

# CASHMERE VALLEY RECORD

CELEBRATING 113 YEARS • 1907-2020



MARCH 11, 2020 • VOLUME 113, No. 11  
SINGLE COPY \$1.00

## Cashmere Chamber to honor Business, Citizen, and Organization of the Year recipients



PHOTO SUBMITTED BY THE CASHMERE CHAMBER.  
Jamie Gere (left) and owner Melissa McClendon of Milepost 111



PHOTO SUBMITTED BY THE CASHMERE CHAMBER.  
Florence Robinson

SUBMITTED BY GINA IMPERATO  
Chamber Manager

The Chamber and Review Committee is pleased to announce the 2019 honorees for Business, Citizen and Organization of the Year.

Each spring, at the Annual Auction and Recognition Dinner, Cashmere Chamber of Commerce presents a Business and Citizen of the Year who demonstrated dedication and excellence for their outstanding contributions to our community. An additional category - Organization of the Year has been added for outstanding community service.

Milepost 111 Brewing Company to be honored for Business of the Year. Locals nominated Milepost 111 for their exceptional service and community support. As a long-standing business, Milepost 111 contributes to the overall economic health of our community!

Seeking a local establishment rather than making the drive to Leavenworth or Wenatchee, owner Melissa McClendon created the brewery and restaurant in late 2011. When summer hits, Milepost 111 is a prime location for outdoor entertainment and for waterfront view where rafters go downstream along the Wenatchee River. Years later, travelers and locals continue to enjoy the friendly atmosphere and tasty burgers at this downtown core brewery and

restaurant  
Melissa, a 4th generation Cashmerite celebrates this honor with Jamie Gere, Will Young and staff. Gere joined the team in 2013 with an extensive background in catering and is now a part-owner. While brewer, Will Young has been brewing for the last five-plus years.

Florence Robinson, named as Citizen of the Year. Florence, sadly passed away in 2019, but her commitment to service will be honored and presented to the Robinson family. Florence is being recognized for her countless hours of dedication to our community which in turn helps promote our local quality of life.

**What others have shared:**

Devoted to Cub & Boy Scouts Historian and Member of Questors

A Supporter of Historic Cottage Avenue Walking Tour

Proud member of Friends of Old Mission / Cashmere Museum

Wacoka Kiwanian and Distinguished President recognition

A smile and a story, you could surely see the pride and commitment Florence had for our area - although she didn't live in Cashmere - clubs, associations and memberships for activities were focused primarily in the Cashmere area.

Florence lived a wonderful

life of volunteering for many different organizations and made many dear friends while raising a family.

With roughly 60 nominations submitted, it's important to note stand out community members and leaders who have made great strides in our community. The addition of the Organization of the Year provides the chance to acknowledge community service clubs or nonprofits.

The Organization of the year will be presented to Wacoka Kiwanis Club of Cashmere. The service club is being honored for organizing and supporting various community events.

Wacoka Kiwanis Club is being honored for 30 years of service to children in Cashmere.

Annual projects include, but not limited to CHS Key Club, Tutoring 1st Graders

Red Cross Blood Drive, St. Patrick's Benefit Dinner, Cashmere Food Bank, Halloween Party at Fire Hall, Thanksgiving Family Boxes and much more including scholarship and donation support.

Kiwanians too can be seen throughout town on various boards and committees - serving our community. Wacoka Kiwanis Club's overall dedication to our community promotes outstanding service.

"The recognition dinner is an opportunity for the community to come together to honor the contributions Milepost 111 Brewing Company, Florence

Robinson and the Wacoka Kiwanis Club have made to Cashmere during 2019," said Gina Imperato, Chamber Manager. It is also the primary fundraiser for the Chamber. The Chamber uses the funds raised to support Founders' Days Festival, Scare-Crazy, Gnomes of Cashmere, Christmas in Cashmere and other marketing efforts.

The Cashmere Chamber of Commerce is a non-profit membership association whose purpose is to promote economic vitality for growth or betterment of the community. All honorees were chosen in February by a review committee of their peers following a community-wide nomination process in January.



PHOTO SUBMITTED BY THE CASHMERE CHAMBER.  
Wacoka Kiwanis Club



PHOTO BY BILL FORHAN  
A disappointed Bulldog Basketball Squad poses with their 2nd Place trophy in Yakima Saturday night. Their incredible season ended with their only loss. For more photos see page 5.



**Need to Place an Ad?  
Looking for a job?  
NCWMarket.com**  
Our Classified Ad Dept is open 24/7

**NCW MARKET.COM**  
CLASSIFIED ADS  
Your one stop spot to reach all of North Central Washington with a few simple keystrokes.

Includes: **BUSINESS JOURNAL**, **ECHO**, **RECORD**, **MIRROR**, **HERALD**

**THIS WEEK**

Opinion.....2	AA Meeting Schedule.....3	Washington Outdoors.....8
Letter to editor.....2	Church Guide.....4	<b>Classifieds Index</b>
Community Calendar.....3	Vale Students of the Month...4	Classifieds.....6-7
Community Bulletin Board...3	Bulldog Scoreboard.....5	<b>Advertising flyers</b>
Senior Center Menus.....3	Business Directory.....8	Safeway, Martin's IGA
Sheriff Reports.....3	Dr. Louise.....8	Market fresh

**\$100**

201 Cottage Ave.  
Cashmere, WA 98815  
Phone: 509-782-3781

www.cashmerevalleyrecord.com



©2020 NCW Media Inc.  
201 Cottage Ave, Suite 4  
Cashmere, WA 98815  
Phone: 509-782-3781

**Office hours**  
**Cashmere**  
9 a.m. - 5 p.m. Monday-Friday  
**Leavenworth**  
9 a.m. - 5 p.m. Monday-Friday

#### 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  
adexcl@ncwmedia.net

**Reporter/ Photographer**

Reporter  
reporter@cashmerevalleyrecord.com

509-782-3781  
**Reporter**  
509-548-5286

**Front Office**  
**Classified / Legal Notices**

classifieds@leavenworthecho.com  
NCWMarket.com

**Circulation**  
509-689-2507  
1-509-293-6780

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

#### Classified Advertising

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

#### 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

#### 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.

#### On the Internet

**website:** www.cashmerevalleyrecord.com  
**e-mail:** record@cashmerevalleyrecord.com  
**advertising e-mail:** echoads@leavenworthecho.com

#### News tips

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

#### Services

**Back Issues** are available up to one year after publication for a small fee. **Photo Reprints** are available for most photos taken by staff.

#### Deadlines

Calendar Listings 5 p.m., Thurs.  
News Submissions: Noon, Friday  
Letters to the Editor: Noon, Friday  
Display Advertising: Noon, Friday  
Legal Notices: 5 p.m., Friday  
Classified Ads: Noon, Monday



# World suffers from Coronavirus hysteria

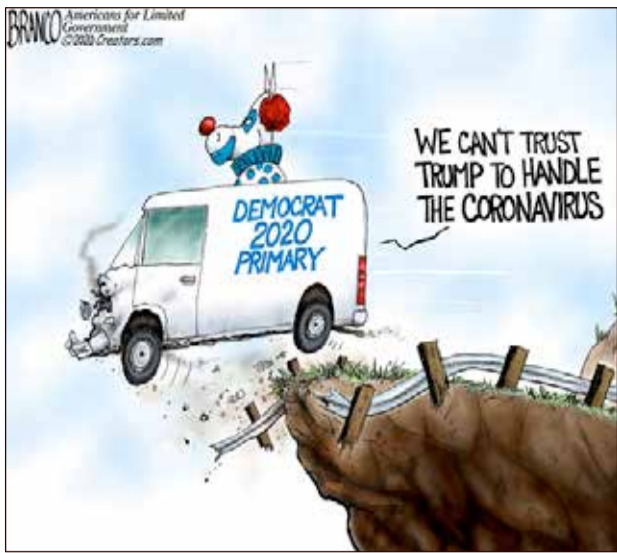
I know a lot of people are going to call me insensitive for this column, but the irrational over-zealous coverage of the Coronavirus by the media is causing otherwise rational Americans to take ineffective measures to avoid the disease. Worse it is creating an unjustified paranoia about everyday life. I will admit I am not a doctor or a medical professional, but neither are the national news media who are freely spewing advice about a medical topic they do not understand. They bring in medical professionals who are giving the same advice they gave in 1918. Worse they bring in other journalists who have written books about the 1918 flu pandemic. History is one thing but sensationalizing the current situation as a coming pandemic is not just fake news its irresponsible. Let's forget the medicine for a minute and look at the facts. What do we know? The most recent count is that 109,823

people have tested positive with the virus around the world as of Sunday, March 8. Total deaths at this point are 3,804 which is 3.5 percent of the known cases. Sixty thousand nine hundred sixty three (60,963) cases have recovered. Of the 45,056 cases still currently infected 86 percent are considered mild while 6,129 are serious or critical. The worlds population is 7.8 billion. In other words only .0014 percent of the world's population has died from this disease. The other 98.86 percent of us have either not been affected or have survived the experience. Now the best estimate of the death toll from the 1918 H1N1 Flu Pandemic is 50 million people died worldwide with 675,000 of those in the United States. Those statistics are often cited as the reason we need to be concerned about the potentially severe impacts of the Coronavirus. Here is what is not being reported. In 1918

there were no vaccines to protect against influenza infections and no antibiotics to treat secondary bacterial infections associated with influenza. The worldwide control efforts were limited to non-pharmaceutical interventions. Namely, isolation, quarantine, good personal hygiene (washing hands), use of disinfectants, and limitations on public gatherings. Apparently those measures were unsuccessful in 1918 and they are likely to be even less effective today. Now don't get me wrong, I am not attempting to spread more fear. We have enough of that going around. The good news is that today we have medicines that did not exist in 1918 and a much better understanding of diseases and how best to treat them. The other issue I have trouble with is this concept of self-quarantine. We live in a global society today. Staying home will not eliminate your exposure. This virus isn't just spreading because of cruise ships and airlines. The biggest culprit in spreading this virus is probably



**BILL FORHAN**  
PUBLISHER



Amazon and on-line shopping.

I wonder how many people who need medical attention are not getting it because needed medical personnel are self-quarantining themselves and avoiding crowds. I am also concerned about the recommendation that if you are sick - stay home. If you are sick you need to seek medical attention particularly if you are in a high-risk group. The sooner you seek medical attention the sooner you can be correctly diagnosed and get treatment for your condition. I do believe that most medical professionals are trying their best to make sure they stay on top of

this disease. The problem is there are individuals in high government positions whose jobs are dependent on them convincing all of us how desperately we need them to save us from some catastrophe. They seem to have the ear of the national media who grab onto every "crisis" in order to increase audience share. The policy of asking us all to put our lives on hold until this "pandemic" runs its course is harmful to our economy and to our quality of life. Its time we got over our collective national paranoia and got back to living boldly and unafraid.

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

## Give 1 dog a bone ...

It has been said that if you give one dog a bone, you end up feeding the whole kennel. Arf! Arf! to that.

Where in the blue blazes am I going with this? I am aiming at the Heart of Darkness and we aren't talking Joseph Conrad either. The heart of darkness in this story is one of selfishness. If, God forbid, President Donald Trump should not be re-elected, I would prefer Joe Biden any day of the week over Bernie Sanders. Biden lost a Marine Corps veteran son to brain cancer. Biden co-ran the country for eight years. Biden was a United States senator from Delaware for 36 years and before that a county commissioner. If I can't have Trump, I'd gladly settle for Biden, but we must look down ballot to

ensure conservatives get elected to keep Washington, D.C. in check vis a vis overtly and covertly liberal policies being enacted. To me and many fellow "compassionate conservatives", it isn't a matter of not wanting to help certain groups, but how to help them and pay the bills associated with that help, that is the question. Do I want homelessness, hunger, bad living conditions and unemployment to continue? No one does silly rabbit. No one is actually "for" anything negative and if they are it would never be admitted publicly. We have already learned some important lessons in running a democracy and that is always a good thing. Despite his wealth, Mike Bloomberg couldn't buy his



**APPLES TO APPLES GARY BÉGIN**  
NCW MEDIA MANAGING EDITOR

way to victory. Despite her midwestern appeal, Amy Klobuchar couldn't do it. Neither could fresh-faced Beto O'Rourke or openly Gay Mayor Pete. If Biden wins I wouldn't like it, but I would always support "my" president whomever that is. Now if I were Biden, after enjoying the Gatorades shower of the so-called Super Tuesday, I would soon be selecting a woman as his running mate. If he wants to go "bi-coastal" he could select Kamala Harris. That would help capture Blacks, Californians and Women all in one shot, plus some liberals who are left of Lunch Pail Joe. His obvious problem with that choice is that the entire country between California and Delaware would not be represented on that ticket and that he would probably win California anyway without Harris on the ticket. He could select the aforementioned Midwesterner Klobuchar.

That might be a nice dovetail fit as both can claim moderate policies. Biden might elect to go for youth and select O'Rourke and that might guarantee a Texas victory and also drag some of the Hispanic vote. I already have the ultimate answer for "Sleepy" Joe. A Black female midwesterner named Oprah Winfrey. America elected a television personality named Trump in 2016, why not another TV star named Winfrey as VP?

With a Biden-Winfrey ticket, he would get more midwestern votes and still get liberal wingers, Blacks and Women as well as someone personally wealthy enough to give every member of her studio audience a free car a few years back. At least Winfrey didn't ask or demand that the American taxpayers pay for those cars. As a note of caution, my headline comes back into focus: Give a dog a bone (or anyone a free car) and pretty soon you will be feeding the whole kennel. The problem with filthy rich folks with liberal policies is simple, no one that has ever lived in the history of the world, including all the kings and queens and corrupt generals and Saudi Royals, could afford to buy all Americans anything of value, let alone a car or a free education or free medical care forever. Therefore, as usual, if the left wing of the Democrat Party wins the 2020 presidential election, we can be sure of a recession or absolute crash of the economy because all of us will be paying for the extreme socialist policies of the left --- just as we are doing in Washington state. I am saddened by divisive politics, but who in Olympia cares what I think anyway? Signed, A Blue State Whiner.

*Managing Editor Gary Bégin can be reached at gary@ncwmedia.net. His opinions are not necessarily those of NCW Media.*

## Wood Family 1917 history Fairview Canyon, Monitor



PHOTO COURTESY FRAZIER STRUTZEL

Frank and Mamie Wood, Frazier's grandparents, as they appear on their marriage certificate.



PHOTO COURTESY FRAZIER STRUTZEL

Huddle brand apple packing label c.1923

The Wood family started when John Benson Wood landed in Baltimore, Maryland in 1668. He married a lady of the Lashley family and that name was used by many Wood newborn males as a first name in the coming years. The family moved west into Kentucky and lived there for over 100 years. Around 1820 the clan and six other families moved out to and settled California (Moniteou County), Missouri. During the Civil War Missouri was declared a neutral state, but that didn't stop them from joining

the fight. Lashley Fountain Wood fought as a Captain with the First Calvary regiment Confederate Army (CSA). Peter Alexander served under General Sterling Price, Confederate States of America. As the story goes, another Moniteou County man, Captain William Renkin of the Union Army, noticed a wounded Confederate soldier he had grown up with and had him dressed in a Union Army uniform, probably saving his life. Grandpa and his brother were born in Fairview,

Kentucky and later lived in Moniteou County, Missouri. On the left way back is great-grandpa James Robert Wood. His cousins were John and Robert James and their cousins were Frank and Jesse James. He had married Alpha Alexander and she had passed away. The Alexander family was well noted in Missouri and Kentucky. My grandpa Frank's middle name was Alexander. Frank James' first name was Alexander. They then moved to Enid, Oklahoma for 12 years and then to Wenatchee Heights, Palisades and finally Monitor. The 37 acres was homesteaded that year (1917) by grandpa. They

first built the wood frames holding the tents and lived there while building a three-story home. While grandpa was planting the orchards and building a packing shed he was able to work on the new Monitor school building for added income. In Fairview Canyon in Monitor in 1917, the Wood Family posed for the photo above. Looking back on the right is my grandfather Franklin Alexander Wood. The young man on the right is my uncle Frazier, nicknamed "Tade". My mom is the smallest-faced of the kids looking across the table. She was not quite 5-years-old. My grandma Mamie is standing in the rear and is the

obvious cook. In 1923 grandpa and uncle Bob created the Huddle brand apple label which is the rarest of all with one of four known to exist placed in the Smithsonian Institute, Washington, D.C. The old Monitor school eventually became Boswell Furniture.

*Frazier Strutzel was born in Leavenworth in 1942 and graduated Cashmere High School in 1960/61. He served in the Marines from '61-'63 and spent 26 years with the Cashmere Volunteer Fire Department and eight years on the Monitor Community Council where he grew up. He can be reached via gary@ncwmedia.net.*

### LETTERS TO THE EDITOR

**Pay off the debt**  
Ideas are being sought for two of the remaining ponds at the Cashmere Sewage Treatment Plant (STP). I am a birder and would love to see the return of the water fowl that used to reside there when the ponds were full. The berms are already in place, no need to change much. It'd be great to see some bird blinds, park benches, even an observation deck. However, any improvements to the site will cost money.

If we restore or redesign these ponds, we may be leaving an additional debt to our children, actually only those children that can afford to live here. Cashmere house prices, which includes the taxes that go with that house, have gone up considerably, almost unsustainable. Many of those that grew up here are unable to move back. Sewage costs have gone up repeatedly, now at \$106/month. I pay ~\$25/month for water. I conserve water, but

removing my bodily waste is more expensive than the water I use. The increase is due to paying off the debt for the new Sewage Treatment Plant and costs will continue to go up for maintaining it. It doesn't appear the increases will stop. We need to be a responsible city and not leave this STP debt for the future generation. Let's pay off the STP debt by selling off this land. Appraise the value of this land, sell it and

put that money towards the principal on the STP debt. At a recent gathering of STP visionaries, we were told that the biosolids are being removed, thus far, at a cost of \$100,000. Does the waste have to be removed? What regulation requires this? I see the Loop Loop trucks on Hwy. 2 with the biosolids, I think, from the residents west of the Cascades, probably being distributed on land somewhere out here. Maybe an interested party would want this valuable

fertilizer and take it away for free! Again, we need to be responsible Cashmere citizens and reduce our debt for ourselves and the future generation. We need to have a sustainable community. If there is anything done to the ponds, it should be the least expensive, unless there are grants available or there is a large donor (or several small) that are interested in putting their name on the project. **Vicky Cibicki**  
Cashmere





## Vale Students of the Month

Vale Elementary Students of the Month for February 2020 were chosen for the **trait of honesty**

**Kinder:** Alaiza Garcia, Ronin Martin, Oliver Frink, Bella Paine, Liam Duncan-Straight, Vladimir Jimenez, Emery Alvarez, Dylan Ramirez, Stella Graf, Dominic Ellis, Zaelynn Skeens, Angel Cruz-Equiva  
**First:** Cora Acheson, Charlie Consiglio, Katie Dunnagan, Emily Smith, Tyler Cho, Ezra

Rimmer, Claire Gemeinhart, Trenton O'Neal, Emma Miller, Thomas Guerin, Montana Morrell, Symon Heflin-Davis  
**Second:** Gilbert Armstrong, Darlene Eardley, Bentley Brown, Cole Smith, Carlos Heredia, Khloi Schell, Skye Butler, Emma Nick, Kellen Patrick, Hudson Sadler, Louise Loftus

**Third:** Paula Ramirez, Uriah Miller, Cristian Garcia-Guerrero, Leela Flick, Gerardo Romero, Alejandro Mora, Emma Weems  
**Fourth:** Emily Swanson, Dantae Mendez, Jude Edwards, Ximena Rosario, Kasey Bray, Maren Peterson, Valerie Valadez-Soria, Adley Sharp, Canaan Thomason, Alan Soto, Irma Hernandez



**Congratulations & Cheers To Vale Students Of The Month!**

**AT HOME**  
in Cashmere



**Terry and Patti Davis**  
**Jamie R. Davis**

## Frequently asked questions about COVID-19

### How does COVID-19 spread?

According to the state Department of Health, coronaviruses are spread mainly person-to-person, when an infected person coughs or sneezes on others or by close personal contact, such as touching or shaking hands. It is also possible that a person can get COVID-19 by touching a surface with the virus on it, then touching your mouth, nose or eyes.

### How severe is COVID-19?

The vast majority of people with COVID-19 will recover on their own, but a small percentage may require medical care. Elderly people and people with underlying medical conditions (including pregnancy) are at a higher risk for severe illness or complications like pneumonia.

### How can I protect myself and my family?

- Wash your hands frequently, or use hand

sanitizer with at least 60 percent alcohol.

- Avoid touching your face.
- Cover your cough and sneezes.
- Stay away from people who are sick
- Disinfect frequently touched objects and surfaces, including cell phones, keyboards and door knobs

I think I may have symptoms consistent with COVID-19. What do I do?

Anyone with concerns that they may have symptoms associated with COVID-19 – fever, cough, and shortness of breath – please call the state hotline at 1-800-525-0127. If you can't get through to the DOH hotline, please call 509-548-5815. Whenever possible, healthcare providers prefer to begin the screening process over the phone before a patient visits in person. If necessary, they will arrange to treat you in a way that reduces the disease's transmission.

## NCW Media Inc.'s Obituary and Memorial Policy

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

## PEO Spring Fashion Show and Tea



Chapter JF/WA P.E.O. Invites you to join us at our Spring Fashion Show & Tea on Thursday, April 2 at 1 p.m. at the Icicle Village Resort, 505 US Hwy 2. Please R.S.V. P. by March 26. Email: sally@kfast.org or call 503-421-2922. Make checks payable to Chapter JF and mail to: 10044 State Route 207, Leavenworth, WA 98826.

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



LOCALLY OWNED

**JONES & JONES ~ BETTS**  
Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561  
jonesjonesbetts.com

*Honoring the lives of residents in the Valley for over 100 years. You can always rely on our dedicated staff.*

# 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 Celebration & Sunday School 10 a.m.  
Meeting at The Conservatory, back entrance of Apple Annie's  
Underground High School Group, Sundays, 6 p.m.  
Junior High, Wednesdays, 6:30 p.m.  
Meet at - 206 Vine Street  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregation Care Pastor, Joyce Williams  
Pastor Ian Ross, Director of Operations  
Stephanie Haney, High School Director  
christcentercashmere.com



**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  
Rev. Nancy Gradwohl  
www.FLCleavenworth.com  
FLCLeavenworth@gmail.com

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

## Incredible season ends



PHOTO BY BILL FORHAN  
Van Lith moves to clear center for Grace Erdmann

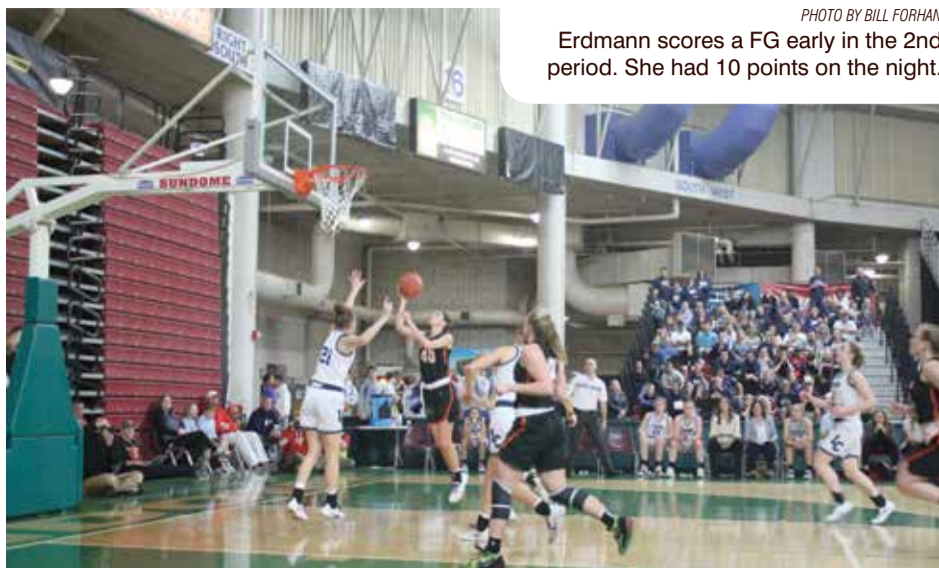


PHOTO BY BILL FORHAN  
Erdmann scores a FG early in the 2nd period. She had 10 points on the night.



PHOTO BY BILL FORHAN  
Peyton Brown grabs a rebound in the 4th period.



PHOTO BY BILL FORHAN  
Grace Hammond moves to make a drive to the basket. Hammond scored 8 points on the night.

By BILL FORHAN

The Cashmere Girls Basketball season ended Saturday night with their only loss. It was an incredible season. A season that the girls can look back on with pride. They represented their school and their community with pride. While Saturday's loss was disappointing it was the most exciting high school game I have witnessed.

Anyone watching this game had to realize late in the 4th period that this game was going to come down to who scored last. The teams were tied for most of the game. Cashmere managed to take an 8 point lead by the end of the 3rd period, but an aggressive defense by Lynden Christian erased that lead in the 4th. Lynden Christian took a 5 point lead with 1:16 left and Cashmere cut that lead to 3 with a FG with just under a minute. They couldn't get the last 3 they needed to send the game to OT before time ran out.

Cashmere has a strong Basketball program. For their part the boys finished in 4th place this year defeating Riverview 43 to 40 in a quarter final match.

The girls team has finished 2nd in state tournament competition 3 of the last 4 years. This year's loss may be especially bitter but only because their record of dominant play over opponents this year has been exceptional.

## Wenatchee Valley College honor students

### WENATCHEE VALLEY COLLEGE Fall quarter 2019 President's List

The following students have been named to Wenatchee Valley College's fall quarter 2019 President's List for earning a grade point average of 4.00 in 12 or more college-level graded credits.

**Cashmere:** Emily Fritz, Elizabeth Gear, Elisha Haney, Braxton Igne, Kathryn Mock, Eleanor Nelson, Jorge Rodriguez, Alexis Sanchez, Elizabeth Skoglund, Jose Solis

**Dryden:** Rachel Caudle  
**Monitor:** Lukeas Qualtier

### WENATCHEE VALLEY COLLEGE- Fall quarter 2019 Dean's List

The following students have been named to Wenatchee Valley College's fall quarter 2019 Dean's List for earning a grade point

average of 3.5 in 12 or more college-level graded credits.

**Cashmere:** Colton Baldwin, Emily Dean, Michael Dowell, Veronica Equiua, Addison Hoffman, Jason Kenoyer, Blake Kitchel, Vivian Link, Leann Malana, Kaia McCollum, Bryson Pratt, Mariah Rankin, Jail Rodriguez, Brian Sanchez, Tyson Seidensticker, Katherine Silva, Armando Vazquez, Saul Villa-Lopez, Eryn Warman

**Dryden:** Alondra Zelaya  
**Monitor:** Jack Cawood, Kobe Hersel

*Wenatchee Valley College enriches North Central Washington by serving educational and cultural needs of communities and residents throughout the service area. The college provides high-quality transfer, liberal arts, professional/technical, basic skills and continuing education for students of diverse ethnic and economic backgrounds. Visit our website, wvc.edu.*



PHOTO BY BILL FORHAN  
Van Lith looks to pass the ball to an open Erdmann in the 4th period.



PHOTO BY BILL FORHAN  
The team expresses their disappointment as they fall 3 points short of a state championship.

Cashmere Physical Therapy  
*Way to go!*  
Another Terrific Season Bulldogs!  
203 Mission. Ste. 203, Cashmere • 782-8818

Enjoy Your Moment!  
Artisan Flooring, LLC  
509-782-0777  
Find us on Facebook

CELEBRATING YOUR DEDICATION AND SUCCESS  
Apple Annie Antiques & Collectibles  
782-4004 | appleanniantiques.com | 9-6 daily

**Congratulations!**  
Bruce Cheadle, Agent  
301 Aplets Way, Cashmere, WA  
(509) 782-1659  
State Farm Insurance Companies  
Home Office Bloomington, Illinois

LIBERTY ORCHARDS  
Makers of Aplets & Cotlets  
**BULLDOG PRIDE**  
Congratulations on Your Winning Season!  
libertyorchards.com | 117 Mission Ave., Cashmere | 782-4088

CASHMERE MUSEUM & PIONEER VILLAGE  
cashmeremuseum.org  
**Congratulations on all your successes, Bulldogs!**

**BULLDOG SCOREBOARD**  
**BOYS BASKETBALL**  
March 6 | Boy's win 4th place with 43 - 40 win over Riverview  
**GIRLS BASKETBALL**  
March 7 | Girls finish second with loss to Lynden Christian 55 - 58 in State Championship match.  
Proud to support THE BULLDOGS!  
Cashmere Physical Therapy  
203 Mission. Ste. 203, Cashmere • 782-8818  
**GO BULLDOGS**

Milne Insurance Agencies, Inc.  
Well Played Bulldogs!  
Milne Insurance Agencies, Inc.  
782-2213 | 205 Woodring Ave., Cashmere

**WE'RE PROUD OF YOU**  
**Bulldogs!**  
Cashmere Valley Bank  
Member FDIC

Place your ad online at [NCWMarket.com](http://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

**NCW MARKET.COM CLASSIFIED ADS**

**BUSINESS JOURNAL**  
**ECHO RECORD MIRROR HERALD**

**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.

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



## LOTS & PROPERTY WANTED

Private party looking for a lot or cabin on Lake Wenatchee with low bank or no bank. Contact Elmer at (360) 629-2133 or email: [valelmermickels@aol.com](mailto:valelmermickels@aol.com)

**NCW MARKET.COM CLASSIFIED ADS**

## BUSINESS OPPORTUNITY

Well-established, turn-key route sales business for sale. Great income and growth potential. Sales season coincides with school year, summers off if desired or work through for more income. Visit company website: [www.collectivegoods.com](http://www.collectivegoods.com)  
 Contact owner: [bookguybrian@charter.net](mailto:bookguybrian@charter.net)  
 For questions please contact: 509-670-6956. Visit [NCWMarket.com](http://NCWMarket.com) for more detailed information.

## FOR RENT

R. V. Rental Space  
 All utilities are included on this beautiful property near Safeway in Leavenworth. Great for motorhome or trailer with pickup. For more information, call 509-699-9337 or email: [deehappysunshine@aol.com](mailto:deehappysunshine@aol.com)

## STORAGE

Storage Units Available  
 Reasonable rates  
 Cut Rate Storage  
 782-1817  
 Office: 107 Railroad Ave. Cashmere, WA.

**Advertise**  
**548-5286**  
 or  
**782-3781**

## HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS  
 AT [NCWMarket.com](http://NCWMarket.com)  
**\*HAPPY BIRTHDAY**  
 \*CONGRATULATIONS!  
 \*WILL YOU MARRY ME?  
 \*I'M SORRY!!  
 \*Happy Anniversary  
 Only \$15 for 30 days  
 includes 3 photos

## HELP WANTED

**Manson Park & Recreation District is hiring for the following seasonal positions:**

- Swimming Instructors
- Swimming Instructor Assistants
- Lifeguards
- Head Lifeguard
- Park Aide
- Maintenance
- Campground Host

Wages, hours, benefits, qualifications, and job duties vary by position. If interested, visit [www.indeed.com](http://www.indeed.com), or contact our office at [info@mansonparks.com](mailto:info@mansonparks.com) or 509-687-9635.



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

Cascade High School Math/Science Teacher

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org)

Popular boutique in Leavenworth now hiring, Summer or long-term available. Fun and enjoyable environment.  
 Email resume to [frenchquail@gmail.com](mailto:frenchquail@gmail.com) or pick up application at Simply Found, 833 Front Street  
 Cynthia 425-330-2756

**Manson School District**  
 located on the beautiful shores of Lake Chelan is seeking applicants for the following positions.

- 2 -Student Supervisor Positions – 10 hours perweek

Detailed job description and online application process are available at: <https://www.manson.org/Page/609>  
 EOE. Questions please call Lorrie or Eric at (509) 687-3140

**Windermere REAL ESTATE**  
**Leavenworth/Lake Wenatchee Specialists**

Looking for real estate in the Upper Valley?  
**Give us a call today!**

John McKenna • 289-2280 Momi Palmieri • 433-2211  
 Geordie Romer • 679-8958 Allyson Romer • 630-9898

See all available properties at [windermereleavenworth.com](http://windermereleavenworth.com)

## HELP WANTED

**Full and Part-Time Breakfast Catering Staff**

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.  
 Apply in person.  
 590 Hwy. 2  
 Leavenworth.



**Writer/ Photographer**  
 Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:  
 Publisher  
 NCW Media, Inc  
 PO Box 39  
 Leavenworth, WA 98826  
 or email to [Publisher@leavenworthecho.com](mailto:Publisher@leavenworthecho.com)



Couple wanted. No children, pets or smoking. Part-time help, flexible hours. Handyman to help with building maintenance and yard work. Light housekeeping and domestic duties. Apartment and utilities provided. Reference required.  
 Bridgeport. 602-625-5376.

## HELP WANTED

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

Vacation, Vision and Dental Benefits  
 We will train and assist with credentialing as a Home Care Aid.



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

## Bus Driver/ Operator - Full-time

Organization: Okanogan County Transit Authority (TranGO)  
 TranGO is looking for a full-time transit driver (36 – 40 hours per week) based out of Twisp, WA. This position is an hourly non-exempt. Compensation is \$19.06-\$20.62 per hour. Benefits include health insurance (including dental and vision), life insurance, retirement, sick leave, vacation). Must have a minimum Class B CDL with Passenger Endorsement. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to [clerk@okanogantransit.com](mailto:clerk@okanogantransit.com)  
 Application Deadline: Application review will begin March 17, 2020 and will continue until the position is filled.  
 Okanogan County Transit Authority is an Equal Opportunity Employer

## Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry/ Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.  
 Apply in person  
 Enzian Inn  
 590 US Hwy. 2  
 Leavenworth

## HELP WANTED

Administrative Services Assistant: Wapato Point Management Company is recruiting for an Administrative Services Assistant. This is a full-time, benefit eligible position located at Wapato Point Resort in Manson, Washington. Primary responsibilities include a variety of administrative and clerical work; monitor delinquent payments, communication regarding delinquent accounts and administer delinquent assessment payment plans; administer Association(s) delinquency policy; maintain and perform ownership changes, prepare re-sale certificates and other office duties as assigned. Attention to detail and basic accounting skills are required. The ability to communicate respectfully and concisely with owners and guests, while maintaining confidentiality, is essential to this position. Excellent attendance is required. Education & Experience: High school diploma or GED plus two years of responsible office experience or equivalent combination of education and experience are required. Upon hire, the successful candidate must provide documentation as proof of eligibility to work in the U.S. Please submit resume and cover letter to: Wapato Point Management Company, Human Resources, PO Box 426, Manson WA 98831. Applications for employment may be downloaded at: <https://wapatopoint.com/employment/>  

Position	Open	Until
Full-time	Job	Type
Salary:	\$15.00	/hour



Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
 Deadline Tuesday at noon **Quad City Herald**

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



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

Icicle River Middle School Counselor

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org)  
 EOE

## SUDOKU PUZZLE

**GRAND ALASKAN CRUISE & TOUR**  
 12 days, departs May - Sep, 2020  
**YMT vacations**  
 1-844-870-9263  
 Promo code N7017  
 FROM \$1,749  
 \$1,499

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

## CROSSWORD PUZZLE

**GRAND ALASKAN CRUISE & TOUR**  
 12 days, departs May - Sep, 2020  
**YMT vacations**  
 1-844-870-9263  
 Promo code N7017  
 FROM \$1,749  
 \$1,499

© StatePoint Media

THEME: RENAISSANCE FAIRE  
 ACROSS

1. Wing it
6. Salvatore, to his friends
9. Bigger than tsp.
13. Swedish money
14. Snoop
15. Hold the floor
16. Predict from an omen
17. More of the same
18. Cell dweller
19. \*Good \_\_\_\_, as in morning
21. \*Gathering of rogues and \_\_\_\_, sing.
23. What engineer and auctioneer have in common
24. Japanese vodka
25. Gourmet mushroom
28. Sheer profit
30. \*Set up a tent
35. "Best \_\_\_\_ schemes o' mice an' men"
37. Attention-getting interjection
39. One who looks at the stars, e.g.
40. Eye up and down
41. Train stop
43. Laughing on the inside
44. Remember this battle site!
46. Isaac's firstborn
47. Zelensky's capital
48. Fermented milk drink, pl.
50. Billy Joel's " \_\_\_\_ the Good Die Young"
52. Use lacrimal glands
53. Weakest in chess
55. Burmese neighbor
57. \*Please
61. \*Men's vest
64. Child-eating daemon, Greek mythology
65. Call to Bo-peep
67. Andretti or Lauda
69. Colorado ski resort
70. "Slipper" tree
71. Phantom's genre
72. Scotland's famous lake

73. Johnny's other nickname
74. Martha Washington post 1799, e.g. DOWN
1. Rap sheet abbr.
2. Keith Moon's instrument of choice
3. Apple's apple, e.g.
4. Accustom
5. Like infertile land
6. Do like volcano
8. Swimsuit fabric
9. Not kosher
10. Island east of Java
11. Roofed colonnade
12. One of the Iviés
15. Murdering, slangily
20. Artemis' companion
22. Island strings
24. Blended family family member
25. \*Longer than a cape
26. Two under par
27. a.k.a. pilau
29. \*Fare \_\_\_\_ well
31. \*Horseshoe cleat
32. Pre-life
33. \*Shakespeare's pattern
34. \*Restroom
36. Actress Moore
38. Sound of pain
42. Tutu fabric
45. Annie or Oliver, e.g.
49. Sigma Alpha Epsilon
51. Peter of Peter, Paul and Mary
54. Big name in grills
56. Giraffe's striped-leg cousin
57. Blueprint
58. Tear down
59. Mischievous sprites
60. Decorative neckwear, pl.
61. Doorframe part
62. Tea choice
63. Infamous Roman
66. \*Popular Renaissance Faire beverage
68. Like sashimi

## Have products or services for sale?

Don't bury them in EBay or Craig's List or park it by the side of the road.  
**Your most likely buyer lives right here in North Central Washington**  
**NCWMarket.com** is a classified advertising service of NCW Media, Inc.  
 Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

**The good news is:**

- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want – as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: [NCWMarket.com](http://NCWMarket.com)

## Join the Digital Age!



# THE WASHINGTON OUTDOORS REPORT



PHOTO COURTESY HILARY FRANZ AND WASHINGTON DNR.

Commissioner Hilary Franz

## Public Lands Commissioner Hilary Franz Has A Lot On Her Plate

By JOHN KRUSE

This week I sat down with Hilary Franz, the Commissioner of Public Lands and head of the Washington Department of Natural Resources, for a wide-ranging discussion covering everything from wildfires to geoducks to derelict vessels and outdoor recreation. Here are some of the highlights:

**Wildfire Prevention:** This year Commissioner Franz introduced a plan to establish a 63-million-dollar Wildfire Prevention and Preparedness Account. Franz stated our state faces a "Wildfire Crisis", pointing out in 2018 we had the most wildfires in state history (1850). Franz also said, "In the last ten years 3.5 million acres of land has burned in Washington State."

Commissioner Franz

points out we are already spending 153 million dollars a year in reaction to wildfires burning in Washington. This account would be funded by home and car owners who would contribute on average \$15 a year. In return, there would be dedicated funding available to proactively, in Franz's words "One, get more resources and capacity to get on top of those fires quickly and two, get at a forest health crisis in Washington State where 2.7 million acres of forest in Central and Eastern Washington alone are dead and dying".

Franz's argument is the proactive work addressing dead and dying forests and having resources available for quick containment of fires would save far more money than relying on appropriations after the fact. Unfortunately, despite widespread support from a number of stakeholders, her proposal did not get far in the State Legislature this



PHOTO COURTESY HILARY FRANZ AND WASHINGTON DNR.

Commissioner Hilary Franz talks to participants during a training session

session. Franz is hoping to try again later this year.

**Derelict Vessels:** The Department of Natural Resources has a Derelict Vessel Fund available to help remove abandoned, sinking or other derelict boats from waterways in our State. These boats pollute our waters, damage habitat and can cause problems for other boats attempting to navigate lakes, rivers and bays. Unfortunately, there is significant and increasing demand for these removal services and some boats can cost over two million dollars to get out of the water.

Currently, only \$200,000 is authorized for boat removal every two years. Franz has asked the Senate to lift the \$200,000 cap and approve a plan that would allow for a quicker local and state government response to get these boats out of the water and to dismantle them at a facility in Ilwaco. This operation could provide 25 local jobs to the economy and allow interested

individuals to purchase used parts from these boats. Franz is hopeful this will be approved by the State House and Senate before this legislative session ends.

**Geoducks:** Geoducks, those big clams found in Puget Sound, are big business for the Washington Department of Natural Resources. They own tidelands where these clams are found and auction off harvest rights to commercial clam operations. It turns out there is a big demand for these clams in China, where they are considered an aphrodisiac. In fact, a two-pound geoduck is so prized it can cost \$100 on the open market.

Unfortunately, two issues are impacting geoduck economics. One is the trade war taking place between China (which accounts for 90 percent of the geoduck market) and the Trump administration. The Chinese government has imposed a 35 percent

tariff on the import of these clams. Worse still, the Coronavirus outbreak has brought the Chinese economy to a standstill in recent weeks and between these two factors, there is very little demand in China right now for geoducks.

This means the 20-million-dollars normally received by the Dept. of Natural Resources every year is taking a 10-million dollar plus hit. The money received by the DNR from geoducks goes to salmon habitat restoration work and public access to our water ways so if you care about conservation and outdoor recreation this is a major issue.

**Outdoor Recreation:** 3.3 million acres in Washington are managed by the Department of Natural Resources as state trust lands and outdoors recreational opportunities are available on many of them. In fact, there are 1200 miles for hikers, horseback riders, bicyclists and

others to enjoy along with 80 campgrounds where no overnight fee is required. There are also 30 sites at lakes and numerous others along rivers, creeks and tidelands to include one (Douglas Falls Grange Park near Colville) that actually has a 60-foot waterfall to enjoy. While you don't have to pay to stay overnight at DNR campgrounds you do need a Discover Pass to park on any State DNR lands. More information about things to do outdoors on DNR lands can be found at [www.dnr.wa.gov/recreation](http://www.dnr.wa.gov/recreation)

This just scratches the surface of our conversation with Hilary Franz. You can find out more about these topics by tuning in to the March 14th weekend edition of Northwestern Outdoors Radio. Look for stations and air times at [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com)

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

## Year round relief for allergies

One of my favorite authors is Ilona Andrews, a husband and wife team who live in south-central Texas and write great fiction. This week in their blog they mentioned how Gordon was struggling with his chronic allergies, and how he was hoping they could eventually move to a place where he could get a break from them.

From my 40 years as a pharmacist, I remember the days when we had far fewer options to relieve symptoms of "hay fever" or allergic rhinitis. Today we have steroid nasal sprays and non-sedating antihistamines. Back 20-30 years ago, people needing antihistamines every day of the year to tame their stuffy nose, runny nose, itchy eyes and sinus pressure had a dilemma.

While some folks could take same antihistamine all year long, others got good results at first, then the medicine would just stop working. Most of the time, they could fix that by just switching to another antihistamine. Which worked for a while, until THAT one quit working for them, too.

The medical term for this is tachyphylaxis, which means being effective for a short time, then suddenly no long working at all. If you only take an antihistamine for 2 months, like I do during ragweed season, you aren't likely to notice it, but if, like Gordon, you need to take antihistamines year-round, you'd have to switch to a different antihistamine every time the one you were on stopped working.

But here's the weird thing. After being off an antihistamine for several months, when you restarted it, it would work! Back then, it was not unusual for people with year-round allergies to cycle through 2 or 3 different antihistamines through the year, on each one for 3-6 months. Today we have newer

antihistamines like Claritin® (loratadine), Allegra® (fexofenadine) and Zyrtec® (cetirizine) with 3 major advantages over older medicines: They rarely cause drowsiness, you only have to take them once a day, and they rarely quit working on you. But rarely doesn't mean never. It's possible that Gordon could improve his allergy symptoms just by switching his current antihistamine for a different one.

My personal favorite allergy medicine is an older one called Actifed® (triprolidine and pseudoephedrine), which doesn't cause much drowsiness and really helps dry up a runny nose. It has the original Sudafed® ingredient that you have to sign for. Unfortunately, when my husband ran out of it while in Dayton, Ohio, he went to pharmacy after pharmacy and the pharmacists looked at him like he was loony because they had never heard of it!

Another strategy for relieving symptoms is desensitizing yourself to what you're allergic to. If most of your allergies are from plant-based pollens, eating local raw honey can make a difference. The trick is to get locally sourced honey, usually available at your local farmer's market.

**Here are 5 suggestions for Relief of Year-Round Allergies:**

### 1. Rotate your antihistamines.

Try switching to another antihistamine whenever you notice an increase in your symptoms. If you are taking Claritin®, try Zyrtec® or even Actifed® instead. Benadryl® causes more drowsiness than other antihistamines, and is sold as a sleep aid.

### 2. Use a steroid nasal spray.

Nasal sprays are the most effective treatment for your round allergies, and nearly all of the nasal sprays that used to be prescription

are available without a prescription at their full strength.

### 3. Try Actifed® (triprolidine/pseudoephedrine).

This antihistamine and decongestant combination that works for both a stuffy AND a runny nose at the same time. You'll probably need to go to an independent pharmacy and ask them to special order it for you.

### 4. Stick to the original formula of Sudafed®.

Sudafed® did a big switch a few years ago to a different medicine, phenylephrine instead of pseudoephedrine. If Gordon has switched to the over-the-counter Sudafed® that you find on the shelf, he could be suffering needlessly because that stuff doesn't work! The federal government restricted pseudoephedrine because it was widely used for methamphetamine manufacturing. Phenylephrine is the weak substitute on the shelf in its place, which is only 1/3 as

potent as pseudoephedrine. If you are serious about allergy relief, it's worth it to sign for products with pseudoephedrine.

### 5. Try raw local honey.

This can be very helpful for some people, it's relatively inexpensive and tastes great. The suggested dose is 1 teaspoon once up to three times daily. I do NOT recommend substituting bee pollen or other concentrated bee products, because they can trigger your allergy instead of calming it down.



*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*

## BUSINESS & SERVICE Directory

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

<p><b>DRILLING</b></p> <p><b>Tumwater Drilling and Pump Inc.</b></p> <p>"Water Treatment Systems Built to Your Individual Problem"</p> <p><b>Free Water Analysis/Estimates</b></p> <p>Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2</p> <p><b>Tumwater Drilling &amp; Pump, Inc.</b></p> <p>548-5361</p> <p><a href="http://www.tumwaterdrilling.com">www.tumwaterdrilling.com</a> • email <a href="mailto:info@tumwaterdrilling.com">info@tumwaterdrilling.com</a></p> <p><small>WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES</small></p>	<p><b>STUMP REMOVAL</b></p> <p><b>Quick 'n Easy Residential Stump Removal</b></p> <p><b>STUMPS</b></p> <p><b>UNLIMITED</b></p> <p>10817 North Road, Leavenworth • (509) 548-8222</p> <p>Kim &amp; Rosalie Kozelisky</p> <p>Licensed, Bonded, Insured • Cont. #UPPERVE200PI</p>
<p><b>EXCAVATION</b></p> <p><b>Complete Excavating Service</b></p> <p>Power &amp; Water Systems Dump Truck &amp; Dozer Drainfield Repair Free Estimates Septic Systems Road Grading</p> <p><b>Upper Valley EXCAVATING</b></p> <p>(509) 548-3489 Leavenworth, WA</p> <p>Licensed - Bonded - Insured</p>	<p><b>STORAGE</b></p> <p><b>DOWNTOWN CASHMERE MINI STORAGE</b></p> <p>5x10 - \$60 Per Month 10x10 - \$80 Per Month 8x14 - \$90 Per Month</p> <p>•Secure Timed Keylock System• •Mobile Platform Available• •Burglar Alarm• •Camera Surveillance•</p> <p><b>782-8113</b></p> <p>201 Cottage Ave., Cashmere</p>

Have spare room in your facility?

Advertise on

**STORAGE**

NCWMarket.com