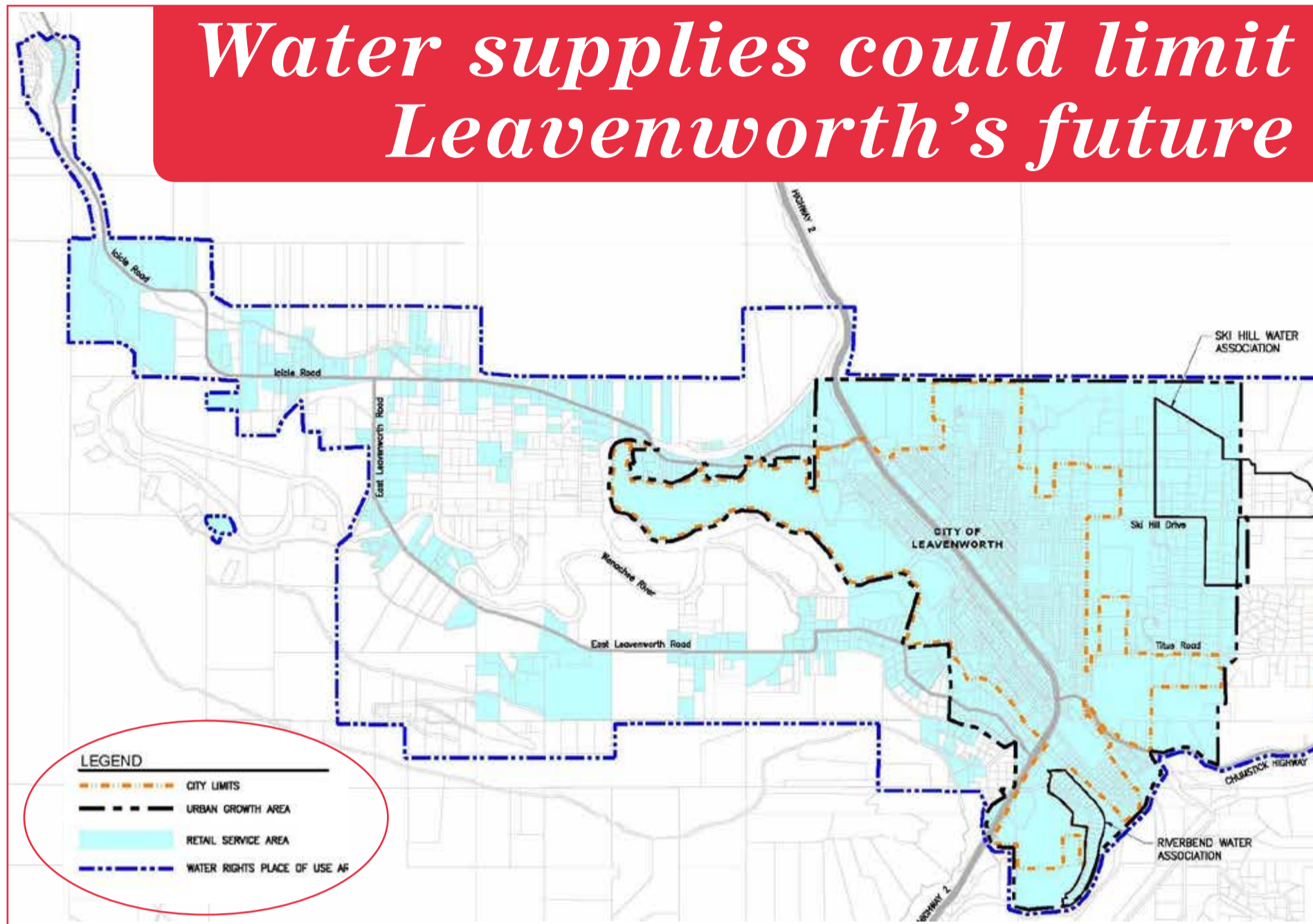




Water supplies could limit Leavenworth's future



By BILL FORHAN

Providing an adequate supply of clean drinking water continues to be available to local residents has been on the minds of Leavenworth city council members for the past several months.

It is an issue that goes far beyond the city limits. The Leavenworth Water District covers most of the valley including areas outside of the urban growth area - See Chart

At its most recent meeting city council approved the signing of the contract with Correct Equipment, Inc. for the installation of the Advanced Metering Infrastructure (AMI) System.

The contract will replace all

existing water meters with new ultrasonic meters that can be read from a central monitoring system at city hall.

The project will be paid for with two grants. A Federal Water SMART Grant for \$300,000 and an Icicle Work Group Grant for \$487,000.

The city gets part of its water from Icicle Creek. At its July meeting Council received a report from Consulting Engineers Gray and Osborne detailing the current condition and operating efficiencies of the Icicle Creek Water Treatment Plant.

The conclusions were that the plant is small and suffers from corrosion due to poor ventilation. They recommended repairs cost-

ing just under \$2 million. Part of that cost was to provide security fence for the site which currently is easily accessible.

Questions remain about how much water can legally be drawn from Icicle Creek and through city wells.

At its most recent council meeting members received an extensive report from the law office of Thomas Pors on the status of the city's water rights.

Pors pointed out that the city currently uses about 1000 acre feet per year. That is down substantially from the 1980's when the city was using about 1500 acre feet.

While Pors suggested this was probably the result of installing

water meters in the 1980's; it is also important to note that the Department of Ecology, in April of 1989, reduced the city's water rights.

Once the Smart meters are installed. One of the promised benefits is that it will help the city pinpoint where leaks are occurring.

The parties are still negotiating and Pors is calling for an Executive session to discuss the city's next move.

In the meantime consultants vary on how long it will be before the city's growth will be limited by lack of available water supplies necessary to meet the city's needs.

All of that depends on growth and what efficiencies might be

created through improvements to the existing water supply system.

If installing the meters in the 1980's reduced water usage by 50 percent.

Could we expect to see another major drop with the AMI System?

That is unlikely although the city has reported that Leavenworth's unaccounted for water usage is the highest in the county.

One of the promised benefits, if the new SMART meter system is installed, is it will help the city pinpoint where leaks are occurring.

And if water bills go up because the bills are more accurate, then homeowners may have increased interest in fixing those leaky faucets.

How to Survive and Thrive This Fall

School, Stress, and COVID

By MAXWELL MOHOLY, Ph.D



Maxwell Moholy

Summer vacation is almost over, which means families all over our community and nation are starting their annual "back-to-school" traditions.

Trouble is, there is absolutely nothing "traditional" about this return to school for anyone. Not for parents juggling career obligations while keeping an eye on their kids' Zoom classes. Not for children, who enter another year of learning far from the norm. And certainly not for educators, creating multiple lesson plans in a shifting educational landscape they didn't ask for nor can control, and who may be juggling educational needs for their children

bility, changes in sleep, changes in appetite) may be due to increased anxiety and stress.

- ◆ Create as much structure and routine as you can, especially now that schooling will happen from home.

- ◆ Be consistent with bed-times and wake times.

- ◆ Stick to a "school schedule"; try to tackle schoolwork at the same time every day, get dressed like you're going to school, and have designated areas of the house that are for school.

- ◆ In other words, avoid just doing schoolwork in pajamas in the bedroom. Calendars work! Consider having something visual up that the whole family can refer to.

- ◆ Don't forget to move! Exercise is important, along with social contact when and where appropriate.

- ◆ Have a plan for screen time, and make sure you keep school and recreational screen time separate.

- ◆ Model good self-care. Talk about how you are coping with stress.

- ◆ To deal most effectively with this kind of stress, it takes more than bullet points, though. It takes framing your mindset effectively around "community".

- ◆ To explain, I'll start with a great quote from Len Niehoff: "If we view ourselves as besieged victims who need to go into hiding, then we will

SEE SCHOOL, STRESS & COVID ON PAGE 6



Sandy Siegert 2012 Royal Lady passed away on Sunday, August 6th at her home in Leavenworth. Sandy was married to her husband Dick for 38 years. No services are planned.

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
Classifieds 4-5	Safeway
Opinions 6	



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Leavenworth, WA 98826
Phone: 509-548-5286
www.leavenworthecho.com



COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.

What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**

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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Phone: 509-548-5286
Fax 509-548-4789

website:
www.ncwmarket.com
www.leavenworthecho.com
e-mail:
echo@leavenworthecho.com

Publisher
Bill Forhan • 509-548-5286
publisher@leavenworthecho.com

Reporter/Photographer
509-548-5286, Ext. 6516
Reporter@leavenworthecho.com

Advertising Sales Manager
Carol Forhan
509-548-5286 • Ext. 6513
carol@leavenworthecho.com

Creative Services
Echoads@leavenworthecho.com

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News Submissions: Noon, Friday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Friday
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Classified Ads: Noon, Friday

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\$5.00 to include online subscription
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NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

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 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

I.P.I.D. Meeting, 8 a.m., Anthony Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)

Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Resort, 505 Hwy. 2, in the Lake Wenatchee Room. Call Dave, 548-0903. (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 7

00:07 Noise, Blackbird Island
03:20 Alarm, 10914 Mundun Canyon Rd., Peshastin
03:21 Disturbance, 505 US Hwy. 2
03:22 Welfare Check, 106 Joseph St.
09:53 Scam, 302 Poplar St.
10:18 Agency assist, Chumstick Hwy., MP 6
11:11 Theft, 11947 Chumstick Hwy.
11:58 Animal problem, 8800 Blk. School St., Dryden
13:22 Civil, 16125 Meacham Rd., Plain
13:27 Marine, 7544 S. Lakeshore Rd.
14:19 Malicious mischief, 9215 Icicle Rd.
15:57 Civil, 14040 Chumstick Hwy.
16:01 Vehicle prowler, Eight Mile Lake Trailhead
18:27 Vehicle prowler, Stuart Lake Trail
19:00 Traffic offense, Chumstick Hwy., MP 4
20:16 Property, 928 Pine St.
21:09 Vehicle prowler, 7375 Icicle Rd., Sleeping lady
22:03 DUI, 24490 White River Rd.
22:36 Noise, 9864 E. Leavenworth Rd.
23:09 Suspicious, 10170 Titus Rd.

August 8

05:35 Search & Rescue, Snow Lakes Trail
06:31 Alarm, 10914 Mundun Canyon Rd., Peshastin
07:58 Civil, 3300 US Hwy. 97, #57, Peshastin
08:14 Suspicious, Lake Ethel Trailhead
08:22 Property, Eagle Creek Rd.
08:57 Vehicle prowler, Eight Mile Lake Trailhead
11:24 Property, 520 Pine St.
13:49 Juvenile problem, 721 Commercial St.
16:15 Unknown accident, Saunders & Jeske Roads, Dryden
16:22 Trespass, 721 Commercial St.
17:02 Accident/no injuries, 200 Blk. W. Benton St.
18:00 Lewd Conduct 10285 Ski Hill Dr.
18:27 Property, Leavenworth Waterfront Park
19:01 Accident/no injuries, 405 US Hwy. 2, Howard Johnson Inn
19:47 Extra patrol, 8480 Icicle Rd.
21:00 Attempt to locate, LKW SP South Beach, Lake Wenatchee
23:04 Noise, 16995 River Rd., Plain

August 9

01:05 Noise, 18588 Rieche Rd., Lake Wenatchee
01:52 Noise, Sleepy Hollow Bridge
07:59 Alarm, 3997 Camas Creek Rd., Peshastin
08:04 Miscellaneous, US Hwy. 2, MP 72, Lake Wenatchee
09:31 Accident/no injuries, 1541 Dempsey Rd.
11:21 Vehicle prowler, Colchuck Lake Trail
11:23 Domestic disturbance, 116 River Bend Dr., Safeway
12:25 Attempt to locate, Phelps Creek Trailhead, Lake Wenatchee

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.)

12:30 Parking/abandon, 200 Blk - 9th St.
13:45 Property, 801 Front St.
14:28 Disturbance, 10765 Lone Pine Dr., Peshastin
15:10 Property, 1010 Main St., Barn Beach
16:36 Property, Main St., Leavenworth
17:21 Accident/no injuries, Commercial & 9th Streets
17:33 Marine, 7544 S. Lakeshore Rd.
18:43 Traffic offense, US Hwy. 2, MP 96
19:21 Attempt to locate, Eight Mile Lake Trailhead
20:07 Attempt to locate, Isolation Lake
20:23 Property, 636 Front St., Visconti's Italian Restaurant
20:24 Agency assist, 18451 Camp 12 Rd., Plain
20:31 Traffic offense, 116 River Bend Dr., Safeway
22:10 Attempt to locate, Mount Stuart
22:35 Prowler, 308 Zelt Strasse
23:48 Disturbance, 308 Zelt Strasse

15:28 Theft, 24623 Spur St., Plain
15:42 Property, 405 US Hwy. 2, Howard Johnson Inn
16:01 Animal problem, 11689 Sunitsch Canyon Rd.
22:53 Welfare check, 217 - 9th St.
23:23 Disturbance, 932 Front St., Starbuck's

12:30 Parking/abandon, 200 Blk - 9th St.
13:45 Property, 801 Front St.
14:28 Disturbance, 10765 Lone Pine Dr., Peshastin
15:10 Property, 1010 Main St., Barn Beach
16:36 Property, Main St., Leavenworth
17:21 Accident/no injuries, Commercial & 9th Streets
17:33 Marine, 7544 S. Lakeshore Rd.
18:43 Traffic offense, US Hwy. 2, MP 96
19:21 Attempt to locate, Eight Mile Lake Trailhead
20:07 Attempt to locate, Isolation Lake
20:23 Property, 636 Front St., Visconti's Italian Restaurant
20:24 Agency assist, 18451 Camp 12 Rd., Plain
20:31 Traffic offense, 116 River Bend Dr., Safeway
22:10 Attempt to locate, Mount Stuart
22:35 Prowler, 308 Zelt Strasse
23:48 Disturbance, 308 Zelt Strasse

August 10

00:21 Court order violation, 116 River Bend Dr., Safeway
04:19 Trespass, 810 US Hwy. 2, Bavarian Lodge
06:56 Parking/abandon, Cascade Orchard Bridge
09:15 Noise, 14038 Brae Burn Rd.
09:27 Vehicle prowler, Colchuck Lake Trail
09:59 Suspicious, Stuart Lake Trail
10:50 911, 100 Enchantment Park Way
14:03 Harass/threat, 218 West St.
16:17 Parking/abandon, 17400 Winton Rd.
16:44 Accident/no injuries, 1001 Front St.
21:42 Domestic disturbance 116 River Bend Dr., Safeway

August 11

02:36 Prowler, 76 Willet Lane, Plain
04:16 Prowler, 3516 Hansel Lane, Peshastin
07:54 Civil, 10765 Lone Pine Dr., Peshastin
09:22 Vehicle prowler, Jack Creek Trailhead
09:32 Vehicle prowler, 190 US Hwy. 2, Der Ritterhof
10:06 Theft, 251 Cherry St.
10:38 Agency assist, 21609 Camp 12 Rd., Plain
10:59 Vehicle prowler, 185 US Hwy. 2, FairBridge Inn
12:32 Off road vehicle, Merry Canyon Rd. & Dry Creek
12:34 Agency assist, US Hwy. 2, MP 65, Stevens Pass
13:10 Property, Peshastin
13:56 Disturbance, 8th & Front Streets
15:16 Civil, 25714 Camp 12 Rd., Plain

To see Sheriff's Report: leavenworthecho.com

CITY OF LEAVENWORTH

PUBLIC OPEN HOUSE

The Leavenworth Parking Advisory Committee is holding a Public Open House to hear feedback on their recommendations for addressing the Paid & Timed Downtown Parking Program.

Thursday, Aug 20, 2020 at 6:00 PM via Zoom Conferencing:

Meeting ID: 838 7245 5786
Passcode: 860009
Phone In: (253) 215-8782

For additional information, please contact Sue Cragun at scragun@cityofleavenworth.com (509) 548-5275.

Community Cupboard
A Program Of Upper Valley MEND
Thrift/Food Bank/Emergency Services
A program of Upper Valley MEND

Please help us meet our needs by donating the following items:
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Thank you for your support and Meeting Each Need with Dignity - M.E.N.D.

Das Thrift Haus is opening its doors. We will also be taking clothing and household donations at the sorting center again.

Das Thrift Haus
888-9990
Open Tuesday - Friday 10 a.m. - 4 p.m.
211 - 14th Street • Leavenworth

This announcement sponsored by The Leavenworth Echo

Upper Valley MEND awarded Community Foundation endowment grant

The Community Foundation of NCW has awarded a \$50,000 endowment grant to Upper Valley MEND.

The grant establishes an endowment fund at the

foundation to provide for long-term sustainability by dispersing a portion of the fund annually while the principal is invested for growth.

Through investment and additional donations to the fund, the annual payout increases, creating a dependable stream of income.

The endowment grant is awarded to a well-established nonprofit organization that has strong leadership and is positioned to grow the endowment.

“Over the last 30 years, our community has built a wonderful organization to support basic needs and community connection in the Upper Valley” said Upper Valley MEND Executive Director, Kaylin Bettinger.

“This endowment grant will ensure Upper Valley MEND services will be available for those in need long into the future.”

The foundation was faced with the tough task to narrow down the many impressive grant applications to three strong finalists, including Chelan-Douglas CASA (Court Appointed Special Advocates) and the Women’s Resource Center.

Each finalist had an opportunity to present to the

Endowment Grant Committee over Zoom.

“Each of the finalists are truly extraordinary organizations doing critical work in our communities” said Claire Oatey, the foundation’s director of community grants.

“This is always one of the hardest decisions for our Board to make, but Upper Valley MEND was chosen because of their strong board and staff leadership, their readiness to grow the endowment, and clear vision for how this opportunity will take the organization to the next level.”

This is one of the Foundation’s most competitive grants and is only available once every two years.

Upper Valley MEND is honored to be selected out of all the strong organizations across North Central Washington.

Andy Lane, president of the Upper Valley MEND board said he was thrilled that the Community Foundation awarded Upper Valley MEND the endowment

grant. “This recognizes and honors the commitment the people of our community have made to our neighbors in need,” Lane said.

“As we grow the endowment, we increase the financial stability of MEND and the sustainability of our mission – to meet each need with dignity.”

One of the ways Upper Valley MEND hopes to grow the endowment is

through planned giving. Donors interested in leaving a gift in their will to care for the Upper Valley’s most vulnerable residents in the future can leave a gift to the endowment fund.

As the fund grows, so does the power of their gift to make a difference in the community.

Information about planned giving can be found at www.umend.org/leave-a-gift-in-your-will.

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



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Leavenworth Rotary Bike Raffle

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/>

Gathering Community News

Hello neighbors, we would like to get some good news out in the papers since we do not have sports, community gatherings or meeting right now because of the COVID-19 virus, but if you have good news, or pictures to share with the community please feel free to email it to reporter@cashmerevalleyrecord.com or reporter@leavenworthecho.com. Stay well, Stay Strong, Stay informed.

Regional North Central Regional Library Program

The Summer Library Program will run from now to Aug. 31. The free online programming To sign up and learn more, visit www.ncrl.org/slp and follow North Central Regional Library on Facebook. For more information: www.ncrl.org/slp or <https://www.facebook.com/NorthCentralRegionalLibrary>

Join naturalist David George Gordon as he takes you on a guided tour of extraordinary animals in a free virtual program hosted by North Central Regional Library. This Zoom digital meeting platform will be on August 20 at 7 p.m. To register, visit: www.ncrl.org/blog/animals.

Standing water in tarps, tires and buckets breeds mosquitoes! Drain them!




Do you live within two miles of Leavenworth? Call us if you see two or more mosquitoes

The Leavenworth Mosquito Control District
(509) 548-5904 • www.leavenworthmosquitosdistrict.com
“Stopping mosquitoes at their source.”

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 Felicitas - 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 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

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

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

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

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. • 782-2616
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 6:30 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: Mark Miller
Youth Pastor, Kent Wright
www.LCN.org

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

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

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 782-2601
Church Service & Sunday School 9:00 a.m.
Pastor Lilia Felicitas - 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

Legals

Public Notices

CITY OF LEAVENWORTH
PLANNING COMMISSION &
CITY COUNCIL
NOTICE OF JOINT MEETING

NOTICE IS HEREBY GIVEN that the Leavenworth Planning Commission will host the City Council in a joint meeting on September 2, 2020 at 6:30 PM (prior to the 7:00 Housing Workshop). The meeting will be held via ZOOM (visit City website notices or contact us for how to join the ZOOM meeting) or, with limited space, at the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington. The intent of this meeting is to provide a mid-year update on the 2020 Docket. Council members may also attend the Housing Workshop. If you are not able to attend the meetings but would like to provide comment or have questions, please contact Development Services within City Hall at 700 Hwy 2, Leavenworth, WA 98826; phone 509-548-5275; email dsmanager@cityofleavenworth.com Published in The Leavenworth Echo/Cashmere Valley Record on August 19, 2020. #690

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



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

Is Tylenol dangerous?

Question: I always take Tylenol® for fever or headaches because it doesn't seem to upset my stomach like ibuprofen does. I've thought that Tylenol® was safe because my doctor always recommended it for my children. However, my sister-in-law insists that Tylenol® is dangerous. Who's right, my doctor, or my sister-in-law?

You are both right. Tylenol®, also called acetaminophen, is quite safe to take as long as you pay close attention to HOW MUCH you take and are careful to avoid taking too much of it at a time. But if you have liver disease or drink alcohol frequently, it may NOT be a safe choice for you.

Tylenol® was first used as a pain reliever in 1893. Due to concerns about its ability to cause liver damage, it was used cautiously until 1949, when it became a widely accepted alternative to aspirin. Today, acetaminophen is the most popular non-prescription painkiller sold in the United States. It is considered safer than ibuprofen or naproxen for mild to moderate pain, just as long as you don't take too much.

The best way to take Tylenol® or acetaminophen



safely is to watch the TOTAL amount you take over the day and always stay below the maximum recommended dose. For healthy adults, the Food and Drug Administration (FDA) recommends no more than 4000mg per day of acetaminophen. That's equivalent to twelve regular strength acetaminophen pills at 325mg each, eight extra-strength pills at 500mg each, or six extended-release tablets at 650mg.

If you are over 60 years old, the FDA recommends a lower daily limit: 3100mg. You should take up to 3100mg per day if you have liver problems or drink more than 2 ounces of alcohol regularly. Two ounces of alcohol is equivalent to one 12-ounce beer, one glass of wine, or one shot glass of distilled spirits. 3100mg of acetaminophen is equal to nine regular strength 325mg tablets, six extra-strength 500mg pills, or four extended-release 650mg pills.

Most people taking too much acetaminophen are unaware of the danger

until they experience permanent liver damage. A big part of the problem is the popularity of acetaminophen with drug makers. Acetaminophen is an ingredient of over 200 over-the-counter products and the popular prescription analgesics Vicodin® and Norco®.

You'll find acetaminophen in non-prescription remedies for allergy, sinus problems, cough, cold and flu symptoms, and even sleeplessness. In 2005 alone, consumers in the United States purchased more than 17 billion doses of non-prescription products containing acetaminophen.

Over-the-counter remedies are not the only spots in your medicine cabinet that acetaminophen can lurk. The prescription pain medicines Vicodin® and Percocet® contain a potent narcotic pain reliever along with acetaminophen. The combination of hydrocodone and acetaminophen in narcotic pain relievers like Vicodin® and Lortab® is among the most frequently dispensed prescription medicines in the United States. In 2005, pharmacies filled 11 billion doses of this potent combination analgesic. Unfortunately, acetaminophen in your

prescription medication is easy to overlook. Instead of squeezing the word acetaminophen onto the prescription label, the abbreviation APAP or ACET is used instead.

Here are 5 ways to keep yourself safe when taking Tylenol® or acetaminophen for pain relief:

1. Know your max.

Be aware of the maximum daily amount of acetaminophen that's safe for you to take. For healthy adults, this is 4000mg over 24 hours (8 tablets of Extra-Strength); for others, it is less. Ask your doctor or pharmacist if you aren't sure.

2. Keep track.

Pay attention to how much acetaminophen you are taking. Acetaminophen is called paracetamol in Europe and some other countries. Look for it on the list of active ingredients of all your medicines, food supplements, and herbal remedies. If you take prescription pain medicine, watch for the abbreviation APAP or ACET, or ask your pharmacist if there is any acetaminophen in your prescription medications.

3. Take one at a time.

Don't take more than one medicine containing acetaminophen at

a time. Taking both a non-prescription and prescription product containing acetaminophen puts you at high risk of getting too much. Watch out when taking pain medicines from more than one medical provider such as a dentist, surgeon, ER doctor, or urgent care center.

4. Watch out if you have liver disease.

If you have liver disease, you may need to avoid taking acetaminophen or Tylenol® altogether. Ask your doctor how much acetaminophen per day is safe for you to take for fever, aches, or pain.

5. Avoid acetaminophen when drinking alcohol.

Protect your liver by avoiding acetaminophen altogether whenever you drink alcohol.

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

THE WASHINGTON OUTDOORS REPORT

Try Camano Island for a summer getaway

BY JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

Camano Island offers an easy to get to vacation option away from the city through two saltwater state parks located within a mile of each other. Sitting just 67 miles away from Seattle and across two saltwater sloughs west of Stanwood, Camano Island is a rural getaway. There are no towns here, just a few crossings with stores, gas stations and cafes amongst the roads winding through woods, fields and pasture along with passing views of Puget Sound.

At the southwest tip of the island is Camano Island State Park and a mere mile north of it is Cama Beach Resort, which is also run by Washington State Parks. Both locations border Saratoga Passage, facing west towards Whidbey Island, but each park is unique in what it offers.

Camano Island State Park is a traditional 244-acre property. After passing the North Beach day use area you drive to the upper wooded portion of the park which includes two campground loops with 77 standard sites, five cabins sleeping up to six individuals each, and a group camp. If you enjoy hiking there are a number of short trails (three miles in total) allowing you to explore forested paths where sightings of birds, squirrels and rabbits are common. The most popular is a ½-mile interpretive loop, the Al Emerson Nature Trail, named after a former longtime park ranger.

A drive through the park takes you downhill to the day use area at Lowell Point. Here you'll find a busy boat launch and dock, covered picnic shelter and a number of picnic tables sitting above the high tide mark of the rocky beach. With 6700 feet of shoreline there is plenty of room to spread out along the beach. Many spend the day watching yachts and pleasure boats pass through Saratoga Passage, and sometimes a seal or orca whale will surface as well. Others launch kayaks or power boats and most of latter have crab pots. The crabbing here can be very good. Red rock crabs are



Courtesy John Kruse
ABOVE: The waterfront cabins overlooking Saratoga Passage at Cama Beach Resort.

RIGHT: Freshly boiled rock crab makes for a great campground dinner.

found in the shallow water while bigger Dungeness crabs are hauled up from deeper depths. Fishing is an option too, though there are restrictions this summer to protect Chinook salmon so you are limited to flounder, other bottomfish or the occasional coastal cutthroat trout near shore.

Cama Beach Resort, just to the north, is a converted 1930's fishing resort offering families the opportunity to stay in a cabin either right on the water, or a row back from the waterfront cabins. One unique thing about this setting is guest vehicles are not allowed in the cabin area. You either bring your belongings downhill from a parking lot with a wheeled cart or take a shuttle from one of the parking lots to the cabins below. This makes this area very kid friendly and fast friendships develop among children running or bicycling around the cabins or playing some of the outdoor games available here. Adults on the other hand, if not just relaxing, are often seen kayaking or paddling SUPs in front of the resort.

In addition to the cabins there is a volunteer run gift



shop (closed this summer) and the Center for Wooden Boats, which is open and dedicated to restoring and maintaining the types of wooden boats found at this resort during its heyday. In fact, you can rent a wooden rowboat or powerboat by the hour or for the day to explore the nearby waters or drop a crab pot (available for free with a full day boat rental).

If you are looking for a place to eat the Cama Beach Café in the parking lot area above the resort offers wonderful views of the Sound and excellent food. Breakfast choices include a family breakfast with all the fixings, Swedish pancakes, or hearty meat, cheese and vegetable filled omelets with seasoned potatoes.

Both state parks are pop-

ular. It's best to reserve a cabin as soon as it becomes available (nine months in advance of your stay). You can find out more and reserve online through the Washington State Parks website. <https://parks.state.wa.us/>

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

Opinions

Why America needs to keep the Electoral College

Our Founding Fathers weren't just a bunch of older White men who got together at some tavern and invented a set of rules for the future of a country. They were perhaps the most insightful group of men ever gathered in one place at one time.

The Electoral College is a perfect example. While many on the left decry the "antiquated" system of choosing a president, the truth is the actual reason for that system is to give equality to rural citizens and not just allow the tyranny of majority urban voters to dominate the country.



APPLES
TO
APPLES
Gary Bégin

When Donald Trump won the presidency, he did so because of the Electoral College, losing the so-called "popular vote" to Hillary Clinton by several million ballots.

That seeming oxymoron is exactly why the great wiggled elders back in the

1700s decided that popular vote alone would be unfair to all those Americans living in small towns, on farms and ranches across this nation.

Do Americans really want the densely populated cities to always control who gets elected? If that's the case in your mind, then feel free to sign up for my free "self-lobotomy" newsletter.

Los Angeles, Chicago, Miami, New York, Seattle, San Francisco, Houston, Detroit, Cleveland, Phoenix, ad infinitum, would be the only places nationwide candidates would ever hold campaign rallies.

No other voters need apply. The entirety of rural America would become marginalized.

Every single national election would be in the hands of the urban voters.

That is what our representative Democracy would look like if there were no Electoral College.

I didn't hear any griping about the "unfairness" of the Electoral College when Barack Obama won two elections, but all heck broke loose when Donald Trump won.

It wasn't just sour grapes from the left. But was and remains a concerted effort

on its part to change the fundamental fairness of making sure every vote counts, not just for big city folks.

The cause célébré nowadays is using that very same buzz phrase to "make every vote count" yet the left is happy to ignore the needs, voices, concerns and votes from the same country citizens who feed America.

Many of our major cities have become cesspools where every rat has the right to demand free cheese. Those who actually make the cheese seem to have no rights at all.

Keep the Electoral Col-

lege in your hearts and prayers, for without it, the chaos of anarchy as practiced recently in Portland and Seattle, will become the nationwide norm and the far left will dominate our country until we are all wearing the chains of the handout, not the freedom of entrepreneurial respect as envisioned 244 years ago.

(NCW Media Managing Editor Gary Bégin is wholly responsible for his opinions. Comments? Email gary@ncwmedia.net. All email received is subject to re-printing as a Letter to the Editor unless explicitly requested not to by the sender.)

Icicle Fund Awards \$183,308 In Grants To Nonprofits In North Central Washington

SUBMITTED BY TIFFANY BRINE

Leavenworth, Wash. – The Icicle Fund has awarded \$183,308 in grants to 18 nonprofits through its Creek and River Grant programs.

The Fund values projects and initiatives that foster a collaborative atmosphere, connect people to place, and are aligned with the Icicle Fund mission to support art, environment and history in North Central Washington.

The Fund believes that strong connections to the land and the communities in which we live are nurtured through artistic expression and imagination, an understanding of our past, and experience in and love for our natural landscapes and wildlife.

"At this time of challenges and change, the 18 supported organizations will help ensure that our region continues to thrive and grow.

"Together they build the essential creative capital of our region through art experiences and education.

"They enable connection with our natural environment, providing much needed physical and mental relief and inspiration for residents and visitors" said Christine Morgan, Executive Director.

She continues, "inclusion of North Central WA's Latinx residents and learning from the 100-year celebration of women's right to vote are critical steps for our region to be cohesive and prosper in the future.

"Grant recipients like Parque Padrinos, Team Naturaleza, the Wenatchee Valley Museum and Cultural Center, and the Tonasket Cultural Center are at the forefront of this work.

"They truly are impactful, and we are fortunate to have them in our region."

More than 20 years ago, the Icicle Fund was established by Harriet Bullitt

and has since supported more than 100 non-profit organizations with over \$40 million dollars.

In 2019, Bullitt gifted her ownership of Sleeping Lady Mountain Resort to the Icicle Fund.

As locals and guests visit Sleeping Lady, the Fund will be able to award even more grants to community organizations.

Creek Grants are single-year grants of up to \$7,500 for organizations to fill mission-centered gaps in the community.

River Grants are one or two-year grants of \$15,000 or more for strategic projects that will create a significant, long-term impact on the organization and its local or regional NCW community.

All grants are awarded for projects in the areas of arts, environment, and history in NCW.

Additional information can be found at www.iciclefund.org

GRANT AWARD RECIPIENTS

Organization	Project	Award
Waste Loop	Leavenworth Recycle Center Expansion Project	\$30,000
Parque Padrinos	Parque Padrinos	\$27,000
Team Naturaleza	Impacting Latinx Outdoor Culture	\$19,000
TwispWorks Foundation	Arts and Culture Placemaking in the Methow Valley	\$15,000
Cascade Columbia Fisheries Enhancement Group	Watching Over the Watershed	\$7,410
Columbia Basin Allied Arts	Pieced Together: Mural Project, final phase	\$3,000
Community Cultural Center of Tonasket	Develop Programs Desired By Our Local Hispanic Community	\$7,470
Confluence Gallery and Art Center	Brand Development	\$5,000
Dangerous Women	Dangerous Women - Building "Unbridled"	\$7,500
Little Star Montessori School	Little Star School Arts and Environmental Education	\$7,500
Okanogan Land Trust	Planning for Change: Addressing Climate	\$7,500
Sustainable Wenatchee	General Operating Support	\$5,500
The Merc Playhouse Society	The Merc Playhouse presents LUNGS by Duncan Macmillan	\$6,000
Upper Valley Connection	UVC Theater Camp	\$7,500
Upper Valley Historical Society	Management System Upgrade Project	\$5,428
Washington Trails Association	Restoring Trails in Okanogan and Chelan Counties	\$7,500
Wenatchee Valley Museum and Cultural Center	100 years of Women's Suffrage: Raising Our Voices	\$7,500
Wenatchee Valley YMCA	Paint the Town: A Collaborative Mural for Downtown	\$7,500

CONTINUED FROM PAGE 1

School, Stress, and COVID

cultivate fear and hoarding. If we view ourselves as a community working hard to protect the most vulnerable among us, then we will cultivate courage and helping. Mindset matters."

This quote really speaks to the attitude that I try to instill.

I think it is important to recognize that we are all experiencing a collective grief.

Two things that are making this pandemic particularly complex and challenging are (1) our lack of control of the virus and how it impacts all aspects of our life; and (2) the uncertainty about where we go next.

The thing about grief is that it's not about making the discomfort go away; rather, we need to lean into the discomfort and pain and be willing to live in that space as we adjust to the new reality.

Here are a few strategies that can help us cultivate this attitude of "willingness."

1. Mindfully acknowledge and talk about uncomfortable thoughts and emotions. Acknowl-

edge that we don't have the answers and that it is okay to not have all the answers.

Children look to their parents for answers and it can be powerful for us to model for them how we cope with stress and uncertainty rather than send the message that we have it all put together and they should too. Involve children and teens. Ask them to breathe with you. Practice some family yoga - you can find some great videos on YouTube. Do activities together in a mindful way, like cooking or going for walks. Explore emotions together - ask your children to describe their feelings like a "weather report", talk about where their feelings are in their body, or ask them to color their feelings.

2. Cultivate gratitude. Research shows that gratitude reduces stress and shifts our attention away from negative thoughts and emotions. It doesn't make the bad go away but increases our recognition that there is space for both in our lives.

Gratitude can also motivate us to take more creative and productive actions.

This is because gratitude allows us to realize that our actions can have a positive effect on our lives. A quick way to cultivate gratitude daily is the "three good things" exercise. There are two steps:

- *Everyday, take a moment to identify and write down 3 things that went well.*
- *For each thing above, take a moment to identify your role in making the good things happen.*
- *This is perfect to do at the dinner table, or right before bedtime.*

Remember: you're not going to "beat" stress and anxiety. You certainly shouldn't ignore it. But in acknowledging that stress, along with cultivating a sense of gratitude where you can, you and your family can learn to live with it.

Dr. Maxwell Moholy is a Clinical Psychologist at Cascade Medical.

High Fire Danger Prompts Ban of Shooting on DNR Lands

OLYMPIA – To help prevent wildfires, the Department of Natural Resources (DNR) is temporarily banning the discharge of firearms for target-shooting or other purposes by anyone not engaged in lawful hunting.

This ban will apply to 3 million acres of DNR-managed lands. This includes state forests, community forests, and forested state lands.

The temporary ban goes into effect at 12 a.m. Saturday, Aug. 15, 2020.

"We are entering a period of hot, dry weather across our state, including the highest temperatures we've seen all year," said Commissioner of Public Lands Hilary Franz.

"As conditions get hotter and drier, wildfire risk increases significantly, and we must take reasonable steps to prevent human-caused fires. I know this is an inconvenience for recreational target shooters, but we must do all that we can to ensure that our firefighters do not have to put their lives on the line to fight a preventable fire. When conditions improve, it will be

lifted. But for now, we must put the safety of our communities and firefighters first."

Discharging firearms poses a greater risk in dry conditions as bullets pass through decayed wood, cause sparks off rocks, or break into fragments in dry grass.

This year, DNR has already responded to a greater number of fires than the ten-year annual average.

This temporary rule does not restrict hunting.

A burn ban is currently in effect on DNR lands statewide, and fire danger on most of the east side is rated as "high" or "extremely high." Residents should check burn bans in their areas.

Commissioner Franz is encouraging private landowners to consider target shooting restrictions on their own lands.

The ban on discharging firearms for target-shooting, or other non-lawful hunting with firearms, is in effect until further notice.

Anyone who spots a wildfire should call 911 as soon as possible to report it.

We all want to get back to a more normal routine, here's how you can help our Valley get there.



For more information about fighting the spread of the COVID-19 virus, visit www.cdhd.wa.gov/covid-19.



#MASKUP #STOPTHESPREAD