



## AUGUST 5, 2020 • VOLUME 121, NO. 32

## **UPPER VALLEY NEWS SINCE 1904**

## SINGLE COPY \$1.00



## Thermometers for Every Cascade School District Family

## BY MARLENE FARRELL

As stakeholders wrestled with the many logistical challenges of reopening schools sometime soon, it became apparent that thermometers would be needed. Lots of thermometers – so

each student's home has one. School board member Cyndi

Garza partnered with Kaylin Bettinger, Executive Director of Upper Valley MEND, Sam Jerome, Cascade Medical RN in charge of Employee Health, and Marlene Farrell, Coordinator for Cascade Medical Foundation (CMF), to make it happen.

Garza and Jerome found an inexpensive source for 1000 thermometers at only \$3 each.

Farrell and CMF applied for a grant to cover a large portion of the expense.

Bettinger and UV MEND are hosting a public campaign to raise the remaining funds. Anyone who would like to donate can go to their webpage and find the donation link: www.uvmend.org.

This special fundraiser lasts for only two weeks because the thermometers, along with health safety information, soap, dental hygiene supplies and cloth masks, will be distributed to CSD families by the end of August.

If more financial support comes in than is needed for thermometers, the extra funds will be put to good use, likely to help cover hotspots for students who do not have Wi-Fi access at home.

# Reopening Stakeholders' Meeting Confirmed Remote Start for Schools

BY MARLENE FARRELL

Cascade School District Superintendent Tracey Beckendorf-Edou opened the final session of the Reopening Stakeholders' meetings with tough news.

She had received the verbal message from the Chelan Douglas Health District that schools in Chelan County will not be permitted to open in-person on August 26 for health safety reasons.

The preferred number of new positive COVID-19 cases out of 100,000 people is 25 for the last fourteen days. A recent count for Chelan County hit 481.9.

This Stakeholders' group, made up of teachers, classified staff, administrators, parents, students and community members, has been working for the last few months on how to reopen safely. That planning, while still invaluable, is put on hold.

"Our assumptions haven't worked out. In the early summer, cases were going down, which made us hopeful," said Beckendorf-Edou.

The new plan is for the district to follow four stages of reopening, which differ from Washington State's four phases.

Fully remote education, called "Continuous Learning 2.0", defines Stage 1.

Some of the 2.0 improvements overthe first round of continuous learning in the spring include staff working on site, and groups of five students permitted inside schools, with preference going to high needs, English language learners or those without working Wi-Fi.

Additionally, teachers will check in with each student every day and grading will resume.

day and grading will resume. Child care at Alpine Lakes Elementary through a partnership

with YMCA will be open. The exact metrics will be coming soon, but likely once the new



positive rate is between 25 and 75, elementary children will return in Stage 2, at 50% capacity.

A possible scenario will follow an A/B schedule, in which an A cohort of about eleven students (half a typical class) will be in a classroom on Monday and Tuesday, and a B cohort will be there on Thursday and Friday, with Wednesdays reserved for sanitation.

In Stage 3, likely when the new positive rate hits 25, students pre-K to 8th grade will be back at 50 percnt capacity.

At the middle school, teachers usually interact with the whole grade level.

For safety sake, there will be blocking and students will have two, instead of four teachers. Teachers will teach two subjects each, math/science or ELA/social studies.

High school students will return to school only in Stage 4, possibly when the new positive rate hits 10, for a few reasons.

Teenagers are similar to adults in terms of infection transmission, and high schoolers cannot stay in small cohorts because each student has a unique academic schedule.

Concurrently, parents still have other options, including

Home Link, which will also hold classes virtually at first, and the new Kodiak Virtual Academy, which requires a semester or year commitment.

A parent's concern about new students meeting their teachers was met with confirmation that in-person orientations in small groups would occur.

Beckendorf-Edou responded to a second worry about the disparity in learning created by some families having two working parents and the child being unable to self-direct.

She said she recognized the imperfection of the situation, but hoped parents would utilize the YMCA child care option, which can grow with demand and can be very affordable with financial assistance available.

The superintendent explained a few other key elements to Continuous Learning 2.0, which should reassure parents.

She stressed there will be consistency across the board, in communication, platforms used and grading expectations.

In addition to teachers communicating with students every day, the counselors will be calling families to check in, there will office hours for students as well as for parents, teaching tips for parents and online opportunities for students in clubs and parent groups to interact.

Further discussion about Wi-Fi hotspots included a reminder that the thirteen purchased and used last spring made a huge difference for students' academic participation.

Beckendorf-Edou mentioned that the state will hopefully provide grant funding for more.

Parent Annie Schmidt is helping launch a sewing initiative to create 1300 cloth masks so every district student has one.

Materials were purchased and crafty community members enlisted to make batches of fifty. More masks will also be needed

to have spares in the classrooms. Alpine Lakes Elementary Principal Kenny Renner-Singer urged parents to call and email admin-

istrators. He said he was speaking with about five parents each day to answer questions.

The superintendent responded to parental concern over how family choices will affect the district.

Beckendorf-Edou said she hoped families would stick with the district with Continuous Learning 2.0. "Be with us, and work with us," she said.

# Campfire Restrictions, Fire Precaution Levels, in Eastern Washington

OLYMPIA – Due to the extremely dry, hot weather, the Washington State Department of Natural Resources (DNR) announced today the following changes in campfire restrictionson DNR-protected lands.

These changes come on the heels of the statewide burn ban on all DNR-protected lands signed July 28 by Commissioner of Public Lands Hilary Franz.

## *Effective Friday, July 31, 2020:*

• Campfires in campgrounds are not allowed in Foothills, Kaniksu, and Upper Basin Fire Danger Rating Areas.

• Fire danger will increase from very high to extreme in the Valley Fire Danger Rating Area.

• Fire danger will increase from high to very high in the Chelan and Upper Basin Fire Danger Rating Areas.

• Fire danger will increase from moderate to high in the Kaniksu Fire Danger Rating Area.

• Fire danger rating remains

OLYMPIA – Due to the exemely dry, hot weather, the ashington State Department ing Areas

Burn restrictions remain in place for the following:

• 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.

Daily updates on burn restrictions are available at **1-800-323-BURN (2876)** or on the burn portal map at https:// burnportal.dnr.wa.gov/ and IFPL map at http://www.dnr. wa.gov/ifpl.

# **The Washington Outdoors Report**

# Lake Wenatchee Sockeye

STORY BY JOHN KRUSE

Anticipation is running strong for the Lake Wenatchee sockeye season opening August 3rd.

This season is never a sure thing, always dependent on the number of salmon returning up the Wenatchee River to this wood-lined lake in the Central Cascades and there have not been enough salmon returning for a season to take place for several years.

That changed this year with a strong run of sockeye coming up the Columbia River, about 11 percent better than the ten-year average.

Travis Maitland, a biologist with the Washington Dept. of Fish and Wildlife, says an estimated 35,000 sockeye are coming to the lake this summer, far surpassing the 23,000 salmon required to meet spawning escapement goals for this species.

Because of this surplus we get a season running until September 7 with a four fish daily limit.

There are a few things 4

you should know about the Lake Wenatchee sockeye fishery.

First off, you won't be catching any sockeye out of this lake from shore, this is a boat show and unless you own property on the lake (or know someone who does) you've only got two options about where to launch.

The main launch site is at Lake Wenatchee State Park (Discover Pass required) and boats start lining up to launch when the fishing is hot as early as 3a.m.

There is a good launch here but it is crowded and this year, with Covid-19 restrictions at Lake Wenatchee State Park, that may pose a problem.

Because of overcrowding, staff have been closing all entrance into the day use area of the park (by vehicle or foot) once the day use parking lot is full.

Speaking with Park Ranger Trevor Wylie about whether this was going to be an issue for anglers and visitors he said he didn't think it would be because most of the anglers are launching at 4 a.m. and are off the water



Kimberly Loomis holds up a limit of sockeye she and her husband Bob caught out of Lake Wenatchee.

and leaving the park by 10 a.m., which is when the bulk of day use visitors begin to arrive.

The one user group that could have a problem accessing the park would be anglers hoping to fish in

the late afternoon or early evening.

Another option if you have a car topper boat is to launch at Glacier View Campground (Forest Service Recreation Pass required).

SEE THE WASHINGTON OUTDOORS REPORT ON PAGE 3



# During this difficult time support your neighbors Most local businesses offer curbside service or delivery



Inside The	e ECHO this week
Community Calendar 2 Neighbors	Inserts Dan's Market Safeway
Community 6	کې ر





215 14th St. • P.O. Box 39, Leavenworth, WA 98826 Phone: 509-548-5286 www.leavenworthecho.com

## Community

## THE LEAVENWORTH ECHO • AUGUST 5, 2020

COMMUNITY Local, BULLETIN BOARD

2

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

Another way to advertise your News & Events

Go to: www.NCWMARKET.COM · 24/7 Choose your category and pay for Print & Online at one time For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com

## THE LEAVENWORTH 0

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## DEADLINES:

Calendar Listings: Noon, Thursday News Submissions: Noon, Thursday Letters to the Editor: Noon, Friday Display Advertising: Noon, Thursday Legal Notices: Noon, Friday Classified Ads: Noon, Monday

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## SERVICES:

Back Issues are available up to one year after publication for a

## **AA Meeting Schedule** nformation 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**

#### Wednesdav

- 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.)

Saturday

No Events Scheduled.

Sunday See Church schedule.

Monday

# 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.

**City Council Meetings** 

contact Lilith Vespier, 549-5275. (1st Wed.)

548-5275. (2nd Tues.)

548-5275 (2nd & 4th Tues.)

Tuesday, 9:00 a.m., Leavonw

, 6:00 p.m., Bingo

Th

Wenatchee

00

(2nd & 4th Tues.)

7 p.m., Leavenworth Planning Commission at City Hall

8 a.m., Leavenworth City Council study session, City Hall,

6:30 p.m., Leavenworth City Council meeting, City Hall,

**Senior Center Events** 

Monday, Wednesday, and Friday 10:00 a.m. Gent

3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275

Leavenworth Senior Center, 423 Evans St., Leavenworth

Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

19:17 DUI, SR 207 & Karl Rd., Lake 17;48 Property, Wenatchee River,

Leavenworth

21:36 Traffic offense, 10190 Chum-

22:05 Marine, 22010 N. Water Way

23:32 Domestic disturbance, US

23:45 Disturbance, 116 River Bend

08:33 Public assist, 10765 Lone

09:06 Harass/threat, 707 US Hwy.

17:57 Vehicle prowler, Stuart Lake

21:31 911, 15361 US Hwy. 2, Lake

21:34 Suspicious, 12750 Chumstick

22:47 Domestic disturbance 15361

US Hwy. 2, Lake Wenatchee

22:49 Suspicious, 7530 Saunders

00:24 Domestic disturbance, 213 -

07:53 Public assist, 9499 Saunders

08:47 Theft, 100 W. Commercial St.

9th St., Post Office Tavern

23:46 Suspicious, Icicle Rd.

Pine Dr., Peshastin

2, #F, Rhein Haus

18:42 Theft, 4919 Icicle Rd.

Hwy. 2, MP 84, Lake Wenatchee

Lake

stick Hwy.

Dr., Safeway

July 29

Trail

Hwy.

Rd.

July 30

Rd

Wenatchee

## **Stay Well!**

eting

## Sheriff/ **Fire/EMS**

## July 24

## 10:50 Fraud/forgery, 906 Cedar St.

- 10:56 Vehicle prowler, 405 US Hwy. 2, Howard Johnson's 11:24 Welfare check, US Hwy. 97 & Ingalls Creek
- 12:34 Accident/no injuries, Chumstick Hwy. & US Hwy. 2
- 15:21 Parking/abandon, 820 Front St., Gazebo Park
- 16:04 Public assist, 7660 Icicle Rd. 16:27 Parking/abandon, 1000 Blk.
- Main St. 16:37 Welfare check, 21617 Camp
- 12 Rd., Plain 17:28 Alarm, 9555 Nibbelink Rd., Peshastin
- 17:43 Extra patrol, 15440 Cedar Brae Rd., Lake Wenatchee 21:45 Welfare check, 20752 Chiwawa Loop Rd., Lake Wenatchee

22:09 Trespass, 9556 E. Leavenworth Rd. 23:03 Noise, 10285 Ski Hill Dr.

23:56 911, 590 US Hwy. 2, Enzian 19:40 Water Rescue, Leavenworth Inn

## July 25

11:24 Parking/abandon, 9703 E. Leavenworth Rd.

- 12:07 Search & Rescue, Eagle
- Creek Rd., MP 1 12:13 911, 590 US Hwy. 2
- 12:15 Theft, 11724 River Bend Dr., Marson & Marson
- 12:38 Traffic offense, 11145 North Rd.
- 12:57 Disturbance, 12069 Chumstick Hwy.
- 14:22 Water Rescue, 22010 N. Water Way
  - 15:10 Property, 940 US Hwy. 2, #B 15:40 Suspicious, Chiwawa Loop Rd., MP 5, Lake Wenatchee
  - 16:36 Harass/threat, 29739 White River FS 6400
  - 17:48 Noise, 12315 Mule Tail Flats Rd.
  - 17:52 Extra patrol, Prospect & Mine Streets
  - 17:59 Vehicle prowler, Icicle Creek Trail
- 2, Dan's Food Market 16:10 Vehicle prowler, Eight Mile

Trail

- 18:34 Attempt to locate, Colchuck Waterfront Park 19:52 Domestic disturbance 309 -
- 8th St., Post Hotel 19:55 Weapons violation, US Hwy.
- 97 & Old Blewett Rd. 19:58 Agency assist, US Hwy 2, MP
- 59, Stevens Pass
- 20:00 Vehicle prowler, 116 River Bend Dr., Safeway
- 21:58 Attempt to locate, Colchuck Trailhead 23:25 Animal problem, 16761
- Lakeview Dr., Lake Wenatchee

01:11 Unknown accident, US Hwy. 2,

09:21 Public assist, Isolation Lake

10:11 Public assist, 15250 US Hwy.

13:47 Vehicle prowler, Stuart Lake

14:30 Extra patrol, Cedar Brae Rd.,

15:31 Traffic offense, 1329 US Hwy.

MP 1, Lake Wenatchee

MP 74, Lake Wenatchee

2, Lake Wenatchee

#### July 27

#### fee

Photo Reprints are available for most photos taken by staff. The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039



## 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 davtime 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 vour 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.

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.leaveworthmasons.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).

## Regional events

- SCORE (small business counseling), 1 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)
- Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.
- Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

## leavenworthecho.com

- 18:50 Welfare check, 721 Front St., The Hat Shop
- 19:01 Trespass, 23721 Little Wenatchee Rd.
- 19:11 Extra patrol, 15227 Cedar Brae Rd., Lake Wenatchee
- 19:20 Vehicle prowler, Eight Mile
- Lake Trailhead 20:08 911, Leavenworth
- 20:14 Traffic offense, 116 River Bend Dr., Safeway
- 21:03 Noise, 22918 Maple Dr., Lake Wenatchee
- 21:13 Domestic disturbance 200 -8th St., Los Comperos
- 21:36 Traffic offense, 8480 Icicle Rd.
- 22:13 Trespass, 111 Ski Hill Dr. 22:50 Disturbance 3557 Allen Lane, Peshastin

## July 26

- 00:15 911, 200 Blk,, 12th Street 01:29 Noise, 109 Chelsie Lane 08:37 Suspicious, 7375 Icicle Rd., Sleeping lady
- 10:14 Suspicious, 15361 US Hwy. 2, 59'er Diner
- 10:15 Agency assist, 7758 Icicle Rd. 10:27 Animal problem, 694 US Hwy. 2
- 10:49 Property, Phelps Creek Trailhead
- 11:18 Domestic disturbance, Beaver Valley Rd., MP 17
- 13:51 Vehicle prowler, 24602 Spur St., Plain
- 14:14 Disturbance, 920 US Hwy. 2 15:29 Agency assist, 14076 Brae Burn Rd., Lake Wenatchee
- 17:33 Public assist, 1438 Hetzer Lane, FS 8500-2
- 18:08 Weapons violation, 3505 Allen Lane, Peshastin
- 18:30 911, 20880 Kahler Dr., Unit D8, Lake Wenatchee 19:13 Property 321 - 9th St.  $\geq >$



- Long-term Care
- ALL Medicare Plans
- Health
- Disability and Annuities

509-884-5195 SmithsonInsuranceServices.com

- Lake Trailhead 16:13 Agency assist, Icicle Rd., MP 10
- 17:28 Marine, 22010 N. Water Way 06:51 Noise, 8935 E. Leavenworth
- 17:55 Public assist, 920 US Hwy. 2, Union 76
- 18:53 Weapons violation, 3800 Blk. Old Blewett Rd., Peshastin 20:16 Harass/threat, 9791 Mountain
- Home Rd 20:27 Welfare check, 116 B River
- Bend Dr., Safeway 20:59 Traffic offense, US Hwy. 2 &
- Alice Ave., Dryden 22:19 Trespass, 9556 E. Leaven-
- worth Rd.

## July 28

- 01:57 Animal problem, Cherry & **Prospect Streets** 09:19 Suspicious, 7205 Icicle Rd. 09:44 Civil, 10765 Lone Pine Dr., Peshastin
- 09:53 Malicious mischief, 703 US
- Hwy. 2 12:06 Disturbance, 11756 US Hwy. 2 16:37 911, 5312 Pine Flats Loop Rd.
- 16:58 Search & Rescue, Bryant Peak, Lake Wenatchee
- 16:58 Public assist, 10460 Fox Rd. 17:00 Property, Leavenworth Waterfront Park
- 17:12 Injury accident, US Hwy. 2, MP 100

09:01 Civil, 8901 Josephine Ave., Dryden 09:08 Parking/abandon, 9501 Jeske Rd., Big Y Park

Rd., Peshastin

- 11:13 Marine, 7544 S. Lakeshore Rd., Lake Wenatchee
- 11:21 Scam, 3695 Allen Ln., Peshastin
- 12:30 Harass/threat, US Hwy. 2 & River Bend Dr.
- 14:36 Theft, 1033 Commercial St., Mana Restaurant
- 16:45 Welfare check, 228 Chumstick Hwy.
- 16:58 Juvenile problem, Blackbird Island
- 17:21 Harass/threat, 2201 Salal Dr., Lake Wenatchee
- 18:46 Alarm, 11756 US Hwy. 2, Jerry's Auto
- 22:21 Theft, 22976 Lake Wenatchee Hwv.
- 23:13 Trespass, 11684 Sunitsch Canyon Rd.
- 23:54 Noise, 200 Blk., Pine St. 23:57 Noise, 12720 Wilson St.
- To see Sheriff's Report: leavenworthecho.com

Blood donors needed

to keep supply strong

as pandemic continues

Donation appointments can be made for the coming

days and weeks by downloading the free Blood Donor

App, visiting RedCrossBlood.org, calling 1-800-RED

CROSS (1-800-733-2767) or enabling the Blood Donor

Skill on any Alexa Echo device. As a thank-you for helping

ensure a stable blood supply, those who come to give

Aug. 1-Sept. 3 will receive a \$5 Amazon.com Gift Card

via email, courtesy of Amazon.\* Plus, come to give by

Aug. 31 and automatically be entered for a chance to

win a trip for four to Cedar Point or Knott's Berry Farm,

8/5/2020: 12:30 p.m. - 6:30 p.m., Cashmere United

8/6/2020: 1 p.m. - 5:30 p.m., LDS - Leavenworth, 10170

8/7/2020: 10 a.m. - 3 p.m., Central Washington Hospital,

redeemable through the 2021 season.

Methodist Church, 213 S. Division Street

**LOCATIONS:** 

Cashmere

Leavenworth

1201 S Miller Street

Titus Road



Carolyn Louise Lang, age 73, passed away at home, surrounded by her family on July 28, 2020, after a 4-year courageous battle with cancer. Carolyn was born March 1, 1947 in Seattle, WA. to Douglas and Alice Lodge.

She met her husband of 53 years, George, at the Evergreen State Fair in Monroe. where she was working for her dad in his food stand.

The family continues to run the longest running food stand on the Fairgrounds to this day. George and Carolyn were married on July 14, 1967, while George was on leave from serving in Vietnam with the US Navy. Their daughter, Lori, was born in 1973, son Jason in 1977, and son Jeffery in 1979. Early in their marriage they lived in Long Beach, CA., where George was stationed for the Navy. They returned



Carolyn Louise Lang

March 1, 1947 – July 28, 2020

to Vancouver, WA., Cle Elum, WA., and eventually, Leavenworth, WA. following George's assignments with the State Patrol from town to town.

Carolyn was known for her beautiful garden, and she grew many cucumbers to can her "world famous" dill pickles! You could also find everyone gathered around the porch drinking her famous iced tea. She was an amazing seamstress and yard sale expert, always saving money wherever she could. She didn't consider herself cheap, merely "thrifty", as she would tell us. But her biggest accomplishment was her family.

She loved having her grandchildren running around, cherished having every Christmas and Thanksgiving at her house with 20 or more loved ones gathered around the table. We all looked forward to her Povitica for breakfast every Christmas morning, and the turkey dumpling soup the day after.

Carolyn was a faithful member of Our Lady of the Assumption Catholic Church

to Monroe, WA., and moved in Leavenworth and enjoyed her quilting group and counting money every Tuesday. She also loved playing in her ladies Pinochle group.

Carolyn was a loving and devoted wife, mother, grandmother, great grandmother, sister, sister in law, aunt, and surrogate mom to so many. She leaves behind a legacy of love.

Carolyn is survived by her husband of 53 years, George, her Daughter Lori Obergh of Greenacres, WA., her son Jason (Jillian) Lang of Pullman, WA., her son Jeffery (Morgan) Lang of Peshastin, WA., her brother Steven (Harriet) Lodge of Shoreline, WA., her 8 grandchildren Brian, Katelyn, Peyton, Grace, Hunter, Olivia, Emilie, and Alice, and her great granddaughter Lillian, and her faithful walking partner, Buster, and numerous nieces and nephews. She was also looking forward to meeting her granddaughter to be, due in October, as well as her second great grandchild due in December.

A socially distanced funeral will be held at Our Lady of the Assumption Catholic Church at

145 Wheeler Street in Leavenworth, WA. on Friday, August 7, at 11:00 a.m. This will be by reservation only, as it will be held outside in the Meadows, and people are to remain in their cars and space is limited. Please notify Lori by text at

509-991-3943 if you plan to attend. This will be followed by a procession to bring Carolyn to her final resting place in the Mountain View cemetery.

A celebration of life will be held at a later date. A socially distanced viewing will take place at Heritage Memorial Chapel at 19 Rock Island Road, East Wenatchee, on Thursday, August 6, from 3-8 p.m. Masks and social distancing will be required. Memorial contributions can be made in Carolyn's name to St. Jude Hospital. Calls, cards and flowers are also appreciated.

The family would like to give a special thanks to the amazing medical staff for taking such great care of Carolyn: Dr. Jerome, Dr. Tucker, and Dr. Jorgensen

Carolyn felt you were more than her doctors, you became family. We would also like to thank Central Washington Hospice for the great care and

## CONTINUED FROM PAGE I

## Lake Wenatchee Sockeye

There is limited space to park at the day use area here but it is close to the northwest end of the lake where the fish, and most of the anglers, congregate.

As for catching sockeye here the first two weeks of the season are definitely the best and early morning is the time to be fishing for them.

Bob Loomis with Mack's Lure out of Wenatchee knows this fishery well and recommends:

Looking for the sock-•eye around 40 feet deep to start and going deeper as the morning progresses.

2. Troll slow. If you are trolling at 2 ½ miles an hour you are going way too fast.

Cut that speed in half and you'll be in the zone.

**3.** Use a dodger. An 8" dodger will provide not only plenty of flash, but also give action to the lure. Loomis recommends a

silver or pink dodger.

dodger is a bare red hook (selective regulations are in effect with only a single barbless hook allowed and no bait).

However, Loomis recommends fishing a Mack's Lure Double Whammy Sockeye Pro which adds beads and a red mylar Smile Blade spinner to that red hook or a Mack's Cha Cha Sockeve lure with a squid body for better success. The go to colors? Red and hot pink.

One other trick spe-• cific to this fishery is to use a short leader.

Loomis recommends a leader length of only 7 to 18 inches between the dodger and the hook to combine the most attraction and lure action.

Put it all together and you've got a great primer on how to catch sockeye salmon this August in one of the more scenic areas of the state to do so!

John Kruse - www.northwest-The traditional of- ernoutdoors.com and www.





## 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.

## New to our area? On vacation? UPPER VALLEY CHURCH GUID E These churches welcome you!

## FORMATION IN THE CHURCH GUIDE CALL 548-5286

**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.midvalley baptist.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

**COMMUNITY UNITED METHODIST** 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. www.leavenworthumc.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 info@leavenworthbaptist.com Email

> 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



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

SEVENTH DAY ADVENTIST CHURCH

## 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 FOURSQURE CHURCH** 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth







## 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

Sunday School 10:00 a.m. - Worship 11 a.m.

## **CASHMERE UNITED METHODIST CHURCH**

**CASHMERE BAPTIST CHURCH** 

103 Aplets Way • 782-2869

Bible Study, Wed., 7 p.m.

Pastor Bob Bauer

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 christcentercashmere.com/cc-updates Underground High School Group, ONLINE ONLY at 6 p.m. Sundays **CHRIST**CENTER Lead Pastor, Steve Haney Children's Paster, Andy Robinson Congregation Care Pastor, Joyce Williams **Director of Operations, Pastor Ian Ross** High School Director, Steffanie Haney





removable shelves, A wood credenza and a

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		2				9				590 US Hwy. 2 Leavenworth	Your ad will appear	Apply in person.	Leavenworth Echo, 548-5286 or Bill, at
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Lake Chelan Mirror Quad City Herald Call 682-2213

> Leavenworth Cashmere Call 548-5286

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

## **Real Estate**

**Orchards & Farms** 



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

## **Rentals**

1 bedroom furnished apartment in Manson. WIFI, TV, all utilities, private pool, private parking. No pets. \$800/ month. Available August 2. 509-679-4900.

Leavenworth Home for Rent 3 Bedroom, 2 Bath, great AN ORDINANCE OF THE CITY \$2000 per month

## Legals **Public Notices**

Superior Court of Washington For Chelan County

In the matter of the estate of Alyson Ruthe Berman, Deceased. No. 20-4-00206-04 **Notice To Creditors** (RCW 11.40.030) The person named below has appointed as been Administrator of this estate. Any transportation consultant will person having a claim against discuss transportation planning the decedent must, before the updates including peak hour time the claim would be barred and level of service. They will by any otherwise applicable be able to answer questions statute of limitations, present and discuss ideas with the the claim in the manner as public. To request the meeting provided in RCW 11.40.070 by agenda and materials or serving on or mailing to the provide comments or questions, Administrator or his attorney at please contact Development the address stated below a Services within City Hall at 700 copy of the claim and filing the Hwy 2, Leavenworth, WA original of the claim with the 98826; phone 509-548-5275; court in which the probate email proceedings were commenced. dsmanager@cityofleavenworth. The claim must be presented com within the later of: (1) thirty days after the Administrator 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 this Notice. If the claim is not presented within (2)

this time frame, the claim is https://us02web.zoom.us/i/8246 forever barred, except as 0713620?pwd=dWVjUFRhbHIL otherwise provided in RCW 11.40.051 and 11.40.060. This or bar is effective as to claims (3) call in: 1-253-215-8782. against both the decedent's probate and nonprobate assets.

**Date of First Publication:** July 22, 2020.

#### Benjiman Ρ. Harris, Administrator Attorney for the Administrator: Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111 Court of probate proceeding August 5, and 12, 2020. #550 and cause number: Chelan County Superior Court, Cause Number: 20-4-00206-04

Published in The Cashmere Valley Record and The Leavenworth Echo on July 22, July 29, and August 5, 2020 #548

#### **Public Notices**

## **CITY OF CASHMERE** SUMMARY OF ORDINANCE

NO. 1292 On the 27 day of July, 2020 the City Council of the City of Cashmere, Washington passed Ordinance No. 1292.

A summary of the content provides as follows:

area with mountain view. COUNCIL OF THE CITY OF WASHINGTON, ADOPTING THE

## **Public Notices CITY OF LEAVENWORTH**

PLANNING COMMISSION

## NOTICE OF WORKSHOP

NOTICE IS HEREBY GIVEN that the Leavenworth Planning Commission will hold a **Transportation Planning** discussion, on August 19, 2020 at 7:00 PM, via Zoom or with limited availability in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington. The City's

To join via zoom, you can:

(1) connect via the Zoom app: Meeting ID: 824 6071 3620 Passcode: 006688

the web link: use TktMUU5uOUVOZEI6Zz09,

Published in The Leavenworth Echo/ Cashmere Valley Record on August 5, 2020. #575

#### **Public Notices**

Chelan County Mosquito Control Dist. #3

Will hold their Annual Meeting, August 17, 2020. The meeting will be held at 14233 Idlewild Rd., Leavenworth, WA. 98826 Published in The Leavenworth Echo/ Cashmere Valley Record on July 29,

## **Public Notices**

Pursuant to RCW 35.21.157 and the contract between Waste Management and the City of Cashmere, Waste Management hereby provides notice to the public of rate changes for solid waste and recycling collection pursuant to Solid Waste Collection the Service agreement between Waste Management and the City of Cashmere. The Rate What's the best way to Adjustment will be effective get rid of it? October 1, 2020. More 2020 Rate Adjustment can be obtained by calling Waste

## State launches new grant program to conserve community forests

OLYMPIA-Communities wanting to conserve forest lands now have a state grant program to help, the Recreation and Conservation Office announced today.

Beginning Sept. 1, communities can apply for grants of up to \$3 million in the newly created Community Forests Program.

The grants must be used to buy at least five acres of forestland and the land must be maintained as forestland forever. The land must be actively managed to include timber harvest and other income generating activities. Grants also may be used to restore the land or provide recreation opportunities, such as trails, when combined with land purchases.

"Forests in Washington serve many purposes. We use them for timber for our homes and as places to hike mountain bike and do a whole slew of other outdoor recreation activities," said Kaleen Cottingham, director of the Recreation and Conservation Office. which is administering the grant program. "In addition, forests provide important wildlife habitat and other benefits such as clean air and clean water. Conserving forestlands ensures they remain part of our heritage for generations and that Washington stays the Evergreen State."

From 1978-2001, 700,000 acres of forestland in Washington were converted to suburban development, rights-of-ways, and agriculture.

"The loss of these forestlands diminishes a reliable source of forest products and jobs. It also threatens to impair important habitat for fish and other wildlife," Cottingham said.

More than 1,700 forest products-related businesses call Washington home, supporting 101,000 workers and gross business income of about \$28 billion a year.

"The new Community Forests Program provides another tool in the toolbox for communities like mine, where timber is an important part of our economy, culture and history, but commercial forestry is challenging due to population growth and consolidation in the industry," said Kate Dean, Jefferson County commissioner. "Community forest grants will allow for all the benefits of forestry-standing trees, environmental benefits like improved water quality, open space for recreation and revenue-while giving local decision-making on stewardship and harvest. Jefferson County looks forward to the opportunity to create a community forest for all of the myriad benefits they bring to our timber county."

"What's unique about this program is that it's not another parkland acquisition or pure conservation program," said Jason Callahan, director of Government Relations for the Washington Forest Protection Association. "It's a program to help maintain the state's base of managed working forestlands. Actively managing forests also will help forest health, the rural economy, log supplies for mills and other aspects of the community. These values are only obtained when working forests are kept working."

"I am really excited about Washington's new community forest grant opportunities," said Ray Entz, director of Wildlife and Terrestrial Resources for the Kalispel Tribe of Indians. "These opportunities create special places to engage and enrich the communities that they serve. From the fiscal, educational, recreational and environmental perspectives, these community forests are nothing but untapped potential."

The Recreation and Conservation Office will accept applications from Sept. 1-Oct. 1. More information about the Community Forests Program is available online.

"Community forests provide the opportunity for citizens to have a direct stake in how Washington's vital and iconic working forestlands are used and managed," said Nick Norton, director of the Washington Association of Land Trusts. "I have seen community forest projects in Washington already allowing local communities to create jobs and revenue through creative, crossboundary forest management, serving as educational centers to cultivate the next generation of natural resource professionals and civic leaders, and providing outdoor hubs that connect tens of thousands of recreationalists to the benefits of working forests. This work will have a tremendous benefit to rural communities across the state now and for future generations."

Interested individuals can contact Contact: Ben Donatelle, 360-867-8331

# How to get rid of heat rash

Q: I get a rash when the weather turns hot.

In her mid-seventies, information concerning the Donna developed redness and itching in her groin area during a recent heatwave. She tried applying www.wmnorthwest.com/cashmere/in Gold Bond® powder, but it didn't seem to help. She asked me, "What will make it go away?" Heat rash, also called prickly heat or miliaria, can happen to anyone with active sweat glands. It's estimated that at least 40% of infants will get a heat rash at one point. Heat rash also afflicts physically active and sweating people in the summer heat, doing strenuous physical work, performing sports or exercise, even gardening. Prickly heat or heat rash is caused by clogged sweat glands. When sweat builds up under your skin, it can become trapped, causing your pores to swell and rupture. This creates small red, raised lesions that burn or itch that cluster in small clumps or spread out over larger areas. Outbreaks can occur anywhere you tend to sweat: your armpits, chest, upper back, belly, and groin. If the blockage is severe enough, it creates inflammation, pustules, or a yeast infection. Heat rash or prickly heat can also happen to people who have been treating their dry, itchy skin with heavy creams or ointments. This works well during the winter months, but during a hot, sweaty summer, those thick balms and butters plug up their hard-working sweat glands. The first key to relieving the itching and burning of prickly heat to keep your skin dry. One of the best ways to do that is by maximizing airflow to your skin to discourage excess sweating. Wearing loose, lightweight clothing during hot weather is critically important. along with using fans to improve airflow. Fevers



can cause profuse sweating and should be treated all. House fans can help circulate air over your skin.

2. Lukewarm sponge

baths increase evaporation, helping to cool and dry the skin.

Avoid hot water for

Call Mike, 509-699-3063



HUD vouchers welcome Rent based on income. Must meet eligibility criteria. Background screening required: \$40.00/ adult

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## Wanted to Rent

Retired Naval Officer seeks to Fermenting Tanks & lease Lake Wenatchee boat More. dock access during potential Location: 101 2020 Sockeye fishery. Will share catch. (619)993-1681

Retired man is looking for at cyberauctions.com small house, in the 11th, 10:00 AM Leavenworth or nearby Visit area. I have references. further details. Call 509-663-0754.

CITY OF CASHMERE COMPREHENSIVE TRANSPORTATION PLAN AND DEVELOPMENT STANDARDS Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on

**Public Notices** 

August 5, 2020. #661



Published in The Cashmere Valley Record/Leavenworth Echo on August 5, 2020. #610



Management at: (877)466-4668 or dex.html Published in the Cashmere Valley Record/ The Leavenworth Echo on August 5 and 12, 2020. #274



ncwmarket.com Email: classifieds@ eavenworthecho com Call 548-5286

with appropriate doses of acetaminophen to decrease excess moisture next to the skin.

The second key to treating heat rash is avoiding applying lubricants like creams or oils to your overworking sweat glands in areas that perspire heavily. Keep your underarms, chest, groin, behind your knees, and skin folds as dry as possible.

The third key to treating prickly heat is to avoid applying medicated or plain powders to red, broken, or irritated skin. Powders can clog inflamed pores and sweat glands, so it's best to stay away entirely until your skin has calmed down.

Heat rash can cause intense itching and an almost uncontrollable urge to scratch. Scratching feels good but only provides short-term relief and instead triggers more inflammation and itching. Instead, apply cloths dampened with cold water along with a non-prescription steroid cream containing 1% hydrocortisone.

Hydrocortisone 1% cream is safe to use on small areas of broken skin or larger areas of unbroken skin in adults but avoid putting it on the broken skin of children or infants.

Be sure to avoid using hydrocortisone ointment because ointments can block your sweat glands. If these strategies don't help the itching and irritation of heat rash, contact your doctor. Other conditions may look like heat rash at first but need to be treated differently.

Here are 6 Tips for Treating Prickly Heat or Heat Rash:

## 1. Increase airflow to the affected area.

Wear lightweight, loose clothing, or no clothing at showers or baths, which can increase inflammation. Adding oatmeal or a similar product like Aveeno® can also help soothe irritated skin.

3. Avoid using powders like Gold Bond® on irritated or broken skin.

Powders can clog your sweat glands and irritate broken skin. Avoid them until the acute symptoms of redness and itching subside.

## 4. Stay away from topical Benadryl® cream or spray. Use 1% hydrocortisone cream instead.

Although Benadryl® (diphenhydramine) capsules and liquid can help relieve itching, diphenhydramine cream or topical spray should be avoided. Benadryl® can be absorbed into the bloodstream from areas of broken skin. When combined with the capsules or liquid, it can cause drowsiness and confusion.

5. Keep your skin dry.

Keep your armpits, groin, and chest plus any skin folds as dry as possible. Tucking a light cloth like a pillowcase between skin folds and changing it frequently absorbs perspiration. Avoid using heavy creams and ointments that can trap moisture next to the skin.

6. Cool it before you use it.

For additional soothing power, refrigerate your hydrocortisone cream or aloe vera gel before applying it.

Dr. Louise Achey, Doctor of Pharmacy, is a 40year 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

## Community

# **Responding to Crisis: Community Foundation Adapts Programming**

By DENISE SOROM. DIRECTOR OF COMMUNITY PHILANTHROPY, COMMUNITY FOUNDATION OF NCW

By April it became quite clear to the leadership at the Community Foundation of North Central Washington (CFNCW) that for the foreseeable future, it would not be business as usual, but rather "business unusual.'

As the region's largest manager of charitable assets - offering grant funding and training opportunities for nonprofits, scholarships for students, and forging connections between donors and charitable causes - CFNCW knew it had an important role to play in helping this region survive the impact of the COVID-19 crisis.

It had already decided to adapt its Helping Hands grants to provide emergency relief funding for groups impacted by COVID, but more had to be done.

Just as CFNCW had stepped up during the wildfires of 2014 and 2015, creating special emergency funds and stewarding the generous donations from people far and wide to help rebuild and recover, this crisis required a response as well, but what?

The pandemic had impacted just about every facet of daily life and CFNCW's response needed to be equally comprehensive.

Food banks and housing support organizations were seeing giant spikes in demand while programs at arts and education based nonprofits were coming to a grinding halt.

A response needed to both bolster nonprofits providing basic human services while doing as much as possible to make sure that the rest of the sector would not fade into oblivion.

After much deliberation and conversations with community leaders throughout the region, CFNCW announced a new suite of programming to respond to the crisis: Helping Hands 2.0 – Funding Critical Needs Impacted by Covid

CFNCW has updated its original emergency grant program to focus squarely on nonprofit agencies who are providing critical, safety-net services to vulnerable populations impacted by Covid.

Applicants can request as much as is needed, and approved requests are disbursed monthly.

*Nonprofit Reemergence* Grants – Funding for Nonprofits as they Reemerge in the Covid **Environment** 

In lieu of the Regional Impact Grant, this is a temporary grant program to address recovery for nonprofits.

Rather than being program-specific, these grants provide general operating support. Nonprofits can request up to 10% of their

current op budget with a max request of \$20,000. Grants will be awarded quarterly through July 2021.

## NPI Virtual Learning – Nonprofit **Reemergence Learning Series**

This is a free learning series to help nonprofits plan and strategize for reemergence in their community. The series will cover several topics (leadership, financial strategy, fundraising, collaboration) via Zoom with guest presenters once a month from July – October.

## Back to Basics – Schools helping **Families in Need**

CFNCW has heard heart-breaking stories from schools about families struggling with basic needs, making it next to impossible for students to focus on learning.

The Back to Basics campaign will be a crowdsourcing campaign to raise funds for

school districts throughout our region to help families purchase formula, diapers, clothing, food, and other basic needs. This campaign will run during the month of September.

What is your legacy?

Provide for your family and future

generations. Leave a gift to your

community, forever.

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As of July, almost \$400,000 has been donated to CFNCW's Helping Hands Fund for COVID Relief by hundreds of local donors, businesses and foundations.

The "All in Washington" campaign matched \$65,500 of those gifts, bringing the total to over \$465,000! Several donors gifted the entirety of their federal stimulus checks, recognizing that many in this community needed those funds more than they did.

Beth Stipe, CFNCW's Executive Director.

states: "Our donors have blown us away with their generosity and their desire to help.

We hope that this new grant-making approach for 2020-2021 will honor those donations and put this region on a road to recovery. We are always astounded by the generosity, resilience, and commitment that this community exhibits to find positive solutions to difficult problems.

"This might be one of our greatest challenges yet, but we think the people of North Central Washington are up for it!"

For more information about any of the programs above, or the work of the Community Foundation, visit www.cfncw.org.

# Chelan PUD makes top 25 list for best fleets in North America





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**Denise Sorom** 



This year was the fleet's highest ranking since making the NAFA's top-performance list four years ago. The PUD ranked 58th in 2017, 75th in 2018, and received an honorable mention in 2019.

#### SUBMITTED BY RACHEL HANSEN CHELAN PUD

WENATCHEE, WASH. -Chelan County PUD has been ranked as the 24th best-performing fleet in North America by an industry trade associa-



Justin Sims of Fleet Services opens a vehicle door installed with 360 walk-around stickers to remind drivers to check the surroundings of district vehicles.

tion. The National Association of Fleet ing lowland marshes, shrub steppe, Administrators (NAFA) tracks more than 38,000 public fleets. It developed

the 100 Best Fleets program 20 years ago to recognize the best operations among government fleets and help taxpayers better understand the value they provide.

This year was Chelan PUD's highest ranking since making NAFA's topperformance list four years ago.

The PUD ranked 58th in 2017, 75th in 2018, and received an honorable mention in 2019. Judges select the winners based on 12 criteria, including accountability, use of technology, team collaboration, creativity in addressing challenges and a high-trust culture.

"We are responsible for managing and maintaining more than \$50 million worth of vehicles and equipment for the PUD, including line trucks, digger derricks, cranes, tugboats, snow cats, backhoes, and much more. It's not easy managing over 1,000 pieces of equipment for a district this size," said Lance Knudtson, Fleet Services Supervisor.

Chelan County is the third largest county in Washington with four seasons and diverse environments, includforested mountains and waterways.

"We have four administrative staff and 13 mechanics in two shifts at three shops. The hard work by amazing staff, each one doing their part to ensure the success of our fleet, earned us this award," Knudtson said.

In the last few years, Chelan PUD became the first utility in the state to successfully test and use biodiesel which helped reduce emissions.

The fleet was 45 percent below average for net fuel use and 43 percent lower than average fuel expenses last year.

The fleet also achieved 99.82% availability for its critical assets and reduced its running open work order count by 36 percent last year.

Total fleet costs were 36 percent below industry average.

"Our goal is to find the sweet spot and extend the life and service of our assets for as long as possible until we need to replace it," Knudtson said.

Providing the best value for the most people for the longest time chelanpud.org.



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# WIAA announces 2020-21 sports seasons

#### BY MIKE MALTAIS

**RENTON** – High school sports for the 2020-21 season will have a different look courtesy of a pandemic-modified calendar unveiled by the Washington Interscholastic Activities Association (WIAA) on July 21.

The new format features four WIAA-sanctioned seasons that will group the moderate- and high-risk fall sports of football, 1B/2B boys' soccer, girls' soccer, and volleyball into the spring 2021 season (3)

Here is how the modified schedule looks at of August 1. All dates are tentative:

WIAA Season I:Sept. 7 - Nov. 8 - cross country, softball, girls swim and dive, golf (alternate season), tennis (alternate season).

Cross country, softball, as track and field, baseball, golf, well as alternative seasons for golf and tennis will begin practices the week of Sept. 7, a WIAA media release said adding that the viability of girls' swim and dive is dependent on more information from the Department of Health.

WIAA Season 2: Dec. 28 - Feb. 28 - basketball, bowling, boys' swim and dive, gymnastics, cheerleading, wrestlina.

Traditional winter sports will remain in Season 2 with the expectation for those to begin in late December or early January.

WIAA Season 3: March 1 - May 2 - volleyball, girls' soccer, 1B/2B boys' soccer, football.

WIAA Season 4: May 2 - June 27 - tennis, softball, boys' soccer, dance/drill.

Traditional spring sports will complete Season 4 through the end of the school year.

The board recognizes that participation in any fall sports will depend on county progression through the phases laid out in Governor Inslee's Safe Start plan over the coming weeks," said the WIAA release

The WIAA board set benchmarks on July 28 to be met in order for Season 1 to take place. Should those benchmarks not be met, the board will plan to move the remainder of fall sports to Season 3.

"Since March, the philosophy of our Association has been to allow students every chance to participate," said WIAA Executive Director Mick Hoffman. "We've asked our Executive Board and planning committees to be as creative as possible in allowing for those opportunities. These are tough and unprecedented decisions to make, but it has been inspiring to se so many people around the state come together to work on behalf of students.'

The board and planning committees are working the **Return-To-Activity Guidelines** co-authored by the National Federation of High Schools, Washington Department of Health, and the Governor's office along with sport-specific guidelines proposed by committees comprised of coaches, athletic directors, officials, students and local health professionals. The guidelines can be viewed online at wiaa.com.