corrections made there-after. NCW Media Inc. shall not be responsible for slight changes or typographical er-rors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue No monetary refunds will be given. For more information call (509) 548-5286.



#### **Puzzle Solution**

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



### **Announcements**

Lost & Found

**LOST AND FOUND** can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words

Leavenworth/Cashmere 509-548-5286

Lake Chelan Mirror 509-682-2213

**Quad City Herald** 509-689-2507

Deadline is Noon

on Friday

HAVE A SPECIAL **EVENT COMING UP?** PLACE IT IN OUR **CLASSIFIEDS** IN THE PAPER

**Happy Ads** 

24/7 at www.NCWMarket.com

AND ONLINE

**HAPPY BIRTHDAY** 

CONGRATULATIONS!

**WILL YOU MARRY** ME?

HAPPY ANNIVERSARY

Only \$15 for 30 days includes 3 photos

Chelan-Brewster 682-2213 or \_eavenworth-Cashmere 548-5286

#### **Employment**

**Help Wanted** 

Full and Part-time Bedmaker, Laundry and Housekeeping

The Enzian Inn is hiring 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.

Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their mmediate family to enjoy in the winter months.

Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

City of Chelan **Employment** Opportunity

#### Utility Worker/ Sanitation **Truck Driver**

City of Chelan is accepting applications for the position of Utility Worker/ Sanitation Truck Driver. Monthly pay \$4,080 range: \$4,902. Application deadline: August 21, 2020 or until filled.

Go to www.cityofchelan.us for additional information and employment application.



#### **Employment**



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

Cascade High School Food Service Cashier Peshastin-Dryden Food Service Cashier

Fast Track application process and information can be found on our website at:

www.cascadesed.org **EOE** 

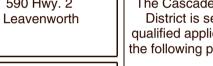
Full and Part-Time Breakfast Catering Staff

The Enzian Inn is searching for energetic service oriented individuals to join our Position provides

breakfast/ catering team. opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions.

Full and part time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person.

590 Hwy. 2



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

Alpine Lakes and Peshastin-Dryden Elementary School Counselor

Fast Track application process and information can be found on our website at:

www.cascadesed.org **EOE** 

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 549-548-7327

**Place** your Help Wanted and find the best qualified local employee

**ACROSS** 

1. Delivery org. 5. \*U.N. workers' grp.

11. Prune, previously 12. Congregation's echo

13. Lusitania's destrove 15. Samoan money

16. Enthusiastic review

17. Police informers 18. \*More than 40 hours 20. First Nation nation

23. Lads' girlfriends 26. Meal 29. Morsel

mythology 37. Quaker grain

38. Same as gnarls 39. Toothy wheel

43. Russia's plain

40. Capital of Canada

45. Zoroastrian archives

30. \*Labor Day, always 33. International Civil Aviation Org.

35. She turned to stone, Greek

42. Homer Simpson exclamation

47. Simon & Garfunkel member

21. Not these 22. Paper or plastic?

8. Pressure unit



at ncwmarket.com

Email: classifieds@ leavenworthecho.com · Call 548-5286

**DOWN** 

# Windermere

#### Leavenworth/Lake Wenatchee Specialists Looking for real estate

in the Upper Valley? Give us a call today!

See all available properties at windermereleavenworth.com

**Employment Find the Best** Qualified **Local Employee** in our

Place your ad online 24/7 at

Classifieds Ads.

www.NCWMarket.com It is easy, just register 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

Your ad will appear online and in the newspapers for one low price!



District is seeking qualified applicants for the following positions:

Custodians **Teachers** Para Educators Food Service Cashiers **Bus Drivers** 

process and information can be found on our website at: www.cascadesed.org

The Cascade School

Substitute:

Fast Track application EOE

City of Leavenworth **Employment Opportunity** 

**Employment** 

#### **WATER** PLANT/WASTEWATER TREATMENT PLANT **UTILITY WORKER**

The City of Leavenworth, equal opportunity employer, is now accepting applications for Water **Plant** Wastewater Treatment Plant Utility Worker. The position is year- round. Compensation package includes medical, dental PERS. benefits, and Probationary pay starts at \$3,702/month increasing to \$4,497/month after one year and successful completion of 6-month probationary period. The individual must be able to work weekends, holidays, and required overtime.

**Duties include:** 

performing day to day operations for the water plant, performing regular and recurring operations and maintenance for the operation of the City's Waste Treatment Plant, assist in the implementation of the Fats/Oils and Grease (FOG) control program, and assisting with cross connection field work and inspections. The tentative schedule would be four 10-hour days, Thursday thru Sunday. Individual must be available for on-call work when needed as a operator. Individual must be able to obtain and maintain a Department of Health Water Treatment Plant Operator Level 1 license and a Class I State Certificate or higher as a Waste Treatment Operator within months of assignment to this position.

The minimum requirements for this position include a H.S. Diploma, Class B CDL, and minimum 2 years' experience of similar work. This union covered position is conditioned on passing

a pre-employment drug / alcohol screening and physical. Job application and full

description available at City Hall, 700 US Hwy. 2, from 9:00 AM to 5:00 PM, via our website www.citvofleavenworth.com or by contacting us at (509) 548-5275.

Application deadline is 5:00 P.M. on August 14,

#### 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.

Also see photos on NCWMarket.com





and closets overflowing with stuff? Get rid of the clutter by advertising your items in the Classifieds.

 Place your ad 24/7 at ncwmarket.com Email: classifieds@leavenworthecho.com Call 548-5286

#### THEME: LABOR DAY CROSSWORD PUZZLE

- CROSSWORD
- OMAHA STEAKS + 4 MORE BURGERS FREE

ORDER NOW! 1.833.406.1259 asi

- GET THE GRILLER'S BUNDLE INTRODUCTORY PRICE: \$7999 4 (5 oz.) Butcher's Cut Filet Migr 4 (4 oz.) Boneless Pork Chops
- 4 (4 oz.) Omaha Steaks Burgers 4 (3 oz.) Gourmet Jumbo Franks 4 (2.8 oz.) Potatoes au Gratin 4 (4 oz.) Caramel Apple Tartlets
- naha Steaks Seasoning Packet

- 62. Cupid's action 63. Type of evidence
- 48. Sheik's bevy 50. Goes with sushi 52. \*Part of labor force 56. Jewish folklore creature 57. European sea eagle 58. Millimeter of mercury 59. Impolite dinner sound 60. "Dark" movie 61. Armor chest plate
- no good' Bohemian, e.g. I" and hurts 4 "That 5. Mosque officials 6. Don McLean: "Drove my chevy to 7. Comes before first Mississippi 8. Minute opening "For Pete's 10. Belonging to it
  12. Not aria nor recitative
- 14. \*Union responsibility 19. \*Labor Day is this puzzle's 22. BeyoncÈ, a.k.a. Queen \_\_\_\_ 23. \*Like Labor Day weekend 24. Ovine sign of the zodiac 25. Type of weasel 26. "Pro" follower

13. Open a beer bottle

27. Oodles 28. Fortune-teller's card 31. Sol, or la, or ti Digital audiotape, acr. 34. \*Health and safety org. 36. \*Strike

38. Courtroom silencer

- 40. Choose 41. One who bends out of shape 44. Groom one's feathers 46. Used an emoji, technically 48. Long-necked wader
- 49. Embryo sacs 50. One-pilot flight, pl. 51. Reunion attended 53. Jellystone Park denizen 54. Joanie of "Happy Days"
- 55. At a previous time, archaic 56. Geological Society of America 57. \*Unofficial \_\_\_\_ of summer

#### Garage & Yard Sale



**CLEAR SOME SPACE** WITH A Fill your pockets with CASH \$\$ AD Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213

> Leavenworth Cashmere Call 548-5286

Your ad will appear online and in the newspapers for one low price.

#### Real Estate

**Orchards & Farms** 



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

#### Rentals

**Leavenworth Home** for Rent Bedroom, 2 Bath. with great area mountain view. \$2000 per month. Call Mike, 509-699-3063

#### **Wanted to Rent**

Retired man is looking for a small apartment or very small house, in the Leavenworth or nearby area. I have references. Call 509-663-0754.

#### Legals

**Public Notices** 

CITY OF LEAVENWORTH PLANNING COMMISSION **NOTICE OF SPECIAL PLANNING COMMISSION MEETINGS** 

NOTICE IS HEREBY GIVEN Blue Bird, Inc. that the Leavenworth Planning PO Box 378 Commission will hold special Peshastin, WA 98847 meetings on the not limited to, the Housing Code, and the Federal Water Action Plan, Transportation Pollution Control Act as Element Update and Shoreline amended.

Master Program update. For This modification of coverage is more information contact for the discharge of pear er@cityofleavenworth.com.

#### **Public Notices**

12, 2020. #671

Chelan County Mosquito

Control Dist. #3 Will hold their Annual Meeting, August 17, 2020. The meeting will be held at 14233 Idlewild Rd., Leavenworth, WA, 98826 Published in The Leavenworth Echo/ Cashmere Valley Record on July 29, August 5, and 12, 2020. #550

#### **Public Notices**

and the contract between have been evaluated. Waste Management and the PUBLIC COMMENT City of Cashmere, Waste INFORMATION Management hereby provides Any person desiring to present notice to the public of rate their view to the Department of changes for solid waste and Ecology regarding this permit recycling collection pursuant to application may do so in writing the Solid Waste Collection within thirty days of the last Service agreement between date of publication of this Waste Management and the notice. Comments shall be City of Cashmere. The Rate submitted to the Department of October 1, 2020. information concerning the modification may notify Ecology 2020 Rate Adjustment can be of their interest within thirty obtained by calling Waste days of the last date of Management at:

(877)466-4668 or dex.html

August 5 and 12, 2020. #274







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.

#### **Public Notices**

NOTICE: Announcement of **Modification of Coverage Under a General Permit to** Discharge

to State Waters PERMIT NO: WAG435087 PERMITTEE:

third Blue Bird, Inc. has filed a Wednesday of each month start- change in operations for ing August 19, 2020 through modification of coverage under June 16, 2021 via ZOOM and in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington, with limited attendance for social visit of coverage under the Fresh Fruit Packing Industry National Pollutant Discharge Elimination System Waste Discharge General Permit (the dance for social distancing and general permit), in accordance requiring masks. Additional with the provisions of Chapter meetings have been determined 90.48 Revised Code of necessary to complete several planning projects, including but not limited to the control of the control

Development Services within hydrocooler wastewater with City Hall at 700 Hwy 2, chlorine-based fungicides from Leavenworth, WA 98826; phone Blue Bird, Inc. – Saunders Rd 509-548-5275; email dsmanager er@citvofleavenworth.com located at 9425 Saunders Rd, Peshastin, Washington. The Published in The Leavenworth Echo/ discharge will be approximately Cashmere Valley Record on August 3000 gallons per day every 2 to 3 days to percolation pond. All discharges to be in compliance with the Department of Ecology's Water Quality Standards.

#### **DETERMINATIONS**

**TENTATIVE** 

Ecology proposes to issue this modification of coverage under the general permit to the above listed applicant to discharge to public water, subject to certain effluent limitations and special permit conditions. determinations are tentative. A final determination will not be made until all comments Pursuant to RCW 35.21.157 received pursuant to this notice

Adjustment will be effective Ecology. Any person interested More in Ecology's action on this publication of this notice. Comments should be sent to www.wmnorthwest.com/cashmere/in Washington State Department of Ecology, Central Regional Published in the Cashmere Valley Office, 1250 West Alder Street, Record/ The Leavenworth Echo on Union Gap, WA 98903, Attn: Cynthia Huwe, 509/457-7105. E-mail comments should be sent to Cynthia Huwe at

> the comments received indicate significant interest in the applicability of if useful coverage, or information could be produced, thereby, the director may hold a public hearing. Ecology shall only consider issues regarding the general permit's applicability non-applicability to the discharger when considering the need to hold a public hearing.

cynthia.huwe@ecy.wa.gov

The change in operations form and related documents are available for inspection and copying between the hours of a.m. and 4:30 p.m. weekdays at the Central Regional Office. For more information or special accommodation needs contact: Cindy Huwe 509/457-7105 or TTY (for the speech and hearing impaired) at 1-800 833-6388.

Published in The Leavenworth Echo/Cashmere Valley Record and on the Web, August 5 and 12, 2020.



**Upgrading** we can help you sell your old one

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

classifieds@ leavenworthecho.com

• Call 548-5286

# Election 2020

Governor							
Candidate	Chelan County		Statewide				
Jay Inslee - D	9,393	33.6%	1,074,988	50.33%			
Loren Culp - R	8,741	31.3%	370,596	17.35%			
Joshua Freed - R	4,273	15.3%	186,643	8.74%			
Raul Garcia - R	1,551	5.5%	112,822	5.28%			
Tim Eyman - R	1,526	5.5%	141,241	6.61%			
Phil Fortunato - R	735	2.6%	86,562	4.05%			
Leon Aaron Lawson	320	1.1%	20,833	0.98%			
Don L. Rivers - D	207	0.7%	21,606	1.01%			
Liz Hallock	135	0.5%	17,207	0.81%			
Anton Sakharov	135	0.5%	12,382	0.58%			
Gene Hart - D Cairo D'Almeida - D	108 93	0.4%	9,358 11,886	0.44%			
Elaina J. Gonzalez - I	85	0.3%	4,028	0.36%			
Nate Herzog	69	0.2%	9,294	0.44%			
Omari Tahir Garrett - D	65	0.2%	7,291	0.34%			
Richard L. Carpenter - R	56	0.2%	4,395	0.21%			
Thor Amundson I	55	0.2%	3,134	0.15%			
Goodspaceguy	50	0.2%	4,970	0.23%			
Matthew Murray - R	41	0.1%	4,004	0.19%			
Ryan Ryals	39	0.1%	5,086	0.24%			
Cregan M. Newhouse - N	34	0.1%	1,917	0.09%			
Martin L. 'Iceman' Wheeler - R	31	0.1%	2,350	0.11%			
Brian R. Weed - N	31	0.1%	1,883	0.09%			
Joshua Wolf	26	0.1%	1,896	0.09%			
Bill Hirt - R	25	0.1%	2,597	0.12%			
Ian Gonzales - R	24	0.1%	2,160	0.10%			
Tylor Grow - R	22	0.1%	1,350	0.11%			
Craig Campbell - N	21	0.1%	1,047	0.05%			
Henry Clay Dennison	19	0.1%	4,811	0.23%			
Alex Tsimerman	16	0.1%	1,495	0.07%			
Dylan B. Nails - I	13	0.0%	1,245	0.06%			
William (Bill) Miller	9	0.0%	1,014	0.05%			
Cameron M. Vessey	7	0.0%	633	0.03%			
Winston Wilkes - P	4	0.0%	609	0.03%			
David W. Blomstrom	3	0.0%	455	0.02%			
David Voltz	1	0.0%	407	0.02%			
Total	27,963		2,134,195				
Democrat Candidates	9,931	35.5%	1,132,420	53.1%			
Republican Candidates	17,044	61.0%	917,374	43.0%			
Other Candidates	988	3.5%	84,401	4.0%			
Total	27,963		2,134,195				
Lt. Governor							
Marty McClendon - R	6,092	21.8%	230,874	11.25			
Denny Heck - D	5,305	19.0%	526,965	25.68%			
Ann Davison Sattler - R	3,433	12.3%	246,071	11.99%			
Joseph Brumbles - R	2,472	8.8%	150,894	7.35%			
Richard (Dick) Muri - R	2,356	8.4%	212,290	10.35%			
Marko Liias - D	2,179	7.8%	368,058	17.94%			
Michelle Jasmer - D	1,683	6.0%	180,142	8.78%			
Bill Penor - R	753	2.7%	42,735	2.08%			
James R. Rafferty - D	549	2.0%	49,878	2.43%			
Matt Seymour - L	311	1.1%	22,396	1.09%			
Jared Frerichs - L	299	1.1%	17,031	0.83%			
Total	25,432		2,047,334				
Democrat Candidates	9,716	34.7%	1,125,043	54.95%			
Republican Candidates	15,106	54.0%	882,864	43.12%			
Other Candidates	610	2.2%	39,427	1.93%			

#### **U.S.** Representative

Candidate	Chelan County		Statewide		
Kim Schrier - D	9,968	37.4%	92,896	42.67%	
Jesse Jensen - R	6,045	22.7%	43,460	19.98%	
Keith R. Swank -R	5,265	19.7%	38,556	17.72%	
Dave Saulibio - R	3,891	14.6%	26,482	12.17%	
Corey Bailey - I	530	2.0%	5,738	2.64%	
James Mitchell - D	529	2.0%	5,465	2.51%	
Keith Arnold - D	278	1.0%	3,542	1.63%	
Ryan Dean Burkett - N	172	0.6%	1,262	0.58%	
Total	26,678		217,401		
Democrat Candidates	10,775	40.4%	101,903	46.9%	
Republican Candidates	15,201	57.0%	108,498	49.9%	
Other Candidates	702	2.6%	7,000	3.2%	

# **Mastering motion sickness**

band's cousin and his wife invited us to join them on a 1-day cruise in Alaska, viewing Aialik Glacier, the largest tidewater glacier in Kenai Fjords National Park. Lunch was on board the ship and a lovely salmon and crab dinner at Fox Island awaited us on the way back.

We arrived at 9 am at the boat terminal through pouring rain, wind gusts that nearly knocked us over, and a temperature of 49 degrees Fahrenheit. The captain cancelled the cruise due to the weather, thank heavens. I wouldn't have enjoyed being tossed about on the boat, because I get motion sick.

Some people find acupressure helps their motion sickness. Wearing an elastic band around your wrist activates a particular pressure point, easing the nausea and discomfort. To give this medication-free approach a try, look for Sea Bands®.

Ginger can be an effective motion sickness remedy when you take 500mg to 1000mg of powdered root every 4-6 hours. Fresh ginger root, capsules of ground ginger, or small chunks of sweetened, crystallized ginger also work. My favorite form is crystalized ginger, which weighs twice as much as powdered ginger.

Weighing pieces of crystallized ginger with my little apothecary scale left over from pharmacy school, I have found the best results with chunks about the size of a full-strength aspirin tablet. Ginger ale, ginger tea, and gum don't have enough ginger to provide me reliable relief.

Dramamine® for motion sickness is a popular non-prescription remedy but watch out: it has two different formulations, the original one and a "less drowsy formula.

The original version of Dramamine® contains dimenhydrinate, a close cousin of diphenhydramine or Benadryl®. Both dimenhydrinate and diphenhydramine can prevent motion sickness. Unfortunately, they



also make you drowsy and need to be taken frequently

The last time I took Dramamine® was on a flight home from Orlando to Seattle. After crossing 3 time zones going westbound. I lost track of time. and it wore off right when I needed it most.

Meclizine is my reliable motion sickness remedy. You can buy it 3 ways: Bonine®. Dramamine® Less Drowsy Formula, and generic meclizine tablets. I recommend the 25mg chewable tablets of meclizine unless your doctor advises you to take the 12.5mg tablets instead.

I never leave home without my chewable meclizine for motion sickness. It's inexpensive, is available as chewable flavored tablets, and rarely causes drowsiness. Best of all, one dose lasts 24 hours!

For more relief, try adding ginger or acupressure to meclizine. Avoid combining dimenhydrinate (the original Dramamine®) with either meclizine or Benadryl® (diphenhydramine) because together, they can cause drowsiness, dry mouth, and constipation.

If meclizine or dimenhydrinate plus ginger and Sea-Bands® doesn't help vou, ask vour doctor about a prescription for scopolamine patches. Scopolamine is a patch (Trans-

derm Scop®) you wear behind your ear, each lasting for 2-3 days. Scopolamine patches are more potent at relieving motion sickness than non-prescription medicines, but they also cause more side effects.

Scopolamine can cause fatigue, blurred vision, dry mouth, constipation, and urinary retention. Talk to your medical provider about whether scopolamine would be a safe choice for you, especially if you have Here are 5 Tips on Mastering

1. Face forward. If possible, sit facing forward

on cars, trains, boats, and roller coasters. 2. Keep cool.

**Motion Sickness:** 

Sit where you can get fresh air or a cool breeze. I find that getting too warm always makes my motion sickness worse, so I wear layers to avoid getting overheated.

3. Be prepared.

Motion sickness medicine takes a while to work and is best taken as a preventative. You should take or apply motionsickness remedies at least 30 minutes before experiencing the motion of a boat, car, or plane. If you take a short-acting nausea medicine like ginger or dimenhydrinate (Dramamine®), always bring another dose with you. If your outing is delayed, you can re-dose before the first one wears off. (Trust me!)

4. Choose meclizine. When picking out motion-

sickness medicine, watch out! There are two formulas of the motion sickness medicine Dramamine®, always placed side by side on the shelf. I strongly recommend getting meclizine, sold as a generic version of Bonine® or the Dramamine® Less Drowsy Formula. Meclizine is just as effective but costs less than brand name versions.

5. Meclizine works for dogs.

If your dog gets carsick, meclizine can help. For most dogs, the dose is 25mg once daily; if your dog is small or already takes medication, please check with your veterinarian first.

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







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