

MARCH 2018

**Inside this
issue:**

Need help paying for Medicare?

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

- Part A premiums
- Part B premiums
- Copayments
- Deductibles

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

Call and speak with Jill 509-493-3068 or Virginia 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

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The Klickitat County Senior Service Home Delivered Meals Program (a.k.a. Meals on Wheels) provides nutritious meals to adults 60 years of age and older who are homebound as the result of illness, disability, or lack of transportation. A hot nutritious meal can be delivered if you reside within a couple of miles of a specific meal sites in our county and frozen home delivered meals are available throughout the county. If you feel you are in need of a home delivered meal contact us to see if you qualify.



Please call 1-800-447-7858 or Virginia in Goldendale at 773-3757 or Jill in White Salmon at 493-3068.

Annual Spring Plant Fundraiser Sale

Klickitat County Senior Services is having a Spring Plant Sale to raise funds for our senior programs.

We are selling flower and vegetable plants. Our sale will be running through the month of March. Orders are due by Friday, April 13th and plants will arrive to be picked up at our Senior Services offices May 8th just in time for Mother's Day.

An order form is included in this newsletter if you are interested in participating. Payment is due upon order placement.

509-773-3757 or 509-493-3068

Please call if you have questions or would like additional order forms.



AARP Tax Aide to Provide Free Income Tax Assistance

FREE tax assistance is available through the Tax Aide Program, sponsored by AARP Foundation in cooperation with IRS.

Taxpayers need to bring:

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc.

Photo ID and proof of Social Security numbers for everyone listed on the return.

Husband & wives filing jointly **MUST** both be present unless due to disability.

Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income credit.

Volunteer counselors are trained by IRS certified instructors and will be at the following locations:

- ♦ **Goldendale Grange Hall**, 228 E Darland Street. AARP Tax Aid appointments will be on Fridays and Saturdays **through April 14th from 9am to 12-noon. You Must** call Senior Services at **773-3757** to make an appointment.
- ♦ **White Salmon Pioneer Center**, 501 NE Washington Street. AARP Tax Aid appointments will be on Tuesdays, **9am to Noon. You Must** call Senior Services at **493-3068** to make an appointment.

TRAY PACK ANNUAL FLOWER

Full Flat, 36 Plants **\$20.50** Half Flat, 18 Plants **\$10.25**

- | | | |
|-------|--------------------------|------------------------|
| _____ | Alyssum, White | _____ |
| _____ | Cosmos, Mix | _____ |
| _____ | Dahlia, Dwarf Mix | _____ |
| _____ | Fibrous Begonia, Mix | _____ |
| _____ | Impatiens, Mix | _____ |
| _____ | Lobelia, Upright | _____ |
| _____ | Lobelia, Trailing | _____ |
| _____ | Marigold, Dwarf Mix | _____ |
| _____ | Marigold, Dwarf Yellow | _____ |
| _____ | Pansy, Large flower Mix | _____ |
| _____ | Petunia, Grandiflora Mix | _____ |
| _____ | Salvia, Victoria Blue | _____ |
| _____ | Snapdragons, Rocket Mix | _____ |
| _____ | Verbena, Dwarf Mix | _____ |
| _____ | Total full flats | Total 1/2 flats |

TRAY UNIQUE ANNUAL SAMPLER

Full Flat, 32 plants **\$23.00** Half Flat, 16 plants **\$11.50**

- _____ "Unique Annuals Sampler" _____

TRAY ORGANIC VEGGIE SAMPLERS

Full Flat, 32 plants **\$26.50** Half Flat, 16 plants **\$13.25**

- _____ "Eat Your Veggies" Sampler _____
 _____ "Beautiful Salad" Sampler _____

ASSORTED 4"pot SAMPLERS

Full Flat, 16 Plants Half Flat, 8 plants

- | | | |
|----------------|----------------------------------|----------------|
| \$40.80 | ORGANIC HERB SAMPLER | \$20.40 |
| _____ | "Herb" Sampler | _____ |
| \$36.00 | ORGANIC 4" VEGGIE SAMPLER | \$18.00 |
| _____ | "Garden Bounty" Sampler | _____ |
| _____ | "Heirloom Tomato" Assortment | _____ |
| \$43.00 | PERENNIAL SAMPLERS | \$21.50 |
| _____ | "Sunny Perennial" Sampler | _____ |
| _____ | "Shady Perennial" Sampler | _____ |
| _____ | "Cutting Garden" Sampler | _____ |
| _____ | "Ground Cover" Sampler | _____ |
| \$52.50 | SPECIALTY ANNUAL SAMPLERS | \$26.25 |
| _____ | "Hanging Basket" Sampler | _____ |
| _____ | "Pretty For Pots" Sampler | _____ |
| _____ | "Foliage Accents" Sampler | _____ |

ZONAL GERANIUMS variety is Fantasia

\$3.45 each – 4" Pot

- _____ Red
 _____ Pink (medium pink)
 _____ Coral
 _____ Purple (bright pink w/red eye)
 _____ White
- _____ **Total number of Geraniums**

2018 Spring Plant Sale

Klickitat County Senior Services

Orders are due by: **Friday, April 13th**

Checks payable to: **KCSS**

Payment must be received at the time of the order

Plants will be available for pick up on **May 8th @ Senior Services.**

CUSTOMER _____

CUSTOMER TELEPHONE _____

ORDER TAKEN BY _____

CHECK _____ **CASH** _____

PLANTERS AND HANGING BASKETS

Flower Filled Planters – plastic containers

- | | | | |
|-------|-------------------------|----------------|-------|
| _____ | 10" Upright Sun Planter | \$12.50 | _____ |
| _____ | 12" Round Sun Planter | \$22.50 | _____ |
| _____ | 12" Round Shade Plant | \$22.50 | _____ |
| _____ | 16" Oval Sun Planter | \$22.00 | _____ |
| _____ | 16" Oval Shade Planter | \$22.00 | _____ |

_____ **Total Planters** **\$** _____

Hanging Baskets – plastic pot w/ hanger

- | | | | |
|-------|------------------|----------------|-------|
| _____ | 12" Sun Basket | \$26.25 | _____ |
| _____ | 12" Shade Basket | \$26.25 | _____ |

_____ **Total Hanging Baskets** **\$** _____

Subtotal Worksheet for Flats	
TRAY Annual Flower Flats	
_____ Full Flats, 36 plants @ \$20.50	_____
_____ Half Flats, 18 plants @ \$ 10.25	_____
TRAY Unique Annual Sampler Flats	
_____ Full flats, 32 plants @ \$23.00	_____
_____ Half Flats, 16 plants @ 11.50	_____
TRAY Organic Veggie Sampler Flats	
_____ Full Flats, 32 plants @ 26.50	_____
_____ Half Flats, 16 plants @ \$ 13.25	_____
Organic Herb Sampler Flats	
_____ Full flats, 16 plants @ \$40.80	_____
_____ Half flats, 8 plants @ \$20.40	_____
Organic Vegetable Sampler Flats	
_____ Full flats, 16 plants @ \$36.00	_____
_____ Half flats, 8 plants @ \$18.00	_____
Perennial Sampler Flats	
_____ Full flats, 16 plants @ \$43.00	_____
_____ Half flats, 8 plants @ \$21.50	_____
Specialty Annual Sampler Flats	
_____ Full Flats, 16 plants @ \$52.50	_____
_____ Half Flats, 8 plants @ \$26.25	_____
_____ Geraniums @ \$ 3.45	_____
_____ Total Planters	_____
_____ Total Hanging Baskets	_____
TOTAL DUE ALL ITEMS \$ _____	

2018 PLANT VARIETY INFORMATION

Alyssum: 4" tall, fragrant white edging for borders or patio pots. Sun or shade. Likes consistent moisture.
Cosmos Mix: 24"- 30" tall for full sun. Pink, white, rose and magenta mixed. Full sun.
Dahlia, Dwarf Mix: 12" tall, full sun. A mixture of cheery colors for planters or beds. Full sun.
Fibrous Begonia Mix: 10" tall; pink, white, and red. Plant in light shade or sun; in pots or borders.
Impatiens Mix: 10" tall, colorful mixed colors for shade or morning sun; grow in rich, moist soil.
Lobelia Upright: Blue-purple bloom with compact foliage, upright form for pots or beds. Sun or shade.
Lobelia Trailing: Trailing brilliant blue for hanging baskets and rock walls. Sun or shade.
Marigold Dwarf Mix: 12" tall; yellow, orange, and rust blooms for sun. Great for patio pots! Full sun.
Marigold Dwarf Yellow: 12" tall, with clear yellow flowers. Plant in patio pots and flowerbeds. Full sun.
Pansy Mix: 8" tall plants, with bright colored blooms for sun or partial shade. Water deeply in hot weather.
Petunia Mix: 10" tall spreading, for sun. Pinch in early August for compact plants and fall flowers.
Salvia Victoria Blue: 16" tall blue spikes for dried and fresh bouquets, handsome behind petunias or dwarf marigolds.
Snapdragon Tall Mix: 18" - 24" tall spikes in assorted colors for cutting, trim back and fertilize for a second flowering.
Verbena Dwarf Mix: 10" tall, colorful mix. Perfect in window boxes, borders, or hanging baskets. Loves sun!

SAMPLER ASSORTMENTS

Unique Annual Tray Flowers: Four varieties. May contain Amaranthus, Anchusa, Arctotis, Aster, Nigella, Rudbeckia, Scabiosa, Statice, Vinca, Zinnia or others.
Tray Organic "Eat Your Veggies" Sampler – Four veggies- broccoli, cauliflower, cabbage, and Walla Walla sweet onions.
Tray Organic "Beautiful Salads" Sampler – Four salad ingredients - leaf lettuce, butterhead lettuce, kale and swiss chard.
Organic Herb Sampler: Eight popular herbs. May contain Basil, Chives, Lavender, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Thyme.
Organic "Garden Bounty" Sampler: Each full sampler contains six hybrid slicing tomatoes, two cherry tomatoes, four sweet bell peppers, two slicing cucumbers, and two zucchini plants.
Organic "Heirloom Tomato" Sampler: Contains eight unusual varieties of tomatoes may contain Black Cherry, Brandywine, Cherokee Purple, Green Zebra, Juane Flame, and Japanese Black Trifele, Moskovich, San Marzano.
Perennial Samplers: Eight perennial varieties (16 pots, 2 each) in a full flat sampler
Sunny Perennial Sampler: Eight perennial varieties for the sunny border. May contain Agastache, Carnation, Coreopsis, Delphinium, Penstemon, Poppy, Shasta Daisy, Sweet William, or others.
Shady Perennial Sampler: Eight perennial varieties for the shady border. May contain Alchemilla, Aquilegia, Bergenia, Fuchsia, Heuchera, Lamium, Nepeta, Tricyrtus or others.
Cutting Garden Sampler: Eight perennial varieties for cutting and arranging. May contain Campanula, Carnation, Crocosmia, Delphinium, Dianthus, Gaillardia, Geum, Shasta Daisy, or others.
Ground Cover Sampler: Eight perennial varieties for ground cover. May contain Ajuga, Arenaria, Armeria, Aubretia, Leptinella, Saginella, Sedum, Vinca, or others.
Specialty Annual Samplers: Four premium annual varieties (16 pots, 4 each) in a full flat sampler for spectacular pots and baskets.
Hanging Basket Sampler: Petunia Colorblitz Bright Red, Ipomea Spotlight Black, Calibrachoa Yellow, Verbena Blue Velvet.
Pretty for Pots Sampler: Petunia Double Wave Pink, Osteo Dark Purple, Dahlia Lavender Swirl, Coleus Florida Sun Rose.
Foliage Accent Sampler: Alternanthera Red Thread, Coleus French Quarter, Plectranthus Nico, Dahlia Red Flower Dark Leaf.

PATIO PLANTERS AND HANGING BASKETS

Patio Pots for Sun may contain lobelia, alyssum, marigolds, petunias, phlox, geraniums, pansies, or other sunloving plants.
Patio Pots for Shade may contain lobelia, alyssum, fuchsias, impatiens, coleus, begonias, or other plants for shade.
Hanging Baskets for Sun may contain trailing petunias and verbenas, calibrachoa, lobelia, or other novelty plants.
Hanging Baskets for Shade may contain fuchsias, diascias, coleus, lobelia, impatiens or New Guinea impatiens, lamium or other interesting plants suitable for shade hanging baskets.

ALL FUNDRAISER PLANTS ARE GUARANTEED

DISSATISFACTION MUST BE REPORTED TO YOUR FUNDRAISER CHAIR WITHIN 48 HOURS.

If you would like to exchange your plants or wish a cash refund, you have 48 hours to notify your fundraiser chair and request exchange or refund. After 48 hours, we consider that conditions beyond our control may have affected the plants.

You can view our many fundraiser plants at our website:








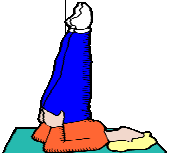
www.newleafgreenhouse.com and on our Face Book page: New Leaf Greenhouse

Orders can be dropped off at the Klickitat County Senior Services offices with payment or mailed to our office before April 13th : KCSS, P.O. Box 1877, White Salmon, WA 98672 or KCSS, 115 W. Court St. MS-CH-21, Goldendale, WA 98620

White Salmon Events

March 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 3/5 Simcoe Boys 3/7 Simcoe Boys	3/12 Old Time Friends 3/14 Simcoe Boys 3/19 Simcoe Boys	3/21 Andre 3/26 Simcoe Boys 3/28 Simcoe Boys		1 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	2 	3
4	5 9:30am Exercise 11am Live Music & Dance	6 8:30 to 9:30 Hatha Yoga 2pm Strong Women	7 9:30am Exercise 11am Live Music & Dance	8 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	9 	10 Daylight Savings
11 	12 9:30am Exercise 11am Live Music & Dance	13 8:30 to 9:30 Hath Yoga 2pm Strong Women 	14 9:30am Exercise 11am Live Music & Dance	15 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	16	17 St Patrick's Day 
18	19 9:30am Exercise 11am Live Music & Dance	20 8:30 to 9:30 Hath Yoga 2pm Strong Women	21 9:30am Exercise 11am Live Music & Dance	22 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	23 	24
25 	26 9:30am Exercise 11am Live Music & Dance	27 8:30 to 9:30 Hatha Yoga 2pm Strong Women	28 9:30 Exercise 11am Live Music & Dance 	29 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	30	31

Goldendale Events




March 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MUSIC</p> <p>3/8 Simcoe Boys</p> <p>3/15 Jackie</p>	<p>3/22 Simcoe Boys</p>			<p>1</p> <p>1pm Exercise</p>	<p>2</p> <p>Noon Pinochle</p>	<p>3</p>
<p>4</p> 	<p>5</p> 	<p>6</p> <p>10am Kit Toenail Care</p> <p>1pm Exercise</p> 	<p>7</p>	<p>8</p> <p>1pm Exercise</p> 	<p>9</p> <p>Hood River Shopping</p> <p>12pm Pinochle</p> 	<p>10</p> 
<p>11</p> 	<p>12</p>	<p>13</p> <p>10am Toenail Care</p> <p>1pm Exercise</p>	<p>14</p> <p>10:30 Caregiver Support Group</p>	<p>15</p> <p>1pm Exercise</p> 	<p>16</p> <p>Noon Pinochle</p>	<p>17 Senior Breakfast \$3pp</p> 
<p>18</p>	<p>19</p>	<p>20</p> <p>10am Kit Toenail Care</p> <p>Sign up on Thursday</p> <p>1pm Exercise</p>	<p>21</p> 	<p>22</p> <p>1pm Exercise</p> 	<p>23</p> <p>The Dalles Shopping</p> <p>Noon Pinochle</p>	<p>24</p>
<p>25 Palm Sunday</p>	<p>26</p>	<p>27</p> <p>10am Toenail Care w/ Kit</p> <p>1pm Exercise</p>	<p>28</p> 	<p>29</p> <p>1pm Exercise</p>	<p>30</p> <p>Noon Pinochle</p>	<p>31</p> 

March Menu 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENU SUBJECT TO CHANGE	DON'T FORGET ... to set your clocks ahead one hour. Daylight Savings Time begins at 2:00 a.m. on Sunday, March 11!			1 GD Sloppy Joes 	2 	3 Lyle Breakfast 7am to 10am \$7 Adults, Children
4	5 WS Salisbury Steak	6 GD & Lyle Salisbury Steak 	7 WS SW Chicken Wraps	8 GD:SW Chicken Wraps Trout Lake: Corned Beef & Cabbage Casserole 	9	10
11 Spring Ahead 	12 WS Sweet & Sour Chicken	13 GD & Lyle Sweet & Sour Chicken	14 WS Meat Loaf	15 GD: Meat Loaf Klickitat: Stuffed Cabbage Casserole	16	17 GD Senior Breakfast 9am \$3pp \$3pp
	19 WS Tuna Casserole	20 GD & Lyle Tuna Casserole 	21 WS Stuffed Cabbage	22 GD Stuffed Cabbage 	23	24
25 Palm Sunday	26 WS Spaghetti 	27 GD & Lyle Spaghetti	28 WS Pork Roast	29 GD Pork Roast	30	31

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 E Main Street.

WHITE SALMON: Every Monday & Wednesday at 12-noon at the Pioneer Center, 501 NE Washington.

LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center.

BICKLETON: The 2nd and 4th Tuesday at 11:30am at the Bickleton Market Street Café.

TROUT LAKE: Thursday-March 8 at 5:30pm at Trout Lake School

KLICKITAT: 3rd Thursday-March 15-Noon at the Klickitat Community Center



Dr. Ogden's Fund Raising Turkey Dinner for Cambodia

Come & enjoy an evening of great food and entertainment

Date: Saturday, March 10th

NO Admission Charge

Time: Dinner music 6pm Music Selections from the 1920 to 1980s by a live orchestra.

Supper served at 6pm

Place: Goldendale Middle School

Columbia Gorge Winds Orchestra featured floor show entertainment

Donations accepted for Dr. Ogden's Cambodia Vision Project 100% of all donations will go to the project

The dinner and expenses of the program have been paid by the team

Free Transportation Call Ogden's Mopar Limo Service 773-4114 or 250-3794

Energizing Support Groups



Caring for Ourselves:

Caregivers join together to support each other, share ideas and concerns in this group.

Goldendale Caregiver Support Group

Second Wednesday, March 14th at 10:30am at the Goldendale Senior Center.

Volunteer Hours

January HOURS

TRANSPORTATION	738.5	Hours
NUTRITION	447.5	Hours
NEWSLETTER	27	Hours
SR. EXERCISE	14	Hours
MUSICIANS	18	Hours

Want a Sharper Brain as You Age? Volunteer!

People who are active in local community groups may have slightly sharper mental skills at the age of 50, a new study suggests.

VOLUNTEER OPPORTUNITY

SHIBA (State Health Insurance Benefits Advisors) is looking for committed people interested in volunteering.

SHIBA is a statewide network of trained volunteers who educate, assist, and advocate for consumers about their rights and options regarding health insurance, health care access, and prescription access. So they can make informed decisions.

Training will be provided. You do not need a background in insurance.

Basic Update Training is 4th Thursday 9am at Klickitat County Senior Service office. March 22

AARP Defensive Driving Class

White Salmon-Pioneer Center 501 NE Washington Street:

Thursday & Friday, April 12th & 13th

493-3068

Goldendale Library 131 W. Bergen Street, Camplan Room:

Monday & Tuesday, April 23rd & 24th

773-3757

Times: 8:30am to 1pm

Break for Lunch & Snacks (Bring your own bag lunch & Snacks)

\$15 AARP Members

\$20 Non-members

Registration for class required.

Please be prepared to make payment by cash or Check the first day of class. Credit or Debit cards are not accepted. Members will have to provide their membership number when they sign in on the first morning of class.

Caring for yourself as a Caregiver

Taking care of yourself is one of the most important things you can do as a caregiver. This could mean asking family members and friends to help out, doing things you enjoy, getting help from a local home health care agency. Taking these actions can bring you some relief. It also may help keep you from getting ill or depressed.

How to Take Care of Yourself

Here are some ways you can take care of yourself:

- Ask for help when you need it.
- Keep up with your hobbies and interests.
- Join a caregiver's support group.
- Eat healthy foods.
- Take breaks each day.
- Get exercise as often as you can.
- Spend time with friends.
- See your doctor on a regular basis.
- Keep your health, legal, and financial information up-to-date.



Senior Klickitat PUD Discount

If you are 61 years old or older and your household income is at or below \$23,500 you may be eligible for a PUD electric bill discount.

Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment for your PUD discount application. PUD senior electricity discounts must be reapplied for every year or if you move. You must be 61 or older and meet household income qualifications. Discounts will run from December 1st or application qualification date through May 31st.

Please bring your current PUD bill & proof of **TOTAL** annual household income.

Bingen & White Salmon Water/Sewer Senior Discounts



If you have a senior discount for utilities with the City of White Salmon you need to re-apply for your discount or if you think you may qualify for the senior or disabled persons discount you need to apply with Washington Gorge Action Programs, located at 1250 E Steuben, Bingen, WA. 509 493-2662. They will help you with all your Low Income Home Energy assistance needs and questions.

GOLDENDALE Water/Sewer Sr. Discounts

Beginning February 20th, call Virginia at Senior Services 773-3757 to make an appointment to apply for the senior discount for City of Goldendale water/sewer.

To qualify for a discount you must be 62 or older and your annual household income must be \$21,400 or less. You need to bring your most recent water bill and proof of household income. Discounts are on bills from May through October.

When did you last have your teeth cleaned?

Or an oral health screening?



We are very fortunate to have Theresa Marks travelling to Klickitat County to provide mobile dental hygiene services and oral health screening to seniors at the Pioneer Center in White Salmon.

Theresa has been a dental hygienist for over 20 years. Theresa began travelling here to provide mobile dental services at Senior Services Pioneer Center in White Salmon. She is providing affordable oral health screenings and proper cleanings available at affordable rates.

Appointments are available between 9am to 3:30pm

On the following dates: March 14th, April 11th, May 9th, June 13th & July 18th

Please call the White Salmon Senior Services office to schedule your appointment at 509-493-3068. Oral health screenings for seniors with no insurance are \$10.00 (assistance is available if that is a hardship) and Dental Hygiene Mobile Services can also bill Provider One for those seniors that have Washington State Apple Health.

Cleaning appointments for non-insured seniors will be available for \$70.00 and that will include a periodontal assessment.

A night under the stars



Klickitat Community

Senior Citizens' Prom

*A romantic evening of
dinner and dancing with live
music by Mark Keppinger*

March 17, 2018

J Lynch Community Center

Dance: 6–9 p.m.

Dinner: 5–6 p.m.

Free for all community members.

*Open to all Seniors and those
who would like to honor them.*

(RSVP to 369-4145 by Mar. 16)



Sponsored by Klickitat
School District TADAA! Club

March on Over to Talk with the folks at Goldendale Library!

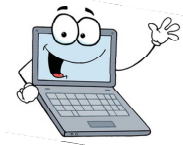


Personalized Adult Computer Classes

Thursday, March 22, 1pm –5pm.

Sign up for 30-minute sessions of individual computer instruction.

Call the library to reserve a spot or for more information, 509-773-4487.



Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Senior Newsletter

115 W. Court St. MS-CH-21

Goldendale, WA 98620

509 773-3757

PO BOX 1877

501 NE Washington Avenue

White Salmon, WA 98672

509 493-3068