## **CASHMERE VALLEY**



#### Celebrating 113 Years • 1907-2020

AUGUST 19, 2020 · VOLUME 113, NO. 34 SINGLE COPY \$1.00

## **Cashmere Schools plan for fall school**

#### BY BILL FORHAN

Cashmere School District Superintendent Glenn Johnson and the staff at the Cashmere Schools have been weighing their options for opening school in the fall. That effort began in July with a survey to the parents of Cashmere students.

According to Johnson that survey revealed 70 percent of parents wanted their children back in the classrooms. Unfortunately, the Chelan County health district will not allow that until the incidence of infection drops below 75 per one hundred thousand population.

The Chelan Douglas Health District reports that there were 412 new cases reported in the last 14 days which equates to 533 per 100,000 population.

Johnson said that in July the School District sent a survey to all families with children in the school district. That survey outlined the following options for reopening the Cashmere Schools. **Cashmere School District** 

#### Families

As our 2020-21 reopening schools planning process continues we are looking deeply at prior parent survey data, state and local health department guidance, and the voice of parent and staff planning committees. Below are three options for you to consider when thinking about the needs of your child and family. We understand changing guidance is still to come our way, and when it does, we will adjust our plans to follow the state and county guidelines. This is preliminary information only to help us plan, a registration process will be available by mid-August once all options are solidified. Thank you for your time.

#### Vale Elementary / CMS / CHS @ SCHOOL

This model of learning resembles the traditional school day while closely following the required Department of Health and Safety guidelines for reopening schools. Here is a brief description of Vale / CMS / CHS @ SCHOOL for the 2020-21 school year:

and Center for Disease Control guidelines will be followed

• School will run 4 or 5 days per week, onsite, with face to face instruction

· Class sizes will be reduced in order to meet the social distancing expectations

· Students and staff will wear face coverings at all times

• Some class offerings will be provided through online learning at home (Building specific)

If onsite learning is not allowed at any point all students will move to "Vale / CMS / CHS @ HOME"

Chromebooks will be provided for each student (2nd - 12th Grades, K-1 will be issued upon request)

• \*\*Additional safety/health and schedule information will be provided specific to each building by mid-August

Vale Elementary / CMS / CHS @ Home

This model of learning is a



hybrid option of face-to-face and distance learning. This option is for families apprehensive about their child returning to school or if learning is not allowed to be face-to-face. This is a more rigorous and robust version of our previous learning that happened at home this past Spring. Here is a brief description of Vale / CMS / CHS @ HOME for the 2020-21 school year:

• Students will be assigned a distance learning teacher

• Frequent contact will be made via phone and, if needed, face-toface

• Live and recorded lessons will be provided for Reading, Writing, Math, Science, and Electives (per building)

Live classes will be held at assigned times of the day

• Attendance will be recorded

#### daily and grades will be assigned Technology devices and platforms will be utilized by students to receive instruction

and submit assignments Chromebooks will be provided for each student (2nd 12th Grades, K-1 will be issued

upon request) • \*\*Additional safety/health and schedule information will be provided specific to each building

#### by mid-August Vale Elementary / CMS / **CHS @ ONLINE**

This model of learning is for those seeking an online, independent, homeschool learning platform. While students will hold their status as a student in the Cashmere School District, they will interact with the online teacher and platform, not a local teacher. More information on this will be available later.

Johnson mailed a letter to all parents last week outlining the schools' position at this time. That letter is shown as a sidebar story to this article.

### **Cashmere School District letter to parents**

SUBMITTED BY GLENN JOHNSON, SUPERINTENDENT

Cashmere School District Thank you for your continued patience as we navigate unprecedented and challenging times during the COVID pandemic. I fully understand the challenges we collectively face and I am thankful for the grace and patience you have shown since our sudden and unexpected school closure in

the spring. I'm writing to share with you some important information about our start to the 2020-21 school year. As you may recall, our priority when we began our return to school planning efforts was to maximize in-person instruction for students as much as possible. while still following state and local Department of Health guidelines. For the past several weeks, district staff have worked hard to create learning options that ensure a high-quality education while maintaining safety and health for all. However, we have recently

received a verbal directive from the Chelan Douglas Health District that the level of community spread of COVID-19 in the region is too high to be able to start schools in-person and health officials are recommending that we begin the year in a remote/distance learning model.

The Cashmere School District must follow state and local mandates related to health and safety. After extensive consultation with the Department of Health, Chelan County Health Officials and the district's insurance carrier, we have made the difficult decision to begin the 2020-21 school year in remote learning models - "Cashmere @ Home" and "Cashmere Online'

Please bear in mind that the "Cashmere @ Home" model will look drastically different from our overnight transition to online learning in the spring. Our staff worked incredibly hard to auickly deliver remote instruction virtually overnight and we learned a great deal this past spring.

As a result, we are committed to serving our students with a significantly improved remote learning experience this fall. These improvements include enhanced technology/digital tools to allow for livestreaming of lessons, clear and consistent student schedules that help students better manage their coursework and connect with teachers, clarity in remote learning expectations which will include daily attendance/grading, and more consistent and frequent communication with students and families.

For families interested in an online, independent homeschool learning experience, "Cashmere Online" provides this alternative, while still allowing students to maintain their status in the Cashmere School District. "Cashmere Online" students will interact with an online educator and education platform facilitated by Edgenuity, a leading provider of K-12 online curriculum

Please know that our ultimate goal is to facilitate a safe return

to the classroom for face-toface instruction. District leaders and staff have worked hard to develop plans and protocols that support in-person education while maintaining the health and safety of all our students and staff. Once we receive permission to fully re-open, we are prepared do so quickly and in the safest manner possible. Please know that we continue to advocate for and explore how we can safely offer some form of in-person instruction for those students who have barriers to their ability to receive remote/distance instruction

It is our pledge to keep families informed now and in the future. More information will be coming out from individual schools, including informational letters and parent meetings via zoom. In addition, it is our intention to conference with each family prior to the start of school

Again, thank you for your patience and understanding during these challenging times.

## School, Stress, and COVID

#### How to Survive and **Thrive This Fall**

Summer vacation is almost over, which means families all over our community and nation are starting their annual "back-toschool" traditions.

Trouble is, there is absolutely nothing "traditional" about this return to school for anyone.

Not for parents juggling career obligations while keeping an eye on their kids' Zoom classes. Not for children, who enter another year of learning far from the norm. And certainly not for educators, creating multiple lesson plans in a shifting educational landscape they didn't ask for nor can control, and who may be juggling educational needs for their children on top of that.

No doubt about it we are all coping with extraordinary stress, and we will be for some time. So, how do we deal with this new family member in a positive way?

If you're looking for things you can do starting today, here are a few actions that will pay immediate dividends:



Moholy, Ph.D

• Be aware that your kids' behavioral changes more crying, (e.g., irritability, changes in sleep, changes in appetite) may be due to increased anxiety and stress.

Create as much structure and routine as you can, especially now that schooling will happen from

home. Be consistent with bedtimes and wake times. Stick to a "school schedule"; try to tackle schoolwork at the same time every day, get dressed like you're going to school, and have designated areas of the house that are for school. In other words, avoid just doing schoolwork in pajamas in the bedroom. Calendars work! Consider having something visual up that the whole family can refer to.

• Don't forget to move! Exercise

CONTINUED TO PAGE 3

### Sales tax declines will cause limitations to projects

#### By Kirk Beckendorf

#### Reporter

At the Aug 10th City Council meeting, Cashmere's Mayor, Jim Fletcher, announced progress has been made on dealing with the bio solids waste that is causing the significant sewage smell. He said that a large 40 ton truck has arrived. The bio solids will now be loaded directly onto the truck and then hauled away. However, there is still a large stock pile of waste, Fletcher said that the city would wait until cooler weather to dig into so that it can be hauled away. Fletcher said that stirring it up during warm weather will make the smell worse.

Fletcher provided the Council with a wide range of updates from previous meetings.

• He said he had spoken with Sheriff Burnett about the issue of speeding in town and the need

for more enforcement. Deputies will be increasing their presence and using radar to enforce speed zones. Fletcher added that the deputies will especially be in high profile areas to make people aware of their presence.

• Repairs have begun on the electrical wiring for the LED street lighting on one side of Perry Street.

• Sales taxes are down 19% from last year which amounts to about \$61,000. Retail sales actually increased, but taxes from construction and services decreased. With the decrease in city revenue the mayor said that the city will be less aggressive on taking on new projects and equipment purchases.

• Carlson asked for an update about the rate increase from the county for incarcerating criminals. Не expressed frustration that the county

frequently increases the costs and the city has no input, but just has to pay the fees. Fletcher replied that the city needs to gain a voice at the table and that it is important for the cities within the county to collaborate. Council member Derrick Pratt, said the city should get a breakdown of expenses for each criminal. He was concerned that the county may be double dipping and charging both the city and the criminal. He asked how we can know if the charges are correct.

• A new timecard system has been implemented for all city employees, but Fletcher said that the new system will still not show where we are spending time on specific projects. According to Fletcher it is important to get to the right level of detail for monitoring of time and labor to best track expenses.

The Council reviewed 4

business items and voted on 3 of those. The 6 year Transportation Improvement Program was discussed. There will be a public hearing followed by a vote at the next Council meeting on Aug. 24th. Although it is considered a 6 year plan, Fletcher said it is actually updated every year. Pioneer, Sullivan, Sunset, Norman and Douglas Streets are the top priorities. Council member Daniel Scott asked about alleys. He said that the council had previously discussed those but that they are not in the plan. Fletcher said that he and the Director of Operations, Steve Croci, had discussed allevs but have not yet added them to the plan.

The Council unanimously voted to approve the Master Plan for the supervisory control and data acquisition (SCADA) system. The goal of the Master Plan for the technology information system is to prioritize staff time by identifying gaps in the technology service, primarily related to the wastewater treatment facility.

In a related item the Council voted to authorize a contract with RH2 Engineering, not to exceed \$10,000, for SCADA support services. These services will focus on high risk operations such as; water chlorine level, chlorine gas, water turbidity, well pump operations, sewer pump station failure and to improve cyber security of the entire SCADA network.

The final business item approved an annual fee of \$6130, to renew a software license agreement with Aquatic Informatics. The software will help the city monitor its drinking water system. According to Fletcher, contractors will now be able to enter data directly into the system, which will sync with the city's billing system. He said the software will increase staff efficiency by reducing the time spent on paperwork and cleaning up data input errors.



Walk with Pastor ..... ... 2 Church Guide..... .....2 Sheriff Report.... .3

Business Directory... .. 3 AA Meeting Schedule......3 

**Classifieds Index** Classifieds 4-5 Advertising flyers Safeway





201 Cottage Ave. Cashmere, WA 98815 Phone: 509-782-3781

www.cashmerevalleyrecord.com

# COMMUNITY

Back in school MASK UP! STOP THE SPREAD OF COVID-19

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





For more information about fighting the spread of the COVID-19 virus, visit www.cdhd.wa.gov/covid-19.



### What about your obituary?

**A WALK** 

WITH

PASTOR

JOHN

SMITH

Writing my Mother's obituary was a lot more daunting of a task than I had realized.

How do vou encapsulate a life in 400 words or less, especially when it was so full of experiences and complexities? Of course, obituaries are but thumbnail sketches of the deceased-a sum-

mary of the person's life. They, on one hand, are not meant to be complete autobiographies yet on the other, they are to reveal what was foundational to the person who passed on. As I typed about my

Mother's life, I could not help but think about my obituary. There will come a day, when my wife, children, or those closest to me will be in the very same position that I was in, sitting in front of a computer tasked to publicly announce my passing and summarize my life in a few short words.

What will they remember about me?

What will they say was the locus of my life-the main thing that I lived for?

In preparation to write my Mother's obituary, I read others to get an idea of what to say. I read of deceased school teachers, individuals who loved golf and were avid outdoorsmen, and military vets who died with honors to their credit. Not to say those things are unworthy of mention, but I hope that my family would say something more than "John Smith collected Sci-fi memorabilia."

I would want them to say that I lived with eternity in view. Moreover, I staked my entire life on the gospel and sought to glorify God in all things. Again, I would want them to talk about what really mattered in my life.

To ensure that happens, I need to live as if those things matter so that when it comes time to memorialize



#### me, there will be no question.

Let's turn the questions, on you, reader. What would be the thing that sticks out in your life that people will remember? What do you live for?

Biblically speaking, there is only one thing that is worthy of living for and that is Jesus Christ. It's him who

makes the individual life count. As C.T. Studd said, "Only one life, 'twill soon be past. Only what's done for Christ will last."

We live for so many little things like our jobs, money, and hobbies. Yet, those things come and go with time and at the point of death, they, in the long run, don't matter. The Bible teaches that we shouldn't live for things that "rust and moth will destroy" (Matt. 6:19) rather we should live for the eternal Kingdom of God and for the King that will never be dethroned. To live for the Kingdom of Christ reaps heavenly rewards that will never be taken away and will be remembered for all eternity.

In Paul's final letter to his young protégé, Timothy, he writes, "I have fought the good fight, I have finished the race, I have kept the faith"

(2 Tim. 4:7). The way Paul lived, it was unmistakable what Timothy or anyone else for that matter, would remember him for. Paul lived contending for the gospel and expending every bit of himself to make Christ known in places where he wasn't. I can almost imagine when it came time to memorialize Paul that Timothy and those closest to him would echo his words from Philippians 1:21, and say, "Paul lived for Christ and now his death is gain."

So, what will they say when death finds you and you are ushered into eternity? Will you be remembered for how much you possessed or whom you possessed, namely Jesus Christ? I think it is a good exercise to examine our lives in light that one day it will be summarized by another and that we should be challenged to ensure that we live for what it is truly important.

Although trying to sum up the 72 years of my Mother's life was a challenge, looking back, she will be remembered for two things: her love for Jesus and her family.

Now that's something worth remembering.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail. com.



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

#### **TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286**

#### SEVENTH DAY ADVENTIST CHURCH 10600 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 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

Sunday Worship 10 a.m. Pastor John Romine

**New LIFE FOURSOURE CHURCH** 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall

FB page: newlifeleavenworth www.newlifeleavenworth.com





8455 Main Street • 548-7517

www.lightinthevalley.org

Email: newlifeleavenworth@gmail.com









#### **Letters policy**

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a All letters must be accompanied by the author's name, a home address and a daytime phone number (for verifical purposes only). Letters may be edited for length, clarity, racy and fairness. No letter will be pub the author's name. Thank you letters will only be pr from nonprofit organizations and events. We will not publ lists of businesses, or lists of individual names. Email your ill not publis lists of bu letters to publisher@l

#### Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-782-3781. We will publish a correction on this page in the next issue.

#### News tips

Have an idea for a story? Call the Record at 509-782-3781

#### **Classified Advertising**

Classified ads can be placed during normal office hours by calling 509-548-5286 or emailing classifieds@leavenworthecho.com

(USPS 092-600) is published every Wednesday by NCW Media Inc., 201 Cottage Ave., Suite 4 Cashmere, WA 98815 Telephone: 509-782-3781 Fax: 509-548-4789 Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo. P.O. Box 39, Leavenworth, WA 98826-0039

**Cashmere Valley Record** 

Weekly rates: \$15.00 for first 30 words 50¢ each additional 5 words (over 30) Borders, bold words, headlines logos and photos subject to additional charges.



**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 NAZABENE

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

#### Holy Eucharist or Evening Prayer, 7 p.m., unless notified otherwise . Rev. Rob Gohl, 509-860-0736 • Summer church at the Mission Creek Community Center (No service, if it rains) Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries ST. JAMES EPISCOPAL CHURCH

**GRACE LUTHERAN CHURCH** 

Holy Eucharist or Evening Prayer, 7 p.m., unless notified otherwise Rev. Rob Gohl, 509-860-0736 Summer church at the Mission Creek Community Center . (No service, if it rains) Service on YouTube or Email link: CashmoreEpiscopalLuthoranMinistries

### **EVERGREEN BAPTIST CHURCH**

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

#### DRYDEN

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

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

#### LEAVENWORTH

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

#### CASHMERE

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

### **CASHMERE PRESBYTERIAN CHURCH**

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

#### **CASHMERE UNITED METHODIST CHURCH**

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

#### **CHRIST CENTER**

Cashmere Assembly of God • 509-782-2825 Worship Services are available ONLINE ONLY at 10 a.m. Sundays All updates on COVID-19 can be found at christcentercashmere.com/cc-updates Underground High School Group, ONLINE ONLY at 6 p.m. Sundays CHRISTCENTER 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



### CASHMERE VALLEY ECORD

© 2020 NCW Media, Inc. 201 Cottage Ave, Suite 4 Cashmere, WA 98815 Phone: 509-782-3781

#### On the Internet

website: www.cashmerevalleyrecord.com e-mail: record@cashmerevalleyrecord.com advertising e-mail: echoads@leavenworthecho.com

#### **Office hours**

**Call Leavenworth Echo** for more information. 548-5286

#### **Contact information** Publisher Bill Forhan 509-548-5286 publisher@leavenworthecho.com **Managing Editor**

Gary Bégin 509-571-5302 gary@ncwmedia.net

Advertising Sales Manager

Carol Forhan 509-548-5286 carol@leavenworthecho.com

#### **Advertising Sales Lindsay Timmermans** 509-860-7301 adexec1@ncwmedia.net

**Classified / Legal Notices** classifieds@leavenworthecho.com NCWMarket.com Circulation 509-689-2507 1-509-293-6780

**Reporter/Photographer** 

Reporter

Reporter@leavenworthecho.com

509-782-3781

**Front Office** 

509-548-5286

### In Chelan County (yearly) - \$40 In State (yearly) - \$40 \$45 for print and online Out of State (yearly) - \$52 The Cashmere Valley Record does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. Toll Free 1-509-293-6780 ⅍⅍ℴ╲ѷҏ ═╱<sub>╧</sub>

**Washington Newspaper** NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.







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

Wednesday

call Pam, 509-669-3159.

(1st & 3rd Thurs.)

Call Brian, 782-3099.

month, August -June).

every month, August -June).

0146.

Go to: www.NCWMARKET.COM · 24/7

COMMUNITY CALENDAR

Rotary Club, Noon, Cashmere Presbyterian Church, 303

Cashmere Food Bank, 2:30-3:30, Cashmere Food

Cashmere Park and Recreation Committee,

Cottage Ave. Contact Carmen Gamble, 509-393-0789.

Cashmere Sportsmen's Gun Club, 6:30-10

p.m. Shooting range on Turkey Shoot Road.

p.m., American Legion Hall, 401 Sunset Highway.

Commander Ken Komro, 782-4973. (1st Thurs. of every

Cashmere American Legion Auxiliary #64, 7

p.m., American Legion Hall, 401 Sunset Highway.

President Linda Ingraham, 679-0243. (1st Thurs. of

Evergreen Baptist Church Youth Group (ages

Christ Center, 206 Vine Street.

Distribution Center, Riverside Park, for more information,

Maple St. Call President, Kris Taylor, 782-4300, Cell 679-

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



### **CHELAN COUNTY** Sheriff, Fire & EMS REPORTS

Cottage Ave. Bridge

04:09 Suspicious, 7800

10:09 Public assist, 505

12:34 Civil, 6251 Kimber

13:11 Civil, 6251 Kimber

14:00 911, 104 Crestview

4464 Old Monitor Rd.,

abandon, 8410 Main

09:48 Disturbance, 8055

Nahahum Canyon Rd.

Monitor Rd., Monitor

18:11 911, 5520 Warner

09:10 **Suspicious**, 128

23:44 **Suspicious**, 105

Evergreen Dr., #12

13:00 Trespass, 130

14:15 Accident/no

St., Monitor

Titchenal Way, Martin's

injuries, 3627 Bridge

Mission Creek Rd.

12:12 Civil, 4254 Old

22:23 Public assist,

Stine Hill Rd., #C6

August 10

Ringsrud Ln.

Wescott Dr.

Rd., #28

Rd., #28

Monitor

August 11

08:52 Parking/

Canyon Rd.

August 12

August 13

Market

PI.

St.

10:58 Abuse, 5570

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

#### August 7

#### 00:25 Domestic disturbance, 5975 Webster Way

- 11:03 Public assist, 8703 Alice Ave., Dryden
- 11:30 Animal problem, 5353 Majeska Ln.
- 11:33 Civil, 3996 Zager, Monitor
- 14:04 Alarm, 204 Paton St.
- 15:46 Animal problem, 105 Evergreen Dr. 19:45 Civil, 318 Peshastin

St. 20:24 **Disturbance**, 402 Pioneer Ave.

#### August 8

03:36 Public assist, 5240 N. Cashmere Rd. 08:21 Harass/threat, 102 Titchenal Way, BJS

Food Mart 11:35 Theft, 5501 Sunset Hwv.

14:26 Agency assist, 4705 Kelly Rd., Monitor 23:02 Disturbance, 201 Cottage Ave., #1,

Weeds Cafe

#### August 9

- 14:28 Accident/no injuries, 428 Cottage Ave. 14:39 Civil, 318 Peshastin St. 19:16 Domestic disturbance, 5312 Pine Flats Loop Rd., Dryden
- 22:42 Traffic offense,

School, Stress, and COVID us to model for them how

CONTINUED FROM PAGE 1

is important, along with social contact when and where appropriate.

• Have a plan for screen time, and make sure you keep school and recreational screen time separate.

• Model good self-care. Talk about how you are coping with stress.

To deal most effectively

we cope with stress and uncertainty rather than send the message that we have it all put together and they should too. Involve children and teens. Ask them to breathe with you. Practice some family yoga - you can find some great videos on YouTube. Do activities together in a mindful way, like cooking or going for walks. Explore emotions together - ask your children to describe their feelings like a "weather report", talk about where their feelings are in their body, or ask them to color their feelings.

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.

### Cashmere

#### North Central **Regional Library** Program

The Summer Library Program will run from now to Aug. 31. The free online programming To sign up and learn more, visit www. ncrl.org/slp and follow North Central Regional Library on Facebook. For more information: www. ncrl.org/slp or https://www. facebook.com/NorthCentral RegionalLibrary

Join naturalist David George Gordon as he takes you on a guided tour of extraordinary animals in a free virtual program hosted by North Central Regional Library. This Zoom digital meeting platform will be on August 20 at 7 p.m. To register, visit: www.ncri. org/blog/animals

#### Gathering

**Community News** 

Hello neighbors, we

# **BUSINESS & SERVICE Directory**

Add your business or service to this directory: 548-5286

#### DRILLING



## Analysis/Estimates

Conveniently located on Hwy 2 across Tumwater from the Big Y Cafe Drilling & Pump, in Dryden @ 9290 Hwy 2

would like to get some good news out in the papers since we do not have sport, community gatherings or meeting right now because of the COVID-19 virus, but if you have good news, or pictures to share with the community please feel free to email it to reporter@ cashmerevalleyrecord. reporter@ com or leavenworthecho.com Stay well, Stay Strong, Stay informed

### Leavenworth

## **Bike Raffle**

Please help support the Leavenworth Rotary which helps support our local community needs. Drawing will be on Labor Day weekend for 2 Electric Bikes. Tickets are only \$10 and you can call any Rotarian or stop by The Leavenworth Echo office from 10 a.m.- 5 p.m. Call Rotarian Bill, 670-1837, or The Echo, 548-5286.

6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.) The Underground Youth Group, 6th-8th graders. 6:30-8 p.m. Call Steffanie, 782-2825. Thursday Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120

### Cashmere American Legion Post 64. 7 Leavenworth Rotary

nc.

#### 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662. Saturday Bingo, 6 p.m., American Legion Hall, 401 Sunset

Highway. Call Wiley Collins, 888-1904. No Bingo due to the COVID-19 Virus pandemic.

#### Sunday

Friday

CHURCH: See the church page for local service times and events.

The Underground, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

#### Monday

- Cashmere Wacoka Kiwanis Club, 6:30 p.m. American Legion Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.
- Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)
- Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
- Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month).
- Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)
- Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.) Cashmere School Board, 6:30 p.m., School District
- Office. Call 782-3355. (4th Mon.) Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-

3

with this kind of stress. it takes more than bullet points, though. It takes framing your mindset effectively around "community". To explain, I'll start with a great quote from Len Niehoff: "If we view ourselves as besieged victims who need to go into hiding, then we will cultivate fear and hoarding. If we view ourselves as a community working hard to protect the most vulnerable among us, then we will cultivate courage and helping. Mindset matters."

This quote really speaks to the attitude that I try to instill. I think it is important to recognize that we are all experiencing a collective grief. Two things that are making this pandemic particularly complex and challenging are (1) our lack of control of the virus and how it impacts all aspects of our life; and (2) the uncertainty about where we go next. The thing about grief is that it's not about making the discomfort go away; rather, we need to lean into the discomfort and pain and be willing to live in that space as we adjust to the new reality.

#### Here are a few strategies that can cultivate help us this attitude of "willingness."

#### 1. Mindfully acknowledge and talk about uncomfortable thoughts and emotions.

Acknowledge that we don't have the answers and that it is okay to not have all the answers. Children look to their parents for answers and it can be powerful for

2. Cultivate gratitude. Research shows that gratitude reduces stress and shifts our attention away from negative thoughts and emotions. It doesn't make the bad go away but increases our recognition that there is space for both in our lives. Gratitude can also motivate us to take more creative and productive actions. This is because gratitude allows us to realize that our actions can have a positive effect on our lives. A quick way to cultivate gratitude daily is the "three good things" exercise. There are two steps:

• Everyday, take a moment to identify and write down 3 things that went well. • For each thing above, take a moment to identify your role in making the good things happen. • *This is perfect to do* at the dinner table, or right before bedtime.

Remember: you're not going to "beat" stress and anxiety. You certainly shouldn't ignore it. But in acknowledging that stress, along with cultivating a sense of gratitude where you can, you and your family can learn to live with it.

Dr. Maxwell Moholy is a Clinical Psychologist at Cascade Medical



#### EXCAVATION

### **Complete Excavating Service** Power & Water Systems **Dump Truck & Dozer Drainfield Repair** Free Estimates Septic Systems **Road Grading** allev (509) 548-3489 Leavenworth, WA Licensed - Bonded - Insured

#### STUMP REMOVAL



9869 (1st Mon. each month).

Tuesday I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.) Ministerial Association, 8 a.m., Epledalen lunchroom. Call 782-7600. (2nd Tues.) Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.) Buns, Books and Tea, Peshastin Book Club, Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.). **Ongoing events** Cashmere Public Library: 782-3314 Call for other information if not listed. Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m. Thurs.,11 a.m.- 8 p.m., Sat., 9 a.m.-1 p.m. Sun., Closed. **Events:** Tues. & Wed., 10-10:30 a.m. Story time Pre-K & up Wed., Preschool Story time, 10-10:30 a.m. Wed., Bilingual Story time, 4:30-5 p.m. (last Wed.of every month Fri., Baby/Toddler Story time, 10:30-11 a.m. **Cashmere Museum and Pioneer Village** Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m. Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call 782-3230. (3rd Thurs.) Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed. 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 AlAnon meetings is 509-548-7939 509-548-1627, 548-4522, 664-6469, 425-773-7527, 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 Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain Information number for Alanon: 509-548-7939 Alanon Meeting Schedule Monday, 7 p.m., United Methodist Church, 418 Evans St. **Celebrate Recovery** We will be meeting via Zoom weekly on Fridays at 6:30 p.m. Please email celebraterecoverylcn@gmail.com for more

information.





**Furniture** 

#### **NCW Media Newspapers**

We have excess office furniture available. Items left are 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves. A wood credenza and a free 4' x 4' white board All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo. 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com **Real Estate Orchards & Farms** BROKERS We have buyers for your Pear, Apple and **Cherry Orchards!** 509-669-4500 information@nwi.net Vehicles **Trucks & Vans** 



www.leavenworthecho.com www.cashmerevalleyrecord.com



searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present **Elementary School** and serve the daily breakfast buffet and at catered functions. Fast Track application Full and part time process and information positions requiring some weekends. Recreational amenities of hotel are www.cascadesed.org available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth

FREE! Being Inclus as American Bries (Boco Vaios)			American Standard Walkin Tube WALK-IN BATHTUB SALE! SAVE \$1,500 - Backed by American Standard's 140 years of experience - Ultra low entry for easy entering & axiling - Ultra low entry for easy entering & axiling - Patented duick Draim <sup>®</sup> Technology - Lifetime Warranty on the bath AND Installation, IncLUDING Labor backed by American Standard - 44 Hydrotherapy lets for an invigorating massage - 44 Hydrotherapy lets for an invigorating massage - 46 Hydrotherapy lets for an Invigorating massage - 47 Hydrotherapy lets for an In						
		8					9	6	
		1	4		9				
			8			1	7		
	5		6			7	3		
	3	4			8		2		
	9	7			4				
			3		5	2			
1	2					4			
© StatePo Fill in	int Media	ank squ	ares in	the gr	id, mak	ing su	re that d	every	

row, column and 3-by-3 box includes all digits 1 through 9.



eshastin Market is now hiring or Cashier/ Clerk. Full-time/ Part-time. Must be 21 or older. vailable evenings and weeknds. Please apply at 10170 lain St., Peshastin, WA or call 09-548-7327

Alpine Lakes and

Peshastin-Dryden

Counselor

can be found on

our website at:

EOE



 Place your ad 24/7 at ncwmarket.com Email: classifieds@leavenworthecho.com - Call 548-5286

DOWN 6. Sometimes appears between 2009 Oscar-winner 3. Wet nurse 5. Swellings 7. 're 11. Movie spool 19. \*Last year's Super Bowl MVP \*Recipient of this year's first pick 20. Make an effort 23. Madame Tussauds' medium 25. Communications regulator, acr. 37. Cold War enemies, slang 39. Common candle shape 33. Variety show 46. Like watching paint dry 42.\* 1982-2000 45. Indicate in common 61. \*Primary football unit badge 62. Church echo 71. Home to largest mammal 64. European sea eagles 67. Poetic "even"

1. Millionaire's turf, according to 2. Bangladeshi currency 4. Plant again 6. Elvers 8. Human social group 9. \*Yellow and unwanted 10. Saint's "headdress" 12. \*Vegas numbers 15. Laura Ingalls' hat 22. Organ of balance 24. Sleep disrupters 25. \*Encroachment and false start, e.g. 26. Type of mandarin 27. Have a hankering 29. \*2020 Super Bowl winning coach 31. VSCO girl's favorite shoe brand 32. Geologic period 34. \*Patriot no more 36. Pinta or Santa Maria, e.g. 38. Perfect houseplant spot Bowl, college game 49. What Dundee and Dunedin have 51. \*Last year's Heisman winner 54. Conical dwelling 56. Draw a conclusion 57. Do like exhaust pipe 58. Evil Roman emperor 59. What oxen do to plows 60. Acne symptoms 61. \*One of ten needed for first down 63. Provoke or annov

Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998 PATEROS SCHOOL DISTRICT 122-70J SCHOOL BOARD VACANCY AT-LARGE DIREC-**TOR POSITION** The board of directors of the Pateros School District is seeking applicants to fill an at-large board director position. **Applicants** must reside in the boundaries of the Pateros School District, be a United States citizen and a qualified voter. Please contact the district office for exact boundaries. Application and additional information can be obtained online at www.pateros.org; from the district office: 509-923-2751 x 4; or by email: lehlenbach@pateros. orgThe deadline for applications has been extended to noon on August 28, 2020, position open until filled. WHAT'S EVENTS Need to promote your event? Have you thought about NCWMarket.com

We will train and assist

with credentialing as a

Home Care Aid.

G

Restored 1952 Chevrolet 3100 Pick-Up Truck Restored in 2002. Baby 1952 Chevrolet blue 3100, 1/2 ton, 2 door, 6 cylinder, 216.5 ci, 860 miles with pine truck bed. \$27,500 Call Kary 206-295-5107.

See pictures on NCWMARKET.COM



the best online promotion available

### **Public Notices / Community**

## Is Tylenol dangerous?

#### **Public Notices**

Legals

#### CITY OF LEAVENWORTH **PLANNING COMMISSION &** CITY COUNCIL NOTICE OF JOINT MEETING

NOTICE IS HEREBY GIVEN that the Leavenworth Planning cause my doctor always Commission will host the City Council in a joint meeting on children. However, my September 2, 2020 at 6:30 PM (prior to the 7:00 Housing Workshop). The meeting will be held via ZOOM (visit City website notices or contact us for how to join the ZOOM meeting) or, with limited space, at the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington. The intent of this meeting is to

provide a mid-year update on the 2020 Docket. Council members may also

attend the Housing Workshop. If you are not able to attend the drink alcohol frequently, meetings but would like to it may NOT be a safe provide comment or have choice for you. questions, please contact Development Services within as a pain reliever in 1893. City Hall at 700 Hwy 2, Leavenworth, WA 98826; phone 509-548-5275; email dsmanager@cityofleavenworth.com Published in Echo/Cashmere Valley Record on August 19, 2020. #690

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

In the Matter of the Estate of RONALD CALVIN MESSER, Deceased. NO. 20-4-00235-04

PROBATE NOTICE CREDITORS

The Personal Representative named below has been Personal appointed as 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 RCW provided under as 11.40.020(1)(c); or (2) four wood, Camano Island is a months after the date of first rural getaway. There are publication of the notice. If the no towns here, just a few claim is not presented within crossings with stores, gas this time frame, the claim is forever barred, except as

Question: I always take Tylenol® for fever or headaches because it doesn't seem to upset my stomach like ibuprofen does. I've thought that Tylenol<sup>®</sup> was safe berecommended it for my sister-in-law insists that Tylenol<sup>®</sup> is dangerous. Who's right, my doctor, or my sister-in-law? You are both right. Tv-

lenol®, also called acetaminophen, is quite safe to take as long as you pay close attention to HOW MUCH you take and are careful to avoid taking too much of it at a time. But if you have liver disease or

Tylenol® was first used Due to concerns about its ability to cause liver damage, it was used cau-The Leavenworth tiously until 1949, when it became a widely accepted alternative to aspirin. Today, acetaminophen is the most popular nonprescription painkiller sold in the United States. It is considered safer than ibuprofen or naproxen for mild to moderate pain, just as long as you don't take too much.

The best way to take Ty-**TO** lenol® or acetaminophen Ask .... Dr. Louise

safely is to watch the TOTAL amount you take over the day and always stay below the maximum recommended dose. For healthy adults, the Food and Drug Administration (FDA) recommends no more than 4000mg per day of acetaminophen. That's equivalent to twelve regular strength acetaminophen pills at 325mg each, eight extra-strength pills at 500mg each, or six extended-release tablets at 650mg.

If you are over 60 years old, the FDA recommends a lower daily limit: 3100mg. You should take up to 3100mg per day if you have liver problems or drink more than 2 ounces of alcohol regularly. Two ounces of alcohol is equivalent to one 12-ounce beer, one glass of wine, or one shot glass of distilled spirits. 3100mg of acetaminophen is equal to nine regular strength 325mg tablets, six extrastrength 500mg pills, or four extended-release 650mg pills.

Most people taking too much acetaminophen are unaware of the danger until they experience permanent liver damage. A big part of the problem is the popularity of acetaminophen with drug makers. Acetaminophen is an ingredient of over 200 over-the-counter products and the popular prescription analgesics Vicodin<sup>®</sup> and Norco<sup>®</sup>.

You'll find acetaminophen in non-prescription remedies for allergy, sinus problems, cough, cold and flu symptoms, and even sleeplessness. In 2005 alone, consumers in the United States purchased more than 17 billion doses of non-prescription products containing acetaminophen.

Over-the-counter remedies are not the only spots in your medicine cabinet that acetaminophen can lurk. The prescription pain medicines Vicodin® and Percocet® contain a potent narcotic pain reliever along with acetaminophen. The combination of hydrocodone and acetaminophen in narcotic pain relievers like Vicodin<sup>®</sup> and Lortab<sup>®</sup> is among the most frequently dispensed prescription medicines in the United States. In 2005, pharmacies filled 11 billion doses of this potent combination analgesic. Unfortunately, acetaminophen in your prescription medication is easy to overlook. Instead of squeezing the word acetaminophen onto the prescription label, the abbreviation APAP or ACET is used instead.

Here are 5 ways to keep yourself safe when taking Tylenol<sup>®</sup> or acetaminophen for pain relief:

1. Know your max.

Be aware of the maximum daily amount of acetaminophen that's safe for you to take. For healthy adults, this is 4000mg over 24 hours (8 tablets of Extra-Strength); for others, it is less. Ask your doctor or pharmacist if you aren't sure.

2. Keep track.

Pay attention to how much acetaminophen you are taking. Acetaminophen is called paracetamol in Europe and some other countries. Look for it on the list of active ingredients of all your medicines, food supplements, and herbal remedies. If you take prescription pain medicine, watch for the abbreviation APAP or ACET, or ask your pharmacist if there is any acetaminophen in your prescription medications.

3. Take one at a time. Don't take more than one medicine containing acetaminophen at a time. Taking both a non-prescription and prescription product containing acetaminophen puts you at high risk of getting too much. Watch out when taking pain medicines from more than one medical provider such as a dentist, surgeon, ER doctor, or urgent care center.

4. Watch out if you have liver disease.

If you have liver disease, you may need to avoid taking acetaminophen or Tylenol® altogether. Ask your doctor how much acetaminophen per day is safe for you to take for fever, aches, or pain.

5. Avoid acetaminophen when drinking alcohol.

Protect your liver by avoiding acetaminophen altogether whenever you drink alcohol.

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

THE WASHINGTON OUTDOORS REPORT

Try Camano Island for a summer getaway

By JOHN KRUSE, THE WASHINGTON OUTDOORS Report

Camano Island offers an easy to get to vacation option away from the city through two saltwater state parks located within a mile of each other. Sitting just 67 miles away from Seattle and across two saltwater sloughs west of Stanstations and cafes amongst otherwise provided in RCW the roads winding through 11.40.051 and 11.40.060. This woods, fields and pasture bar is effective as to claims along with passing views of Puget Sound. At the southwest tip of the island is Camano Island State Park and a mere mile north of it is Cama Beach Resort, which is also run by Washington State Parks. Both locations border Saratoga Passage, facing west towards Whidbey Island, but each park is unique in Camano Island State Park is a traditional 244acre property. After passing the North Beach day use area you drive to the upper wooded portion of the park which includes two campground loops with 77 standard sites, five cabins sleeping up to six individuals each, and a group camp. If you enjoy hiking there are a number of short trails (three miles in total) allowing you to explore forested paths where sightings of birds, squirrels and rabbits are common. The most popular is a 1/2-mile interpretive loop, the Al Emerson Nature Trail, named after a former longtime park ranger. A drive through the park takes you downhill to the day use area at Lowell Point. Here you'll find a busy boat launch and dock, covered picnic shelter and a number of picnic tables sitting above the high tide mark of the rocky beach. With 6700 feet of shoreline there is plenty of room to spread out along the beach. Many spend the day watching yachts and pleasure boats pass through Saratoga Passage, and sometimes a seal or orca whale will surface as well. Others launch kayaks or power boats and most of latter have crab pots. The crabbing here can be very good. Red rock crabs are



against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 19,2020

PERSONAL REPRESENTATIVE: Jason Lee Messer

ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser

ADDRESS FOR MAILING OR what it offers. OVERCAST LAW SERVICE: OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 20-4-00235-04 **OVERCAST LAW OFFICES** Bv David Visser, WSBA No. 41546 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on August 19,26, and September 2, 2020. #681



Upgrading your 'ride'? we can help you sell your old one

 Place your ad 24/7 at ncwmarket.com • Email: classifieds@ leavenworthecho.com

Call 548-5286

Courtesy John Kruse **ABOVE:** The waterfront cabins overlooking Saratoga Passage at Cama Beach Resort.

#### **RIGHT: Freshly boiled rock** crab makes for a great campground dinner.

found in the shallow water while bigger Dungeness crabs are hauled up from deeper depths. Fishing is an option too, though there are restrictions this summer to protect Chinook salmon so you are limited to flounder, other bottomfish or the occasional coastal cutthroat trout near shore.

Cama Beach Resort, just to the north, is a converted 1930's fishing resort offering families the opportunity to stay in a cabin either right on the water, or a row back from the waterfront cabins. One unique thing about this setting is guest vehicles are not allowed in the cabin area. You either bring your belongings downhill from a parking lot with a wheeled cart or take a shuttle from one of the parking lots to the cabins below. This makes this area very kid friendly and fast friendships develop among children running or bicycling around the cabins or playing some of the outdoor games available here. Adults on the other hand, if not just relaxing, are often seen kayaking or paddling SUPs in front of the resort.

In addition to the cabins there is a volunteer run gift

shop (closed this summer) and the Center for Wooden Boats, which is open and dedicated to restoring and maintaining the types of wooden boats found at this resort during its heyday. In fact, you can rent a wooden rowboat or powerboat by the hour or for the day to explore the nearby waters or drop a crab pot (available for free with a full day boat rental).

If you are looking for a place to eat the Cama Beach Café in the parking lot area above the resort offers wonderful views of the Sound and excellent food. Breakfast choices include a family breakfast with all the fixings, Swedish pancakes, or hearty meat, cheese and vegetable filled omelets with seasoned potatoes.

Both state parks are pop-

ular. It's best to reserve a cabin as soon as it becomes available (nine months in advance of your stay). You can find out more and reserve online through the Washington State Parks website. https://parks. state.wa.us/

John Kruse-www.northwesternoutdoors.com and www.americaoutdoorsradio.com



CASHMERE: 130 Titchenal Way





310 2nd Avenue South

During this COVID -19 crisis, our team is working hard to keep our store clean and well -stocked for you. If we are out of advertised items, please accept our apologies. If you have any questions, please don't hesitate ask us. We are here to serve you to the very best of our ability.

### Prices effective August 19-25, 2020

