

## Major changes coming to Leavenworth Community Farmers Market Get the Food to the People, Safely!

SUBMITTED BY LORRIE TATUM

In late March, the Leavenworth Community Farmers Market (LCFM) Board of Directors faced a difficult decision: re-organize a beloved farmers market to implement extreme limitations and community health precautions, or find a new way to deliver an essential service to the more than 2,000 residents of a small tourist town while supporting more than fifteen local farms. For guidance, they turned to the people they function to serve: residents and farmers.

Via online surveys, the Board gathered hundreds of perspectives on how comfortable the public would be with attending the Market, how many people would still require no-contact shopping due to increased vulnerability, and how critical the weekly market is to local farmers.

The results were varied, as you would expect in a diverse, small town, but they showed a clear sense



of direction.

When combined with evidence that outdoor spaces provide a significantly reduced risk of transmission for coronavirus than indoors, they had their answer: the community needs the option to shop for healthy, nutritious food outdoors and it is more important now than ever for us to support local farms.

It was decided that the Market will open as scheduled starting Thursday, June 4, with one simple mission: get the food to the people, safely.

This goal has guided every decision the organization has made, and has led to several major changes, most notably that the Market will be relocated to the Alpine Lakes Elementary School parking lot, thanks to the Cascade School District's ample generosity.

Moving the Market away from the highway and into a parking lot in the neighborhoods will allow for increased social distancing measures and lend priority to local customers and their needs.

Another major change



Photos by Lauren Petersen

is that both customers and vendors will be required to wear masks within the market.

LCFM currently has a limited supply of disposable masks to hand out if shoppers do not have one. But hopes to recruit a vendor that makes and sells masks. For now they are asking those who can to please bring their own.

The Market will also pro-

vide alternative shopping options by establishing a Vendor Directory on their website where customers can find details of how to purchase directly from farmers outside of Market day or through curbside pickup at the Market.

Finally, in their COVID19 Statement on their website, LCFM asks customers to "Please be prepared to attend with respect for your

community's health needs."

You can find details about the many other precautions the Market is taking, their full statement, the new Vendor Directory, and information on how to volunteer or donate at [leavenworthfarmersmarket.org](http://leavenworthfarmersmarket.org).

Markets are Thursdays from 4 p.m. – 8 p.m. at the Alpine Lakes Elementary School parking lot, starting June 4.

## Cascade Medical reopens services New safety measures in place



Submitted Photos

Miranda Raiche, MD, awaits patients at the Family Practice Clinic.



Cascade Medical

SUBMITTED BY RACHEL HANSEN  
CM MEDIA SPOKESPERSON

LEAVENWORTH – Cascade Medical announced today it will reopen most outpatient services, including physical therapy and diagnostic imaging, with extra precautions in place so patients can feel supported and safe.

"This is great news for patients who have delayed everyday healthcare due to COVID-19," CEO Diane Blake. "Safety is our top priority. Our team has gone above and beyond to ensure that we are following best practices from the Centers for Disease Control and the state Department of Health."

The decision follows Governor Jay Inslee's proclamation May 18 that allows non-urgent medical and dental procedures.

In early March, those services were postponed while hospitals focused their efforts on preparing for the pandemic.

This week, healthcare facilities statewide are welcoming back patients with better stores of supplies and equipment, widespread testing capability, and better

capacity to provide a safe environment for everyone.

At Cascade Medical, newly opened services include:

- All Family Practice Clinic appointments, including behavioral health, chronic condition management
- Physical Therapy
- Speech Therapy
- Occupational Therapy
- 3D Mammography
- DEXA Bone Scan
- Post-surgical or inpatient rehabilitation

Most appointments are available in-person or over telehealth, which allows patients to visit with their care team over a device with an internet connection, such as a smartphone or computer. Cascade Medical also offers financial assistance and help with insurance enrollment.

"We want patients to feel empowered knowing that they can choose how they interact with their care team, whether it's with telehealth or in person," Blake said. "If you're unsure whether you need an ap-

pointment, your care team would be happy to talk to you about it."

For in-person visits, the check-in process looks different, but it was designed with safety and efficiency in mind. A staff member will greet all patients at the main entrance for a quick screening.

- The staff member will:
- Ask about concerning symptoms
  - Check temperature with a no-touch scanner
  - Provide hand sanitizer and a medical-grade procedure mask for people to wear while they're in the building

The Washington State Hospital Association recommends that all patients and visitors don masks to contain any germs expelled as people cough, sneeze or talk.

Most healthcare facilities are complying with this best-practice recommendation, including Cascade Medical.

Cascade Medical is also implementing other safety measures:

- Providing separate treatment areas for people with COVID-like symptoms to

ensure that everyone has a safe environment to receive care.

- Encouraging social distancing with reminders of safe distances and protective barriers
- Limiting visitors and guests
- Frequent disinfection of common and high-touch items, like door handles, elevator buttons and counters.

"It's important to us that our patients have all the tools they need to live a healthy life," Blake said. "We are confident that everything is in place to ensure we can provide that care safely."

Cascade Medical is a nonprofit, community-owned, critical access hospital that delivers extraordinary healthcare by taking more time with each patient and their families. Centered around primary care, the medical center also provides lab and screening services; physical, occupational and speech therapy; ambulance service; emergency and acute care, and inpatient rehabilitation.



**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery



### Inside The ECHO this week

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## Corrections

The Leavenworth Echo regrets any  
errors. If you see an error, please call  
509-548-5286. We will publish a cor-  
rection 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 541-480-8946The 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****Friday, dinner 5:30 p.m., meeting 6:15 p.m.** Leavenworth Church  
of the Nazarene, 111 Ski Hill Drive.Please contact us for questions. Dave and Nancy Bartholomew  
509-596-1510

## 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. Krystal'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.

## Thursday

**Leavenworth Chamber of Commerce,** 8 a.m. Krystal's Restaurant,  
President Grant Strobner. Call Chamber, 548-5807. Everyone is invited  
to attend as a guest. (1st & 3rd Thurs.)**Leavenworth Lions Club,** Krystal's Restaurant, President, Conrad Delury,  
call or text, 509-387-5051. (1st Thurs. at 6:30 p.m. & 3rd Thurs. at Noon)**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., Krystal's Restaurant.  
Help with DD214, VA Disability Claim and more. (1st Fri.)**Leavenworth Rotary Club,** 11:45 a.m. Krystal's Restaurant. President,  
Ken Grosse. 509-763-2753.

## 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](mailto: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  
Kaaupuni, 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 Jantzer, 782-2561, meeting at  
Wescott Dr. in Cashmere. (2nd Tues.)**Icicle Valley Chapter of Trout Unlimited,** 6:30 p.m., Icicle Village  
Resort, 505 Hwy. 2, in the Lake Wenatchee Room. Call Dave,  
548-0903. (2nd Tues.)**Cascade Medical Board Meeting,** 9 a.m. Call Cascade Medical,  
548-5815. (4th Tues.)**Leavenworth People with Parkinson's Disease Support Group,** 11 a.m.  
Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call  
Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)**Buns, Book and Tea, Peshastin Book Club,** 1 p.m., Peshastin Library.  
Call Kathy Springer, 509-433-1345. (3rd Tues.)**Cascade Education Foundation,** 1 p.m., Boardroom at Cascade District  
office. Call Ken West, 670-1729.**LWSC Alpine Committee,** 7 p.m., Ski Hill Lodge. Call 548-5477.  
(1st Tues.)**Leavenworth Masons,** 7:30 a.m.. Zarthan Lodge No. 148, Leavenworth  
Senior Center upstairs. [www.leavenworthmasons.org](http://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.)**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

Sheriff/  
Fire/EMS

## Leavenworth

## May 15

10:20 Fraud/forgery, 118 Elder-  
berry Ln., Peshastin

10:37 Fraud/forgery, 415 Pine St.

11:04 Alarm, 500 Pine St., Alpine  
Lakes Middle School

12:07 Fraud/forgery, 331 Orchard St.

12:51 Parking/abandon, 426 Head-  
water Ln., Lake Wenatchee13:02 Parking/abandon, 9310  
Anderson Canyon Rd.13:04 Accident/no injuries, 21721  
Palomino Rd., Plain

13:05 Traffic offense, 9191 Icicle Rd.

13:05 Fraud/forgery, 12849 Ranger  
Rd.13:48 Malicious mischief, 16073  
River Rd., Plain13:55 Domestic disturbance, 8375  
Icicle Rd.14:40 Malicious mischief, US Hwy.  
2 & Alpensee Strass17:08 Agency assist, 330 Prospect  
St., #3

17:43 Noise, 12230 Ski View Ln.

18:55 Miscellaneous, Mill St., &  
US Hwy. 220:31 Agency assist, US Hwy. 97,  
MP 164, Peshastin21:08 Suspicious, 3419 Ingalls Ln.,  
Peshastin22:47 Suspicious, 305-8th St.,  
Blackbird Lodge

## May 16

07:57 Public assist, Wenatchee  
River, Tumwater Canyon10:21 Harass/threat, 10189 Merry  
Canyon Rd.

13:31 Theft, 8189 E. Leavenworth Rd.

18:35 Parking/abandon, SR 207,  
MP 1, Lake Wenatchee20:11 Hazard, Chiwawa Loop Rd.,  
MP 1, Plain21:49 Welfare check, 585 US Hwy.  
2, Icicle 76

## May 17

10:09 Civil, 18130 W. Dardanells  
Rd., Lake Wenatchee13:14 Injury accident, US Hwy. 97,  
MP 169, Peshastin13:25 Suspicious, Lake Wenatchee  
Hwy & Fir Dr.16:42 Property, Magnet Creek,  
Peshastin

16:55 Property, 111 Ski Hill Dr.

21:16 911, 1 Yodelin Pl., Stevens  
Pass

22:06 Noise, 8515 Icicle Rd.

## May 18

06:43 Noise, 217 Cascade St.

07:47 Civil, 13995 Brae Burn Rd.,  
Lake Wenatchee10:20 Fraud/forgery, 829 Front  
St., #C12:00 Parking/abandon, 5538  
Campbell Rd.12:18 Fraud/forgery, 24520 White  
River Rd., Lake Wenatchee12:56 Agency assist, 8590 Pine St.,  
#3, Peshastin13:30 Domestic disturbance,  
10580 Chumstick Hwy.13:51 Accident/no injuries, 1133 US  
Hwy. 2, #G

14:07 Theft, 117 Mill St.

14:39 Suspicious, 900 Blk., Front  
St.16:06 Fraud/forgery, 32 Alpenhof  
Ln.

17:23 Civil, 8912 Motel Rd., Dryden

18:02 Traffic offense, Hansel &  
Allen Lanes, Peshastin

18:14 Noise, 18009 River Rd., Plain

2032 Juvenile problem, 9800 Blk.  
School St., Peshastin21:44 Suspicious, 8697 Alice Ave.,  
Dryden

## May 19

11:12 Fraud/forgery, 330 Prospect  
St., #1311:33 Suspicious, 8381 Main St.,  
#3, Peshastin

13:56 Public assist, Leavenworth

14:08 Parking/abandon, Ranch  
Creek Rd. & US Hwy. 9715:30 Fraud/forgery, 12655 Shore  
St. ➔➔

## 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](mailto:Leavenworthseniors@gmail.com).**May 28, Thursday:** Shepherd's pie, cottage cheese, garden salad,  
chilled pears, whole wheat roll, dessert.**May 29, Friday:** Chicken fettuccine, Italian vegetables, Caesar salad,  
bread sticks, cherry crisp.**May 30, Saturday and May 31, Sunday:** No lunch.**June 1, Monday:** Hot dog, baked beans, coleslaw, carrot raisin salad,  
fruit salad, dessert.**June 2, Tuesday:** Country fried steak, potatoes and gravy, green  
beans, garden salad, chilled peaches, whole wheat roll, dessert.**June 3, Wednesday:** Crunchy chicken salad, pasta salad, veggie tray,  
pickled beets, whole wheat roll, strawberry shortcake.

## Leavenworth

## Leavenworth Recycling Center

Will be opening for normal hours of operation, with added  
guidelines, to reduce the potential spread of COVID-19.  
Beginning June 3, on Wednesday's 4:30 p.m. – 6:30 p.m. and  
Saturday's 11 a.m. – 3 p.m. ( e 22).

## Red Cross Blood Drive

**BLOOD DRIVES ARE ESSENTIAL, PATIENTS CAN'T WAIT.**  
The Leavenworth Red Cross Blood Drive, will be held at the  
Church of Jesus Christ of Latter-day Saints, on Thursday,  
June 4, from 1-5 p.m., 10170 Titus Rd. Leavenworth. All  
eligible and healthy donors are strongly urged to make  
an appointment, as at this hard time there is a shortage of  
blood. For information or scheduling an appointment, call  
1-800-REDCROSS, (1-800-733-2767). Walk-ins are welcomed.  
(er 22, 23)

## Regional

Dryden Transfer Station to close  
10 days for repairsFrom June 1 through June 10, the transfer station will be  
closed to all customers – commercial and citizens arriving  
for drop-off services. The facility will re-open on June 11.  
(er 22, 23)➔➔ 16:54 Property, 111 Ski Hill Dr. 23:53 Hazard, 19610 Nason Rd.,  
Lake Wenatchee18:07 Fraud/forgery, 8449 Moun-  
tain Home Rd.19:11 Public assist, 10649 US Hwy.  
2, Peshastin20:20 Suspicious, Chumstick Hwy.  
& US Hwy. 220:47 Welfare check, 6500 Blk.,  
Campbell Rd., Peshastin

## May 20

09:59 Disturbance, 817 Com-  
mercial St.12:10 Agency assist, 15121 Chum-  
stick Hwy.12:15 Fraud/forgery, 12774 Wilson  
St.13:34 Alarm, 11055 Merry Canyon  
Rd.13:42 Injury accident, US Hwy. 2,  
MP 104, Peshastin14:19 Fraud/forgery, 8349 Main St.,  
Peshastin14:48 Fraud/forgery 98 Dempsey  
Rd.15:14 Vehicle prowler, 10285 Ski  
Hill Dr.15:46 Alarm, 7375 Icicle Rd., Sleep-  
ing Lady16:22 Fraud/forgery, 8650 Icicle  
Rd.

16:24 Fraud/forgery 308 Ski Hill Dr.

# HopeSource boosts aid to veterans

For veterans who are struggling with housing during the COVID-19 crisis, there's extra help available from HopeSource.

Increased funding from Veterans Affairs will give HopeSource the ability to serve veterans who are homeless or in danger of becoming homeless.

Help with finding temporary or permanent housing and eviction prevention will be available to U.S. military veterans in Kittitas, Grant, Adams, Okanogan, Chelan and Douglas counties.

HopeSource already operates the Supportive Services for Veterans Families (SSVF) program, which helps secure housing and benefits for veterans.

These extra funds, totaling \$880,000, are to be spent in the next several months to help veterans suffering from the consequences of the pandemic.

A key difference with this new funding is that it allows HopeSource case managers to better assist those who are in danger

of becoming homeless, not just the literally homeless.

"For the first time many veterans who are struggling but not quite homeless will be able to ensure a stable life for their families, decreasing the stress on themselves and their family members," said Susan Grindle, HopeSource CEO.

"This will allow them to focus on education and employment that will lead to permanent stability."

Claudia Betancourt is an SSVF case manager for Chelan and Douglas counties and a veteran herself. She says these funds are critical for the health and well-being of veterans.

"With everything going on in our country right now with COVID-19, it is especially hitting hard in the veteran community because we do tend to isolate ourselves and have trouble leaning on our community supports more than the average person," Betancourt said.

Her mission is to make sure these funds go to help those veterans in need.

HopeSource has been assisting veterans in six Central Washington counties for more than six years through the SSVF program. It's a vital service, Grindle said, because of the focus on veterans.

"We are able to demonstrate to those who chose to serve and protect this country that the country honors them and has their back, supporting them in their role as civilians and contributing members of their community," Grindle said.

Veterans with honorable or other than honorable discharge status are eligible. To apply, call HopeSource at (509) 925-1448 or go to [www.ssvf.us](http://www.ssvf.us).

HopeSource is Community Action Agency providing a wide range of human services in Central Washington.

Contact: Samantha Puntenney [spuntenney@hopesource.us](mailto:spuntenney@hopesource.us) (509) 925-1448



*Parton and Swenson wed*

Noelle Parton and Aidan Swenson were married on the beach in Coronado, California on February 20, 2020. Noelle is the daughter of Doug and Lona Parton of Leavenworth. Aidan is the son of Randall and Laura Swenson of Rice, Minnesota. Noelle is a Certified Nutritionist and Aidan is in the U. S. Navy. The couple are making their home in the San Diego area.

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

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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

<p><b>CASHMERE</b></p> <p><b>CASHMERE BAPTIST CHURCH</b> 103 Apiets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church</p> <p><b>CASHMERE PRESBYTERIAN CHURCH</b> 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke <a href="http://www.cashmerepres.org">www.cashmerepres.org</a></p> <p><b>CASHMERE UNITED METHODIST CHURCH</b> 213 S. Division • 782-3811 Worship &amp; Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p> <p><b>CHRIST CENTER</b> 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 <a href="http://christcentercashmere.com/cc-updates">christcentercashmere.com/cc-updates</a> Underground High School Group, ONLINE ONLY at 6 p.m. Sundays Lead Pastor, Steve Haney Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Director of Operations, Pastor Ian Ross High School Director, Steffanie Haney</p>	<p><b>GRACE LUTHERAN CHURCH</b> Vine &amp; Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl</p> <p><b>ST. JAMES EPISCOPAL CHURCH</b> 222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. 5th Sunday Morning Prayer 9 a.m. Deacon Carol Forhan - 670-1723 Vicar Rob Gohl - Cell - 860-0736</p> <p><b>EVERGREEN BAPTIST CHURCH</b> 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 <a href="http://www.christforcashmere.org">www.christforcashmere.org</a></p> <p><b>DRYDEN</b></p> <p><b>DRYDEN COMMUNITY CHURCH</b> Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p><b>MID-VALLEY BAPTIST CHURCH</b> 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore <a href="http://www.midvalleybaptist.org">www.midvalleybaptist.org</a></p> <p><b>LEAVENWORTH</b></p> <p><b>CASCADE MOUNTAIN BIBLE CHURCH</b> "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 <a href="http://www.cmbiblechurch.org">www.cmbiblechurch.org</a></p>	<p><b>COMMUNITY UNITED METHODIST</b> 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. <a href="http://www.leavenworthumc.org">www.leavenworthumc.org</a></p> <p><b>CORNERSTONE BIBLE CHURCH</b> Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.</p> <p><b>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.</p> <p><b>FAITH LUTHERAN CHURCH - ELCA</b> "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following <a href="http://www.faithleavenworth.org">www.faithleavenworth.org</a></p> <p><b>FIRST BAPTIST CHURCH OF LEAVENWORTH. SBC</b> 429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM Website: <a href="http://www.leavenworthbaptist.com">www.leavenworthbaptist.com</a> Email: <a href="mailto:info@leavenworthbaptist.com">info@leavenworthbaptist.com</a></p> <p><b>LEAVENWORTH CHURCH OF THE NAZARENE</b> 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Mark Miller Youth Pastor, Kent Wright <a href="http://www.LCN.org">www.LCN.org</a></p>	<p><b>SEVENTH DAY ADVENTIST CHURCH</b> 10800 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997</p> <p><b>SPIRIT LIFE CENTER</b> 210 Benton Street • 548-7138 Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p> <p><b>MONITOR</b></p> <p><b>MONITOR UNITED METHODIST CHURCH</b> 3799 Fairview Canyon • 782-2601 Church Service &amp; Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana</p> <p><b>PESHASTIN</b></p> <p><b>LIGHT IN THE VALLEY COMMUNITY CHURCH</b> 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine <a href="http://www.lightinthevalley.org">www.lightinthevalley.org</a></p> <p><b>PESHASTIN ASSEMBLY OF GOD</b> School and Lake St. • 548-7523 Sunday Worship Service 10:30 a.m. Bible Adventures for kids at 10 a.m. sharp Pastor Jorge Torres</p> <p><b>NEW LIFE FOURSQUARE CHURCH</b> 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: <a href="mailto:newlifeleavenworth@gmail.com">newlifeleavenworth@gmail.com</a> FB page: <a href="https://www.facebook.com/newlifeleavenworth">newlifeleavenworth</a> <a href="http://www.newlifeleavenworth.com">www.newlifeleavenworth.com</a></p>
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Kendra Emry



Natalie Craig

### Village Art in the Park Scholarship Winners

SUBMITTED BY CLAIRE BURLINGAME

Village Art in the Park is pleased to announce two \$8,000.00 (\$2,000.00 per year) scholarship winners for 2020.

The first is Cascade High School senior **Kendra Emry** who will be entering a four year program at DigiPen Institute of Technology, Redmond, WA, to obtain a Bachelor of Digital Arts and Animation program in the fall of 2020.

The second is Cascade High School senior **Natalie Craig** who will be entering a four year program at Oregon State University, Corvallis, OR, in the College of Business Innovation Nation for their interior design program in the fall of 2020.

We congratulate both young women and wish them success in their future endeavors.

## Art in the Park Thrived Under Mary Warden's Directorship Callie Baker is the New Director

BY MARLENE FARRELL

Since the dawn of Leavenworth's Bavarian village, artists have added to the pedestrian delights of downtown.

Canvases in bright hues, photographs of wildlife and peaks, pottery both functional and elegant and metal works shimmering in the sun all draw tourists and residents alike.

Back in the 60's visitors would stroll through a garden of wooden easels. These days, each artist has their own booth, where the artist might be working, giving visitors a glimpse of the creative process.

Village Art in the Park (VAIP), always evolving, now runs three or four days a week for six months, making it the longest continually running outdoor juried art show in the state.

The success of VAIP is due, in large part, to Mary Warden's tenure as its director.

"For twenty years my life has been synonymous with VAIP. In season and off," said Warden.

Warden, a painter herself, brought a wealth of local knowledge and a unique skillset to the job. "I was born and raised in Leavenworth. I also worked most of my life here, everything from cocktail waitress, to front desk at a hotel and a hardware store manager. My most important job was being a single mom of two beautiful daughters."

Warden accepted the director position with eyes wide open. "It had the reputation for being a difficult job. There had not been a director that lasted longer than one or two years."

As Director of VAIP, a nonprofit, Warden worked closely with the board, made up of local business owners and retirees. Warden helped bring their vision to fruition.

Day to day, it was Warden's relationship with the artists that helped VAIP thrive.

Thirty some artists take turns using about eighteen booths each long weekend, and Warden was there right along with them.

McKenna Ihde and Pete Kornowski are an artist couple from Wisconsin who come each summer to be a part of VAIP.

"Mary was very much respected across the gang of artists and did an amazing job balancing the needs and opinions of us creative types," said Kornowski, whose paintings tell stories and spur the

imagination. "When it came to issues with the city, the board or some other local conflict, Mary was an effective advocate for our interests."

SEE VAIP ON PAGE 8



Mary Warden with artist friends at the PO after a successful day in the park

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

# "I can't delay my care."

There are misconceptions around the safety of visiting a clinic, hospital or health center right now - but medical providers want you to know accessing health care is safe. Care is available by phone, video call or in person. In-person care looks a little different right now: There aren't any more crowded waiting rooms, and you'll likely see a lot of people in masks, being asked screening questions, or have your temperature taken. All of these precautions are to keep you safe.

Hoping a medical issue will just get better? Not getting help could mean it will get worse. If you have a physical or emotional health concern, make the call to your care team and let them make the call about your medical needs. Don't put your health care on pause.

Don't delay. Get care. We're here.





**THANK YOU TO ALL THE CASCADE SPORTS TEAMS!**  
 Players, Coaches, Cheerleaders and Fans. Even though you were not able to play your spring sports because of the COVID-19 Virus, the Local Business sponsors and The Leavenworth Echo want to say.  
**We are proud of all of you! Go Kodiaks !!**



# CASCADE HIGH SCHOOL SENIOR NIGHT

Cascade High School would like to recognize the following seniors and their families and thank them for the contributions to the Cascade Spring Sports Programs. Cascade High School and the communities that make up our district, would like to thank each of these young women and men for being strong leaders in our school and role models for the young girls and boys in our community.



**Hunter Reinhart**

Sport: Wrestling  
 Parents: Angela and Ryan Reinhart  
 Future Plans: Will be playing football at valley city state university on a scholarship  
 Other: 3x 1st team all league wrestling  
 3x 1st team all league football awards  
 2x wrestling state finalist  
 Undefeated senior wrestling season 26-0 with 26 pins  
 Wrestling state champion  
 Wrestling league mvp  
 Nominated for East west football game



**Ben Sunitsch**

Sport: Baseball  
 Parents: Kirk and Marcie Sunitsch  
 Awards:  
 2x CTL Baseball All League Award  
 4x letter winner in Baseball  
 2x CTL Football All League Award  
 4x letter winner in Football



**Mikaela Räsänen**

Sport: Softball  
 Parents: Host mom Shawna Green  
 Future plans: I want to attend university somewhere in Europe and study medical.  
 Other: climbing club



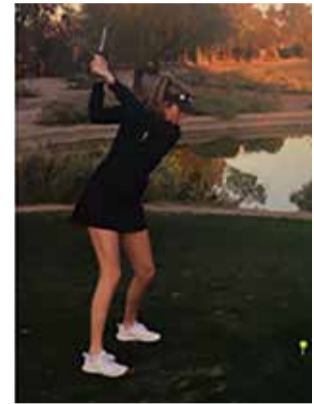
**Alexandria Rodgers**

Spring Sport: Softball  
 Parents: Paul and Michelle Rodgers  
 Future Plans: Attend Washington State University to study journalism/criminology then attend law school  
 Other Activities: Soccer, Golf, Basketball, Track, Drama, ASB  
 Awards/Achievements: 2 time all league winner soccer, offensive player of the year award soccer, Most goals in a game school record (8), 2 time state finalist. Honor Roll



**Porter Stock**

Sport: Softball  
 Parents: Cary & Tara Stock  
 Future Plans: attending Washington State University to study pre law/criminal justice.  
 Other: My other school activities are ASB



**Emma Halseth**

Sport: Golf  
 Parents: Glenn & Lisa Halseth  
 Future plans: I plan on attending Washington State University to study Business Management and Hospitality with a minor in Interior Design.  
 Other: Golf- First team all league (2019), Lowest scoring average in league for girls (2019), Player of the year (2019), state alternate (2018), State participant (2019), Varsity letter 4 years.  
 \* For the girls team all together we won CTL district title (2019)! We also might've for 2018 but not sure.  
 Basketball- Sportsmanship award (2019), Captain (2020), 3 year varsity letter.



**Emma Nielson**

Sport: Golf  
 Parents Names: Mike and Debbie Nielson  
 Future plans: Attend WVC in the fall  
 Awards: (Golf) First team all league, attended and played in state championship sophomore and junior year. (Team awards) League champs sophomore and junior year. District champs sophomore year. (School) 4.0 award.



**Natalie Craig**

Sport: Golf  
 Parents: Kelly & Steve Craig  
 Future Plans: Attend Oregon State University  
 Other: Volleyball and 2nd team all league- golf 2019



**Jocellyn Rodriguez**

Sport: Softball  
 Parents: Mariam and Modesto Rodriguez  
 Future Plans: Attend Wenatchee Valley College  
 Other: played basketball and was a part of band.



**Truh Merriman**

Sport: Softball  
 Parents: Eric and Wendi Merriman  
 Future Plans: Attend Big Bend Community College  
 Other: Played soccer as well and hold multiple softball records.



**Madison Hardy**

Sport: Softball  
 Family: Aunt and Uncle Deborah and Larry Jahnke  
 Future Plans: Attend Eastern Washington University  
 Other: Softball team captain.



**Madison Dye**

Sport: Softball  
 Parents: Maggie Reeves and Brett Dye  
 Future Plans: Go to a 4-year university into health science  
 Other: Key Club and Lettered 3 years in cheerleading

**We are proud of all our Kodiak teams!**

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 AN NGW MEDIA PUBLICATION  
 UPPER VALLEY NEWS SINCE 1904

**NGW MEDIA**



**Kascia Muscutt**

Sport: Track and Field  
 Parents: Mandi and Terry Muscutt  
 Future Plans: Attend Peninsula College for Soccer  
 Other: Soccer, Basketball, ASB, Sustainability Club  
 Awards Won: Class of 2020 Valedictorian, 2nd Place 4x400m, 4th Place 800m, 3x 1st Team All League Soccer, All-State Defender (Soccer), 2nd Team All-League Basketball, College Athletic Scholarship



**Josie Brenan**

Sport: Track and Field  
 Parents: Laurie Brenan  
 Future Plans: Attend San Diego State University to study Biology/Pediatric Dermatology  
 Other: Soccer, Cross Country, ASB, and volunteering at Catholic Family Charities.



**Stephen Tveten**

Sport: Track and Field  
 Parents: Brandon and Sharon Tveten  
 Future Plans: Serve a mission, but if the quarantine continues then I'll be "going to" BYU in the fall.  
 Other: Climbing club, High School swim in the winter.



**Josiah Johnson**



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**THANK YOU TO ALL THE CASCADE SPORTS TEAMS!**  
**Players, Coaches, Cheerleaders and Fans. Even though you were not able to play your spring sports because of the COVID-19 Virus, the Local Business sponsors and The Leavenworth Echo want to say.**  
**We are proud of all of you! Go Kodiaks !!**




**Adian Arceo**

Sport: Soccer  
 Parents: Salvador Sandoval  
 Future Plans:  
 Other: Played football and wrestling



**Julian Alvarez**

Sport: Soccer  
 Parents: Ramiro and Clementina Alvarez  
 Future Plans:  
 Other: Played football



**Arturo Avila**

Sport: Soccer  
 Parents: Ramon and Maria Avila  
 Future Plans: Attend Spokane falls and will be playing soccer there  
 Other: Played football  
 Awards:  
 First team all-league soccer 2017-2018-2019  
 Cascade All time goal scorer



**Jose Rivera**

Sport: Soccer  
 Parents: Jose Rivera & Herendira Lopez  
 Future Plans: Head to Spokane community college with a possibility to play soccer  
 Other: varsity letter winner 3 years



**Eric Rosario**

Sport: Soccer  
 Parents: Francisco Rosario Ana Urias Frank Rosario  
 Future Plans: Attend Eastern Washington University  
 Other: All League in Football, Soccer, and Wrestling



**Emanuel Gil Garcia**

Sport: Soccer  
 Parents: Bulmaro Gil Soperanez and Leticia Gil Garcia  
 Future plans: Pursue my dreams and head to college



**Will Piers**

Sport: Boys Soccer  
 Parents: Megan Collins and Brad Piers  
 Future Plans: I'm going to play soccer in Spain at GPS Spain  
 Other: As a Sophomore I won the Sportsmanship award for Cascade and as a Junior I received a Second Team all league award. CTL Winners twice and District Champion once



**Victor Hugo Oropeza-Sanchez**

Sport: Soccer  
 Parents: Angelica Sanchez & Victor Oropeza  
 Future Plans: I plan to work during the summer then go to college



**Eduardo Camarena**

Sport: Soccer  
 Parents: Jose Camarena, Leticia Vizcaino  
 Future Plans: After high school: Attend Western Washington University  
 Awards: 3 year Varsity



**Gabriel Norby**

Sport: Soccer  
 Parents: Kris and Joanna Norby  
 Future Plans: I am taking a gap year and will be serving as the assistant coach for the Plain Valley Nordic Team for the 2020/21 season.  
 Other Activities: Nordic Skiing, Young Life, Royal Rangers  
 Awards:  
 \*Royal Rangers Gold Medal of Achievement  
 \*Royal Rangers JLDA (junior leadership development academy) Sabre  
 \*2018 PVNT MVP  
 \*Washington Nordic Cup U16 2018 champion and overall high points  
 \*2019 PVNT Spirit Award  
 \*WNC 2020 U18 Champion  
 \*2019 CHS JV Soccer Captain  
 \*2020 CHS Soccer Player of the Week\*\*\*

**GO KODIAKS!**



**Best of Luck Kodiak Athletes**

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**Hans Schlyer**

Sport: Tennis  
 Father: Kurt Schlyer  
 Future Plans: Attend Central Washington University  
 Other: 1st Team All-league in tennis



**Kolby Hunt**

Sport: Tennis  
 Parents: Jennifer and Thad Hunt.  
 Future Plans: I will be attending WSU this fall.  
 Other: I competed in State soccer three of the four years and placed second twice and I earned the coaches award in basketball.



**Isabel Rodriguez**

Sport: Tennis  
 Parents: John and Catherine Rodriguez  
 Future Plans:  
 Other: Also was a part of the cross country team.



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**Congratulations Teams!**



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**SOFTBALL**




1. Madison Hardy - Senior
2. Jocelyn Rodriguez - Senior
3. Truh Merriman - Senior

Coach: **Todd Gilbert**

Photos Mike Eastep



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**3**

# Opinions

## Just how serious is this Pandemic?

I was moved by a ruling from a judge in Illinois this last week. It raises serious questions about who we should trust regarding the dangers we face from this disease.

Here is what Judge Michael McHaney of Clay County Illinois had to say in a ruling about a Corona virus case before him.

“Since the inception of this insanity, the following regulations, rules or consequences have occurred: I won’t get COVID if I get an abortion, but I will get COVID if I get a colonoscopy.

Selling pot is essential, but selling goods and services at a family owned business is not.

Pot wasn’t even legal and pot dispensaries didn’t even exist in this state until five months ago and, in that five months, they have become essential, but a family-owned business in existence for five generations is not.



**IN MY OPINION**  
Bill Forhan  
Publisher

A family of six can pile in their car and drive to Carlyle Lake without contracting COVID but, if they all get in the same boat, they will. We are told that kids rarely contract the virus and sunlight kills it, but summer youth programs, sports programs are cancelled.

Four people can drive to the golf course and not get COVID but, if they play in a foursome, they will. If I go to Walmart, I won’t get COVID but, if I go to church, I will.

Murderers are released from custody while small business owners are threatened with arrest if they have the audacity to at-

tempt to feed their families. These are just a few of examples of rules, regulations and consequences that are arbitrary, capricious, and completely devoid of anything even remotely approaching common sense.

State’s attorneys in this state, county sheriffs, mayors, city councils and county boards have openly and publicly defied these orders followed by threats to withhold funding and revocation of necessary licenses and certifications unless you obey.

Our economy is shut down because of a flu virus with a 98 percent plus survival rate. Doctors and experts say different things weekly. The defendant cites models in his opposition. The only thing experts will agree on is that all models are wrong and some are useful.

The Centers for Disease Control now says the virus is not easily spread on

surfaces.

The defendant in this case orders you to stay home and pronounces that, if you leave the state, you are putting people in danger, but his family members traveled to Florida and Wisconsin because he deems such travel essential.

One initial rationale why the rules don’t apply to him is that his family farm had animals that needed fed. Try selling that argument to farmers who have had to slaughter their herds because of disruption in the supply chain.

When laws do not apply to those who make them, people are not being governed, they are being ruled. Make no mistake, these executive orders are not laws. They are royal decrees.

Illinois citizens are not being governed, they are being ruled. The last time I checked, Illinois citizens are also Americans and Americans don’t get ruled.

The last time a monarch tried to rule Americans, a shot was fired that was heard around the world.

That day led to the birth of a nation consensually governed based upon a document which ensures that on this day in this, any American courtroom tyrannical despotism will always lose and liberty, freedom and the constitution will always win.”

The problem is we are being challenged daily to wallow in fear by our elected leaders and most of our media.

Facts on the real impact are hard to find. Projections of the carnage that will result if we don’t comply change based on who is doing the reporting.

A recent letter to the editor in the New York Times said, New York is dying. Its streets are empty. Its leaders have no solutions.

The same can be said right here at home.

The small businesses that built this community are in danger of closing

permanently.

A local restaurant in Leavenworth has posted a for sale sign on his business. He says if he can only have half of his tables open, he can’t make enough to pay his rent.

The Payroll Protection Program is an incomplete solution. If the restaurant cannot make enough money to pay their rent when they reopen at half capacity, there will be no jobs for the employees.

No one wants to see anyone die from this disease but the reasons for the initial closures no longer exist.

The truth is the best doctors cannot save everyone who seeks their help. It is time to end this insanity.

Politicians who have never run a successful business have proven once again why they are incapable of running a coffee stand.

It’s time to remind them that without a vibrant economy the government offices they hold will also end up on the trash pile of failed political organizations.

## LETTERS TO THE EDITOR

### Stay the course!

I am responding to the whiners in articles and opinions 5/13/20 and others in town, regarding Governor Jay Inslee and his, in conjunction with the Washington State Health Dept, plan for safely reopening the State of Washington and it’s counties. There is some very false or twisted fact information being made not only in print, but in the stay safe protest marches and by a candidate running for governor, which I would like to enlighten the Echo readers on.

When an emergency declaration is made in Washington State by the Governor, he decides what, when, where is safe per laws in Washington including shutting down Hwy 2 if he deemed it unsafe! Those individuals stating that

this is not in the Governor’s power, please educate yourself to – RCW 43.06.220 State of emergency – Powers of governor pursuant to proclamation.

Additionally, to move to Phase 2 of opening Washington State there are to be no deaths or new cases for 3 Weeks. Per the Chelan County/Douglas Health Department charts on their site, we have had a steady incline of positive cases since April 20.

The numbers are posted late and not always in a timely manner so, they could be higher.

But the fact is, there has been a jump last week in Leavenworth along with another death alone, between the last two charts which could be higher due to late or delayed reporting. Not all that tested have results. This number

is noted there as well. This starting up again after the increase of traffic from western Washington starting three weeks ago and increasing each weekend. If you go to Chelan/Douglas Health at <https://cdhd.wa.gov/covid-19/#case-count-weekly> you would see we, in Leavenworth, went up to 1 case from 6 to 7 and our deaths unfortunately went up from 5 to 6. So even Leavenworth is increasing! This increase, as small as it may be, is happening as more people come to visit. It could very well be spiking here. Thank God we are not up in the 100s as Wenatchee and East Wenatchee are in cases and higher deaths. But the Fact is Chelan and Douglas Counties have not met the requirements to move to Phase 2.

I understand where the

Whining is coming from; loss of revenue, money, or boredom, which is big and never before in our Lifetime ever happened before. But why is it worth peoples lives and possibly future health and lives of their families and friends. Many that are at tremendous risk, built Leavenworth up into the great little town it is today. Or many other lives sick, that may never recover from the ravages to their bodies of this Pandemic disease ending up disabled or nursing homes because they can’t take care of themselves due to destruction to their organs from this Pandemic? People that had it and got over it are now having it return to them. So much is unknown that they have to learn as well as get a good safe vaccine before this might go away eventually,

but we all have to do our part and pay attention to the safe plan.

Wake up people! Just stop and think beyond yourselves; think of all the frontline people helping us through this Pandemic at risk out there and think of all the others in your community or state. Drop the “me” from that equation. It is not going to go magically away despite what you hear. What has happened to your humanity or has this community or state turned into a third world thinking? Survival for only the fittest and richest, you only die if you are unhealthy. Stop demonstrating without masks and not keeping 6 feet apart, teaching your children to disobey the rules to safeguard you and others. Don’t put people in danger because of your selfishness, which when you get down to it is childish. The state, counties

and cities are under the direction and power of our elected governor, commissioners, mayors by all to govern and rule within the laws granted them, until all the states are declared little kingdoms by our self-appointed king...

Stay healthy and safe. Be thankful we have each day in this beautiful town to walk and exercise. We will get through this safely if we all do our part as the plan is laid out by our governor and state health department. They along with all the great first responders, frontline healthcare workers, frontline grocery workers, and frontline shops worker are all doing their best to help us all through this. A big shoutout thank you all frontliners for being there for us!

God Bless All!  
Shawnee McCartor  
Leavenworth

### Petition R90

You’ve been hearing – but what is it? Recently passed in Olympia was SB 5395. This Bill has made mandatory, a ‘Comprehensive Sexual Education K-12 Curriculum’ in all Washington public schools.

Sex Ed curriculums have been recommended and included in the past, and have had much more local input and control.

This Bill forces a much more intensive/extensive curriculum. In their framework for CSE, International Planned Parenthood Federation states, “Our approach includes an emphasis on sexual expression, sexual fulfillment, and sexual pleasure.

This represents a shift

away from methodologies that focus exclusively on the reproductive aspects of adolescent sexuality”.

Why is this a problem? Once again the state and ultimately the federal government is taking the education of our children out of local control.

Out of the influence of parents and teachers who know our kids best, and would like to give input into what is taught, especially with this sensitive subject.

Referendum 90 is a petition drive to gather 130,000 signatures by June 1st – so we can repeal this recently passed SB 5395 in November.

Then parents and schools could come together and look at curriculums

they think would best suit their children.

Please join us in this and let your voice in the matter be heard.

We are doing parking lot drive thru petition signings – bring your own pen.

May 31 at the Leavenworth Nazarene church 111 Ski Hill Dr Leavenworth 1-3pm

May 31 at the Cashmere Museum 600 Cotlets Way Cashmere 1-3pm

May 28 & 29 202 Prospect St Leavenworth Front porch 6-7:30pm

For more information visit the – Informed Parents of Washington - website. Scroll down to the CSE video.

Polly McIntyre  
Leavenworth

### I’m protecting you

Bryan Anderson in his letter to the Editor on May 13 posed the question, “If you want to wear a mask, why does it matter if I choose not to wear a mask. Doesn’t your mask protect you?”

In answer to that, no, my mask does

not protect me, it protects you.

If you wear a mask it protects me. I’m willing to protect you. Are you willing to protect me?

Adele L. Juvet-Fuhrer  
Leavenworth

### Open Letter to Representative Newhouse

We are heartened by your commitment to open WA communities and resume businesses and services!

Unfortunately, in Leavenworth, our new mayor Carl Florea is completely against reopening our downtown, where the majority of business are located and where tourists head for.

He mumbles about following “proper protocols” but provides no concrete reasons or dates.

Meanwhile our local business owners are heartbroken and helpless as they see their lifetime investments drain away...

Would you consider speaking with him and perhaps reminding him that he must use his office to serve our community, especially its economic health?

Ann Crosby  
Leavenworth

Visit [leavenworthecho.com](http://leavenworthecho.com)

## Osborn should be retained as a community center

SUBMITTED BY KENNETH KOHNHORST

Several months ago, I attended a meeting at MEND office regarding the possible use of Osborn Elementary once the new school was built. Since that meeting I have heard little from anyone in the community as to what to do with Osborn School.

It was my suggestion at that meeting for the City consider purchasing and converting it to The Leavenworth Community Center.

I still believe this would be a great project for the City to consider. Why leave a good building go to waste and let us join the many communities that have Community Centers?

Since the tax payers paid for this school



I would hate it be sold to a developer and the next thing you know you have a bunch of new condos. It would seem to me the

prudent thing would be to let this be in the hands of the city and let’s continue this as a tax-payer development.

My thoughts are that Osborn School



Mary Warden and Becca Otis, one of many close artist friends.



Typical beautiful day to stroll through Village Art in the Park.

CONTINUED FROM PAGE 4

## Art in the Park Thrived Under Mary Warden's Directorship Callie Baker is the New Director

"She was truly the backbone of the organization," said Ihde, who draws inspiration from nature when creating her multimedia paintings that often incorporate recycled materials.

"All of the artists relied on Mary for many things, whether it was direction, moral support, or a reality check!"

These artists appreciate the opportunity that VAIP

represents. "The consistency of Art in the Park is pretty rare," said Kor-nowski. "Most art events, even the largest ones, are only a single weekend or a week at best, and if you want to hit a string of them all summer, you'll be traveling and re-learning new show rules every five days. To be able to show so often is a huge luxury that is not lost on us."

Over the years, artists come and go, but many return to VAIP for multiple seasons and with that continuity grows a sense of family. "I have made many lifelong friends," Warden said.

Ihde credits Warden's ability to bring people together. "Mary has an outgoing and positive attitude that draws everyone to her. She is like a third grand-

ma to me as she is such a wise and steadfast woman. Mary is also hilarious and has an infectious laugh."

VAIP not only benefits artists and visitors, but also helps foster the future of art.

Every year a graduate from Cascade High School is granted a scholarship to be used to pursue a major in the arts.

The \$8000 award is given out in \$2000 increments over four years.

Additionally, VAIP has an Art Enrichment Fund which donates \$2000 per year to one of the district's schools.

This fund allows the school to provide special

art programming that otherwise it could not afford.

VAIP has shown resilience over the years. "It has endured many potentially devastating situations," explained Warden.

"The recession following the 2008 economic crash, forest fires, wind and rainstorms, relentless heat-waves."

Now, with the COVID-19 pandemic, health concerns and social distancing requirements, VAIP is having a delayed start in early June and is adapting to this new challenge.

Mary Warden's successor, Callie Baker, is well-suited for dealing with

unpredictability from her director work with Leavenworth Winter Sports Club's Junior Nordic Team, which must follow the whims of Mother Nature. And hopefully Baker will find she agrees with Warden, whose passion for the work sustained her through twenty years.

"I always believed that there needed to be a place where artists could make a living. I also felt the public needed to have art in their lives," said Warden.

"What a wonderful feeling it was to work for a non-profit that did so many great things for the community. It was a win, win for me."

## Upper Valley Historical Society Board

SUBMITTED BY MARGARET NEIGHBORS

Please find below an update on the progress and happenings with our community's "Museum on the Move." While construction efforts ceased over nine weeks ago due to COVID-19 concerns, we are making progress towards our goal of reopening the Museum.

Painting and electrical work are nearly complete. Exhibit design and creation are nearing completion. We are waiting for the installation of the carpet to continue this work.

Our collections are expanding, and we have some exciting new exhibits, including: A separate gallery for Greater Leavenworth area communities, including Plain, Lake Wenatchee, Peshastin, Dryden, and Blewett, to share their unique

histories; Another separate gallery to display the Northwest Ski Museum's Hall of Fame currently on display at the Enzian Inn.; An Autumn Leaf Festival exhibit with a rotating display of past Royal Lady dresses, including the dress from Martha Jensen, our first Royal Lady of the Autumn Leaves (1964); A special guest exhibit of Welcome and Celia Sauer's Family Photos documenting experiences around their small farm in Leavenworth (1927-1972).

Our original target date for reopening was April 30, just before the start of Maifest.

Now, due to the shut-down of carpet mills, the earliest we might open is mid-July.

As soon as we can safely move forward with the construction and

installation of exhibits, we will announce the date for the Grand Opening of the Greater Leavenworth Museum.

This special event is limited to Museum members and our 'Museum on the Move' Fund Drive donors.

If you plan to contribute to our 'Museum on the Move' Fund Drive, or if you would like to become a member, or renew your existing membership, you can do so online at [www.leavenworthmuseum.org](http://www.leavenworthmuseum.org).

If you have any questions, comments, ideas, suggestions, concerns, or if you want to volunteer your time to help us reopen our community's Museum, please contact us at [info@leavenworthmuseum.org](mailto:info@leavenworthmuseum.org).

Thank you for your interest and support in the reopening of the Greater Leavenworth Museum.



CONTINUED FROM PAGE 7

## Osborn should be retained as a community center

building has all the "bones" for a very nice community center. You can use your imagination....

1. Library would make a nice place for teens to come and spend time. Perhaps some games, books to read, computers to help with homework, etc. I adult volunteer could volunteer to be a monitor.

2. You could open the gym on certain nights for folks to play some basketball or other sports. In the winter folks could go walking for exercise. You might also have some Yoga, dance or exercise classes as well. The gym can also be used for special events, fundraisers, meetings, conferences and more. There is a Kitchen which is a plus for groups that might want to offer food at their event or meeting.

3. You could use the office for a person that would run the community center and perhaps at least one or two volunteers to print bulletins, newsletters, etc.

4. Classrooms could be used for such things as: Art, Photography, English as a second language, travel movies, workshops, computer skills, meeting rooms for groups and so much more.

Here is just a short list examples of items one could see at our own Leavenworth Community Center!

**Classes/Clubs:** Free workshops – Investing and trading, etc., Grant Writing, How to publish your book, Computer skills, Cooking lessons, Walking Group, Book Club, Quilting, Line

Dancing, Learn the Hula, Square Dancing, Watercolor painting/Oil painting, Drawing, Music lessons- Guitar – Piano, Learn CPR, Self-defense, SAT preparation.

Here are some examples of other programs that I found that could be of interest:

A peer-led program was developed in response to the silence surrounding the issue of dating violence.

The DateWise curriculum uses presentations, discussion groups, videos, and group activities.

The Teen Program Staff trains interested teens to be peer educators and to present the program to 9th graders in the School District.

Teen Program Staff collaborate with the School District to offer homework help after school to teens in 6-8th grades.

**Event Ideas:** Need to schedule a holiday party?, Holiday Bazaar or Flea Market, Meeting Place for various Clubs or Non-profits, Small fundraiser-Italian night – Kitchen is on premises, Local vendors show- Jewelry, art, etc, Breakfast with Santa, Teen dances, Wild West Casino Night, Bingo Nights, Movie nights, Fashion Shows, Veteran's Day-Free breakfast or lunch, St. Patrick's Day-Irish stew Dinner & music, Zumba class/ Zumba fitness, Tiny Tots Indoor Playground – Very good for winter, Child Care could be offered, Celebrate your birthday with games, themed activities, and fun in an activity room,

plus a designated party room for cakes and presents.

I suspect you could add other classes, events or activities to this list as well.

It would be my wish that you consider the purchase of the school for a community center. I feel strongly

that the community would step-up where needed. Remember we never thought we would convert that "Old Warehouse" into a Festhalle and look what happened and I know that so many community individuals were there to help and "yes it tooktime... but it got done."

If you would like to discuss this with me feel free to e-mail me at [graphicone@charter.net](mailto:graphicone@charter.net).

I will look forward to your giving this proposal it's just

due and consideration.

Here's something to think about!

This might be of interest:

In 1973, the rival Twisp and Winthrop schools consolidated after the completion of a new high school located between the two towns, and that year's class was the last to graduate Twisp High School.

The building was abandoned and sat empty for five years, slowly falling victim to the work of time and van-

dals. Windows were broken, and pipes had flooded the gym floor.

The school district considered demolition, but the cost was estimated at \$600,000 dollars.

Fortunately, the community banded together and cleaned up the building, repaired leaks, replaced or boarded windows, and hauled out the trash, all out of pocket. The building was reborn as the Methow Valley Community Center in 1979.

## Wenatchee River Salmon Festival Cancelled for 2020

SUBMITTED BY CORKY BROADDUS

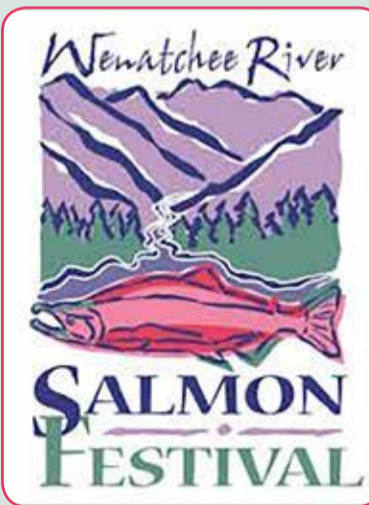
Leavenworth – Due to the impacts of the Covid-19 pandemic affecting all of us in many ways, the much-beloved award-winning Wenatchee River Salmon Festival (Salmon Fest) has been cancelled in 2020.

This year's event was scheduled to be held at the beautiful Leavenworth National Fish Hatchery on the days of September 17th – 19th. The popular north-central Washington nature festival will now begin looking forward to creating a special 30th Anniversary celebration, "Salmon of the Future," to be held September 15-18, 2021.

Festival organizers will follow all required guidelines for public health and safety concerns during all phases of planning during these most challenging times.

An educational event on the scale of Salmon Fest hosts approximately 2,500 students and pulls in hundreds of volunteers.

Natural resource and recreation specialists, community exhibitors, multi-cultural tribal educators, and other participants from throughout the entire Pacific Northwest are included. The public day can



draw more than 4,000 attendees.

"The health and welfare of our festival visitors, students, volunteers, and community residents are top priority for the Salmon Fest planning team," Festival Co-Directors Corky Broaddus and Hailey Croci clearly state.

"During this coronavirus time of our lives, we truly are concerned about the health and safety of all of our dedicated festival staff that work in every capacity of Salmon Fest management and operations.

"We thank our festival agency and non-profit partners and com-

munity contributors in helping us come to this hard cancellation decision."

U.S. Fish & Wildlife Service managers of Leavenworth National Fish Hatchery agree.

"Hosting a big public event this year presents far too many obstacles and concerns," Visitor Services Manager Julia Pinnix noted.

"Our first priority must be health and safety. Postponing the event until 2021 is a wise choice."

The Salmon Fest is a hands-on outdoor event whose mission is to connect people and nature by providing opportunities that create meaningful and enriching outdoor interpretation and education.

A visit to Salmon Fest builds life skills and experiences reaching out to all ages about the wonder of science, nature, and culture.

Please join us in 2021 to share a "salmon experience" with us during next year's upcoming Wenatchee River Salmon Festival "Salmon of the Future" celebration!

For updates on the event, visit [salmonfest.org](http://salmonfest.org) and follow the Wenatchee River Salmon Festival on Facebook.





Place your ad online at [NCWMarket.com](http://NCWMarket.com) or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record  
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

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## ANNOUNCEMENTS

**Lake Chelan Preschool is now accepting registrations for preschool for the 2020-21 school year**

Registrations packets are available for pick-up at the School District Office located at 309 East Johnson Ave. between the hours of 8 a.m.- 4 p.m. Monday through Friday.

Please drop off all completed registrations at the same location. For questions please call 888-8752.

**La escuela preescolar de Lake Chelan ahora esta aceptando inscripciones para el año escolar 2020-21**

Los paquetes del inscripción estan disponibles para ser recogidos en la Oficina del Distrito Escolar que esta ubicada en 309 East Johnson Ave. Entre las 8 a.m. -4 p.m. de Lunes a Viernes.

Deje todos los registros completados en la misma ubicacion. Si tiene alguna pregunta, por favor de llamar a 509-888-8752.

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ANNOUNCE IT IN THE CLASSIFIEDS  
AT NCWMarket.com  
**\*HAPPY BIRTHDAY**  
**\*CONGRATULATIONS!**  
**WILL YOU MARRY ME!**  
**\*I'M SORRY!!**  
**\*Happy Anniversary**  
Only \$15 for 30 days  
includes 3 photos

## HELP WANTED

**CASCADE SCHOOL DISTRICT**  
The Cascade School District is seeking qualified applicants for the following positions:  
  
Home Link Teacher  
Icicle River Middle School Secretary  
  
Fast Track application process and information can be found on our website at:  
[www.cascadesd.org](http://www.cascadesd.org)  
EOE

**Windermere Real Estate/NCW**  
Leavenworth/Lake Wenatchee Specialists

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Find the Best Qualified Local Employee in our Classifieds Ads.  
  
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**Lake Chelan Mirror**  
**Leavenworth/ Cashmere**  
Deadline Tuesday at noon  
**Quad City Herald**  
  
Your ad will appear online and in the newspaper for one low price.

## PUZZLE SOLUTION

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## APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.  
  
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Deadline Monday at noon for the paper  
**Lake Chelan Mirror**  
**Leavenworth/ Cashmere**  
Deadline Tuesday at noon for the paper  
**Quad City Herald**

## FURNITURE

We have excess office furniture available. Most of this is in good condition. Some may require minor repairs. There are 3 desks, a conference table, a small refrigerator, a large counter with shelves and a credenza for \$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.  
If interested, call:  
509-548-5286 or  
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## GARAGE & YARD SALE

**CLEAR SOME SPACE WITH A**

Fill your pockets with \$5 CASH \$5  
Let others know what items you are selling!  
  
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**Quad City Herald**  
  
Your ad will appear online and in the newspaper for one low price.

## GENERAL MERCHANDISE

Fundraiser for The Royal Ladies of the Autumn Leaves.  
**Special Leavenworth Cards**  
With sayings like Happy Birthday, or I Miss You--- Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Only \$1.50  
Pick up one or more Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

## SUDOKU PUZZLE

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## CROSSWORD PUZZLE

**CROSSWORD**

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THEME: LAWYER LINGO

ACROSS

- Requests
- Pub dispenser
- Feline sound
- HGTVs "\_\_\_ or Flop"
- Ferdinand, e.g.
- Like a ghost
- "Pro \_\_\_ or in proportion
- Miscellany
- "Elsewhere
- \*Response to #51 Across?
- Cher has one
- Marine enchantress
- Not tac nor toe
- \*Not underwear!
- \*Battery's companion
- Literary "even"
- "\_\_\_ it \_\_\_" or go full force
- Quart minus one
- Greyish brown
- Common conjunction
- Ban from school, e.g.
- Homesteader's measurement
- Complete failure
- \*"Stand and Deliver" singer
- Relating to breastbone
- Spectacle venues
- Marcia's jealous sister
- Type of assistant, for short
- Sudden and brilliant success
- "Courtroom protest
- Like blue sky
- Twins, e.g.
- Was a passenger
- Shirking work
- Volcano in Sicily
- All over again
- \* \_\_\_ se or \_\_\_ tem
- Bear's hangout
- Quiet attention grabber

DOWN

- Big do
- Eastern European
- Toy with a tail
- Thinly spread
- Tutu fabric
- Mork from Ork
- Walk, as through mud
- Cripple
- Major European river
- Ancient Chinese dynasty
- Stock exchange, in Paris
- Mollify
- Anisette, for short
- Often precedes through, to search
- Cough syrup amt.
- Greek Bs
- Don't just stand there!
- Habituate
- Gives a hand
- Of a city
- Tarzan's swing rope
- \*Reasons to sue
- Peacock's pride
- Genetic initials
- "Lie made under oath
- Pre-ionic
- Bellebeer or Parrothead, e.g.
- Usually not allowed in court
- Back of the neck
- "To lure into a compromising act
- "To annul or suspend
- Jinn or genie
- Old Russian autocrat
- Anis-flavored aperitif
- Newspaper piece
- Atom that lost an electron, pl.
- Words from Wordsworth, pl.
- Type of salamander
- European peak

FREE! Savings include an American Standard Night Sleep Toilet FREE! (2020 value)

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## PUBLIC NOTICES

**NOTICE OF STATE'S INTENT TO NEGOTIATE LEASE**  
The Department of Natural Resources (DNR) intends to negotiate a 10 year communication lease for a tract of land containing 1 acre, more or less, described as a Portion of Section 26, Township 27 North, Range 22 East, W.M., Chelan County. Annual Rents will be negotiated. For details contact the Southeast Region office at (509) 925-8510. Hilary S. Franz, Commissioner of Public Lands  
Published in The Leavenworth Echo/ Cashmere Valley Record on May 27, 2020. #87720

The Leavenworth Mosquito Control District board will hold their first meeting of the 2020 season on Monday June 1 at 7 pm online via Zoom. Those wishing to attend should contact Manager Jennifer Mullins prior to noon June 1 by phone or text at 548-5904 or by email at [info@leavenworthmosquitodistrict.com](mailto:info@leavenworthmosquitodistrict.com) Please provide your name, phone number and email address. Please indicate "Board meeting" in the subject line of an email. Meetings are scheduled at 7 pm on the first and third Mondays of each month but are often cancelled due to a lack of pressing business. For up-to-date information call Manager Jennifer Mullins at 548-5904.  
Published in The Leavenworth Echo/ Cashmere Valley Record on May 27, 2020. #87789

## SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of **IKEY WAYNE BAKER**, Deceased.  
No. 20-4-00144-04  
**PROBATE NOTICE TO CREDITORS**  
(RCW 11.40.030)  
The Administrator named below has been appointed as Administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the 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 the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.  
**DATE OF FIRST PUBLICATION:** May 27, 2020

**ADMINISTRATOR:**  
Donald Baker

**ATTORNEY FOR ADMINISTRATOR:**  
Thomas D. Overcast

**ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES**  
Attn: Thomas D. Overcast  
23 South Wenatchee Avenue  
Suite 320  
Wenatchee, WA 98801

**COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER:**  
Chelan County Superior Court, No.20-4-00144-04  
Attorney for Estate:  
Overcast Law Offices  
By: */s/*  
Thomas D. Overcast,  
WSBA No. 14486  
Attorney for Administrator  
Published in The Leavenworth Echo/ Cashmere Valley Record on May 27, June 3, and 10, 2020. #87786

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PUBLIC NOTICES

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

In the Matter of the Estate of ROBERT A. ANDERSON, Deceased. No. 20-4-00132-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 13, 2020

PERSONAL REPRESENTATIVE: Douglas R. Anderson

ATTORNEY FOR ADMINISTRATOR: Thomas D. Overcast ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices - NCW, PLLC Attn: Thomas D. Overcast 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No.20-4-00132-04 Overcast Law Offices - NCW, PLLC By: /s/ Thomas D. Overcast, Thomas D. Overcast, WSBA No 14486 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 20, and 27, 2020. #87740

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF KING

In re the Estate of: Richard L. Tonseth, Deceased.

Case No.: 20-4-02557-4 SEA NOTICE TO CREDITORS (RCW 11.40.030)

Deborah Cote has been appointed as Personal Representative of the Richard L. Tonseth ("Decedent") estate. Any person having a claim against the Decedent that arose before the Decedent's death must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim will be forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets. DATE of First Publication: May 27, 2020

Personal Representative: Deborah Cote Attorney for Personal Representative: Date: May 18, 2020 Eslinger Law Office, PLLC s/ Doris Eslinger, WSBA #41804

Address for Mailing or Service: Doris Eslinger Eslinger Law Office, PLLC 2200 112th Ave NE, Suite 200 Bellevue, WA 98005 Phone: 425-451-3237 and King County Courthouse Clerk of the Superior Court Room E 609 516 Third Avenue Seattle, WA 98104-2363 Published in The Leavenworth Echo/ Cashmere Valley Record on May 27, June 3 and June 10, 2020. #87782

PUBLIC NOTICES

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

In the Matter of the Estate of LORRAINE C. MILLER, Deceased. No. 20-4-00130-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 13, 2020

PERSONAL REPRESENTATIVE: Christine D. Hooyer ATTORNEY FOR ADMINISTRATOR: Thomas D. Overcast ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices - NCW, PLLC Attn: Thomas D. Overcast 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No.20-4-00130-04 Overcast Law Offices - NCW, PLLC By: /s/ Thomas D. Overcast, Thomas D. Overcast, WSBA No 14486 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 20, and 27, 2020. #87722

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

In the Matter of the Estate of MICHAEL D. BOHR, Deceased.

NO. 20-4-00111-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020; or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: Wednesday, May 13, 2020 By: /s/ Ashley N. Bohr

PERSONAL REPRESENTATIVE: Ashley N. Bohr, Personal Representative Address: 3050 Riverview Lane Malaga, WA 98828 Date: 6th of May 2020. Attorneys for Personal Representative: GATENS GREEN WEIDENBACH, PLLC By: /s/ Lindsey J. Weidenbach LINDSEY J. WEIDENBACH, WSBA No. 43523 305 Aplets Way Cashmere, WA 98815

CHELAN COUNTY CLERK'S OFFICE Ms. Kim Morrison, Clerk Chelan County Superior Court 350 Orondo Avenue, Suite 501 Wenatchee, WA 98801-2885

Published in The Cashmere Valley Record/ Leavenworth Echo/ Lake Chelan Mirror on May 13, 20, and 27, 2020. #87737

PUBLIC NOTICES

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

In the Matter of the Estate of SHELLEY SHARENE STOCKMAN, Deceased. No. 20-4-00140-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) The Administrator named below has been appointed as Administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or Administrator's attorney at the address stated below, a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the 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 the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 27, 2020

ADMINISTRATOR: Kurtis J. Stockman ATTORNEY FOR ADMINISTRATOR: David A. Kazemba ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices - NCW, PLLC Attn: David A. Kazemba 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No.20-4-00140-04 Overcast Law Offices - NCW, PLLC By: /s/ David A. Kazemba, David A. Kazemba, WSBA No. 48049 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on May 27, June 3, and June 10, 2020. #87781

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

In the Matter of the Estate of WILLIAM GLEN BENNETT, Deceased

No. 20-4-00129-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 13, 2020

PERSONAL REPRESENTATIVE: Viola C. Bennett ATTORNEY FOR ADMINISTRATOR: Thomas D. Overcast ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices - NCW, PLLC Attn: Thomas D. Overcast 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No.20-4-00129-04 Overcast Law Offices - NCW, PLLC By: /s/ Thomas D. Overcast, Thomas D. Overcast, WSBA No 14486 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 20, 27, 2020. #87721

How much calcium do you need?

Q: Should I be taking calcium pills for my bones? Last fall, my 75-year-old next-door neighbor fell down 3 steps, shattering her left ankle into tiny pieces that were painstakingly put back together during a 5-hour surgery. She has osteoporosis, or thin bones due to years of taking daily prednisone for an inflammatory condition called lupus. Now her doctor has her taking a bone-building medicine, and she was told to take a calcium supplement every day.

Calcium helps keep our bones healthy, but it has other critical jobs as well: your muscles, nerves, and blood vessels depend on calcium to work properly. Every time your heart beats and you take a breath, the muscles of your heart and chest work to keep you alive and well. However, if you don't have enough calcium available, your body will take some out of your bones, like an ATM (automated teller machine) for calcium instead of \$20 bills.

If you run low on calcium occasionally, this only happens once in a while, and it's no big deal. Still, if your body pulls calcium out of your bones regularly, those withdrawals eventually weaken your bones, increasing your risk of a hip fracture, or worse.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50, and 1200mg for adults older than 50 years of age. Most postmenopausal women get 600-900mg of calcium daily through their food, falling short of that goal unless they make up the difference with a calcium supplement.

Calcium supplements were recommended as a way to ensure women and men at risk for osteoporosis get their full recommended daily dose of calcium, but recent studies



have shown that you can actually get TOO MUCH calcium, which increases your risk of having a heart attack or stroke. It's suspected that the spike in blood levels of calcium you get by taking a concentrated calcium supplement may actually damage blood vessels.

Taking large doses of calcium supplements also encourages the formation of painful kidney stones, so for bone health, getting ALL of your recommended daily calcium from taking a calcium supplement is no longer recommended.

Calcium carbonate is the most concentrated form of calcium supplement available but can cause constipation. Calcium citrate is absorbed better and a better choice if you also take an acid-blocking medicine like Prilosec for heartburn.

Weight-bearing exercises like walking and eating prunes have also been shown to improve bone strength.

Here are 5 Tips on Getting Enough Calcium:

- 1. Get as much calcium from your diet as you can. Most people get 300mg of calcium daily from non-dairy sources. You can also get 300mg per serving of dairy products like milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium. You also can use the Calcium Calculator available both as a phone app for iPhone and Android phones and online at The International Osteoporosis Foundation website www.iofbonehealth.org at their Quick Links. 2. If you take a bone-building medicine like Fosamax (alendronate), Actonel (risedronate), or Boniva, make sure you get

enough calcium. These medicines work by encouraging calcium back into your bones, but if you don't have enough extra calcium available in your diet or by taking a supplement, they can't help you. 3. Avoid taking more than 500mg of a calcium supplement at one time. Your body absorbs calcium better, and keeping your blood levels of calcium from spiking will help avoid increasing your risk of heart attack and stroke. 4. Get 400 IU of Vitamin D every day. Vitamin D is necessary to help your body absorb calcium, and can help prevent falls in the elderly. You can get vitamin D from the sun, but salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces) are also good sources. 5. Eat dried plums or prunes to build bone. In one study, women who ate 100 grams of dried plums daily for a year had measurably stronger bones. Despite the extra calories, none of the women in the year-long study gained weight, possibly because of the very high fiber content of the plums. 100 grams of dried plums are about 9 of those plump plums sold in big bags at places like Costco. Watch out, though; plums (also known as prunes) have a natural laxative effect, so go slowly at first to avoid embarrassing side effects.

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

THE WASHINGTON OUTDOORS REPORT

Fish and Wildlife enforcement during the pandemic

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

On May 13 a regional news outlet reported the Washington Department of Fish and Wildlife issued 17 fishing violations and three land use (trespassing) violations in Chelan, Douglas and Grant counties during the month of April when fishing and access to state public lands were closed.

I spoke with Captain Mike Jewell with WDFW about this. I learned enforcement officers were busy but issued verbal warnings in all except the most egregious situations during the six-week closure period. CPT Jewell said a total of 732 individuals were contacted on closed state lands from late March through early May. Of that group, 129 individuals were fishing during the fishing closure that also occurred during this time period.

The few individuals cited were generally ones previously warned but choosing to trespass or fish anyway. Some examples of individuals cited included two who were fishing during the closure period and bragging about it on social media. One of these anglers, when contacted, was also found to have an illegal sized bass in his possession. Others cited were not only fishing during the closure but also had no fishing license. Still another was fishing a lake that wouldn't have been open for fishing even if the closure wasn't in effect. Others were not only fishing but doing so illegally trying to snag spawning walleye. The most interesting violation? That belonged to a person in a canoe shooting walleye with a crossbow under the cover of darkness. Despite some of these seri-



Courtesy MarDon Resort

Maralee Moore from Moses Lake caught this monster walleye fishing at Potholes Reservoir last week.

ous violations, enforcement officers only cited these people with civil infractions instead of the criminal misdemeanor charges many of them deserved. In short, WDFW enforcement officers were vigilant but took a soft enforcement approach during the fishing and state lands closure.

Central/Eastern Washington Fishing Reports Lake Chelan and Jameson Lake

Lance Effrig, the owner of Washington Guide Services says kokanee averaging 11 to 12-inches are spread out throughout the lake. Effrig is catching them by trolling Rocky Mountain Tackle dodgers and plankton squid lures in pink or orange colors at a depth of 30 to 50 feet.

If you don't have a boat you can cast for trout from public docks and parks. Try using a black Warden's Rooster Tail for success. A better bet for trout though might be a trip to Jameson Lake in Douglas County where Effrig says anglers are catching trout up to two-pounds from the bank. www.washingtonguideservices.com

Potholes Reservoir and The Seep Lakes Pete Fischer at MarDon Resort reports good fishing for walleye, bass and trout at Potholes Reservoir. Walleye anglers have been having good success trolling nightcrawlers

on Mack's Lure Slow Death Hook rigs or #5 and #7 Berkley Flicker Shad crankbaits in perch colors. Lots of large-mouth bass in the 1 to 3-pound range have been caught deep in the sand dunes while the smallmouth bass are being caught in the main reservoir. Finally, rainbow trout are not only being caught in the main lake, but also in the nearby Seep Lakes. The hot lakes over the past few days have been the Hamptons, Corral and Warden Lake. Drop by the store at the resort to find out more and if you want to go camping MarDon resort is fully open again. www.mar-donresort.com

Lake Roosevelt Kevin Witte with B&K Fishing Adventures says low water this year on Lake Roosevelt has the northern pike spread out near Kettle Falls though they are being caught by boaters trolling small crankbaits. Walleye fishing has been good and Witte has been limiting by noon. Troll bottom walkers and Mack's Slow Death rigs at a depth of 20 to 50 feet for success. As for trout, bank anglers are doing well in the Colville Flats area still fishing with bait. Other anglers are casting lures at the mouth of the Kettle River for pike and Daredevil spoons are working well for that. Look for B&K Fishing Adventures on Facebook or call 509-398-7995 if you want to book a trip.

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