



Small Business relief drowning in the swamp

By BILL FORHAN, OWNER NCW MEDIA

The big story last week was the small business relief program or Paycheck Protection Program (PPP). It's a program touted to jump start our collapsed economy by helping small businesses get some immediate funding to keep people employed.

The program started accepting applications April 3. At the rate this is going, the money won't be disbursed to the small businesses that really need it before it is too late. The problem is finding a bank that is processing the applications.

Locally, Cashmere Valley Bank is not accepting applications.

North Cascades Bank has a link on their website for submitting an application although it is not clear if you must be a current bank customer in order for them to process the application.

Washington Federal Bank is accepting applications and according to their website they do not require the applicant be a current customer of the bank. They do not have an online link for submitting applications but do have a link to get a call back. Washington Federal has branches in Leavenworth, Wenatchee and Chelan.

Forbes magazine reports that as of April 5, Wells Fargo is not accepting any more applications. All of

the other national banks are only accepting applications from businesses that have a current active account with them.

NCW Media is contacting all local banks to assess their acceptance policy with regard to this program, but as of this writing it appears that finding a lender will put the program out of the reach of most of the small businesses that need the help.

There are some online companies that are taking applications. For example, Kabbage is accepting applications. Although Forbes reports they are forwarding the loan applications for those who qualify to their "partner lenders." Many



Cashmere Valley Bank, one of the largest local banks in North Central Washington, is not participating in the Payroll Protection program.

of these potential lenders are asking for information that is not required by the program. A clear sign that they are simply using this program to identify possible borrowers for their high interest working capital programs.

Here is what the SBA says

is required:

The application form – SBA Form 2483 2 pages that require a signature and several places need initials.

Federal form 940 for 2019 – Shows the total payroll for last year, payroll register for 2019 and 1Q of 2020.

A schedule of any share-

holder of the business that hold more than a 20 percent interest. A schedule of any other payroll related costs that you are claiming as part of your payroll costs. In Washington state there is no state income tax but unemployment and

SEE SMALL BUSINESS ON PAGE 2

An Abundance of Generosity Received at Cascade Medical



Jameson and daughter Paige Nunnally putting blessing bags together for Cascade Medical.

By MARLENE FARRELL

"I found myself with all this extra time, at home, not working, with my kids and wanted to do something to help," said Carrie Nunnally, whose faith inspired her to give back during this pandemic crisis.

"I want my kids to see these times as opportunities

to serve and be a blessing to others and not so focused on their inconveniences."

Nunnally chose to coordinate the creation of blessing bags for the nursing staff at Cascade Medical, which includes 51 nurses, nursing assistants, nursing leadership and social services. She reached out to the Life Groups at her church, the

Church of the Nazarene, with a wish list of items. "There are six life groups who all got on board, and we were able to cover all the items listed plus some I hadn't thought of."

Although CM is not in the middle of a pandemic storm like some urban hospitals, the staff have been preparing for a surge that still might happen.

They work with a risk of exposure. Data on the COVID-19 infection rate of healthcare workers is unknown at this point, and while hospital staff follow the stringent protocols to keep exposure to a minimum, the risk is still there.

"We will treat COVID-19 patients here unless they are sick enough to need to be in an ICU and on a ventilator," said Cascade Medical CEO Diane Blake. "Those patients will be transferred to Confluence. Since the outbreak began, we have treated inpatients who had COVID-like illnesses."

The nurses and nursing assistants received the blessing bags just before Easter, and they'll be chock full of granola bars, lotion, lip balm, Easter candy, mints, tea, coffee gift cards

SEE CASCADE MEDICAL ON PAGE 3

Breakfast and Lunch Delivery for Students Coordinated by Cascade School District

By MARLENE FARRELL

The Cascade High School kitchen is a flurry of activity at 7:30 every midweek morning. That's crunch time for five staff members working the assembly line of bagging lunches and breakfasts for over 100 students in the district. Ever since the schools closed on March 17th, the district has continued its mission to not only help educate its students remotely, but also feed a large number of them.

The food preparers include Food Service employees Miguel Cabrera and Debbie Nelson, their boss, Director Colin Levi, and administrators like IRMS principal Mike Janski and School Board Member Cyndi Garza, who have obtained their food handler's licenses. "Brown bag lunches are more labor intensive, requiring more staff. We also have to make everything on a production line," Levi explained.

Thus, each person has a role. On one recent morning, Levi, Janski and Cabrera stacked sandwiches with meat, cheese and Levi's homemade sauerkraut, seasoned with caraway



Mike Janski and Colin Levi work the sandwich assembly line at the CHS kitchen.

seeds and bay leaves, while Nelson and Garza grouped bags by drop-off location, placing them in labeled boxes. The nonperishable food items are always packed the previous day, while day-of, sandwiches and breakfast sandwiches are assembled and refrigerated items like milk, yogurt or cheese are added.

On this day the crew made 140 breakfasts and lunches. "For the most part we're seeing the same families but have had a slight increase each day. The kitchen staff send a few extras to account for any new recipients," said Tim Bentz, CSD Director

of Transportation. "A couple days we were actually short. The kitchen staff hurriedly prepared more, and Mr. Daley ran them to the needed spots in short order. When we have leftover meals, they are donated to the Community Cupboard for distribution to families in need."

CHS Principal Elia Ala'ilima-Daley has been leading the food delivery effort. "It's been a team effort from the start. Colin with food service team, Tim with the drivers and District Administration coordinating a parent survey, resources, etc.," Daley said.

SEE FOOD DELIVERY ON PAGE 3

Community's Outpouring of Support Helps Local Families Weather COVID-19

PANDEMIC NEWS FROM UPPER VALLEY MEND

In seven short days, generous donors from far and wide, including Leavenworth, Peshastin, Cashmere, Wenatchee, East Wenatchee, Seattle, Kent, Bothell, Issaquah, San Diego and even Oklahoma donated \$39,241 to help their friends, neighbors, and people they didn't know who have lost their income because of COVID-19.

These donations are being matched by the Leavenworth Rotary's Community Assistance Campaign and two anonymous local families for \$35,000.

"People are yearning for ways to support their community," said Kaylin Bettinger, Upper Valley MEND's executive director. "We've never seen anything like it. We are so grateful for everyone's generosity and community spirit during this difficult time. These donations are going to mean our friends and neighbors in the Upper Valley will have enough to eat and stable housing during and after this crisis."

Not only did people donate money to help their neighbors, a long list of volunteers have signed up to help in any way they can, including delivering groceries

to Community Cupboard food bank shoppers so they do not have to leave their homes. Restaurants forced to close their doors have donated fresh and frozen food to help feed families out of work.

Community Cupboard Program Manager Bob Mark has been overwhelmed by the community members who have called him asking what was needed at the food bank and then buying it.

"Thanks to generous support from community members and business owners, we've been able to keep the food shelves well stocked for the folks we serve," Mark

said.

The donations are already being put to good use. In the last two weeks of March, 191 families received a box of groceries through the Community Cupboard food bank window on 14th Street. The Cupboard also began delivering food, and those interested in receiving a food box can call 548-6727 to set up delivery.

MEND staff have been fielding calls about rental assistance from worried renters. With a moratorium in place on most evictions and mortgage foreclosures during the COVID-19 crisis, at this stage most callers are

looking to understand the resources available to them.

Staff are advising anyone worried about paying their rent to talk with their landlords or mortgage companies first, and to make sure they understand the government assistance available to them, including unemployment.

People in need of legal support are encouraged to call Chelan Douglas Volunteer Attorney Services at (509) 663-2778.

Once the eviction and mortgage foreclosure moratoriums are over, Upper Valley MEND will continue providing emergency finan-

cial assistance for people in crisis, including helping with their rent, mortgage or utility payments.

"We're taking a long-term approach to financial assistance," Bettinger said. "We will be the last line of defense to make sure people don't get kicked out of their home. We know this is going to be a long, tough recovery for many people in our community. The outpouring of support from the community means we'll be able to support more people in need in the coming weeks and months."

Donations can be made at uvmend.org.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

Inside The ECHO this week

Community Calendar..... 2	Outdoors..... 4	Inserts
Neighbors..... 3	Classifieds..... 5-6	Safeway
	Dr. Louise..... 6	



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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

Another way to advertise your News & Events

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

AA Meeting Schedule

Information numbers for AA:

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.leaveworthmasons.org. (1st Tues.)

Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

Ongoing events

Leavenworth Public Library: 548-7923.

Mon., Tues., Wed., open 9 a.m. - 6 p.m.

Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m.

Closed on weekends and Holidays.

Special events:

Tues., 11:30 a.m., Baby story time

Wed., 1:30 p.m., Preschool story time

Peshastin Public Library: 548-7821.

Closed Sunday and Monday

Tuesday: 3-8 p.m.

Wednesday: 2-7 p.m.

Thursday: 2-7 p.m.

Friday: 11 a.m.-4 p.m.

Saturday: 12-5 p.m.

Special events:

Thurs., 2:30, Bilingual Story time

Sat., Crafts: 2 p.m.

Upper Valley Museum: 548-0728

Leavenworth Fish Hatchery, 548-7641. 8 a.m.-3:30 p.m. 12790 Fish Hatchery Road (Daily).

Regional events

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

Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

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Notice

Please check with your church, local businesses, organizations, meetings and events that may have closed, cancelled, or postponed until further notice. We will have updates on our websites as well. Feel free to update us by email at Reporter@leavenworthecho.com or Publisher@leavenworthecho.com.

Stay Well!

City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)

8 a.m., Leavenworth City Council study session, City Hall, 548-5275. (2nd Tues.)

3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)

6:30 p.m., Leavenworth City Council meeting, City Hall, 548-5275 (2nd & 4th Tues.)

Sheriff/Fire/EMS



The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

Leavenworth	April 3
March 27	11:30 Public assist, French Coral, Leavenworth
07:35 Agency assist, 320 Park Ave., Mountain Meadows	13:13 Public assist, 7660 Icicle Rd.
08:38 Civil, River Rd.	16:55 Welfare check, 1329 US Hwy. 2, Dan's Food Market
09:25 Parking/abandon, 20752 Chiwawa Loop Rd.	17:06 Public assist, 8455 Main St.
11:02 Miscellaneous, Leavenworth Area	17:33 Disturbance, 636 Front St., Innsbrucker
11:24 Suspicious, 24602 Spur St., Plain	April 4
14:11 Miscellaneous, 8225 River View Rd., Peshastin	01:41 911, 4637 US Hwy. 97, Peshastin
20:00 Harass/threat, 4637 US Hwy. 97, Peshastin	01:52 Juvenile problem, 7546 Saunders Rd., Big Y Cafe
22:08 Suspicious, 9791 Hill St.	09:54 Suspicious, 820 Cedar St.
March 28	10:22 Burglary, 18655 River Rd.
00:26 Weapons violation, 612 Cedar St.	23:43 Burglary, 21174 White Pine Rd.
10:27 Suspicious, 4637 US Hwy. 97, Peshastin	April 5
16:48 Alarm, 843 Front St., Edelweiss	07:50 Alarm, 565 US Hwy. 2, Alpine Spa
17:27 Vehicle theft, 9700 North Rd., Peshastin	17:25 Harass/threat, 16888 Fir Dr., Lake Wenatchee
17:40 Miscellaneous, Beaver Valley Rd. & SR 207	21:10 Public assist, 103 Prospect St., #E
20:32 Suspicious, 6320 Campbell Rd., Peshastin	22:36 Alarm, 7375 Icicle Rd., Sleeping Lady
21:28 Weapons violation, 8360 Jefferies St.	April 6
March 29	13:37 Miscellaneous, 19610 Nason Rd., Lake Wenatchee
11:18 Hazard, 9th St., & US Hwy. 2	15:04 Miscellaneous, 22744 Lake Wenatchee Hwy.
11:56 Property, Eagle Creek Rd., MP 1	15:37 Welfare check, Chumstick Hwy., MP 12
17:38 Harass/threat, 10555 Fox Rd.	17:03 Miscellaneous, 8515 Icicle Rd.
March 30	20:24 Harass/threat, 1216 Commercial St., #2
07:08 Theft, 505 US Hwy. 2, Icicle Village Resort	April 7
08:30 Hazard, US Hwy. 2 & 9th St.	06:50 Welfare check, 475 Alpine Pl., #4
10:28 Suspicious, 11215 Mundun Canyon Rd., Peshastin	08:19 Parking/abandon, 14801 US Hwy. 2, Lake Wenatchee
10:49 Suspicious, Chumstick Hwy., MP 5	12:28 Court order violation, 525 Pine St.
13:35 Theft, 11645 North Rd., Amtrak	13:23 Hazard, Juneberry Ln. & River Rd., Plain
15:12 Miscellaneous, Duncan Rd., & Pear Tree Ct.	16:24 Accident/no injuries, 10170 Main St., Peshastin
15:18 Civil, 22888 Brown Rd., Lake Wenatchee	18:09 Agency assist, 4804 US Hwy. 97, Peshastin
March 31	18:55 Civil, 4804 US Hwy. 97, Peshastin
08:08 Miscellaneous, 100 Ward Strasse	23:10 Burglary, 184 Eagle Place
08:24 Court order violation, 10189 Merry Canyon Rd.	April 8
09:24 Miscellaneous, 217 Cascade St.	08:35 Public assist, 16888 Fir Dr., Lake Wenatchee
09:33 Miscellaneous, 21504 Palomino Rd., Plain	10:51 Theft, 323 Orchard St.
11:40 Agency assist, 980 US Hwy. 2	11:13 Civil, 12386 Shore St.
13:51 Miscellaneous, 68 Prusik Peak Ln.	12:57 Drugs, 9255 Foster Rd., BJS Foods
17:13 Welfare check, US Hwy., 2, MP 98	18:02 Welfare check, 18295 Little Chumstick Creek
19:02 Extra patrol, 9002 Icicle Rd.	19:22 Alarm, 9810 Big Y Junction Rd.
April 1	19:37 911, 15361 US Hwy. 2, 59'er Diner
08:20 Hazard, Chiwawa River Bridge, Lake Wenatchee	20:39 Traffic offense, 169 Ski Hill Dr.
10:42 Trespass, 12246 W. Shugart Flats Rd.	April 9
11:59 Civil, 10695 Fox Rd.	11:15 Disturbance, 12386 Shore St.
12:11 Welfare check, 4804 US Hwy. 97, Peshastin	11:20 Alarm, 7409 Icicle Rd.
13:00 Public assist, 8657 Mountain Home Rd.	11:28 Public assist, 525 Pine St.
15:25 Domestic disturbance, 1329 US Hwy., 2, Dan's Food Market	12:07 Trespass, 13424 Chumstick Hwy.

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.

April 16, Thursday: Pasta primavera with ham, spiced salad, fresh fruit tray, whole wheat roll, dessert.

April 17, Friday: Italian rice and beef, Caesar salad, cinnamon pears, garlic bread, dessert.

April 18, Saturday and April 19, Sunday: No lunch.

April 20, Monday: Scrambled eggs and ham, O'Brien potatoes, stewed tomatoes, orange sauced peaches, waffle muffin.

April 21, Tuesday: Stuffed green pepper casserole, chopped 49'er salad, apricots, whole wheat roll, dessert.

April 22, Wednesday: Pork roast, stuffing and gravy, glazed carrots, Greek salad, applesauce, dessert.

Senior Center Events

Leavenworth Senior Center, 423 Evans St., Leavenworth

Monday, Wednesday, and Friday 10:00 a.m., Gentle Fitness

Tuesday, 9:00 a.m., Leavenworth Senior Center Board Meeting

Tuesday, 10:00 a.m., at Peshastin Community Center

Thursday, 10:00 a.m., Peshastin Community Center

Thursday, 6:30-8:00 a.m., Bavarian Dancing

Friday, 8:00 p.m., Bingo

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

Leavenworth

Gathering Community News

Hello neighbors, we would like to get some good news out in the papers since we do not have sports, community gatherings or meeting right now because of the COVID-19 virus, but if you have any good news, pictures to share with the community please feel free to email it to reporter@leavenworthecho.com Stay well, stay strong, stay informed. (er 15, 16)

Leavenworth RotaryFest Tickets

Call Rotarian Bill, 670-1837 or 548-5286 or any other Leavenworth Rotarian to purchase a \$10 raffle ticket to win two E-Bikes.(value \$2000). No need to be present to win. New tentative date for RotaryFest will be September, watch for flyers. (er).

PEO Fashion Show and Tea

Due to the uncertainty of how long the COVID-19 Virus will be around, it was best that this year's Fashion Show and Tea that was rescheduled for June 4, will be cancelled until next year. Thank you to all who have already sent in reservations and donations. You will receive a call from the chairwomen about your reservation money and donations. If you have further questions please call reservations chair Sally at 503-421-2922. (er15,16).

Regional

The April 16 Cascadia Conservation District Regular Board Meeting is cancelled. A call-in only Special Board Meeting will be held on Friday, April 24 at 1:30 pm. More information and instructions will be available on our web site at cascadiacd.org or by calling the District at 436-1601.

The Dryden and Chelan transfer stations

Are open to the general public on only Fridays and Saturdays, regular hours on both days. Hours vary at the two transfer stations. Hours are posted on our website: www.co.chelan.wa.us/solid-waste-management/pages/transfer-stations. Also as a reminder, the drop-off brush sites at both transfer stations are closed at this time. Please use the brush site at Stemilt Organic Recycling Center at www.facebook.com/SORCWenatchee/

CONTINUED FROM PAGE 1

Small Business relief drowning in the swamp

workers compensation premiums could qualify. Any health insurance and retirement plan costs can be included.

Most lenders are asking for a copy of the applicant's driver's license although it's not clear this is required by the government.

Other lenders I have talked to ask for other information that is not required and is a red flag that they are more interested in getting the applications to sell the applicant other loan products that are not part of this program.

This is a highly touted measure to get the economy moving and protect small businesses from financial collapse. The problem is it looks like lenders, who are the most important link to making

this work, are not really behind it.

Time is of the essence in this program. It is intended to provide financial relief to small businesses and their employees. Unless the private sector banks can quickly process the applications and get the money into the local economy. Many local small businesses will shut down and unemployment claims will continue to soar.

Many small towns across the country only have one local bank. These communities are primarily served by small businesses that need this help. Without access to a qualified lender these small businesses cannot access the help they vitally need.

CONTINUED FROM PAGE 1

Breakfast and Lunch Delivery for Students Coordinated by Cascade School District

“The conversations actually started a week before the announcement of school closures, in preparation for what we expected was coming our way.”

“Before the closure, we stocked up, particularly on refrigerated goods, meats and cheeses,” Levi added.

Forty-seven students received bagged meals the first day. The team utilized every method they could think of to get the word out. “We have fliers posted around towns,” said Daley. “Phone calls have gone out in English and Spanish as well as posting on the website. We are fairly fluid and adjust daily based on the previous day’s turnout.”

“These meals are for anyone,” Janski emphasized. All families need to do is fill out the survey on the district website, or, even easier, just show up at one of the drop-off locations. That’s why drivers always bring spares.

“All of the food service will continue throughout

the closure, even through Spring Break,” said Daley.

Drop-off locations include Cascade High School, 8:15-9:15, Peshastin Dryden Elementary, 8:30-9:30, Beaver Valley School, 8:45-9:45, Valley Hi Fire Station on Blewett Pass, 8:40-9:40, and the Dryden Softball Field Park, 8:50-9:50. Due to the fact that students are so dispersed in the Merritt area, driver Chad Chadwick delivers food directly to houses and driveways.

The same drivers have worked every day. Other regular bus drivers are seniors in the COVID-19 high risk category, so they need to stay home. Chadwick is happy to do the food drops in the Merritt area. “This is my regular route. I know these kids,” he said. He spoke highly of the team in the transportation department. “Tim is the best boss. The camaraderie is phenomenal.”

Chadwick, who ordinarily drives one of the special services busses, worries

about the students on his normal route whom he has not seen, including a high schooler with whom he chats and a preschooler who gives out lots of hugs. Hopefully, if they also need bagged meals, they’ll sign up.

The success of the district’s food delivery program is measured by the fact that they are serving roughly the same number of students who eat school breakfast. The breakfasts and lunches are delivered with a smile, thanks to the committed drivers.

And the meals are made with care, thanks to the pride Levi takes in his cooking. That morning, Levi checked on his marinated pork rounds, sitting in a stew of citrus and herbs. Next week they’ll be roasted and sliced for Cuban sandwiches.

Over a hundred kids around the district will be able to learn, because their stomachs are full.

CONTINUED FROM PAGE 1

An Abundance of Generosity Received at Cascade Medical

and more. “One life group reached out to some local artist friends who hand-made beautiful cards with notes of encouragement,” Nunnally said. Such expressions of gratitude serve as fuel for Cascade Medical staff to keep working hard.

“I was grateful and humbled with the community outpouring of support,” said Emergency Department Nurse Sarah Baker. “In this time of waiting and uncertainty, I feel very apprehensive but was so heartened by feeling the community supporting our efforts to prepare.”

Another example of generosity came from Wildflower Restaurant, located at Lake Wenatchee.

The restaurant delivered rigatoni bolognese for ED nightshift staff and macaroni with roasted vegetables and cheese Sauce for ED dayshift staff.

“We didn’t want to waste product [after closing], so we created meal kits for families of first responders

and other folks in the community,” said Wildflower chef and co-owner, Ben Herreid. “Someone suggested we do them for the Cascade Medical staff, and we thought that was a great opportunity for us to support you folks who are on the front lines of this crisis.”

Wildflower has been feeding many who are hit hard by the pandemic.

“We thought this endeavor would last a week or two, but many people stepped up to support it by contributing funds and food. So far, we’ve been able to feed around 600 people a week, including the staff of our local nursing home at Mountain Meadows,” Herreid said.

Shawna Villalvazo, owner of The Bubbler, has partnered with Cascade Medical Foundation (CMF) several times in the past for the good of Cascade Medical and its patients. Now she has donated handcrafted soaps to be distributed to staff in Cascade Medical’s housekeeping and nursing departments.

“I wanted to do something for the Cascade Medical staff because they are there to help us every day, and in a time of uncertainty when stress is high,” said Villalvazo. “A little soap with some moisturizing benefits could help their hands heal and maybe make their day a little brighter.”

Like other small businesses, this is not an easy time for Villalvazo.

“We are doing okay trying to adjust to online only. We have started offering de-

signed for hands and other essential items you may need now.”

As for the blessing bags, Nunnally said, “It really has been a group effort and truly from the abundance of God, using a spark of an idea and multiplying it – fishes and loaves!”

Similarly, all the community donations have deeply moved everyone at CMF and CMF with their abundance.

Cascade Medical and CMF want to thank all these donors of supplies and wellness items: Anonymous, Dave Ashton, Mary Lou Bailey, Bavarian Chiropractic, Berkshire Hathaway/Leavenworth Properties, Blackbird Lodge, Blue Spirits Distilling Co., Christy Bone, Cordi Bradburn, Joann Brown, Steven Cardenas, Cascade School District, Church of the Nazarene, Christine Emmel, Ursula Folker, Karl Halupka, Julie Istvan, J5 and J5 Patrons, Greg Kramer, Emily Loukusa, Love Leavenworth, Teresa Luttrell, Marson & Marson, Jennifer Melness, Caitlin Meng, David Morgan, Munchen Haus, Dorothy Nilles, Carrie Nunnally, O’Brien Dentistry, Debra Peterson, Kurt and Celeste Peterson, Mary Rubert, Jaime Songer, Kathy Stevens, Larry Stolz, The Bubbler, The Post Hotel, Strode and Judy Weaver, Kiersten Week, Wenatchee River Institute, Sabrina Westbrook, Wildflower, Ernie Ziegler.

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

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



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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
 103 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

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

CASHMERE UNITED METHODIST CHURCH
 213 S. Division • 782-3811
 Worship & Sunday School at 11:00 a.m.
 Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m.
 Pastor Lilia Felicitas - Malana

CHRIST CENTER
 Cashmere Assembly of God • 509-782-2825
 Worship Services are available ONLINE ONLY at 10 a.m. Sundays
 All updates on COVID-19 can be found at christcentercashmere.com/cc-updates
 Underground High School Group, ONLINE ONLY at 6 p.m. Sundays
 Lead Pastor, Steve Haney
 Children’s Pastor, Andy Robinson
 Congregation Care Pastor, Joyce Williams
 Director of Operations, Pastor Ian Ross
 High School Director, Steffanie Haney

GRACE LUTHERAN CHURCH

Vine & Elberta Streets • 860-0736
 Worship 10:30 a.m.
 Pastor Robert Gohl

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

EVERGREEN BAPTIST CHURCH

5837 Evergreen Drive • 782-1662
 Sunday School - 9:45 a.m.
 Morning Worship - 11 a.m.
 Evening Service - 6:00 p.m.
 Pastor John Smith www.christforcashmere.org

DRYDEN

DRYDEN COMMUNITY CHURCH
 Hwy 2 at Dryden Ave. • 782-2935
 Sunday School 9:30 a.m. • Worship 10:45 a.m.
 Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
 8345 Stine Hill Rd. • 782-2616
 Worship Service, 10 a.m., Sunday School, 9 a.m.
 Pastor Mike Moore
 www.midvalley baptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
 “Where God’s Word Remains The Pillar Of Truth”
 11025 Chumstick Hwy • 548-4331
 Sunday School 9 a.m.
 Sunday Worship 10:30 a.m.
 AWANA (Youth Program) Weekly Bible Studies
 Wednesday 6:30 p.m. (school year)
 Pastor Todd James
 www.cmchurch.org

COMMUNITY UNITED METHODIST

418 Evans Street • Leavenworth
 509-548-5619 • Rev. Matt Gorman
 Sunday service 10 a.m.
 www.leavenworthumc.org

CORNERSTONE BIBLE CHURCH

Leavenworth Grange Hall
 621 Front St. • 548-0748
 Sunday Worship 10 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

10170 Titus Rd. (across from middle school)
 Church: 548-7667
 Meetings: Sunday - 10:00 a.m.

FAITH LUTHERAN CHURCH - ELCA

“Reconciling Works Congregation”
 224 Benton Street • 548-7010
 Worship 9:30 a.m. w/coffee following
 www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH. SBC

429 Evans Street, 509- 470-7745
 Sunday Worship: 11:00 AM
 Website: www.leavenworthbaptist.com
 Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292
 Sunday Worship 9:00 a.m.
 Lead Pastor: Andy Dayton
 Youth Pastor, Kent Wright
 www.LCN.org

SEVENTH DAY ADVENTIST CHURCH

10800 Ski Hill Drive • 548-4345
 Saturday Services
 Bible Study 9:30 a.m. • Worship 11 a.m.
 Fred Smith • 860-3997

SPIRIT LIFE CENTER

210 Benton Street • 548-7138
 Sunday Worship 10 a.m.
 Prayer 6 p.m.
 Wednesday Bible Study 6:30 p.m.
 Pastor Russell Esparza

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
 8455 Main Street • 548-7517
 Sunday Worship 10 a.m.
 Pastor John Romine
 www.lightinthevalley.org

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

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



Outdoors

The Washington Outdoors Report

Time Enough At Last



Photo by John Kruse

Fishing Rod-Reel-Line Maintenance.

STORY BY JOHN KRUSE

One of the best-known episodes from the classic television series, “The Twilight Zone”, was about a bespectacled bookworm named Henry Bemis. All he wanted to do was read books undisturbed but life for this bank teller just got in the way. That was, until he emerged from a lunch break in a bank vault to find the world had come to an end thanks to a nuclear war and he was the sole survivor. This gave him the opportunity to finally read all the books he wanted. The episode “Time Enough at Last” ended with fate playing a cruel trick on Henry Bemis just as he was about to enjoy life in this post-apocalyptic world.

The story seems apt for

anglers, hunters and outdoors enthusiasts in Washington who find they can't currently enjoy their passions of hunting and fishing or even getting outside to most of our public lands during this coronavirus induced lockdown. So, what's a hunter and angler to do? We've got a few suggestions for you focusing on routine maintenance tasks you have likely put off because of past time constraints!

Firearms Maintenance: Hopefully you clean your firearm after each outing to the range or into the field but let's face it, many shooters don't clean that firearm until the end of the season and in some cases, still haven't. There's no excuse to put that task off any

more and your firearms will function far better and last longer for the effort.

Rod, Reel And Line: Most folks don't think of maintaining their reel or changing out their fishing line until they either lose a fish when the line snaps or your fishing reel seizes up in the middle of a retrieve.

You can prevent both scenarios with a few easy steps that you really should do once a year. First off, take the spool off your reel (if it's a spinning reel) and then clean and lube the reel well, getting out the grime that has likely accumulated there. They actually make reel lube for fishing reels but if you can't find that a synthetic oil lubricant will also help prevent rust and keep those

gears and bearings working.

As for the line, change that out once a year. Many spools come with a small piece of tape on the line. If you have ever forgotten what pound test you have on that reel, you can remember by writing down the test on that tape along with the date it was installed and tape that on the inside of the spool (i.e. 10lb 2020).

Other Gear Maintenance: If you are a hunter you may use decoys and this is the time to clean them and touch them up with paint. If you are a duck hunter you can also check the cords and weights on each decoy and replace the ones that have been lost.

Duck hunters and anglers use waders and now is the time to patch those leaks so you can actually stay dry the next time you wade into a lake or stream.

The Boat: With the vast majority of boat ramps closed this is the ideal time to make some improvements to your boat. Consider installing new rod holders or upgraded marine electronics. You could also set up some downriggers to use for salmon or lake trout. If you are not

well versed in the use of downriggers check out the basics courtesy of Cannon Downriggers at www.cannondownriggers.com/learn/downrigger-basics.

Online Learning: Downriggers are not the only thing you can learn about online. If you have been putting off taking that Washington State Boater's Education Course now is the time to take it www.boat-ed.com/washington/.

On the firearms side of the house the sporting goods industry reports a lot of people have become first time pistol owners during this pandemic for home security purposes. Owing a firearm is one thing. Knowing how to use it in a safe and proficient manner is another. That's why a \$60 investment into the Basic

Pistol Course being offered online by the National Rifle Association could be a very good bet. <https://basicpistol.nra.org/>

Sorting And Organizing: Last but not least, head out to the shop or the garage and do some serious spring cleaning and organizing when it comes to your fishing tackle and hunting gear. Think about it, you'll finally be able to find that perfect lure, those shooting glasses or that missing pair of pliers when you need them if you take the time to do this now.

Put it all together, and there is plenty to keep you busy during the next few weeks while we suffer together through our state closure of fishing and hunting. When things open again though, we'll be ready!

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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.

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Due to COVID-19 restrictions, we are extending the application process for this position.

Summary of Duties:
Provide outreach education in the areas of agriculture and natural resources on the Colville Reservation, as outlined in the goals, objectives and timeline of the USDA FRTEP grant project that funds this position, in cooperation with the WSU Colville Reservation Extension Team. This programming includes the development, organization, coordination, and implementation of programs and activities within the policies and procedures of WSU Extension. Official workstation is in Nespelem, WA. Position closes 04/30/20 To apply, visit wsujobs.com/postings/51260 EEO/AA/ADA.

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The Cascade School District is seeking qualified applicants for the following position:

•Icicle River Middle School
Bilingual Secretary starting 2020-2021 school year

Fast Track application process and information can be found on our website at: www.cascadesd.org EOE

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Writer/ Photographer



Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:

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74. "The Forsyte _____" pl.
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 - Cuban music genre, pl.
 - "Half-man, half-goat"
 - "Santa's helper"
 - Splotches
 - Arch on a face
 - Cricket turf
 - Popular smoothie berry
 - Well, to Sofia Loren
 - Relating to living organisms
 - Opposite of alpha
 - Genetic initials
 - Parents hope to do this with values
 - "Beauty's beau"
 - Empower
 - Dropsy
 - "Big Bad One"
 - Yellow brick one
 - Feeling worse than before
 - "Like Curious George"
 - "Garden dweller"
 - Finger move
 - Moneyed one
 - Pine product
 - Choose not to do something, 2 words
 - Toni Morrison's "_____ Baby"
 - 1862 plots, for short
 - Prefix for below
 - Old photo color
 - Stalin's domain
 - Back of the neck
 - Not active
 - Past tense of chide
 - Fill beyond full
 - Sound of passing bullet
 - "Baba _____"
 - "Who Bugs Bunny talks to?"
 - Numbers, abbr.

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Highly Capable Program
Cascade School District is committed to identifying and providing for the unique educational needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community members for students that are believed to have a high capacity to learn quickly, deeply, and/or broadly, so that we can better provide an individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment with the permission of their parent/guardian.

Nomination forms can be obtained from the Cascade School District website www.cascadesd.org under Programs and Highly Capable and in school offices. In order to be considered for identification for the coming school year, nomination forms should be returned to Mike Janski, Highly Capable Director, at Icicle River Middle School by April 17, 2020 either by dropping them by the middle school, by email mjanski@cascadesd.org or by mail, 10195 Titus Rd. Leavenworth, WA 98826

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades educacionales únicas de todos los estudiantes. En este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de comunidad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera amplia, para que podamos proveer un mejor servicio de educación individualizada para cada uno de nuestros estudiantes. Los estudiantes nominados para este proceso se van a considerar para la matriculación en el programa, altamente capaz (Programa de alta capacidad), será basado en exámenes evaluaciones con el permiso de los padres/tutores legales.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org se encuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 17 de abril, 2020, por correo electrónico mjanski@cascadesd.org o por correo: 10195 Titus Rd. Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)

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PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of **ROBERT MILES**, Deceased

NO. 20-4-00094-04
PROBATE NOTICE TO CREDITORS

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

DATE OF FIRST PUBLICATION: April 15, 2020

Personal Representative: Michael Miles

Attorney For Personal Representative: David Visser
ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES
23 South Wenatchee Avenue
Suite 320
Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 20-4-00094-0
OVERCAST LAW OFFICES

By: David Visser, WSBA No. 41546
Attorney for Personal Representative

Published in The Leavenworth Echo/ Cashmere Valley Record on April 15, 22, and 29, 2020 #87639

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PUBLIC NOTICES

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

In the Matter of the Estate of:

Fred W. Hackney, Deceased
No. 20-4-01707-5 SEA
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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate assets and non-probate assets. DATE OF FILING WITH COURT: March 12th, 2020.

Robert M. Sifferman
Personal Representative
Attorney for Estate
Robert M. Sifferman
Address 2155- 112th Avenue
NE Bellevue, WA 98004
Telephone (425) 454-5829
Published in The Cashmere Valley Record/ Leavenworth Echo on April 15, 22, and 29, 2020. #87635

SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN NO. 20-2-00073-04 SUMMONS

ROBISON ESTATE, LLC, a Washington limited liability company,

Plaintiff,

vs.

THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein,

Defendants.

STATE OF WASHINGTON to: THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 1st day of April, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Robison Estate, LLC, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Michelle A. Green, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.

Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named. DATED this 24th day of March, 2020.

JEFFERS, DANIELSON, SONN & AYLWARD, P.S.
By: MICHELLE A. GREEN,
WSBA # 40077
Attorneys for Plaintiff
PO Box 1688
Wenatchee, WA 98807-1688
(509) 662-3685/ (509) 662-2452

Published in The Cashmere Valley Record/ Leavenworth Echo on April 1, 8, 15, 22, 29, and May 6, 2020. #87570

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Wearing hearing aids or earbuds increases the production of earwax, can block inside of your ear

The medical name for earwax is cerumen, which comes from the Latin word "cera," which means wax. Instead of wax, cerumen is a sticky liquid secreted by the cells of the skin lining your ear canal that helps protect your eardrum and has an antimicrobial effect. As it moves through your ear canal, earwax also attracts dust and dirt particles, sweeping them through along with it.

For some people, their earwax or cerumen will flake away as it reaches the outer part of their ear, never causing any trouble.

Wearing hearing aids or earbuds increases the production of earwax and can block inside your ear. Sticking cotton-tipped swabs or bobby pins into your ear canal doesn't remove earwax effectively and instead can create a waxy plug and pressure, discomfort, and hearing loss.

The best way to remove ear wax is first to soften it so that it can either come out on its own or be flushed out.

There are two main types of products designed to remove cerumen: oil-based ear drops and water-based ear drops. Oil-based ear drops may contain olive oil, coconut oil, or almond oil, while water-based products can contain saline, hydrogen peroxide, glycerin, or docusate.

There isn't any single



best ear drop for ear wax removal. A recent systematic review of earwax removal products showed no significant differences between any of them.

According to a 2018 survey from US News and World Report and Pharmacy Times, 96% of American pharmacists surveyed recommend carbamide peroxide drops to soften ear wax, available as Debrox® or Murine®, while the other 4% recommended glycerin drops.

Carbamide peroxide releases oxygen when it contacts earwax, creating a foam that liquefies the cerumen. I have tried carbamide peroxide products but stopped using them because they caused loud crackling and popping sounds and an unbearable tickling sensation inside my ear canal from the bubbling foam.

Ear drops containing docusate sodium (Waxsol®) are available in the United Kingdom (UK). Docusate is a non-prescription stool softener or lubricant laxative which pulls liquid into hard stools to make them softer and less painful to eliminate. It's believed that docusate does the same thing to dried, impacted cerumen.

In our clinic, we first fill the affected ear canal with liquid docusate so-

dium, leave it in there for 1 to 3 days to soften the cerumen, then flush out the ear canal with warm water.

I prefer a 2-step process using a 250mg capsule of docusate sodium to soften earwax because it's easy and effective. In Step 1, I snip a hole at the end of a capsule, squeeze its contents into my ear canal, then place a small piece of a cotton ball into it to keep the liquid in place before starting on the other ear. I usually repeat this routine 2-3 three times daily for a day or two before going to Step 2, flushing out my ears.

Once the cerumen has had time to soften, I gently flush it out into a sink with a small bulb syringe filled with warm water. One of my colleagues flushes her ears out during a warm shower.

I prefer positioning the nose of the bulb syringe along the top of my ear canal instead of in the middle because it helps more chunks of earwax to escape. Avoid "power washing" your ear canal; too much pressure can damage your eardrum.

Remove excess water in your ears by tipping your head and blotting with a towel, running a hairdryer on a low setting, or applying ear drops designed to remove water in your ear. I recommend Swim-Ear® with isopropyl alcohol and anhydrous glycerin to remove excess water.

Here Are 5 Tips to Remove Earwax:

1. Don't push cotton-tipped swabs, bobby pins, or rolled napkins into your ear.

They force ear wax further inside your ear canal, leading to pressure, pain, and muffled hearing.

2. Ear drops or docusate sodium capsules can help soften cerumen.

It's often a trial and error process to find something that works for you.

3. Avoid using eardrops if you have ear pain, bleeding, or any discharge from your ear.

Call your doctor instead. You could have an external ear infection, which requires a very different approach.

4. Don't use a Water Pik® or use high pressure with a bulb syringe.

Too much pressure can damage your eardrum or force fluid past it, triggering an inner ear infection.

5. Use warm water when flushing earwax.

Cold water is uncomfortable and can trigger problems with your balance.

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

How to stay healthy while social distancing

STATEPOINT - COVID-19 has the public rethinking how they stay healthy -- both physically and mentally. Even those in good health can start to feel anxious and fearful when the words 'pandemic' and 'social distancing' are mentioned.

But can you stay active and mentally healthy while social distancing? The answer is a resounding yes.

While routines have changed, it's critical that people keep exercising and eating nutritious meals, since the body is often able to better fight off illnesses when it's healthy and strong. Taking these steps helps fight off stress, which most people are experiencing right now in one way or another.

Here is some advice from Cigna chief nursing officer, Mary Picerno to help stay healthy, both physically and mentally, during this time.

- **Get Outside:** While it's important to limit physical interactions, getting outside for a run, walk or bicycle ride is a great way to boost endorphins and enjoy fresh air. Just make sure to maintain six feet between yourself and others. If weather or other reasons limit your ability to go outside, many companies and gyms are offering free online exercises right now. Endorphins have been found to reduce stress, increase feelings of happiness and help fight against depression.



(c) Kerkez / iStock via Getty Images Plus

Drinking plenty of water can help prevent dehydration. Not sure how much to drink? Many medical professionals suggest following the 8x8 rule, eight ounces of water eight times a day.

- **Get Proper Nutrition:** Add fruits and vegetables to your plate for colorful, nutrient-rich meals. Vegetables also are a good source of fiber. Eating well will help you feel better and give you energy to keep moving. Now is a great time to try that new recipe or food subscription box!

- **Stay Hydrated:** Drinking plenty of water can help prevent dehydration. According to the Centers for Disease Control and Prevention, dehydration can cause unclear thinking and mood swings. Not sure how much to drink? Many medical professionals suggest following the 8x8 rule, eight ounces of water eight times a day.

- **Stay Connected:** Just because you can't be with friends and family in per-

son doesn't mean you can't stay in touch. Set up time to connect with video chats, phone calls and emails. Staying connected doesn't have to be high-tech. Have kids or just a kid at heart? Write encouraging messages on your driveway or in your windows for your neighbors, and postal and delivery workers.

- **Know Your Options:** One of the best ways to prepare is knowing what to do if you start to show symptoms. Cigna and many other health insurers are now waiving the costs of doctor visits related to a COVID-19 diagnosis as well as the cost of COVID-19 FDA-approved testing. To minimize your exposure, call or email your doctor or a local health system about a telehealth visit to be screened for COVID-19.

The provider will then identify what steps you should take next.

- **Get Support:** Talking through concerns and fears can help put them in perspective and make you feel calmer. You may want to reach out for professional support if you're struggling. Cigna offers many resources and tools, including a 24-hour toll-free help line (1-855-287-8400) to speak with qualified behavior health clinicians, a webinar focused on managing anxiety, fears and concerns, and mindfulness podcasts (available in English and Spanish) focused on improving resiliency and stress management.

During this challenging time, taking care of your health should be a priority.

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