



Rattlesnake Hill to Receive Needed Improvements



Teresa Disher and James Munly stand atop Rattlesnake Hill while discussing possible improvements.



Photos by Brett Johnson

Possible main entry point to the proposed Rattlesnake trail system near IRMS.

School Board News

BY MARLENE FARRELL

On August 17, after the Cascade School Board heard the presentation about the Rattlesnake Hill project, they discussed other agenda items. In terms of personnel, the district hired Daena Medina to be the second Homelink teacher, as the Homelink program had doubled its enrollment due to parents seeking diverse options in light of COVID-19.

Beckendorf-Edou announced that the Kodiak Virtual Academy has begun enrollment for students in 6th to 12th grade.

During policy review the board briefly discussed updates to the Highly Capable Program. The superintendent explained that a more in-depth handbook has been created to spell out what the program entails at each grade level.

Beckendorf-Edou shared that she took part in a panel discussion hosted by US Representative Kim Schrier about broadband. Beckendorf-Edou was able to share how the district has been pretty creative with solutions to internet challenges. She recognizes that one solution, outdoor hotspots, are not adequate during winter months.

The board discussed the recent Zoom meeting open to all district families that was a Q&A about the upcoming Continuous Learning 2.0. One hundred and seventy participants attended the meeting. Beckendorf-Edou thanked the administrators for their planning and gave a big thanks to Miriam Rodriguez, ALE secretary, who's interpreter skills were critical for successful communication with Latinx families.

Finally, school board member Cyndi Garza explained volunteers would gather soon to create the Healthy Start swag bags for all students. The bags, full of donated health essentials like thermometers, cloth masks, soap, toothbrushes and toothpaste, would be given to students at the upcoming orientations.

BY MARLENE FARRELL

Rattlesnake Hill, located just north of Icicle River Middle School (IRMS) and Cascade High School (CHS), is in the process of enhancement, thanks to the efforts of many, including project leads from the school district, Brett Johnson, Special Education Director, and Teresa Disher, Facilities Director.

Johnson and Disher gave a presentation at the re-

cent school board meeting, sharing information about the current status of Rattlesnake Hill and plans to enhance the property for multipurpose uses for the schools and the greater community.

Disher explained that the school district owns the largest Rattlesnake Hill parcel, including the south-facing acres, the summit and some north-facing acreage.

Upper Valley MEND, the

City of Leavenworth and private owners own the remaining parcels.

The 41 acres of Rattlesnake Hill are forested land with some trails that are steep and in disrepair.

In 2019 they were awarded a \$5,000 grant from the Community Foundation of North Central Washington.

This grant covered conceptual designs created by James Munly of Evergreen Mountain Bike Alliance.

Munly has vast experi-

ence in trailbuilding, including many of the trails at Ski Hill.

The trail options can include biking and hiking trails and areas for outdoor learning.

The next phase will improve the fire safety of the overgrown forest.

Some of the areas of densest vegetation are adjacent to IRMS and CHS. Fuel reduction will protect both the hillside and the buildings.

Brett Johnson shared the

good news that the fuels reduction will incur zero cost to the district.

Chelan County Fire District 3 (CCFD3) was awarded a federal grant to implement a firewise demonstration project.

The grant is matched by funds from the Washington State Department of Natural Resources, and the two agencies together will perform the fuels reduction.

SEE RATTLESNAKE HILL ON PAGE 3



Mayor's proclamation and history

BY SUSAN BUTRUILLE

One hundred years ago on August 26, 1920, the U.S. Secretary of State certified the Susan B. Anthony (19th) Amendment to the Constitution, granting voting rights to women across the country.

It was a quiet occasion in our nation's Capitol, in contrast to the near-riot a week before in Nashville, where the Tennessee legislature was debating ratification of the amendment, the last of the 36 states required to ratify. When it seemed to exhausted suffragists that

all was lost, Harry Burn, the youngest legislator, stood up, holding a note from his mother urging him to vote yes. And he did.

According to legend, that's when anti-suffrage legislators chased Harry out of the chambers, forcing him to hide. But Harry emerged, intact and unapologetic. Women had won the vote.

Women convening in Seneca Falls, New York in 1848 had made the first formal demand for the right to vote, inspired by the relative freedom and power claimed by women of the nearby Iroquois nations.



Cast of Dangerous Women.

Photos by Erin Joy Nash

Dangerous Women Honor Suffrage Centennial with Video

BY RHONA BARON

Dangerous Women, an artists collaborative based in the Wenatchee Valley has created a short video to honor the 100 year anniversary of women winning the right to vote in the United States.

The video was broadcast as a preamble to Mayor Carl Florea's proclamation on National Women's Equality Day, Wed, Aug 26. Featuring six women playing historic characters, the video offers a glimpse into Dangerous Women's 2020 production, Victorious 2020.

Actors include Carolyn Wilson playing Esther Hobart Morris, Emily Abbott as Inez Milholland, Susan Butruille as Susan B. Anthony, Momi Palmieri as Queen Liliuokalani, Becky Fishburn as Elizabeth Cady Stanton and Rhona Bar-

on, Creative Director and writer.

Dangerous Women, sponsored by the Wenatchee Valley Museum and Cultural Center, stages an original production biannually at Icicle Creek Center for the Arts.

Performers have included

singers, musicians, poets, painters, dancers, actors, writers and a giant puppet maker.

The work of Dangerous Women, including the new video, can be found on their Facebook page at facebook.com/DangerZone98826/



Photo from the Library of Congress Suffragettes.



Mandi Wickline as Alice Paul.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

Inside The ECHO this week

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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 AlAnon 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 celebraterecoverylcn@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 14

04:03 911, 8316 Lynn St., Peshastin
05:43 Disturbance, 7500 US Hwy. 97
10:43 Property, 690 US Hwy. 2, Linderhof Inn

11:03 Extra patrol, 15440 Cedar Brae Rd., Lake Wenatchee

12:03 Recreation Stolen Vehicle, 116 River Bend Dr., Safeway

13:08 Parking/abandon, Chumstick Hwy. & Merry Canyon

16:24 Vehicle prowler, Eight Mile Lake Trailhead.

16:32 Public assist, 14865 Chumstick Hwy.

16:43 911, 590 US Hwy. 2, Enzian Inn

17:10 Noise, 526 Ash St.

19:44 Search & Rescue, Chain Lakes, Lake Wenatchee

21:48 Search & Rescue, Sprite Lake, Leavenworth

23:22 Civil, 3845 Old Blewett Rd., Peshastin

August 15

05:25 Assault, Bear Creek

07:40 Noise, 9030 Icicle Rd.

09:28 Property, Colchuck Lake Trail

09:43 Traffic offense, 9030 Icicle Rd.

10:58 Civil, 9030 Icicle Rd.

11:48 Accident/no injuries, Chumstick Hwy., MP 11

12:45 Trespass, 10381 Chumstick Hwy.

13:19 Disturbance, 8th & Front Streets

13:31 Disturbance, 505 US Hwy. 2

13:43 Trespass, 7001 Icicle Rd.

15:12 Welfare check, 12384 Meacham Rd., Plain

16:41 Property 901 Front St., Baren Haus

16:43 Domestic disturbance, BNSF Xing, Lake Wenatchee

17:11 Noise, 12315 Mule Tail Flats Rd.

18:29 911, 12624 Ranger Rd.

20:02 Suspicious, 9499 Saunders Rd.

21:15 Search & Rescue, Stuart Lake Trail

22:11 Suspicious, 1533 Alpensee Strasse

22:39 Alarm, 913 Front St., South

22:59 Suspicious, 19250 US Hwy. 2, Lake Wenatchee

23:47 Domestic disturbance, US Hwy. 2 & Alpensee Strasse

August 16

01:32 Agency assist, 10466 Ski Hill Dr.

04:34 Welfare check, Lake Wenatchee Area

08:40 Public assist, 22494 Chiwawa Loop Rd.

11:02 Unknown accident, Icicle Rd., MP 4

11:04 Vehicle prowler, Stuart Lake Trail

11:20 Harass/threat, Lake Wenatchee SP South Beach

11:58 Theft, 12640 Icicle Pl.

13:55 Weapons violation, 3153 Hansel Ln., Peshastin

14:04 Accident/no injuries, 116 River Bend Dr., Safeway

15:12 Traffic offense, US Hwy. 2 & Foster Rd., Dryden

16:35 Miscellaneous, Leavenworth Waterfront Park

16:41 Property, Front & 8th Streets

17:34 Vehicle prowler, Colchuck Lake Trail

18:53 Attempt to locate, 12973 Chumstick Hwy.

19:12 Agency assist, Icicle Rd., MP 9

19:27 Vehicle prowler, Colchuck Lake Trail

20:02 Vehicle prowler, Chatter Creek Trailhead

20:38 Juvenile problem, 17458 US Hwy. 2, Nason Creek

22:36 Trespass, 9500 Blk., E. Leavenworth Rd.

August 17

02:19 Noise, 18643 Rieche Rd., Lake Wenatchee

06:37 Public assist, 12842 Prowell St.

07:19 Harass/threat 4637 US Hwy. 97, Peshastin

08:59 Vehicle prowler, Colchuck Lake Trail

10:43 Vehicle prowler, Icicle Gorge Trailhead

11:56 Property, Icicle Gorge Trailhead

13:04 Assault, 30785 White River FS 6400

15:20 Animal problem, Snow Lakes Trailhead

20:25 Property, Wenatchee River, Leavenworth

20:40 Juvenile problem, 10195 Titus Rd.

21:23 Harass/threat, Leavenworth Area

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.)

➤ 21:50 Suspicious, 522 Summit Ave.
22:47 Traffic offense, Icicle Rd. & US Hwy. 2

August 18

00:47 Warrant, Main St. & US Hwy. 2, Peshastin

06:29 Suspicious, Rusty Bridge, Pipeline Trail

10:09 Theft, 116 River Bend Dr., Safeway

10:56 Vehicle prowler, Colchuck Lake Trail

11:15 911, 12131 Chumstick Hwy.

11:41 Vehicle prowler, Icicle Gorge Trailhead

12:22 911, 100 Enchantment Park Way

12:36 Welfare check, 219-14th St., Community Cupboard

13:08 911, 12037 Sproemberg Canyon Rd.

13:46 Extra patrol, 15440 Cedar Brae Rd., Lake Wenatchee

14:02 Public assist, 301 Ward Strasse, Hampton Inn

16:49 Drugs, 10600 Titus Rd.

17:13 Suspicious, 26102 Bronco Lane, Plain

20:35 Traffic offense, 8701 Alice Ave., Dryden

21:01 Harass/threat, 9255 Foster Rd., BJS Food

21:06 Extra patrol, 116 River Bend Dr.

22:16 Hazard, River Rd., MP 1, Plain

23:23 Harass/threat, 12340 Shugart Flats Rd., Plain

23:30 Harass/threat, 810 US Hwy. 2, Bavarian Lodge


August 19

03:29 Suspicious, 252 Scholze St.

07:50 Welfare check, Blackbird Island

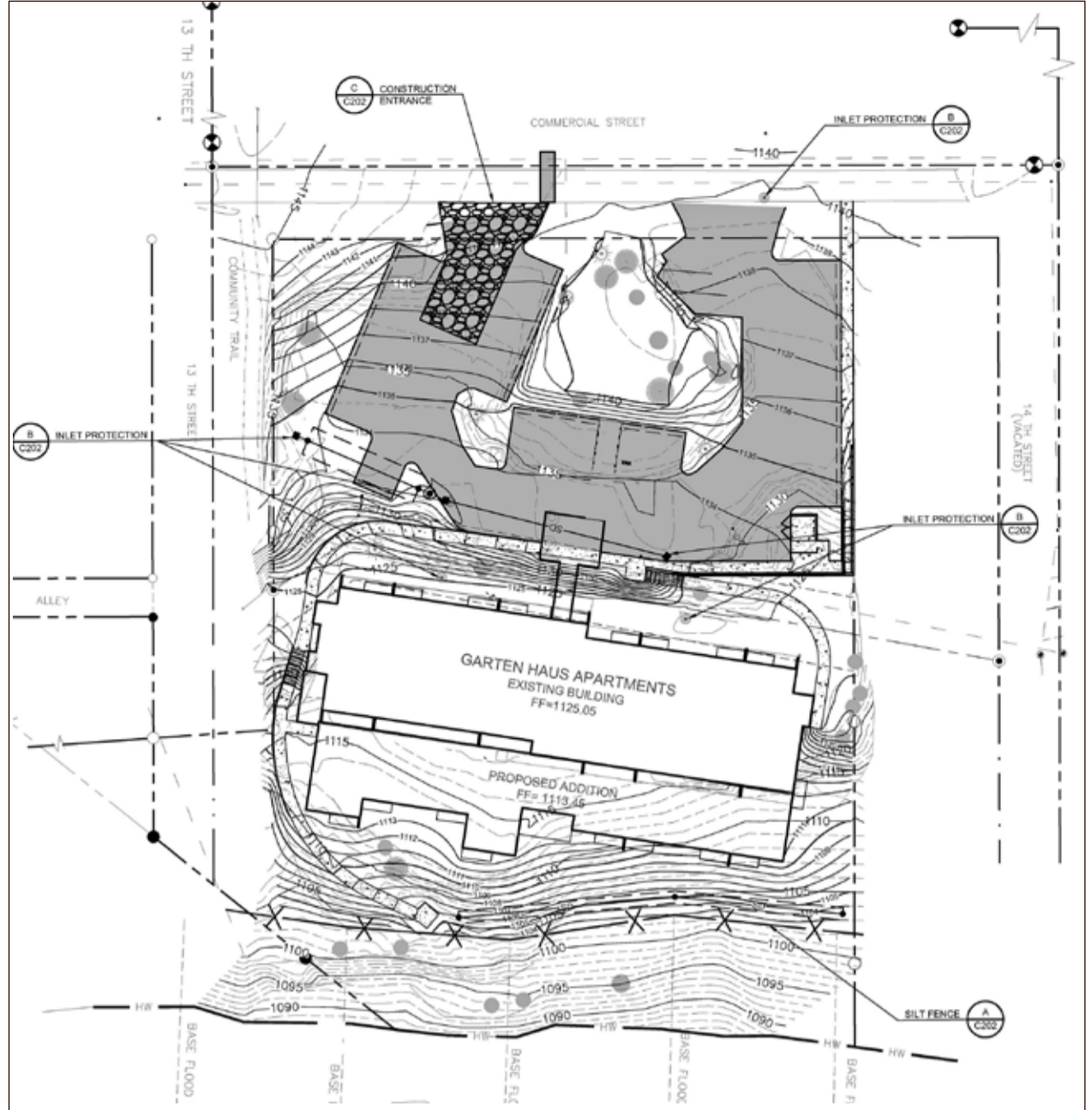
Happy 102nd Birthday!
on August 29th

Edna Anderson



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Henry, Leslie, Jayde, Koah & Josiah
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John, Susan, Brian, Melissa, Piper
Scott, Lisa, Caden, Calley, Cyler
Ron, Madalyn, Mykla

Cards may be sent to
Mountain Meadows,
320 Park Ave. #37,
Leavenworth, WA. 98826



Leavenworth

Rotary Bike Raffle Tickets Last Chance!

Please help support the Leavenworth Rotary which helps support our local community needs. Drawing will be on Labor Day weekend for 2 Electric Bikes. Tickets are only \$10 and you can call any Rotarian or stop by The Leavenworth Echo office from 10 a.m.- 5 p.m. Call Rotarian Bill, 670-1837, or The Echo, 548-5286.

Leavenworth Community Farmers Market

A Farm to Table Dinner at Home, on September 15. Featuring live-streamed music and an online auction open to the public. Order your meal kit and get details at <https://farm2table.splashthat.com/>

Icicle & Peshastin Irrigation Meeting changed

The Icicle & Peshastin Irrigation District Board of Directors meeting time has been changed from 8 a.m. to 5 p.m. on the second Tuesday for September and October. Call Anthony 433-4064 for more information.

“Stand Up for Your Country” rally

Please join us on Sunday, August 30, from 1-2 p.m. for a “Stand Up for Your Country” rally on the Hwy. 2 bridge in Leavenworth.

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.



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Leavenworth receives grant for affordable housing

SUBMITTED BY SUE CRAGUN
CITY OF LEAVENWORTH

The Washington Department of Commerce announced an award of \$1.64M for the Bavarian Village Apartments in Leavenworth.

The funds come from the State’s Housing Trust Fund and it benefits seven affordable housing projects in rural communities in Washington.

We are pleased that the City of Leavenworth will benefit from these Housing Trust Fund dollars.

“The award helps us preserve our only general occupancy affordable units in the City,” said Mayor Florea.

“We are excited to be provided with this opportunity to purchase and rehabilitate the Bavarian Village Apartments. It’s more important than ever to preserve this much needed affordable housing in the Leavenworth community!” said Alicia McRae, Executive Director of the Housing Authority of Chelan County.

The City congratulates

the Housing Authority of Chelan County for this significant grant that assists the City of Leavenworth to accomplish its goal of retaining affordable units.

For example, the City has allocated \$80,000 for the Garten Haus to assist with redevelopment and expansion activities.

Housing rehabilitation is an effective and cost sensitive strategy for protecting affordable housing stock.

The City has in place a multipronged housing strategy, which includes housing rehabilitation.

“These funds support this strategy,” said Development Services Manager Liliith-Vespier

The Housing Trust fund provides support to affordable housing projects that are selected on a competitive basis.

“The City will partner with the Chelan County Housing Authority to expedite their housing activities in the City,” said City Administrator Ana Cortez.

There is a public hearing

scheduled for Thursday August 27 to address the changes to the existing 32 units as a result of the addition of 8 more living units.

The hearing will begin at 10 a.m. via zoom. The meeting ID is 821 1057 7541 and

passcode is 002321.

There will also be limited space available at the City Council Chambers.

Social distancing and mandatory mask will be required at the city council meeting room.

CONTINUED FROM PAGE 1

Rattlesnake Hill to Receive Needed Improvements

CCFD3 will utilize before and after information to create virtual firewise education materials, which can be used by educators and community members alike.

Johnson shared maps showing EMBA’s concepts of trail entry points and possible trails for different uses and skill levels.

Science classes have already been utilizing Rattlesnake Hill, but with improvements, the hill could also be safely used by sports teams, PE classes, art classes and younger children from Alpine Lakes Elementary (ALE) and the Kodiak

Cubs preschool.

When asked about costs, Johnson said \$35,000 would be the upper limit of trail-building costs, and could be less if working with EMBA and their network of trained volunteers.

Grants and community fundraising efforts are expected to cover the costs.

School board members and superintendent Tracey Beckendorf-Edou recognized how this project aligns very well with their newly developed Strategic Framework, which includes the Outdoors as one of the district’s cornerstone values.

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

<p>CASHMERE</p> <p>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</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p> <p>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 christcenter.cashmere.com/cc-updates Underground High School Group, ONLINE ONLY at 6 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</p>	<p>GRACE LUTHERAN CHURCH Holy Eucharist or Evening Prayer, 7 p.m., unless notified otherwise • Rev. Rob Gohl, 509-860-0736 • Summer church at the Mission Creek Community Center (No service, if it rains) Service on YouTube or Email link. CashmereEpiscopalLutheranMinistries</p> <p>ST. JAMES EPISCOPAL CHURCH Holy Eucharist or Evening Prayer, 7 p.m., unless notified otherwise Rev. Rob Gohl, 509-860-0736 Summer church at the Mission Creek Community Center • (No service, if it rains) Service on YouTube or Email link. CashmereEpiscopalLutheranMinistries</p> <p>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</p>	<p>SEVENTH DAY ADVENTIST CHURCH 10500 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997</p> <p>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</p>	
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Senior Focus

A Guide to Healthy Living For Seniors & Others



How To Keep Your Medicine From Harming You

Sally is a bubbly, 78-year-old retired teacher and breast cancer survivor who loves to stay active. She lives in a lovely, over-55 subdivision and looks forward to her daily morning walks. She walks 3 miles every day, rain or shine.

A couple of months ago, Sally's doctor told her that she was concerned about Sally's "bad cholesterol." Her doctor advised her to start taking a prescription medicine called Lipitor® (atorvastatin).

Less than a week after starting her new medicine, Sally noticed cramps in her legs that woke her up at night, which she had never experienced before. A few days later, her thigh muscles started to ache. Eventually, she was walking only half of her usual distance.

Chatting with her on the phone, I asked how things were going with her new medicine.

"I'm not sure if it's a coincidence or not, but I've been having these muscle aches in the daytime and leg cramps that wake me up at night. I always had some muscle soreness while taking my breast cancer medicine, but never like this."

"Are you still able to do your morning walks?"

"Barely. I'm too stubborn to quit, but I'm only able to walk half my usual distance. Do you think it might be the new medicine?"

"How long were you on the new medicine before you noticed the soreness in your legs?"

"Oh, about a week." I explained, "That medicine won't help you much if it makes you less physically active."

"Should I just stop it?"

"Oh no! DON'T stop it abruptly. You need to tell your doctor exactly what's going on right away."

"But, it took me MONTHS

to get in to see her."

"You don't have to make an appointment with her to tell her about this. Call the office and tell them exactly what you just told me, and when you started noticing it. Sally, if a doctor puts you on new medicine and they don't hear otherwise, they'll assume that everything is going fine. YOU have to be a "squeaky wheel" and tell them if you're having a problem."

When she did that, her doctor advised her to cut the dose in half and see if her muscle aches and cramps got better.

I checked in with her a couple of weeks later, and she reported that she didn't notice any improvement on half the dose.

"I'm stubborn," she told me. "I'm making myself walk every day, even though I can't do as much."

"Tell your doctor it isn't getting any better. She's not a mind reader!"

Sally's doctor then told her to stop the medicine entirely and see what happened. Once she'd been off of it for 3 weeks, she finally stopped waking up with muscle cramps, and her muscle pain decreased every week. Eventually, she could walk her full 3 miles in the morning again.

What if Sally had accepted her muscle aches as "just getting older" and stopped walking altogether? Instead of helping her AVOID a future heart attack or stroke, taking that medicine would have INCREASED her risk. That's because it caused her to significantly DECREASE her activity level, which would lead to less independence and an INCREASED risk of heart problems.

Here Are 5 Ways to Prevent A Medicine from Harming You:

- 1. Pay attention.** Whenever you start a new medicine, pay attention to any changes. A symptom diary is

a great help whenever you begin any new treatment. This way, you don't rely just on your memory when tracking any changes, good or bad.

2. Tell your doctor.

Call your doctor's office and TELL THEM if you start having problems that you suspect might be from your new medicine. Doctors are not mind readers, and they're swamped right now dealing with the COVID pandemic. If they don't know about it, they can't help you!

3. Call your doctor's office.

A phone call to a nurse or message through your patient portal should quickly get this vital information to your doctor.

4. Consult your pharmacist.

If your doctor's office is closed, your pharmacy is another resource. They can advise you whether you should keep taking it or hold off until your doctor can contact you with a plan.



5. Don't quit. Don't stop a medicine on your own unless you're having severe problems like shortness of breath or a rash. Working with your doctor on this gives you the best care possible.

REMEMBER: You don't have to see the doctor face to face to do this!

PLEASE, don't put this off. Tell your doctor if you're having problems with your medicine, so they can help you.

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 website TheMedicationInsider.com for daily tips on how to take your medicine safely. ©2020 Louise Achey



Foot Care Tips for Those With Diabetes

(StatePoint) For those with diabetes, a seemingly insignificant foot problem can produce dangerous consequences. Experts say

that managing this risk is an important part of diabetes care.

"Living with diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage and poor circulation," says Dr. Brett Sachs, DPM, FACFAS, a Denver foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "However, you can play a vital role in prevention."

To avoid serious foot problems that could result in losing a toe, foot or leg, follow these guidelines from ACFAS foot and ankle surgeons:

- Inspect feet daily. Diabetes may cause nerve damage, which takes away the feeling in your feet, so

a daily visual inspection is important. Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your foot and ankle surgeon if you notice any issues.

- Bathe feet gently. Wash your feet daily with a soft washcloth or sponge using only lukewarm water. Dry by blotting carefully.
- Moisturize. Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes -- that could encourage a fungal infection.

- Cut nails carefully. Cut nails straight across and file the edges. Don't cut too short, as this could lead to ingrown toenails.
- Never treat corns or calluses yourself. Don't perform "bathroom surgery" or use medicated pads. Visit your doctor for appropriate treatment.

- Wear proper socks. Always wear clean, dry socks. You may want to consider those made specifically for patients living with diabetes, which have extra cushioning, no elastic tops, are higher than the ankle and are made from moisture-wicking fibers.
- Shake out your shoes. Remember, your feet may not be able to feel a pebble or other foreign objects, so always inspect shoes before wearing them to help prevent blisters and sores that could lead to an infection or non-healing wound.
- Keep feet dry. Change your socks if they get wet.

You may also consider using an antiperspirant on the soles of your feet.

- Never walk barefoot. It can be tempting to go barefoot in warmer weather. Never do so, not even at home. Always wear shoes or slippers to avoid getting scratched, cut or even burned from hot surfaces.
- Be active. Staying active is important. Just be extra careful, particularly if you play sports, to monitor your feet for related injuries.
- Treat your diabetes. Keep your blood sugar levels under control. Untreated diabetes can result in other conditions affecting the feet, including diabetic peripheral neuropathy and Charcot foot, a condition in which the bones of the foot are weakened enough to fracture.

- Don't smoke. Smoking restricts blood flow in your feet.
- Get periodic foot exams. Your foot and ankle surgeon works with your other healthcare providers to prevent and treat complications from diabetes. See your foot and ankle surgeon regularly, or as soon as you notice any problems, to help prevent the foot complications of diabetes.

For more resources and tips regarding foot and ankle health and conditions, visit the ACFAS patient education website, FootHealthFacts.org.

"When it comes to diabetes care, don't neglect your feet. Proper preventive care with the help of a foot and ankle surgeon can help keep your whole body healthy," says Dr. Sachs.



Being a Compassionate Caregiver to Someone Living With Dementia

(StatePoint) Dementia can be devastating for the people who live with it and their family members, and it's a diagnosis more Americans will face as the U.S. population ages. In the next 20 years, the total number of those living with Alzheimer's disease or other types of dementia in the U.S. is expected to approximately double from 7.2 million to nearly 13 million, according to the Milken Institute. "As the life a person always knew becomes increasingly unfamiliar, caregivers can play an important role in

helping ease anxiety," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc., an in-home healthcare and assistance provider that takes a positive approach to caring for those with dementia. "With the right knowledge, a caregiver can help their loved one cope with the changes they are experiencing." Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.

CONTINUED TO PAGE 5

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Senior Focus

A Guide to Healthy Living For Seniors & Others



The stress impact of COVID-19: 5 ways To cope and protect your health

By TERRY STANTON
newsandexperts.com

The millions of infections and hundreds of thousands of deaths that the COVID-19 pandemic has brought globally are creating stress over everything from personal health to employment, lifestyle, and finances.

Given these difficult circumstances, it's more important than ever for people to know about coping mechanisms to better manage stress, protect their immune system, and increase their chances of staying healthy, says Dr. Nammy Patel, DDS (www.sfgreendental.com, author of Age With Style: Your

Guide To A Youthful Smile & Healthy Living.

"COVID is maximizing stress for so many people," Dr. Patel says. "It has a far-reaching impact into every part of our lives, and if we don't manage the stress, it severely affects our bodily systems - causing burned-out adrenals, high cortisol, and thyroid issues, to name a few consequences of high-stress levels. Thus, the immune system is lowered, and we are more vulnerable to illness."

"This era we are living in is very traumatic, and it's very concerning. In dentistry, gum disease, sleep disturbances or apnea, and teeth breakage can all be evidence of stress. Poor

oral health, as studies show, can be a gateway to medical issues. People often don't identify how much stress they're under, and how it's affecting them physically, until they actually get sick."

Dr. Patel has the following suggestions people can incorporate into their daily lives to better deal with stress:

- Adhere to a healthy diet. While in quarantine or a new normal in which people are spending the vast majority of their time at home, having healthy foods at home and not over-snacking are vital considerations. "We must be more mindful of the foods we put in our bodies," Dr. Patel says. "Eat as many

greens and whole foods as possible. Avoid dairy products as they increase mucus production in the sinus and the chest, leading to lots of sneezing and congestion.

The coronavirus enters the nose and makes a home in the sinus, and to increase immunity, it's important that the sinus and chest are not inflamed. Food prep makes it easier to eat healthy while working from home. Prepare salads and other healthy meals in advance."

- Don't over-indulge in drinking. "For some people, drinking is the only source of enjoyment during the pandemic," Dr. Patel says. "And we see people who are isolating having Zoom calls with friends while drinking wine. The problem is that one glass turns into two or more, and with the sugar content of wine, you may wake up during the night.

This disturbs sleep, and sleep is when the immune system regenerates. Restorative sleep is essential to our health."

- Take vitamin supplements. "Often, those with adrenal fatigue don't take in enough essential nutrients as stress increases their body's nutritional demands," Dr. Patel says. "To address adrenal and cortisol burnout, take multivitamins in order to get trace minerals."

- Develop a morning ritual. "Deep breathing exercises can be calming and get you out of the hyper state," Dr. Patel says. "You want to get rid of the 'fight or flight' mode and enter the 'rest and digest' state of mind."

- Find a stress management activity that works for you. Many people don't like to exercise, but Dr. Patel notes exercise doesn't have to be rigorous to be effective. "A type of exercise

one enjoys doing at home like walking, running, or yoga goes a long way toward releasing stress hormones," she says. "And for those who like intense workouts, it's all good in terms of reducing stress. Another good stress management technique is using biofeedback mechanisms like alpha state meditations to increase immunity."

"The disruption of daily life by COVID-19 has caused us to rethink many things that we do," Dr. Patel says. "How we deal with stress needs to be a priority now, and it's not overly difficult if you develop good daily habits."

Dr. Nammy Patel, DDS (www.sfgreendental.com) operates a practice called Green Dentistry in San Francisco and is the author of Age With Style: Your Guide To A Youthful Smile & Healthy Living.

Living With Dementia

CONTINUED FROM PAGE 4

To approach caregiving with greater compassion, Interim HealthCare recommends three practical tips:

1. Use the hand-under-hand technique: Hand-under-Hand is a technique that caregivers can use to reduce anxiety and calm a person with dementia. The base or heel of the hand is a highly sensitive area. Put slight pressure on that area by clasping your loved one's dominant hand. This technique works best if you put your hand underneath theirs. That gives them a feeling of control as well as calms them.

2. Acknowledge evolving tastes: A person living with dementia experiences a range of sensory and cognitive

changes that can affect their appetite and food preferences. Indeed, your loved one's favorite foods may now have a negative smell or taste to them. While maintaining good nutrition is essential, don't force these foods or argue over them. Instead, offer a variety of balanced foods: vegetables, fruits, whole grains, low-fat dairy products and lean proteins, in small servings at first until you understand new preferences. Realize these preferences may change again.

3. Carve out time for art and music: Once a person is diagnosed with dementia, their ability to act independently greatly diminishes. However, artwork and music allow for freedom of expression, which over time, can be quite impactful in relieving anxiety. Remember, it's

about the creative process, not your loved one's abilities. So, set aside 30-45 minutes weekly for art or music and consider participating alongside them.

Committed to helping caregivers find the strength and stamina needed to provide compassionate support, Interim HealthCare has based its care approach on the methodology of Teepa Snow, an international leader in the Positive Approach to Care (PAC) philosophy. To that end, many caregivers and clinicians in the Interim HealthCare network participate in PAC training rooted in learning care techniques that can ease anxiety, as well as in understanding what a person living with dementia can still do - even as the journey continues to become more difficult for them over time.

Interim HealthCare has created a free downloadable guide with more tips and guidance intended to provide the most supportive environment possible.

To download the free guide visit: Interimhealthcare.com/dementia-caregiver-guide.aspx.

Caring for a person with dementia is a difficult journey. However, a greater understanding of the condition can help caregivers better cope and manage their role with compassion.



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THEME: 1980s LYRICS - ACROSS

1. Lascoux and Mammoth, e.g.
6. At the stern 9. Eyeball rudely
13. Inuit boat 14. And not
15. Sing like Sinatra
16. Manicurist's file
17. Old-fashioned "before"
18. "If you ____, I won't cry. I won't waste one single day"
19. "Steve walks warily down the street with the brim pulled way ____"
21. "She's just a girl who claims I am ____"
23. "Play it, ____" from "Casablanca"
24. Boris Godunov, e.g.
25. "All right stop collaborate and listen, ____ is back."
28. Between Phi and Kappa
30. Restriction limiting use of lights during air raid
35. J.D. Power awards competitors
37. "Oh, back on the chain ____"
39. Ann Patchett's novel "Bel ____"
40. Slightly
41. Algorithmic language
43. French "place"
44. Kind of potato masher
46. Brickowski's brick
47. Cleopatra's necklace
48. Canine's coat 50. Sol or fa
52. National Institutes of Health
53. "____ Christmas, I gave you my heart"
55. Trinitrotoluene
57. "You were working as a waitress in a cocktail bar when I ____"
60. "I wanna dance with somebody, with somebody who ____"
64. Lithograph for short
65. Holstein sound 67. Radio sign
68. Killed, like dragon
69. Commotion 70. Yiddish shrew
71. Sleep in rough accommodations
72. Gourmet mushroom
73. Cancel an edit, pl. DOWN
1. Whispered from a prompting booth
2. Shells and such
3. "Meeting you with a ____ to a kill"
4. Brings home the bacon
5. First U.S. space station
6. Again
7. "Hello, is it me you're looking for?"
8. Weight of refuse and chaff, pl.
9. Black and white cookie
10. One from Goa
11. "And I'm never gonna make it like you do, making ____ out of nothing at all"
12. Compass reading
15. One of religious orders
20. Last letter of Greek alphabet
22. Experienced
24. Sine over cosine
25. "I long to see the sunlight in your hair and tell you time and time again how much ____"
26. Northwoods dwelling?
27. The Goldbergs sibling
29. "Cuase I'm your ____ cool one, and I'm built to please"
31. Scotch ingredient
32. Kitchen tear-jerker 33. Wombs
34. "Ooh, what's the matter with the crowd I'm seeing? Don't you know that they're out of ____?"
36. Petals holder
38. "Wake me up before you ____"
42. It creates instant millionaires
45. Count on, two words
49. One from Laos
51. Emissaries
54. Poison ivy or Poison oak
56. Religious doctrine
57. Venus de ____
58. Greek Hs
59. Not that
60. Pilot's stunt
61. Not loony
62. Catcher's gear
63. Geological time periods
64. Psychedelic acronym
66. Lyric poem

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Wanted

Highly Capable Program Bridgeport School District

Highly Capable students perform or show potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments. Outstanding abilities are seen within students' general intellectual aptitudes, specific academic abilities, and/or creative productivities within a specific domain. Students who are highly capable may possess these learning characteristics:

- Capacity to learn with unusual depth of understanding, to retain what has been learned, and to transfer learning to new situations;
- Capacity and willingness to deal with increasing levels of abstraction and complexity earlier than their peers;
- Creative ability to make unusual connections among ideas and concepts;
- Ability to learn quickly in their area(s) of intellectual strength;
- Capacity for intense concentration and/or focus.

Identification: Referral Timeline

Bridgeport School District is committed to identifying and providing for the unique educational needs of all of our students. Beginning **August 31, 2020 through November 25, 2020** the District will solicit nominations for the Highly Capable Program. Students may be referred by parents, family, school staff, and community members. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment criteria, with the consent of their parent/guardian. Nomination forms may be obtained from the district office or the Bridgeport School District website at www.bsd75.org. Please return completed forms to the district office (1400 Tacoma Ave. PO Box 1060, Bridgeport, WA 98813) by **November 25, 2020**.

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Wanted

Programa Altamente Capaz Distrito Escolar de Bridgeport

Los estudiantes altamente capaces realizan o muestran potencial para rendir a niveles académicos significativamente avanzados en comparación con otros de su edad, experiencias o entornos. Las habilidades sobresalientes se ven dentro de las aptitudes intelectuales generales de los estudiantes, habilidades académicas específicas y/o productividades creativas dentro de un dominio específico. Los estudiantes que son altamente capaces pueden poseer estas características de aprendizaje:

- Capacidad para aprender con una profundidad de comprensión inusual, para retener lo aprendido y para transferir el aprendizaje a nuevas situaciones;
- Capacidad y disposición para hacer frente a los crecientes niveles de abstracción y complejidad antes que sus compañeros;
- Capacidad creativa para establecer conexiones inusuales entre ideas y conceptos;
- Capacidad de aprender rápidamente en su(s) área(s) de fuerza intelectual;
- Capacidad para la concentración y/o enfoque.

Identificación: Cronograma de referencia

El Distrito Escolar de Bridgeport se compromete a identificar y proveer para las necesidades educativas únicas de todos nuestros estudiantes. Desde el **31 de agosto de 2020 hasta el 25 de noviembre de 2020**, el Distrito solicitará nominaciones para el Programa altamente capaz. Los estudiantes pueden ser referidos por los padres, la familia, el personal de la escuela y los miembros de la comunidad. Los estudiantes nominados a través de este proceso serán considerados para la inscripción en el programa altamente capaz del distrito basado en criterios de selección y evaluación, con el consentimiento de sus padres/tutores. Los formularios de nominación se pueden obtener de la oficina del distrito o del sitio web del Distrito Escolar de Bridgeport en www.bsd75.org. Por favor, devuelva los formularios completados a la oficina del distrito (1400 Tacoma Ave. PO Box 1060, Bridgeport, WA 98813) antes del **25 de noviembre de 2020**.

Advertise
548-5286
or
782-3781

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.

Employment

Help Wanted

Full and Part-time Bedmaker, Laundry and Housekeeping

The Enzian Inn is hiring for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

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

Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment.

Email resume to frenchquail@gmail.com or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756

Peshastin Market is now hiring for Cashier/ Clerk. Full-time/ Part-time. Must be 21 or older. Available evenings and weekends. Please apply at 10170 Main St., Peshastin, WA or call 509-548-7327

Help Wanted

We have an opening for a full-time Caregiver Position on our Evening Shift.

Vacation, Vision and Dental Benefits

We will train and assist with credentialing as a Home Care Aid.



Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998

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.

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• Call 548-5286

Help Wanted

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
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Print only?
Deadline is Monday by Noon for all papers:

Lake Chelan Mirror
Quad City Herald
683-2213
Leavenworth Echo
Cashmere Record
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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
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(509) 689-2517
www.threerivershospital.net
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Lake Chelan Mirror Quad City Herald
682-2213
or call
Leavenworth Echo Cashmere Record
548-5286

Furniture

NCW Media Newspapers

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

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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

CALL FOR BIDS

Sealed bids will be received by the Board of Directors of the Icicle 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 Icicle 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

Michael Irrigation Cleanup Site: 5640 Sunset Highway, Cashmere – Supplemental Remedial Investigation Report Available for Review and Comment

The Washington State Department of Ecology is providing an opportunity for the public to comment on the Supplemental Remedial Investigation Report for the Michael Irrigation Site, located at 5640 Sunset Highway in Cashmere. A Remedial Investigation uses data collected to determine what contamination is present and how far the contamination has spread. **The 30-day public comment period will run from August 28, 2020 through September 28, 2020.**

Documents can be reviewed online at Ecology's Michael Irrigation website at <https://apps.ecology.wa.gov/gsp/Sitepage.aspx?csid=2149>. Due to unforeseen circumstances, our standard physical review locations are all closes; documents are currently available electronically at the Michael Irrigation cleanup site website. Please submit your written comments to Frank Winslow, site manager, 1250 West Alder Street, Union Gap, WA 98903, Frank.Winslow@ecy.wa.gov, online at <http://tcp.ecology.com/mentinput.com/?id=WBCQm> or call 509-454-7835 with any questions. To request an **ADA accommodation**, contact Ecology at 509-575-2490 or visit <https://ecology.wa.gov/accessibility> For Relay Service or TTY call 711 or 877-833-6341

Published in The Cashmere Valley Record/ Leavenworth Echo on August 26, 2020. #713

WHAT'S HAPPENING

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Public Notices

The Icicle & Peshastin Irrigation District's Board of Directors September and October meeting time is being changed to 5:00 p.m. The normal dates and times are the second Tuesday of the month at 8:00 a.m. Any questions should be directed to the District Manager at 433-4064.

Published in the Cashmere Valley Record/ The Leavenworth Echo on August 26, 2020. #700

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. 41564
Attorney for Personal Representative
Published in The Leavenworth Echo/ Cashmere Valley Record on August 19, 26, and September 2, 2020. #681

Public Notices

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Published in The Cashmere Valley Record/ Leavenworth Echo on August 26, 2020. #713

WHAT'S HAPPENING

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THE WASHINGTON OUTDOORS REPORT

Early season hunting prospects

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

September provides early hunting opportunities in Washington State for both bird and big game hunters. Dove and grouse seasons both open statewide on the 1st of September giving shotgunners a chance to wander forests for grouse or seek out recently cut agricultural fields for dove. Archery hunters get the first shot at deer with mule, whitetail and blacktail seasons opening up across much of the state on the first and bow hunters can also target elk statewide starting September 12th.

The physically demanding high buck hunt season runs from September 15th through the 25th in several wilderness areas of the Cascades for rifle hunters and the fall bear season has actually been open since August 1st though September and October are the prime months to bag a bruin.

How will the hunting be? I reached out to Jeff Bernatowicz, the Washington State Wildlife Biologist for Yakima and Kittitas Counties, as well as Annemarie Prince, the State Wildlife Biologist for Stevens, Ferry and Pend Oreille Counties to find out what the prospects are for the coming season.

Northeast Washington Hunting Prospects:
Whitetail Deer: Annemarie Prince says, "We should see an increase in buck harvest this year unless there is a late summer blue tongue or EHD outbreak amongst the herds.

With the elimination of all antlerless harvest, a mild winter last year, and a wet/lush spring, we should have good recruitment of last year's fawns. Weather can play a role in hunter success, so fingers crossed for a cool fall modern firearm opener and an early snow for the late season. One thing to note, is that due to COVID-19, hunter check stations are canceled this year".

Elk: Prince says, "Elk numbers have been pretty consistent the past few years and nothing indicates a drastic change". She does think the weather will play more into success than the number of elk on the landscape. This region is not a big elk hunting destination but "hunters seem to consistently harvest elk."

Bear: According to Prince, "I haven't heard anything about success, but I do know there are hunters out there giving it a go. It seems to be a decent huckleberry year and we had a lot of spring human-bear conflict, so I think the population is there for a successful year. The hot weather in August has probably impacted success and should make bear hunters wary about pulling the trigger. It's nearly impossible to process and cool bear meat fast enough in this heat.

Central Washington Hunting Prospects:
Grouse: According to Jeff Bernatowicz, "Grouse harvest in District 8 has been fairly stable over the last seven years despite fewer hunters and days (afield) reported. No data is available on the 2020 hatch, but there was no unusual weather in the mountains. That said, for some odd reason there were few grasshoppers in many meadows. Insects typically determine the hatch. Just a casual observation, but it might not be a very good year.

Dove: Bernatowicz says, "Banding this year indicated a better hatch than was expected. However, "Dove numbers in the area are probably more dependent on the weather than hatch. Warm weather is needed to keep the majority of birds from migrating out of the valley. The best success is in the lower Yakima Valley is on private land. The better public hunting can be found on the Yakima Nation Reservation. Yakama Nation grows wheat on portions of their Satus Wildlife Area. For information on hunting on Yakama Nation land, visit <http://ynwildlife.org>".

Elk: As for elk hunting, Bernatowicz points out "Early archery antlerless general seasons have largely been eliminated. It's spike/true-spike only and harvest will be pretty low. There were few calves in February/March, so yearling bulls will be in short supply." Game Management Units 334 and 335, while still open for antlerless animals, holds few elk and most found in the area tend to stick to private land where it's safe.

Cascade Medical Foundation seeking support for Mobile Clinic

By MARLENE FARRELL, CMF COORDINATOR

Healthcare delivered to your neighborhood, near your school or place of work, from Peshastin to Dryden, from Merritt to Plain...

With convenient hours of operation and bilingual staff...

Vital services including general wellness, mental health, chronic care, x-rays, lab and social services.

These are the aims of a new mobile clinic fundraising campaign by Cascade Medical Foundation.

Between now and the end of September, Cascade Medical Foundation (CMF) seeks community support for a mobile clinic for Cascade Medical. CMF pledges to match up to \$20,000 to reach the goal of \$40,000.

This represents only a portion of the start-up costs for a mobile clinic. Cascade Medical is pursuing grant funds, both private and federal, for the remaining 84% of the costs.

A mobile clinic is an important way for Cascade Medical to go beyond the walls of the clinic to help those who face barriers to care related to cost, time, transportation and language.



Courtesy Cascade Medical Foundation
Possible location for the mobile clinic would be near the Dryden Memorial Park.



An artist's rendition of a mobile health clinic.

CMF is asking for your help. Please go to our website, www.cascade-medicalfoundation.org and click the donate button. Your donation will be doubled through by a CMF match.

In these unprecedented times, impacted by the presence of COVID-19, it is more important than

ever to help everyone access healthcare resources. Thus, the time is right and the need is critical to have a mobile clinic in the Upper Valley.

For more information, visit the CMF website or contact Marlene Farrell, CMF Coordinator at 548-2523 or foundation@cascaomedical.org.



Women's Equality Day Proclamation

I, Mayor Carl Florea, proclaim and honor the 100th Anniversary of the certification and ratification of the 19th Amendment to the United States Constitution, which gave women the right to vote:

Whereas, the bold, courageous and powerful women who fought for ratification deserve special recognition and celebration within the greater Leavenworth area, especially on August 26th, Women's Equality Day; and

Whereas, Washington holds a special place in women's suffrage history as Washington women gained the right to vote with an amendment to the State's constitution in 1910 – a decade before women voted nationally; and

Whereas, Washington was 35th state to ratify the 19th Amendment in March, 1920; and

Whereas, Today women are active in local, state and national government and are running for office in unprecedented numbers, reminding us that we all follow in the footsteps of these resolute American suffragists; and

Whereas, the 19th amendment to the United States Constitution has played an important role in advancing the rights of all women;

Therefore, be it resolved by myself, Mayor of Leavenworth, as well as the City Council of Leavenworth, that it is hereby recommended that residents and civic institutions celebrate the 100th anniversary of the passage of the 19th Amendment, and that we honor the role of the 19th Amendment to further promote the core values of our democracy as promised by the Constitution of the United States; and

That we reaffirm the opportunity for students and adults to learn about and commemorate the efforts of the women's suffrage movement and the role of women in our democracy; and

That we reaffirm our desire to continue

strengthening democratic participation, and to inspire future generations to cherish and preserve the historic precedent of voting rights for all;

We so proclaim on this day August 26, 2020, the centennial of women winning the right to vote.

Even after passage of the Susan B. Anthony Amendment, not all women – and men – in the United States could vote.

It would be more than three decades before people of American Indian, Asian, African American, and Latino-American heritage could legally vote as full citizens. Obstacles to universal voting rights and practices remain today.

Many activities, celebrations and exhibitions planned for 2020 have been modified, or postponed to 2021 due to the Covid-19 pandemic.

Dangerous Women's live, 2020 production, Victorious 2020 is one of the casualties. Slated for November 20 and 21, Victorious 2020 may present in a video format, or postpone until 2021.

Yet many events are still happening, and Covid-19 has inspired innovation, primarily online.

Here are just a few resources, including podcasts, films, exhibits, memorials and other resources now available to learn more and celebrate the Suffrage Centennial.

- Washington State Historical Society. [Washington Women Led the Way. suffrage100wa.com](http://WashingtonWomenLedtheWay.suffrage100wa.com)
- National Women's History Alliance. nationalwomenshistoryalliance.org
- Women's Vote Centennial Commission. womensvote100.org
- 2020 Centennial. 2020centennial.org
- Women's Rights National Historical Park. nps.gov
- American Journalism's Suffrage and the Media. suffrageandthemediacom.org
- Unladylike2020 films. unladylike2020.com
- National Women's Hall of Fame. www.womenofthehall.org

CONTINUED FROM PAGE 1

Mayor's proclamation and history

Seventy-two years of pleas, cajoling, petitions, organizing, lobbying, pickets, hunger strikes, parades, and countless setbacks led to that moment when votes for women became reality in Washington, D.C.

Congress established Women's Equality Day in 1983 after outspoken New

York Congresswoman Bella Abzug put on her trademark big hat and proposed August 26 as the day to recognize passage of the 19th Amendment.

The day would call attention to women's continued efforts for full equality.

And now, public officials from mayors to governors

to the President issue Proclamations to mark August 26, Women's Equality Day.

Leavenworth Mayor Carl Florea read his proclamation at the August 26th weekly Mayor's talk after a video provided by the women's performance collaborative Dangerous Women.



Photo from the Library of Congress.
New York Congresswoman Bella Abzug.

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Eastern Washington Increasing Campfire Restrictions and Fire Precaution Levels

OLYMPIA – Due to the continuous hot, dry weather, the Washington State Department of Natural Resources (DNR) announced today more changes in campfire restrictions and industrial fire precaution levels (IFPL) on DNR-protected lands. Beginning July 28, a statewide burn ban was enacted by Commissioner of Public Lands Hilary Franz that remains in effect through Sept. 30. Yesterday, Gov. Jay Inslee granted Commissioner Franz' request to activate the Washington National Guard to increase firefighting capabilities.

Effective Friday, Aug. 21, 2020:

- Campfires in campgrounds are not allowed in Chelan, Lower Yakima and Upper Yakima Fire Danger Rating Areas.
- Fire danger ratings remain the same for the following:
 - Fire danger rating remains extreme in the Valley, Lower Yakima and Lower Basin Fire Danger Rating Areas.
 - Fire danger rating remains very high in the Chelan, Foothills, Highlands, Methow, Upper Basin and Upper Yakima Fire Danger Rating Areas.
 - Fire danger rating remains high in the Kaniksu Fire Danger Rating Area.
- IFPL will remain Level 2 in zone 675, 680 and 687.
- IFPL will remain Level 3 in zone 609E, 609W, 678, 684 and 686.

Burn restrictions remain in place for the following:

- Campfires in campgrounds are not allowed in Foothills, Highlands, Kaniksu, Lower Basin, Methow, Upper Basin and Valley Fire Danger Rating Areas.
- Small debris disposal fires (rule burning) are not allowed in Chelan, Foothills, Highlands, Kaniksu, Lower Basin, Lower Yakima, Methow, Upper Basin, Upper Yakima, and Valley Fire Danger Rating Areas.
- No burning allowed (written burn permits issued by DNR are suspended) in Chelan, Foothills, Highlands, Kaniksu, Lower Basin, Lower Yakima, Methow, Upper Basin, Upper Yakima and Valley Fire Danger Rating Areas.
- Campfires may be allowed in designated campgrounds. Always check with local campground hosts before lighting a campfire. Additionally, always make sure campfires are completely out before leaving them unattended – if it's too hot to touch, it's too hot to leave. Counties and local jurisdictions may have additional restrictions.

IFPL levels will remain the same for the following:

- IFPL will remain Level 1 in zones 678E, 685 and 688.