

Three Candidates vie for Queen Cashmere Title in March



PHOTO BY CRAIG FRANKLIN PHOTOGRAPHY.
From the left Taicha Christensen, Riley Yonaka, and Shaelynn Fitzpatrick vie for Queen Cashmere.

By GARY BEGIN
NCW Media Editor

The Cashmere Valley Record asked the same five questions to the three candidates vying for the title of 2020 Queen. Here are their answers:

Taicha Christensen:
1) What made you decide to place yourself in this high-profile competition?
I wanted to do something that put me out of my comfort zone, and had a positive impact on my community.
2) If elected Queen or not, what do you feel will be your main job in furthering the prestige of being named as Cashmere Royalty?
To represent Cashmere with enthusiasm to show how great this community is.
3) What college, if any, will you be attending and what will your major be?
I have not decided what college I would like to attend but I know that I would like to major in Interior Design.
4) What is your opinion of the importance of the legacy, tradition and culture of being in

the Royal circle as it pertains to the community?
It is my job to represent Cashmere in all I do, and I have a chance to build on the legacy of those, like my sister Johanna, who have come before me. I want to continue the help build up Cashmere's tradition of being a small town with a big heart.
5) Do you feel you are a role model to younger girls and if so, what achievement can you point to that you are most proud of?
I feel that I am a role model to younger girls because I have shown that hard work and perseverance are the best ways to accomplish great things. I think I have shown this by successfully balancing academics, music, athletics, faith and family.
Riley Yonaka:
1) What made you decide to place yourself in this high profile competition?
I didn't take the decision to do this lightly. I talked to my family and thought a lot about the time commitment and what it means to be a Cashmere royalty. To me it was an opportunity to represent my community, to travel to other cities and show and talk about all the amazing

things our town offers. This is my home. I am proud of where I come from and I want to share that with others.
2) If elected Queen or not, what do you feel will be your main job in furthering the prestige of being named as Cashmere Royalty?
My main job will be to promote Cashmere. I hope to meet other people that are equally as excited about their community and share experiences.
3) What college, if any, will you be attending and what will your major be?
I hope to attend Washington State University and become a large animal veterinarian. Two years ago I was raising piglets and after a few trying experiences, I realized that is what I want to do. I plan to come back to Cashmere and start my own practice.
4) What is your opinion of the importance of the legacy, tradition and culture of being in the Royal circle as it pertains to the community?
For as long as I can remember, seeing the Royalty on the float or attending events was very impressive to me. It is a reflection of who our community

is and brings us together. I admired my Aunt when she was a Cashmere princess and I hope the tradition will continue when my niece is older and she too has the opportunity to represent our home town.
5) Do you feel you are a role model to younger girls and if so, what achievement can you point to that you are most proud of?
Yes, I have always tried to be a role model to younger girls and boys. What I feel is an achievement for me is participating in this pageant. This is out of my comfort zone and as you can imagine is a little scary, but it is important to me to stretch myself as I prepare for the next steps in my life.
Shaelyn Fitzpatrick:
1) What made you decide to place yourself in this high profile competition?
I wanted to try something new and I was very encouraged by my friends and family.
2) If elected Queen or not, what do you feel will be your main job in furthering the prestige of being named as Cashmere Royalty?
I feel my main job will be to be a role model to the younger generation and encourage other

girls to join royalty in their upcoming years.
3) What college, if any, will you be attending and what will your major be?
I have thoughts about joining the military and also going to Wenatchee Valley College to major in business.
4) What is your opinion of the importance of the legacy, tradition and culture of being in the Royal circle as it pertains to the community?
Every queen and princess are very important to the Legacy and hold deep meaning to the community members. The traditions and memories they leave behind will always be remembered, honored, and sacred to the community.
5) Do you feel you are a role model to younger girls and if so, what achievement can you point to that you are most proud of?
5.) Yes I do feel I'm a role model to younger girls as I'm constantly trying new things in school and outside of school. I am most proud of my hard work and good grades in school.

Watch for more information on the Candidates bios and the Royalty Pageant.

Crunch Pak to pay \$150k to settle “Clean Water Act” lawsuit

SUBMITTED BY COLUMBIA RIVERKEEPERS

CASHMERE — Columbia Riverkeeper and Crunch Pak, LLC reached a court-approved settlement agreement that will address water pollution flowing into the Wenatchee River. Under the agreement, Crunch Pak will reduce harmful pollution runoff from its Cashmere food-processing facility and pay \$150,000 to the Rose Foundation. Consistent with the Clean Water Act, the foundation will award grants for projects that improve local water quality. Crunch Pak operates a food-processing facility near the Wenatchee River, which flows directly into the Columbia River.

“Today’s agreement is a win for clean water. We are holding industrial polluters accountable for releasing toxic water pollution,” said Simone Anter, associate attorney with Columbia Riverkeeper. “The settlement will reduce harmful pollution and fund important work to improve salmon habitat and water quality.”

Columbia Riverkeeper sued Crunch Pak for violating the federal Clean Water Act and state laws that restrict how much pollution industrial facilities release to local waterways. The Wenatchee River is home to several stocks of threatened and endangered salmon and steelhead. For over five years, Crunch Pak discharged unhealthy levels of copper and zinc and increased turbidity—the murkiness of the water. Copper is toxic to young salmon and steelhead, even at very low concentrations. Turbidity, caused by high sediment levels in the water, can lead to harmful bacterial growth that impair recreational activities like swimming and water sports. Crunch Pak also repeatedly failed to collect and analyze industrial stormwater pollution in violation of federal and state requirements, undermining the public’s and government regulators’ ability to hold the company accountable.

The Columbia River Basin, an area the size of France, accumulates pollution from industry, wastewater treatment plants, and runoff from agricultural lands, logging, industrial sites, and city streets.

As a result, the Columbia River and many tributaries are severely degraded by pollution. Toxic pollution threatens the health of people that eat local fish and jeopardizes the public’s right to eat fish caught locally. Rising water temperatures also threaten the health of salmon and other aquatic life that rely on cool water for survival.

A federal judge approved the settlement agreement on January 7. The law firm of Kampmeier & Knutsen, PLLC and Columbia Riverkeeper’s in-house counsel represented the nonprofit in the case.

About the Clean Water Act
The objective of the Clean Water Act, enacted in 1972, “is to restore and maintain the chemical, physical, and biological integrity of the Nation’s waters.” The Clean Water Act requires facilities that discharge wastewater into rivers or lakes to have permits limiting pollution. The Clean Water Act also empowers individuals and organizations to enforce those permits and protect the public’s right to clean, safe rivers.

About Columbia Riverkeeper
Columbia Riverkeeper’s mission is to restore and protect the water quality of the Columbia River and all life connected to it, from the headwaters to the Pacific Ocean. Columbia Riverkeeper is a non-profit organization with over 16,000 members who live, work, and recreate throughout the Columbia River Basin.



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The Cashmere Valley Record welcomes
letters to the editor. All letters must be
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address and a daytime phone number
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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
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We will publish a correction on this page in the
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Call the Record at 509-782-3781

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Be Afraid, be very Afraid!



BILL FORHAN
PUBLISHER

It's called HB 2529 for House Bill 2529. It has been sponsored in the Washington State legislature by Mia Gregerson 33rd Dist., Debra Entenman 47th Dist., Jake Fey 27th Dist., Sharon Wylie 49th Dist., Jared Mead 44th Dist., Strom Peterson 21st Dist., My-Linh Thai 41st Dist., Bill Ramos 5th Dist., Zack Hudgins 11th Dist., Gael Tarleton 36th Dist., and Noel Frame 36th Dist.

Eleven Democrats want to limit your right to vote or petition your government for a redress of your grievances. Yes, you read that right. HB2529 is a bill that will eliminate elections, citizen initiatives, and voting in odd numbered years.

Why is the bill even being considered in the Legislature?

The Democrats argue that it will save money and increase voter turnout.

At the public hearing on Jan. 24 they brought in an expert from San Diego to talk about why other states are looking at "On Cycle Elections." The expert claims that these elections result in increased voter turnout especially for minorities who are currently underrepresented in elections.

So, two things to take away from this testimony.

First, this is not just about saving money. It's about tracking who is voting and

making sure all elections include a more equitable reflection of the electorate. Envision the day when you show up to vote that you will have to declare your age, sex, gender, race, political persuasion, and income level.

Second, this effort is not unique to Washington state. There are other states and cities considering laws of this nature.

The fact that this bill is an assault on government of the people, by the people and for the people does not concern them.

Or does it? These are often people who say the voters are confused. Voters' don't understand what they were voting to support. In more simple terms they think you are too dumb to know what is good for you. You must be regulated and controlled to prevent you from doing real harm to the government like electing somebody like Trump.

There is a disturbing trend appearing in the Democrat party. Whether that be in Washington D.C. or Washington state. The once great Democrat party has lost its way. They no longer represent the average American. They have divided us up by race, gender, sexual orientation, personal wealth, religious and political persuasion. Then they play us against each other.

They find the most dysfunctional members in each group and then define the entire group by their bad example. Using those bad actors to justify regulation or demonization of the entire group and new laws to control us.

This unfortunately has become a trend in the Democrat Party. A Party that espouses diversity is becoming the least tolerant of those who disagree with them.

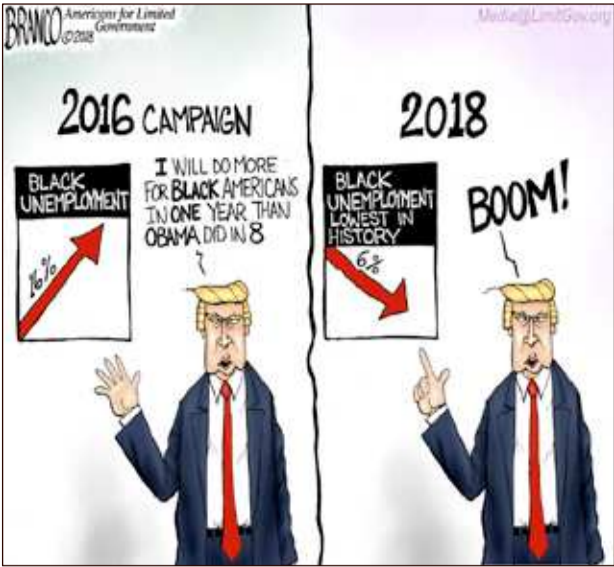
HB2529 is nothing more than an attempt to prevent the average citizen from striking back against government overreach. It is a full frontal assault on your individual freedoms.

The excuse that it will reduce costs and increase voter turnout is ludicrous. It is true that many elections have minimal turnout. There are often valid reasons for that. Reasons that go beyond voter fatigue. And since when have politicians shown any concern about reducing the cost impact of their decisions on taxpayers?

A public hearing on the bill was held on Thursday in Olympia before the Committee on State Government and Tribal Relations.

Once they've eliminated voting on odd years, how long will it take before they eliminate voting and citizen initiatives every year?

Politicians that cannot or will not recognize the will of the voters need to be



removed from the office.

Tim Eyman also testified at the public hearing on this bill. Eyman is the political activist that just got voters to approve limitations on car license fees for the third time. A voter initiative that has angered the Democrats in Seattle. Eyman has also recently announced he is running for governor.

At the hearing Michelle Darnel, a paralegal, called for the committee to kill this bill in committee. She testified in the hearing that this bill is unconstitutional on its face by eliminating the right of the people to petition the government in odd years.

"Let me remind you that your duty is to the people of this state. Not to the body of this oppressive legislature," said Darnel.

She went on to say that the bill was simply a swift, defensive reaction to the increasing engagement of we the people who have become increasingly

dissatisfied with this Democrat controlled legislature. An increasing flow of tax increases, lack of transparency and "ghost" bills has got the citizenry agitated and engaged.

For his part Eyman took a sarcastic approach and thanked the sponsors of the bill for allowing half of our rights to remain. He later handed out individual thank you cards to each of the bills sponsors.

Eyman is running for governor. There is no doubt he is in for the political battle of his life. Many have said he cannot win against the Seattle machine. But if the recent \$30 tabs initiative is any indication, that machine can be beat.

It is time to give the Democrats of Washington state a resounding defeat.

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

Crime knows no bias, but justice does

I admit I am addicted to watching crime shows, but usually not the Hollywood kind.* I like the so-called "reality" aka "true crime" shows. At this time there are no less than 20 of them on various networks. I'm sure I missed a few.

Here they are, not necessarily in order:

- 1) On the Hunt – with John Walsh
- 2) Most Wanted (Seattle based)
- 3) Homicide Hunter with Lt. Joe Kendall
- 4) Killer Couples
- 5) Forensic Files
- 6) Snapped
- 7) Evil Lives Here
- 8) Someone You Thought You Knew
- 9) Unexpected Killer
- 10) The Murder Tapes
- 11) Body Cam
- 12) Live PD
- 13) Hometown Homicide
- 14) Dead of Winter
- 15) The Lake Erie Murders
- 16) How it Really Happened
- 17) In Pursuit with John Walsh
- 18) Heart of Darkness
- 19) Criminal Confessions
- 20) Disappeared

This might easily be the most extant genre of



APPLES TO APPLES
GARY B  GIN
NCW MEDIA
MANAGING
EDITOR

television "reality" shows. More than naked people, more than singers and dancers and bakers and other poor souls willing to bare their everything for a fast buck on national TV.

I love understanding the stupidity of the criminal act and the two most used excuses for murder: Love and money.

Of course "love" includes jealousy, love triangles, envy, control, sex, sadism, Gay and Lesbian romance and many other variations on the term

Money might be easier to understand as mere greed, but it includes Wills, guardianships, Power of Attorney, stocks and gold and cash on hand and cash under the bed and cash ... well you get the idea.

Now after watching all of these shows I can swear that the demographics of those caught and incarcerated ranges anywhere from rich White to poor Black. From Latino, Chinese, Native Americans and everyone in between, but those actually found guilty and sentenced to life in prison without parole or a version of same or death usually are the minorities

or really dumb rich White professionals like doctors, lawyers, dentists and real estate agents.

I have visited Death Row in Texas and most of the faces were Black or Brown.

The only White folks were both dumb and poor.

* For the record, NCIS is my favorite Hollywood crime show as the hero is a retired Marine Gunnery Sergeant who chases crooks that have killed Marines and sailors. His

stage name is Jethro Gibbs. His real name is Mark Harmon.

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



NCIS star Mark Harmon, aka Jethro Gibbs

*Best of Care,
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Elisa Esper, ARNP

Cashmere Clinics
Family Medicine

Confluence Health is pleased to welcome Elisa Esper, ARNP, to the Cashmere Clinic. She is currently accepting new patients (for Wednesdays only) and is pleased to offer bilingual services.

Elisa is very passionate about wellness promotion, women's health, contraception, lactation support, adolescent health, pediatrics, and mental health – specifically anxiety and depression. Confluence Health stood out for her as an ideal place to practice medicine because it is a local, private healthcare system with great compassion for its patients and the communities it serves.

Although Elisa loves to curl up with a good book, her favorite way to recharge is through outdoor recreation. In particular, she enjoys hiking, biking, skiing, backpacking and kayaking. She is also looking forward to enjoying all four seasons in the beautiful Wenatchee Valley, as for the past 10 years she missed them, living elsewhere.

Appointments are available, so call today to schedule yours.

EDUCATION:

- **MSN: Family Nurse Practitioner**
Emory University
(Atlanta, GA)
- **BSN:**
University of Detroit Mercy
(Detroit, MI)

SPECIAL INTERESTS:

- Wellness Promotion
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- Lactation Support
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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. *(2nd & 4th 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)*.

Indoor Playground Cashmere,10-11:30 a.m., 7th Day Adventist Church, 507 Pioneer Ave. Contact: Kalen, 425-772-6507. *(EveryThurs. except school breaks and March 5).*

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 Cotlets Way. Call 782-3230. *(3rd Thurs.)*

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

AA MEETING SCHEDULE

Information numbers for AA:

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.

Cashmere

Cashmere Library Events

Cashmere High School Musical: “Shrek”

Tickets are now on sale for Cashmere High School’s Musical Production of “Shrek”.

The performances are January 30, 31, Feb 1, 7, 8 at Cashmere Middle School Auditorium at 7 p.m. Tickets can be purchased at the door

or in advance at Cashmere High School during school office hours. Adults \$14, Seniors & Students \$8. (r3,4).

Upper Valley Scholarship Applications

The P.E.O. Chapter JF, Leavenworth is accepting applications and must be received for consideration by April 30. Scholarship funds will be available by

Chelan PUD board dives deeper into proposed five-year rate plan

SUBMITTED BY KIMBERLEE CRAIG

Chelan PUD

Details related to Chelan PUD’s implementation of rate changes included in the 2020-2024 strategic plan, were discussed by Chelan PUD board members last week..

The proposal reflects customer-owner preference heard during strategic planning for smaller, predictable electric rate changes to reduce the risk of larger increases in the future. The strategic plan recommended putting any

increased revenue into reserves to help reduce this risk.

PUD staff is proposing a \$1.75 a month increase be applied to the residential customer charge. The residential customer charge is a fixed amount on the monthly bill that recovers the costs of being connected to the grid, no matter the amount of power used. This reflects about a 3-percent annual increase in overall residential bills.

“When we consider adjusting between rate components like the customer charge and



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.

January 17

12:20 Theft, 5607 Sunset Hwy.

15:47 Traffic offense, 4900 Nahahum Canyon Rd.

16:03 Agency assist, 208 Cottage Ave., #2

17:54 Public assist, 5955 Hagman Rd.

January 18

00:56 Suspicious, 6140 Tripp Canyon Rd.

04:10 Suspicious, Bridge St. & Old Monitor Rd.

16:54 Parking/Abandon, 5862 Sunburst Ln.

19:05 Suicide threat, 302 Fisher St., #112

January 19

12:16 Trespass, 300 Sunset Hwy., Crunch Pak

19:55 Theft, 115 E. Pleasant Ave., #3

January 20

00:39 Alarm, 119 Cottage Ave.,Doane’s Valley Pharmacy

08:06 Animal problem, Old Monitor Rd. & Pioneer

08:45 Traffic offense, US Hwy. 2, MP 113

20:07 Warrant, 217 River St.

January 21

15:01 Parking/abandon, 5401 Hinman Dr.

16:56 Welfare check, 319 Independence Way.

January 22

01:24 Noise, 330 Chapel St.

09:58 Trespass, 600 Cotlets Way.

11:10 Prowler, 6747 Flowery Divide Rd.

14:28 Theft, 300 Woodring St.

17:00 Accident injury, 8400 Blk. Nahahum Canyon Rd.

19:07 Suspicious, 302 Fisher St.

January 23

11:32 Welfare check, 507 Pioneer Ave., 7th Day Church

13:16 Trespass, 221 Perry St

15:57 Harass/threat, 404 Valley View Dr.

17:29 Public assist, 306 Valley St.

17:46 Welfare check, 5454 Binder Rd., Unit 3.

SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth

January 30, Thursday: Cheeseburger deluxe, sweet potato fries, coleslaw, apple slices, dessert.

January 31, Friday: Lasagna, Caesar salad, green beans, fruit cocktail, garlic bread, dessert.

Saturday and Sunday: No lunch.

February 3, Monday: Teriyaki beef, rice Oriental, veggies, spinach salad, Mandarin oranges, egg roll, dessert

February 4, Tuesday: Pot roast, roasted potatoes, and roasted carrots, garden salad, whole wheat bread and Berry Crisp

February 5, Wednesday: Clam chowder, broccoli salad, three bean salad, peaches, cheesy garlic bread, oatmeal cookies.

SENIOR CENTER EVENTS

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

the Fall of 2020, and will be sent directly to the school financial department upon confirmation of enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways: Applicant must be age 30 or above and reside in Chelan or Douglas County. Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence. Please contact

Chelan Douglas Republican Women

Will meet for their next monthly luncheon on February 3, 11:30 a.m. at The Wenatchee Red Lion, 1225 N. Wenatchee Ave. Contact Ellie for more information. 425-319-9869. (er 5).

Wendell added.

- Reviewed the timeline and outreach to solicit projects to be considered for “early action” in Rock Island Dam relicensing. During strategic planning, more than 80 percent of customer-owners agreed the PUD should make environmental and recreational investments along the Rock Island project boundary before formal relicensing in 2028 to support a longer, up to 50-year, license. Projects must meet

PUD and federal licensing criteria. During strategic planning, customers said their top criteria were investments that support economic development, environmental stewardship and recreation opportunities and public access. Outreach will start this month with letters to stakeholders, followed by meetings. Letters of “interest” are due in March. Following review, PUD staff plans to come back to the board with recommendations to allocate study funds. Subject to board review, a limited number of projects, which meet criteria, would be sent to federal regulators in mid-2021 for a decision in late 2021.

- Were updated on efforts to manage peak demand on the small system serving the remote community of Stehekin at the head of Lake Chelan. Study shows that installing battery storage may be the most cost-effective measure to provide capacity and create additional energy from excess hydro generation, reported Manager Andrew Grassell and Jim White, senior engineer, of the PUD’s energy efficiency group. Plans are to request battery storage proposals in March and to schedule updates with the community soon. Two community members provided public comment.
- Were happy to hear of significant increases in water supply forecasts for the Lake Chelan Basin and Columbia River system following recent snowfall. April-July runoff into Lake Chelan is now forecast at 90 percent of average and Columbia River runoff for January-July is forecast at 103 percent of average.
- Thanked Ryan Roy, Energy Planning and Trading, for his high level of ownership in successfully managing creation of a new system for river planning, energy dispatch and energy accounting. More than 20,000 hours of work by employees across the District was done on time, on budget and with no compliance problems as a result of Roy’s project leadership.



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Women’s March Musings

On Saturday, January 18th, I attended our local Women’s March in attempts to share the gospel and stand for Biblical truth. As I stood outside the Performing Arts Center with a few other Christians, what I observed was rather disheartening.

The Women’s March began as a response to Donald Trump’s presidency. It was billed as a gathering of individuals standing in solidarity against misogyny and the “oppressive” Patriarchy which restricts woman’s rights—namely the “right” to choose to murder their children via abortion.



A WALK WITH PASTOR JOHN SMITH

Since 2017, the Women’s March has morphed to include issues regarding the LGBT+ community, climate change, and immigration reform. At our local iteration of the Women’s March, it was not uncommon to see pro-abortion signs flying high next to ones that talk about climate justice or open borders. One might look at this gathering of a few hundred people and praise its diversity, thinking how wonderful it is to see people from various

backgrounds sharing a commonality. However, what precisely are they united for/against? As stated earlier, the inception of the Women’s March was in response to one man, Trump, getting elected. Forgo the spin, this demonstration was hardly about great transcendental truths like justice, freedom, or equality rather it was akin to one giant temper tantrum collectively shared by Feminists and Social Justice Warriors. What I observed on that snowy Saturday morning was a lot of angry people who were bitter at America, men, and most notably, God and the disheartening feeling that I had came from the fact that there was hardly anyone telling them

about the way to peace and true justice found by way of the cross. The reason why a Women’s March exists within the community is that the voice of the Church does not. Again, you had approximately three hundred people marching in the street of Wenatchee, supporting the murder of innocent children, sexual immorality, and intolerance toward their neighbor and hardly anyone said “boo” about it. As they marched by darkened and empty houses of worship with their signs, chanting “my body my choice”, I could not help but remember Jesus Christ’s words regarding “hiding your light under a bushel” (Matt. 5:15). As the day goes on,

those who stand opposed to morality and Judeo-Christian principles become more embolden and more vocal. More and more people are shedding off the moral restraint that was indicative of generations past and saying as they did in Psalm 12:4 “With our tongue we will prevail, our lips are with us; who is master over us?” with little to no push back by those who profess to know or fear God. If I may ask, are we willing to let our neighbors, community, or nation go to hell in a handbasket? Are we so afraid of what others may think if we call them to stop marching on the broad way that leads to destruction and find the narrow way that leads to life (Matt. 7:14)?

Contrary to what we have been told for years, it is not unloving or a sin to say “You’re wrong” to an individual. After all, Jesus did it and he was the epitome of love that has ever existed. Christian, the culture needs your voice. The community that God has providentially placed you in, needs you to speak the gospel to it. That message may sound offensive, anger people and it may even be interpreted as “hurtful” yet “Faithful are the wounds of a friend; profuse are the kisses of an enemy” (Prov. 27:6).

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

WashingtonVotes.org

“How did my state lawmakers vote in Olympia? Readers of Cashmere Valley Record would like to know.

Following are the measures that passed this week with split votes:

Senate Bill 5395, Concerning comprehensive sexual health education. Passed the Senate on January 22, 2020 by a vote of 28-21.

This bill would mandate comprehensive sex education in every public school and for every grade as an integral part of the curriculum. This requirement would be phased in beginning with students in grades six through twelve by September 1, 2020, and then for students in grades kindergarten through five by September 1, 2021. Under the bill, the curriculum must be evidence-informed, inclusive for all students regardless of their protected class status, skills-based, encourage healthy relationships based on mutual respect that are free from violence, coercion, and intimidation. It would teach children how to identify and respond to attitudes and behaviors contributing to sexual violence and would emphasize the importance of conscious and voluntary agreement to engage in sexual activity. Current state law only requires schools to teach students about HIV and AIDS prevention, starting in fifth grade. The bill was sent to the House Education Committee for further consideration. The bill also passed the Senate last year, but did not advance in the House before the session ended.

12	Sen. Brad Hawkins (Douglas County)	(R)	N
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Senate Bill 5165, Concerning discrimination based on citizenship or immigration status. Passed the Senate on January 17,

2020 by a vote of 26-20 (three members excused.)

This bill would prohibit discrimination based on citizenship or immigration status by employers, potential employers, labor organizations, or employment agencies unless a state or federal law, regulation, or government contract requires a distinction or differential treatment. It would also prohibit discrimination in real estate transactions and overcharging or impairing access to public accommodations based on citizenship or immigration status. The bill was sent to the House Civil Rights and Judiciary Committee for further consideration. The bill also passed the Senate last year, but did not advance in the House before the session ended.

12	Sen. Brad Hawkins (Douglas County)	(R)	N
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Senate Bill 5740, Creating the secure choice retirement savings program. Passed the Senate on January 17, 2020 by a vote of 26-20, (three members excused.)

This bill would require employers to automatically enroll their employees into an individual retirement account under a new Secure Choice Retirement Savings Program created in the state Department of Commerce. Under the bill, an employer would be required to offer its employees an opportunity to contribute to an IRA established under the program. Employers would be required to provide their employees with information on the program, and deliver and facilitate information regarding the program, disclosures, and necessary forms. Proponents of the bill said it would provide a reasonable way to help employers assist their employees save for retirement. Some small companies cannot

afford to administer a savings plan and are at a competitive disadvantage to larger employers who have the ability to offer retirement benefits, they said. Opponents said this proposal is a dramatic departure from the voluntary marketplace, and that of 40 states considering a mandatory enrollment program 35 rejected it. They also said that an automatic IRA enrollment plan would add more requirements of small businesses. The bill was sent to the House Consumer Protection and Business Committee for further consideration. The bill also passed the Senate last year, but did not advance in the House before the session ended.

12	Sen. Brad Hawkins (Douglas County)	(R)	N
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House Bill 1010, Concerning the disposition of forfeited firearms by the Washington State Patrol. Passed the House on January 23, 2020 by a vote of 56-42.

This bill provides that forfeited firearms in the possession of the Washington State Patrol (WSP) which are not retained for agency use may be auctioned or traded to licensed dealers or destroyed. It would require that within six months after the effective date of the act, the WSP must develop and put in place policies addressing criteria for determining when firearms should be destroyed. Proponents said that the bill would bring equality to the different law enforcement agencies in Washington. The Washington State Patrol (WSP) is currently the only agency that may not destroy forfeited firearms. The WSP should not be an arms dealer or be in the chain of possession of a weapon that later gets used in a crime, they said. Opponent of the measure said that he number of firearms sold or traded by agencies that are used in

subsequent crimes is very small, and the money that can be made selling forfeited firearms can be used to help domestic violence victims, or people who are in marginalized communities or need protection from hate crimes. The bill has not yet been referred to the Senate.

12	Rep. Keith Goehner (Dryden)	(R)	N
12	Rep. Mike Steele (Chelan)	(R)	N

House Bill 1783, Creating the Washington state office of equity. Passed the House on January 21, 2020 by a vote of 56-41 (one member excused.)

This bill would establish the Washington State Office of Equity (Equity Office) within the Governor’s Office to promote access to equitable opportunities and resources that reduce disparities and improve outcomes statewide across state government. Its primary duty would be to develop policies and provide technical assistance and training for agencies on maintaining a diverse, inclusive, and culturally sensitive workforce. The bill was sent to the Senate State Government, Tribal Relations and Elections Committee for further consideration.

12	Rep. Keith Goehner (Dryden)	(R)	N
12	Rep. Mike Steele (Chelan)	(R)	N

Senate Bill 5323, Reducing pollution from plastic bags by establishing minimum state standards for the use of bags at retail establishments. Passed the Senate on January 15, 2020 by a vote of 30-19.

This bill would ban stores from giving single-use plastic carryout bags to their customers. The ban includes paper and recycled plastic bags unless they meet stringent recycled content requirements. Under the bill, retailers would also

be required to collect an 8-cent per bag tax for each recycled content large paper or plastic carryout bag provided. These provisions would supersede local bag ordinances, except for ordinances establishing a 10-cent per bag charge in effect as of January 1, 2019. The bill was sent to the House Environment and Energy Committee for further consideration. SB 5323 passed the Senate by a 31-14 vote (4 members excused) last March, but did not advance in the House before the session ended. Majority Democrats brought the bill back up for a vote with less than 24 hours notice and no opportunity for additional public input. Re-passage of SB 5323 by the Senate is the furthest that statewide bag-ban proposals have advanced in the legislative process, since the idea of regulating and taxing shopping bags were first proposed in 2013.

12	Sen. Brad Hawkins (Douglas County)	(R)	N
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Senate Bill 5811, Reducing emissions by making changes to the clean car standards and clean car program. Passed the Senate on January 15, 2020 by a vote of 26-23.

This bill would impose California’s automobile emission rules on vehicle owners in Washington. Under the bill, car makers would be assigned credits based on the kind of fuel efficient cars they bring into the state. Those credits would then be used to set quotas for how many zero-emission vehicles manufacturers must ship into the state and for dealers to offer for sale, regardless of whether consumers want them or not. The stated goal of the bill is to have about 2.5 percent of all cars brought into Washington be the equivalent of zero-emission vehicles. The bill was sent the House Environment and Energy Committee for further consideration. SB 5811 passed the Senate by

a 26-22 vote (one member excused) last March but did not advance in the House before the session ended. No opportunities for additional public input were provided ahead of this week’s vote.

12	Sen. Brad Hawkins (Douglas County)	(R)	N
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Senate Bill 5947, Establishing the sustainable farms and fields grant program. Passed the Senate on January 15, 2020 by a vote of 32-17.

This bill would establish a grant program intended to help agriculture reduce its carbon output. Subject to funding, the Washington State Department of Agriculture would be required to develop a sustainable farms and fields grant program that would allow more producers to enroll in conservation programs, to reduce greenhouse gas emissions and fossil fuel use, and to help reduce the overall carbon footprint of the state. Sustainable farms and fields grants could be applied towards down payments on equipment or other types of loans; blended use of fossil-fuel based pesticides and fertilizers and non-fossil-fuel based pesticides and fertilizers; or costs associated with installation of carbon farming practices or agroforestry practices. The bill was sent to the House Rural Development, Agriculture, & Natural Resources Committee for further consideration. SB 5947 also passed the Senate by a vote of 32-15 (two members excused) last year but did not advance further before the session ended. Again, no opportunities for additional public input was provided ahead of this week’s vote.

12	Sen. Brad Hawkins (Douglas County)	(R)	N
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Senate Joint Memorial 8014, Concerning logging and mining in the upper


CONTINUED TO PAGE 5

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
Steffanie 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.midvalley baptist.org


LEAVENWORTH




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



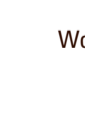
COMMUNITY UNITED METHODIST
418 Evans Street • Leavenworth
509-548-5619 • Rev. Matt Gorman
Sunday service 10 a.m.
www.leavenworthumc.org




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





Sam Phillips prepares to block a shot from Goats player.



Sam Phillips knocks ball away from goats player. The Bulldogs won 62 to 50.



The lady bulldogs remain undefeated with 16 wins.



Here Hailey Van Lith leads the team to another victory against Chelan.

CASHMERE BASKETBALL BOYS STANDINGS				
	League		Overall	
	W	L	W	L
Cashmere	8	0	12	3
Okanogan	6	2	10	5
Omak	5	3	13	3
Chelan	2	7	7	8
Cascade	0	9	4	12

CASHMERE BASKETBALL GIRLS STANDINGS				
	League		Overall	
	W	L	W	L
Cashmere	8	0	16	0
Okanogan	5	3	12	3
Omak	5	3	10	6
Chelan	3	6	7	8
Cascade	0	9	1	15

Washington Votes

CONTINUED FROM PAGE 4

Skagit watershed. Passed the Senate on January 15, 2020 by a vote of 29-19 (one member excused). This memorial would request that British Columbia work with the city of Seattle and the Skagit Environmental Endowment Commission to prevent logging and mining in the Upper Skagit watershed, in

order to ensure the area's environmental and recreational resources are permanently protected. Proponents of the measure say it is important to let the British Columbia government know that Washington state is concerned about logging and mining operations in the Upper Skagit watershed. They say that proposed mining activities in this area pose a significant risk to the health of fish and wildlife

species, and that waste from mining activities can be toxic to juvenile salmon. The Skagit river provides important habitat for the various species of salmon, including chinook, steelhead, and bull trout. The memorial was sent to the House Rural Development, Agriculture, & Natural Resources Committee for further consideration.

12 Sen. Brad Hawkins (Douglas County) (R) N

Y = Yes, N = No, E = Excused, X = Not Voting
Y = Yes, N = No, E = Excused, X = Not Voting

SOURCE: Washington Votes.org is a project of the Washington Policy Center. Please visit www.WashingtonVotes.org and check out our new Olympia news service, Washingtonvotes.org/News, which is featured on the home page. We're also on Facebook and Twitter, at washingtonvotes.org.

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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@leavenworth-echo.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

BULLDOG SCOREBOARD

BOYS BASKETBALL

Jan 23,	Cashmere 58, Royal 31
Jan 24,	Cashmere 62, Chelan 50

UPCOMING GAMES

Jan. 29,	Cashmere vs LaSalle 7:15 p.m.
Feb 4,	Cashmere vs Okanogan 7:15

GIRLS BASKETBALL

Jan 21,	Cashmere 69 vs Cascade 19
Jan 24,	Cashmere 66 vs Chelan 39
Jan 25,	Cashmere 65 vs Kings 44

UPCOMING GAMES

Feb 4,	Cashmere vs Okanogan 5:45 p.m.
Feb. 6	Cashmere vs Cascade 5:45 p.m.

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GO BULLDOGS

THE WASHINGTON OUTDOORS REPORT

Washington State's Big Foot Print in the Shooting and Hunting Industry

By JOHN KRUSE

The 19th largest trade show in the nation wrapped up in Las Vegas, Nevada this week and Washington State was well represented. The event in question was the Shooting Hunting Outdoor Trade (SHOT) Show, which draws not only over 60,000 members of this large industry to the Sands Expo Center every year but also close to 2500 members of the media from around the world interested in finding out what's new in the world of firearms, knives, hunting products and related accessories.

Over two thousand companies from around the globe exhibit here to include 48 businesses from Washington, giving the Evergreen State a surprisingly strong foot print in this industry. Here are a few of the players from our state who were marketing their wares to wholesale buyers, retailers, law enforcement agencies and military organizations over the last few days:

TRUCKVAULT – If you are on the road with your firearms (or fishing gear, photography equipment and other valuables) you can secure it in your



TruckVault shows off the secure storage system they built for this truck

pick-up truck, SUV or other vehicle with a customizable, hidden and lockable unit from TruckVault. Located in Sedro-Woolley, this company employs 70 people and has a strong following to include Olympic Gold Medalist Kim Rhode who installed a TruckVault in her vehicle after her competition shotguns were stolen just before an event several years ago. Today, TruckVault makes secure storage lockers in vehicles not only for hunters, shooters and anglers,

but also for government agencies such as police and fire departments.

SOG KNIVES AND TOOLS – Headquartered in Lynnwood, this knife company has an interesting back story. The founder of the company, Spencer Frazer, decided to reproduce the original Bowie combat knife carried by a special operations group known as MSCV-SOG during the Vietnam War. That one knife launched SOG which now produces a large line of fixed and folding knives

along with some very beefy multi-tools. In addition to this, SOG also sells other outdoors related gear such as axes, tomahawks, tactical backpacks and flashlights.

FILSON – Founded in the 1890's to support the Klondike Gold Rush with the tough clothing prospectors needed, Filson continues to produce high end jackets, vests, pants, hats and more favored by outdoorsmen and women. In fact, the clothing is so long lasting it's often handed down from one generation to the next. Filson also makes an outstanding line of gear for waterfowlers, something much of the public doesn't

know but died in the wool (pun intended) duck and goose hunters are very well aware of. Filson's flagship store in Seattle is a must-visit destination for many of the loyal fans of this clothing line.

IKAMPER – This is a new company that just moved its U.S. headquarters to Seattle. IKAMPER sells roof top tents that can be put on racks above a pick-up truck leaving the bed open for storage. IKAMPER tents also fit on SUV's or even smaller vehicles like all-wheel drive Subaru's. The latter drivers will appreciate the Skycamp Mini which sleeps two on a comfortable mattress. The regular Skycamp roof camper sleeps up to four. One unique thing about the IKAMPER tents versus the competition is that they have a hard shell built into them that covers them during travel and stays on as part of the tent which can be erected in as little as one minute.

Some of the other companies exhibiting at SHOT Show this year include:

FORT DISCOVERY INC. – Joe D'Amico founded this company which not only makes AR 15 style rifles (the Expedition Rifle) out of aluminum but also offers a variety of firearms related training and survival courses.

AMERICAN RIFLE COMPANY – Based in Mukilteo, they manufacture very high-quality bolt

actions, chassis and accessories for rifles.

TRACKER SAFE - Need a secure place to store those firearms? Tracker Safe makes a variety of gun safes (large and small) as well as wall, floor and security safes to hold (and hide) other valuables.

MODE ONE KNIVES – based out of Vancouver and associated with Tracker Safes, this business also makes folding knives of the folding, fishing, hunting and survival variety.

OUTDOOR RESEARCH – Based in Seattle, Outdoor Research provides not only jackets and clothing for winter sports enthusiasts, but also a line of tactical style parkas, sweaters, base layer clothing, gloves and gaiters which catch the attention of retailers and buyers at SHOT Show.

These are just a few of 48 companies exhibiting at SHOT Show, which in turn, represents just a portion of the many companies based in the Evergreen State producing firearms, clothing, and related accessories for consumers (and organizations) all over the world interested in outdoors recreation, hunting or tactical operations. It goes to show that not only is the outdoors big in Washington, but so is the business of the outdoors.

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

Liberty Orchards, maker of Aplets & Cotlets, exploring options

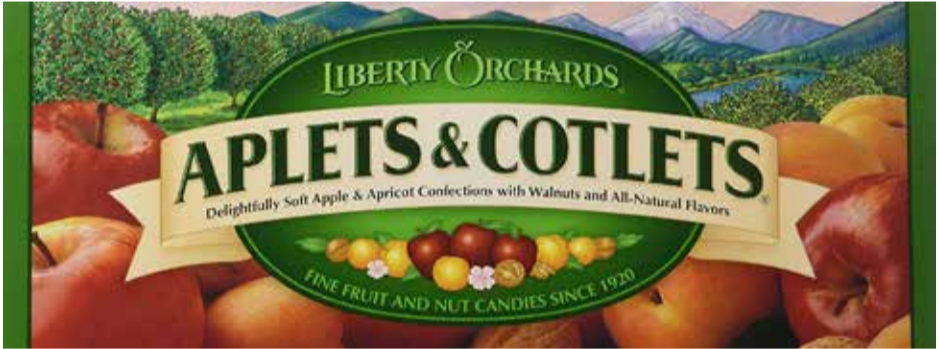
Founding family of the iconic maker of fruit & nut confections is considering its options as the company celebrates its 100th year.

Cashmere, WA Liberty Orchards has been making its famous Aplets & Cotlets for 100 years at its candy factory in the heart of Washington's orchard country. The Company, founded by two enterprising Armenian immigrants, Mark Balaban and Armen Tertsgian, is now in its third generation of family ownership and management. Looking for ways to take advantage of growth opportunities, the family has decided to explore its options, including merger, sale, or

private equity.

The company has expanded greatly over the years. Starting with Aplets, made with apples from the family orchards, the company has created a broad line of fruit & nut candies, all based on the original recipe, that are especially popular around the holiday season. Besides Aplets & Cotlets, the company produces its best seller, Fruit Delights, along with spinoffs such as Dessert Delights and Pecan Delights. More recently, the company created Orchard Bars, a nutritious fruit, nut, and seed bar to meet the growing demand for tasty, wholesome, Non-GMO foods.

Liberty Orchards markets its brands through a variety of channels, from large regional and national retailers to farmer owned fruit stands. The company also sells direct-to-consumer with catalog mailings and the company website... LibertyOrchards.com. Finally, 50,000 visitors take the popular candy kitchen tour every year and purchase products at the factory store. Management sees many opportunities for growth, including domestic and international distribution, modernization of digital marketing direct-to-consumer, Orchard Bar brand re-refresh, as well as cost reduction through economies of scale.



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- 3-percent per year wholesale Fiber rate change

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More information at chelanpud.org under “Rates Planning.”

Send questions and comments to contactus@chelanpud.org

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Apply in person.
590 Hwy. 2
Leavenworth.

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72											

THEME: BE MY VALENTINE
ACROSS
1. *AbElard to HElOÖse
6. C.E.O.'s degree
9. a.k.a Snowmobile
13. Make amends
14. Over, poetically
15. Garlic unit
16. ___ lazuli
17. New, prefix
18. Bumpkin
19. *St. Valentine's Day Massacre city
21. James Bond's drink of choice
23. Building annex
24. Galsworthy's "The Forsyte ___"
25. MD, familiarly
28. Land of Nod, in relation to Eden
30. Hire for work
35. Part of an eye
37. Feudal laborer
39. Request from Amazon
40. Waterproofed canvas
41. Bunch of bees
43. Black cat, e.g.
44. Apollo of "Rocky"
46. Roofed colonnade
47. X in a letter
48. Medicinal herb
50. Tangerine-grapefruit hybrid
52. Tennis barrier
53. Hold as a conviction
55. End of a fuse?
57. * Valentine, a.k.a. humorous Valentine
61. *One of star-crossed lovers
65. Beyond's occasional partner
66. E.T. transporter
68. Worms
69. Hansen's disease patient
70. Young canine
71. *Flirt
72. *They used to be each other's Valentines
73. Attempt
74. Passover meal
DOWN
1. Barber's supply
2. Arizona's neighbor
3. Serengeti antelope
4. *Like a bottle of champagne
5. *Goodwill Industries' business
6. *Unfortunate consequence of kissing?
7. Busy as a what?
8. *Pleasant bouquet smell
9. Vegas bandit
10. Mischievous Norse deity
11. ___-tempered
12. Sub station
15. *Roxane's pen pal
20. *Heart of ___ Blondie's hit
22. Well-kept secret, for some
24. Strata, sing.
25. *Go ___, or split the cost of a date
26. Estrogen maker
27. The smallest dwarf planet
29. Uses a Singer
31. Get the picture
32. Short for administrator
33. Goslings, when they grow up
34. *German artist or Young's partner
36. *Singes" in "La PlanEte des Singes"
38. *Mr. Right, pre-kiss
42. Tiny European republic
45. Jackie Robinson, e.g.
49. Princess tester
51. *My two cents," pl.
54. Do like Vesuvius
56. *HElOÖse to AbElard
57. Wide river valley
58. Wild goat
59. Uh...
60. *The Three Faces of ___, pl.
61. Printer button
62. Old paint hazard
63. Gaelic tongue
64. *Wedding cake layer
67. "___ Elise"

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Tobacco and Vapor 21 began Jan. 1

OLYMPIA - Engrossed House Bill 1074 went into effect on Jan. 1; it is now illegal to sell tobacco and vapor products to anyone under 21.

Quit Resources

- Washington State Tobacco Quitline: 1-800-QUIT-NOW. Free help for quitting smoking or vaping; coaching is available in 200+ languages. Uninsured and underinsured Washingtonians can get free nicotine replacement therapy patches (while supplies last).

- Smartphone apps: doh.wa.gov/quit; apps are free, research-based, and use Acceptance and Commitment Therapy to help Washingtonians quit smoking or vaping. Patients aged 18-20 are currently eligible for a free two-week nicotine patch starter kit through the Smoking & Tobacco app.

- Text-message programs: SmokefreeTXT: text “QUIT” to 47848 to receive tips, advice, and encouragement to help you overcome challenges and stay motivated to quit. This Is Quitting (for teen/young adult vaping): text “DITCHJUUL” to 88709 to get help through cravings, stresses, and slips.

- Additional options may be available based on your insurance coverage; contact your health care provider for more information.

Why is Washington state implementing this law?

- In 2018, one in five Washington 10th graders and almost one in three 12th graders reported using vapor products, a significant increase over previous years.

- Nearly all people who smoke begin smoking before age 21—while their brains are particularly vulnerable to nicotine addiction.

- Raising the legal age of sale will help protect young people by preventing them from getting tobacco and vapor products from peers who are 18, 19, or 20 year olds.

How does the federal Tobacco 21 affect Washington state?

- On Dec. 20, 2019, the President signed legislation to amend the Federal Food, Drug, and Cosmetic Act, and raise the federal minimum age of sale of tobacco products from 18 to 21 years.

- On Friday Dec. 27, 2019, the Food and Drug Administration (FDA) announced that the law would go into effect immediately.

- Although the federal bill went into effect a few days before Washington state’s bill, the Washington State Department of Health and Liquor and Cannabis Board were already preparing for our state’s version of Tobacco and Vapor 21, Engrossed House Bill 1074. The state law went into effect on Jan. 1.

- Limited guidance is available at this time about the federal bill; what guidance does exist is available at <https://www.fda.gov/tobacco-products/retail-sales-tobacco-products/selling-tobacco-products-retail-stores>. The Washington State Department of Health is awaiting further guidance from the FDA.

Additional Resources

- Parents and schools can find more information about how to address youth vaping at www.youthnow.me/schools.

- The public can learn more at www.doh.wa.gov/tobacco-and-vapor-21.

- Retailers can learn more at <https://lcb.wa.gov/tobacco-vapor-21>.

- Watch Secretary Wiesman’s video message about Tobacco and Vapor 21.

Why do some drug advertisements on television mention the risks of the medicine they are promoting, while others don’t?

This coming weekend in Miami’s Hard Rock Stadium, Super Bowl LIV will pit the champion team of the American Football Conference, the Kansas City Chiefs, against the champions of the National Football Conference, the San Francisco 49ers. Between now and the big game there will LOTS of advertisements featuring cars, trucks, insurance, and beer, along with ads for prescription and non-prescription medicines.

I’m often asked, “Why do some drug advertisements on television mention the risks of the medicine they are promoting, while others don’t?”

One reason is that there are 2 main types of medicines being advertised, prescription and non-prescription medications, with one set of rules for direct to consumer (DTC) advertising of prescription medicines, and another, very different set for non-prescription or OTC (over-the-counter) medicines. The Food and Drug Administration (FDA) controls the advertising rules for prescription medicines, while the Federal Trade Commission is responsible for the rules regarding advertising of non-prescription or over the counter (OTC)



medicines.

Inside the FDA, the Office of Prescription Drug Promotion (OPDP) is responsible for regulating the marketing of prescription medicines. OPDP’s mission is to protect public health by assuring that prescription drug information used in advertising is truthful, balanced and accurately communicated, whether it’s directed at health care providers such as doctors and pharmacists, or aimed directly at consumers. In contrast, the advertising of OTC medicines regulated by the Federal Trade Commission and is much less strict.

You may not always hear the side effects of a medicine during an advertisement for it because the FDA created 3 different categories of direct to consumer advertisements that manufacturers of a prescription medicine can use, and only one category requires mentioning any risks.

The categories of DTC advertising include help seeking ads, product claim ads, and reminder ads. Help seeking advertise-

ments mention a particular condition, such as depression, arthritis, or overactive bladder, then direct you to ask your doctor for more information about it. No medicines are mentioned in this type of ad, but if you look closely, you’ll usually see the name or logo of the drug manufacturer sponsoring it somewhere on the screen.

Product claim ads mention the type of condition the medicine has been approved to treat, its brand and generic name, and include some benefits and risks associated with taking it. Product claim ads often use cartoons, celebrity spokespeople or actors to play satisfied patients; then, near the very end you hear a list of risks of taking the medicine, including death. The balance between benefits and risks is important; in this category of marketing, the advertisement MUST mention potential serious risks if they are presenting benefits to their audience.

The third type of prescription medicine advertisement for DTC marketing is a reminder ad. Reminder ads are short, giving only the brand name of the medicine, not what it treats or any of its

benefits. Reminder ads connect us with previous advertising by echoing the visual marketing elements seen in the product claim ads for the product, like showing two people watching a sunset sitting in bathtubs placed side-by-side.

DTC advertising is controversial. On one hand, those who support DTC marketing state that it’s useful to consumers because it encourages people to talk to their physician about a health condition they may have. DTC advertising can also help remove the stigma of a particular condition, such as depression or erectile dysfunction.

Opponents of DTC advertising are concerned that it promotes increased medication use and even overuse of drugs for conditions that have non-drug treatments or less expensive treatments available. They also fear that not enough attention is paid to the risks of a new medicine, like serious side effects. Marketers want their product presented in the best possible light, and false or misleading claims can slip in.

In contrast, DTC advertising of a non-prescription product doesn’t have to mention ANY side

effects, because the FTC doesn’t require it. There is continuing concern about this lack of balance, especially when a prescription medicine gets approval to become OTC, such as omeprazole (Prilosec®) or naproxen (Aleve®). Just because a medicine no longer requires a prescription doesn’t mean the risks of having side effects magically disappear.

The only type of advertisement that forces the manufacturer to mention the risks of taking a particular medicine is a product promotion advertisement of a prescription-only medicine. With reminder ads, help seeking ads and OTC medicine advertisements, there aren’t any serious side effects mentioned because the manufacturer is not required to include that information when advertising the product.

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 TheMedication-Insider.com for daily tips on how to take your medicine safely. ©2020 Louise Achey

Best flu hacks every traveler should know

STATEPOINT - While everyone wants to make the most of their vacation, travel can do a number on one’s health, and during flu season, the risk of feeling unwell is even higher. Feel your best with these tips:

- Flu levels increase during winter because people spend more time in enclosed spaces together touching surfaces and breathing “shared” air. Traveling only amplifies this. Reduce your chances of swapping germs by avoiding contact with shared items. For example, don’t put your face directly on airline-supplied pillows or blankets that haven’t been sanitized.

- Ironically, just when handwashing is most vital -- while traveling -- it becomes less convenient. Carry handwipes and sanitizers and use them when you can’t wash your hands. More importantly, avoid rubbing your eyes or nose.

- An airplane cabin’s dry air accommodates the



PHOTO SOURCE: (c) Voyagerix / iStock via Getty Images Plus
Flu levels increase during winter because people spend more time in enclosed spaces together touching surfaces and breathing “shared” air. Traveling only amplifies this.

growth of viruses that thrive on low humidity. Additionally, travelers often refrain from hydrating to avoid frequent bathroom trips. Yet, when mucous membranes are dry, they can’t keep germs at bay. A general rule is to drink at least 8 ounces of water for every hour in the air. Under the weather? Drink more than the daily recommended 8-10 cups to

prevent dehydration caused by fever, loosen mucus, keep your throat moist and lessen the chance of the virus’ success.

- Getting medical attention away from home is tough. Travel smart with over-the-counter products that are homeopathic and easy to use. Some, like Oscillococinum, are good to pack in your carry-on so

you can take at the first sign of symptoms. Though these uses have not been evaluated by the Food and Drug Administration, clinical studies show that Oscillococinum reduces the duration and severity of flu symptoms such as body aches, headache, fever, chills and fatigue. Widely available in supermarkets and drugstores, this flu medicine is taken without water, making it an ideal travel remedy.

“I recommend that travelers keep Oscillococinum on-hand: an easy-to-take, non-drowsy medicine that can be used for anyone ages 2 and up,” says Dr. Ken Redcross, a board-certified physician in internal medicine and author of “Bond: The 4 Cornerstones of a Lasting and Caring Relationship with Your Doctor.” “It works best when taken at the first sign of flu, so it’s important to pay close attention to symptoms.” To learn more, visit Oscillo.

com.

- Will you arrive in time to make your connection? What if you forgot to pack Aunt Ethel’s present? There’s no doubt that travel can cause stress, which research has shown can increase susceptibility to flu and even increase the severity of symptoms. Being flexible, prepared and building extra time into your schedule can make for stress-free travel.

- Exercise boosts energy and immunity, so don’t take a vacation from workouts while traveling. Pack workout wear and carve out time for exercise.

- Unusual travel schedules, unfamiliar beds and crossing time zones can disrupt a sleep schedule. Get plenty of rest before your trip to keep your body’s natural defenses at optimum levels.

Getting sick can put a damper on even the best vacation. Take steps to feel your best.

Tackling the housing affordability crisis

STATEPOINT - As housing prices soar nationwide, a growing number of Americans are unable to find affordable housing. Experts say that the problem has reached a crisis point, and is harming the welfare not only of individuals and families, but of communities and the economy at-large.

Since 2012, housing prices have increased by 53 percent, according to the Federal Reserve Bank of St. Louis. Unfortunately, salaries have not kept pace. The Joint Center for Housing Studies at Harvard University reports that 18 million Americans commit more than 50 percent of their income toward a safe place to live.

America needs 7 million units of affordable hous-

ing, according to a March 2019 National Low Income Housing Coalition report, which also found that no state has enough affordable rental inventory.

“America’s housing affordability crisis isn’t restricted to cities on the East and West coasts. Families in rural, suburban and urban areas in all 50 states are sacrificing necessities like food, healthcare and education in order to make rent or mortgage payments,” says Brandee McHale, president of the Wells Fargo Foundation. “Only when people can afford to live in their neighborhoods can communities thrive.”

Recognizing the extent of the problem, non-profits, think tanks and corporations are stepping in to find solutions that will

unlock housing options for more Americans and reduce the cost burden of housing. One large-scale effort underway is being spearheaded by Wells Fargo and the Wells Fargo Foundation. Drawing on its resources and expertise, the company is working in collaboration with public- and private-sector organizations to develop and implement new solutions in communities of need, and is committing a \$1 billion philanthropic investment through 2025.

The \$1 billion will be used to address multiple facets of the U.S. housing affordability crisis, including homelessness, available and affordable rentals, transitional housing and homeownership. Beyond this commitment, programs that increase

financial literacy among individuals and create small business growth for local entrepreneurs round out an overall strategy to help people and communities find more financial stability.

This new philanthropic strategy comes on the heels of previous efforts designed to secure affordable housing for more Americans. Since 2012, Wells Fargo has provided charitable grants for homebuyers and homebuyer education through its philanthropic NeighborhoodLIFT, and other LIFT programs in collaboration with NeighborWorks America, creating more than 22,000 homeowners -- the majority from low- and moderate-income households -- through over \$475 mil-

lion in down-payment assistance grants. In addition, 10-year lending commitments are in place to help more than 170,000 African American and Hispanic individuals purchase homes.

“Financial stability starts with a place you can afford to call home, but to help more people find that, it’s going take all of us looking more holistically at the spectrum of housing needs,” says McHale.

As markets all over the country struggle with high housing prices, policymakers, advocates, philanthropists and non-profits will need to work together to find long-term solutions that will help millions of Americans meet their most basic needs.

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