



Submitted photos

Volunteers help gather fresh produce for donation to local food banks throughout the Wenatchee Valley.

Gleaning in The Upper Valley



Blakely Browne, Community Harvest Gleaning Coordinator, harvests radishes at Snowgrass Farm for the Community Cupboard.

SUBMITTED BY BLAKELY BROWN

Seedlings are stretching from soil to sun, the orchards are white with blossoms, and the bees are buzzing in blue, summery skies.

Thoughts of the summer unfolding arise; sweet cherries, bright red tomatoes, cold watermelon, and crisp apples.

We love to walk into our local grocer or swing through the farmer's market to see the bright and colorful displays of fresh produce straight from the farm. Yet these beautiful fruits and veggies are only part of the story. Rewind to the farm they came from.

You'll realize that that perfect apple had a much better outcome than the rest, which may not have been pretty enough to hit the shelves, or were unable to be picked in time to make it

through sorting and to the store. So, what happens to the oval apple or that tiny carrot? Those unlucky fruit frequently end up in the bin or are left hanging on the tree. Yet in reality, they are just as tasty as the rest, and deserve their place out there with their kin! They are begging to be eaten, but because they don't look just right, they don't get the chance to fill up hungry bellies.

Recognizing this, organizations across the country have begun to emerge, looking to harvest excess or unmarketable fruit (an act called gleaning), with the intention of getting food onto people's plates that would otherwise never make it to the store.

Community Harvest gleaning program, a program of Upper Valley MEND, operates seasonally to bring

fresh produce into the Community Cupboard and dozens more local food banks throughout the Wenatchee Valley.

More than 100 volunteers harvest around 40,000 pounds of food annually from 50 local farms. In monetary terms, the amount of produce saved frequently exceeds \$80,000.

Additionally, Community Harvest supports local farmers through a grant called Farm to Food Pantry, which allows food banks to purchase fresh produce directly from local farms. This allows for us to have a wider variety of produce than what might be available to be gleaned.

Once June rolls around, Community Harvest goes into full-fledged gleaning mode. We go from farm to farm to gather produce that would otherwise never make it into the hands of those that need it. In light of the current atmosphere, the program may be needed more than ever.

I am this year's Gleaning Coordinator. I hope to bring in as much gleaned produce as possible, while increasing community connections to make sure everyone has access to fresh, local food.

Healthy food should be available to all, regardless of socioeconomic status. It's the foundation of life!

The Community Harvest program is seeking new volunteers and gleaning opportunities. If you would like to lend a hand, or host a glean, you can email me at gleaning@uvmend.org, or give me a call at (509) 548-0408.

CHS Seniors miss some Key Milestones

BY MARLENE FARRELL

Health and safety concerns have kept students out of school since mid-April.

For Cascade High School (CHS) seniors, the hardship extends far beyond the academic challenges of replicating classroom learning via online platforms.

They're finishing up class work and final projects and studying for exams, but they've had to give up much of the earned rewards of senior year.

"I miss my teachers and the administration who have all been so supportive throughout the really stressful parts of this year, like applications and decision-making with my future. Now the stressful parts are over, and we don't even get to enjoy it," said Kascia Muscutt, the valedictorian for the Class of 2020.

"I lessened my workload for this semester so I could have fun with my classmates and allow my final semester to be the best, and it's been set aside."

Even though teenagers

are tech-savvy, interactions over Zoom and Facetime or via texting pale in comparison to hanging out in person.

"It's definitely harder to stay connected to my friends," said Muscutt. "Normally I don't have to make plans to see the people I care about, but now I really have to reach out."

Senior Olivia Winters recognizes the challenge but is upbeat about dealing with it. "I am still very connected with my friends online," she said. "And my family is doing well. We're all staying busy in our own ways."

The loss of extracurriculars and sports is hardest on seniors, who have honed their skills over the years, and deserve to shine in the game, meet, concert, play or competition. For Muscutt, one of those activities was track.

"I've been running track since 7th grade, so missing out on my last season and last opportunity to run at state is sad for me. Plus,

SEE CHS SENIORS ON PAGE 5



Submitted photo

From the left, Emma Halseth, Natalie Craig and Emma Nielson are all members of the CHS golf team. They missed most of their senior year golf season because of the school closure.

Frustration growing over Governor Inslee's Stay Home, Stay Healthy order

BY BILL FORHAN

Three lawsuits have been filed against Governor Inslee's order to expand the shutdown of the economy until June 1.

The three lawsuits have all been filed by the Ard Law Group of Bainbridge Island.

The first lawsuit is filed on the basis that Everyone is Essential. The Second was filed to Open Schools Now. The Third is another lawsuit on the issue that Everyone is Essential but that suit was also filed in Federal Court.

The Everyone is Essential lawsuits claim that the Governor's decision to extend the lockdown for another 30 days is unjustified

in light of the things we have learned about the virus since the threat began.

Originally, the shutdown was required because of concerns that the hospitals and health care system would be overwhelmed as a result of the exploding virus.

The lawsuit makes the case that the original basis for the shutdown is no longer true. Extensive efforts to boost the medical support systems proved to be unnecessary.

The field hospital set up at Century Link Field proved to be unneeded and was shut down.

Excess supplies of ventilators were ultimately shipped to help

other states that needed them more.

Testing has shown that far more people have been infected than initially projected. Most of those infected showed no symptoms and did not require hospitalization.

In other words, the lawsuit makes the point that the predictive models regarding the severity of this pandemic were greatly exaggerated.

The reality is while approximately 800 people in Washington have died. Of those about 50% were people over the age of 80.

The lawsuit makes the point that the Washington Department of Health has refused to

disclose to the public the most relevant data: the percentage of the state's deaths from nursing home and long term care populations; what percentage have had other serious co-morbidities; what was the detailed age breakdown.

The lawsuit states clearly, "The Governor has assumed the sole power to determine whether a person in Washington can worship, can peaceably assemble, can work, can build needed housing, can offer living space for rent, can engage in any activity.

"But the facts, and the science, are clear: when the entirety of public knowledge is examined, there is no public disorder or threat to public order in the State of Washington.

"The governor's claim to the contrary is demonstrably false."

The second lawsuit was filed

on behalf of three mothers and their children. That lawsuit also makes the point that the original premise for the Stay Home, Stay Healthy order has been shown to be an overreaction to fears about the impact the virus would have on the health care system. Those fears have not been realized.

The suit makes the case that shutting down the schools for the rest of the school year is unjustified.

There have been no deaths in Washington State for anyone under the age of 20.

The Governor has exceeded his authority under the emergency powers act.

It also makes the case that in addition to restrictions on the civil liberties guaranteed under the Constitution, shutting down

SEE GROWING FRUSTRATION ON PAGE 4

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

Inside The ECHO this week

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Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
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Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@leavenworthecho.com.

Corrections

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

All events and meetings are cancelled until further notice.

Contact the organization listed for update information.

AA Meeting Schedule

Information numbers for AA:
 The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946
 The phone number to call for the Zoom link to Leavenworth AAnon 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. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.

Thursday
Leavenworth Chamber of Commerce, 8 a.m. Kristall's Restaurant, President Grant Strobner. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
Leavenworth Lions Club, Kristall'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., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)
Leavenworth Rotary Club, 11:45 a.m. Kristall's Restaurant. President, Ken Grosse. 509-763-2753.

Saturday
 No Events Scheduled.

Sunday
 See Church schedule.

Monday
Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND, 548-0408.
Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni, 509-679-3247. (2nd & 4th Mon.)
Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)
Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. at the Wenatchee Red Lion. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday
I.P.I.D. Meeting, 8 a.m., Anthony Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)
Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Resort, 505 Hwy. 2, in the Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.)
Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)
Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m.. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

Ongoing events
Leavenworth Public Library: 548-7923.
 Mon., Tues., Wed., open 9 a.m. - 6 p.m.
 Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m.
 Closed on weekends and Holidays.
Special events:
 Tues., 11:30 a.m., Baby story time
 Wed., 1:30 p.m., Preschool story time
Peshastin Public Library: 548-7821.
 Closed Sunday and Monday
 Tuesday: 3-8 p.m.
 Wednesday: 2-7 p.m.
 Thursday: 2-7 p.m.
 Friday: 11 a.m.-4 p.m.
 Saturday: 12-5 p.m.
Special events:
 Thurs., 2:30, Bilingual Story time
 Sat., Crafts: 2 p.m.
Upper Valley Museum: 548-0728
Leavenworth Fish Hatchery, 548-7641. 8 a.m.-3:30 p.m. 12790 Fish Hatchery Road (Daily).

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.

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Sheriff/ Fire/EMS

Leavenworth

May 1
 10:47 Public assist, Icicle Rd., MP 8
 11:29 Disturbance, 13995 Brae Burn Rd., Lake Wenatchee
 11:51 Public assist, 1395 Nighthawk Ridge Ln.
 14:42 Agency assist, 18940 US Hwy. 2, Lake Wenatchee
 16:26 Welfare check, 694 US Hwy. 2
 16:40 Civil, 125 W. Whitman St., #A
 18:25 Miscellaneous, 2265 Pine Tree Rd., Lake Wenatchee
 19:13 Noise, 1174 Dempsey Rd.
 19:16 Disturbance, 11687 Sunitich Canyon Rd.

May 2
 00:49 Welfare check, 10880 North Rd.
 05:24 Public assist, Coles Corner, Lake Wenatchee
 08:02 Public assist, 116 River Bend Dr., Safeway
 12:32 Theft, 18130 W. Dardanells Rd., Lake Wenatchee
 14:42 Vehicle prowler, Coles Corner, Lake Wenatchee
 16:04 Attempt to locate, Chumstick Hwy., & Beaver Valley Rd.
 16:25 Noise, 1174 Dempsey Rd.
 16:56 Littering, 8775 Icicle Rd.
 17:12 Noise, 1174 Dempsey Rd.
 20:36 Welfare check, Chumstick Hwy., MP 4
 21:29 Agency assist, 12235 Shugart Flats Rd., Plain
 22:16 Traffic offense, 116 River Bend Dr., Safeway

May 3
 00:45 Civil, 917 Commercial St., #4
 16:59 Juvenile problem, 8600 Blk., Main St., Dryden
 17:37 Miscellaneous, Icicle Rd., MP 1
 17:41 Welfare check, 24610 Spur St., Plain

May 4
 No Report
May 5
 00:03 Malicious mischief, 11689 Sunitich Canyon Rd.
 07:24 Noise, 9076 Icicle Rd.
 12:52 Extra patrol, 9559 E. Leavenworth Rd.
 13:07 Extra patrol, 220 Evans St.
 14:24 Assault, 226 Evans St.
 14:35 911, 1 Yodelin Pl., Stevens Pass
 15:18 Property, 34491 US Hwy. 2, Stevens Pass
 22:18 Suspicious, 500 Blk. Alpine Pl.

May 6
 08:31 Harass/threat, 263 Mine St., Berg Rose Apartments
 10:18 Civil, 10350 Suncrest Dr.
 12:55 Public assist, 7900 Mountain Home Rd.
 13:19 Parking/abandon, 426 Headwater Ln., Lake Wenatchee
 14:02 Hazard, Beaver Valley Rd., MP 13, Plain
 16:20 Welfare check, 8348 Main St., #2, Peshastin
 16:48 Attempt to locate, 116 B. River Bend Dr., Safeway
 20:41 Welfare check, 20752 Chiwawa Loop Rd., Thousand Trails
 21:11 Domestic disturbance, 220-12th St.
 22:39 Welfare check, 817 Commercial St.

May 7
 09:27 Miscellaneous, 308 Zelt Strasse, KOA
 09:59 Alarm, 19150 Gill Creek Rd., Lake Wenatchee
 11:20 Scam, 204 Birch St.
 12:32 Accident, no injuries, 15361 US Hwy. 2, 59'er Diner
 13:01 Parking/abandon, 5653 Campbell Rd., Peshastin
 13:49 Parking/abandon, 10797 US Hwy. 2, Peshastin
 13:58 Trespass, Beaver Valley Rd. & Chumstick Hwy.
 14:31 Disturbance, 11555 Chumstick Hwy.
 14:48 Public assist, Leavenworth Ski Hill
 16:50 Traffic offense, 9255 Foster Rd., BJS Foods
 20:36 Unknown accident, 21602 Camp 12 Rd., Plain
 22:48 Suspicious, 188 Winery Ln.



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.
May 14, Thursday: Chicken burger deluxe, sweet potato fries, fruit salad, dessert.
May 15, Friday: Beef tacos, Spanish rice, Pico De Gallo, cinnamon pears, dessert.
May 16, Saturday and May 17, Sunday: No lunch.
May 18, Monday: Hawaiian chicken, wild rice blend, mixed vegetables, coleslaw, tropical fruit, whole wheat roll, dessert.
May 19, Tuesday: Chicken or tuna salad on croissant, trio vegetables, broccoli salad, grapes, dessert.
May 20, Wednesday: Brats and sauerkraut, herbed potato bake, trio vegetables, Waldorf salad, dessert.

Leavenworth

Benevolent Night for LCFM

Join us at Munchen Haus every Tuesday in May from 4-close (for carry out for now). 25% of the sales will help support the Leavenworth Community Farmers Market. (e 19, 20).

Leavenworth Coffee with Bob Bugert

Please join Chelan County Commissioner Bob Bugert for his bi-monthly, informal community meeting on Thursday, May 14, 4-6 pm. Bob will present updates on County activities and will welcome questions and suggestions from attendees at the end of his presentation. Details for participating in this remote meeting can be found on the Chelan County website <https://www.co.chelan.wa.us/calendar/event/leavenworth-community-zoom-meeting> (e 19, 20).

Regional

Chelan County Moderate Risk Waste Facility

Re-opened, Thursday, May 7, to the public, and is located at 3612 Highway 97A, the facility's regular hours are 9 a.m. - 3 p.m. Thursday through Saturday. Chelan County residents only. A list of acceptable household hazardous wastes taken at the facility are online at: <https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes> (er 20)

Cascadia Conservation District Special Board Meeting

This meeting will be a call-in only meeting, held on Friday, May 22, at 1:30 p.m. More information and instructions will be available on our web site at cascadiacd.org or by calling the District, 436-1601 (er 20)

Memorial Day

The celebration normally held at the Cashmere cemetery has been cancelled for the year 2020.

This yearly event produced by Cashmere Legion Post # 64 must be cancelled due to the COVID-19 pandemic. (er 20)

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Pastor's Corner



By JOYCE WILLIAMS

Spring is in the air... do you smell it? Feel it? See it? Well, just in case you haven't noticed, the spring bulbs are poking up little green shoots, trees boast promising buds, and a few courageous bulbs and trees have already popped out blooms.

I'm reminded of Psalm 1:3, which promises that the person who meditates on (read and thinks about) God's Word will be "like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper."

With the coming of blossom scents, fresh breezes and green grass sprouting up, take inventory of your life – just like you do for your yard. Are there places that need a little fertilizer, a bit of pruning, repotting into a larger container, or last

year's old leaves raked away.

With that in mind, when you are busy in the garden, cleaning out last year's brittle roots and dried up beauty bark and planting new seeds and flowers, take heart.

If you are feeling like a dried up stick, here is a sure antidote: Start reading the Bible and thinking about what you read. I challenge you to start with Psalm 1. Read through it several times. Make a list of what the blessed man does/does not do and what the end of those who disregard wise counsel will be. Then consider how your life measures up.

The first few verses talk about who you listen to regarding how to live your life.

If the true measure of a person is the fruit of their life (Matthew 7:20), then ask yourself if those you listen to exhibit the kind of character you

want in your life; i.e. are those in my closest circle critical or disrespectful toward their children, spouses, teachers, public servants, pastors, authorities? Or are they patient, generous, peaceful, encouraging, and filled with hope?

Keep a journal or notebook as you read through each psalm and apply its wisdom to your life.

I guarantee you, on God's Word, if you read and think about the verses you read each day and then apply their wisdom to the choices and decisions you make, you will feel softened and refreshed – just like the soil after a sweet spring rain.

And you will poke up little green shoots, boast some promising buds, and even burst with blooms.

See, the hills are turning green. Come on... it's time for spring in your life.



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Honoring the lives of residents in the Valley for over 100 years.
You can always rely on our dedicated staff.

Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.

Please call or email your church listed below if you need more information.
May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

<p>CASHMERE</p> <p>CASHMERE BAPTIST CHURCH 103 Apiets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer</p> <p>Find us on Facebook at Cashmere Baptist Church</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p> <p>CHRIST CENTER Cashmere Assembly of God • 509-782-2825 Worship Services are available ONLINE ONLY at 10 a.m. Sundays All updates on COVID-19 can be found at christcentercashmere.com/cc-updates Underground High School Group, ONLINE ONLY at 6 p.m. Sundays Lead Pastor, Steve Haney Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Director of Operations, Pastor Ian Ross High School Director, Steffanie Haney</p>	<p>GRACE LUTHERAN CHURCH Vine & Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl</p> <p>ST. JAMES EPISCOPAL CHURCH 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>EVERGREEN BAPTIST CHURCH 5837 Evergreen Drive • 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. Pastor John Smith www.christforcashmere.org</p> <p>DRYDEN</p> <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalleybaptist.org</p> <p>LEAVENWORTH</p> <p>CASCADE MOUNTAIN BIBLE CHURCH "Where God's Word Remains The Pillar Of Truth" 11025 Chumstick Hwy. • 548-4331 Sunday School 9 a.m. Sunday Worship 10:30 a.m. AWANA (Youth Program) Weekly Bible Studies Wednesday 6:30 p.m. (school year) Pastor Todd James www.cmbiblechurch.org</p>	<p>COMMUNITY UNITED METHODIST 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. www.leavenworthumc.org</p> <p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.</p> <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.</p> <p>FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org</p> <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com</p> <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Mark Miller Youth Pastor, Kent Wright www.LCN.org</p>	<p>SEVENTH DAY ADVENTIST CHURCH 10800 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997</p> <p>SPIRIT LIFE CENTER 210 Benton Street • 548-7138 Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p> <p>MONITOR</p> <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 782-2601 Church Service & Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana</p> <p>PESHASTIN</p> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org</p> <p>PESHASTIN ASSEMBLY OF GOD 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>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com</p>
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Opinions



City of Leavenworth

700 Highway 2 / Post Office Box 287
Leavenworth, Washington 98826
(509) 548-5275 / Fax: (509) 548-6429
Web: www.cityofleavenworth.com

Commissioner Bob Bugert
Commissioner Kevin Overbay
Commissioner Doug England
400 Douglas St. Suite 201
Wenatchee, WA 98801

Dear Commissioners,

I am writing to you to express my grave disappointment with your recent decision to lift the moratorium on overnight rentals. This conflicts with Governor Inslee's continuance of the "Stay Home, Stay Healthy" proclamation through the end of the month, and the ongoing prohibition on nonessential travel (food, medical care, and essential work).

This decision essentially gives a free pass to all those who wish to flaunt the governor's directives, or who are just tired of being at home while putting the rest of our community in danger and lengthening the timeline for reopening the local economy. New estimates for the number of cases of COVID-19 we will experience nationally, and the number of deaths we can expect from this disease in the next few months, have grown dramatically because of the recent relaxation of the stay home orders before the data would indicate it is safe to do so. Similarly, this decision will most likely result in a longer recovery time and more deaths locally.

Because this disease impacts areas of greater density more harshly, this action is most troubling to the Leavenworth community due to the potential greater negative impact. Yet there have been no communications with us to find a safe path forward. It is getting harder and harder to hold back the floodgates of people interested in traveling to Leavenworth. I daily watch the numbers of vehicle traffic increase on Highway 2. I toured our downtown over this past weekend, and saw many people walking through our downtown without masks, without social distancing. This, despite our downtown still being essentially closed.

The reinstatement of vacation rentals in our area alone (estimated at over 500 units) could result in 1,000's of people coming to town. I have started a focus group of healthcare and business people to plan for a responsible and gradual reopening of our city when the data supports it. *We want to do this right.* We want to do it in a way that makes the safety of our residents, our workers, and our guests our top priority. We do not have nearly enough supplies of such things as masks and sanitizers in place, or even available, to start this now.

Your decision greatly and negatively challenges our ability to reopen this community safely. I request you reconsider your action. I also hope that this action is not a harbinger of things to come of further unilateral action. It is my sincere desire that we can all come together, in this great time of need, to interact and deal with issues that impact us all in a collegial, informed and balanced manner. I encourage an "all city and county" video meeting to seek ways to serve our communities and keep our public safe and ready for an eventual, careful reopening.

Sincerely,

Carl Florea
Mayor

City Council

Carl J. Florea - Mayor
Carolyn Wilson
Mia Bretz
Sharon Waters
Clint Strand
Jason Lundgren
Anne Hessburg - Mayor Pro Tem
Zeke Reister

LETTER TO THE EDITOR

News Tip: Mayor Florea,

I am responding to your May 4th city letter and your open letter to the Chelan County commissioners.

This week marked seven weeks since schools closed and six weeks since the Governor Inslee's social distancing directives went into place and all "non-essential" businesses closed.

In other words, "public life", as we knew it, ended. No more theaters, playgrounds, retail shopping, construction, non-essential work or sit-down meals at restaurants.

Every week since, we have been hearing "the next couple of weeks will be rough". It's always a couple more weeks. Well, we are well past that.

Schools have been closed for the year and now people are encouraged to snitch on their neighbors!

We have been told repeatedly over this time that COVID-19 has a maximum of a 14 day incubation period. So, most of us have been segregated and isolated three times as long as required for this virus to manifest.

We all pitched in to "Stay at Home, Stay Healthy" in order that hospitals would not be overwhelmed; additional PPEs could be made; the curve would flatten.

Can we agree that the reasons for the initial national shut down has been met even though we may not agree on everything?

For the last month, the hospitals have not been overwhelmed, everyone who has needed a ventilator has received one, PPE production has filled the need and the curve has not only flattened but is going down.

In addition to this great news, we have existing drugs, and other treatments, that seem to be helping many Covid patients with their symptoms as well as numerous private companies trying to develop a vaccine.

You and Governor Inslee continue to speak as if you are waiting for the virus to disappear or are waiting for a vaccine to restart our economy.

With Covid-19's relatives MERS and SARS, there has never been a vaccine developed. This virus will be with us for years to come.

The last several weeks of research has revealed that this virus is slightly more contagious than the flu but less deadly.

Do you really wish to limit tourists from nightly rentals, hotels, the campgrounds and keep dine-in restaurants and retail shops closed based on similar rates of infection we have had for decades? Wake up!

The problem now has become secondary unintended consequences. Suicides and domestic abuse are rising exponentially.

Basic medical care, dentists, eye care, elective surgeries and preventative care has been put on hold.

Over 1.5 million people in Washington have filed for unemployment and now there is talk of national and world food shortages. How many non Covid-19 lives will be lost?

Mayor Florea, we are designed to work, have purpose and serve others. We are not just a community of people who are retired. Nor are we just a town of people who are fortunate enough to own second homes here.

We are a town and county squarely based on tourism welcoming millions of people throughout each year. But you know that.

You would like to reopen the town "safely" but keep in mind the world will not ever be rid of this virus.

I agree this is not the time to start a new tradition having tourists lick the Mai Pole! However, we can get back to normal right now, today.

Restaurants and retail stores can reopen using healthy precautions. Nightly rentals and hotels can safely house nightly guests, keep the facilities clean and serve breakfast.

Your statements about, "We are not just a bunch of individuals with our absolute rights. We are a collection of individuals with collective rights and responsibilities" could not be further from the truth.

We are a country based on individual rights. Caring for our community comes naturally after we are secure and assured in our individual rights. The result; "Life, Liberty and the Pursuit of happiness" will spill over to our neighbors and on into our communities.

I have the constitutional right to work and provide for my family. You have the constitutional right to choose to stay home and protect your family.

Wearing a mask or getting back to work are false choices. We can safely do both. If you are immune-compromised stay home or wear a mask when you go out. But please allow the rest of us to provide for our families at the same time. 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? If I wish to get my business up and running you still have the right to safely stay home.

The most recent scientific studies show that 61% of the transmission is in the home. The virus seems to love a climate-controlled environment void of sunlight. Wearing masks outside has very little protection for the user or passerby where transmission is extremely low.

If you do not share the view that the worst of this virus has passed and that we must move forward as a tourist town, then please step down. Someone else can get Leavenworth up and running as soon as possible. Our household, city and county are depending on it!

Many blessings to you, your family and staff.

GluecklichBayerischen
Bryan Anderson
Leavenworth

CONTINUED FROM PAGE 1

Frustration growing over Governor Inslee's Stay Home, Stay Healthy order

the schools is a violation of our state constitution's declaration of the "paramount duty of the state to make ample provision for the education of all children residing within its borders." Over the weekend, there was growing evidence that the general public is losing patience with the shut-downs.

In Washington state, ral-

lies in Olympia and Bellingham drew thousands calling for ending the shut-down.

In Chelan County, Sheriff Brian Burnett has filed a letter with Governor Inslee requesting the County be allowed to move to phase 2 of Washington's Phased Approach for Reopening Business.

In that letter Burnett

states, "I believe it is critical for all of our citizens that we expedite the four-phase plan for Chelan County in order to save personal businesses and livelihoods in North Central Washington.

"As Confluence Health and others health districts around our region have made massive adjustments to our regional health facili-

ties in order to prepare for what was predicted to be a much greater impact and spread of an infectious disease, those numbers just haven't been produced in Chelan County or our region.

"As I write this letter, there are only 2 COVID-19 positive patients hospitalized within Confluence Hospital in Wenatchee, which is a regional facility, providing services for Chelan, Douglas, Grant and at times Okanogan and Kit-titas Counties."

Cascade Students score high in college board testing

Cascade High School's Molly Wisner, Stella Johnson, Brooks Scheibler and Leora Aurilio scored in the top 2.5% on the PSAT/NMSQT, Preliminary SAT/National Merit Scholarship Qualifying Test, amongst high schoolers in our region. Their scores put them in line for national recognition and opportunities for scholarships.



(Left to Right) Molly Wisner, Brooks Scheibler, Stella Johnson and Leora Aurilio.

Candidate filing deadline is Friday, May 15

SUBMITTED BY WASHINGTON SECRETARY OF STATE

OLYMPIA — The Office of the Secretary of State is encouraging prospective candidates for federal,

statewide, and multi-county legislative or judicial offices to file online during Candidate Filing Week May 11-15. The secure web portal will be open 24 hours a day

beginning at 9 a.m. May 11 through 4 p.m. May 15.

Candidates are encouraged to submit their voters' pamphlet statement and photo online once their fil-

ing is completed.

Citizens considering a run for state public office can download a candidate guide, read answers to frequently asked questions, and more on the Resources for Candidates page on the Secretary of State's website. Additional questions about filing may be directed to the Office of the Secretary of State Elections Division by calling (360) 902-4180 or toll free (800) 448-4881. Assistance is available Monday-Friday, 8 a.m. to 5 p.m.

Individuals may also file in person during filing week at the Office of the Secretary of State Elections Division at 520 Union Ave SE, Olympia. Limited staff will be on site, wearing proper protective equipment and maintaining safe social distancing, to facilitate drive-in filings.

All other candidacies may file with the county elections office in which the position resides, except for some local races that cross multiple counties and require candidates to file in the county with more registered voters.

VETERANS: ARE YOU HOMELESS OR BEHIND ON RENT?



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Many hands bring 22,500 masks to Cascade Medical

SUBMITTED BY RACHEL HANSEN
CM MEDIA

LEAVENWORTH—Pilot Clarke Manning soared over the Cascade Range on May 1 with precious cargo – 22,500 simple procedure masks headed for Cascade Medical in Leavenworth.

A 20-year Air Force veteran, Manning was one of about 15 pilots from Boeing Employees Flying Association who volunteered to fly over a million masks from China to healthcare facilities statewide.

As the threat of novel coronavirus loomed, Cascade Medical staff tried to stock up on protective gear in the midst of a nationwide supply shortage.

The critical access hospital needed procedure masks most, as best practices recommend that facilities mask both patients and care providers.

Procedure masks help limit the virus's spread by catching respiratory droplets from coughs, sneezes and spit.

"The national supply chain was still not fully functioning, and we were not receiving full orders of any protective equipment," Cascade Medical CEO Diane Blake said.

Washington State Hospital Association (WSHA) heard similar struggles statewide, from urban medical systems to rural

hospitals.

The organization took an unprecedented step. It purchased over 1 million masks from Dingyi North America and Bartell Drug, then sold the masks at-cost to hospitals, long-term care facilities and organizations serving individuals experiencing homelessness.

"WSHA has never imported or distributed supplies to its members or other organizations, and we had no idea how to do it, but we made it happen nonetheless," WSHA CEO Cassie Sauer said.

Kaiser Permanente donated warehouse space in Renton. Boeing Employees Flying Association volunteered pilots to distribute the equipment to medical facilities statewide.

WSHA also secured a grant for hospitals to help with the COVID-19 crisis. Larger medical systems agreed to forego their share to help smaller hospitals. Cascade Medical used its full \$20,000 portion on protective equipment.

"Protecting our staff and patients is our top priority," Blake said. "These masks from WSHA gave us a huge boost and ensures that we can continue to keep patients and staff safe for weeks to come. We are

SEE MASKS FOR CASCADE MEDICAL ON PAGE 6



Submitted photo
Pilots Clarke Manning and Troy Larson from Boeing Employee Flight Association pose with boxes full of masks for Cascade Medical May 1.

CONTINUED FROM PAGE 1

CHS Seniors miss some Key Milestones

I only had last year to compete with my sister [who is two years younger], and I really wish we could have run the 4x400m together one more time. At the beginning of the school closure, myself and a couple other seniors organized track practices without our coaches' involvement, but now the track is closed off and we are just running on our own or not at all."

Senior Natalie Craig has missed out on her last high school golf season. "Golf had started about two weeks before school closed. I've not been able to connect with my teammates or play golf since then because of the stay-at-home restrictions, but on May 4th, they reopened outdoor recreation."

On the academic side, Malia Renner-Singer, CHS history teacher, said, "Twelfth grade students complete a 'capstone' project in their CWCW class called Project Citizen. Project Citizen is a six-week long research project; students collaborate in small groups to identify a problem in our school, community, region or state and research that problem."

Craig has found Project Citizen to be impacted by the

school closure. "It's been very difficult collaborating with my group, and we will no longer have the opportunity to present in front of the City Council," she said.

Renner-Singer, however, has been impressed with the seniors' work-ethic toward their research, writing and preparation for Project Citizen presentation. "The work my students have been doing is incredible," she said.

Prom, like all other large gatherings, had to be cancelled. Same with the senior trip to Silverwood and Lake Coeur d'Alene.

Some seniors are mourning the loss of another local tradition even more – the Senior Stroll, when seniors get to walk through the elementary schools and the middle school, celebrating their upcoming graduation with former teachers and serving as 'rock star' role models for younger students. Winters said, "It's very sad because I was really looking forward to that."

I have watched the previous seniors for many years."

A graduation ceremony is still occurring on June sixth, is in limbo.

"We are expecting that this ceremony will look very different this year," Tracey Beckendorf-Edou, CSD superintendent said in a recent statement.

"We will be providing information to seniors and their families as soon as we possibly can."

Seniors would be willing to wait to ensure it is truly a culminating event. "Even if it is postponed until public health increases, I think all seniors should have a chance to walk and receive their diploma," said Craig.

Muscutt summed it up for many seniors by saying, "I have been waiting to accept my diploma and hug my parents and friends after the ceremony. It has looked like such a warm and pure experience. I wanted to cheer with everyone, watch the slideshow with all of our baby pictures and cry a little with my younger friends that I am 'leaving behind.' Graduation is a rite-of-passage, and even if it has to happen in late July, it should."

MAKING CLOTH MASKS AND GOWNS CAN YOU SEW?

Our local healthcare community needs your help making non-manufactured Personal Protection Equipment (PPE) to protect patients during the coronavirus pandemic response.



For information on making a mask, visit [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/dry-cloth-face-coverings/html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/dry-cloth-face-coverings/html)

How to Donate

There are several donation sites across Chelan and Douglas Counties that are collecting PPE. Visit Confluence Health's webpage for the full list of donation collection sites: www.confluencehealth.org/covid19-donations/

Stay safe out there!

Wear the first mask you make. Observe 6-foot social distancing.



Questions?

Contact us: communications@cdhd.wa.gov

2020 CASCADE SENIORS

Please make sure your information is complete for the **June 3rd Graduation Keepsake** in The Leavenworth Echo!

Submit your information for **FREE**

DEADLINE FOR GRADUATION INFORMATION & PHOTO IS MAY 22nd, 2020!

Note: That late forms may not be included.

Submit your information by email to Reporter@leavenworthecho.com
Or submit online to: www.Leavenworthecho.com
Or print out and mail to **NCW Media, Inc.** Attn: Grads - PO Box 39, Leavenworth, WA 98826

PARENT(S)/GUARDIAN(S):	_____
ACTIVITIES:	_____
MEMORABLE MOMENT:	_____
PLANS:	_____

EXAMPLE

BOB SMITH
PARENT(S)/GUARDIAN(S):
Joe and Judy Smith
ACTIVITIES: Football (1 year), Band (2 years) Knowledge Bowl (4 years) FFA
MEMORABLE MOMENT: Winning State (Sophomore year) and band camp
PLANS: University of New Mexico (Albuquerque, NM) band scholarship

Say Congratulations



to your favorite 2020 Cascade graduate with a personal message in the special keepsake Graduation Edition.
Publication date: June 3, **Deadline: May 22**

PRINT YOUR MESSAGE BELOW

Check here if a photo is to be used in your message. Please attach the photo to this form along with a self-addressed stamped envelope (if you want the photo returned). Photos will be mailed after June 10.

Sample ad sizes

Hang in there Justin!

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Call to prepay with a credit card **548-5286** or send a check to **PO Box 39, Leavenworth, WA 98826**

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Congratulations Rachel

Your whole Cox family, uncles, aunts and cousins are so proud of you!

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City, St., Zip: _____
Ph #: _____
Name of graduate: _____

Choose ad size:
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 1x3" - \$20
Call for larger ads 548-5286



National Hospital Week



National Hospital Week - time to say "Thank You"

American Hospital Association™ Where Health Comes First

BY JOSETTE LUMBRUNO

In observance of National Hospital Week, we would like to offer our gratitude to all who support our hospitals through their dedication and compassion to helping those in need of medical attention. It is not an easy job.

Whether you are responsible for admitting a patient, caring for a patient, or taking part in the safety and security of the hospital, we recognize how important everyone's role is, acknowledged in this quote from 93 years ago:

"The American hospital, whether it be the great urban institution or its humble rural prototype, is constantly making large contributions to that most valuable of all conserva-

tions, the saving of human life. Moreover, it is continually accelerating our progress in the field of preventive medicine through medical research; it is giving us ever advancing ideals in humanitarian effort; and it provides us with an institution through which the spirit of community service finds one of its most inspiring expressions."

That appeared in the April 1927 issue of the American Hospital Association's The Bulletin, and it was made by then U.S. Secretary of Commerce Herbert Hoover. He was urging communities to recognize their local hospitals and the people who work in them on National Hospital Day, which that year fell on May 12.

National Hospital Week

2020 highlights the adage of every hospital, health system and person involved in keeping our communities healthy – that health comes first.

Now more than ever, this important week gives us all the opportunity to highlight our hospitals, health systems and health care workers and the innovative ways they are supporting the needs of their community members during this pandemic.

With that in mind, this year's celebration of hospitals, health systems and health care workers is taking the form of A "Week of Thanks" at www.aha.org where people can participate from the safety and comfort of their homes.



Hospital Week 2020: #WednesdayWisdom

Everyone can use a little encouragement, especially during these challenging times.

Sometimes it just takes a kind word or gesture to let people know that they don't have to muddle through it alone.

Let's give health care workers an inspirational, energy-boosting

message on Wednesday, May 13 to celebrate National Hospital Week.

Share your messages of wisdom and resilience on your social media pages using #WednesdayWisdom and #HospitalWeek.

Tag the hospitals and health care workers you want to recognize and honor.



Darcy Jaffe, WSHA Senior Vice President of Safety and Quality, displays a sample of the procedural masks at a warehouse in Renton.

CONTINUED FROM PAGE 5

Many hands bring 22,500 masks to Cascade Medical

grateful for this added support towards caring for our community."

On May 1, physical therapist Chris Allen drove to Pangborn Airport to meet Manning and help him unload the five big boxes from the small plane.

Manning flew back over the mountains at a higher altitude as afternoon winds caused turbulence below. For Manning, the mission

was personal. His father and brother are doctors and his sisters are nurses. His brother recently lost a close friend to COVID-19. She worked as a nurse in the Reno area.

"The risks are real," Manning said. "Our healthcare workers are putting their lives on the line, and I was thrilled to fly these masks out to them. To me, they're heroes."



Chris Allen loads boxes of masks into his car at Pangborn airport for Cascade Medical.

How to Successfully Stop Taking Stomach Medicine

Q: I've taken a medicine called Prilosec®, or omeprazole, for over 15 years. When I ran out last month, my heartburn symptoms came right back. Am I stuck taking this forever?

Every time you eat or drink, your body responds by releasing digestive juices into your stomach and small intestine. Your body sends gastric acid into your stomach using a type of specialized cells called proton pumps.

Some medicines decrease stomach acid by interfering with this process and are called proton pump inhibitors, or PPIs. PPIs like Prilosec® (omeprazole) and its close relatives Protonix® (pantoprazole), Prevacid® (lansoprazole), and Nexium® (esomeprazole) are the most potent medicines doctors have available to decrease stomach acid. Doctors PPIs to relieve chest pain caused by acid reflux and to prevent and heal stomach ulcers.

Twenty years ago, I forgot to take the last capsule of my antibiotic doxycycline. Jumping out of bed, I quickly swallowed the pill with half of a glass of water, but it got stuck partway down.

Instead of dissolving in my stomach, it burned a hole in the lining of my esophagus, causing eye-watering pain whenever I ate or drank. My doctor prescribed Prilosec® (omeprazole), which healed the ulcer within 6 weeks.

Although I stopped taking omeprazole after my ulcer healed, many people have continued taking PPIs for months, years, even decades.

Doctors now know that having less stomach acid can eventually cause problems.

People who take PPI medi-

cines can become deficient in vitamin B12, iron, calcium, and magnesium because stomach acid helps us absorb these nutrients.

Long term use of PPIs is associated with increased bone fractures in men and women, most likely from a decreased ability to absorb calcium from food. Having an adequate amount of stomach acid is one of your most important defenses against infections.

People who have been taking a PPI medicine for years seem to be more susceptible to certain types of infection, like pneumonia and antibiotic-associated diarrhea. If your heartburn comes back when stopping your PPI medicine, you are

not alone. Between 60-90% of people who take a PPI regularly for at least 3 months will notice stomach burning if they abruptly stop it.

Don't despair; if your doctor has no concerns, you may be able to get off the PPI by tapering the dose down over several months.

6 Tips on Successfully Stopping a Proton Pump Inhibitor (PPI):

1. Taper it, don't quit it. Stopping a PPI medicine abruptly can trigger rebound

acidity in your stomach and heartburn, leading you to believe you can't do without it.

2. Taper the dose down as slowly as possible. Reducing the PPI dose instead of stopping it gives your body a chance to adjust. If you take



Ask...

Dr. Louise

it twice a day, try taking it once a day. If you take your PPI once daily, try taking 1/2 of the dose.

3. Don't give up. If decreasing the PPI dose triggers heartburn, don't despair. Go back to your usual dose for a week, then take half your dose every evening while continuing to take your full dose every morning.

If this works, stay on it for at least 1-2 weeks before you lower the dose again.

4. Consider a super-slow taper. Here's my favorite tapering regimen: Lower the dose on ONE dose per week.

You can either take ½ dose or skip it completely, for one

day during Week 1, two days during Week 2, three days on Week 3, and so on until you have completed 7 weeks of tapering. If you take ½ tablet in the evening and 1 tablet in the morning, your next step would be repeating the process over the next 7 weeks, ending up at either 1 tablet daily or ½ tablet twice daily.

5. Add a different type of acid blocker. Some medicines relieve heartburn by blocking the effects of stomach acid instead of interfering with its release.

The acid blockers Zantac® (ranitidine), Pepcid® (famotidine), Axid® (nizatidine), and Tagamet® (cimetidine) can be added to a PPI to control severe heartburn. Adding an acid blocker every evening or a liquid or chewable antacid when needed for heartburn can help you taper completely off your PPI. Zantac® and its generic, ranitidine, are currently unavailable because contaminants were found in tablets supplied by several different manufacturers.

6. Don't get discouraged. It can take up to 9 months to completely taper off of a PPI or find the lowest dose you can tolerate. My husband takes one Prilosec® every other day to control his heartburn.

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.

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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 509-670-1837.

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Spring super clearance sale on Pacific Energy Fusion wood stove- Reg \$2,100 now \$1,600, Breckwell Mahogany wood stove- Reg \$1,900 now \$900 (4 remaining) ALJU Stove & Fireplace, Omak. 826-2736

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.

PUBLIC NOTICES

NOTICE OF DISSOLUTION OF MIKE DULL HOMES, INC.

RCW 23B.14.030

This Notice is given pursuant to RCW 23B.14.030. On April 10, 2020, **MIKE DULL HOMES, INC.** (the "Corporation"), filed Articles of Dissolution with the Secretary of State. Any person having a claim against the Corporation must describe the claim in writing with reasonable particularity and present the written claim by delivery to the address below within one hundred twenty (120) days of the date of first publication of this Notice. A claim may be rejected by the dissolved Corporation, in which case the holder of the claim will have a limited period of ninety (90) days from the date of such rejection to commence a proceeding to enforce the claim. If not timely asserted, the claim may be barred in accordance with Chapter 23B.14 RCW. Date of Dissolution: April 10, 2020 Date of First Publication: May 6, 2020 Address for Mailing or Service of Claim: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Dated this 15th day of April, 2020, at Wenatchee, Washington. **MIKE DULL HOMES, INC.** By: CAROL COX DULL, Director Published in The Leavenworth Echo/ Cashmere Valley Record on May 6, 13, and 20, 2020. #87682

CITY OF LEAVENWORTH NOTICE - NEW PERMIT PORTAL

This week the new City of Leavenworth Permit Portal was activated. This system provides easy access to permits for construction activities, land uses (such as conditional use permits and variances), Public Works permits and Special Use Permits. Users may search for permits using an interactive map or through an address search. The Permit Portal has all building and land use permits for the last two years. More historical information is continually being added. In addition to the ability to see what development is occurring throughout the City, the Permit Portal provides a way for developers to request inspections online. These inspections will be documented using the Portal and all corrections and notices will be available immediately to the developer. To access the Permit Portal, visit the City's webpage and click "GIS Map/Permit Portal" under Essential Links or go to <https://bit.ly/2RMadlw> or <https://cityofleavenworth.com/city-services/gis-map>. Residents and developers are encouraged to use the Permit Portal and provide feedback. The Permit Portal activation has been combined with new application forms which are intended to streamline the permit process. The new application forms are available online or by contacting the department. The Permit Portal will not replace existing requirements which may require mailing to surrounding property owners. Development Services' staff would be happy to answer any questions about the new Permit Portal; email Maggie Boles planner1@cityofleavenworth.com or Lilith Vespier dsmmanager@cityofleavenworth.com Lilith Vespier, AICP Development Services Manager Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 2020. # 87736

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 Bohr*
ASHLEY N. BOHR, Personal Representative
Address: 3050 Riverview Lane Malaga, WA 98828
Dated: 6th of May 2020.
Attorneys for Personal Representative: **GATEN 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

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PUBLIC NOTICES

CASCADE SCHOOL DISTRICT NO. 228 CHELAN COUNTY, WASHINGTON

NOTICE OF DESIRE TO SELL REAL PROPERTY

NOTICE IS HEREBY GIVEN that the Board of Directors of Cascade School District No. 228, Chelan County, Washington desires to sell a parcel of surplus real property located in Leavenworth, Washington and legally described as lots 1, 2, 3, 10, 11, and 12, Block 6, Plat of Leavenworth Gardens, Chelan County, Washington and includes the former Osborn Elementary School located at 225 Central Avenue, Leavenworth, Washington

CASCADE SCHOOL DISTRICT NO. 228 CHELAN COUNTY, WASHINGTON /s/ Tracey Beckendorf-Edou Superintendent and Secretary to the Board

Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, and 20, 2020. #87730

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

In the Matter of the Estate of No. 20-4-00047-04 PAMELA JEAN TITUS a/k/a PROBATE NOTICE TO PAMELA JEAN GANN CREDITORS

Deceased. RCW 11.40.030 The personal representatives named below has been appointed as personal representatives 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 representatives' 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(3); 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: April 29, 2020 Date of Filing: February 10, 2020 Personal Representative: Jason Gann

Attorney for Personal Representatives: Byron J. Moore Address for Mailing or Service: Byron J. Moore Moore Law Firm, PLLC 1114 N. Mission Street, Suite C2 Wenatchee, WA 98801

Attorney for Estate: /s/ Byron J. Moore Byron J. Moore, WSBA #43624 Published in The Leavenworth Echo/ Cashmere Valley Record on April 29, May 6, 13, 2020. #87670

PUBLIC NOTICES

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

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

PUBLIC NOTICES

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

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 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

WASHINGTON OUTDOOR REPORT



Courtesy John Kruse

Faith Kruse with a rainbow trout kind enough to pose for the picture.

Prime time for trout

By JOHN KRUSE, WWW.NORTHWESTERNOUTDOORS.COM, WWW.AMERICAOUTDOORSRADIO.COM

The April 25 lowland lakes trout opener didn't go off as scheduled, but fish plants did all over Washington this spring and the weeks ahead should be very productive if you want to catch stocked trout of various sizes along with holdover fish from last year.

The next question is, what's the best way to do it? If you have a boat, kayak, canoe or float tube you can access places shore anglers can't. Trolling close to the surface is the name of the game in the spring though hot days and warmer water temperatures will begin driving the trout deeper into the water as May progresses into June. Until then, try trolling a fly, a small spoon or perhaps an old favorite like a Mack's Wedding Ring Spinner behind a small flasher in 5 to 20 feet of water. Tipping the spinner with a worm will likely result in additional strikes from hungry rainbows and other stocked trout.

If you are fishing from shore you can use floating Berkley PowerBait or a marshmallow/worm combination above an egg weight on the lake bottom to catch fish. The difficult part could be emerging weed growth at this time of year. If that's an issue, try fishing a worm with a salmon egg or corn below a slip bobber, staying above the underwater weed line. Casting spinners and spoons from shore at lakes can also be very effective for trout. The trout bite can turn on at any time but mornings and early evening are usually best. If you are fishing in the early evening, you might also



The author with a nice rainbow trout caught out of one of the Rock Island Ponds in Douglas County.

want to try casting dry flies for rising trout which is a true angling treat.

Stocking reports:

As for where to go, you need look no further than the stocking reports available from the Washington Department of Fish and Wildlife. Here's a rundown of lakes that have been stocked this spring with trout in Central and Eastern Washington (earlier winter and fall stockings are not included):

Chelan County

Beehive Reservoir - 11,000 catchable rainbows/ 280 jumbo trout

Lily Lake - 7,500 rainbows/100 jumbo trout

Roses Lake - 250 jumbo rainbows

Fish Lake - 15,000 catchable rainbows

Douglas County

Jameson Lake - 5,500 catchable rainbows/280 jumbo trout

Rock Island Ponds - 20,000 catchable trout/400 jumbo rainbows

Grant County

Warden Lake - 2,350 large catchable rainbows

Sage Lakes - 1000 rainbow trout

Katy Lake - 250 rainbows

Lenice & Nunnally Lakes - 5,000 rainbow trout

Klickitat County

Little Klickitat River - 600 rainbow trout

Spearfish Lake - 6,100 trout

Horsethief Lake - 8,850 rainbows/ 152 jumbo trout

Rowland Lake - 12,000 rainbow trout/208 jumbo trout

Okanogan County

Spectacle Lake - 5,100 rainbow trout

Ferry County

Lake Ellen - 1,000 trout

Stevens County

Heritage Lake - 4,000 rainbows

Lake Thomas - 5,000 trout

Gillette Lake - 2,700 rain-

bows

Lake Sherry - 1,450 trout

Jump Off Joe Lake - 4,500 rainbows/150 jumbo trout

Mudgett Lake - 1,000 trout

Waitts Lake - 250 jumbo trout

Loon Lake - 300 jumbo rainbows

Deer Lake - 4,000 rainbows/200 jumbo trout

Other options

Other waters worth fishing for trout include Dusty Lake and Dry Falls Lake in Grant County, both selective regulation fisheries favored by fly anglers. Lake Roosevelt and Potholes Reservoir are also consistently reliable spring trout fisheries.

Other good options include Lake Chelan and Wapato Lake near Manson, Upper and Lower Conconully Reservoirs in Okanogan County, or Park and Blue Lakes in Grant County.

Where ever you decide to go and cast a line be sure to limit the spread of COVID-19. Stay close to home, make your trip a day trip, avoid overcrowding, use hand sanitizer, consider the use of a face mask or bandana and maintain social distance. The more we do these things, the better our chances are for more fishing in the weeks ahead.

As for me, I took my daughter to the Rock Island Ponds in Douglas County on the May 5, opener. Casting spinners and spoons from shore, we experienced some fast and furious fishing. I less than 90 minutes we had caught and released 14 rainbow trout measuring 8 to 12 plus inches and lost a couple of jumbo trout weighing 1 to 3 pounds.

That's what I call some high-quality father/daughter time. Here's hoping you are able to get out there in the days ahead to experience some good trout fishing as well.

Looking for a home for your Furry friend? Try the pet section on NCWMarket.com

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CROSSWORD PUZZLE

THEME: ARMY AND NAVY ACROSS

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- Attorneys' org.
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- Lump of stuff
- Carpet attribute
- Cut the crop
- Lingo
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- Toothy wheel
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- They're from mars?
- Language family, includes Turkic and Mongolian
- Indian spice mix, pl.
- Bachelor's last words
- Baby Ruth component
- One of the Earnhards
- She goes by Lo?
- Actors' grp.
- Mister in Madrid
- Colossal
- With no effort
- American cuckoo
- Leave hastily, two words
- *Commissioned officer of the lowest rank
- *"Opposite of stern
- "For ___ a jolly good..."
- Dried-up

DOWN

- Grammy category
- Divi's solo
- Unload
- Saffron-flavored rice dish
- Evil one
- Weirs
- Porcini mushrooms
- Aquarium scum
- Uncouth one
- Address abbreviation
- Spanish dictator, 1939-1975
- *Throwing weapon
- Ice, dark, and middle, e.g.
- Pittsburgh Steelers' ___ Field
- Dojo turf
- Was sick
- Parkinson's disease drug
- African antelope, pl.
- Gaspar, Balthasar and Melchior
- Veranda in Honolulu
- *"came a spider..."
- European finch
- *"Excellent in all we do" org.
- None left when on E
- * ___ formation, or on diagonal
- Make synchronous
- Credit card payment alternative, acr.
- What Deep Throat did
- Stumblebums
- Type of shards
- *Announcement device
- Island off Manhattan
- Head of family
- All over again
- Silly talk or writing
- * ___-de-camp
- Letter opening
- Flash dancers
- NaOH

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