



PHOTOS SUBMITTED BY THE CASHMERE CHAMBER

Cashmere Royalty continues to serve community

Founders' Day weekend, and every other weekend, is looking really different for the 2020 Cashmere Royalty. So far this year the only event Princess Riley Yonaka and Princess Shaelynn Fitzpatrick have experienced was the Selection Pageant back in February where they were both crowned as princesses. At the time they thought they would be attending 10-12 parades throughout Washington and in Canada. Unfortunately, Covid-19 struck our state and the girls were grounded. Every parade they were scheduled to attend through August has been cancelled, along with every dinner event. However, these two young ladies have been doing all they can to make the best of a tough situation. Shaelynn and Riley have done several community service projects since March. June is shaping up to be a service-filled month leading up to what would have been Founders'

Days weekend. Their reward for all this service? A small parade of cars, with them leading the way, and a fire truck escort on June 27, beginning at 7 p.m. The parade will wind its way through Cashmere, so be sure to keep an eye out for a route map in the near future, and maybe you can watch from your yard! So far in the month of June Princess Shaelynn and Princess Riley have hung up encouraging posters they made throughout downtown Cashmere, and they have cleaned up garbage out of Riverside Park! Coming up, watch for the girls to be out decorating the Cashmere Care Center Nursing Home yard. Also, the Cashmere Royalty and Float Association held a Drive-Through Food Drive on June 22! The food drive collection was run in the Cashmere School District Office parking lot.

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Chelan PUD Proposes Plans For Improved Reliable Service

PUD Seeks to Go from Good to Great

SUBMITTED BY NEIL NEROUTSOS

WENATCHEE – Chelan County PUD commissioners heard proposals from staff to bring the utility solidly to the top quartile of reliable electrical service, in line with other high-performing U.S. public power providers. If approved in future budgets, the utility would make annual investments of an additional \$2 million throughout its electrical system for a total of \$4.3 million each year. Through these investments, PUD staff aim to reduce overall outages by an average of 36 minutes annually per customer, a reduction of 73 percent systemwide. The PUD is targeting meeting this goal by 2025. By some measures, the PUD already is meeting top quartile performance. The utility seeks to remove any doubts. "In setting this goal, we looked at reliability metrics at some

of the top performing electric utilities in the country, based on data from the American Public Power Association," said Chad Rissman, director of district asset management. Additional investments would be made in the areas of trimming vegetation around utility lines and replacing underground electrical cable. These investment areas deliver the most "bang for the buck" according to Rissman. The utility also plans to continue its commitment to improvements that reduce instances of animal-related outages and upgrade equipment such as fuses, transformers, insulators and other devices. When looking at the largest causes of outages over the past five years, the PUD notes that 65 percent fell into the four areas where its proposing to make additional improvements or maintain its level of reliability work. "If there's a great place where we can put extra effort and provide benefits to the people of Chelan County, this is it," said

PUD Commissioner Randy Smith. (01:55) The PUD will revisit the proposed reliability investments during its budget process later this year. In other business, the commission: • Heard an update on PUD low-income program planning based on prior program evaluation and needs assessment. The program aims to reduce the number of high-energy burden customers – those that spend more than 6% of their annual income on their energy bill – as part of the state's Clean Energy Transformation Act. • Approved further consideration of four "early action" recreational and environmental enhancement projects in connection with the upcoming federal relicensing of the Rock Island Dam, including planning and studies of a Malaga riverfront access site, recreational enhancements at the Rock Island ponds, trail and bird viewing improvements in the Horan Natural Area and safety upgrades

on the Apple Capital Loop Trail with emphasis between the Pybus Public Market and Walla Walla Point Park. The Commission agreed to spend up to \$127,500 to support these projects, with some proponents also providing matching funds to assist with this effort. Project proponents will need to express support for a 50-year license extension for the projects to proceed. • Approved replacement of five moorage docks, including new gangways and piling work, at Beebe Bridge, Chelan Falls and Entiat parks. • Heard updates about the status of more than a dozen safety measures that have been completed or are underway at PUD hydropower facilities and other worksites. • Received an update on the utility's draft Integrated Resource Plan (IRP), which, among other things, forecasts energy demand, assesses renewable and nonrenewable energy resources and outlines how the PUD will meet state

clean energy laws. Chelan PUD needs to submit its 2020 IRP to the state Department of Commerce by Sept. 1, 2020. The PUD is likely already in compliance with 2030 requirements of Washington's new Clean Energy Transformation Act.

Upcoming events:

- July 3 – Offices closed for July 4 holiday
- July 6 – Commission meeting, 10 a.m., boardroom
- July 20 – Commission meeting, 10 a.m., boardroom
- ***
- The next regular PUD commission meeting is at 10 a.m. on Monday, July 6, in the boardroom at 327 N. Wenatchee Ave. Chelan PUD records most commission meetings, and a link to the audio is available on the PUD's home page at www.chelanpud.org. Find us at [Facebook.com/ChelanPUD](https://www.facebook.com/ChelanPUD) and follow us on Twitter @ChelanPUD.

THE WASHINGTON OUTDOORS REPORT

Outdoors Round-Up!

By JOHN KRUSE

Too Many Hikers – Robin DeMario with the Okanogan-Wenatchee National Forest sounded the alarm recently about crowded conditions on 8-Mile Road south of Leavenworth. This road leads to two popular trailheads for 8-Mile Lake and to Stuart and Colchuck Lakes. The latter trailhead is a favored pathway into the Enchantments. Earlier this month video was released showing vehicles parked on both sides of the road for much of its length because the trailhead parking lots were full. It got to the point emergency vehicles could not get through to the trailheads. Parking is not allowed along the roadway and the Forest Service is issuing tickets to the owners of vehicles that do so. Visitors are also reminded not to park in designated spots for overnight camping permit holders. Officials with the U.S. Forest Service say visitor use in this area has increased dramatically over the last decade and both the trailheads and adjacent parking areas are "well beyond their capacity" putting a strain on the limited parking and toilet facilities available.

Camping Equipment For Rent - Washington State Parks is partnering with Arrive Outdoors to provide rental equipment for your next camping trip. For a low daily rate, you can rent everything you need for a weekend getaway (tent, sleeping bag, sleeping pad, stove, cooler, camp chairs) for one, two or four people. There are plenty of related accessories available for rent too. Sarah Yearout with Washington State Parks says this program is perfect for those who live in cramped spaces and don't have the room to store camping gear. It's also a great way to introduce individuals to camping for the first time for a low price. <http://arriveoutdoors.com>

Fishing Reports

Fish Lake – Chelan County – Nadine West at the Cove Resort says the fishing has been very good when the wind isn't blowing too hard. Anglers have been catching a lot of perch right off the dock over the last couple of weeks. However, the perch are starting to move into deeper water so fishing from a boat might be a better way to target them in the weeks ahead. Trout fishing has also been good. West says the average trout are

fat and measure 12 to 14-inches long. In addition to this, large triploid trout were planted in Fish Lake and a five-plus pounder was recently caught by a lucky angler. **Little Pend Oreille Lakes** – Stevens County - The staff at the Beaver Lodge Resort say crappie are being caught in good numbers out of Gillette Lake. The hot bait has been marshmallows and worms. A few folks are also catching trout there too. **Downs Lake – Lincoln County** – I paddled around this lily pad rich lake in a kayak last week. The scenery was beautiful and the weather was nice but the fishing was slow with only one pan-sized rainbow trout to show for my efforts. That doesn't mean the fish aren't here though. Downs Lake typically fishes well in the summer for trout, perch and largemouth bass and is worth a visit. Lake access (for a small fee) is available through Downs Lake Resort. **Potholes Reservoir** – Grant County - Pete Fisher at MarDon Resort reports walleye fishing is good. They are shallow and in the weeds in 2 to 15 feet of water so you'll want to fish tight along the weed lines to get strikes. The bass bite is also good with 2 to 4-pound fish being taken in the usual hot

spots. Crappie and bluegill are being caught off the MarDon Resort dock and also back in the sand dunes area of the reservoir. As for the rainbow trout, anglers have been reeling those in near the State Park and some of them are pretty big (2 to 5 pounds) Finally, if you are a competitive bass angler the Limit Out Marine

Shoot Out (bass tournament) is taking place on Potholes Reservoir and MarDon Resort on July 11th and 12th. Details are available at <http://bigbasstrail.com>

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



PHOTO BY JOHN KRUSE.

Lily pads and basalt cliffs define the views at Downs Lake



Thank you to all the Founding Families in the Cashmere Valley

We still want to say "Thank you" and Honor your efforts to make this valley and town the wonderful place it has become. We will miss the parade and events this year. But we will still celebrate YOU!



THIS WEEK

Founders' Days.....	2-3	AA Meeting Schedule.....	4	Classifieds Index	
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Founders’ Day Families

SUBMITTED BY JOANNE PRUSA

As a relative newcomer to Cashmere, getting to meet family members of Founders and hearing stories of the hardships and unique experiences has put ‘skin on the bones’ and personality to the names of those who came to live here and establish this community.

Smith
Archibald Smith was born in England, and at age 17 crossed the ocean to Canada to escape a future of working in the mines. In 3 years, he crossed the continent and discovered the Wenatchee Valley where he found both work and a place to call home. He helped engineer and dig the Peshastin Ditch and became its first ‘ditch walker’. He bought 83 acres and planted an orchard. The red headed Louisa Hamilton from Cashmere caught his eye and his heart. They married in 1905 and had 4 children. Their original cabin can be seen in the Cashmere Museum Village. Eventually, Louisa wanted a little more room for their growing family, so Archie built a beautiful 2 story Victorian home with a wrap around porch... and 4 more children were born. Archie invested in a warehouse and cold storage building for his crops. His grandchildren remember Archie sitting under a tree hand building fruit boxes. They also remember riding in those boxes along the conveyer belt in the packing house. Archie was active in his community serving as County Commissioner and school board member. His statement that “flowery talk is pleasing to the ear,

but deeds are more worthy than words” reflect a man of action.

Boswell/Kinney
The Boswell Family moved from Missouri to Idaho. The Kinney Family moved from Kansas to Idaho. Oscar Boswell met and married Jessie Kinney, and they moved with other family members to Old Mission (Cashmere) where Jessie taught school and Oscar was an orchardist. Later they opened a Market selling groceries and dry goods which later became a furniture store. The current Boswell Furniture store is a former Monitor school, but not the one where Jessie taught. Claudia Wiggins, from the Boswell family and current co-owner of Boswell’s Furniture, is a retired teacher and now paints scenes of our amazing valley. Her work was featured as an Apple Blossom poster in 2014.

Bates/Burgess/Schultz
Martha Bates came to our valley in 1885 with her father and brother. About the same time, Fred Burgess traveled from Iowa to work in the Washington Territory timber business. They met and in 1901 married in Old Mission (Cashmere) and had 3 children. Fred started an orchard. These last 4 words



Smith Family

are a short and easy way to describe a long and arduous project. Fred liked to tinker and was mechanically inclined. In 1915 bought one of the first cars sold in the Valley. Curiosity got the best of him, and after driving the car from the dealer to his home, he proceeded to take it apart to see how it worked. He laid all the parts in the yard of their Cashmere home. Martha was not happy. To his credit, he put the car back together and it ran just fine. Their grandson, Jim Schultz described Fred as a quiet man who enjoyed hunting and fishing. Martha was tiny and feisty. She had 2 ways of doing things – her way and the wrong way.

Simpson
In 1906, William and Inez Simpson moved by train from Kansas to Cashmere to join family already settled here. They were amazed at the unlimited opportunities offered in the area. They had 6 children, one of whom was Gladys who married Edward Tejerian. One of the Tejerian daughters,

Suzanne MacPherson, taught in the Cashmere schools and served as Cashmere’s mayor. Berm Simpson packed peaches, worked in a sawmill, and then in Big D’s Department Store. Berm saved his money and bought a truck that he used to start a ‘transfer’ business. He would pick up merchandise at the train depot and make deliveries to businesses. He partnered with this uncle to operate a butcher shop and grocery store called Simpson Grocery that eventually closed in 1970. The Simpsons worked hard and gave back to their community. You will find their name on a local park, the high school Wall of Fame, in service clubs, politics and education. Their legacy was to grow Cashmere into a better community.

LaVigne
Joseph and Rose LaVigne moved to Cusick, Washington and had their first son, Leon, in 1898 in Stevens County. Leon received his law degree at UW and moved to Cashmere at the invitation of a friend. He became Cashmere’s first city attorney. He set an example for his sons Duane and LeRoy. By serving as commander of the American Legion, school board member and volunteer firefighter. After graduating from Cashmere H.S. and the UW school of law, LeRoy joined the Air Force during WWII. He eventually returned to Cashmere to work in real estate. Duane was part of the first Cashmere graduating class to put the CHS on the hillside overlooking town. He attended Washington State College in Pullman and opened an insurance agency. Both LeRoy and Duane served a volunteer firefighters and community activists. LaVigne is a French word for vineyard. The LaVigne family has established deep roots and extended branches providing fruits of strength and commitment throughout the Cashmere community for over 80 years.

Founders’ Days information

SUBMITTED BY JOANN PRUSA

Founders’ Days is an event of the Cashmere Chamber of Commerce, supported by local businesses, organizations and dedicated volunteers. Held Last Full Weekend of June within recent year’s activities held on Friday and Saturday throughout town.

Founders’ Days began in 1979. A group of dedicated business owners and community members celebrated Cashmere’s 75th year, with a Diamond Jubilee. From that celebration evolved what is now known as Founders’ Days! With community support, we have grown from a small parade to a two day festival of fun for all ages. The Cashmere

Chamber and Cashmere Pioneer Village & Museum have honored different founders of the Cashmere Valley throughout the years including Native Americans, homesteaders, business owners, growers, and civic leaders.

Founding Families 1981- 2019

Activities have historically included free a BBQ, face painting, sidewalk chalk art contest, museum & pioneer village open house, car show, street and vendor fair, clown show, music, helicopter rides, kid’s crafts/activities, ping pong ball drop, grand parade, and firework show.

Most of these activities have been cancelled for 2020 as a result of the Covid virus.

FOUNDING FAMILIES

1981	A.B. and Samantha Brender
1982	Philip and Lena Miller
1983	George and Ida Richardson
1984	Deak and Lucy Brown
1985	James and Elizabeth Weythman
1986	George and Margaret Blair
1987	George Brisky
1988	Squire and Algenora Stewart
1989	Edwin and Lois Cooke
1990	James Bates
1991	Frank and David Freer
1992	A.P. ‘Ryegrass’ Johnson
1993	O.C. and Lucretia McManus
1994	David and Emma Treadwell
1995	Lewellyn Auvil
1996	Celia Ann Dick
1997	A.C. Jones (1st mayor of Cashmere)
1998	Roy and Elsie Turner
1999	Tertsagtan and Balaban Families
2000	The Greatest Generation
2001	Schmittan Family
2002	Wilson Family (Wilson Tools)
2003	Willis Carey Family
2004	Cashmere Museum Founders
2005	Paton Family
2006	Schell Family
2007	John and Frances Grentz
2008	Captain Paul Stoffel
2009	H.H. and Hy Rieke Family
2010	Archie and Louisa Smith
2011	LaVigne Family
2012	Roland, Berm and Jay Simpson Families
2013	Fred and Martha Burgess
2014	Oscar and Jessie Kinney Boswell
2015	Switch to ‘Celebrate Cashmere’
2016-18	No Founding Families
2019	Brender Family (Leavenworth Branch)
2020	No Family – Founders’ Day cancelled

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BLUE STAR

THE RICHARDSON FAMILY, C. 1900. PHOTO CREDIT: STOCK BROTHERS NURSERY, COURTESY OF CASHMERE MUSEUM, CASHMERE, WA

SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth

Currently the Leavenworth Senior Center is closed due to the COVID 19 Virus. The meals on this menu will still be available at the Leavenworth Senior Center, for take-out and home delivery meals. For meal pick up and information call the Kitchen Staff at the Senior Center between 9 a.m. and 1 p.m. weekdays at (509)548-6666 or email Leavenworthseniors@gmail.com.

June 25, Thursday: Chuckwagon steak sandwich, sweet potato fries, tossed veggie salad, fruited Jell-O.

June 26, Friday: Lemon pepper fish, roasted red potatoes, trio vegetables, coleslaw, chilled peaches, garlic bread, dessert.

Saturday and Sunday: No lunch.

June 29, Monday: French dip, vegetable tray, garden salad, peaches, dessert.

June 30, Tuesday: Chef's salad, fresh fruit tray, whole wheat roll, dessert.

July 1, Wednesday: Chicken Fettuccine, steamed broccoli, spring salad, fresh fruit garlic bread, dessert.

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 celebraterecovery1cn@gmail.com for more information.

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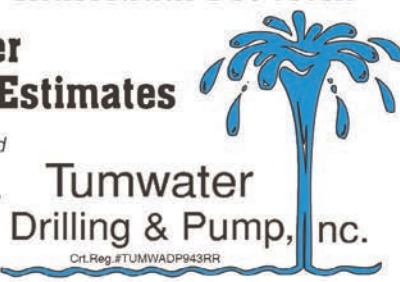
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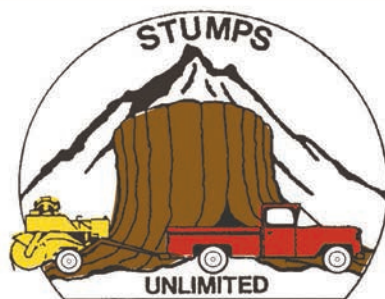
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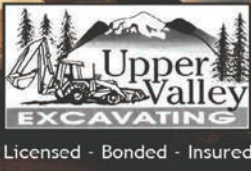
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CASHMERE

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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
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Director of Operations, Pastor Ian Ross
High School Director, Steffanie Haney



GRACE LUTHERAN CHURCH

Holy Eucharist or Morning Prayer, 9 a.m., unless notified otherwise • Rev. Rob Gohl, 509-860-0736 • Summer church at the Mission Creek Community Center (No service, if it rains) Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries



ST. JAMES EPISCOPAL CHURCH

Holy Eucharist or Morning Prayer, 9 a.m., unless notified otherwise
Rev. Rob Gohl, 509-860-0736
Summer church at the Mission Creek Community Center • (No service, if it rains)
Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries

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

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Sunday School 9:30 a.m. • Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH

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Sunday Worship 9:00 a.m.
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Youth Pastor, Kent Wright
www.LCN.org



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Fred Smith • 860-3997

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Sunday Worship 10 a.m.
Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR



MONITOR UNITED METHODIST CHURCH

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

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Sunday Worship 10 a.m.
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www.newlifeleavenworth.com



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Reporter

reporter@cashmerevalleyrecord.com

509-782-3781

Reporter

509-548-5286

Front Office
Classified / Legal Notices
classifieds@leavenworthecho.com
NCWMarket.com

Circulation

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1-509-293-6780

Subscriptions

In Chelan County (yearly) - \$40
In State (yearly) - \$40
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



Washington Newspaper Publishers Association Member

NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

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 verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

Corrections

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

News tips

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

Classified Advertising

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

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

Weekly rates: \$12.00 for first 30 words 50¢ each additional 5 words (over 30) Borders, bold words, headlines, logos and photos subject to additional charges.



**NCW
MARKET.COM**
CLASSIFIED ADS

WINNEMERE
BUSINESS JOURNAL

THE LEAVENWORTH
ECHO

CASHMERE VALLEY
RECORD

LAKE CHELAN
MIRROR

QUAD CITY
HERALD

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

CLASSIFIEDS

Administrative
Publisher's notice

Announcements
Lost & Found

Employment
Help Wanted


Windermere
REAL ESTATE

Windermere Real Estate/NCW
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!
See all available properties at windermereleavenworth.com

Carmen Bagdon - 237-2060
Momi Palmieri - 433-2211
Geordie Romer - 679-8958
Allyson Romer - 630-9898

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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 or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507

Deadline is Noon on Friday

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at 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!

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 discrimination 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 advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.




HAPPY BIRTHDAY CONGRATULATIONS!

WILL YOU MARRY ME?

HAPPY ANNIVERSARY Only \$15 for 30 days includes 3 photos

24/7 at www.NCWMarket.com



Douglas County PUD has an opening for:

On-Call Relief Fish Counter

\$21.40/ hour


Details at www.douglaspu.org

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

Advertise
548-5286
or
782-3781

Find us online at:
www.leavenworthecho.com
www.cashmerevalleyrecord.com

SUDOKU PUZZLE



FREE! Savings Value in American Standard Right Height Toilet (FREE) (\$500 Value)

WALK-IN BATHTUB SALE! SAVE \$1,500


- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain™ Technology
- ✓ Lifetime Warranty on the tub AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
866-612-7490
Or visit: www.walkinbathtubs.com/spm

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

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



RB's Custom Tractor Works

Disking - Tilling
Mowing
Hourly Tractor Work

Free estimates
33 years experience
Cell 509-679-2469
Bus license
#602-781-946

SHOO	SAD	URGE
TALC	PAVE	GNARL
ALIT	ATOM	ACRID
GEORGE	ITIT	PLED
	OILED	NEE
GRILL	POSSUMS	
HOE	DASHER	ANOVA
ALECS	OER	AMPUL
LEVO	ANNUAL	TIRE
OMELETS	GLENN	
	ONE	VALOR
SAND	FIREWORKS	
FOLIO	LOOT	DOOM
ALLEN	ALMS	ESAU
BOYS	GSJA	DIENT



**REDUCE
REUSE
RECYCLE**

CROSSWORD PUZZLE

THEME: THE 4TH OF JULY

ACROSS

- Begone!
- Instinctive motive
- Barbershop supply
- Cover with asphalt
- Twist and distort
- Dismounted
- Tiny particle
- Like smell of burning rubber
- *King of Great Britain when America won independence
- Same as pleaded
- "Well-__ machine"
- *Abigail Adams __ Smith
- *Preferred cooking device on the 4th
- They play dead
- Tiller's tiller
- Santa's reindeer
- Dwarf buffalo
- Smart ones?
- "__ the hills and far away"
- Penicillin holder, e.g.
- Part of both levorotary and levorotary
- *Like 4th of July
- Choler
- Egg dishes
- Actress Close
- *Jefferson was three and Washington was
- Medal of Honor word
- Castle material
- *Roman Candles and Fountains, e.g.
- Manuscript sheet
- Dirt money
- Type of wrench
- Charitable contribution
- Genesis twin
- General Services Administration
- Job for a body shop

DOWN

- Without a date
- *American Revolutionary War spy, Nathan
- Miscellany
- Type of local tax
- French composer of "GymnopEdies" fame
- Steer clear
- *U. S. personified
- Steak choice
- Power system
- Former times
- Saffron-flavored rice dish
- Stares
- Decorates with gold leaf
- Negative conjunction
- Jewish folklore creature
- "Superman" star
- Machu Picchu country
- Remove from Pinterest board
- Grieve
- *Many retailers hold one for the 4th of July
- Sign of a saint
- *__ of Liberty
- Rooster's girlfriend
- *13 of these at the start
- Give a green light
- *What contestants did at Nathan's Hot Dog Eating Contest
- Ends of shoe laces
- *__ a high note"
- What river did to bank
- Viola da Gamba, pl.
- Wafting pleasantness
- Aria, e.g.
- Comrade in arms
- *It should never touch ground
- Official flower of the Kentucky Derby
- Riddle without solution
- Obscenity
- Like The Beatles



OMAHA STEAKS

GET THE GRILLER'S BUNDLE INTRODUCTORY PRICE: \$79.99

- 4 (5 oz.) Butcher's Cut Filet Mignon
- 4 (4 oz.) Boneless Pork Chops
- 4 (4 oz.) Omaha Steaks Burgers
- 4 (3 oz.) Gourmet Jumbo Franks
- 4 (2 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- Omaha Steaks Seasoning Packet

+ 4 MORE BURGERS FREE THAT'S 20 COURSES + SIDES + DESSERT!

ORDER NOW! 1.833.406.1259 ask for 63281KXJ
www.OmahaSteaks.com/family588

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Garage 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

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by putting 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

Real Estate

Orchards & Farms



WASHINGTON BROKERS

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

Rentals

MORNING SUN PARK APARTMENTS
345 Madeline Road, Manson

1 bedroom apartment \$478.00
2 bedroom apartment \$573.00
3 bedroom apartment \$660.00
4 bedroom apartment \$736.00
5 bedroom apartment \$812.00

Must have earned a minimum of \$3,000.00 in the last 12 months in agricultural income to qualify

Ex: Packing shed, orchard, vineyard, some truck driver positions or forklift call to inquire

Must qualify by income
Rent amount is based on income level
Waiting list applies

Apply today at:
Housing Authority of Chelan County
1555 S Methow Street, Wenatchee
(509) 663-7421 (TDD Equipped)

This institution is an equal opportunity provider and employer.



**NCW
MARKET.COM**
CLASSIFIED ADS

Rentals

1 bedroom senior apartment

Lake Chelan Community Apartments
509 E. Gibson Ave, Chelan
Senior Housing (62 and older)

- Rent based on income (if eligible)
- Newly remodeled
- Close to medical facilities & stores
- On site new laundry facility
- No application fee

Housing Authority of Chelan County
1555 S. Methow Street, Wenatchee
(509) 663-7421 (TDD equipped)

This institution is an equal opportunity provider and employer.



AGRICULTURAL WORKER HOUSING
Rent based on income! Immediate Opening for a 3 bedroom.

- Chelan Bluff

1135 S. Bradley Street, Chelan

One adult household member must earn a minimum of \$4,582.50 per year in agricultural income, be retired from working in agriculture or be disabled from working in agriculture to qualify. Call for other requirements.

Housing Authority of Chelan County & The City of Wenatchee
1555 S. Methow Street, Wenatchee
(509) 663-7421 (TDD EQUIPPED)

This agency is an equal opportunity provider and employer.

Rentals

Leavenworth: Home for Rent, 3 Bedroom, 2 Bath, great area with mountain view. \$2000/month. Call Mike 509-699-3063

Leavenworth: Home for Rent, 3 Bedroom, 2 Bath, great area with mountain view. \$2000/month. Call Mike 509-699-3063

Wanted to Rent

Want to rent: furnished room with kitchen, bath and laundry privileges for elderly gentleman with a large, friendly service dog. Call Larry 509-548-7220, if no answer, please leave a message.

Vehicles

Automobiles

For sale: Fix or for parts: 2002 FORD Explorer XLT 4.0L V6 4WD, pwlter. Engine runs, has dents in passenger side doors, but other body parts are good. High mileage, charging, heater core, springs problems, 2 auto windows broken. W/ title. 509-571-5302. \$900 OBO

Trucks & Vans

Lake Chelan School District has declared surplus a 1952 Willys Jeep, 1/4 ton, M-38 with 78 inch snowplow. Runs. Needs some TLC. \$2,500. Call Brad at 509-682-2005.

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of: **MELISSE K. FRANKLIN**, Deceased.
Case No.: 20-4-00131-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the latter of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.
Date of First Publication: June 17, 2020

Personal Representative: Tanya M. Ermine

Attorney for Personal Representative: Craig Larsen
Address for Mailing or Service: 27 Harrison St. Wenatchee, WA 98801
Court of Probate proceedings and cause number: Chelan County Superior Court Case #20-4-00131-04
Published in The Cashmere Valley Record/ Leavenworth Echo on June 17, 24, and July 1, 2020 #251

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN

GERALD R. MORO, a widowed person, individually and as Personal Representative for the ESTATE of IDA MAE MORO, Plaintiff, vs. THE HEIRS AND DEVISEES OF DOROTHY P. WEAVER, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants.
NO. 20-2-00362-04
SUMMONS

STATE OF WASHINGTON to: THE HEIRS AND DEVISEES OF DOROTHY P. WEAVER, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN: You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 10th day of June, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Gerald R. Moro, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Evan M. McCauley and Matthew S. Hitchcock, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.
Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named.
DATED this 2nd day of June, 2020.

JEFFERS, DANIELSON, SONN & AYLWARD, P.S.
By: s/ Matthew S. Hitchcock
EVAN M. MCCAULEY, WSBA # 44285
MATTHEW S. HITCHCOCK, WSBA #51492
Attorneys for Plaintiff
PO Box 1688
Wenatchee, WA 98807-1688
(509) 662-3685 (509) 662-2452

Published in The Leavenworth Echo/ Cashmere Valley Record on June 10, 17, 24, and July 1, 8, 15. #87859/221

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN IN PROBATE

In the Matter of the Estate of ROY V. FODE, Deceased.
NO. 20-4-00171-04
PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)
The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020; or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: June 10, 2020
By:

RUSSELL B. FODE, Personal Representative
Address: 1889 Broadway Place Wenatchee, WA.98801
Date: June 1, 2020.

Attorneys for Personal Representative: GATENS GREEN WEIDENBACH, PLLC By:

LINDSEY J. WEIDENBACH, WSBA No. 43523
305 Aplets Way
Cashmere, WA 98815
CHELAN COUNTY CLERK'S OFFICE
Ms. Kim Morrison, Clerk
Chelan County Superior Court
350 Orondo Avenue, Suite 501
Wenatchee, WA 98801-2885
Published in The Cashmere Valley Record, Leavenworth Echo, and Lake Chelan Mirror on June 10, 17, and 24, 2020. #222

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN

DERYL J. KING and BRENDA L. KING, aka BRENDA L. THOMAS, husband and wife, and the marital community thereof, Plaintiffs, vs. ALPINE ACRES, Inc., a nonexistent corporation; THE UNKNOWN SHAREHOLDERS AT LAW OF ALPINE ACRES, Inc., a nonexistent corporation; the UNKNOWN HEIRS AT LAW OF KENNETH LAFOUNTAINE, AND ALSO All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein, Defendant
NO. 20-2-00412-04
SUMMONS BY PUBLICATION

THE STATE OF WASHINGTON TO: Alpine Acres, Inc., a nonexistent corporation, the Unknown Shareholders at Law of Alpine Acres, Inc., a nonexistent corporation, the Unknown Heirs at Law of Kenneth LaFontaine, and also All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein.

YOU ARE HEREBY SUMMONED to appear within sixty (60) days after the date of the first publication of this Summons, to-wit, within sixty (60) days after the 24th day of June, 2020, and defend the above-entitled action in the above-entitled Court, and answer the Complaint of the Plaintiffs, Deryl J. King and Brenda L. King, aka Brenda L. Thomas, husband and wife, and the marital community thereof, and serve a copy of your Answer upon the undersigned attorneys of the Plaintiffs, at their office below stated; and, in case of your failure so to do, judgment will be rendered against you according to the demand of the Complaint, which has been filed with the Clerk of said Court. The object of this action is to quiet title in Plaintiffs in real estate in Chelan County, Washington, described as: LOT 12, BLOCK 2, ALPINE ACRES, VOL. 7, P. 33-34, CHELAN COUNTY against the claim of the Defendants and any one of them.
DATED this 18th day of June, 2020.
DAVIS, ARNEIL LAW FIRM, LLP
Attorneys for Plaintiffs

By:/s/ Michael G. Bradford
MICHAEL G. BRADFORD
WSBA No. 43169
617 Washington Street
Wenatchee, WA 98801
Published in The Leavenworth Echo/
Cashmere Valley Record on
June 24, July 1, 8, 15, 22 and 29,
2020 #342

Public Notices

2020 MRSC ROSTERS SMALL PUBLIC WORKS, CONSULTANT, and VENDOR ROSTERS FOR PARTICIPATING WASHINGTON STATE LOCAL GOVERNMENT AGENCIES LOCATED IN EASTERN WASHINGTON

The Municipal Research and Services Center of Washington (MRSC) hereby advertises on behalf of the below listed local government agencies in Washington State (local governments) in Eastern Washington (Okanogan, Chelan, Douglas, Grant, Adams, Whitman, Garfield, Asotin, Spokane, Lincoln, Ferry Stevens, and Pend Oreille counties), including - but not limited to - cities (Title 35 RCW and Title 35A RCW), counties (Title 36 RCW), port districts (Title 53 RCW), water- sewer districts (Title 57 RCW), school districts and educational service districts (Title 28A RCW), fire districts (Title 52 RCW), transit agencies (e.g., Ch. 35.58 RCW, Ch. 36.57A RCW, Ch. 36.73 RCW, Title 81 RCW), and public utility districts (Title 54 RCW), for their projected needs for small public works estimated to cost \$350,000 or less, and for consulting services throughout 2020. Additionally, MRSC advertises on behalf of some local government for their projected needs for vendor services throughout 2020. Interested businesses may apply at any time by visiting the MRSC Rosters website at www.mrscrosters.org. For questions about MRSC Rosters, email mrscrosters@mrsc.org.
SMALL PUBLIC WORKS ROSTERS: Service categories include construction, building, renovation, remodeling, alteration, repair, or improvement of real property as referenced in RCW 39.04.155. Sub-categories can be viewed on the MRSC Rosters website.
CONSULTANT ROSTERS: Service categories include architectural, engineering, and surveying services as referenced in Chapter 39.80 RCW, as well as other personal and professional consulting services. Sub-categories can be viewed on the MRSC Rosters website.
VENDOR ROSTERS: Service categories include supplies, materials, and equipment not being purchased in connection with public works contracts and limited service contracts as referenced in RCW 39.04.190. Subcategories can be viewed on the MRSC Rosters website.

Currently subscribing local governments which have their Small Works Roster, Consultant Roster, and Vendor Roster hosted by MRSC Rosters: Adams County, Asotin County Public Health, Chelan County Fire District 5, Chelan County FPD 6, Chelan-Douglas PTBA, Cheney Public Schools (Cheney School District # 360), City of Airway Heights, City of Brewster, City of Cashmere, City of Cheney, City of Colfax, City of East Wenatchee, City of Electric City, City of Ephrata, City of Grand Coulee, City of Mattawa, City of Medical Lake, City of Millwood, City of Moses Lake, City of Othello, City of Pateros, City of Quincy, City of Ritzville, City of Royal City, City of Spokane, City of Spokane Valley, City of Sprague, Colville School District 115, Douglas County, Douglas County Fire District #4, Enduris Washington, Ferry County, Foster Creek Conservation District, Grant County Fire District #13, Grant County Fire Protection District #3, Grant County Public Hospital District #3, Grant Transit Authority, Greater Bar Water District, Inchelium School District #70, Lake Wenatchee Fire & Rescue, Lincoln County, Medical Lake School District, Multi-Agency Communications Center (MACC 911), Okanogan County Public Hospital District #4, Okanogan Douglas District Hospital #1, Pend Oreille County, Public Utility District No. 1 of Stevens County, Quincy School District, Reardan-Edwall School District No. 9, Samaritan Healthcare, South Pend Oreille Fire & Rescue, Spokane County Fire District 10, Spokane County Fire District 4, Spokane County Fire District 8, Spokane County Fire District 9, Spokane Valley Fire Department, Stevens County, Town of Coulee City, Town of Coulee Dam, Town of Endicott, Town of Hartline, Town of Lone, Town of Lamont, Town of Mansfield, Town of Odessa, Town of Springdale, Town of Uniontown, Town of Waterville, University District Public Development Authority, Waterville School District #209, West Plains Airport Area Public Development Authority, Whitman County F.P.D 7.

Currently subscribing local governments which have only their Small Works Roster and Consultant Roster hosted by MRSC Rosters: Bridgeport School District, Chelan County, Chelan County Public Hospital District #1, Chelan County Public Hospital District #2, City of Bridgeport, City of Chelan, City of George, City of Kettle Falls, City of Omak, City of Rock Island, City of Soap Lake, East Valley School District No. 361, Grant County, Grant County Mosquito Control District #1, Grant County Port District #10, Grant County Port District No.1, Oakesdale School District, OTHELLO COMMUNITY HOSPITAL, Pend Oreille County Fire District #8, Royal School District 160, Spokane Conservation District, Spokane Regional Clean Air Agency, Town of Creston, Town of Marcus, Town of Northport, Town of Reardan, Town of Wilbur, Washlucna School District #109, Wenatchee School District #246, Whitman Hospital and Medical Center.

Some or all of the local governments listed above may choose to use the MRSC Rosters service to select businesses. Master contracts for certain types of work may be required. In accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4, and Title 49, Code of Federal Regulations (CFR), Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally Assisted Programs of the Department of Transportation Issued Pursuant to Such Act, these local governments hereby notify all businesses that they will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids or proposals in response to any invitations and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award. Published in The Cashmere Valley Record/Leavenworth Echo on June 24, 2020 #331



What antihistamine is best for me

Q: Every summer, my nose runs, and my eyes itch from my allergies. Claritin® has worked for me in the past, but this year is different. I tried Allegra®, but it's not helping, either. What other antihistamine could I try?

Antihistamines work by keeping histamine locked away inside your body. Histamine is a compound that triggers inflammation. Histamine is stored in specialized cells in your body called mast cells. When you encounter something you're allergic to, these storage cells open up, releasing the stored histamine into your bloodstream. The freed histamine triggers the symptoms we associate with an allergic reaction: stuffy or runny nose, itchy eyes, and sinus pressure.

Antihistamines work by keeping histamine tucked away safely inside your mast cells. This is why antihistamines work best if you take them at least 1 hour BEFORE being exposed to whatever sets off your allergies.

Which antihistamine should you choose? That depends on which one works best for you and how much drowsiness it can cause.

There are 2 main categories of antihistamine medicines to choose from: sedating ones and non-sedating ones. The sedating antihistamines are older drugs that often cause drowsiness. They also can help dry up a runny nose and watery eyes. Newer antihistamines cause less drowsiness but are less helpful at drying up a runny nose.

Some antihistamines relieve allergy symptoms better with some people than with others. Many people have to try more than one before they find the one that works best for their allergy symptoms while causing the least drowsiness.

How important to you is avoiding drowsiness? Older antihistamines cause at least some drowsiness in most people. If this is a concern for you, start with the newer antihistamines because they cost little to no drowsiness.

One of the best antihistamines is loratadine, also known as Claritin® or Alavert®. It's taken only once a day and rarely causes drowsiness. If loratadine doesn't relieve your symptoms, you could try the non-sedating antihistamine Allegra® or fexofenadine, available in either twice a day or once a day versions.

If those don't work for you, try cetirizine (Zyrtec®) or Xyzal®. Cetirizine is transformed in your body to levocetirizine, which is Xyzal®, making them basically the same medicine. They are taken once daily, and they can cause drowsiness but only in about 10% of people.

If Claritin®, Allegra®, Zyrtec® or Zyzal® aren't giving you enough relief, try one of the older sedating antihistamines. The most powerful is Benadryl®, also known as diphenhydramine. It helps with more severe allergic symptoms but will cause drowsiness in



most people. You can buy double-strength diphenhydramine as a sleeping pill without a prescription as Tylenol PM® or Somnex II. Benadryl® should be taken 3 to 4 times a day for best results. Some people take it just at night and use a less sedating antihistamine for allergy relief during the day.

There are several older antihistamines still available, including chlorpheniramine, brompheniramine, and triprolidine. Triprolidine causes less drowsiness than the other older antihistamines and seems to have more drying action as well. Surgeons used to take it to keep from having their nose drip while performing procedures. It's only available as Actifed®, which contains both triprolidine and the original version of Sudafed®. I prefer using it over the others because it relieves my runny nose, watery eyes, and my stuffy nose at the same time.

5 Tips on Choosing an Antihistamine:

1. Don't Wait. Antihistamines work best if they are taken BEFORE you come in contact with what you are allergic to. Don't wait until your nose stuffs up, and your eyes start itching.

2. Choose not to snooze.

Select non-sedating antihistamines like loratadine (Claritin®) or fexofenadine (Allegra®), or minimally sedating ones like cetirizine (Zyrtec®) or Zyzal®, especially if you have to drive or use machinery.

3. Don't give up. If your first antihistamine choice doesn't help you, try another one. It's not unusual to get very little relief from one antihistamine, then good results with a different one.

4. Consider a combo. For additional relief, add a nasal spray or decongestant to your antihistamine. Flonase® nasal spray or my own favorite, triprolidine/pseudoephedrine (Actifed®) tablets are excellent choices for runny and stuffy nose symptoms.

5. Avoid Sudafed PE® and generic phenylephrine.

If you have high blood pressure, avoid taking decongestants. If you need relief from nasal congestion, I strongly recommend the original versions of Sudafed® over the ones currently available in the cough and cold medicine section. Bring photo identification to purchase it from the pharmacy.

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



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