



COVID-19 is negatively impacting our youth

By Bill Forhan

Last week a young man sent me a study he had conducted on the impact of remote learning on high school students.

This young man is a sophomore at Highlands Ranch High School in Colorado. He was previously in the Puyallup School District here in Washington.

Zariyat Hossain, used the power of the Internet to survey high school students on how "high schoolers' lives have been impacted by COVID-19."

He conducted surveys using social media platforms popular with high school students: Instagram, Snapchat, Discord and Reddit.

His survey drew responses from 352 respondents in a week. Some of the aspects of life he measured were, physical activity, screen time, academics, summer plans and emotional status before and after the quarantine.

His findings were as follows:

- Not surprisingly, high schoolers' screen times had increased 50.8 percent
- While screen time increased, time spent on academics decreased
- Time spent on physical activity decreased
- Overall emotional state was negatively impacted
- 56 percent of stu-

dents said remote learning had a negative affect

- 67 percent said the quarantine had a negative effect on their summer plans

- 46 percent said increased screen time had a negative affect

- Overall 63 percent of respondents said the quarantine had a negative affect

The long-term impacts on our society are likely to put an entire generation of young people at a disadvantage.

Shutting down schools and moving to virtual learning is not a good alternative.

Many people have begun to question the wisdom of shutting down the economy and closing schools in response to the global pandemic known as COVID-19.

When this all began, no one really knew how to treat it or what the impact would be.

Given the uncertainties it seemed that it was wise to mandate the drastic steps taken to limit, if not reduce the impacts of this disease.

Much has changed since March, when panic overtook reason.

Four months back conservative commentator Dennis Prager said, "It is panic and hysteria, not the coronavirus, that created this catastrophe."

The catastrophe he was writing about is the col-

SEE COVID-19 IMPACT ON YOUTH ON PAGE 10

Community Harvest gleaning program on track for a bumper year



Photo credit: Claire Seaman

Community Harvest gleaning coordinator Blakely Browne fills the produce cooler at the Community Cupboard with fresh, healthy vegetables gleaned from local farms.

SUBMITTED BY UPPER VALLEY MEND

2020 will be remembered for many things, among them that this was the year the Community Harvest gleaning program broke all the records.

Community Harvest gleaning coordinator Blakely Browne and Ameri-Corp Summer Associate Claire Seaman have led their band of volunteers to glean an impressive poundage of fresh fruits and vegetables to feed hungry families in the Upper Valley.

"We've gleaned over 18,000 pounds of fruits and vegetables so far this year," said Browne. "That's worth over \$51,000 and, more importantly, it is providing lots of nutritious, healthy food to people in need."

A total of 46 orchards, farms and backyard gardens have opened their gates to gleaners this summer so far. Susan Curtis runs Hope Mountain Farm in Leavenworth and has been a supporter of the gleaning program for many years.

"Supporting the gleaning program is a win-win for our farm," Curtis said. "Our partnership with Upper Valley MEND helps fulfill our mission to connect our community with healthy

organic produce. Additionally, gleaning crops makes it easier to maintain clean fields, reducing pest and disease pressure."

Distributing all that goodness is a logistical challenge, but one that Browne and Seaman have found their groove on.

"Claire and I have gotten into a rhythm and have been able to more effectively distribute produce," said Browne. "We consistently deliver to Mountain Meadows, the Community Cupboard, Plain Pantry Community Action Council, Lighthouse Christian Ministries, SERVE Wenatchee, and Hospitality House. It is very satisfying to distribute the food locally. The folk at Mountain Meadows are loving the gleaned goodies."

Keeping the produce fresh while it is waiting to be distributed is a challenge, but one that will soon be solved. Upper Valley MEND received a \$29,000 grant in June for a 14 foot by 11 foot walk-in cooler.

The funding is through the federal government's CARES Act to support increased capacity for gleaning programs during the COVID-19 pandemic. The cooler was installed in the Com-

munity Cupboard in August and will become operational once the compressor is installed.

"With this walk in, we'll be able to hold a lot more produce and will be able to distribute it more readily between Plain and Cashmere food banks, as well as through the Cupboard itself," said Kaylin Bettinger, MEND's executive director.

Meanwhile, on a much smaller scale, Browne and Seaman took steps to make the fresh produce even more accessible to those in need and moved a fridge outside the Community Cupboard.

The fridge is stocked daily with fresh fruits and vegetables and seems to be getting good usage, according to Browne.

"It has been fun experimenting with the open access fridge at the Cupboard," Browne said. "It has proven to be quite effective in moving food. People seem to really enjoy the ease of access. It has been lovely to see people coming by and dropping off veggies from their gardens as well. The other day, there was a box of homegrown tomatoes there, and the squash is starting to flood in!"



UVCares

Nonprofit Organization Ensuring Mental Health Access for All

UVCares begins collaboration with Whitworth University

By BECKI SUBIDO

UVCares is a nonprofit organization in Leavenworth that ensures mental health access to everyone throughout the Upper Valley communities via tele-health.

Looking forward, UVCares intends to increase mental health services to include the Lower Valley.

UVCares further expands mental health services to the Upper Valley communities with its newest collaboration with Whitworth University (Spokane).

With the new agreement, students working toward their Masters of Marriage

and Family Therapy within the curriculum of the Marriage and Family Therapy program will immediately begin to provide counseling services through UVCares.

Marriage and Family therapists are clinicians that specialize not only in individual therapy but also the family unit.

The emotionally unhealthy dynamics that relationships can experience is often challenging to address in order to move the relationship to a place of peace and healthy interactions.

Whitworth University

SEE UVCARES ON PAGE 10



WHITWORTH UNIVERSITY

Cascade School District Food Services continue to bring food to the students

By MARLENE FARRELL

Last spring, when schools went remote due to the COVID-19 pandemic, Cascade School District (CSD) invented and implemented a whole new model for feeding the district's children.

With about 45% of the student population qualifying for the free and reduced lunch program, it was imperative to continue to provide breakfast and lunch to these children while they were learning from home.

CSD's food delivery program included a trained kitchen crew (including a principal and school board member) who created bagged breakfasts and lunches, via assembly line, early every weekday.

Bags were counted, boxed and transported by bus drivers to six locations for pickup by local families. Anyone, not just those

qualified for the free and reduced lunch program, could sign up for these free meals.

Two important waivers made this program possible last spring.

A state waiver allowed school districts to utilize buses beyond their normal scope of transporting children and used for transporting food to those same children.

A USDA waiver allowed school districts to distribute free food that is normally tied to meals only given in a group setting, like at school.

The district tracked their meal expenses to get reimbursed.

This school year looked like it would offer a smaller food security safety net at first.

The district began plan-



Submitted Photo

Nicole Reed, who works in CSD's food services, sits ready to distribute bagged lunches and breakfasts to families at PD Elementary.

SEE CSD FOOD SERVICES ON PAGE 10

SHOP LOCAL

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

Inside The ECHO this week

- | | |
|----------------------------|----------------|
| Community Calendar 2 | Inserts |
| Neighbors 3 | Dan's Market |
| Virtual Fair 4-7 | Safeway |
| Classifieds 8-9 | |
| Opinions 10 | |



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www.leavenworthecho.com



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Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

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Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness.

No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@leavenworthecho.com.

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.

All events and meetings are cancelled until further notice.
Contact the organization listed for update information.

AA Meeting Schedule

Information numbers for AA:
 The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946
 The phone number to call for the Zoom link to Leavenworth AIAnon meetings is 509-548-7939
509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379
Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.
Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, noon, First Baptist Church, 429 Evans, Leavenworth
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Information number for Alanon: 509-548-7939
Alanon Meeting Schedule: Monday, 7 p.m., United Methodist Church, 418 Evans St.
Celebrate Recovery
 We will be meeting via Zoom weekly on Fridays at 6:30 p.m. Please email celebratercoverylcn@gmail.com for more information.

Community Calendar

Wednesday
Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.)
Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
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 Teri Miller, 509-669-1585.

Thursday
Leavenworth Farmers Market, 4-7 p.m., open now at Alpine Lake Elementary School parking lot on Pine St. Contact: Lorrie Tatum, LCFM Board Member. 425-753-3933
Leavenworth Chamber of Commerce, 8 a.m. Kristall's Restaurant. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (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
Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)

Monday
The Leavenworth Mosquito Control District board will hold meetings each month at 7 p.m. Contact Manager Jennifer Mullins, 548-5904 or email info@leavenworthmosquitodistrict.com. (1st and 3rd Mondays)
Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND, 548-0408.
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, luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday
Icicle & Peshastin Irrigation Districts: Meeting change for Sept. and Oct. now at 5 p.m. Call Anthony Jantzer, cell, 509-433-4064 or tony.iid.pid@nwi.net (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.)
Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)
Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
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.)

Ongoing events
Leavenworth Public Library: 548-7923.
 Mon., Tues., Wed., open 9 a.m. - 6 p.m.
 Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m.
 Closed on weekends and Holidays.
Special events:
 Tues., 11:30 a.m., Baby story time
 Wed., 1:30 p.m., Preschool story time
Peshastin Public Library: 548-7821.
 Closed Sunday and Monday
 Tuesday: 3-8 p.m.
 Wednesday: 2-7 p.m.
 Thursday: 2-7 p.m.
 Friday: 11 a.m.-4 p.m.
 Saturday: 12-5 p.m.
Special events:
 Thurs., 2:30, Bilingual Story time
 Sat., Crafts: 2 p.m.
Upper Valley Museum: 548-0728
Leavenworth Fish Hatchery, 548-7641. 8 a.m.-3:30 p.m. 12790 Fish Hatchery Road (Daily).
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

leavenworthecho.com

Notice

Please check with your church, local businesses, organizations, meetings and events that may have closed, cancelled, or postponed until further notice. We will have updates on our websites as well. Feel free to update us by email at Reporter@leavenworthecho.com or Publisher@leavenworthecho.com.

Stay Well!

Sheriff/ Fire/EMS

August 28
 01:30 Alarm, 20622 White Pine Rd., Lake Wenatchee
 10:11 Suspicious, 8096 Saunders Rd., Peshastin
 11:05 Traffic offense, 18130 W. Dardanells Rd., Lake Wenatchee
 11:35 Accident/no injuries, Stage Rd., Peshastin
 12:02 Traffic offense, 708 US Hwy. 2
 12:02 Agency assist, US Hwy. 2, MP 102, Peshastin
 13:09 Property, Leavenworth Area
 13:56 Suspicious, River Rd., MP 4, Plain
 15:47 Suspicious, 3601 Old Blewett Rd., Peshastin
 16:09 Public assist, Little Wenatchee Bridge 4
 16:53 Attempt to locate, 14775 Chiwawa River FS 620
 17:35 Animal problem, 923 Commercial St.
 17:35 Traffic offense, Chumstick Hwy. & US Hwy. 2
 18:01 Injury accident, US Hwy. 97, MP 170, Peshastin
 19:05 Accident/no injuries, Lake Wenatchee Area

August 29
 00:08 Noise, 12595 Maple St.
 00:48 Noise, 16632 Fir Rd., Lake Wenatchee
 00:53 Noise, 18588 Rieche Rd., Lake Wenatchee
 10:06 Public assist, 17759 N. Shore Dr., Lake Wenatchee
 10:16 Assault, KOA, Leavenworth
 12:10 Runaway, 7600 US Hwy. 97, Peshastin
 14:10 Accident/no injuries, US Hwy. 2 & Front St.
 14:23 Welfare check, 160 Anglers Creek Ln., Peshastin
 15:52 Agency assist, US Hwy. 2 & Icicle Rd.
 16:44 Civil, 17755 N. Shore Dr., Lake Wenatchee
 16:45 Public assist, 243 Mine St.
 17:06 Public assist, 263 Mine St.
 19:52 911, 505 US Hwy. 2
 21:44 Attempt to locate, Enchantments, Leavenworth
 22:34 Noise, 60 Prusik Peak Ln.

August 30
 03:36 Harass/threat, 10415 Titus Rd., #E
 09:59 Suspicious, 2640 Cottonwood Ln., Lake Wenatchee
 11:02 Littering, 9200 Blk. E. Leavenworth Rd.
 11:13 Welfare check, 116 River Bend Dr., Safeway
 11:42 Accident/no injuries, 1001 A Front St., Parking Lot
 13:29 Agency assist, 801 Front St., Steins
 15:01 Missing person, 29739 White River FS 6400
 15:23 Vehicle prowler, Stuart Lake Trail
 22:33 Drugs, 405 US Hwy., 2, Howard Johnsons
 23:45 Attempt to locate, Ski Hill Dr. & West St.
 23:56 Noise, 10261 Eagle Creek Rd.

August 31
 01:15 Noise, 305 - 8th St., #401
 10:41 Vehicle theft, Icicle Rd., MP 8
 11:06 Theft, 14775 Chiwawa River FS 620
 12:55 Agency assist, US Hwy. 97, MP 164, Peshastin
 14:43 Public assist, 22704 Saddle St., Plain
 16:17 Suspicious, 905 Commercial St.
 16:45 Civil, 14040 Chumstick Hwy.
 17:00 Agency assist, Campbell Rd. & US Hwy. 97
 17:28 Public assist, 3845 Old Blewett Rd., Peshastin
 17:49 Trespass, 8735 E. Leavenworth Rd.
 18:02 Accident/no injuries, Chumstick Hwy., MP 5

September 1
 07:55 Accident/no injuries, 9425 Saunders Rd.
 08:15 Suspicious, Snow Lakes Trailhead
 10:01 Harass/threat, 10454 Fox Rd.
 11:10 Traffic offense, Chumstick Hwy. & Freund Canyon
 11:14 Harass/threat, 7375 Icicle Rd., Sleeping Lady
 11:22 Disturbance, Blk. Riata St.
 13:26 Scam, 10296 Ski Hill Dr.
 13:55 Property, 1000 A Front St.
 17:25 Traffic offense, Chumstick Hwy., MP 6
 17:35 Theft, 7593 US Hwy. 97, Peshastin
 17:41 Alarm, 9810 Big Y Junction Rd.
 17:47 Weapons violation, 9306 E. Leavenworth Rd.

City Council Meetings

Call phone numbers for meetings or Zoom information
 7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)
 8 a.m., Leavenworth City Council study session, City Hall, 548-5275. (2nd Tues.)
 3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)
 6:30 p.m., Leavenworth City Council meeting, City Hall, 548-5275 (2nd & 4th Tues.)

September 3
 07:51 Harass/threat, 10460 Fox Rd.
 09:57 Welfare check, 10168 Main St.
 11:10 Accident/no injuries, 9th St., & US Hwy. 2
 13:05 Animal problem, 8th & Commercial Streets
 13:39 Property, Downtown Leavenworth
 15:15 Parking/abandon, 1536 Alpanse Strasse
 15:47 Public assist, Leavenworth
 16:48 Court order violation, 10625 Stewart Ranch Rd., Peshastin
 17:59 Welfare check, Leavenworth Area
 19:37 Property, 820 Front St., Gazebo Park
 21:45 Domestic disturbance, 21328 SR 207, Headwaters

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- qcherald.com
- NCWBusiness.com
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In response to the letter to the editor on page 6 of the September 2nd edition of the Leavenworth Echo.

*Lord, make me an instrument of your peace
Where there is hatred, let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy
O Divine Master, grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand
To be loved, as to love
For it is in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born to Eternal Life
Amen*

Prayer of St. Francis of Assisi

The heart of God, revealed in Scripture, desires mercy and justice.
We agree, God is watching.

Pastor Nancy Gradwohl,
Faith Lutheran Church, Leavenworth

Obituary

Harley H. King

December 26, 1931 – August 31, 2020

Harley H. King, age 88, husband, father, grandfather, and great-grandfather was surrounded by his family when he died on August 31, 2020 at his home in Manson, Washington. A man of faith, Harley walked with Jesus Christ throughout his life.

The love God showed him was reflected in Harley's love for his family and friends. He is now with family and friends that went on before him. A graveside service will be held at Old Leavenworth North Road Cemetery in Leavenworth, Washington.

Harley was born in

Woodson, Arkansas on December 26, 1931 to William and Armada King; he was second to the youngest of 10 children. Harley graduated from Leavenworth High School in Washington in 1949 and joined the Navy where he got his start in the electronics field.

Earning a scholarship to University of Washington, and working full-time through school, Harley graduated with a bachelor's degree in business administration in 1957.

Harley's diversified career covered electronic manufacturing, long haul truck driving, custom home build-

ing, and commercial/industrial construction.

Harley loved his eight years in St Lucia, West Indies where he ran an electronic manufacturing plant, was integral in island politics and economic development, and made lifelong friends in a loving church community.

After retirement, Harley and his wife Lanora traveled the continent in an RV spending time with family and making many new friends. Over those 15 years, they traveled from Canada to Mexico and many points from east to west.

Family was an important part of Harley's life. Harley and Lanora were integral in planning the King/Brown family reunion for almost three decades.



He loved the island life, boating, snow skiing, and helping anyone who had a construction project to be done.

Harley is survived by his wife Lanora; children Shannon, Terri, her husband Michael, and Dale; grandchildren Ashlee, Jordan, Adrian, Alexa, Colin, Hailee, Adiel, Makayla, Lydia, Benjamin, Jaielle, Joel, and Anna; and great-grandchildren Dylan, Brielle, Baine, Bekah, Jett, and Jemma.

Survivors also include his brothers Sam and Leroy and many nieces and nephews.

Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

OBITUARIES & MEMORIALS

An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of

letting the community know about the life and memories of the person who has died.

A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in

the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

For information call at 509-548-5286 or contact editor@leavenworthecho.com

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Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.

Please call or email your church listed below if you need more information.
May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 782-2869
Sunday School 10:00 a.m. - Worship 11 a.m.
Bible Study, Wed., 7 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE UNITED METHODIST CHURCH
213 S. Division • 782-3811
Worship & Sunday School at 11:00 a.m.
Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m.
Pastor Lilia Felicites - Malana

CHRIST CENTER
Cashmere Assembly of God • 509-782-2825
Worship Services are available ONLINE ONLY at 10 a.m. Sundays
All updates on COVID-19 can be found at christcentercashmere.com/cc-updates
Underground High School Group, ONLINE ONLY at 8 p.m. Sundays
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Director of Operations, Pastor Ian Ross
High School Director, Steffanie Haney

GRACE LUTHERAN CHURCH
Evening Prayer or Eucharist, 6 p.m., times and place will vary with seasonal changes.
Outdoor service at Mission Creek Community Center.
Contact Pastor Rob Gohl
509-860-0736 for more information.

ST. JAMES EPISCOPAL CHURCH
Evening Prayer or Eucharist, 6 p.m., times and place will vary with seasonal changes. Outdoor service at Mission Creek Community Center.
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 - 6:00 p.m. • Pastor John Smith www.christforcashmere.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

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 782-2935
Sunday School 9:30 a.m. • Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 782-2816
Worship Service, 10 a.m., Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
"Where God's Word Remains The Pillar Of Truth"
11025 Chumstick Hwy. • 548-4331
Sunday School 9 a.m. • Sunday Worship 10:30 a.m.
AWANA (Youth Program) Weekly Bible Studies
Wednesday 8:30 p.m. (school year)
Pastor Todd James • www.cmbiblechurch.org

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

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

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

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

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

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 782-2801
Church Service & Sunday School 9:00 a.m.
Pastor Lilia Felicites - Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org

NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: [newlifeleavenworth](https://www.facebook.com/newlifeleavenworth)
www.newlifeleavenworth.com

Chelan County Fair
Virtual Livestock Auction Sept. 14-17



Adria Torrence



Bella Fox



Brayden Stoffel



Cameron Phillips

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Chelan County Fair is closed for COVID

A virtual auction will be held to sell animals

Cashmere FFA and 4-H members spent last week washing, weighing and filming their animals for the virtual show that will take place September 10th and 11th. Official judges will view and rank the animals just like they have in years past. The ranking will create an Online Sale Order for the Online Auction that will occur September 14th - September 17th. The auction will open at 7 a.m. and close at 7 p.m. Fair Board Members voted to host an online livestock show and auction in order for 4-H and FFA members to complete the final stages of their projects. Members acquired their projects in the months of April and May in hopes of there being a Fair. According to Rusty Finch, an Advisor for Cashmere FFA, the virtual show and sale provides

a sense of finality to the project and keeps students engaged to the end. Finch said, "This has been a crazy and unfortunate year so far, so I hope this is a positive for our students."

Buyers can register with bestbidonlineauctions.com at any time. The link bestbidonlineauctions.com can also be found at the Chelan County Fair Website. Buyers will have four days to bid on the animal of their choice. There are three options for buyers to purchase/support a market animal project.

Option 1: Buyers can buy the animal and then "turn" it to the Packer Buyer who will pay a pre-established market price. For example, a business decides to bid a 275 pound hog up to \$500 and then "turn" it to the Packer Buyer who has a set price of \$.60/lb. The Packer Buyer will pay \$165 (275 lbs x \$.60/

lb) and the business will pay the remaining \$335.

Option 2: A buyer can purchase the animal for personal consumption and send that animal to a local processor of their choice. Typically, a market hog will yield about 55% of its live weight into retail product after processing and fabrication. For example, a fair hog weighing 280 pounds, should yield around 150 pounds of pork cuts. Market lambs and goats should yield just under 50% of their live weight for retail product.

Option 3: Finally, buyers/supporters can locate an "Exhibitor Support" form on the Chelan County Fair Website - Virtual Fair Tab, and mail in an "Add-On" for a specified exhibitor.

Cashmere FFA and 4-H programs would like to thank all of our businesses for their continued support of these agricultural projects.

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Chelan County Fair
Virtual Livestock Auction Sept. 14-17



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Bella Potter



Micah Guerin



Zoe Brown



Alia Kenoyer



Carsen Kenoyer



Esmeralda Martinez

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CHELAN COUNTY FAIR  **Chelan County Fair**
Virtual Livestock Auction Sept. 14-17  



Jalynn Darnell



Gillian Darnell



Cody Greene



Maggie Finch



Esmeralda Galvez



Maison Sims



Isabel Fadenrecht



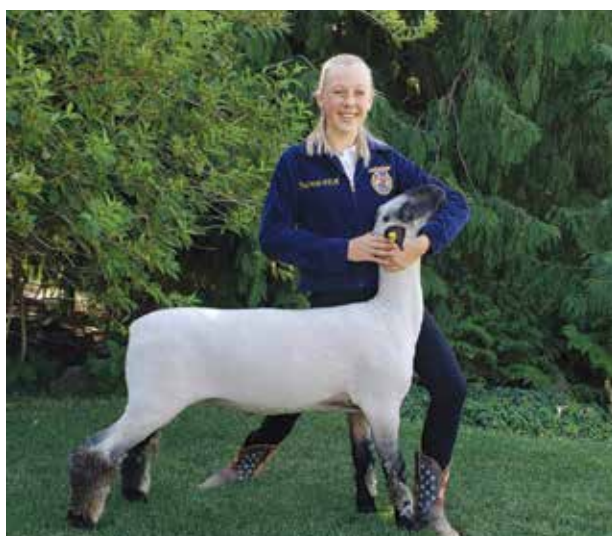
Maddie Fadenrecht



Neely Ovenell



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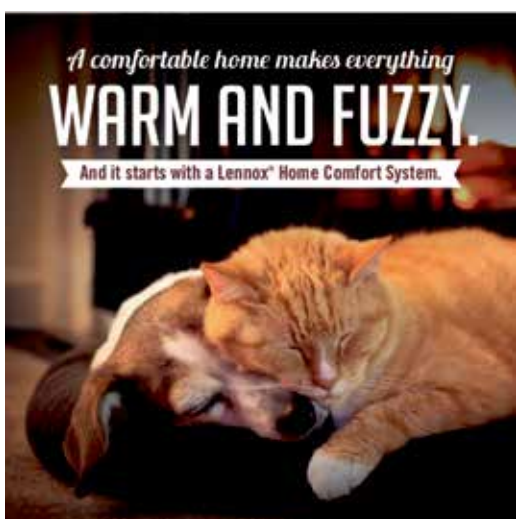


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Chelan County Fair
Virtual Livestock Auction Sept. 14-17



Jessie Nixon



Alayna Groce



Greg Worley



Peyton Brown



Riley Yonaka



Kimmy Dodson



Elle Spears (Photo not available)



Kaden Keogh (Photo not available)



Sophie Graybill (Photo not available)

This year's members not pictured with their animals are Elle Spears, Sophie Graybill and Kaden Keogh. You can find them online at the Chelan County Fair website.

Support the hard work

of all these young people who will not have the opportunity to show their animals at the fair this year because of COVID. Log on and bid during the online auction Sept. 14 to Sept. 17 from 7 a.m. to 7 p.m.

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Announcements

Lost & Found

LOST AND FOUND can be placed in our local newspaper and online for **ONE week for FREE.** Limit 30 words

Leavenworth/Cashmere 509-548-5286
or
Lake Chelan Mirror 509-682-2213
or
Quad City Herald 509-689-2507

Deadline is Noon on Friday

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Chelan-Brewster 682-2213 or
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Commercial

Business opportunity

Successful Business in Leavenworth is for Sale. Simply Found Boutique has been in this Front Street location for 15 years. Owner is retiring to be with grandbabies! Cynthia, 425-330-2756.

WHAT'S HAPPENING
EVENTS
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Employment

Brewster School District

is seeking a paraprofessional with the knowledge of the following:

- * Experience working with children
- * Sign Language
- * Working with Deaf or Hard of Hearing Students
- * Complete the Fundamental Course Study of 14 hours
- * Spanish preferred but not required

The qualified candidate is required to have a high school diploma and meet the Title I requirements as follows:

- AA Degree, or 2 years of college course work documented with transcripts, or
- Pass the ETS paraprofessional test (given by the school with prearrangements) in the areas of math, reading and writing.

Medical, dental and optical benefits are available. The successful candidate will be placed on the classified salary schedule according to years of experience.

Applications may be obtained on the district's website: <https://www.brewsterbears.org> or by contacting the district office 509-689-3418.

This position is open until filled.

Help Wanted

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

THREE RIVERS HOSPITAL

NA-C Full-time/Days

Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity @trhospital.net EOE

Help Wanted

THREE RIVERS HOSPITAL

OR Manager Full-Time

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Days and hours vary; includes some call-time.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity @trhospital.net EOE

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Part time office help approximately 6 hours, 3 days per week in Leavenworth. Call Mary, 509-548-9088 or 509-741-2525.

Assistant needed for opening of Event Center on Highway 2, one mile east of Cashmere. Catering for weddings, funerals, swap meets. Free food distribution. Contact Craig, 509-782-1004 306 N. Douglas

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Leavenworth Echo 548-5286
Cashmere Record

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THEME: FALL FUN - ACROSS

- Domenikos Theotokopoulos, a.k.a. El
- Org. striving to attain "the highest possible level of health" for all
- Faculty member, for short
- Rekindled
- Western omelet ingredient
- Trailblazer Daniel
- Not a minor
- Spud bud
- Nonsense
- *Colorful autumn attraction
- *Popular fall decor item, pl.
- Leave speechless
- Thailand money
- Belfry dweller
- Dwarf buffalo
- Eccentric one
- 2nd word in fairytale?
- Overnight lodgings
- Marilyn Monroe's given name
- Between a trot and a gallop
- *Pressed beverage
- Blanc
- Type of saltwater fish
- Like a broken horse
- Larger-than-life
- Sound setup
- "CliffsNotes," e.g.
- Fifth note
- Genuflecting joint
- "he drove out of sight..."
- *Back to what?
- * weather
- Cell dweller
- Tokyo, pre-1868
- Out of the way
- Be needy
- Sticky stuff
- Conical dwelling
- Heidi's shoe
- Asian capital
- Move furtively
- DOWN
- Famous Steffi
- Do over
- Twelfth month of Jewish year
- Locomotive hair
- Canadian capital
- Cry of glee
- *Wagon "cushion"
- Last letter, to Homer
- Standard's partner
- Crucifix
- Change for a five
- Funny Poehler's funny friend
- Himalayan kingdom
- Relating to genes
- Unit of electrical resistance
- Boo-boo wrap
- *Next spring's flowers
- To the left, on a boat
- Safari hat
- Fonzie: "Sit _____!"
- Top of the Capitol
- *Fall bounty
- Prenatal test, for short
- *Pumpkin garden
- Not far
- Big rig
- Stitch again
- Vietnam river
- Lennon's widow
- *Celebrant's bagful
- Lament for the dead
- Artist's tripod
- Exchange for money
- Greek muse of history
- Before Kong
- Any time now
- #70 Across, alt. sp.
- Biblical paradise
- Strink to high heaven
64. Broadband access overseer
- Unidentified John

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Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price.

Deadline Monday at Noon for all papers:

Lake Chelan Mirror Quad City Herald 682-2213 or call **Leavenworth Echo Cashmere Record** 548-5286

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We have excess office furniture available. Items left are 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, A wood credenza and a free 4' x 4' white board All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com



Upgrading your 'ride'? we can help you sell your old one

• Place your ad 24/7 at ncwmarket.com

• Email: classifieds@leavenworthecho.com

• Call 548-5286

Garage & Yard Sale



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Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213

Leavenworth Cashmere Call 548-5286

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

Sept. 4-5, 8 a.m.- 6 p.m., Tri-River Storage II, Bridgeport. Women's clothes, jewelry, shoes, purses, lamps, furniture, kitchen items, lots of collectibles. Stella's stuff from the White Barn.

Real Estate

Homes for Sale

Leavenworth Condo with all furnishings for sale. 975 sq. ft., 1 bedroom, 1 1/2 bath plus 1 car garage. Located 1 block from Festhalle. For residential living only. HOA Rules, prevents rentals. Ideal for seniors/retirees. Owner will be available for showing September 9-16th. Call Mary or Roy for appointment at 360-531-2154. \$340,000.

Orchards & Farms



We have buyers for your Pear, Apple and Cherry Orchards! 509-669-4500 information@nwi.net

Wanted to Rent

Chelan County Hospital District No. 2 is seeking the following leased space: Medical Office space; Approximate Square Footage (SF) 1,000 Area: within the boundaries of Chelan County Hospital District No. 2 Information for interested parties is posted on the Lake Chelan Community Hospitals' website at <https://lakechelancommunityhospital.com/lake-chelan-clinic/>

Vehicles

Trucks & Vans

Restored 1952 Chevrolet 3100 Pick-Up Truck Restored in 2002. Baby blue 1952 Chevrolet 3100, 1/2 ton, 2 door, 6 cylinder, 216.5 ci, 860 miles with pine truck bed. \$27,500 Call Kary 206-295-5107. See pictures on NCWMarket.COM

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of RONALD CALVIN MESSER, Deceased. NO. 20-4-00235-04

PROBATE NOTICE TO CREDITORS

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 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 19, 2020

PERSONAL REPRESENTATIVE: Jason Lee Messer

ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser

ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 20-4-00235-04 OVERCAST LAW OFFICES By: David Visser, WSBA No. 41546 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on August 19, 26, and September 2, 2020. #681

Public Notices

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold a Public Hearing to consider and make a decision on Special Use Permit (SUP) Application for Parking of Recreational Vehicles - Camping. The Hearing will be held at 6:45pm, Tuesday, September 8, 2020, online via Zoom, Meeting ID: 813 3828 4037, Passcode: 227388; Or the call-in phone number: 1-253-215-8782.

SUP2020-059 is an application for the temporary Recreational Vehicle parking, pursuant to Leavenworth Municipal Code (LMC) Chapter 10.14. The application site is 188 Highway 2, Leavenworth, Washington (east of Kristall's Restaurant). The property is identified by Assessor's Parcel Number: 24-17-11-140-070. The subject site is located within the Tourist Commercial (CT) zoning district. The public is encouraged to attend via zoom; however, City Hall will be open for the public wanting to attend the hearing in person. Social distancing will be required for those in attendance and space may be limited. The public is encouraged to submit written comments prior to the hearing. Materials may be requested via email, viewed by appointment at City Hall, or on the City's Public Portal at https://lwnworth_wa.permittax.com/Citizen/

Questions may be directed to Lilith Vespier, Development Services, phone 509-548-5275 or email dsmanager@cityofleavenworth.com

Published in The Leavenworth Echo/Cashmere Valley Record on September 2, 2020. #750



Public Notices

CALL FOR BIDS

Sealed bids will be received by the Board of Directors of the Iccle and Peshastin Irrigation Districts until 3:30 p.m. on Tuesday, September 8, 2020, at their district office located at 5594 Wescott Drive, Cashmere, WA for the following:

Equipment, Operation and the Installation of Irrigation Pipeline

Hire by hour: Small to medium size 4-wheel drive rubber tire backhoe, medium size crawler dozer, and excavator. Use will be for various size jobs, two hours and up, during the period from October 1, 2020 through September 30, 2021. Must be available on an emergency basis. Contractor must carry proof of adequate liability insurance of \$1,000,000.00. Contractor must submit a Certificate of Insurance with the Iccle and Peshastin Irrigation Districts named as Additional Insured.

ALL BIDS MUST BE SEALED AND MARKED EQUIPMENT & OPERATOR BID

The Board reserves the right to reject any and all bids. ICICLE & PESHASTIN IRRIGATION DISTRICTS Published in the Cashmere Valley Record/ The Leavenworth Echo on August 26 and September 2, 2020. #721

Public Notices

CITY OF CASHMERE NOTICE OF PUBLIC HEARING TRANSPORTATION IMPROVEMENT PROGRAM

Pursuant to the requirements of Chapter 35.77.010 RCW, the City of Cashmere has prepared and revised a comprehensive transportation improvement program for the ensuing six years, and pursuant further to said law the City Council of the City of Cashmere will hold a public hearing on Monday, September 14, 2020 at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. The public is invited to attend and make comment. Please call City Hall on September 11, 2020 at (509)782-3513 for information necessary to connect to the public hearing if in-person participation is not permitted by law. Written comments can be sent to Steve Croci Director of Operations at steve@cityofcashmere.org Kay Jones City Clerk-Treasurer CITY OF CASHMERE Published in The Cashmere Valley Record /Leavenworth Echo on September 2, 2020. #712

THE WASHINGTON OUTDOORS REPORT

Saving deer on our roadways and more hunting season prospects

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

REDUCING VEHICLE COLLISIONS WITH DEER AND ELK - Many of our readers are familiar with the lonely, barren stretches of highway and roads running along the Hanford Nuclear Reservation towards the Tri-Cities. Much of this area encompasses not only the Hanford Nuclear Reservation but also the Hanford National Monument, where mule deer and elk herds live. Unfortunately, a significant number of both species are killed as a result of vehicle collisions in this area, especially along Route 4 South, a two-lane roadway running from Richland into the Hanford Nuclear Site.

Officials at Hanford are trying something new to reduce the amount of deer and elk killed by vehicles. Writing for the Tri-City Herald, Annette Carey reports white canvas sacks are being placed over roadside posts every 50 feet along Route 4 South where many of these collisions have occurred. The idea behind this low-cost strategy is when vehicle headlights shine on these bags, the deer seeing them will think the white bags are the rump of a fleeing deer or elk, a sure sign of danger to animals and a warning to stay away.

This technique has been used in Wyoming where a state Department of Transportation study showed a 65 percent reduction in car versus deer accidents. The study also showed deer and elk learned to wait until the bags were not illuminated by headlights to cross the road. If this technique works in South Central Washington to reduce collisions with mule deer and elk as it did in Wyoming to reduce collisions with white-tailed deer, you may see more of these white canvas sacks covering roadside posts in our state and less roadkill on our highways.

COLUMBIA BASIN HUNTING PROSPECTS - Last week we shared prospects for the upcoming hunting season from Central and Northeast Washington. This week, WDFW Wildlife Biologist Sean Dougherty has insights

about how things are looking in the Columbia Basin.

DOVE: According to Dougherty, "Mourning dove numbers are pretty good this year". Hunters heading out for the dove opener on September 1st should try to get permission to hunt on wheat fields if they can. However, the Columbia Basin Wildlife Area around Potholes Reservoir and to a lesser extent, the Gloyd Seeps Unit between Moses Lake and Stratford, will offer publicland opportunities. Although the season remains open through October 30th, the vast majority of doves will leave for warmer climes when the first cold front comes through our region.

MULE DEER: Dougherty says the prospects for mule deer are about the same as last year and counts are well within management objectives. Seasonal conditions were favorable this year for deer as well which bodes well for the future. Asked about where to go, Dougherty recommended archery hunters consider Game Management Unit 284 in Adams County, where you can harvest both does and bucks (three points or better on the antlers).

WATERFOWL: Sean Dougherty paints an optimistic picture about ducks in the Basin this year saying, "Local (duckling) production was good and early season counts are up from last year." This should make for a good opening day and early part of the season until the northern ducks and geese arrive from Canada in November.

UPLAND BIRDS: Quail numbers are at least as good as last year and probably up, marking a continued growth of this upland game bird species in the Columbia Basin. Dougherty says pheasant numbers may be up as well but with no surveys completed this year due to Covid-19 issues, this is just a guess.

In short, good seasonal conditions this year should make for a good hunting season for both deer and bird hunters in the Columbia Basin.

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

The most common side effect of medicine

Q: I think my medicine is upsetting my stomach. Is there anything I do about that?

I can really relate, as I remember taking an antibiotic that really bothered my stomach. I felt queasy, and there was a peculiar taste in my mouth. While taking it, a fresh cup of coffee with cream tasted rancid, and I couldn't look at food without cringing.

The most commonly reported side effect of medications is "upset stomach," which in medical terms is called "gastritis". Having gastritis means that you may have any or all of the following: queasiness, stomach pain, stomach cramping, stomach burning, loose stools, or nausea.

Gastritis is very common when taking medicines. Every single medicine has been reported to cause stomach upset in at least some people, and some medications cause more stomach irritation than others.

Antibiotic medications are one of the most common causes of stomach irritation. While some antibiotics are relatively gentle on your gastrointestinal (GI) system, others have reputations for causing significant GI side effects. One time I had a dental infection that took three different antibiotics to cure, each one causing more stomach upset and intestinal distress than the previous one.

Three years ago, one of my molars became infected. My dentist prescribed me Antibiotic Number 1: penicillin, which caused queasiness for a few hours after each dose. Although I took it faithfully, it wasn't able to conquer the infection. One week later, I was back in the dentist's office, getting a root canal. Oy.

My tooth still hurt after the root canal, so I was given Antibiotic Number 2: a more powerful version of penicillin, called amoxicillin plus clavulanate. The clavulanate part of that antibiotic is famous for causing stomach pain and cramping. I became nauseated for several hours after each dose, and it made my food and drink taste funny.



Unfortunately, Antibiotic Number 2 didn't work. In a last-ditch attempt to save my tooth, I was switched to Antibiotic Number 3: clindamycin. Clindamycin has a reputation of not being gentle on your stomach and intestinal system. Taking the clindamycin made my stomach hurt and caused considerable queasiness for the first 3 hours after taking each dose four times a day. While on clindamycin, just thinking about food made my stomach cramp up, and just about the time I started to feel better, it was time to take my next dose.

What causes medicines to make your food taste so bad? Most antibiotics are designed to spread throughout your tissues and are present in small amounts in your saliva. I experienced the awful taste in my mouth while on an antibiotic because I was tasting the medicine in my saliva. To minimize stomach upset, unless you are told otherwise, always take your medicines with food. Except for some bone-building drugs like alendronate (Fosamax®) and risendronate (Actonel®), nearly all medicines can be taken with food. One exception is the thyroid supplement levothyroxine, also called Synthroid® or Levothyroid®. Levothyroxine is absorbed more completely when you take it before you eat, compared with taking it with food.

Here are 4 Ways to Help Relieve Stomach Upset Caused by Your Medicine:

1. Take your pills last.
2. Dilute your medicine. Take the irritating medicine with a full glass of fluid, either water, juice, or milk. Try to avoid washing it down with a carbonated drink like pop or soda, which is very acidic and can aggravate instead of relieving stomach distress triggered by the medicine.
3. Space them out. If you're taking more than one medicine that causes stomach irritation, avoid taking them simultaneously. Instead, take medications that can cause stomach irritation at least two to three hours apart.
4. Ask for another medicine. If you vomit after taking your medicine, don't panic. If it's been at least 45 minutes since you swallowed it, most of it has already reached your system and you DON'T need to re-dose. If you took it less than 30 minutes ago, try taking it again after making sure you have both food and fluid in your stomach. If your medicine is an antibiotic, if you vomit it despite taking it with food, inform your doctor right away to get a different one.

already has food in it instead of taking your pill with the first few bites of your meal or snack.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely.* ©2020 Louise Achey

Opinions

Why not allow a state to have its own Electoral College?

The Electoral College system is a compromise between the president being elected by Congress or by popular vote. It was established in Article II of the Constitution and amended by the 12th Amendment in 1804.

Most folks know that a congressional district is based on population, but why aren't Governors and other statewide offices elected by a states' own version of the Electoral College?

The current system in all but two states is that the popular votes rules the day



APPLES TO APPLES
Gary Bégin

no matter what.

No "safeguards" are made for urban domination. Washington's 10 most populous cities are, in order: Seattle, Spokane, Tacoma, Vancouver, Bellevue, Everett, Kent, Yakima, Renton

and Spokane Valley. Four of these urban areas are in King County (Seattle, Bellevue, Kent, Renton).

While two lay within Spokane County (Spokane, Spokane Valley). Tacoma, Vancouver, Everett are in Pierce, Clark and Snohomish counties respectively.

Thus nine of the top 10 are either on the so-called West Coast or the extreme east side of the state with only Yakima anywhere near north central Washington.

W e n a t c h e e , E a s t Wenatchee, Chelan, Leavenworth, Cashmere, Brewster, Manson, Pateros and

every other town in the Chelan-Douglas-Okanogan counties area don't even show as a blip on the radar population-wise and will therefore never be a factor in electing anyone even if they all voted for the exact same person(s) without the support of a major urban area, or several, as listed above.

The liberal West (Left Coast) will be in charge of all statewide offices for the foreseeable future, probably until most of us are taking dirt naps.

Instituting an Electoral College for Washington

would help alleviate this urban dominance that is disenfranchising the rural voter.

I am not mathematically smart enough to know how to divvy up the population-to-ratio of electoral votes, but I am able to point to almost every state and see that the major urban area is where the politicians pander to, knowing that's the crowd they need to please.

Elmer the cow peddler, Boris the wheat farmer and Janice the chamber president don't count for a hill of beans if population is the only criteria.

Apple Andy and Annie better pray the socialist PC crowd doesn't find fault with the eating of this Biblical fruit.

The same goes with peaches, cherries and pears. Only the vineyard owners will be allowed to operate as the left love getting drunk on their own visions of power and warped views of utopia.

It is far past time to change this ugly reality.

Give all the people a fair chance at representative democracy. Indeed, make every vote count, not just the urban elite.

Dear North Central Washington Community

SUBMITTED BY ANDREW CANNING

DIRECTOR | MARKETING & COMMUNICATIONS
PUBLIC INFORMATION OFFICER
CONFLUENCE HEALTH

As of early September, we have gone through a peak of disease in April and early May, a reduction in late May and June, and a second increase in July and August.

Many businesses were closed in April and May then reopened. Some, including our schools, have continued to remain closed due to an increased risk of transmission of COVID-19 in those businesses, and due to requirements to follow the state proclamations. This has led to significant daily life disruptions for many of us, as well as significant economic and emotional pain that will not go away easily.

From a community/regional health perspective, North Central Washington in mid-August had the highest rate of COVID-19 cases per 100,000 population in the state.

These patients were of all ethnicities, and social economic backgrounds, employed by multiple employers and industries, but tended to be of younger age than those afflicted in April.

The number of individuals affected in Chelan, Douglas, Okanogan, and Grant Counties all reached peaks of more than 400 per 100,000 population in 2 weeks.

Hospitalizations at Central Washington Hospital (where most patients requiring hospital care for COVID-19 in this area were hospitalized) reached a peak of 28, with 12 of those in the ICU requiring ventilator therapy.

As appropriate, these patients have been treated with Remdesivir, Dexamethasone, or antibody rich plasma following current recommended national recommendations or study trials.

Unfortunately, some patients have not survived and to date, 11 residents of Chelan County have died due to COVID-19, 15 in Grant County, 7 in Douglas County, and 9 in

Okanogan County. Their ages have ranged from 50-90.

In the last couple of weeks, things are looking much more hopeful. The number of symptomatic individuals tested per day in the region is decreasing. The percentage of positive tests has decreased to 10% from a peak of over 15%. Hospital census has also decreased.

Currently at Central Washington Hospital, there are 6 patients with COVID-19 in the ICU, and a total of 15 patients hospitalized.

At Samaritan Hospital in Moses Lake there are currently a total of 4 patients with COVID-19.

The number of cases per 100,000 population in the last 7 days has decreased to 238 in Grant County, 117 in Douglas County, 144 in Chelan County, and 45 in Okanogan County.

What has caused this improvement given in total only 2% of our region's population have been confirmed positive?

We know the number of infections that have occurred is likely higher than this as testing does show that perhaps 40% of individuals infected are asymptomatic and not all those with symptoms get tested, but in total, it is hard to believe that more than 6% of the population has been infected.

The infection rate reduction we are currently seeing is likely due to several things:

1. Masking has helped. National data suggests a 90% risk reduction of an infected individual spreading it to others if they wear a mask, and wearing a mask reduces an individual's risk of getting infected if near an infected individual by about 20%.

The use of masks has been very high in places of employment, businesses, and stores, but unfortunately, much less in parks and gatherings of friends and family.

2. Congregate living and working facilities (long-term care, assisted living, adult family homes, agricultural processing facilities) have worked very hard to minimize exposure risks in those facilities.

3. People infected have for the most part stayed isolated for the necessary 10 days, reducing the risk of them potentially infecting others.

Much progress has been made and if this continues, there is a real potential to open businesses currently closed and resume in person education. We are not there yet according to the medical epidemiologic evidence and state guidelines but are closer than we were a few weeks ago.

What can we all do to help this region get there?

1. Continue to wear a mask, whenever you are outside your household in a place where you cannot assure you will be able to stay at least six feet from other people.

2. Continue to use good hand hygiene. Wash your hands regularly, or if you cannot use hand sanitizer.

3. Continue to socially distance from others outside your own household members. Given the number of asymptomatic cases, do not trust that you or other non-household family members, or friends are not infected.

The risk of get-togethers is clearly higher indoors, but it is not zero when you meet outside.

4. If you become ill with symptoms consistent with COVID-19, please get tested promptly and stay away from others (isolate yourself) until you get the test results.

5. If you test positive, please stay away from others for 10 days or 24 hours after your last fever, whichever is longer.

If you are feeling ill, especially short of breath or not able to eat or drink adequately, please seek medical attention.

Please, for the ten days after you develop symptoms or test positive, do not go to work.

The federal CARES act does provide 2 weeks of unemployment pay for many people with COVID-19, so sick leave or vacation time does not have to be used if you are off work ill with COVID-19.

6. If you test positive, please let those you have been close to (distance less than 6 feet for more than 15 minutes) in the last 5 to 7 days know and encourage them to get tested even if they have no symptoms.

The best time for testing is about 4-5 days after the time of exposure.

These individual efforts respect all of us as community members and are relatively small, personal contributions or sacrifices, leading to a large community benefit where hopefully soon, we can get back to a more "normal" life and stay there. In our own ways, each of us is trying to make sense of this unprecedented situation.

It is certainly fluid, unfortunately uncertain and unfair, and not affecting everyone to the same extent.

We should all really appreciate the ingenuity shown by many businesses that have allowed them to continue to safely provide their needed services, and the sacrifices and risks taken by those individuals providing healthcare services to those with COVID-19, while trying to maintain all of the usual necessary health care services that keep us as a region with good health and quality of life.

The last few weeks have given us many reasons for hope.

Learning and working in the midst of a pandemic such as this is a new first for all of us. What we are doing and need to continue to do together has never been done before.

As we proceed, let us stay vigilant and not fall into a trap of complacency.

We are getting through this and we will come out better and stronger in the end-together.

Thank you for your continued cooperation in all that you do to make our communities a great place to live.

What COVID does in our region is in our local control. It is up to us, not to the virus.

North Central Washington Hospital Council

Diane Blake, CEO | Cascade Medical Center
Alan Fisher, CEO | Mid-Valley Hospital
Scott Graham, CEO | Three Rivers Hospital
Ramona Hicks, CEO | Coulee Medical Center
Rosalinda Kibby, CEO | Columbia Basin Hospital
John McReynolds, COO | North Valley Hospital
George Rohrich, CEO | Lake Chelan Community Hospital & Clinics
Peter Rutherford, CEO | Confluence Health
Alex Town, CAO | Samaritan Healthcare
Jesus Hernandez, CEO | Family Health Centers
Sen. Linda Evans Parlette, Executive Director | North Central Accountable Community of Health
David Olson, CEO | Columbia Valley Community Health

CONTINUED FROM PAGE 1

COVID-19 is negatively impacting our youth

lapse of the economy. The destruction of small business and the shuttering of schools. Prager's words appear to be prophetic.

Last week we looked at the real impact of the disease on the population in total. What is obvious is the early projections of overwhelming the health care system have never materialized.

In Seattle, the US Army's emergency hospital, set up in Century Link Field, shut down after 30 days without treating even one patient.

At the time Governor Inslee said, "Don't let this decision give you the impression that we are out of the woods."

Now Governor Inslee's continued efforts to keep the economy and the schools shut down has become far more political than preventative.

It is also far more damaging to the rural portions of the state than it is to the metropolitan areas.

In his most recent column on the issue, Prager says there is no leader more dangerous than, "a fool with unlimited power."

Inslee's iron grip on the states emergency powers act is beginning to make him look like a fool. He has continually refused to call the legislature into session over the issue.

Newspapers across the country are reporting on the high failure rates of small businesses.

The Chicago Tribune, recently report-

ed that many small business closures will never get reported because they have no debt and so will not file for bankruptcy. They simply cancel their utilities and shut down.

Rural communities in Washington state are disproportionately hit by Inslee's COVID reopening phase system. As a result, it will take years for those local economies to recover.

More significantly, closing our schools puts our young people at risk emotionally as well as educationally. Parents are not professional educators.

And like many of these programs, the negative impacts are hardest on the poor.

In a survey done by the Cashmere School District this summer 70 percent of parents wanted their children back in the classroom.

The School District is prohibited from reopening by the Chelan County Health District until the incidence of infection drops below 75 cases per thousand.

A goal that is unattainable with the sparse population in the health district.

As I reported last week, the statistical measures fanning this dictatorial firestorm are fundamentally flawed.

The decision is not based on mortality rates or even hospitalizations but on the number of people who have tested positive.

Many of these cases are known to be asymptomatic.

CONTINUED FROM PAGE 1

Cascade School District Food Services continue to bring food to the students

ning without either waiver in place, as they had both expired over the summer.

However, Tracey Beckendorf-Edou, CSD Superintendent, announced in a letter to all district families on Sept. 3 that the state and the USDA updated their guidelines, reenacting the waivers.

Given the unknowns at first, the district started with a slightly scaled-down version of the meal delivery. Bagged lunches and breakfasts were available,

starting the first day of school, at Cascade High School, Beaver Valley School in Plain and Peshastin Dryden Elementary in Peshastin.

Now with the assurance of the waivers, two more locations will be added on Sept. 8, the Dryden softball field park and the Blewett Fire Station in Valley Hi.

This is good news as it minimizes the distance families have to travel to receive these meals.

Also, any family can

now be added to the list for bagged lunches and breakfasts, thanks to the reinstated federal waiver.

One small change that will stay in place is the timing of meal pickups.

The pickup times are at 11a.m. at PD and noon at the other locations.

This is later than last spring, because the district does not want food pickup to interfere with online learning, which is occurring across all grades in the morning hours.

CONTINUED FROM PAGE 1

UVCares begins collaboration with Whitworth University

specializes in training clinicians specifically for that challenge.

The Upper Valley is fortunate to have that area of expertise now available to them.

Resulting from the COVID-19 crisis, many people have experienced a significant increase of emotional stress while attempting to navigate a new way of existing.

Learning to deal with the associated anxiety has caused undue emotional burdens on people and their relationships.

Similar to student teachers training within school districts, the student clinicians with provisional licenses, will have reached a point in the Marriage and Family Therapy training program which requires them to perform 500 counseling hours in community settings while being su-

pervised by an experienced and state-approved clinician at the doctorate level.

UVCares is extremely fortunate to have John Thoburn, PhD, ABPP as the supervisor.

Dr. Thoburn has been nationally recognized by the American Psychological Association and received the International Humanitarian award for his extraordinary service and promotion of mental wellbeing among underserved populations around the world.

Additionally, Dr. Thoburn has extended his expertise to academic platforms. Previously, he developed the PhD program at Seattle Pacific University and has recently become a professor at Whitman University where he will develop a PhD program. Additionally, Dr. Thoburn applies his psychological expertise in responses to international disasters and

trauma.

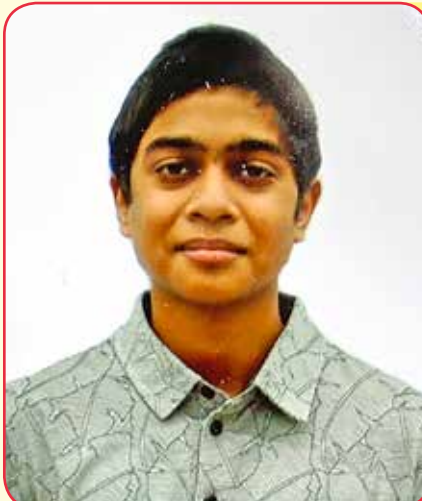
UVCares is excited to open additional individual, couples, and family counseling services for adults and children.

Payment for services is based on ability to pay however, UVCares continually works to remove all barriers to counseling.

What is most important is that when needed, services are there.

If you do not have insurance, or cannot afford either the copays or the deductible, UVCares will take care of that for you from a fund that supports financial assistance. Children 12 years and under will require a parent's permission, yet children 13 years and older can contact UVCares on their own.

To make a counseling appointment, contact UVCares at 509-300-1113.



Zariyat Hossain is high school Sophomore at Highlands Ranch High School located in Colorado. He has participated in many clubs such as, Ski Club, Soccer Club, Intermural Basketball, and Intermural Volleyball. Zariyat has been a part of athletic teams ranging from Summer Basketball to High school soccer to club soccer. He has interned at M2 Traffic Management LLC, a data analysis and analytics company. Zariyat was elected as a member of student government for senate to help make decisions for the school. During Zariyat's freshman year, he was nominated for the national leadership forum of medicine. As he goes into the rest of his education, he plans to be a Physician.