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Cashmere Rotary's annual auction raises funds for community



Pictured standing from left are Rotarians John Killian, Greg Taylor and MC and auctioneer John Bryant.

FILE PHOTO.

By BILL FORHAN

Every year the Cashmere Rotary club holds their annual auction. It is a community event that marks the start of the season of giving.

Each year club members gather contributions from local businesses and other community supporters

that are then auctioned off and the proceeds go to fund Rotary projects and community needs. Most of the funds raised are spent in the community. It is a great time to do some Christmas shopping while supporting Rotary's mission.

One program that gets great support is the Cashmere School

District's Cashmere Cares program that seeks to make sure no child in the community goes hungry, cold or without a mentor. Last year the event raised \$11,000 for Cashmere Cares.

Auction items always includes wine baskets, dinner offerings, arts and crafts and donated goods from

local businesses. There is usually a beach house or a cabin at Lake Wenatchee that make a fun get-away for the entire family.

It's one of the major social events of the year with catered hors d'oeuvres and available adult beverages and soft drinks.

To keep the crowd engaged for the

entire evening the event ends with a drawing for \$1,000 cash.

It's an event you do not want to miss.

Tickets are \$30 and are available from your local Rotarian or you can pay at the door.

Riverside Center is the place to be Saturday night 6:30 to 10 p.m.

Museum's Trick or Treat event a huge success



PHOTO BY CAROL FORHAN.

October 31 at the Pioneer Village was two hours of fun and games for children of all ages. Eight hundred twenty two people attended the festive event. The entry fee was a donation of any shelf-stable food for the community cupboard. The event brought in 980 pounds of food and \$297 in cash for the cupboard.



PHOTO BY CAROL FORHAN.

Joining the fun and having a picture taken with Cashmere Princess Faith Acton, Queen Johanna Christensen and Princess Katherine Silva are Mr. Mustard, and two friendly dinosaurs at the Cashmere Museum and Pioneer Village's first and very successful Halloween party.

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\$100
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Cashmere, WA 98815
Phone: 509-782-3781

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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

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FILE PHOTO

The annual Cashmere Rotary Auction is a great place to do some early Christmas Shopping while helping Rotary raise money for local projects.

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December 12, 2019

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Employment law is in flux at a federal, state and cultural level in 2019. Hear from Washington experts on how best to meet 2020's changes head on.

Session Highlights

- A Time for Civility: Moving Beyond Harassment and Bullying to Practicing Civility in the Workplace
- Paid Family & Medical Leave Program:
 - Employer Requirements
 - Interaction with FMLA
 - Updated with Recent Decisions
- 2020 Ogden Murphy Wallace Employment Law Update

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Dr. Wade Larson
Larson Leadership Consulting

Erin McCool
Ogden Murphy Wallace

Gil Sparks
Ogden Murphy Wallace

Brennan Stoelb
WA Employment Security Department

Cashmere Rotary AUCTION

Saturday, November 9th
6:30pm to 10:00pm
Cashmere Riverside Center
201 Riverside Drive in Cashmere

\$30 Admission Ticket

- Hors d'oeuvres
- Wine • Beer • Sodas
- Over 250 Auction Items

GRAND PRIZE \$1000 CASH!

Tickets available from Cashmere Rotarians, Doanes Valley Pharmacy, or at the door.

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
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Cashmere

Annual Rotary Auction

Join us for the Cashmere Rotary Auction on Saturday, November 9 from

6:30-10:30 p.m. at Cashmere Riverside Center. \$30 admission ticket includes hors d'oeuvres, beverages and over 250 auction items with a Grand Prize of \$1000 Cash. Tickets available from Rotarians, Doane's Valley Pharmacy or at the door. (re44,45).

A Ministry Opportunity

There are people in our community that are all but forgotten. Unable to enjoy the crisp fall air, they spend their days in isolation left with their thoughts of a time when things were so much different for them. Memories of holidays with the family, old friends that have long since gone bring a measure of comfort for these individuals but it does very little to evaporate the overwhelming sense of loneliness that floods their hearts.



A WALK WITH PASTOR JOHN SMITH

This is what the elderly who are in retirement homes and convalescent centers go through daily. For many who are waiting for their turn to enter into eternity, their days leading up to that point, are lonely ones.

Of course, the elderly among us weren't always forgotten.

There was a day when the elderly were treasured as bearers of needed wisdom and were respected for their wealth of life experience. Younger people stood when an elderly man entered the room as a sign of not only honoring the individual but also in reverence to God (Lev. 19:32).

However, times are different. The younger generation is so wrapped up in themselves and things are at such a fast pace that those who are aged don't have a place. So, because the elderly don't fit into our modern world, the younger generation views them as "old fashioned", "too conservative" and disregards the years of experience and wisdom that the elderly have earned. Or, we view the elderly as being too slow

and therefore because we are always in a rush—hustling and bustling about—we can't possibly slow down to learn and to listen from them.

How foolish we are to not take the time and listen to our elderly neighbors!

A few times a month, my family and I visit the nearest rest home. We sing a few hymns, pray and I will give a very brief sermon from the Scriptures. That one hour on Thursday mornings is certainly not glamorous. It won't grow the church nor will it make a name for my ministry. Yet I tell you, I'd rather sit with my Bible in my hand, ministering to those dear elderly saints than be in the most elaborate of cathedrals, speaking to thousands. Why? Because at that moment, the elderly in that rest home is closer to eternity than you or I and they need to be reminded of what awaits them at the end.

Additionally, their encouragement and their

wisdom which they share in the times we have the opportunity to visit with them has blessed our family immensely. Hearing about how they would go to church when they were young and seeing their eyes glisten as they recall the times when the hand of God was evident in the experiences of their past, is enough to make any younger person fully aware that our God is always active in the lives of His people.

It doesn't take much to bless the elderly in our community. The ministry to those living in rest homes is remarkably simple. All you need is time to sit, ears to listen and a heart that is moved with compassion. If you have those things, you are more than equipped to engage in a very powerful ministry and will be blessed beyond measure.

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

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.)
- Free weekly community meal**, 5-7 p.m. Cashmere United Methodist Church Gym, 213 S. Division Street. Call 782-3811.
- Cashmere Sportsmen's Gun Club**, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.
- Cashmere American Legion Post 64**, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).
- Cashmere American Legion Auxiliary #64**, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).

Friday

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

Saturday

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

Sunday

- CHURCH:** See the church page for local service times and events.
- The Underground**, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

Monday

- Cashmere Wacoka Kiwanis Club**, 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.)
- Tillicum Riders**: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)
- Cashmere City Council**, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
- Planning Committee Meeting**, 5 p.m. at City Hall (1st Mon. of each month).
- Cashmere Fire Department**, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)
- Cashmere Fire Department**, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)
- Cashmere School Board**, 6:30 p.m., School District Office. Call 782-3355. (4th Mon.)

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.

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SENIOR CENTER MENUS

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

- November 7**, Thursday: Swiss Steak, garlic and red pepper penne' pasta, California vegetables, garden salad, mixed fruit, French bread, dessert.
- November 8**, Friday: Turkey and cheese deli style sandwich, vegetable soup, coleslaw, mixed berries, dessert.
- Saturday and Sunday: No lunch.
- November 11**, Monday: Closed for Veteran's Day
- November 12**, Tuesday: Pork roast, stuffing and gravy, peas, spinach salad, chilled pears, whole wheat bread or roll, dessert.
- November 13**, Wednesday: Chicken Cordon Bleu, rice pilaf, Normandy vegetables, tossed green salad, fruit cocktail, whole wheat roll, dessert.

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

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.

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CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS
 This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

- October 26**
- 07:26 **Agency Assist**, 809 Pioneer Ave.
 - 10:03 **Suspicious**, Hay Canyon Rd.
 - 11:38 **Malicious Mischief**, 5720 Vale Rd.
 - 14:02 **Domestic Disturbance**, 319 Independence Way
 - 16:27 **Accident/No Injuries**, 1525 Mission Creek Rd.
 - 08:06 **Extra Patrol**, Aplets Way & Cottage Ave
 - 15:21 **Domestic Disturbance**, 4200 Block Old Monitor Rd.
 - 17:46 **Accident/No Injuries**, Sunset Hwy. & S. Division St.
 - 18:13 **Suspicious**, 109 Cascade Pl.
 - 21:32 **Domestic Disturbance**, 300 Aplets Way, Hometown Market

- October 27**
- 13:25 **Agency Assist**, 5826 Pioneer Dr.
 - 13:26 **Hazard**, Ruby St. & Goodwin Rd.
 - 17:17 **Alarm**, 5970 Sunburst Ln.
 - 22:54 **Noise**, 5351 Binder Rd.
 - 07:46 **Theft**, 4184 Mission Creek Rd.
 - 08:00 **Alarm**, 117 Aplets Way
 - 09:14 **Fraud/Forgery**, 7765 Nahahum Canyon Rd.
 - 11:23 **Theft**, 56 Lilac Lane
 - 16:14 **Traffic Offense**, 700 Cotlets Way, Rusty's Drive-In

- October 28**
- 08:05 **Welfare Check**, 4270 Mission Creek Rd
 - 09:27 **Agency Assist**, 115 E. Pleasant Ave., #7
 - 13:09 **Scam**, 4566 Old Monitor Rd., Monitor
 - 16:47 **Theft**, 115 E. Pleasant Ave., #14
 - 18:09 **Accident/No Injuries**, 7951 Kinney Rd., Dryden
 - 21:36 **Hazard**, Binder Rd. & Mission Creek
 - 16:39 **Hazard**, US Hwy. 2 & Aplets Way
 - 21:31 **Domestic Disturbance**, Cashmere
 - 21:34 **Weapons Violation**, 4705 Kelly Rd., Monitor

- October 31**
- 11:06 **Trespass**, 117 Mission Ave
 - 12:04 **Hazard**, 400 Block, Aplets Way
 - 15:17 **Alarm** 7690 Stine Hill Rd., Dryden
 - 16:08 **Animal Problem**, 329 Peshastin St.
 - 17:29 **Parking/Abandon**, 304 Riverside Dr.

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Steve Alford, E5, Retired
U.S. Army
Years of Service: 3 active
Ft. Polk, LA, Fort Sam Houston, TX, Qui Nhon- Vietnam
Medals/Commendations: National Defense, Vietnam Service, Vietnam Campaign Medal, Unit Citation, Good Conduct, Gallantry Cross.



Richard Aliulis, 1st Lt.
Retired U.S. Army
Location of Service: CuChi, Vietnam.
Medals/Commendations: Silver Star, 3 Bronze Stars.



Bob Bark, Retired
U.S. Navy
1951-1955 Alaska, Japan, Korea
U.S.S. Seminole transported 10,000 North Korean and Chinese prisoners.



Scott Baker, Lt. Col., Retired
Air Force
Years of Service: 20
Medals/Commendations: Meritorious Service Medal, Air Force Achievement Medal, Combat Readiness Medal



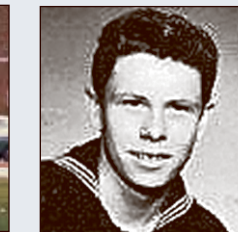
Mark Baker, Lt. Col., Active
U.S. Air Force
Years of Service: 29
California
Medals/Commendations: Meritorious Service Medal, Air Force Commendation Medal, Global War on Terrorism



Michael S. Forhan, E5, Retired
U.S. Navy- 6 years
Location of Service: Naval Base Kitsap Bangor, USS Kentucky (Sub). Medals/commendations: 2 Navy, Marine Corp Achievement Medals, 3 Sea Service Deployment Ribbons, Meritorious Unit Commendation, and Navy "E" Ribbon



William Forhan, 1st Lt. Retired
U.S. Army. 1969 - 1972
Pershing Missile Platoon leader, Schwaebisch Gmuend, FRG. Service Battery Commander, Colorado National Guard 1972-1976.



Bill Haines, Boller Tender
Retired. Navy
1956-1960
U.S.S. Currier, DE 700, South China Sea, U.S.S. Laws, DD558 South China Sea. Naval Reserve until August 1966



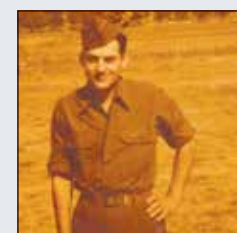
Craig Hess, Lt. Col., Retired
Air Force, 1981-2013
British India, Ocean Territory, Bosnia, Turkey and Iraq (post 9/11).
Medals/Commendations: 7 Meritorious Service Medals, 5 Commendation Medals, 3 Achievement Medals, Armed Forces Expeditionary Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Armed Forces Service Medal, NATO Medal.



Robert H. Huntington, SP4, Retired
U.S. Army, 1977-1980
Kornwestheim, Germany
Medals/Commendations: Sharpshooter Overseas Medal (Pictured with Trenten)



Marilynn Lietz, Col., Retired
Branch of Service: U.S. Army
Years of Service: 26
Location of Service: USA and Europe. Medals/Commendations: Defense Superior Service, Legion of Merit, Meritorious (40LC), Army Commendation, Army Achievement (1 OLC), National Defense (1 OLC), Armed Forces Reserve medal, Overseas Service Ribbon (40LC), Office of the Secretary of Defense ID badge.



Verne Lietz, Retired
Branch of Service: U. S. Air Force
Years of Service: 1 942-1945 and 1 949-1966
Location of Service: India and Germany



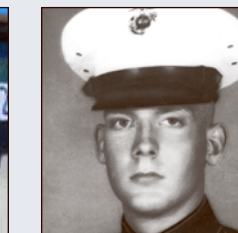
David G. Nicklnovlch, Retired
Branch of Service: Army
Years of Service: 4
Location of Service: Vietnam
Medals/Commendations: Silver Star, Bronze Star (2), Vietnamese Gallantry Cross



Terry Porlier, MI E5, Retired
U.S. Army, 3 years
Fort Lewis, Fort Benjamin Harrison, 1st Cav An Kae, Saigon Vietnam, Fort Meyer, Virginia (Pentagon).
Medals/Commendations: NDSM, VSM, 2 O/S bars, RVNMC w/60 device.



Jack Pusel, Retired
U.S. Navy, 1966-1970
Medals/Commendations: Vietnam Campaign and Vietnam Service, Meritorious unit



David E. Severance, Jr., Sergeant, E-5, Retired
U.S. Marine Corps Reserve
1961-1968
Assigned to NAS Sand Point, Seattle, Washington



William (Mickey) M. Smith, Retired
Branch of Service: U.S. Air Force
Years of Service: 22
Location of Service: Vietnam, Luke AFB, Altus A. EB., McChord A. EB.



Grant Stoebner, Major, Retired
Branch of Service: U.S. Army
Infantry, Location: Iraq



Gregory Walters
Quarter Master, U.S. Army
3- years, active duty 1983-1986
Korea and Fort Lewis, WA.
Medals/Commendations: Korea Defense Service Medal, Army Service Ribbon, Army Overseas Service Ribbon.



R. Michael Worden
Major General, U.S. Air Force
U.S. Air Force Academy Graduate
Combat pilot Viet Nam



VETERANS DAY NOVEMBER 11, 2019

SUBMITTED BY LINDA INGRAHAM,
President Cashmere American Legion Auxiliary #64

November 11, 1921 was the first Veterans Day. Armistice Day, as it was then called, was set aside by Congress to honor the veterans of World War I & marked the fourth anniversary of the signing of the Armistice with Germany. In June 1954, President Eisenhower signed a bill to honor all veterans on that day & the holiday was officially renamed Veterans Day.
Because of our veterans, we are united & live our lives in freedom, enjoying the rights guaranteed by our Constitution. Some may think Veterans Day commemorates great victories or honors great

war heroes or glorifies war. Veterans Day is more than that...it honors our citizen soldiers, the millions of Americans who served & are still serving their country when asked & the thousands who have died.
Since the Revolutionary War, ordinary young citizens have quietly put their affairs in order, kissed their families goodbye & put on uniforms. That takes courage when you're only 18-20 years old & filled with hopes & dreams & plans for the future.
These men & women are heroes. Because of their sacrifice & courage, our country is free today. Because of them, we have the rights & privileges we have always held dear. Freedom is not a cheap commodity. Throughout our nation's history, veterans

have paid a heavy price. That is why we honor them. As we celebrate Veterans Day,

keep in mind the enormous debt we owe to the veterans of this nations.

It is the VETERAN, not the preacher, who has given us freedom of religion.

It is the VETERAN, not the poet, who has given us freedom of speech.

It is the VETERAN, not the campus organizer, who has given us the freedom to assemble.

It is the VETERAN, not the politician, who has given us the right to vote.

It is the VETERAN, not the protester, who has given us the right to burn the flag.

It is the VETERAN, who lives by, respects & salutes the flag, who serves under the flag, whose coffin is draped by the flag!
Author unknown

GIVE THANKS!
Please take the time to locate & personally thank the veterans within your family, neighborhood & community. They are the true American heroes.



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★ ★ ★
GRATEFUL FOR YOUR SERVICE
Service is our mission, and we thank veterans and those on active duty for their dedication including the veterans who are Chelan PUD employees.
Our offices are closed in honor of the holiday on Monday, Nov. 11, but we're ready to serve 24/7 if you need us: (877) 783-8123.
U.S. FLAG | CHELAN COUNTY P.U.D.

Cashmere loses a close one to Leavenworth Bulldogs 28 vs Kodiaks 33



PHOTOS BY BILL FORHAN.

Brooks Elliott proved to be a formidable weapon against the Kodiaks. He had 120 yards on 13 attempts averaging 9.2 yards per carry. He also had 6 receptions for 78 yards and 2 TD's

By BILL FORHAN

After a number of years dominating the valley rivalry, the Bulldogs endured a tough loss in this year's Pear Bowl.

Cashmere took an early first quarter lead scoring on a 39 yard pass from Quarterback Sam Phillips to D Harrington. But the Kodiaks came back scoring their first

touchdown off a 15 yard run by Quarterback Cole Warnaca.

The game remained knotted through the rest of the first half leaving the teams tied 7 to 7 at the half. It seemed to be shades of last year where a close game ended in victory by the Bulldogs at 14 - 10.

The second half, however, was a different matter where both teams had learned to

exploit the others weaknesses and score on big plays. Following a big pass that left the ball on the 3 yard line the Kodiaks handed the ball off to big Offensive lineman Hunter Reinhart who punched the ball into the end zone to take the lead at 14 to 7. The Kodiaks added to their lead with a 34 yard pass to Isaiah Dayton but the point after failed so

the Dogs had an opening to regain the lead. Cashmere took advantage of the opening and scored twice. First on a big 60 yard scamper by Brooks Elliot followed up with a 17 yard pass to Elliott putting the Bulldogs back in the lead at 21 to 20.

The Kodiaks rose to the challenge with an 7 yard run by Isaiah Dayton late in the fourth quarter to go ahead 26

- 21. The two point conversion attempt failed leaving the Kodiaks vulnerable to a score by the Bulldogs.

The Kodiaks scored again with just over two minutes left in the contest on an 8 yard run by Ben Sunitsch to move the score to 33 - 21 making the Bulldogs hill a little tougher to climb.

Cashmere was undaunted

and came back quickly with a 44 yard pass to Elliott that moved the score to 28 to 33.

With less than two minutes remaining Cashmere opted for the onside kick, but Cascade covered the ball and was able to take a knee and run out the clock. It was a great game where both schools never gave up, playing with determination and great school pride.

CONGRATULATIONS!

Cashmere Bulldog Player of the Game

BROOKS ELLIOTT

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Girls capture Caribou Trail League championship



SUBMITTED BY JEFF KENOYER

The Varsity Girls started the day as the best team in the league team has a lot of big meet experience. While Chelan ran well (37 pts.) the Cashmere girls' prevailed (29 pts.) and won the championship for the third season in a row.

The next race was the Varsity Boys' competition. Cascade was the team to beat and showed why (29 pts). The Chelan boys made it a race

with four runners in the top 15 earning 62 points as a team. The Cashmere boys didn't have a great race but were good enough to finish second (45 pts.)

The junior varsity runners (both boys and girls) competed in the same race. The younger kids ran especially well. Our first five boys were ninth graders! We should have some pretty good cross country teams for the next few years!

THE VARSITY GIRLS RESULTS:

2nd	Syd Smith	20:15.5	(qualified for her third state meet)
4th	Eleanor Nelson	20:54.9	(qualified for her fourth state meet)
8th	Tristan Hoffman	21:47.4	Season Best (qualified for her second state meet)
11th	Adria Torrence	22:16.6	(qualified for her third state meet)
12th	Kylee Foster	22:20.4	(ran as our third best JV girl last season)
13th	Johanna Christensen	22:23.40	(qualified for her second state meet)
15th	Ellie Martin	22:24.6	(first cross country season after being a soccer player)

THE VARSITY BOYS RESULTS:

1st	Rob McManus	16:08.4	(qualified for his third state meet)
6th	Sam Kinser	17:17.7	(qualified for his third state meet)
8th	Dyllion Taylor 1	7:22.1	Personal Record (qualified for his second state meet)
11th	Oscar Orozco	17:37.40	(qualified for his first state meet)
20th	Henry Nelson	18:36.0	(qualified for his first state meet)
21st	Felix Dotson	18:45.6	(qualified for his first state meet)
25th	Kyler Knoll	19:14.20	(qualified for his first state meet)

JUNIOR VARSITY BOYS 37 RUNNERS IN THE RACE

3rd	Aidan Deyl	19:47.2
5th	Eli Lyons	19:51.2 Personal Record
7th	Garrik Strong	19:57.2
8th	JJ Groner	20:30.7
10th	Micah Guerin	20:34.90 Personal Record
13th	Oscar Oropeza	20:45.4
14th	Gunnar Simmons	20:53.6 Personal Record
16th	Aaron Guerrero	21:12.6
17th	Abram Zanol	21:15.2
18th	Kaden Potter	21:22.9
19th	Owen Newman	21:33.0
20th	Sebastian Kelzenberg	21:37.10
22nd	Aidan Campbell	21:48.6
25th	Jackson Donald	22:11.70
26th	Rolland Schmitt	22:40.7
28th	Drake Hesselschwardt	22:46.0
34th	Payton Webley	25:11.3

JUNIOR VARSITY GIRLS 16 RUNNERS IN THE RACE

1st	Gabby Terrell-Lewis	22:42.1
2nd	Jessie Nixon	23:39.3
3rd	Bella Fox	24:17.9
4th	Hailley Larson	24:39.5
5th	Willow Tonseth	25:19.3 Season Best
6th	Jenna Reeder	25:36.0 Personal Record
7th	Aliesha Dowell	26:03.9
8th	Therese Martinez	26:05.0
9th	Jordan Holladay	27:02.8
12th	Keelauna Lloyd	30:38.1

BULLDOG SCOREBOARD

FOOTBALL

Nov 1,	Cashmere 28, Cascade 33
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UPCOMING GAMES

FOOTBALL

Nov 8,	Cashmere TBD
--------	--------------

SOCCER

Nov. 4,	Cashmere vs Okanogan
---------	----------------------

VOLLEYBALL

Nov. 4,	Cashmere vs Cascade
---------	---------------------

CROSS COUNTRY

Nov. 9,	State Championships at Pasco
---------	------------------------------

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GO BULLDOGS

THE WASHINGTON OUTDOORS REPORT

Fatality reported on Asgard Pass

The Weekly Round-Up

By JOHN KRUSE

HUNTING:

Elk season for modern firearm hunters opens November 2nd and runs through the 13th in Western Washington. According to WDFW, the Willapa Hills in SW Washington and areas adjacent to Olympic National Park offer your best chance to bag an elk this year.

The white-tailed deer season in Northeast Washington is a less than stellar this fall. WDFW employees manning check stations in Deer Park and Chewelah during the second weekend of the general deer season say hunter numbers were down significantly compared to last year and so was success. In Chewelah 23 hunters were checked with 2 whitetail bucks and at Deer Park 62 hunters were checked with 12 bucks (eight of them whitetails), along with two moose. It is thought wet

weather coupled with the fact there is no doe harvest during this general season contributed to the lower numbers of hunters in the field.

Hopes for an early arrival of waterfowl from Canada do not seem to be materializing in Eastern Washington despite the cool fall weather. In the upper Columbia Basin lesser Canada geese number in the low thousands. They have been joined by several hundred snow geese, a species becoming more common east of the Cascades.

Things are looking better in Western Washington. Kevin John at Holiday Sports in Burlington says in the last week a big push of both ducks and snow geese have arrived in the area, especially near Stanwood at Port Susan. There is a lot of unharvested feed in the fields of Skagit County and John thinks they should hold ducks and geese throughout the season.

FISHING:

Kevin John (with Holiday Sports) suggests a little-known

fishery worth trying from now through March is for saltwater steelhead at Whidbey Island. These fish are mainly wild ones you have to release and run 8 to 14 pounds. Anglers cast for them from the beach and no waders are required since the steelhead are close in. Spoons, spinners and a lure called the Whidbey Special (available at the store) work well. Fort Casey and Bush Point are two good places to go for these steelhead.

John says coho salmon fishing on the Skagit is also going well from Lyman to Marblemount with some anglers reporting 15 to 20 fish days. Twitching jigs or fishing eggs in the upper reaches is an effective technique.

In South Central Washington, the Klickitat River has been a hotspot for both Chinook and coho salmon during the last half of October. Creel checkers have found anglers averaging close to two salmon apiece.

THINGS TO DO OUTSIDE: Veteran's Day is a free day to

visit Washington State's Parks, no Discovery Pass is required. It's also a great day to visit one or more of our parks that were former military installations. Many of them were constructed in the late 1800's and all of them offer scenic vistas and viewpoints. They include:

1. Fort Worden in Port Townsend which is where the movie "An Officer and a Gentleman" was filmed.
2. Fort Townsend, established in the 1850's to protect area settlers and used in World War II to defuse enemy munitions.
3. Fort Flagler, southwest of Port Townsend which together with Fort Worden and Fort Casey, were built to form a "triangle of fire" for any enemy ships attempting to attack Seattle and Bremerton.
4. Fort Casey on Whidbey Island with extensive fortifications to explore and a beautiful lighthouse to see.
5. Fort Ebey, a lesser known destination on Whidbey Island that housed coastal artillery in World War II.
6. Cape Disappointment - Formerly known as Fort Canby State Park, still has a few military fortifications though most visit here to enjoy the beach, the lighthouses and the Lewis & Clark Interpretive Center.
7. Fort Columbia - part of a triangle of defensive forts at the mouth of the Columbia River (along with Fort Canby and Fort Stevens). Located east of Ilwaco and Cape Disappointment near the bridge to Astoria.

Sheriff Brian Burnett reports a 60-year-old Dallas, Texas resident - Robert Jake Colburn - was killed in a climbing accident while descending Asgard Pass approximately 15 miles southwest of Leavenworth.

On Oct. 31, 2019 at approximately 11 p.m., RIVERCOM Dispatch received a 911 call from Colburn's son, he advised that his dad had not returned to camp after climbing Asgard Pass. Colburn was last seen around 3 p.m. as he was descending Asgard on his way back to camp.

This morning a Chelan County Sheriff's Office

helicopter inserted a team of four Chelan County Mountain Rescue (CCMR) personnel into the area. At approximately 1:30 p.m. Colburn was located at approximately the 7,300-elevation level on Asgard Pass, he was pronounced dead at the scene. Rescue personnel reported that it appeared Colburn had slipped and fallen several hundred feet. The victim was hoisted from the scene and transported to the Leavenworth Fish Hatchery.

Also assisting in the rescue were members of Chelan County Volunteer Search and Rescue.



PHOTO BY JOHN KRUSE.

A coastal artillery piece at Fort Flagler State Park near Port Townsend

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

Cashmere Gun Club Turkey Shoot

Sunday, Nov. 17
9:30 a.m.

For more info: **Brian James 782-3099**

6550 Turkey Shoot Rd. (off Sunset Hwy.)

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

Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

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

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

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

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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

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

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

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

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

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

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

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

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Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
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Pastor Lilia Felicitas - Malana

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Pastor John Romine
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Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
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The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity.

Interested applicants can apply at the Lake Chelan Mirror office at
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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:

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CROSSWORD PUZZLE

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THEME: WORLD CUISINES

ACROSS

- Caribbean vacation destination
- "How Green _____ My Valley"
- Elementary particle
- His oyster?
- Where couples are joined?
- Most common vowel in English language
- Relating to a node
- E in BCE
- Makes better
- *Tex-Mex or California cuisine, e.g.
- *Sm'rg'Asbord, e.g.
- Dwindle
- In a frenzy
- U.N. workers' grp.
- Notary Public's mark
- Vandalizing a car
- Karl of politics
- Priests' robes
- Type of eclipse
- One on a list
- *Like cuisine in a fancy restaurant
- Stalactite site
- Las Vegas' main street
- Very pleased with oneself
- Location of ACL and MCL
- John Cusack's time machine, 2010
- Upper hand
- Caribou kin
- Student aid
- Four quarters
- *Pelmeni and borscht, e.g.
- *Samosa and biryani, e.g.
- Remove, as in a Pinterest post
- Any doctrine
- Spectator
- Newman/Redford movie "The _____"
- Cartographer's creation
- "_____ Line Is It Anyway?"
- Carrying container

DOWN

- Grass bristle
- Shingled house part
- Pakistani language
- Nonchalantly unconcerned
- Rhymes at rap battling
- One of Five Ws
- Lungful
- Tetanus symptom
- Got an A
- *Tom Kha Gai and Gaeng Daeng, e.g.
- Horned birds
- Classic TV series "____"
- Israeli money
- African sorcery
- *Chinese pan
- Egg white
- *Coddle and soda bread, e.g.
- Another word for Bingo
- Not hidden
- Regrettably
- Exclamation of disgust
- Absurd
- Innie or outfit
- *Spanokopita, e.g.
- Do like exhaust pipe
- Wall support
- Encourage, two words
- Whimpering
- Flapper's accessory
- Funds
- True inner self
- Number of planets
- Metal enemy
- "Do _____ others..."
- Rotisserie skewer
- Cosine's counterpart
- Mischiefous fairies
- Gel-producing plant
- Hatchling's home
- *Typical U.S. fare, acr.
- Second solfa syllable, pl.

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Deadline Tuesday at noon for the paper **Quad City Herald**

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SPECIAL Fundraiser for Autumn Leaf Festival Leavenworth Cards

With sayings like I Miss You---- Wish You Were Here (in Leavenworth.) and many others. Regular cost \$3.99 Selling for \$1.50 Pick up one or more and donate to a family-friendly festival organization. Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
Notice is hereby given that the Leavenworth City Council will conduct a public hearing on **November 26, 2019 at 6:45 P.M.** in the Leavenworth City Council Chambers, at 700 Highway 2, Leavenworth to receive public comment regarding the vacation of County roadways within parcels 24-17-01-440-450 and 24-17-01-440-500, the site of the City's current Wastewater Treatment Facility. The vacation of roadways has been initiated by the City Council pursuant to RCW 35.79.010. The area sought to be vacated abuts the Wenatchee River and is a public access; anyone objecting to the proposed vacation should attend the public hearing or send a letter to Development Services Department, stating the objection. Please contact the Development Services Department, City Hall 700 Highway 2, PO Box 287, Leavenworth, phone 509-548-5275, to review the files or with questions or comment. Published in the Leavenworth Echo/ The Cashmere Valley Record on November 6, 2019. #86493.

PUBLIC NOTICES

The Leavenworth Mosquito Control Board will be holding a Public Hearing at 7:00 pm on Monday November 18, 2019, to discuss and approve our operating budget and per parcel tax rate for 2020. It will be held at the Chelan County PUD meeting room at 222 Chumstick Highway in Leavenworth. Published in The Leavenworth Echo/Cashmere Valley Record on November 6, and 13, 2019 #86501

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of BARBARA. A. BAZNER, Deceased.
No. 19-4-00330-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representa-

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE FINAL 2020 BUDGET

The City of Cashmere Preliminary 2020 Budget has been filed with the City Clerk-Treasurer. The Cashmere City Council will hold a public hearing on the Final 2020 Budget for the City of Cashmere on Monday, November 25, 2019, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. Copies of the preliminary budget are available by November 20th at Cashmere City Hall, 101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday. The public is invited to attend said hearing and make comment. Kay Jones City Clerk
CITY OF CASHMERE
Published in The Cashmere Valley Record/ Leavenworth Echo on November 6 and November 13, 2019. #86170

City of Leavenworth Request for 2020 Comprehensive Plan Amendment Proposals

The City of Leavenworth is entering into the annual Comprehensive Plan Amendment cycle and is now receiving requests for proposals to amend the City's Comprehensive Plan, including the Land Use Zoning Map. For a proposed amendment to be considered for sponsorship by the City Council, submittal is due by December 31, 2019. Privately sponsored map proposals are due by January 31, 2020. Applications for amendments to the Comprehensive Plan are available at City Hall or online. For further information, please contact the Development Services Manager, Liith Vespier, at (509) 548-5275, or by e-mail at dsmanager@cityofleavenworth.com, or mail: City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on November 6 and December 4, 2019. #86491

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1280

On the 28 day of October, 2019 the City Council of the City of Cashmere, Washington passed Ordinance No. 1280. A summary of the content provides as follows:

AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, ADOPTING A MORATORIUM ON THE FILING AND ACCEPTANCE OF BUILDING PERMITS, FOR RESIDENTIAL USE OF PROPERTY ZONED DB-DOWNTOWN BUSINESS DISTRICT; SETTING THE DATE FOR A PUBLIC HEARING ON THE MORATORIUM FOR NOVEMBER 25, 2019, AT 6:00 P.M. AT CITY HALL; PROVIDING THAT THE MORATORIUM SHALL BE IN EFFECT FOR SIX MONTHS; DECLARING AN EMERGENCY, AND ESTABLISHING AN IMMEDIATE EFFECTIVE DATE.

Effective date of this ordinance is October 28, 2019. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in the Cashmere Valley Record/ The Leavenworth Echo on November 6, 2019. #86546

NOTICE OF PUBLIC HEARING

Notice is hereby given the Upper Valley Park and Recreation Service Area, Chelan County, Washington will conduct a public hearing on Wednesday, November 20, 2019 at 9:00 a.m. in the Leavenworth City Hall Conference Room, located at 700 US Highway 2, to review and approve the 2020 Final Budget that includes proposed expenditures, revenue sources, and a possible increase in property taxes. Copies of the proposed budget will be available by November 8, 2019. Please contact Chantell Steiner at the City of Leavenworth, 509-548-5275, for additional information. The public is invited to attend said open meeting and make comment. Published in The Leavenworth Echo/ Cashmere Valley Record on October 30 and November 6, 2019. #86450

PUBLIC NOTICES

five's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: October 23, 2019

Personal Representative: VIRGINIA R. BECKLEY

Attorney for the Personal Representative: PEGGI MOXLEY
Address for Mailing or Service Elder Law of Wenatchee 216 S. Mission Street Wenatchee, WA 98801

/s/ VIRGINIA R. BECKLEY
Attorney for Personal Representative: ELDER LAW OF WENATCHEE, P.S.

By: /s/ Peggi Moxley
WSBA No. 21680
Published in The Leavenworth Echo/ Cashmere Valley Record on October 23, 30, and November 6, 2019 #86399.

NOTICE OF ENVIRONMENTAL REVIEW INTENT TO ISSUE FINDING OF NO SIGNIFICANT IMPACT (FONSI)

PURSUANT TO R.C.W. 43.21C and 40 CFR 1506.6(b), NOTICE IS HEREBY GIVEN THAT on October 25, 2019 the United States Department of Interior; U.S. Fish and Wildlife Service (LEAD AGENCY) did complete an environmental assessment (EA) relative to the environmental impact of the following described proposal:

Due to age and maintenance issues, the Leavenworth Summer Theater (LST) must rebuild the existing stage facilities located at the Leavenworth National Fish Hatchery complex. Since a rebuild is required, the USFWS and LST have determined that relocating the stage facilities and associated infrastructure to a new location would lessen impacts to the daily operations of the main hatchery complex and to surrounding residences. The relocation would also avoid on-going maintenance and human health and safety issues resulting from the proximity of the existing facilities to the main hatchery complex.

The proposed location for the rebuilding of the LST stage facilities is located approximately 1700 ft south of the existing location and is accessed off of Cyo Road. The location is undeveloped but already modified in nature and is utilized as an existing gravel storage area. Access to the site would utilize existing trails and roads. The public parking located off of Cyo Road would be expanded into an area which is modified in nature and is already utilized as a gathering space. No mature vegetation would be removed as a result of the proposed project. The proposed site is located no less than 445 from surrounding offices, businesses and residences and is located outside of shoreline jurisdiction.

The lead agency for this proposal has determined that the project does not have a probable significant adverse impact on the environment subject to the stipulated mitigations under the National Environmental Policy Act Rules. The lead agency has determined that there are no probable significant adverse impacts that cannot be mitigated and is considering the issue of a Finding of No Significant Impact (FONSI). An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). This decision was made after review of a completed environmental checklist and other information on file with the lead agency. This information is available to the public on request and may be reviewed at the Leavenworth National Fish Hatchery Office, 12790 Fish Hatchery Road, Leavenworth, WA 98826 during normal business hours. Comments on this determination should be addressed to: Julia Pinnix, Visitor Services Manager, Leavenworth Fisheries Complex /NEPA Official, 12790 Fish Hatchery Road, Leavenworth, WA 98826 or via email at Julia_pinnix@fws.gov. Federal NEPA standards require that the public must be notified of its privacy rights. Before including your address, phone number, e-mail address, or other personal identifying information in your comment, be advised that your entire comment-including your personal identifying information-may be made publicly available at any time. While you can ask us in your comment to withhold from public view your personal identifying information, we cannot guarantee that we will be able to do so. Published in The Leavenworth Echo/ Cashmere Valley Record on November 6, 2019. #86494

How do you know if you have dry skin?

Over the past decade, water shortages are becoming more common, limiting the availability of unlimited fresh water for irrigation, especially in the states of the American Southwest and California. Large swaths of green grass require constant watering to look healthy, and people in areas with water rationing are swapping their water-guzzling lawns for plants and features that look nice even when water access is restricted. Without unlimited water available year-round, people are trading their lawns for landscapes with xeriscaping.

Xeriscaping comes from the Greek word xero, meaning dry. There are 2 main principles in xeriscaping: choosing plants and landscape features that don't need as much water, and using gardening techniques that direct water only to where it's needed and avoiding losing water through evaporation or runoff.

Dry skin is a common problem, and the medical term for it is xeroderma, which uses the same Greek term (xero) as does xeriscaping. Successfully treating dry skin is similar to xeriscaping because it's all about getting enough water to your skin cells while also minimizing losing water from your skin by evaporation.

How do you know you have xeroderma, or dry skin? Skin areas that are scaling or flaking, redness, skin cracks and itching are all signs of xeroderma. Dry skin is considered the "gateway" to other skin issues, and treating it successfully helps prevent future skin problems.

All day long we lose water through small gaps in our skin cells by a process called trans epidermal water loss. Water from our body is continuously being released by and through our skin, not just when we perspire from exertion or excitement.

As we age our skin produces less sebum, an oily substance that slows down evaporation through the skin, and trans epidermal water



loss through evaporation can increase dramatically, especially in dry, windy or cold conditions. In the winter in cold climates we heat our homes, making the air inside even drier.

Frequent bathing actually encourages dry skin. After taking a bath or shower water evaporates from the cells making up the surface of your skin unless you can trap that water by applying a moisturizer before the water has a chance to evaporate.

Moisturizers improve dry skin by adding flexibility to the surface cells of your skin and by blocking evaporation. With many lotions, creams and ointments available, the more occlusive, thicker and "greasier" the moisturizer, the better it will block trans epidermal evaporation and trap water next to your skin. One of the greasiest but best at doing that is petroleum jelly, known as Vaseline®. Moisturizers can also contain compounds that encourage water to stay on your skin, like lactic acid, salicylic acid, glycerin, urea and ammonium lactate.

A new addition to moisturizers is compounds called ceramides. Ceramides are found in healthy skin and at lower concentrations in dry or less healthy skin. Three essential compounds from this family have been shown to improve skin texture, skin integrity and dryness, found in a brand of moisturizer called CeraVe®.

Here are 6 Tips for Relieving Dry Skin:

1. Keep your body hydrated. Getting enough water also helps your skin look younger. By drinking extra fluids in the early part of the day you'll avoid having to get up multiple times at night.
2. Minimize your caffeine intake. I love caffeinated coffee, but it increases water loss by stimulating urination. Not just found in coffee, caffeine hides out in energy drinks like Red Bull, Monster and 5-Hour Energy. One of the best ways to quit caffeine without the misery of a withdrawal headache is to switch to tea, which has half the caffeine as coffee.
3. Humidify your house. Use a humidifier if you live in a dry climate or when heating your home. Warm, dry air accelerates trans-epidermal evaporation.
4. Shower and bathe with warm, not hot water. Using hot water encourages water loss from the skin. Bathing or showering with cooler water is better for dry skin.
5. Pat skin almost dry, then apply moisturizer to seal the water in. Apply moisturizer to damp skin within 10 minutes of stepping out of your bath or shower or washing your hands. This maximizes the ability of your moisturizer to trap water in your skin cells.
6. Avoid using bath oil in your tub, despite what people may advise you. Bath oils create a slippery surface inside your tub, not only making getting in and out of your bathtub a risky activity, but leaving you a slimy mess to clean up.

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. © 2019 Louise Achey

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