



Typical Symptoms of COVID

Keep in mind, not everyone has all of them

- Runny nose, sneezing
- Sudden onset of marked fatigue
- Loss of energy, malaise
- Body aches, muscle aches, headaches
- Cough, though in COVID it is usually a dry cough. You may not produce mucus (sputum). Color of sputum is not necessarily a reliable indicator of severity or type of illness.
- If your cough is causing you to have increased shortness of breath or interfering with your sleep pattern, this could mean the disease is worsening.
- Feeling “feverish,” even if fever (defined as temperature >101 degrees) is not present.
- Chills at night
- Sudden onset of sweats during the day that are unrelated to exercise
- Loss of taste or smell (tends to occur after the other symptoms have been there 1-3 days, but can occur earlier or later)
- Loss of appetite, nausea, GI upset
- Diarrhea may occur, though is not common. It can quickly lead to dehydration and electrolyte imbalances when it does happen.
- After about day 5, when the inflammation gets worse, there is often chest heaviness or tightness, difficulty breathing, shortness of breath.
- Drop in blood oxygen concentration (measured with a finger oximeter you can purchase at your local pharmacy) indicates serious respiratory problems
- Rapid heart rate, palpitations
- Loss of focus, difficulty with concentration and memory



BILL FORHAN
Publisher

for not forcing everyone to take this vaccine. Dr. Malone, points out that this vaccine in like most flu vaccines. They are not always effective with the latest mutation of the virus. The best we can hope for with vaccines of this nature is to slow the spread of the virus while we find ways to treat and cure patients that have contracted the disease.

We already have evidence that the vaccine is not completely effective. The Center for Disease Control admits that there will be breakthrough cases. In other words, cases that occur in fully vaccinated patients. Some of these can be severe and some people may even die. According to NBC news, as of the end of July 125,000 fully vaccinated people have tested positive for Covid and 1,400 have died. As a percentage of the fully vaccinated population that number is miniscule at .08%. NBC notes that their data is incomplete because 11 states did not provide them with information and the Center for Disease Control stopped reporting in May.

vaccines is that they are not a cure. Vaccines are a prophylactic. They are meant to prevent getting the virus in the first place. Once someone contracts the disease, doctors are primarily concerned about treating it. There is widespread disagreement over protocols for treatment of COVID.

According to the Washington Department of Health, just over 52% of the population in Chelan, Douglas and Okanogan County are fully vaccinated. That means half of the residents in our area are still at risk for contracting the virus. Central Washington Hospital is the primary hospital serving North Central Washington. There are other community hospitals serving the region including Cascade Medical Center in Leavenworth, Lake Chelan Health in Chelan, Three Rivers in Brewster. These hospitals all work together to address patient needs in our three county area of Chelan, Douglas and Okanogan County. Central Washington has 198 beds. They currently have 60 COVID patients undergoing treatment.

Cascade has no COVID patients in their 9 beds and Chelan has two COVID patients in their 22 beds.

Jamie Minnock, Chief Nursing Officer at Chelan Health, says they communicate almost daily with Central Washington and the other regional hospitals to co-ordinate and support each other in caring for patients. When patients come to their hospital with symptoms they cannot treat they are transported to Central Washington for acute care. If Central Washington gets overloaded then they send patients with milder symptoms out to other area hospitals like Chelan, Cascade or even Yakima.

There is significant disagreement among physicians about the proper treatment protocols for a person who is infected with the COVID-19 virus. Primarily, the disagreement is over the use of Ivermectin in the early stages of the virus. It is true that Ivermectin is a drug used to deworm horses. It is also true that Ivermectin is available for humans and has been used around the world since

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Volunteer Olivia Cappellini Provides Fresh Ideas for the Greater Leavenworth Museum



Marlene Farrell
Correspondent

president, is thrilled to have her help. The Greater Leavenworth Museum is just a year into its new space, on Front Street, above the Nutcracker Museum. It celebrates, with both original and new exhibits, the diverse heritage of people over the centuries who helped shape the Upper Valley. Tickets are only \$5 for adults, and even less for youth and seniors and free for young children and museum members.

Working at the museum is a great fit for Cappellini. She hopes to pursue museum studies in the future, possibly through a master's program after completing an undergraduate degree majoring in history, science, business or communications.

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COVID TREATMENT

The Association of American Physicians and Surgeons suggest the following treatment protocol for those that have been diagnosed with COVID. You can find their complete 26 page pamphlet on Home Based Covid Treatments at <https://aapsonline.org/covidpatientguide/>

The basic groups of prescription medicines and other therapies used in COVID-19:

- Combination anti-viral medicines started as soon as symptoms occur
 - Medicines to decrease inflammation, such as corticosteroids (called immunomodulators)
 - Anticoagulant therapy to prevent blood-clots that can cause strokes, heart attacks, kidney shut-down, and death.
 - Non-prescription supportive treatments with zinc, vitamin D, vitamin C, electrolyte drinks such as Pedialyte, and others.
 - Home-based oxygen support, such as with an oxygen concentrator. These machines are available by physician prescription from home health medical supply businesses and are covered on most medical insurance plans.
- Antiviral Agents: These must be started quickly at STAGE I (Days 1-5): Symptoms include sore throat, nasal stuffiness, fatigue, headaches, body aches, loss of taste and/or smell, loss of appetite, nausea, diarrhea, fever. These medicines stop the virus from (1) entering the cells and (2) from multiplying once inside the cells, and they reduce bacterial invasion in the sinuses and lung:
- *Hydroxychloroquine (HCQ) with azithromycin (AZM) or doxycycline, OR
 - Ivermectin with azithromycin (AZM) or doxycycline.

Either combination above must also include zinc sulfate or gluconate, plus supplemental vitamin D, and vitamin C. Some doctors also recommend adding a B complex vitamin. Zinc is critical. It helps block the virus from multiplying.

*Hydroxychloroquine is the carrier taking zinc INTO the cells to do its job.

Anti-inflammatory Agents - Corticosteroids (“steroids”):

Oral and Nebulized. These are started at STAGE II (Days 3-14) to reduce inflammation, the cause of added damage to the lungs and critical organs. Symptoms include worsening cough, difficulty breathing, chest heaviness/tightness or chest pain. As inflammation damages the airways interfering with normal oxygen-carbon dioxide exchange, blood oxygen levels drop and people experience loss of focus, drowsiness, confusion, difficulty concentrating, low energy and severe fatigue. The exaggerated inflammation response in COVID further increases the risk of blood clots.

Prescription medicines and other support added now to Stage I medicines are:

- nebulized budesonide to help penetrate the lungs and reduce inflammation
- oral prednisone, methylprednisolone, dexamethasone
- colchicine – may also be added to reduce inflammation
- full strength adult aspirin 325 mg to reduce inflammation and risk of blood clots
- home oxygen concentrator may be needed to improve oxygen levels (requires physician prescription)

Prescription Anticoagulants (“blood thinners”) STAGE III (Day 7 and beyond): Symptoms seen in Stage II intensify. Difficulty breathing becomes extreme, oxygen levels drop sharply, risk of heart attack or stroke increases. At this point, people are critically ill. The medicines to be added to Stage I and II medicines now include:

- Aspirin 325 mg unless told not to take by your doctors
 - And/or low molecular weight heparin injections (e.g. enoxaparin [Lovenox]), OR
 - apixaban (Eliquis), or rivaroxaban (Xarelto), or dabigatran (Pradaxa) or IV. Vitamins, Supplements, and Oxygen.
 - edoxaban (Savaysa) in standard doses for 5 to 30 days
- If these added steps do not lead to improvement, or the patient becomes unstable, a 911 call is warranted for ER evaluation and hospital admission so that more aggressive Stage IV medications (such as remdesivir, Regeneron, and others) may be considered, and more intensive ventilation regimens are possible in ICU settings.



With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events



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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

Are You Getting Enough Vitamin B12?

One of my patients is a retired Marine. A few months ago he told me that he had been suffering from pains in his legs and feet for a couple of years. His doctor had tried several different pain medicines, but none of them really did much so he quit them all and just put up with it. Then he started taking a B vitamin with a lot of B12 in it, and to his amazement, within 3 days his feet and legs stopped hurting. It has been over 6 months and the pain has not come back. He decided to continue the vitamin, just to make sure.

Vitamin B12 is a water-soluble B vitamin that helps your body make new red blood cells, helps your nerves work, and prevents certain kinds of anemia. A deficiency in Vitamin B12 can show up as fatigue, weakness, depression or pain in your feet or hands.

Vitamin B12 deficiency becomes more common as you age. The Framingham

Study in Massachusetts found Vitamin B12 deficiency in 12% of the elderly who live in the community. The 3 main reasons contributing to B12 deficiency are age, diet and medicines.

The most common cause of Vitamin B12 deficiency is not being able to absorb it. This can be due to a condition called atrophic gastritis, which affects 10-30% of the elderly. Atrophic gastritis interferes with the ability to absorb Vitamin B12 from your food because it decreases secretion of digestive juices such as gastric acid.

Our bodies only absorb about half the Vitamin B12 we get in our diet, which is usually attached to animal based protein like ground beef or chicken. Without enough stomach acid, your body can't break down proteins and Vitamin B12 stays stuck to the protein.

Most healthy adults get enough Vitamin B12 in their

diet; those who don't have either or don't get much animal protein in their diet or are not able to absorb Vitamin B12 very well. According to the National Institutes of Health (NIH), Vitamin B12 is found mostly in animal proteins, such as fish, meat, poultry, eggs, milk, and milk products.

Strict vegetarians may not get enough animal protein in their diet to satisfy the recommendation of 1 to 2 mcg daily of Vitamin B12. Others become deficient because they cannot absorb it very well, like the elderly, those who have had gastric bypass surgery and people who take certain medicines.

Medicines that can contribute to poor absorption and deficiency of Vitamin B12 include acid-reducing medicines such as Prilosec® (also known as omeprazole), Prevacid® (also known as lansoprazole), Protonix® or Nexium®. Older acid-blocking

medicines which also impair absorption of Vitamin B12 include Zantac® (ranitidine), Pepcid® or Axid® Metformin, a common pill for diabetes can also interfere with absorption of Vitamin B12.

Those who do not absorb Vitamin B12 well may notice benefit from higher amounts of supplementation. Vitamin B12 contains cobalt and is available in several forms. The Vitamin B12 that is given as a shot is cyanocobalamin. Oral supplements are available as either cyanocobalamin, or methylcobalamin, and can be purchased without a prescription.

Most people who can absorb Vitamin B12 well only require 1 or 2 mcg daily. If you are over

70, take medicine for heartburn or an ulcer or have had gastric bypass surgery, you may need more than that. 1000-2000 mcg daily of Vitamin B12 as an oral or a sublingual tablet can overcome poor absorption. Be sure to avoid the timed-release or long-acting products, because they may not be as well absorbed as the immediate release forms.

Since Vitamin B12 is not found in plant foods, if you are vegetarian the National Institutes of Health suggests fortified breakfast cereals as an alternative source.

Vitamin B12 deficiency can be detected with a blood test. There are several ways to get more of the vitamin: monthly injections from your medical provider; tablets that you swallow and tablets that dissolve under your tongue.



Ask... Dr. Louise
Your doctor or medical provider can advise you which would be best for you to take, and how much. There is more information about Vitamin B12 at <http://ods.od.nih.gov/factsheets/VitaminB12-QuickFacts/>.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2021 Louise Achey

Lost and Found: Tips for Managing Commonly Misplaced Items

(StatePoint) In the haste to break free from your pandemic routine, you may find your new schedule overwhelming and hectic. And with that, comes the inconvenience of misplacing commonly used items. According to a survey conducted by Bluetooth tracking company Pixie, Americans spend an average of 2.5 days out of each calendar year searching for lost items.

The most common reason we keep misplacing our items is absentmindedness. Psychologists have a phrase for this, "If you don't encode, you can't retrieve." This means that if you go through your day without consciously thinking about where you're placing your keys, your brain has no information stored about the item's whereabouts. Other factors, such as stress levels and overall mental health, can also play a role in how often you misplace items.

Here are a few tips on how to prevent your precious possessions from going missing:

1. Set digital reminders:

If you regularly lose track of specific items, digital reminders might be for you. There are a variety of great productivity apps available on most smartphones to remind you to double check your wallet before leaving the house. Most calendar apps such as Google Calendar and Outlook have remind features that can help you organize your valuables.

There are also useful apps like To do list that specialize in creating reminders and daily lists.

2. Retrace your steps:

"Retracing your steps" after losing an item can be a useful approach when activating your brain's context-dependent memory. With context-dependent memory, your memory is the strongest when you mentally or physically place yourself back in the environment in which the item was lost. Reconstructing these events visually can help trigger your memories and be an important step in rediscovering a misplaced item.

3. Try a Bluetooth tracker for smaller items:

For smaller items like your phone, wallet and keys, Bluetooth trackers can provide much-needed tech relief. Trackers like these are designed for those times you lose an item within close proximity. Instead of wasting precious moments searching for your lost item, you can pull up an app to tell you where it is.

4. Use the power of GPS tracking devices for high-value items:

When it comes to highly valuable items like photography equipment, luggage and even pets, you'll need more protection. Products like T-Mobile's SyncUP Tracker uses a combination of GPS technology and T-Mobile's reliable nationwide network to track an item at any moment from anywhere. Other devices that rely on Bluetooth technology often have tracking range limitations and shorter battery life. T-Mobile's SyncUP Tracker includes a rechargeable battery and virtual boundaries that alert you if an item leaves the designated location, all via your smartphone through an app available on both iOS and Android.

Just because you lost an item doesn't mean that you should lose hope or panic. With a few changes to your routine and even some tech upgrades, you'll find it much easier to cope during those forgetful moments.



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Are You at Higher Risk for Having a Life-Changing Stroke?

(StatePoint) Lead scorer of the University of Pittsburgh women's basketball team, Latia Howard was being recruited by the WNBA and at the top of her game. But that all changed after she suffered a stroke at just 21 years old. Early one morning, Howard began experiencing weakness in her arm and leg. While she decided to skip practice that day, she didn't think too much of it. When her roommate told her trainer why Howard wasn't at practice and what she was experiencing, he called her and noticed she didn't sound right on the phone. He went straight to her apartment, and after realizing something was very wrong, he immediately called 911 and she was rushed to the emergency room. According to the American Stroke Association, African Americans have a higher prevalence of stroke and the highest death rate from stroke than any other racial group. Among stroke survivors, African Americans are more likely to be disabled and have difficulties doing daily activities. A star athlete before her life-changing stroke, not only was Howard unable to play basketball afterward, she had to relearn how to walk and talk and went through extensive physical therapy, falling into a depression. The stroke forced Howard to re-imagine her



SUBMITTED PHOTO. Star basketball player, Latia Howard, suffered a life-changing stroke at 21.

goal of being a professional basketball player. She shifted her dream of playing in the WNBA to coaching young, up-and-coming basketball players. "I am grateful I am here and can share my story," says Howard, who, now 43, is an educator and basketball coach. "I encourage my team to always give 100% because at one time in my life, I couldn't give anything." A testament to the fact that stroke can happen to anyone, of any age, at any time, Howard encourages

everyone to know their body, so they can recognize when something feels different or wrong. "When it comes to stroke, every moment counts," she says. "A person could lose everything to stroke, so it's important to call 911 the moment something seems off." The Centers for Disease Control and Prevention (CDC) reports that almost half of African Americans have at least one risk factor for stroke, including manageable conditions like high blood

pressure and diabetes, as well as genetic conditions like sickle cell disease. That is why it's important for everyone to be aware of their risk factors and learn the signs to watch for. According to experts, immediate medical attention is vital when it comes to stroke and relies on everyone learning and being able to recognize the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and refers to these signs of stroke: • Balance: Sudden loss of balance • Eyes: Loss of vision in one or both eyes • Face: Face looks uneven or droopy • Arm: Arm or leg is weak or hanging down • Speech: Slurred speech, trouble speaking or seems confused • Time: Immediately call 911 For more information and resources, visit StrokeAwareness.com, developed by Genentech Inc, a member of the Roche Group.

"BE FAST" was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

Great Ways to Keep Your Mind Sharp as You Age

(StatePoint) September, which is World Alzheimer's Month, is an excellent reminder to keep your mind and body healthy through the years. Experts say that doing so can reduce your risk for cognitive decline. Try taking on these new hobbies to keep your mind sharp as you age:

- **Cooking:** Not only can the development of a new complicated skill such as cooking improve cognitive functions like problem-solving and concentration, but having the ability to create your own nutritious meals at home has the added benefit of being good for brain health. From TikTok tutorials to online classes taught by master chefs, today, there are more avenues for picking up culinary know-how than ever before.
- **Music:** Learning to play a musical instrument has countless benefits for brain health, helping improve memory, hand-eye coordination and more. It's also a mood booster, which is important, as depression is considered a risk factor for dementia. Check out instruments designed to build skills quickly. Whether you're a total novice or taking up the piano after a long hiatus, Casiotone Keyboards, for example, are portable, easy to use and connect to an app that features lessons and more.
- **Exercise:** The mind-body connection is strong. For ultimate brain health, stay physically active; and if

you can do so outdoors, all the better. Research suggests that connecting with nature is good for one's mental well-being, reducing stress, anxiety and depression. Support your journey with tools that track your activity and inspire you to delve further into adventures, whether that be hiking, fishing or rock climbing. The watches in the Pro Trek line feature Quad Sensor technology to provide you with temperature and barometric pressure so you can keep your eye on the weather conditions while out and about, as well as sunrise and sunset times, an app for anglers and much more.

• **Camaraderie:** Having an active social life can improve brain function. Unfortunately, if you aren't proactive about it, there are not always that many opportunities to make new friends in adulthood. Whether it's a sewing circle or a bowling league, consider joining a club or team for camaraderie and fun.

• **Fast fingers:** Did you know that you can use your calculator to keep your mind engaged when there's downtime or you're on-the-go? Calculator games can build math skills, improve memory and keep your mind nimble. Just as it is important to maintain physical fitness as you age, it's also critical to exercise your mind. Stay mentally active by trying new hobbies, building new skills and seeking out new experiences.

SINCE THE PANDEMIC BEGAN...

Cancer screenings are still lagging:
725K The estimated combined total of missed breast, colon and cervical cancer screenings from March 2020 - March 2021

Preventive cancer screenings can catch cancer early to keep people healthy.

+10,000 Projected excess deaths in 2021-2022 due to breast and colorectal cancers alone.

While mental health screenings via digital health tools are up, **routine care for mental health is down** as the impact on mental health during the COVID-19 pandemic has worsened.

52% Adults with mental health conditions who delayed/forewent care since pandemic started.

41% About 4 in 10 adults with one or more chronic health conditions reported delaying or forgoing health care since pandemic started.

Pediatric immunizations decreased, putting our youngest and most vulnerable at risk of health complications. Well-child visits and recommended vaccinations are essential and help make sure children stay healthy and are protected from serious diseases.

14% The drop in vaccine ordering data in 2020-21 compared to 2019.

1 in 3 adults reporting delayed or forgone health care reported doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities.

Adolescent and adult immunizations **sharply declined** during the pandemic.

An estimated **26M recommended vaccinations were missed** in 2020 compared to 2019.

20% The drop in Measles vaccine ordering data 2020-21 compared to 2019.

CONTACT YOUR PHYSICIAN'S OFFICE TO SEE IF YOU ARE DUE FOR PREVENTIVE CARE OR SCREENINGS.

Screenings, tests and preventive health measures are designed to keep you healthy and to help your doctor catch certain conditions before they become more serious.



Why Now is the Time to Schedule That Check-Up or Screening

(StatePoint) (StatePoint) If you haven't visited your physician since the start of the pandemic, medical experts say that the time is now to book check-ups and screenings for the entire family.

"The pandemic has had wide-scale negative health consequences beyond COVID-19. Many Americans have delayed important routine health services critical to keeping them healthy, including vital pediatric immunizations and preventive cancer screenings. Prevention is the best cure, so it's important to get your health back on track today," says Gerald E. Harmon, M.D., American Medical Association (AMA) president.

With school beginning and the cool weather months ahead, the AMA urges Americans to call their physician's office to learn if they are due for preventive care or screenings.

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THE LEAVENWORTH ECHO

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Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Contact the listed organizations or events for updates on the Covid-19 regulations.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 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, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.

Alanon Meetings, call 509-548-7939

Monday, 7 p.m., United Methodist Church, 418 Evans St.

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.
Leavenworth Rotary Club, Zoom meetings, noon. For more info. call President Joel Walinski, jtwalinski@gmail.com

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for Zoom meeting information. (1st & 3rd Thurs.)
Leavenworth Lions Club, For more info. email President Anita Wilkie at wilkieam2015@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)
Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 - 8:00 p.m. Call Terri (509)393-8271 for more information.
Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni, 509-679-3247. (2nd & 4th Mon.)
Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)
Chelan Douglas Republican Women, Meetings at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage only is \$7 (no outside food please). Check-in begins at 11:30 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).
Leavenworth Mosquito District Board Meeting, 7 p.m. via ZOOM link posted at leavenworthmosquitodistrict.com Contact: Jenny Mullins, 548-5904. (1st & 3rd Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. Meeting now in the Park behind Peshastin Library. Contact Steve Keene, 548-5266. (2nd Tues.)
Icicle & Peshastin Irrigation Districts Meeting Sept., 8 a.m. Future months at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.)
Cascade Education Foundation. Contact: CEF@cascade.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 548-7923 or online Leavenworth@ncwlibraries.org
Open Mondays, Tuesdays, and Saturdays. 10 a.m. to 2 p.m., Wednesdays and Thursdays, 10 a.m.-7 p.m., Fridays, 3 p.m.- 7 p.m., and Saturday 10 a.m.-2 p.m.
Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 548-7821 or Peshastin@ncwlibraries.org
Open Tuesdays and Wednesdays 10-2 p.m. and 3-7 p.m., and Saturday 10 a.m.-2 p.m.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Friday-Sunday, 11 a.m.- 4 p.m. Please check our Facebook page or our website at www.leavenworthmuseum.org for updates and information.
Leavenworth Fish Hatchery, 548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.
Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 548-5286. Otherwise we are not responsible for any misinformation.

Leavenworth

Alpine Water District

Monthly meeting will be on September 20 at 1:00 p.m. by Zoom. If you are interested please contact Timcelravy@lwycomp.org

Wenatchee River Institute Workshops

Free seed saving class, date change to Thursday, Sept. 16, 5-6 p.m.
Fall preserving class Sunday, Sept. 26, 9 a.m. to 3 p.m.
Autumn Ambles on Fridays and Saturdays of September 10 am. to noon. Contact: 548-0181.



Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

September 3

00:36 Disturbance, US Hwy. 2 and 3rd St.
00:37 Prowler, 301 Commercial St.
10:33 Civil, 14035 Brae Burn Rd., Lake Wenatchee.
11:14 Hazard, 116 River Bend Dr.
14:11 Assist Agency, Ingalls Peak.
16:11 Diversion, 4637 US Hwy 97, Peshastin.
16:44 Vehicle Prowl, 34491 US Hwy 2, Steven's Pass.
21:26 Welfare Check, 4637 US Hwy 97, Peshastin.
21:28 Harassment/Threat, 221 8th St.

September 4

05:02 Diversion, 4637 US Hwy 97, Peshastin.
11:09 Harassment/Threat, 7001 Icicle Rd.
11:21 911 call, 505 US Hwy. 2, Icicle Village.
11:56 Domestic Disturbance, 100 Ward Strasse #A107.
12:40 Civil, 8581 Ludwig Hill Rd., Peshastin.
13:14 Injury Accident, 16725 Mule Tail Flats Rd.
14:18 Traffic Offense, Camp 12 Rd. and Chumstick Hwy.
16:20 Marine, 11540 River Bend Dr.
20:10 929 Front St.
21:42 Harassment/Threat, 8401 Jefferies St., Peshastin.
23:37 Disturbance, 922 Commercial St.

September 5

03:44 Suspicious Activity, 700 US Hwy. 2.
06:56 Disturbance, 820 Front St.
15:04 Alarm, 9284 Icicle Rd.
17:58 Attempt to Locate/Contact, Coles Corner, Lake Wenatchee.
18:18 Attempt to Locate/Contact, Snow Lakes Trailhead.
18:22 911 405 US Hwy 2.
18:26 Suspicious Activity, 200 Ward Strasse.
19:38 Suspicious Activity, 200 Ward Strasse.
19:56 Trespassing, 8397 Main St., Peshastin.
20:01 Traffic Offense, Chumstick Hwy MP 1.
20:45 Noise, 8300 Lynn St., Peshastin.
21:30 Traffic Offense, 216 West St.
21:32 Assist Public, 917 Commercial St.
21:35 Domestic Disturbance, 116 River Bend Dr.
21:41 Attempt to Locate/Contact, Snow Lakes Trailhead.
21:44 Noise, 10190 Chumstick Hwy.
22:17 Non-Injury Accident, Colchuck Lake Trail.

03:44 Suspicious Activity, 700 US Hwy. 2.
06:56 Disturbance, 820 Front St.
15:04 Alarm, 9284 Icicle Rd.
17:58 Attempt to Locate/Contact, Coles Corner, Lake Wenatchee.
18:18 Attempt to Locate/Contact, Snow Lakes Trailhead.
18:22 911 405 US Hwy 2.
18:26 Suspicious Activity, 200 Ward Strasse.
19:38 Suspicious Activity, 200 Ward Strasse.
19:56 Trespassing, 8397 Main St., Peshastin.
20:01 Traffic Offense, Chumstick Hwy MP 1.
20:45 Noise, 8300 Lynn St., Peshastin.
21:30 Traffic Offense, 216 West St.
21:32 Assist Public, 917 Commercial St.
21:35 Domestic Disturbance, 116 River Bend Dr.
21:41 Attempt to Locate/Contact, Snow Lakes Trailhead.
21:44 Noise, 10190 Chumstick Hwy.
22:17 Non-Injury Accident, Colchuck Lake Trail.

September 6

09:21 Suspicious Activity, 10425 Titus Rd. #J.
10:47 Suspicious Activity, 10788 US Hwy. 2, Peshastin.
11:18 Alarm, 15 Blewett Ridge Dr., Peshastin.
13:38 911 call, River Bend Dr.
13:45 Welfare Check, 116 B River Bend Dr.
22:11 Missing Person, 221 8th

St. #A.
23:01 Court Order Violation, 3444 Allen Ln., Peshastin.

September 7

08:08 Suspicious Activity, 300 Enchanted Park Way.
08:18 Non-Injury Accident, Beaver Valley and River Roads
11:38 Parking/Abandon, 8397 Main St., Peshastin.
12:07 Burglary, 617 Front St. #3B.
12:08 Theft, 700 US Hwy. 2.
12:22 Unknown Accident, 116300 Blk. Chumstick Hwy.
14:48 Disturbance, 815 Front St. #B.
14:57 Assist Agency, 9838 School St., Peshastin.
15:45 Property, 19115 Chiwawa Loop Rd.
15:53 Assist Agency, US Hwy. 2 MP 101 E.B.
17:46 Domestic Disturbance, 10765 Lone Pine Dr., Peshastin.
18:43 Burglary, 220 9th St.
18:57 Assist Agency, 18587 Karl Rd., Lake Wenatchee.
19:12 Assist Agency, US Hwy 2 MP 73, Lake Wenatchee.
19:13 Suspicious Activity, Mountain Home Rd.
21:23 Unknown Accident, Eagle Creek Rd. and Winery Ln.
21:40 590 US Hwy. 2.

September 8

09:50 Harassment/Threat, 817 Commercial St.
10:25 Extra Patrol, 3406 Camas Way, Peshastin.
11:19 Harassment/Threat, 21328 SR 207.
15:11 Parking/Abandon, Front St.
17:40 Assist Public, 11492 US Hwy. 2.
18:35 Property, 932 Front St.
20:52 Suspicious Activity, 11645 North Rd.
21:33 Traffic Offense, 817 Commercial St.
23:20 911 call, 3910 Old Blewett Rd., Peshastin.
September 9
01:58 Welfare Check, 4637 US Hwy. 97, Peshastin.
09:38 Civil, 17356 North Shore Dr.
10:00 Parking/Abandon, Duncan Rd.
10:00 Property, 829 Front St #A.
10:25 Trespassing, 300 Enchantment Park Way.
12:54 Extra Patrol, Chiwawa River Rd., Lake Wenatchee.
14:17 Assist Public, 15255 US Hwy. 2, Lake Wenatchee.
14:50 Fraud/Forgery, 11668 River Bend Dr.
18:37 Welfare Check, 222 Summit Ave.
19:10 Missing Person, Leavenworth
22:38 Noise, 221 8th St. #B.
22:53 Warrant, 585 US Hwy. 2.

CASCADE SCHOOL MENU



Wednesday, September 15

Breakfast: Homemade Cinnamon Roll, Assorted Cereal, Chocolate Bear Cracker, Fruit Juice, Pineapple, Milk, Yogurt.
Lunch: Beef Gyro, Carrots, Peaches, Ranch dressing, Milk

Thursday, September 16

Breakfast: Bacon Breakfast Bagel, Assorted cereal, Chocolate Bear Cracker, Fruit Juice, Apple Wedges, Milk, Yogurt
Lunch: Fish Taco, Caraotas Negras, Pico De Gallo, Crinkle Cut Fries, Mixed Fruit, Milk

Friday, September 17

Breakfast: Chocolate Chip Muffin, Assorted Cereal, Chocolate Bear Cracker, Fruit Juice Kiwi Fruit, Milk, Yogurt
Lunch: Hamburger, Salad Bar, Ranch Dressing, Applesauce, Milk

Monday, September 20

Breakfast: Ham Quiche, Chocolate Bear Cracker, Assorted cereal, Fruit Juice Apple Wedges, Milk, Yogurt
Lunch: Meatball Submarine, Coleslaw, Banana, Milk

Tuesday, September 21

Breakfast: Ham & Egg Croissant, Assorted cereal, Chocolate Bear Cracker, Fruit Juice, Orange Wedges, Milk, Yogurt
Lunch: Philly Cheesesteak Wrap, Carrots, Ranch Dressing, Peaches, Milk

Wednesday, September 22

Breakfast: Homemade Cinnamon Roll, Assorted Cereal, Chocolate Bear Cracker, Fruit Juice Pineapple, Milk, Yogurt
Lunch: Chili Homemade, Cornbread, Apple Wedges, Broccoli, Milk

CITY COUNCIL MEETINGS

Planning Commission, 7:00 p.m. (1st Wed.)
City Council Study Session, 8:30 a.m. (2nd Tues.)
City Council Meeting, 6:30 p.m. (2nd & 4th Tues.)
Design Review Board, 3:00 p.m. (2nd & 4th Wed.)
For more information, visit the city website CityofLeavenworth.org for Zoom meeting information. Call 509-548-5275. Email hello@cityofleavenworth.com

For the latest local news and advertising see the NCW Media websites...

leavenworthecho.com

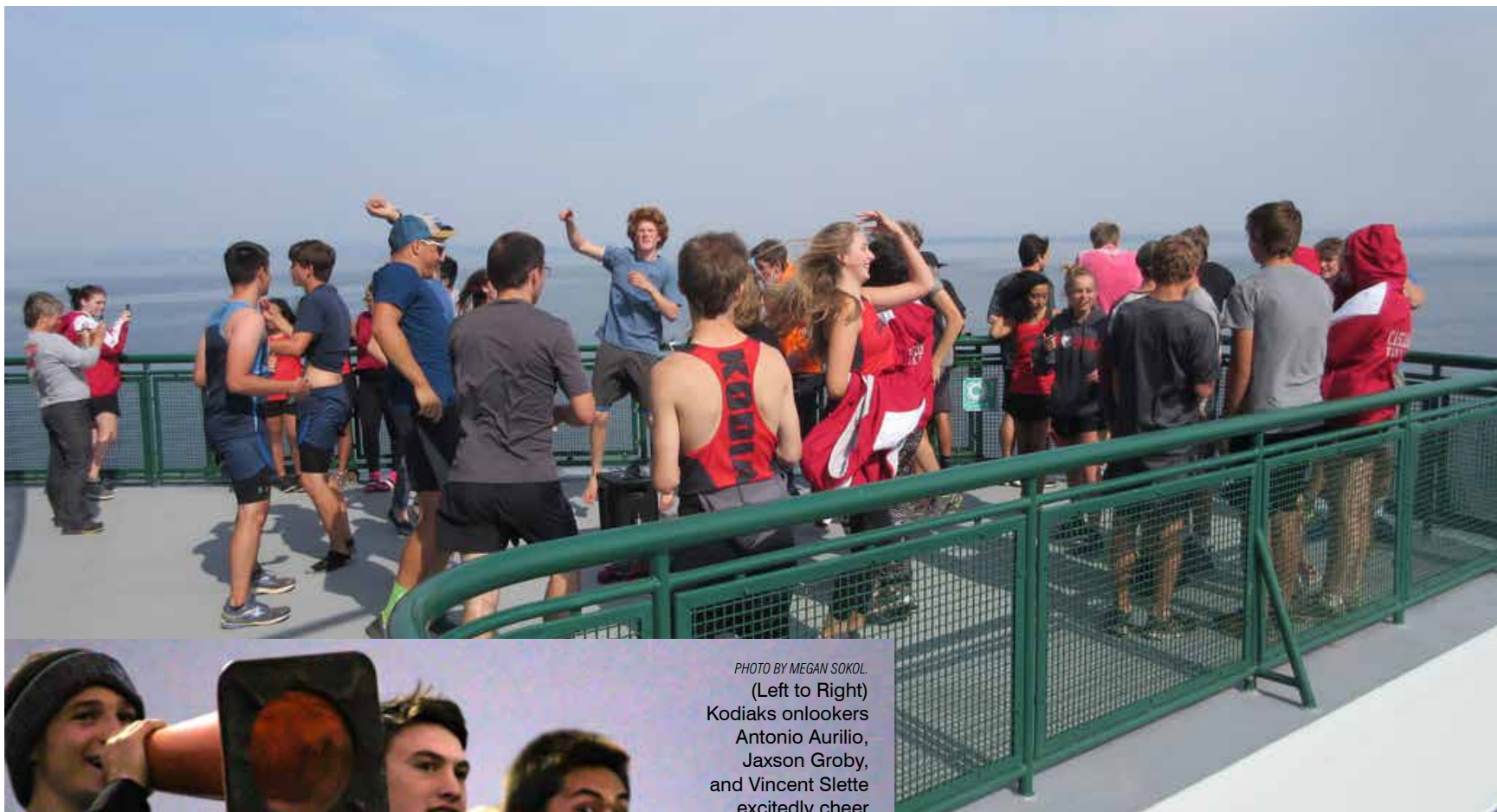
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NCWBusiness.com

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Recreation



High School sports are back!

As of this writing, Cascade High School Sports are scheduled for a full season. Student athletes and fans are looking forward for the chance to compete and have some fun. Next week we will have a complete preview of what to expect this fall.

SUBMITTED PHOTO.

◀ Cross Country team shows their excitement on board a ferry bound for their first meet on Whidbey Island

PHOTO BY MEGAN SOKOL.

Cascade Quarter Back, Braeden Parton gets some instructions on the sideline during their first game of the season against Naches High School ▼



PHOTO BY MEGAN SOKOL.
(Left to Right) Kodiaks onlookers Antonio Aurilio, Jaxson Groby, and Vincent Slette excitedly cheer on their Cascade Soccer team.



PHOTO BY MEGAN SOKOL.
Cascade Kodiaks Midfielder Madi Gillespie charges against Wenatchee High School Defensive string.



The Washington Outdoors Report

Be Bear Aware

By JOHN KRUSE

As we enter early fall the forests are calling but it's very important to be bear aware this time of year because both black bears and grizzly bears are very active, fattening up for the winter ahead. We have only had 14 reported bear attacks and one fatality in Washington State but with the Washington Department of Fish and Wildlife estimating a population of 20,000 to 25,000 black bears and grizzly bears gaining a foothold in the northeastern part of the state, bear attacks are a possibility.

So, what's an outdoors enthusiast to do if they want to stay safe in bear country? The big word to remember is "Deterrence". Here's a few tips from several western fish and wildlife experts and agencies that may prove helpful in that regard:
Make Some Noise: Travel in groups, talk to each other, and even clap from time to time. Bears generally don't want to be near humans and if they hear you coming will usually retreat before you even see them. As for those bear bells you see sold in gift shops? The jury is still out on whether those work or not though there are a few

funny jokes about those jingly little bells being more of an attractant than deterrent when found in bear scat.
Listen: It's an old Army patrol trick that works well in bear country. Stop every few hundred yards, be quiet, and listen. Bears can be noisy foraging for food and you may hear one or more of them some distance away if you do this, allowing you to avoid a bear encounter. In a similar vein, don't have those ear buds in bee-bopping to music as you shuffle down the trail. You may never hear that bear that's just a few yards away if you do.
Know Where The Bears Will Be: At this time of year,

both black bears and grizzly bears are focused on getting as many calories into their bodies as possible. That's why bears will gravitate towards berry patches (especially huckleberry patches), stream beds where spawning fish are present, or towards dead animals the bears may (or may not have) killed. Be hyper-aware of bears if you are in any of these areas.
Carcass Removal: Sometimes that dead animal is one you killed, especially if you are a deer or elk hunter. Bears have a keen sense of smell and will be attracted to that carcass sooner than later. If you have the ability to pack that animal out the same day you kill it do so and if you are with someone else, make sure they are standing guard while you field dress and quarter

that animal. If you have to leave parts of the animal overnight hang them from a tree where bears can't get at them and be very cautious of bears when you come back the next day to pack that remaining meat out.
Bear Spray And Firearms: Bear spray is an essential, non-lethal tool to have in bear country whether you are a hiker, hunter, bicyclist or berry picker. A 2008 study by Dr. Tom Smith at Brigham Young University and several colleagues found bear spray was 92 percent effective in deterring bear attacks from brown, black and polar bears in Alaska between 1985 and 2006. The same study also found 98 percent of people who carried bear spray that got into close encounters with bears came away uninjured.

Having bear spray is one thing, but knowing how to use it and keeping it readily accessible are the two keys to success. The same goes for firearms. They work too but they are a lethal means of stopping a bear attack and if you don't have the right caliber of ammunition and perfect shot placement you might not have the stopping power to prevent a mauling during a bear attack. Having said all of this, don't let the fear of a bear attack keep you from our forests this fall. Just walk into them educated and prepared and you'll likely have a wonderful time without any negative encounters with bears.

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

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A big black bear in the North Cascades National Park Complex

PHOTO BY JOHN KRUSE.

OBITUARY

Jerry Jennings

January 30, 1949-September 6, 2021

"I have fought the good fight, I have finished the race, I have kept the faith" 2 Timothy 4:7

Jerry Jennings, 72 years of age, passed away Monday September 6, 2021 at Harborview Medical Center in Seattle, WA. Jerry was born January 30, 1949 in San Diego, CA to the late Ed and Frances Wassman. She was the middle child of three with her older sister Mary Kay Garcia and her younger brother Tim Wassman. She grew up enjoying the beaches and mountains of Southern California and was a pioneer in the sport of skydiving. Jerry embraced her Catholic faith early and was an active member of the Catholic community throughout her life. A beloved wife and

life partner to Bob, who she married December 18, 1981. She was a devoted mother to Jessica, Heather, Meredith and Erik. Later in life she came into the role of grandma, which she held dear and infused her relationship with her 10-adoring grand and great grandchildren with joy, magic adventure, and love.

Bob and Jerry "retired" to Plain, WA where she was a fierce community advocate who never missed an opportunity to get involved. She loved her garden, long walks on the forest road, kayaking and New Year's Day polar bear swims in Lake Wenatchee. Ever spontaneous and full of life, Jerry inspired everyone who she crossed paths with. She loved spending



time with family, laughing and always wearing a smile on her face. She was a loving and caring person, devoted wife, mother and friend, always thinking of others first. She will be dearly missed but we know she will be watching over us all.

A future Catholic mass and celebration of life will be planned soon.

Share memories of Jerry on the Tribute Page at www.emmickfunerals.com/obituary/Geraldine-Jennings

Arrangements Entrusted to Emmick Family Funeral Home - West Seattle

Olivia Cappellini

CONTINUED FROM PAGE A1

She's been working the museum's front desk. "I greet visitors, check them in and answer questions they have about the exhibits." Cappellini has also helped other volunteers revamp the archival process, using new software, PastPerfect, which was purchased thanks to an Iceile Fund grant.

"It was time to graduate from using Excel spreadsheets and handwritten journals," said Cade.

Cappellini said she's been learning, along with other museum volunteers, about the proper storage of museum pieces, including temperature and humidity controls and acid-free envelopes for documents.

Cappellini uses her volunteer time to observe visitor behavior. "It's interesting what visitors gravitate toward, what they notice and don't notice, what questions they ask."

A desire for continuous learning is something Cade and Cappellini share. Cade said, "If a question is asked that we can't answer, we write it down and try to solve it."

The museum, like all museums, is at a unique point in time, Cappellini said. There are issues of inclusivity. There are also innovations in new ways of displaying and interacting with museum goers due to the complications of COVID-19 and technological advances. "It's exciting to be a part of that change," she said.

Cade sees Cappellini's involvement in the museum as a win-win. "Her potential to observe, participate and share ideas is unlimited." And while she graduates next spring, Cade hopes they can entice her back in the summers. "We'll have a summer internship or job for Olivia. We're expanding and would love her help."

One upcoming addition to the museum that both Cade and Cappellini are excited about are story baskets by Julie Edwards and Bernadine Phillips, members of the p'squosa (Wenatchi) tribe. Their modern story baskets, which relay tales that have been told for generations, help show the continuum of indigenous people from the past into the present.

Recently, the museum has been open six days per week. Earlier, because of COVID-19 complications and volunteer

shortage, they were only open three days a week. "We've had more than 3000 visitors over 108 days," Cade said, pleased. "We haven't marketed very much because we need more volunteers."

The museum's capital campaign, which includes matching funds, is ongoing. "Every donation counts," said Cade. "We'd love to have 250 people each give \$10 because the museum is for the whole community."

Cade mentioned there are many ways to help the museum, which is a 501(c)3 nonprofit. One pressing need is for a volunteer who could help the museum refresh their website and work on content development.

With Cappellini's help, Cade would love to see more collaboration with the school district, including getting more student volunteers, maybe creating a group of junior curators, and making connections with the history and social studies teachers in the district.

The Greater Leavenworth Museum is open daily, 11am to 4pm, at 735 Front Street. To learn more about the museum, or to donate, visit www.leavenworthmuseum.org.

Beyond Masks

CONTINUED FROM PAGE A1

1975. In most countries it is available over the counter. It is inexpensive and considered a miracle drug in many countries. It has not been approved by the FDA for use in treating COVID. Recently, the Chelan-Douglas Health District has come out in opposition to the use of this drug. But Ivermectin is being used by some physicians in the U.S. and has been endorsed for use in other countries that have found it to be effective when used early.

I included a link to a pamphlet with the CDHD press release that offered advice from the American Association of Physicians and Surgeons (AAPR) a few weeks ago. That pamphlet titled, "A Guide to Home-Based COVID Treatment", provides advice about what you should do to prepare in case you do get COVID. With the exception of the recommendation to consider using Ivermectin in the early stage of treatment; It seems to follow local protocols for treatment options.

The pamphlet includes a

recommendation that you have a consultation with your local doctor about what you should do if you are diagnosed as having COVID.

The first step of course is to get tested if you think you are experiencing symptoms. There is a chart of the most common symptoms attached to this article. It takes 24 to 48 hours to get the results of your test. Our local hospitals do testing if you have symptoms. They ask that you not just walk in. Call and make an appointment. They will ask about your symptoms and schedule you for a test.

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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
Worship 9 a.m.
Bible Study, Wed., 6:30 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
Virtual Zoom Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana

CHRIST CENTER
Cashmere Assembly of God: 509-782-2825
Worship Service Sundays 10:00 a.m., in-person, Conservatory @ Apple Annie's and on-line, christcentercashmere.com
Underground High School Sundays 6:00 p.m., In-person, Conservatory
Middle School Youth Thursdays 7-8:30 p.m., In-person, Conservatory
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregational Care Pastor, Joyce Williams
High School Director, Kelsie Folden
Community Outreach, Steffanie Haney

GRACE LUTHERAN CHURCH
Morning Prayer or Holy Eucharist. Join us at 10:00 a.m. on Sundays.
Contact Pastor Rob Gohl, 509-860-0736 for more information.

ST. JAMES EPISCOPAL CHURCH
Morning Prayer or Holy Eucharist. 9 a.m. on Sundays.
Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.

EVERGREEN BAPTIST CHURCH
5837 Evergreen Drive • 782-1662
Sunday School - 9:45 a.m.
Morning Worship - 11 a.m.
Evening Service - 6 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 Stone Hill Rd. • 782-2616
Worship Service, 10 a.m., Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalley baptist.org

LEAVENWORTH

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11025 Chumstick Hwy.
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CORNERSTONE BIBLE CHURCH
Leavenworth Grange Hall
621 Front St. • 251-635-3435
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 a.m.

FAITH LUTHERAN CHURCH - ELCA
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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 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
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

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19 Governors, 2 AGs Resist Biden's Vaccine Mandates

MIMI NGUYEN LY

More than a dozen governors and two attorneys general late on Sept. 9 issued statements defying the Biden administration's impending vaccine mandates for federal workers and private-sector workers.

President Joe Biden earlier in the day signed an executive order to require all federal workers to be vaccinated against COVID-19, the disease caused by the CCP (Chinese Communist Party) virus. There would be no option to opt out via COVID-19 testing. The mandate also applies to government contractors and their employees.

The president later announced he would direct the Department of Labor to create a rule to have companies with over 100 employees mandate vaccinations or weekly testing, a move that affects more than 80 million workers in the private sector.

At least 19 governors and two attorneys general immediately issued statements disagreeing with the administration's move, with several vowing to defy it.

They include the governors of Arizona, Alabama, Alaska, Arkansas, Florida, Georgia, Idaho, Iowa, Missouri, Mississippi, Montana, Nebraska, North Dakota, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, and Wyoming.

They were joined by at least two state attorneys general as of that night—Sean Reyes from Utah and Todd Rokita from Indiana.

Arkansas Gov. Asa Hutchinson, the chair of the National Governors Association, said in a statement: "I fully support continued efforts to increase vaccination rates across our nation, but the federal government mandates on private businesses are not the right answer.

"I have been consistent in freedom of businesses to require their employees to be vaccinated, and I have opposed the government from saying businesses cannot exercise that freedom. The same principle should protect the private sector from government overreach that requires them to vaccinate all employees."

Multiple Republican governors, including for Arizona, Georgia, and South Dakota, hinted or announced that they would seek legal avenues to resist the mandates.

"The COVID-19 vaccines are safe and effective tools to prevent the dis-



President Joe Biden speaks about combating the coronavirus pandemic at the White House, on Sept. 9, 2021.

ease, but getting the vaccine is and should be a choice," Arizona Gov. Doug Ducey said in a statement. "These mandates are outrageous. They will never stand up in court. We must and will push back."

Georgia Gov. Brian Kemp wrote on Twitter, "I will pursue every legal option available to the state of Georgia to stop this blatantly unlawful overreach by the Biden administration."

South Dakota Gov. Kristi Noem wrote on Twitter, "South Dakota will stand up to defend freedom. @JoeBiden see you in court." She later shared another Twitter post saying her legal team is prepared to stand up to the Biden administration's mandates.

The Biden administration didn't immediately respond to a request for comment.

Biden earlier in the day commented on the issue of vaccine mandates in schools, saying, "If these governors won't help us beat the pandemic, I'll use my power as president to get them out of the way."

Biden said the matter of getting more shots into arms "is not about freedom or personal choice. It's about protecting yourself and those around you—the people you work with, the people you care about, the people you love."

Statements from the remaining governors and attorneys general as of late Sept. 9 are as follows:

- Alabama Gov. Kay Ivey (in part): "I support the science and encourage folks taking the vaccine. However, I am absolutely against a government mandate on the vaccine, which is why I signed the vaccine passport ban into law here in Alabama. This is not the role of the government."
- Alaska Gov. Mike Dunleavy: "This is ridiculous and unenforceable. If there was ever a case for the 25th Amendment..."
- Florida Gov. Ron DeSantis (at a press conference): "I do not believe that people should lose their jobs over this issue, and we will fight that. If they try to do that through a rule like the Department of Labor, I don't think they have the legal authority to do that, but we obviously would want to support protections for people who are just trying to earn a living."
- Idaho Gov. Brad Little: "Today's actions from President Biden amount to government overreach. Government should stay out of decisions involving employers and their employees as much as possible. I've advocated for and championed fewer government regulations and mandates on business."
- Iowa Gov. Kim Reynolds: "President Biden is taking dangerous and unprecedented steps to insert the federal government even further into our lives while dismissing the ability of Iowans and Americans to make healthcare decisions for

themselves. Biden's plan will only worsen our workforce shortage and further limit our economic recovery. As I've said all along, I believe and trust in Iowans to make the best health decisions for themselves and their families. It's time for President Biden to do the same. Enough is enough."

- Missouri Gov. Mike Parson (in part): "Vaccination protects us from serious illness, but the decision to get vaccinated is a private health care decision that should remain as such. My administration will always fight back against federal power grabs and government overreach that threatens to limit our freedoms."
- Mississippi Gov. Tate Reeves: "The President has no authority to require that Americans inject themselves because of their employment at a private business. The vaccine itself is life-saving, but this unconstitutional move is terrifying. This is still America, and we still believe in freedom from tyrants."
- Montana Gov. Greg Gianforte: "President Biden's vaccination mandate is unlawful and un-American. We are committed to protecting Montanans' freedoms and liberties against this gross federal overreach."
- Nebraska Gov. Pete Ricketts: "President Biden's announcement is a stunning violation of personal freedom and abuse of the federal

government's power. This plan isn't about public health—this is about government control and taking away personal liberties."

- North Dakota Gov. Doug Burgum: "President Biden's misguided plan steers our country down a dangerous path away from states' rights and the freedom of private businesses to make their own decisions on vaccinations. We stand opposed to this blatant federal overreach."
- Oklahoma Gov. Kevin Stitt: "It is not the government's role to dictate to private businesses what to do. Once again President Biden is demonstrating his complete disregard for individual freedoms and states' rights. As long as I am governor, there will be no government vaccine mandates in Oklahoma. My administration will continue to defend Oklahoma values and fight back against the Biden administration's federal overreach."
- South Carolina Gov. Henry McMaster: "The American Dream has turned into a nightmare under President Biden and the radical Democrats. They have declared war against capitalism, thumbed their noses at the Constitution, and empowered our enemies abroad. Rest assured, we will fight them to the gates of hell to protect the liberty and livelihood of every South Carolinian."
- Tennessee Gov. Bill Lee: "This is not about freedom' is a phrase that should never come out of a U.S. President's mouth. For a fight that requires working together, a lot of cynical and divisive edicts came out of the White House today putting the vaccinated against the unvaccinated, businesses against employees, and the federal government against states."
- Texas Gov. Greg Abbott: "Biden's vaccine mandate is an assault on private businesses. I issued an Executive Order protecting Texans' right to choose whether they get the COVID vaccine & added it to the special session agenda. Texas is already working to halt this power grab."
- Wyoming Gov. Mark Gordon (in part): "I have asked the Attorney General to stand prepared to take all actions to oppose this administration's unconstitutional overreach of executive power. It has no place in America. Not now, and not ever."

US Doubles Fines for Violators of Mask Mandate at Airports, on Trains

ZACHARY STIEBER

President Joe Biden's administration on Sept. 9 doubled the fines for people who are caught violating the federal mask mandate in effect at airports and on some modes of public transportation.

The fees, previously ranging from \$250 for first-time offenders to up to \$1,500 for repeat offenders, will now be \$500 and up for people caught violating the mandate for the first time and up to \$3,000 for people caught violating it more than once.

The mask mandate is in effect at airports, on airplanes, and in other modes of public transportation, such as buses.

The boosted penalties took effect Sept. 10.

"Wearing a mask protects the traveling public and all of the personnel who make the travel experience safe, secure, and comfortable," Secretary of Homeland Security Alejandro Mayorkas said in a statement. "We will continue to enforce the mask mandate as long as necessary to protect public health and safety."

"We appreciate the majority of travelers each day who voluntarily follow the requirement, but find this action

necessary to maximize the protections for those who use and work within the transportation system, and to contain COVID-19," added David Pekoske, administrator of the Transportation Security Administration. "By doubling the range of penalties, we seek to reinforce the importance of voluntary adherence."

The mandate, imposed by the administration on Feb. 2, is currently in place until Jan. 18, 2022.

Biden directed the Department of Homeland Security, which includes the administration, to double the fines as part of a fresh plan to try to curb the Delta variant of the CCP (Chinese Communist Party) virus.

While campaigning last year, Biden promised he would stop the virus when he entered office. Instead, cases, hospitalizations, and deaths jumped over the summer, though they're on the decline in some states.

Experts blame the Delta variant, which has been described as more transmissible than other variants, and which vaccines aren't able to mitigate as well as previous strains.

Biden also announced new CCP virus vaccine mandates, including for companies that have more than 100 employees.

Judge Blocks Florida's 'Anti-Riot' Law, Says It Violates First Amendment Rights

ISABEL VAN BRUGEN

A federal judge has temporarily blocked Florida's new "anti-riot" law championed by Republican Gov. Ron DeSantis, saying it violates First Amendment rights.

U.S. District Judge Mark Walker on Sept. 9 didn't rule the entire statute likely violated the U.S. Constitution, but found that the state legislature's new definition of the word "riot" was too vague and confusing to satisfy free-speech rights guaranteed under the First Amendment.

"If this court does not enjoin the statute's enforcement, the lawless actions of a few rogue individuals could effectively criminalize the protected speech of hundreds, if not thousands, of law-abiding Floridians," the Obama-appointed judge wrote in a 90-page ruling that includes a three-page history of the civil rights movement in Florida dating back to 1956.

The so-called anti-riot measure, known as HB1, was signed into law by DeSantis on April 19. The Republican governor said at the time that it's "the strongest anti-rioting, pro-law-enforcement piece of legislation in the country."

The law increases criminal penalties for assault, defacing monuments, and vandalizing public property dur-

ing riots. Local governments that interfere with law enforcement trying to contain violent demonstrations will be penalized.

The bill changed the definition of what a "riot" is in the state of Florida. Under the law, a riot is defined as a violent public disturbance involving three or more people acting with a common intent that causes damage to public property or injuries—or can cause imminent injury or damage.

The law also creates a new second-degree felony—"aggravated riot"—for any riot involving more than 25 people and resulting in grievous bodily harm or more than \$5,000 in property damage. It would also apply if participants use or threaten to use a deadly weapon or block roadways by force or by the threat of force.

DeSantis said during the signing event in April that the left-wing idea of "defund the police" that echoed throughout Black Lives Matter demonstrations last year is an "insane theory" and is "not going to be allowed to ever carry the day in the state of Florida."

Democrats and the American Civil Liberties Union (ACLU) have said that the law is designed to intimidate Black Lives Matter and related protesters. The ACLU and several other groups sued the governor, state

Attorney General Ashley Moody, and others over the measure earlier this year.

DeSantis in a written statement said that he "vehemently" disagrees with the judge's decision.

"But this case was always going to be decided by the 11th Circuit Court of Appeals," the governor said. "There is a difference between a peaceful protest and a riot, and Floridians do not want to see the mayhem and violence associated with riots in their communities."

The ACLU of Florida welcomed the decision in a statement shortly after the ruling, saying that the law "appears designed to target those who protest police violence."

"We are glad the court has agreed to suspend enforcement of this key provision while we continue to advocate to ensure that protesters in Florida can safely exercise their right to speak out against injustice," it said.

Meanwhile, DeSantis said during a press briefing on Sept. 9 that Florida would be appealing the decision.

"That's a foreordained conclusion from that court," DeSantis said, The Washington Post reported. "I guarantee you, we'll win that on appeal."

Jack Phillips and Reuters contributed to this report.

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6	4	9	2	7	1	8	3	5
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9	8	6	4	2	3	5	7	1
8	9	7	5	6	2	1	4	3
4	6	5	3	1	8	7	9	2
3	2	1	7	4	9	6	5	8

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THREE RIVERS HOSPITAL

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

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THREE RIVERS HOSPITAL

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Legals

Public Notices

Leavenworth Adventure Park, LLC, 7900 SE 28th St Ste 236 Mercer Island, WA 98040-3864, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, Leavenworth Adventure Park, is located at 9342 Icicle Rd in Leavenworth in Chelan county. This project involves -1 acres of soil disturbance for construction activities. (List all named and unnamed surface waterbodies, or ground water if Applicable). Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on this Application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320. Comments can be submitted to: ecyreview@ecy.wa.gov, or ATTN: Water Quality Program, Construction Stormwater Washington State Department of Ecology P.O. Box 47696 Olympia, WA 98504-7696 Published in The Leavenworth Echo/Cashmere Valley Record on September 8, and 15, 2021. #2654

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of YASUKO I. WESTERLUND, Deceased. No. 21-4-00281-04 **PROBATE NOTICE TO CREDITORS RCW 11.40.030**
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: September 1, 2021
Personal Representative: Susan Westerland Valaas Attorney for the Personal Representative: David J. Bentsen Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 21-4-00281-04 SUSAN WESTERLUND VALAAS Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: **DAVID J. BENTSEN** WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/Cashmere Valley Record on September 1, 8, and 15, 2021. #2598

Public Notices

Aging & Adult Care of Central Washington IS LOOKING FOR CONTRACTORS TO PROVIDE SERVICES

Seeking qualified CONTRACTORS to provide yard work and snow removal services to pre-determined eligible persons age 18+.
Service area: Adams, Chelan, Douglas, Grant, Lincoln & Okanogan Counties.
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• Maintain client health and safety;
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• Reduce potential fire danger;
• Assist the client to comply with local city/county code issues or violations or other local requirements.
Yard work consists of maintaining lawn, shrubs, plants and/or trees by doing the following:
• Trimming bushes
• Raking leaves
• Mowing lawn
• Edging grass along walkways
• Watering plants/bushes
• Weeding
• Cleanup and removal of debris associated with yard work
Excluded is:
• General yard work such as planting flowers, shrubs, and trees for esthetic purposes.
• Maintenance of indoor plants.
Must comply with EOE & ADA requested Minority & women-owned businesses encouraged to apply. If interested please contact Erin Nelson for more information at 509-886-0700 x232 or erin.nelson@dshs.wa.gov Published in the Quad City Herald, Lake Chelan Mirror, The Leavenworth Echo and The Cashmere Valley Record September 8, 15, 22, 2021 #2645

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					6				
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		3				4			
	8		4	2					1
	9	7	5			1	4		
			3						
3						6	5		

CROSSWORD PUZZLE
THEME: THE 1990s ACROSS
1. Ridden or pushed around yard
6. Chlorofluorocarbon
9. Spiral-horned antelope
13. Make a canyon, e.g.
14. Much of this about nothing?
15. Forest destroyers
16. Basic belief
17. Popular pickup
18. Lake scum
19. *Popular email service eventually bought by Microsoft
21. *CD "maker"
23. FEMA's assistance
24. Musician's time to shine
25. Stephen King's Christine, e.g.
28. Plural of locus
30. Mongolian monetary unit
35. Wraths
37. Jar covers
39. Like yellow polka dot bikini?
40. Desert in China and Mongolia
41. Knight's mount
43. Cogito ___ sum
44. Change the Constitution, e.g.
46. Ready and eager
47. Table mineral
48. *Jennifer Aniston-inspired haircut, with "the"
50. Bank on
52. Modern prefix
53. Beacon light
55. Oolong, e.g.
57. * ___ Sese Seko, overthrown Zairian dictator
60. *African National Congress leader released from prison
64. Like a candle?
65. *1997's "Fly" by Sugar
67. Lowest point
68. Smart ___
69. Marching insect
70. Opposite of digest
71. *Tonya Harding and Nancy Kerrigan's domain
72. Employer Assisted Housing, acr.
73. Fender bender consequences DOWN
1. Crystalline hydrochloride, colloquially
2. Nabisco top best-seller
3. Refuses to ___
4. Bodily swelling
5. Not wholesale
6. Lewis of sprinting and long jumping fame
7. Vaccine-approving agency, acr.
8. Burger, fries and soda
9. Brick-drying oven
10. It's hard to resist
11. Precedes Abby
12. Consume, as in drugs
15. Slang for radical or cool, 2 words
20. America's singer choices
22. Last, abbr.
24. Weapon in a holster
25. Fidel Castro's smoke
26. Pleasant odor
27. Renaissance instrument resembling a violin
29. *TV hit "Sex and the ___"
31. "Bee ___"
32. What many TV hits have done
33. Fireplace
34. * ___ Protocol, climate change-related international treaty
36. Hyperbolic sine
38. Withered
42. COVID-19 variant
45. Expose the falseness
49. "___ the Games Begin!"
51. Pined
54. Sign of a saint, pl.
56. "Bad news travels fast," e.g.
57. Algeria's neighbor
58. Plow-pulling duo
59. "Where It's At" singer
60. Urban story
61. Adam and Eve's garden
62. *Oscar winner "Schindler's ___"
63. A in BA
64. *Gulf ___ or Bosnian ___
66. American Nurses Association

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Cascade Education Foundation Continues Its Critical Work Helping Students



Marlene Farrell
Correspondent

For 25 years, Cascade Education Foundation (CEF) has helped the youth of this community by financially aiding the school district and helping teachers provide opportunities for student growth.

Karen Turner, a current CEF board member and retired middle school math teacher, recalled the critical time when CEF became established. "In 1996, Cascade Education Foundation was born out of sheer desperation. We suffered a painful double levy failure, and I clearly remember our principal calling an emergency staff meeting," she said. "We were told that all extracurriculars were to be cancelled immediately. Think of sports, band, art, anything not

within budgeted dollars, gone." Fundraising took on all forms including community barbecues and car washes, whatever means could scrape money together for teachers. Luckily, levies have passed more recently, so extracurriculars are no longer in jeopardy. CEF's strategies evolved over the years and, since 2014, relies primarily on "One Big Event," which has been a huge success with support from sponsors, auction donors and attendees.

CEF has also sought and received funds from other revenue sources. One recent example was a \$5000 EPIC Promise grant from Steven's Pass and Vail Resorts.

Passionate teachers can apply to CEF to receive funds for new projects. In the last six years alone, over a quarter million dollars in grants have been awarded. Awards have funded a diversity of needs, including painting supplies, graphic novels, musical recorders, cross country skis, science field trips, university visits, special education equipment, AVID resources, drama equipment

and attendance incentive programs.

"My favorite part of being on the board was delivering the grant checks to teachers," said Jen Gillespie, who served on the CEF board from 2012 to 2020. "They were always so excited and appreciative. Our teachers have put their grant funds to great use over the years."

When teachers can fund innovative ideas, students win too. "CEF's grant/support process provides an opportunity for a teacher or a small group of teachers to ask for support to try something new that will have direct impact on students and perhaps spark their interest in an area they might not otherwise be exposed to," said Dwight Remick, CSD business manager and district representative on CEF since 2016.

The pandemic last year required CEF to pivot, sending an appeal letter to every resident of the school district. Turner remarked that it was a success; residents understood that students' needs were not diminished during the

pandemic, and in some ways, they were increased.

"We are so grateful to all the merchants and community members for their support," said Turner. "There's so much that the budget can't cover."

CEF is bringing back "One Big Event" now that the COVID-19 vaccine makes it safe to do so. This time it will be on Saint Patrick's Day, March 17, 2022. Attendees can expect some emerald green adornments and CEF and the school district will hope for good fortune.

CEF is looking for more board members. With seven current board members, they accomplish much with a small corps. Turner said the commitment is not onerous. The board meets once a month. They would particularly appreciate help from someone who can serve as the social media manager. More information about CEF, the board and their work, is at: www.cascadeedfoundation.org

Turner joined CEF recently because, as she said, "Public education is the bedrock of a strong and healthy community."

Washington's "playground" sets new rules for Leavenworth Housing

Vacant homes may be taxed to help alleviate cost of affordable housing

BY: MEGAN SOKOL

Reporter

Leavenworth City Council published a Housing Action Plan in April 2021, listing various property planning strategies that would help house local workers. Meanwhile, Senate recently published Bill 6446, requiring "vacant" homeowners to expend an additional tax towards an affordable housing fund, hoping to alleviate a stressed Leavenworth community.

Since the pandemic, options to work from home have left people with the freedom to relocate wherever they would like. With Leavenworth's natural beauty, many of those remote workers see an escape from city prices and moved toward a more natural setting.

Leavenworth Mayor Carl Florea described this as a double-edge sword. "We just simply are too small and too boxed in by this beautiful valley," Florea said. "the beauty of this little place is both our greatest blessing and our greatest curse because it limits what we can do."

The Leavenworth City Council hopes to reserve what is left of RL-10 and RL-12 zones for residential development. According to the Housing Action Plan, the council lists up to 12 different residential layouts that include tiny homes, cottages, zero-lot-line developments, and combinations of duplexes and triplexes.

Mayor Florea expressed the extreme complexity of Leavenworth's housing needs. "The current reality, and the fact of our limited space and all of those things put together, require us to look at as many tools as we can possibly get into the toolbox."

Mayor Florea noted how some current residents are concerned with the upcoming changes to the community landscape, feeling that the lack of space may lead to more personal problems.

People jump more into the negative aspects of density housing than the positive, Mayor Florea said. "I think there's always pushback when you do new things, but I think it's up to the community to make those new things good things."

However, Mayor Florea is chiefly concerned on how Leavenworth's current infrastructure is pushing Leavenworth workers out of the housing pool.

In 2019, the median income for Leavenworth residents was \$55,275 with a 9.38% poverty rate. According to DataUSA, in 2019, the median property value in Leavenworth, WA was \$355,600.

Now Redfin.com suggests that 2021 home prices have skyrocketed to a median of \$676K, a 49.4% increase since 2020.

"You're just not going to be able to jump right from renting, um, right into a \$700,000 home, a few people, very few people could do that," Mayor Florea said.

Helping to fill the gap between first-time homeowners and Leavenworth's housing

market, the nonprofit Upper Valley MEND has offered to subsidize leases for a select few. These are called CLT homes, that cost between \$170,000 - \$190,000.

According to their SHARECLT Information pamphlet, "the lease lasts for 99 years and can be renewed once. Allows the home to be inherited by the owner's children or heirs. Requires that the SHARE CLT home be the only home the buyer owns."

So far, the only neighborhoods that allow this type of lease are the SHARE villages, consisting of Alpine Heights and Aldea Village. However, According to statistics provided by Upper Valley Mend's 2022-2027 strategic plan, MEND will add "15 CLT homes to the program by December 2027."

During the early 2000's, many of Leavenworth's housing turmoils were within the community. Now that housing is becoming a larger concern for the rest of Chelan county, the discussion for alternative housing plans have become more mainstream.

"It's a regional problem and it's a statewide problem and it's a national problem in a lot of ways," Mayor Florea said. "It's not just a single voice anymore."

Another fear that the Mayor had was that once housing developments finish, that they will once again be usurped by wealthier homeowners from outside of Leavenworth.

"The reality is people with money can always outbid our workforce," Mayor Florea says. "So just creating more in smaller housing alone, won't

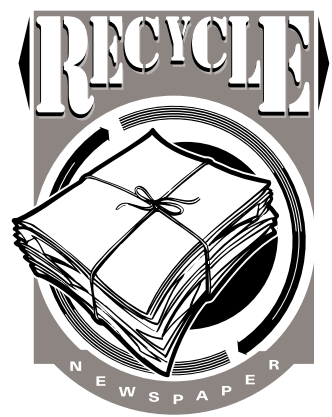
do it. What we need is funds that we can say, we're going to put funds into this."

With the increasing concern over his town turning into a tourist town for the wealthy, Mayor Florea sends an invoice to the 66th Legislature. This was eventually published into Senate Bill 6446.

According to Senate Bill 6446 section one of chapter 67.28, it states that "The legislative body of any county or any city where the vacant home rate exceeds thirty percent is authorized to levy and collect a special excise tax of not to exceed five percent on the sale of or charge made for the furnishing of lodging that is subject to tax under chapter 82.08 RC."

To summarize, any homeowner that owns vacation homes, or a home that is rarely occupied throughout the year, within Leavenworth have to pay an additional tax that goes towards affordable housing.

"We are a playground," Mayor Florea concludes. "Now we just need to use that responsibly and get a handle on that and be sustainable."



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