



Cashmere FFA Plant Sale will host an online sale

PHOTOS BY RUSTY FINCH



SUBMITTED BY RUSTY FINCH

Cashmere High School Agriculture
FFA Advisor

A link will soon be available on the District and High School Websites. Cashmere FFA has a greenhouse full of beautiful baskets, bedding plants and vegetables ready for pick up May 4th - May 8th. To ensure

public safety, customers will be able to order online, pay online and select a pick-up date and time. Orders will be pulled and loaded on those identified days. The web link is currently under construction and hopes to be accessible on April 22nd. We appreciate your support in these difficult times. Here is the list of products available:

BASKETS:		
12" Hanging Petunia Baskets	Gerbera Daisy	
16" Hanging Petunia Baskets	Lobelia	
Coleus Bowls	Marigolds	
Patio Petunia Pulp Pots	Petunias	
Patio Mixed Pulp Pots	Portulaca	
Patio Mixed Cedar Pots	Potato Vine	
Elli Kimes	Salvia	
Andee Kimes	Sunpatiens	
BEDDING PLANTS:		
Begonias	Zinnias	
Calibrachoa	VEGETABLES:	
Coleus	Tomatoes	
Geraniums	Jalapeno Peppers	
	Bell Peppers	
	Basil	

You can contact Rusty Finch at Ph 509-782-2914, Fax 509-782-2891



Cashmere City Council April 13, 2020 remote meeting

By KIRK BECKENDORF
Cashmere Reporter

The Cashmere City Council held its April 13, 2020 meeting remotely, via a call-in conference call.

Mayor Jim Fletcher expressed concern that the city will be facing a revenue shortfall as a result of the significant decrease in sales tax revenue due to the COVID 19 pandemic. He said they are scrutinizing the budget, searching for options and looking at possible impacts to public works- such as

roads, pools and parks. The mayor said he hopes to have a budget workshop in May to let the Council prioritize budget items.

The single business item on the agenda was approved unanimously, a contract with Pace Engineering for engineering services. Director of Operations, Steve Croci said that the contract allows the city to use Pace on an as-needed basis for small engineering tasks. Council member Chris Carlson said that the city wanted to use a local firm that also had

experience working with small cities. According to Carlson, the company is well qualified and he thinks that they will be responsive to the city's needs.

The Sherman restoration project is coming to an end according to Fletcher. Croci added that the reservoir is operating now and seems to be working fine. They will be painting and cleaning up the area and will soon surplus the temporary pumps that were used during the project.

PUD Commissioners Postpone Rate Increases

SUBMITTED BY KIMBERLEE CRAIG

WENATCHEE – Chelan County PUD commissioners on Monday unanimously voted to delay for six months the adopted rate increase that was scheduled to go into effect on June 1.

The action means residential electric, water and wastewater rates stay the same until Dec. 1, 2020. The wholesale fiber rate increase also is postponed for six months.

The PUD also extended no shutoffs of utility service and waiving late fees through the end of July 2020.

Customers facing financial setbacks are encouraged to call the PUD to make payment arrangements. Residential customers also can apply with Community Action for help from federal aid. PUD Helping Hand funds from customer donations also can help individuals, said John Stoll, Customer Utilities managing director.

Staff members reported that a large number of individuals and small businesses are suffering economic harm as a result of COVID-19. State and federal aid is on the way, but response may take time due to high demand, said Andrew Grassell, energy development and conservation manager.

The PUD's policy of no cutoffs or late fees should help people who are waiting for the federal

assistance to arrive.

The PUD is considering whether to expand assistance for individuals. The Helping Hand account for residential customers is well-funded, but more funds may be needed, or the PUD may need to set up an alternative account using District funds. The PUD also is considering whether to initiate a financial assistance program for commercial businesses.

"We have a long road ahead of us and talking about what we can do as a utility in Chelan County to work with customer-owners in the best way we can," said Commissioner Randy Smith.

Board members agreed that potential actions should focus on making an impactful and meaningful difference to community members in need while ensuring fair access across the county. New programs must be within the PUD's legal authority, maintain a commitment to the adopted financial metrics and be implemented at a time that makes a difference they said.

Commissioners encouraged further exploration of:

- A program to support small business impacted by COVID-19
- Increasing the Helping Hand program scope, or developing a new program to help more individuals facing hardships from COVID-19

"I think we're moving in the

CONTINUED TO PAGE 2

Kristen Taylor Named To Forbes' 2020 Top Women Wealth Advisors List

ST. LOUIS – Stifel Financial Corp. (NYSE: SF) today announced that Kristen Taylor of the Taylor/Bryant Investment Group was named to Forbes' America's Top Women Wealth Advisors list for 2020.



This year's America's Top Women Wealth Advisors list spotlights 1,000 top advisors across the country who were nominated by their firms and then researched, interviewed, and assigned a ranking within their respective states.

"I am honored and grateful that Forbes has recognized me on this year's Top Women Wealth Advisors list," said Ms. Taylor, Senior Vice President/Investments and founding partner of Taylor/Bryant Investment Group.

"I value and have enjoyed my client relationships built over many years. This honor is shared by my team, who are continually committed to serving our clients

and their families."

Ms. Taylor has more than 30 years of experience as a financial advisor and earned an MBA from the University of Washington. She is based in Stifel's Wenatchee, Washington, Private Client Group office and can be reached at (509) 663-8604.

Forbes "America's Top Women Wealth Advisors," Rankings are based on the opinions of SHOOK Research, LLC, and were selected from a pool of 9,654 nominations. Advisors in the America's Top Women Wealth Advisors list are judged on individual contribution, but total team assets are shown, which can include one or more additional advisors. Qualifying advisors met the following basic requirements: a minimum of seven years as an advisor, a minimum of one year at their current firm, recommended and nominated by their firm, completion of an

online survey, over 50% of their revenue/production must be with individuals, and an acceptable compliance record. The ranking algorithm is based on qualitative measures derived from telephone and in-person interviews and surveys; service models, investing process, client retention, experience levels, review of compliance records, firm nominations, etc.; and quantitative criteria, such as assets under management and revenue generated for their firms. Investment performance is not a criterion. Neither SHOOK Research nor Forbes receives compensation from the advisors or their firms in exchange for placement on a ranking.

The ranking may not be representative of any one client's experience and is not indicative of the financial advisor's future performance. Forbes is a registered trademark of Forbes, Inc. All rights reserved.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

THIS WEEK

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\$1.00

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Cashmere, WA 98815
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www.cashmerevalleyrecord.com

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.

April 10

10:50 **Parking/abandon** 5421 Binder Rd.
 11:34 **Littering**, 600 Cotlets Way
 12:40 **Suspicious**, 117 Aplets Way
 14:57 **Weapons violation**, Nahahum Canyon Rd., MP 1
 16:11 **Suicide threat**, 9198 Olalla Canyon Rd.
 18:11 **Runaway**, 5600 Airport Rd.
 21:24 **Extra patrol**, 7950 Kenney Rd., Dryden
 23:22 **Runaway**, 6251 Kimber Rd., #12

April 11

17:21 **Traffic offense**, Evergreen & Pioneer Drive

April 12

00:29 **Littering**, 8200 Blk. Pine Flats Loop Rd.
 03:16 **Juvenile problem**, 201 Riverside Dr.
 08:26 **Property**, 2 Riverfront Dr.
 16:17 **Property**, Wescott Dr. & Sunset Hwy.
 10:45 **Suspicious**, 5710 Goodwin Rd.
 21:58 **Malicious mischief**, 117 Elberta Ave.
 22:39 **Domestic disturbance** 206 River St.

April 13

02:08 **Suspicious**, 700 Cotlets Way, Rusty's Drive In
 12:04 **Trespass**, 9415 Nahahum Canyon Rd.
 12:39 **Vehicle prowler**, 8410 Main St.
 17:24 **Weapons violation**, N. Dryden Rd., MP 2
 18:03 **Public assist**, 302 Fisher St., #112
 19:09 **Scam**, 5600 E. Cashmere Rd.

April 14

15:16 **911**, 8171 Williams Canyon Rd.
 20:24 **Alarm**, 407 Aplets Way, Mile Post 111 Brewing
 22:43 **Graffiti**, 102 Fasken Dr.

April 15

10:19 **Agency assist**, 6011 Goodwin Rd.
 15:28 **Juvenile problem**, 103 Aplets Way

April 16

17:01 **Suspicious**, 105 Evergreen Dr., #11
 17:52 **Welfare check**, 130 Titchenal Way, Martin's Market

PUD Commissioners

CONTINUED FROM PAGE 1

right direction," said Commissioner Dennis Bolz. "Ultimately, we want to identify the nexus of what we're allowed to do with what we need to do."

Senior managers also reported on key projects that may not get done due to the COVID-19 response. Among those are developing technology roadmaps called for in the strategic plan and increasing hydro system reliability by returning more units to service.

Workindampowerhouses is four to six weeks behind schedule, said Kirk Hudson, Generation and Transmission managing director. The technology roadmap project is delayed because it involves staff across the District, who are now responding to pandemic issues, said Kelly Boyd, chief financial/risk officer.

Public Power Benefit fiber expansion also is paused as crews focus on keeping the core network running to meet increased use as many customers work from home and students must do schoolwork online, said Mike Coleman, Fiber and Telecom managing director.

Senior managers noted that with many PUD employees working at home or on staggered shifts there is an impact on productivity even as employees keep essential utility services available and reliable.

In a related report, commissioners heard that power use in the county has declined up to 12 percent since early March when the governor put the "stay home/stay healthy" order in place.

In other business, commissioners:

1. Heard that financial markets have stabilized, offering the opportunity to secure savings on financing costs by issuing low-cost bonds as authorized by commissioners on March 30. Heather Irelan, lead treasury analyst reported that the PUD's strong finances earned the new issue AA+ ratings from both S&P and Fitch. Chelan PUD is one of the top-rated customer-owned utilities in the nation. Local residents interested in purchasing bonds can find details on the Finance page of the PUD's website.
2. Received an update on permits needed for construction of the new Service Center in Olds Station. Dan Frazier, District Services director, also showed concept drawings for possible trail connections, Wenatchee River access and an interpretive site nearby.
3. Rescheduled the board workshop to 9 a.m. on May 13 at Confluence Technology Center, 285 Technology Way.

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

Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died.

A memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

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

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

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

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Stay Home - Stay Healthy - Stay Safe:

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Please help in protecting everyone:

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- If you are at high risk for Coronavirus, please stay home.
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- Wash/sanitize hands often.

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On the Internet website:
www.cashmerevalleyrecord.com
e-mail:
record@cashmerevalleyrecord.com
advertising e-mail:
echoads@leavenworthecho.com

Office hours
Cashmere
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Contact information

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

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

Advertising Sales Manager
 Carol Forhan 509-548-5286
carol@leavenworthecho.com

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

Reporter/Photographer

Reporter
reporter@cashmerevalleyrecord.com
 509-782-3781

Reporter
 509-548-5286

Front Office Classified / Legal Notices
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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.

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COMMUNITY CALENDAR

Wednesday

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

Cashmere Food Bank, 2:30-4 p.m., Cashmere Food Distribution Center, 109 "C" Railroad Avenue, for more information, call Pam, 509-669-3159.

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

The Underground Youth Group, 6th-8th graders. 6:30-8 p.m. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

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

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

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

Friday

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

Saturday

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

Sunday

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

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

Monday

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

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

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

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. at the Wenatchee Red Lion. 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 every month)
 Fri., **Baby/Toddler Story time**, 10:30-11 a.m.
Cashmere Museum and Pioneer Village
 Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m.
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cottlets 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.

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

Cashmere Gathering Community News

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

Cashmere Food Bank Donations

If you have donations or questions please contact Pam, 509-669-3159. (r15,16)

Children's Book Reading by Barbara deRubertis

Join us via Facebook Live Feed from Mountain Meadows Senior Living, to hear local author, Barbara deRubertis, read A through Z of her Animal Antics book series. Beginning Sunday, April 19, there will be two readings each week on Sunday and Wednesday mornings 10-10:30 a.m. Each reading will have a link to follow for you to expand on the letter being shared that day. To access this reading, Search Facebook for Mountain Meadows Senior Living and scroll down to their live feed.

North Central Regional Library

While the libraries are closed, North Central Regional Library has added some new online features to bring the library to more people. Sign up for the eCard and find online resources at www.ncrl.org, and check out videos and other information on the North Central Regional Library Facebook and Instagram sites. New content is being posted daily. Designated times when people can either live-chat online or call library staff to get answers to questions and help using online resources. Live-chat for general questions is available at ncrl.org weekdays from 9-11 a.m., and phone support for online resources is available by calling 509-888-8155 weekdays from 1-3 p.m.

Regional Cascadia Conservation District Meeting

The April 16 Cascadia Conservation District Regular Board Meeting was cancelled. A call-in only Special Board Meeting will be held on Friday, April 24 at 1:30 pm. More information and instructions will be available on our web site at cascadiacd.org or by calling the District at 436-1601.

The Dryden and Chelan transfer stations

Open to the general public on only Fridays and Saturdays, regular hours on both days. Hours vary at the two transfer stations. Hours are posted on our website: www.co.chelan.wa.us/solid-waste-management/pages/transfer-stations. Use of credit card service is encouraged. Due to a smaller staff, please bring only general household waste, no furniture and large loads at this time. The drop-off brush sites at both transfer stations are closed at this time. Please use the brush site at Stemilt Organic Recycling Center at www.facebook.com/SORCWenatchee/

Check out our online classifieds at NCWMARKET.COM

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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.

April 23, Thursday: Tuna casserole, peas and carrots, garden salad, blueberries, whole wheat roll, dessert.

April 24, Friday: Honey mustard chicken, rice pilaf, mixed vegetables, coleslaw, tropical fruit, whole wheat roll, dessert.

Saturday and Sunday: No lunch

April 27, Monday: Sweet and sour meatballs, garden rice, Oriental vegetables, broccoli salad, Mandarin oranges, egg roll, dessert.

April 28, Tuesday: White bean chicken chili, spinach salad, peaches, tortilla chips, corn bread, dessert.

April 29, Wednesday: Fish and chips, coleslaw, fruit tray, cheesy garlic toast, oatmeal cookies.

Help Support The Cashmere Food Bank

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna, Cleaning supplies, hygiene products and toilet paper.

Since there is such a high demand for help with food we will be offering boxes every Wednesday at 2:30 p.m. during the Pandemic crisis. The National Guard and CDCAC will be distributing at our same location on Railroad Ave.

For further information or to make a cash donation call Pam, 509.669.3159

For further information or to make a cash donation or you can write a check to: Cashmere Food Bank, PO Box 225, Cashmere, WA. There is also a drop off cupboard at the Food Bank for

This ad sponsored by the Cashmere Valley Record

SENIOR CENTER CANCELLED

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

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise

Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting

Tuesday, 1:00-3:00 p.m., Crafts

Thursday, 1:00-3:00 p.m., Square Dancing

Thursday, 6:30-7:30 p.m., Bavarian Dancing

Friday, 6:00 p.m., Bingo

Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

AA MEETING SCHEDULE

Information numbers for AA:

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 AIAnon 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

Friday, dinner, 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene. 111 Ski Hill Drive, Leavenworth.

Please contact us for questions: Dave and Nancy Bartholomew, 509-596-1510.

BUSINESS & SERVICE Directory

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How to Relieve Dry Eyes

Due to the COVID-19 coronavirus, I wear a surgical mask every minute while at work, putting in on as I step out of my car into the clinic parking lot and keeping it on until I am safely in my car on my way home. The only time we are allowed to remove our masks during our day is when eating or drinking. After hours of exhaling into my surgical mask, my eyes get tired and feel like they have little bits of sand in them.

A common cause of dry eye is exposure to windy, dusty, or smoky conditions. Another trigger is taking medicines that interfere with making saliva and tear fluids, especially bladder control medicines, older antihistamines, antidepressants, and heart medicines.

Tears help keep eyes healthy by keeping the surface of your eye moist, lubricating the inside of your eyelids, and helping wash dust and foreign objects away. We make about 1ml (one-quarter teaspoonful) of tears every day. While most tear fluid evaporates directly from your eye, excess moisture can drain out through little holes in the inner corners of your eye called punctums.

Some diseases like Sjogren's syndrome cause dry mouth as well as dry eyes. Parkinson's disease can cause you to blink less frequently, reducing the lubricating effect of your tears. Bell's palsy is

a temporary paralysis of the face, often affecting eye muscles and can prevent an eye from closing all the way, allowing more tear fluid to evaporate.

Some strategies that can help relieve dry eye include keeping yourself hydrated, increasing the humidity of your environment, eliminating medications that are causing discomfort, taking Omega-3 fatty acids, and using eye lubricant drops and ointments.

If you are on a medication that you suspect may be causing your eyes to be dry, contact your doctor and ask if you can either have a trial off of it or switch to another medicine. Avoid dry, dusty conditions, and consider using a humidifier. People who wear protective face masks may notice that their glasses fog up when they breathe out. To keep that to a minimum, when wearing a surgical mask, put it on so that the metal strip is across the top edge. Pinch that strip in so that the metal edge hugs your nose and upper cheeks. This helps direct your exhaling breaths out through the sides of your mask instead of the top, preventing your glasses from getting fogged up.

After I had LASIK surgery 20 years ago to correct my vision, they told me that I would probably need eye drops for the rest of my life. After carrying around a bottle of eye drops everywhere, I tried taking fish oil with Omega-3

fatty acids, which worked great and was far more convenient. Fish oil and flaxseed are good sources of Omega-3 fatty acids.

When choosing an eye drop for dry eye, consider how much lubrication you need. The more viscous the eye drop, the more lubricating it is, but also the more clumpy residue they will leave on your eyelashes.

Most eye drops contain a preservative to discourage infections. Those that don't are sold in single-use containers and are significantly more expensive. During the years that I wore contact lenses, I developed a sensitivity to two common preservatives used in contact lens solutions and lubricating eye drops: benzalkonium chloride and parabens. "Disappearing preservatives" are now widely available, which break apart when they come in contact with tear fluid.

I find eye ointments very soothing, but because they make my vision blurry, I only use them at bedtime.

Here are 7 Tips to Help Relieve Dry Eye Symptoms:

1. Hydrate and humidify your surroundings.

Make sure you drink enough water and avoid dry and dusty conditions. Consider using a humidifier indoors.

2. Check your medicines.

Tell your doctor about your dry eye symptoms and ask if any of your medications could be the cause.

3. Try Omega-3 fatty acids.

Fish oil, flaxseed, and other Omega-3 supplements may relieve dry eye symptoms.

4. Use just one drop. Adding more than one eye drop at a time only forces the extra out of your eye, wasting it.

5. Keep it clean. Always wash your hands before using eye drops, and keep uncapped tips from touching any surfaces.

6. Choose eye drops with disappearing preservatives.

Disappearing preservatives are much less irritating than benzalkonium chloride, EDTA, or parabens.

7. Consider using eye ointment at bedtime. Bedtime is the best time to use eye ointment because it blurs your vision.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year



Ask... Dr. Louise
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



SAY Thank You!

We all need to be reminded to say "Thank you" to all those in the front lines working to keep us safe and healthy, in everyday health and now especially during this time of the COVID-19 Virus.

Nurses Week is May 6-12

Need A Card of Thanks ? Have a name but no address to send a card ? Call us and we will make an ad for you with a name of a nurse that you would like to say "Thank you" to.

Deadline:
April 30 for May 6 issues
2 column x 1.5 inch ad
1 paper - Only \$10
2 papers - \$18

Thank you Ami Bess

You are the Best Nurse Ever! Love, from your family

National Hospital Week is May 10-16

Say "Thank you" to our Doctors, Administrators, ED staff, Lab and others. Send us a name or message and we will make the ad for you.

Thank you to all who work in our little but awesome hospital!

Deadline:
May 7 for May 13 issues
2 column x 1.5 inch ad
1 paper - Only \$10
2 papers - \$18

Contact: Carol: 548-5286 or Carol@leavenworthecho.com
Lindsay: 860-7301 or Adexec1@ncwmedia.net

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Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 782-2869
Sunday School 10:00 a.m. - Worship 11 a.m.
Bible Study, Wed., 7 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

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

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

CHRIST CENTER
Cashmere Assembly of God • 509-782-2825
Worship Services are available ONLINE ONLY at 10 a.m. Sundays
All updates on COVID-19 can be found at christcentercashmere.com/cc-updates
Underground High School Group,
ONLINE ONLY at 6 p.m. Sundays
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
Vine & Elberta Streets • 860-0736
Worship 10:30 a.m.
Pastor Robert Gohl

ST. JAMES EPISCOPAL CHURCH
222 Cottage Ave. • 782-1590
Holy Eucharist 9 a.m.
5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

EVERGREEN BAPTIST CHURCH
5837 Evergreen Drive • 782-1662
Sunday School - 9:45 a.m.
Morning Worship - 11 a.m.
Evening Service - 6:00 p.m.
Pastor John Smith www.christforcashmere.org

DRYDEN

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

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

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
"Where God's Word Remains The Pillar Of Truth"
11025 Chumstick Hwy. • 548-4331
Sunday School 9 a.m.
Sunday Worship 10:30 a.m.
AWANA (Youth Program) Weekly Bible Studies
Wednesday 6:30 p.m. (school year)
Pastor Todd James
www.cmbiblechurch.org

COMMUNITY UNITED METHODIST
418 Evans Street • Leavenworth
509-548-5619 • Rev. Matt Gorman
Sunday service 10 a.m.
www.leavenworthumc.org

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 548-7667
Meetings: Sunday - 10:00 a.m.

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

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

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

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

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

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD
School and Lake St. • 548-7523
Sunday Worship Service 10:30 a.m.
Bible Adventures for kids at 10 a.m. sharp
Pastor Jorge Torres

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

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of VICTORIA L. ROSENTRER, Deceased.

NO. 20-4-00032-04 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 later 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 nonprobate assets.

DATE OF FIRST PUBLICATION: April 22, 2020

PERSONAL REPRESENTATIVE: Michael W. Rosentreter

ATTORNEY FOR PERSONAL REPRESENTATIVE: Thomas D. Overcast

ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES

Attn: Thomas D. Overcast
23 South Wenatchee Avenue, Suite 320
Wenatchee, WA 98801
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 20-4-00032-04

Attorney for Estate:
Overcast Law Offices –
NCW, PLLC
By: /s/ Thomas D. Overcast,
WSBA No. 14486
Attorney for Personal Representative
Published in The Leavenworth Echo/Cashmere Valley Record on April 22, 29 and May 6, 2020. #87652

SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN NO. 20-2-00073-04 SUMMONS

ROBISON ESTATE, LLC, a Washington limited liability company,

Plaintiff,

vs.

THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, 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.

STATE OF WASHINGTON to: THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, 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 1st day of April, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Robison Estate, LLC, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Michelle A. Green, 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 24th day of March, 2020.

JEFFERS, DANIELSON, SONN & AYLWARD, P.S.

By MICHELLE A. GREEN, WSBA # 40077
Attorneys for Plaintiff
PO Box 1688
Wenatchee, WA 98807-1688
(509) 662-3685 / (509) 662-2452

Published in The Cashmere Valley Record/ Leavenworth Echo on April 1, 8, 15, 22, 29, and May 6, 2020. #87570

NCW MARKET.COM CLASSIFIED ADS

Republicans introduce plan for 'safe' restart of economy

SUBMITTED BY WASHINGTON STATE GOP

OLYMPIA - Republicans in the state Senate and House of Representatives today shared the first plan for safely restarting Washington's economy while state government's response to the COVID-19 emergency continues.

"Employers across our state are looking to government for a strategy that starts to take the brake off the economy. Republicans have come through with a safe and reasonable approach for beginning the recovery," said Senate Republican Leader Mark Schoesler.

"We believe many sectors of our economy can operate safely, and employers have every incentive to take the precautions needed to guard the health of their workers and their customers. We trust that if they have an opportunity to open their doors, they'll make it work."

"Our state needs a com-

prehensive plan to restart its economy in ways that continue to emphasize the health of Washingtonians. No one has produced a plan until now," said House Republican Leader J.T. Wilcox.

"Republicans have been working over the last few weeks to come up with solutions. We know employers and workers need reinsurance in these uncertain times. They need to know there's a plan for them to come back."

The Republican legislators' Safe Economic Restart Plan recommends three tiers of actions, starting with steps that may be authorized immediately by Governor Jay Inslee. They include:

- Convene a Restart Task Force comprising legislative leaders, relevant executive-branch directors and representatives of the business and organized-labor communities. This group will chart a course toward allowing all Washington businesses to reopen, on a

phased or limited basis as necessary, with COVID-19 protections for workers and customers in place.

- Allow operations to resume in economic sectors that fit one or more of these criteria: low-risk; personal health; environmental protection; aid to people who are elderly, physically challenged, or both; alternate quarantine locations; assisting businesses with tax-related requirements; and property protection. Examples are auto dealers, solo landscape services, car washes, remodeling companies and contractors, residential construction, hairdressers and barbers, flower shops, RV parks, dentists, installers of home and commercial security systems, and accountants and tax preparers.

- Fully disclose the "metrics" that must be met before the governor's March 23 stay-at-home proclamation, which closed more than 230,000 businesses abruptly, can be lifted or amended. Knowing the

standards will allow the people of Washington to act accordingly.

- Deliver on the massive testing capabilities promised by state health officials ahead of the business-closure order. Direct the appropriate state agencies to acquire antibody tests and work with employers to screen workers. Workers found to have the antibodies resulting from the COVID-19 infection will be immediately eligible for employment.

- Interface with the governor's Business Recovery Legislative Task Force and be prepared to support recommendations that are achievable, measurable and complementary.

- A moratorium on all state-agency rule-making not related to the current crisis. Rules are important, but at a time when many businesses are simply trying to survive, the making of new rules seems less than essential. Relief from rule-making goes hand-in-hand with relief

from taxes.

- Exempt small businesses from paying sales and business-and-occupation (B&O) taxes for one year.

- Offer state-government assistance to the many small businesses in Washington that do not qualify for federal emergency-assistance programs.

"We are looking forward to working with the governor and majority party to produce the best possible results for both our public health and our economic crisis," said Wilcox, R-Yelm.

"Republicans work for all of Washington, and we recognize how a strong economy makes for strong families and strong communities. Our state's economy was particularly strong before things caved in, and we believe it can get there again – and sooner if the governor and Legislature will support these very reasonable ideas," said Schoesler, R-Ritzville.

THE OUTDOOR REPORT

Boating, fishing and birdwatching

*Boating? Sure!
Fishing? Don't even think about it!*

BY JOHN KRUSE,
THE OUTDOOR REPORT

Washington is the first and only state to outlaw recreational fishing and spring hunting in an effort to combat the coronavirus pandemic. This was done to comply with Governor Inslee's "Stay Home, Stay Healthy" mandate emphasizing social distancing and discouraging travel away from home to limit the spread of COVID-19. With the arrival of mild spring weather though, boats of all types (motor powered, human powered and sailboats) have all been operating on waterways from area lakes to the Columbia River to Puget Sound.

I contacted the Washington Department of Fish and Wildlife about the illogical stance of allowing recreational boating on our waterways but not fishing from those same boats. Carrie McCausland, the Public Affairs Director for WDFW, repeated the agency's stated reasons for the closure of fishing. As for boating, McCausland said, "Some decisions are within WDFW's authority, and some are not", indicating WDFW does not have the regulatory ability to open or close recreational boating.

The Governor's Office, however, certainly does. On April 6th Governor Inslee sent a letter to several Republican state representatives denying their request on behalf of anglers to reopen fishing. I contacted Jon Snyder, Governor Inslee's policy advisor on outdoor recreation, and asked him the same question about why recreational boating is allowed but fishing from boats is not. Snyder declined to answer my question about allowing one activity but not the other where the risk of spreading the coronavirus is exactly the same. Instead,

he sent me the same letter Governor Inslee sent to the concerned State Representatives two weeks ago outlining his reasons for keeping fishing closed.

As of mid-April, boating from open county and private access sites and launches remains permissible, but fishing is not. This is one of the reasons anglers planned protests for Saturday the 18th against Washington's "No Fishing" rule at several locations to include Columbia Point in Richland. An online petition by this same group, "Let us Fish" is also circulating on social media and increasing numbers of people are reaching out to their state representatives and senators as well as to WDFW and the Governor's Office asking them to open angling opportunities again.

We'll get an idea how successful these efforts are as we approach the end of WDFW's stated closure date of May 4th, at which point they promise to reassess this situation. It's also worth noting WDFW has convened meetings with select stakeholders trying to figure out how to open up fishing and hunting seasons again. It is possible everything will simply open up at once, the thinking being this will spread pressure evenly across the state. On the other hand, this action could result in a stampede to popular boat ramps, lakes, rivers and hunting areas which could trigger an immediate closure again. Other thoughts include a general opening but limitations on where you can fish or hunt, the thought being you would initially only do these activities in the county or region you live in to limit overcrowding.

At least there's backyard birding

Until we can go fishing and hunting again, or access our state lands and developed federal recreation sites to hike and camp, there's always backyard birding. It does provide some enjoyment and it's also a good way to sharpen your bird identification skills and maybe even your photographic prowess.



Courtesy John Kruse

Backyard house finch.

If you so desire you can do what I did last week. I set up a bird feeder, filled it with wild bird seed, set up a bird bath and for good mea-

sure, a bird house too!

So far, the bird house is not occupied but the bird feeder sure has been busy. The first birds to visit were

chickadees, followed by white crowned sparrows and house finches. Oregon juncos put in a daily appearance and on several occasions, I've seen nuthatches too. On top of this we've had some California valley quail in the cypress trees above the feeder and a pair of Eurasian collared doves that paid a visit on a recent morning to feed on the birdseed spilled onto the ground below the feeder.

Also seen in the backyard...Several neighborhood cats attracted to all the new bird activity. Fortunately, my springer spaniel Georgia loves to chase cats and has kept them from staying too close to the bird feeder.



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