



## Cascade School District Reopening Stakeholders' Group Discusses Food Service

BY MARLENE FARRELL

As Cascade School District prepares for the 2020-21 school year, it is working with the models that school will either be in-person or some hybrid of in-person and remote.

The other option, fully remote education, is a last choice because of the detriment to children's social and emotional health of being away from teachers and peers.

Superintendent Tracey Beckendorf-Edou has convened Reopening Stakeholders' Group meetings, bringing together representatives of teachers, facilities staff, administrators, parents, students, community members and school board.

Beckendorf-Edou convened the second session on July 1 over Zoom, utilizing the wisdom of the collective to solve the unique problems presented by COVID-19.

The theme of this meeting was food service, and primarily lunch, which was considered by some parents as the number one area of concern with reopening the buildings.

The superintendent explained that the outdoors at each school campus will be utilized to the fullest extent, which can include lunch. The salad bar at CHS and IRMS will be eliminated and replaced with grab-and-go salads. If schools are fully in-person, lunch schedules will be staggered so fewer students are eating at one time.

Debbie Nelson, IRMS paraeducator who also works food service, suggested that the majority of lunch payment be done online or through the school secretaries so cashiers would not have to handle money.

She and custodian Debbie Guffin mentioned the challenge of kids congregating in the cafeteria before school while some eat breakfast, and how that would also have to be outside.

It was brought up that if weather was an issue, the schools could utilize tents like those used for Oktoberfest that have wall flaps. That was countered by the thought that walled tents would diminish the benefit of being outdoors. Kenny Renner-Singer,

ALPS principal, mentioned the staggered lunches would also mean lunchtime shortened from



Marlene Farrell

fifty to thirty minutes, and some children would have to eat fairly late.

A worry was raised that social distancing would be hard to achieve at tables where children sit across from one another.

Facilities Director Teresa Disher explained that the tables would seat half the normal number of students, and each stool would be labeled. Also, classmates would stay as a unit all day long and not mix with other classes.

The question was raised: could children eat in their classrooms?

Sam Jerome, a Cascade Medical registered nurse and infection control specialist, said that would have the benefit of reducing the time spent in the hallway.

The complications arise because it would be burdensome on teachers who use that time for prep, and there wouldn't be enough staff otherwise to supervise every classroom.

A couple parents suggested volunteers could possibly supervise lunch in the classroom since that is a task that wouldn't require a lot of training.

Two students took part in the Zoom meeting.

Rosie Fernandez hoped club meetings which usually happened during lunch could still occur.

It was suggested that they could also meet outside. She also wanted to know about leaving campus for juniors and seniors. Student Jerome echoed that thought, and it was discussed that if upperclassmen were encouraged to leave campus, it might make social distancing easier for the rest of students.

Carolyn Griffin-Bugert, Executive Director of Wenatchee River Institute, demonstrated how

their summer campers wore face shields. She suggested those might be easier for eating than masks.

Beckendorf-Edou confirmed that the youngest children would wear face shields because they'd have difficulty wearing masks all day. The same goes for staff, such as a speech therapist, whose work is negatively impacted by masks.

There was some enthusiasm around the idea of a half day of school, in the morning, for all students. That could eliminate lunch issues because students could receive a sack lunch as they take their buses home. The virtual portion of the learning could occur in the afternoon.

The in-person interaction in the mornings would help meet the social and emotional needs of students.

The idea of different groups of students swapping time at school (such as a morning group and afternoon group or alternating days) was deemed unlikely because sufficient sanitation would be near impossible, as Sam Jerome explained.

Also, younger children need their older siblings at home at the same time for childcare.

The food service of a fully remote education was briefly discussed, with accolades from Cyn-di Garza, school board member, for the amazing teamwork this spring to make and deliver 150 lunches and breakfasts daily.

There was concern that the need is even greater, and Disher said, if the remote scenario was repeated, it would be best to match delivery directly to the bus routes.

Nelson mentioned paraeducators could be paired with bus drivers to assist with meal delivery.

No decisions can be made yet, but the superintendent was grateful to hear from a range of perspectives. And it was emphasized that whatever protocols are created, they need to be clearly communicated to parents who are worried and want their children to be protected during lunch as well as throughout the school day.



Submitted by UVMEND

Bavarian Lodge employee Andy Stanich delivers milk and food donated by the Boyd family to Laurie Peak at the Community Cupboard.

## Community helpers making a difference through Upper Valley MEND

BY UPPER VALLEY MEND

When Mr. Rodgers was a child his mother comforted him during times of disaster by telling him to "Look for the helpers. You can always find people who are helping."

In response to the COVID-19 crisis, the helpers in the Upper Valley have been pouring their care and support out through Upper Valley MEND.

Local business owners and private individuals have given food and money again and again to help meet the hunger needs of vulnerable families in the community.

The Community Cupboard food bank receives weekly donations from numerous businesses.

In the last six weeks, weekly donations have included bread from Bavarian Bakery, soup from Argonaut Expresso Bar and Bakery and Yodelin, and meals from Munchen Haus.

Individuals have also offered an amazing amount of aid.

Janeane and Lyman Boyd deliver hundreds of pounds of food each Friday and community members are donating online or coming to the window on 14th Street to donate money or food.

Local gardeners' produce is starting to come in, and we received over 1,500 pounds of potatoes, onions and apples from Chelan Freshleft over from the giveaways at the Church of Jesus Christ of Latter Day Saints.

"It's been incredible to see the outpouring of support," said Kaylin Bettinger, executive director.

"Our community has al-

ways been supportive of neighbors who are struggling, but this is a new level. The generosity is just amazing."

As well as staples like rice, bread, and canned foods, the food bank also has fresh produce from grocery rescue at Safeway, Dan's Food Market and Sage Mountain Natural Foods.

Thanks to the Community Harvest gleaning program we have fresh vegetables from local farms such as Snowgrass Farm, Hope Mountain Farmland Sleeping Lady Mountain Resort in Leavenworth, Overwinter Farm in Cashmere, and Easley Farms and Spencer Farm in Wenatchee.

We've been able to share all of this abundance with food banks in Plain, Cash-

mere and Wenatchee.

Dozens of Upper Valley families visit the Community Cupboard food bank each week.

Some shoppers have seasonal jobs and the food bank helps them get by in slow months.

Some have been laid off due to COVID-19. Some are seniors on fixed incomes.

To meet their food needs the food bank is open Monday through Saturday from 11 a.m. to 5 p.m.

Staff are providing curbside pickup and volunteers are delivering groceries to homes when requested.

Customers complete an order sheet once a month to let us know what they need, others come by each day to check out the food on the outside table.

### Dental Grant

We are delighted to announce that we have received a grant for \$12,000 from the Arcora Foundation Safety Net Support Grants to support the Upper Valley Free Clinic dental program through 2020.

The Arcora Foundation, funded by the not-for-profit Delta Dental of Washington, is the state's largest foundation dedicated exclusively to improving oral health and they created the Safety Net Support Grants to meet vulnerable peoples' dental needs during the COVID-19 crisis.

"This is excellent news," said Upper Valley Free Clinic manager Terri Weiss. "It's a big relief."

This grant will allow us to provide free dental care through four dental buses over the next 10 months, provide financial assistance for urgent care from private dentists and the nonprofit Hope Care Clinic in Wenatchee, and help with the cost of dentures for qualified patients.

It replaces the funding lost when the Kahler Glen Women's Golf Swing for Smiles annual fundraiser had to be cancelled this year because of the COVID-19 crisis.

The golf tournament normally raises around \$10,000 each year to provide dental care to vulnerable community members.

**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

#### Inside The ECHO this week

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Letters policy

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

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

Corrections

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

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

AA Meeting Schedule

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

Community Calendar

Wednesday Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.) Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.) Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292. Leavenworth Rotary Club, Zoom meetings, noon. For more info. call President Teri Miller, 509-669-1585. Thursday Leavenworth Farmers Market, 4-7 p.m., open now at Alpine Lake Elementary School parking lot on Pine St. Contact: Lorrie Tatum, LCFM Board Member. 425-753-3933 Leavenworth Chamber of Commerce, 8 a.m. Kristall's Restaurant, Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.) Leavenworth Lions Club, For more info. email President Anita Wilkie at wilkieam2015@gmail.com Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.) The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.) Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.) Friday Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.) Saturday No Events Scheduled. Sunday See Church schedule. 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. at the Wenatchee Red Lion. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday I.P.I.D. Meeting, 8 a.m., Anthony Jantz, 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).

Regional events SCORE (small business counseling), 1 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.) Cascade 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.

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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 Leavenworth

June 26 06:32 Public assist, 15195 Chumstick Hwy. 07:25 Hazard, Icicle Rd. & Shore St. 09:30 Vehicle prowler, Icicle Rd., Colchuck Lake 09:46 Accident/no injuries, 20752 Chiwawa Loop Rd. 12:02 Disturbance, Snow Lakes Trail 12:06 Theft, Snow Lakes 13:23 Public assist, Downtown Leavenworth 13:36 Agency assist, 694 US Hwy. 2 14:43 Public assist, 7150 Icicle Rd. 15:33 Fraud/forgery, 12140 Chumstick Hwy. 17:15 Trespass, 17357 N. Shore Dr., Lake Wenatchee 17:17 Harass/threat, 9076 Icicle Rd. 19:20 Parking/abandon, 300 Tumwater Dr. 20:30 Hazard, 12430 Ingalls Creek Rd., Peshastin 22:28 Noise, 280 US Hwy. 2 22:34 Suspicious, 18955 US Hwy. 2, Lake Wenatchee 23:34 Noise, 12689 Prowell St.

June 27 00:03 Noise, 21702 Colt Rd., Plain 00:49 Suspicious, 1001 Front St. 01:17 Noise, 9625 Embroden Rd. 01:32 Noise, 2651 Sumac Ln., Lake Wenatchee 08:32 Traffic offense, 1329 US Hwy. 2 13:10 Civil, 8515 Icicle Rd. 13:15 Traffic offense, Chumstick Hwy, MP 12 18:11 Suspicious, 5369 US Hwy. 97, Peshastin 18:14 Harass/threat, 8515 Icicle Rd. 18:24 Disturbance, 22583 Alpine Hills Rd., Lake Wenatchee 19:31 Traffic offense, 15902 River Rd., Plain 20:46 Traffic offense, 9660 Eagle Creek Rd. 23:03 Traffic offense, Main & School Streets, Peshastin 23:39 Disturbance, 221 - 8th St., #B

June 28 01:05 Alarm, 321 Whitman St. 01:41 Noise, 2548 Sumac Ln., Lake Wenatchee 02:14 Noise, 9864 E. Leavenworth Rd. 07:55 Suspicious, 11566 River Bend Dr. 09:48 Vehicle prowler, Jack Trout Trailhead 10:48 Hazard, Chumstick Hwy., MP 4 11:25 Welfare check, Beaver Valley Rd., MP 14 11:47 Welfare check, Ranch Creek Rd., Peshastin 13:53 911, 10550 Merry Canyon Rd. 14:29 Accident/no injuries, 9110 Icicle Rd. 15:11 Noise, 16995 River Rd., Plain 15:21 Theft, 815 Front St., #B 15:35 Hazard, Chumstick Hwy., MP 6 16:38 Hazard, Mine & West Streets 17:40 Suspicious, 1250 US Hwy. 2 18:12 Agency assist, 8796 Stage Rd., Peshastin 21:37 Suspicious, Pine St. & Titus Rd.

June 29 04:21 Alarm, 9810 Big Y Junction Rd. 05:15 Fireworks, 9460 E. Leavenworth Rd. 10:35 Accident/no injuries, 2701 Icicle FS 7600 Rd. 11:33 Suspicious, 9500 Pakascwa Rd., Peshastin 13:02 Property, Front St. 13:50 Agency assist, 3910 Old Blewett Rd., Peshastin 18:24 Accident/no injuries, 7031 Icicle Rd. 18:48 Alarm, 18119 Chumstick Hwy. 20:33 Fireworks, 8050 E. Leavenworth Rd. 20:46 Harass/threat, 4637 US Hwy. 97, Peshastin 23:31 Lewd conduct, 223 - 12th St. 23:45 Parking/abandon, 116 B, River Bend Dr.

June 30 00:53 Disturbance 922 Commercial St. 08:46 Public assist, 3955 Camas Creek Rd., Peshastin 09:25 Accident/no injuries, 617 Front St. 09:39 Parking/abandon, 210 Benton St. 10:34 Suspicious, 940 US Hwy. 2 #B 13:35 Agency assist, US Hwy. 97, MP 170, Peshastin 14:37 Scam, 1300 Com- ➤

City Council Meetings 7 p.m., Leavenworth Planning Commission at City Hall contact Liliith 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.)

Senior Center Menus Leavenworth Senior Center, 423 Evans St., Leavenworth Currently the Leavenworth Senior Center is closed due to the COVID 19 Virus. The meals on this menu will still be available at the Leavenworth Senior Center, for take-out and home delivery meals. For meal pick up and information call the Kitchen Staff at the Senior Center between 9 a.m. and 1 p.m. weekdays at (509) 548-6666 or email Leavenworthseniors@gmail.com. July 9, Thursday: Veggie lasagna, garden salad, Waldorf salad, garlic bread, dessert. July 10, Friday: Country fried steak, potatoes and gravy, corn, tossed salad, peaches, whole wheat roll, dessert. July 11, Saturday and July 12, Sunday: No lunch. July 13, Monday: Chili, 1/2 baked potato, vegetable tray, bananas and strawberries, cornbread, dessert. July 14, Tuesday: Turkey sandwich, potato salad, watermelon salad, pumpkin pie. July 15, Wednesday: Chicken stir fry, steamed rice, Asian style salad, Mandarin oranges, egg roll, Fortune cookies.

Senior Center Events Leavenworth Senior Center, 423 Evans St., Leavenworth Monday, Wednesday, and Friday 10:00 a.m. - 12:00 p.m. Tuesday, 9:00 a.m. - 11:00 a.m. Leavenworth Senior Center's Council Board meeting Tuesday, 11:00 a.m. - 12:00 p.m. Crafts Thursday, 10:00 a.m. - 11:00 a.m. Baking Friday, 6:00 p.m., Bawarian Dancing Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

Commercial St. 16:51 Suspicious, 21421 Stirrup Rd., Plain 17:18 Domestic disturbance, 10765 Lone Pine Dr., Peshastin 17:28 Hazard, Chumstick Hwy., MP10 18:13 Civil, 12020 Spromberg Canyon Rd. 18:56 Suspicious, 940 US Hwy. 2 20:47 Trespass, 19100 Beaver Valley Rd. 21:21 Hazard, 7938 E. Leavenworth Rd. 22:20 Suspicious, 8551 Larson Rd., Peshastin 23:48 Sex offense, 900 Main St. July 1 10:16 Extra patrol, E. Leavenworth Rd., MP 1 10:54 Public assist, 900 Front St., #D 11:19 Public assist, 9700 Saunders Rd., Peshastin 12:15 Parking/abandon, Main and 8th Streets 12:42 Property, 700 US Hwy. 2 13:56 Public assist, Leavenworth DOT Lot 14:55 Public assist, 10765 Lone Pine Dr., Peshastin 16:46 Extra patrol, Chumstick Hwy. & North Rd. 17:15 Suspicious, 19140 Butcher Creek Rd. 17:16 Public assist, Fish Lake, Lake Wenatchee 17:17 Public assist, 10135 Peshastin Mill Rd. 17:50 Agency assist, 426 Headwater Ln., Lake Wenatchee 17:50 Trespass, 111 Ski Hill Dr. 18:31 Suspicious, 1505 Alpansee Strasse 18:48 Domestic disturbance 10765 Lone Pine Dr., Peshastin July 2 01:20 Noise, 480 Alpine Pl. #L3 02:20 Injury accident, US Hwy. 97, MP 172, Peshastin 02:58 Domestic disturbance, 301 Ward Strasse 06:04 Noise, Pinegrass & Cascade Streets 08:43 Extra patrol, 15440 Cedar Brae Rd., Lake Wenatchee 09:26 Scam, 16376 N. Shore Dr., Lake Wenatchee 11:59 Harass/threat, 8015 Old Bridge Rd. 12:17 Civil, 10765 Long Pine Dr., Peshastin 13:13 Miscellaneous, Leavenworth 14:12 Property, Blackbird Island 17:02 911, 309-8th St. 17:31 Welfare check, US Hwy. 2, MP 96 19:55 Civil, 10765 Lone Pine Dr., Peshastin 19:58 Traffic offense, 10001 School St., Peshastin 23:12 Welfare check, Alice & Josephine Avenues

To see Sheriff's Report: leavenworthecho.com

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.leavenworthmosquitodistrict.com "Stopping mosquitoes at their source."

JOE BROWN J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE 782-1111 BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE



# Opinions

## We need to have a conversation – about race

Ads are running all over the major media calling for us to have a conversation about race.

Here is the problem. White people are not allowed to discuss the problems black people create by their own bad behavior. Try it and you will be declared a racist and a bigot.

That is not just my opinion, that is the opinion of Rev. James David Manning.

Manning says, "Black people have to knock that chip off their shoulder... nobody can say anything about black people publicly without being called a racist and a bigot."

Manning goes on to say that we cannot have a true dialogue on the issue of race in America until white



**IN MY OPINION**  
Bill Forhan  
Publisher

folk quit allowing black people to blame them for everything that is wrong in their life.

Did I forget to mention that Manning is black and the pastor of the ATLAH World Missionary Church in Red Springs, North Carolina?

Let's look at a few inconvenient facts.

Slavery was not invented here in America. It goes back to the earliest history

of mankind. It was white anglo-saxon Christian men who ended it.

Those men felt so strongly about it that they risked their lives, their fortunes and the future of the country to end it.

White southern Democrats have been the primary proponents of limiting the civil rights and equality of opportunity of black people.

That is beginning to change, but they still empower negative stereotypes that continue to divide us.

Prime among these stereotypes is the concept of Institutional Racism.

While it was once true that black people were shut out of equal opportunities in society, it is no longer relevant.

The best example I saw of this recently was watching President Trump's speech to the graduating class at West Point. The graduates represented every race and gender.

Also, look at law enforcement today. Everytime we have one of these incidents I see police officers of every race and gender on the front lines. Many of the police chiefs reporting on the incidents are black.

What happened to George Floyd in Minneapolis was clearly wrong. But George Floyd's own behavior may well have contributed to the situation.

We don't really know for sure because we are not allowed to discuss it. It was just another example of po-

lice brutality. Case closed. Time to move on to the next case of police mistreatment of minorities.

In my memory, nearly all of these cases involved people who at some point were resisting arrest.

They could have avoided it by simply allowing the arresting officers to take them into custody peacefully.

The bottom line here is America is not a racist country.

Sure, there are racists among us. They can be found in every race and every society around the globe.

American society is fundamentally inclusive. We honor those who have achieved success through hard work and honesty.

Americans are a fair and giving people.

It is time, however, that we recognize this latest challenge to our country's history as the rantings of spoiled and misguided children.

Tearing down statues, taking over police offices, throwing objects at police are not the acts of a civilized people.

You can call them anarchists, or anti-facists but they are just thugs. It is time that politicians quit empowering this bad behavior.

It is time for the major media to give us the entire story.

It is time we had a real conversation about the bad boys and girls who are driving this false agenda.



**Dr. Cairo D Almeida**



**Omari Tahir Garrett**



**Don L. Rivers**



**Gene Hart**

## Who is running for Governor?

BY BILL FORHAN  
PUBLISHER

With a little over 3 weeks before the primary election. It is unclear who is running. The deadline for filing was May 15.

The Secretary of State's office lists 37 candidates have filed although one has apparently dropped out as it has been lined out on the list.

Most media are reporting that Jay Inslee is the only Democrat(ic) candidate running, but SOS lists 5 who listed Democrat(ic) Party as their preference.

We are attempting to contact the other four Democrat(ic) candidates but one has no contact information other than a snail mail address.

Here is what we have been able to discover through an Internet search:

**Dr. Cairo D Almeida** is President of Government Employees Local 1121.

According to his website Dr. Almeida's vision is, "Help the homeless get their basic needs met and provide the veterans and foster parents with more psychological support so they can exist and function within a society that does not understand how it feels to be different.

Use the Affordable House Care Act (AHCA) to give the people an opportunity to recreate the middle class.

Develop ways to improve

the current infrastructure and put an end to the use of fossil fuel era.

Support the use of new technology to create more jobs that takes into account women, LGBTQ, WOMXN, LatinX, people of color and other minorities.

This vast and diverse society will help us achieve the green dream state for others to emulate.

Eliminate all for profit jails and detention centers. Free bus pass to student that go to school at least part-time.

Expand the light rail to every county and city that has 10,000 people or more. Put an end to the use of fossil fuel.

**Omari Tahir Garrett** is a long time Seattle Activist. He ran for Seattle City Council in 2015.

He spent 21 months in prison for punching Seattle Mayor Paul Shell in the face with a megaphone in 2001.

Among Garrett's causes over the years is he calls for returning all land taken from the native peoples by colonialists.

He says the American gun culture must be eliminated and he says without justice there can be no peace.

**Don L. Rivers** has never held public office. His statement from his campaign website says, "I am here for you, the people. Never have I waited on an elected seat to be a voice for the people.

"Regardless of cultural beliefs or political point of views. I have worked with Republicans, Democrats and Independents on local and Federal Levels. I will be taking with me to Olympia, the 3 L's; Listen, Learn and Lead.

"Having the understanding that we have to work together and preserve our democracy. It has been an honor for me to serve across this world from Africa to Gaza Strip and beyond, as an Ambassador For Peace and Social Justice.

"I have over 40 years of experience working effectively across the aisle with elected officials.

"We Washingtonians have to recognize the world is watching us, we have set examples by embracing new beginnings.

"I will make sure that the voters in Eastern Washington know that their next Governor is working for them.

"It has always been necessary and compulsory for me to help the voiceless. Supplementary to giving a voice to all the people, my motivation to run for Governor is to break down practiced tribalism, while prioritizing the voice of the people in every county and in every city here at home.

"We will work on resolving severe issues, reminding us, to find value in a effective Government. Af-

ter all, the most significant words of the United States Constitution is. "We The People".

**Gene Hart** has not held political office. He is a civil service employee and veteran from Bremerton.

In his statement published in the Kitsap County voters pamphlet his statement is as follows: "Many activists and a state-sponsored working group are working on healthcare reform, here in Washington, our home.

"Coming to The People's desk for signature first, as Washington State Governor, I would most likely sign that reform, given my sense of it, as the next step for healthcare as an unalienable right.

We need our Robust Economy, rural and urban, to pay for our programs.

Before, it was only good, fair reduced taxes for The Great Majority, followed by education, our state's Paramount Duty, as mandated by our Washington State Constitution and Target Zero transportation deaths and transportation major injuries before this decade's end.

Our pandemics tsunami has changed the lay of the land.

Now We all require that rural and urban Robust Economy and good, fair revenue, yes Fair Taxes, family wage jobs, thriving independent, employee-

owned businesses et cetera.

In my mind, it really is Full Mobilization, All Hands, Non-Profits, Profits and Government needed, urged, coached and inspired.

As Governor, Washington our home, I will establish a Kitchen Cabinet concept in Office of the Governor to educate and move our People, our economy our society, Onward. We already have top quality, volunteers waiting in the wings.

This is our home. We want, We deserve more.

Putting People First, Keeping People First.

It short, I want the good, better and best angels of our nature, fully mobilized, not the ugly, worst and flawed earth angels of our nature.

My apology for long-winded polemic, but you did press the on button and it worked.

The only limits to our realizations of tomorrows

will be our doubts of todays. Let us move forward with strong and active faith.

Adapted from FDR's last undelivered Warm Springs address.

Realistically, none of these candidates stand a chance of defeating two term Governor, Jay Inslee, in the August 14 primary.

But if you are a Democrat or even a Republican who cannot stomach voting for Inslee or President Trump these are some options you could select.

There are sixteen candidates who declared to be Independents, minority party candidates or stated they had no party preference.

They also don't stand a chance of getting elected and will most likely be eliminated in the August 4 primary.

We will cover the 15 Republicans in the race next week and the other 16 candidates the week before the primary.

### LETTER TO THE EDITOR

#### Definitions matter

A number of recent letters and discussions have focused on racism.

This subject and its effects must continue to be explored and acted upon. Key to this discussion is the very meaning of the word racism.

Merriam Webster's Dictionary defines racism as "a belief that race is the primary determinant of human traits and capacities and that racial differences produce an inherent superiority of a particular race."

But part of the second definition reads: "a political or social system founded on racism."

It was this second part of Webster's definition that prompted Kennedy Mitchum, a recent Drake University graduate, to urge Merriam Webster to expand its definition.

It seemed to Ms. Mitchum that most people who read Webster's definition notice only the first part, about "superiority," and overlook the important second part, about "a political or social system founded on racism."

For Mitchum, who is black, "it's about hurdles that I had to jump over because of the color of my skin and the systems that are in place."

She argued that the definition of racism must address the issue of institutional, systemic racism more fully.

The day after Mitchum

sent her request, Merriam-Webster's editorial manager responded that he agreed with her, and promised an updated second definition that will clarify the role of systemic or institutional bias. System and systemic are the key words here.

Our history tells us that the European people who "discovered" and colonized many lands, including our own, established a system designed to work in their favor.

Select property-owning men could use the laws they made, and traditions they defined, in order to thrive at the expense of others: indigenous people, enslaved people, certain immigrants, and women of all races.

And so, these laws and customs became a system that handed down certain privileges such as access to capital, education, property ownership, career advancement, and voting rights.

As Randy Lewis reminded us at Leavenworth's Black Lives Matter march, we live on land once occupied by Wenatchi Tribal people who were forced off the land they believed belonged to no one, and to everyone.

Much of the system we have inherited has changed for the better. But our country, like those around the world, still lives under a system founded on racism, and sexism.

SEE LETTER TO THE EDITOR, PAGE 4



### Projekt Bayern announces cancellation of Oktoberfest



It is with great sadness that we announce the cancellation of the 2020 Leavenworth Oktoberfest due to the current COVID-19 restrictions.

It goes without saying that this has been a trying year for all of us, but please know Projekt Bayern was doing everything humanly possible to keep the festival from canceling.

Our biggest concern was over our Liquor permits being denied by the City and State.

We held on hoping Chelan County would move through the Phases set forth by the State of Washington, but with

little movement we decided to cancel the event to protect our patrons from losing their deposits for hotels and travel agendas.

The safety of our guests and employees was also a huge factor.

Our beautiful Bavarian city is breathtaking during the fall months with the brilliant colors of red, vibrant orange and golden yellow all backdropped by the Cascade Range.

So, if you can keep your vacation plans, we guarantee you the hardworking Leavenworth business owners will welcome you with open arms

for an utterly amazing visit.

We want to thank all our Oktoberfest Employees, Entertainment, Vendors and Loyal Patrons for your years of loyalty and hope that you will return next year for our 25th Anniversary of the Leavenworth Oktoberfest!

We will have more details regarding the 25th Anniversary soon, but we plan to throw an Oktoberfest Celebration that will be unforgettable!

The dates for the 2021 Leavenworth Oktoberfest are October 1-2, 8-9, & 15-16.

Please visit our website at [www.LeavenworthOktoberfest.com](http://www.LeavenworthOktoberfest.com)

for any further information.

The Leavenworth Oktoberfest is brought to you by Projekt Bayern, a non-profit organization.

For more information on Projekt Bayern log onto [www.projektbayern.com](http://www.projektbayern.com)

**Projekt Bayern Board President – Cary Sanger**

**Oktoberfest Committee Chair – Steve Lord**

Contacts: Steve Lord, Oktoberfest Chair or Amy Gustin

Media/Sponsorships

Phone: Steve: 425-445-6183 or

Amy: 509-264-1852

Email: [info@LeavenworthOktoberfest.com](mailto:info@LeavenworthOktoberfest.com)



CONTINUED FROM PAGE 3

LETTER TO THE EDITOR

A letter to the Chelan-Douglas Health District Board in the June 10 Echo underlined this fact.

The letter's authors, a coalition of Latinx leaders and immigration justice activists, pointed out the much higher rate of COVID-19 infection for Latinx people than for the general population in our two counties.

The authors continued, "We could look at economic disparities and cultural customs to explain these numbers; however, we cannot ignore the systemic factors" that leave Latinx and other communities behind.

The pandemic "has clearly magnified unjust practices and policies currently in place."

The systemic factors and policies cited have largely to do with agri-

cultural workers, whose issues include enforcement of safety measures, promoting bilingual and bicultural communication, accurate and even reporting of positive cases, and sharing in decision-making.

As we in North Central Washington, and our nation, cope with increasing numbers affected by COVID-19, the letter's authors urge against "rushing back to a 'normal' where some thrive while many barely survive."

They conclude: "Let's create a new community, together."

We must listen to their voices as we make our way through grave new challenges and work to change old systems.

Susan Butruille  
Leavenworth

Positive cases increase 37% since partial reopening on June 10, 2020

CDHD Stresses Importance Of Masking-Up

SUBMITTED BY  
VERONICA FARIAS

EAST WENATCHEE – "Masking up is the next best thing to a vaccine right now," urges Chelan-Douglas Health Officer Dr. Malcolm Butler.

"The Governor's decision to require everyone to wear a face mask in public, especially when social distancing of 6 feet isn't possible, was the right call," Butler added.

Chelan-Douglas Counties are seeing a significant up-tick in new COVID-19 positive cases.

In an effort to identify the prevalence of mask-wearing in Chelan and Douglas county retail outlets, CDHD began spot checks to do physical counts of mask-wearing for both retail business employees and customers.

The first week of data-gathering revealed:



The data was collected at nine retail stores in Wenatchee and six stores in East Wenatchee. The surveys were done prior to the Governor's June 26 masking requirement.

CDHD will continue to survey businesses throughout the two counties to determine the amount of compliance there is with the masking effort and to pinpoint ways to increase education and outreach efforts about the need for masking when in public.

"It's the air you share," Dr. Butler added. "We have got to get a handle on the spread of COVID-19 – not only to be able to move fully into Phase 2 of the State's Safe Start reopening plan, but also to protect our community."

The Health District is partnering with local elected officials, Chambers of Commerce, law enforcement, the ecumenical com-

munity and other organizations to get information out to all sectors of Chelan-Douglas counties and to encourage public masking.

"We have heard concerns expressed that wearing a mask could prevent someone from getting adequate oxygen when they breathe," states Dr. Butler. "The evidence simply isn't there. A proper fitting mask that covers both the nose and mouth may seem a bit foreign at first, but it does not block an individual's ability to breathe during normal activities."

Washington State Department of Health recognizes that there are a few cases where masking may not be recommended, but they are very limited.

As we go into the Fourth of July holiday weekend when the temptation for group gatherings and a relaxation of COVID-19 safe practices may occur, Dr. Butler reminds us all: Be a protector – not an infector.

For more information, visit [www.cdhd.wa.gov/covid-19](http://www.cdhd.wa.gov/covid-19) and follow us on Facebook & Twitter.



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**Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.**  
Please call or email your church listed below if you need more information.  
May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

**UPPER VALLEY CHURCH GUIDE** New to our area? On vacation? These churches welcome you!  
TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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

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

**CASHMERE UNITED METHODIST CHURCH**  
213 S. Division • 782-3811  
Worship & Sunday School at 11:00 a.m.  
Office Hours: Monday - Thursday  
10:00 a.m. - 1:00 p.m.  
Pastor Lilia 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](http://christcentercashmere.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](http://CashmereEpiscopalLutheranMinistries)

**ST. JAMES EPISCOPAL CHURCH**  
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Summer church at the Mission Creek Community Center • (No service, if it rains) Service on YouTube or Email link: [CashmereEpiscopalLutheranMinistries](http://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](http://www.christforcashmere.org)

**SEVENTH DAY ADVENTIST CHURCH**  
10800 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](http://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](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth](https://www.facebook.com/newlifeleavenworth)  
[www.newlifeleavenworth.com](http://www.newlifeleavenworth.com)

**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](http://www.midvalleybaptist.org)

**LEAVENWORTH**  
**CASCADE MOUNTAIN BIBLE CHURCH**  
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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](http://www.cmbiblechurch.org)

**COMMUNITY UNITED METHODIST**  
418 Evans Street • Leavenworth  
509-548-5619 • Rev. Matt Gorman  
Sunday service 10 a.m.  
[www.leavenworthumc.org](http://www.leavenworthumc.org)

**CORNERSTONE BIBLE CHURCH**  
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621 Front St. • 548-0748  
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**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509- 470-7745  
Sunday Worship: 11:00 AM  
Website: [www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto: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](http://www.LCN.org)



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

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

Three Rivers Hospital  
Human Resources Dept.  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517  
[www.threerivershospital.net](http://www.threerivershospital.net)  
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Or visit: [www.walkintubinfo.com/spm](http://www.walkintubinfo.com/spm)

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**CROSSWORD PUZZLE**

THEME: SUMMER OLYMPICS

ACROSS

1. Stockpile
6. More of the same
9. One of Los Lobos
13. Orion's brightest spot
14. A pop
15. Spur on
16. Another name for a jack
17. Between E and NE
18. For all to see
19. \* Location of the first Summer Olympics
21. \* \_\_\_ test
23. Utmost degree
24. Allen Ginsberg's poem
25. Do this for cardio
28. Chesterfield, e.g.
30. Like "Extral" news
35. Off-ramp
37. Barbequed slab
39. Right-hand page
40. Infamous Roman tyrant
41. Pandora's box contents
43. Socially inept one
44. Parachute material
46. And others
47. Kill a dragon
48. Prior to the present, prefix
50. Every which way
52. Swear words
53. Burst of wind
55. High affair
57. \*Non-permanent addition to Olympic event roster
60. \*Most decorated Olympian
63. Desire
64. Tom and Jerry, e.g.
66. Relating to hair
68. Skip the big wedding
69. Inquire
70. Key material
71. Bears' hands
72. House vote
73. Chain of hills

DOWN

1. Biblical boat
2. Chinese dynasty (1368-1644)
3. Lab culture
4. \*Number of events in a heptathlon
5. Rains and snows at the same time
6. D'Artagnan's sword
7. \*Age of the youngest Olympian ever
8. Words to live by
9. Denim innovator
10. Welcoming store sign
11. Salz\_\_\_ or St. Peters\_\_\_
12. Make a choice
15. Tree used to make paper
20. House duty
22. Great horned one
24. \_\_\_ for Humanity
25. \*Most decorated U.S. female Olympian Thompson
26. Has daisylike flowers
27. Lena Dunham's HBO show, 2012-17
29. \*Number of countries that participated in every Summer Olympics
31. Nugent and Danson
32. Food contaminant
33. A Stradivari violin
34. \*2021 Olympics location
36. Thomas the Engine's warning
38. Wimbledon is a Grand one
42. Deadly sin
45. Nullify
49. Hard to escape routine
51. Zoo\_\_\_ or bee\_\_\_
54. Type of car
56. Courtroom excuse
57. Caffeine-containing nut tree
58. Swear, not curse
59. Exercise repetitions, for short
60. Annoyingly slow
61. Weary walk
62. Spilled the beans
63. Large edible mushroom
65. \*Most decorated Olympic country
67. Whiskey grain

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## Furniture

## NCW Media Newspapers

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

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Huge Yard Sale Friday & Saturday, July 10-11, 8 a.m. to 3 p.m. A variety of items, household, craft, sewing, decorating, Christmas and general stuff. 427 Orchard St Leavenworth



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## Real Estate

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## Automobiles

For sale: Fix or for parts: 2002 FORD Explorer XLT 4.0L V6 4WD, pewter. Engine runs, has dents in passenger side doors, but other body parts are good. High mileage, charging, heater core, springs problems, 2 auto windows broken. W/ title. 509-571-5302. \$900 OBO

## Legals

## Public Notices

## IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN

DERYL J. KING and BRENDA L. KING, aka BRENDA L. THOMAS, husband and wife, and the marital community thereof, Plaintiffs,

vs. ALPINE ACRES, Inc., a nonexistent corporation; THE UNKNOWN SHAREHOLDERS AT LAW OF ALPINE ACRES, Inc., a nonexistent corporation; the UNKNOWN HEIRS AT LAW OF KENNETH LAFONTAINE, AND ALSO All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein, Defendant

NO. 20-2-00412-04 SUMMONS BY PUBLICATION

THE STATE OF WASHINGTON TO:

Alpine Acres, Inc., a nonexistent corporation, the Unknown Shareholders at Law of Alpine Acres, Inc., a nonexistent corporation, the Unknown Heirs at Law of Kenneth LaFontaine, and also All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein.

YOU ARE HEREBY SUMMONED to appear within sixty (60) days after the date of the first publication of this Summons, to-wit, within sixty (60) days after the 24th day of June, 2020, and defend the above-entitled action in the above-entitled Court, and answer the Complaint of the Plaintiffs, Deryl J. King and Brenda L. King, aka Brenda L. Thomas, husband and wife, and the marital community thereof, and serve a copy of your Answer upon the undersigned attorneys of the Plaintiffs, at their office below stated; and, in case of your failure to do, judgment will be rendered against you according to the demand of the Complaint, which has been filed with the Clerk of said Court. The object of this action is to quiet title in Plaintiffs in real estate in Chelan County, Washington, described as: LOT 12, BLOCK 2, ALPINE ACRES, VOL. 7, P. 33-34, CHELAN COUNTY against the claim of the Defendants and any one of them. DATED this 18th day of June, 2020.

DAVIS, ARNEIL LAW FIRM, LLP Attorneys for Plaintiffs By: /s/ Michael G. Bradford MICHAEL G. BRADFORD WSBA No. 43169 617 Washington Street Wenatchee, WA 98801 Published in The Leavenworth Echo/ Cashmere Valley Record on June 24, July 1, 8, 15, 22 and 29, 2020 #342

## Public Notices

## NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make a decision on a Variance (VAR) application. The Hearing will be held at 10:00 a.m. Thursday, August 27, 2020, online via Zoom, Meeting ID: 821 1057 7541, Password: 002321; Or the call-in phone number: 1-253-215-8782.

VAR 2020-018: A variance request, submitted by Andy Barber (owner), to reduce the front property line setback from twenty-five feet to ten feet (LMC 18.22.060(A)); reduce parking requirements from 2 spaces to 1 space per 2,200 square feet (LMC 14.12.150(A)); allow 3 separate driveway access points instead of 1 (LMC 14.14.150(C)(6)); and to allow for all units of a proposed three-unit, multifamily townhouse to back out from the driveway directly onto Whitman Street (LMC 14.12.170(C)). The property is located at 303 Whitman St., Leavenworth, within the Multifamily Residential zoning district, and identified by Assessor's Parcel Number: 241712815315.

The public is encouraged to attend via zoom; however, City Hall will be open for the public wanting to attend the hearing in person. Social distancing will be required for those in attendance and space may be limited. The public is encouraged to submit written comments prior to the hearing. Materials may be viewed by appointment only at City Hall, or on the City's Public Portal at <https://bit.ly/2RMadlw>. Questions may be directed to Maggie Boles, Development Services, phone 509-548-5275 or email [planner1@cityofleavenworth.com](mailto:planner1@cityofleavenworth.com). Published in The Leavenworth Echo/ Cashmere Valley Record on July 8, 2020. #486

## Public Notices

## 2020-2021 Budget Hearing/Meeting to Adopt

The Cascade School District Board of Directors will hold a hearing on the 2020-2021 budget prior to the scheduled board meeting on Monday, July 20, 2020. The Hearing will begin at 6:30 p.m. via zoom (please see our website [www.cascadesd.org](http://www.cascadesd.org) and school board for the zoom meeting link) with the regular board meeting to follow at 7 p.m. Any person may appear there and be heard for or against any part of such budget.

Published in The Leavenworth Echo/ Cashmere Valley Record on July 8, 15, 2020. #352

## Public Notices

## IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN

GERALD R. MORO, a widowed person, individually and as Personal Representative for the ESTATE OF IDA MAE MORO, Plaintiff,

vs. THE HEIRS AND DEVISEES OF DOROTHY P. WEAVER, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants.

NO. 20-2-00362-04 SUMMONS

STATE OF WASHINGTON TO: THE HEIRS AND DEVISEES OF DOROTHY P. WEAVER, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 10th day of June, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Gerald R. Moro, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Evan M. McCauley and Matthew S. Hitchcock, at their office below stated; and in case of your failure to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named. DATED this 2nd day of June, 2020.

JEFFERS, DANIELSON, SONN & AYLWARD, P.S. By: /s/ Matthew S. Hitchcock EVAN M. MCCAULEY, WSBA # 44285 MATTHEW S. HITCHCOCK, WSBA #51492 Attorneys for Plaintiff PO Box 1688 Wenatchee, WA 98807-1688 (509) 662-3685 (509) 662-2452

Published in The Leavenworth Echo/ Cashmere Valley Record on June 10, 17, 24, and July 1, 8, 15. #87859/221



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# How sweet do you like your iced tea?

"How sweet it is!" is a quote from the late comedian Jackie Gleason.

How sweet do you like your iced tea? Drinking tea over ice during the heat of the summer months is refreshing. Most places serve iced tea unsweetened and poured over a tall glass with a straw. You can drink it as is, or add the amount and type of sweetener you prefer. In the South, they serve "Sweet Tea", a version of iced tea that is sweetened while hot and before adding cold water and ice.

I used to make "Sun Tea" by placing tea bags in cold water and setting them out in the sun to steep. This practice has been called risky because the water gets warm but not hot, definitely below 100 degrees. That's warm enough to encourage yeast and bacteria to multiply, like letting homemade bread rise to allow the yeast to multiply. When you pour boiling water over tea, most bacteria don't survive.

You can also brew tea with cold water, in the refrigerator overnight. This method helps bring out the more subtle flavors of green teas and white teas.

When it comes to sweeteners, you have quite a few choices: liquid or powdered, natural or artificial, plain sugar or sugar alternative. Liquid sweeteners like honey, agave, molasses or simple syrups like those used to flavor lattes and other coffee drinks can also be used in teas. Powdered sweeteners include cane sugar, coconut sugar and various sugar substitutes.

When reaching for a packet of sweetener for your glass of iced tea, which color do you grab? White, pink, blue, yellow, or green? White packets contain cane or beet sugar, while colored packets contain non-caloric sweeteners. Pink packets have the sweetener saccharine,



known as Sweet'N Low®, yellow packets contain sucralose or Splenda®, and blue packets have aspartame or NutraSweet®.

Green packets contain stevia, one of the newest calorie-free sweeteners. Stevia comes from a plant native to South America in the caryophyllaceae family and related to ragweed. Originally approved as a dietary supplement to improve blood pressure and diabetes control, stevia was approved for use as a food additive in 2008 and is marketed as the sweetener Truvia®. Stevia is also sold blended with other non-caloric sweeteners.

Sugar substitutes have been used for decades as food additives and are considered safe. You'd think that switching from using sugar to a non-caloric sweetener would help you lose weight and control your blood sugar, but that has not been consistently the case.

Non-caloric sugar substitutes help reduce cavities, but in certain people they can trigger increased blood sugar, just like regular sugar. One study showed that after meals including a food or drink sweetened with non-caloric sweeteners, the blood sugar of participants rose higher than expected and dropped back to normal levels much more slowly, a pattern called glucose intolerance associated with an increased risk of becoming diabetic.

Xylitol is a low-calorie sweetener extracted from natural sources such as corn. Because of its protective effect on tooth enamel, xylitol is added to sugarless gum and mints and is marketed as a sugar substitute for baking. Xylitol may be a dentist's

friend but it's a dog owner's nightmare.

Xylitol is deadly to dogs, causing very low blood sugar, liver damage, and liver failure. Xylitol triggers a dog's pancreas to pump out insulin. Without sugar to balance that extra insulin, their blood sugar drops so low they have seizures. There is no safe dose; even a small amount of xylitol can kill a dog.

Iced tea sometimes tastes bitter. During brewing, agitating the leaves of tea releases tannins into the water, turning it bitter. Luckily, there are several ways to avoid the astringent "pucker" of tannins in your iced tea.

Three ways to make a melon glass of ice tea:

## 1. Don't dunk.

Avoid agitating your tea bag or tea ball when brewing hot or iced tea. Dunking your tea bag up and down in your cup encourages tannins to leach into the brew, making it bitter.

## 2. Choose a special blend.

Teas and teabags formulated especially for making iced tea are available from companies like Luzianne® and Lipton®.

## 3. Add a pinch of baking soda.

I was amazed at how this took the "bite" out of my ice tea! Decrease the bitterness of your ice tea by adding a pinch of baking SODA (not baking powder) to your tea bags right BEFORE you add any boiling water. This also helps your ice tea brew up clear instead of cloudy.

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 tips on how to take your medicine safely* ©2020 Louise Achey

## THE WASHINGTON OUTDOORS REPORT

### Salmon opportunities and public lands cash

By JOHN KRUSE - WWW.NORTHWESTERNOUTDOORS.COM AND WWW.AMERICAOUTDOORSRADIO.COM

## Sockeye Salmon

Sockeye fishing opened on the Columbia River from the Highway 395 Bridge in Pasco to the Highway 17 Bridge in Bridgeport on July 1 and with a two fish limit angler interest is high.

Some 200,000 sockeye had passed over Bonneville Dam as of July 1. This is indeed a good run compared to last year's paltry returns but still about 8 percent below the 10-year average. Although the season is open now for Upper Columbia River anglers the best fishing won't happen for another week or two. As of July 1, only 22,580 sockeye had made it over Priest Rapids Dam.

The initial hot spot for this fishery will be just below Wanapum Dam south of Vantage though some anglers are already having good success above Rocky Reach Dam near Wenatchee. As the month progresses the hot spots will be just below Wells Dam south of Pateros, and in the Brewster Pool below the mouth of the Okanogan River. If you don't have a boat there are some opportunities to catch a fish from shore just above Rocky Reach Dam. However, trolling for sockeye is the best way to go.

Traditionally, trolling a bare red hook behind a flasher is what most people use to get bites from sockeye salmon. In recent years though, offerings like a Mack's Lure Cha Cha Sockeye Squidder with a small squid body below a mylar spinner in hot pink, red or orange have become go to offerings for many anglers



Courtesy John Kruse

Bob Loomis and I caught these sockeye fishing the Columbia River near Brewster a few seasons back.

to include Bob Loomis with Mack's Lure who helped design them. Loomis also recommends baiting the hook with a small amount of coon shrimp. The photo accompanying this article is proof that this works.

It's still too early to know if Lake Wenatchee will be open for sockeye fishing this year. Biologists like to see at least 27,000 sockeye heading to the lake before they open a season and it will be hard to get an idea as to how many fish are making the turn from the Columbia into the Wenatchee River until the middle of July.

Meanwhile, sockeye fishing remains closed below the Hwy395 bridge in Pasco to protect endangered Snake River sockeye salmon. As of July 1, only 88 sockeye had crossed Ice Harbor Dam on the Snake River east of Pasco.

## Shad

It's been another strong run and for the second year in a row we are on pace to have over six million shad go over the fish ladder at Bonneville Dam again. For the next week or so a great place to fish for these sporty fish is on both the Washington and Oregon shores below John Day Dam where there is plenty of room to spread out.

## Brewster Salmon Derby Cancelled

Even though summer

Chinook salmon fishing is opening on much of the Columbia River this month, the popular Brewster Salmon Derby has been cancelled. It wasn't a lack of salmon that did this event in though. Posting on Facebook, organizers said, "Covid-19 state and county mandated rules make it virtually impossible for us to safely hold a derby this year."

## More money to counties from federal lands

The U.S. Department of the Interior announced this week that counties in Washington State will receive 24.1 million dollars from this year's Payment in Lieu of Taxes (PILT) program. These funds are allocated every year to individual counties, compensating them for the tax-exempt federal lands that lie within their boundaries. These lands include national forests, fish and wildlife refuges, national parks and Bureau of Land Management land.

This year counties are seeing a million dollar increase in the funds they are receiving across Washington State. The approximate funds received by each county in our region are:

Chelan County - \$3,244,000 (\$150,000 more than last year)

Douglas County - \$164,600 (\$20,000 more than 2019)