

CASHMERE VALLEY RECORD

CELEBRATING 113 YEARS • 1907-2020



JULY 1, 2020 · VOLUME 113, No. 27
SINGLE COPY \$1.00



Steve Pierson retires

By BILL FORHAN
Publisher

If you haven't been to the Cashmere Post Office recently you might have missed the fact that Steve Pierson has retired. After 17 years Pierson hung up his apron on Friday, the 13th of March. Pierson began his career with

the US Postal service 36 years ago as a part time employee in Dayton, Wash. He moved to Wenatchee a few years later as a full time letter carrier. He was promoted to supervisor after four years and worked in Wenatchee until accepting the position of Postmaster in Cashmere in 2003.

Pierson said he loved working in Cashmere. He said, "a bad day in Cashmere was always better than the best day in Wenatchee." Cashmere was much more like working with a family. I really enjoyed all of the people I worked with in Cashmere. At the time he accepted the job in Cashmere, Pierson and

his wife were already residents. He said he and his wife are both from small towns. Cashmere had a familiar feel they didn't experience in Wenatchee. Pierson grew up in Waitsburg. Received his college degree from Eastern Washington University in business finance and accounting. Speaking about his retirement

Pierson said, he would like to play some golf and do a little traveling. He plans to spend more time with his wife and kids. He and his wife Traci have been married for 38 years. Currently he is helping his wife with her business, Traci and Friends Day Care. I do a little bookkeeping and am the "fix it man."

Summer Reading

SUBMITTED BY MICHELLE MCNIEL
Communications Manager

NCRL to Launch Virtual Summer Library Program on July 1

North Central Regional Library is gearing up for its annual Summer Library Program. The library's primary goal for this program is to encourage pleasure

reading among all ages across North Central Washington. This year, NCRL has shifted plans for the program to an entirely virtual platform to engage all ages of patrons with fun, enriching online programs and opportunities. "Our Summer Reading Program has become such an integral part of what we do to support children, families and schools in our communities that we had to continue to find a creative way to accomplish this," said NCRL Executive Director Barbara

Walters. "We know that kids, teens and adults who have grown to love this program will get so much out of the creative programs that we've planned, and we're excited that a whole new audience might be able to engage with their library through the virtual content." The Summer Library Program will run from July 1 to Aug. 31. The free online programming will include reading challenges, fun enrichment activities, virtual programming, book

recommendations, engaging content on NCRL's website and social media channels, and much more for children, teens and adults. It will feature NCRL Virtual Reads, an author series for teens and adults, as well as Humanities Washington presenters, weekly story times, yoga classes, STEM demonstrations, a magic show, and more. As always, the summer library program is designed to build reading skills, prevent summer

learning loss and prepare children for a successful school year, as well as promote family togetherness by providing engaging activities for all ages. 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, www.facebook.com/NorthCentralRegionalLibrary (509) 679-8002

THE WASHINGTON OUTDOORS REPORT

Catch Fish – Save Salmon – Make Money!

By JOHN KRUSE

Looking for a unique summer job this year? Do you like to go fishing? If so, cast a line this summer in the Columbia and Snake Rivers for cash! You'll be fishing for the northern pikeminnow, formerly known as the squawfish. There is a sizeable population of these fish in both the Snake River from its outlet near Pasco to Clarkston. They are also found throughout the Columbia River system. One of their main sources of food are steelhead and salmon smolt migrating to the ocean. They are efficient predators of these important cold-water fish, so much so the Northern Pikeminnow Sport Reward Fishery was created to blunt the impacts of this predation. The program is funded by the Bonneville Power Administration and run by the Pacific States Marine Fisheries Commission in partnership with the Oregon and Washington Departments of Fish and Wildlife. Eric Winther, the Project Lead for this program with the Washington Department of Fish and Wildlife, says the goal is not to eradicate all pikeminnow (which are a native fish) but to manage their numbers to lessen predation to salmon and steelhead. Here's how the program works:

From May through September you can turn in any pikeminnow over 9-inches long to one of the 18 catch stations located in the lower and mid-Columbia or the Snake River to Clarkston. Each pikeminnow you turn in is worth a cash voucher. You'll receive \$5 per pikeminnow for the first 25 fish you turn in. After that, you'll receive \$6 for each pikeminnow you turn in until you get to 200 pikeminnow for the season. Then, every pikeminnow is worth \$8 for the rest of the annual season. In addition to this, if you catch a tagged pikeminnow you have a reason to be excited because these fish are worth \$500 each! Last year was relatively slow as far as pikeminnow seasons go but 2018 was more representative of an average year. In 2018 nearly 200 tagged fish were turned in (That's \$10,000 right there) and a total of 180,273 pikeminnow were turned in for cash. There are anglers who make this their life's work as the season runs from May through September and for some anglers it really pays off. In 2016 the top angler earned over \$119,000 fishing for pikeminnow in five months and even the lower end of the top 20 anglers routinely make \$15,000 to \$20,000. That's pretty good for a summer of fishing fun. All of the fish have to be caught using a rod and reel. You also have

to check in (or self-register) at the nearest station to where you will be fishing and then turn in the fish either later that day or the next day when the check station is manned. You'll then receive your vouchers which you can mail in for cash. One important note is you have to fish in the area where you have checked in. Also, pikeminnow caught above Priest Rapids Dam or above Hells Canyon Dam cannot be turned in for money through this program. Currently, the hot spots on the Lower Columbia are near

the check stations of Cathlamet and Washougal. In Eastern Washington, the Snake River near Boyer Park in Whitman County is the place to fish. Whether you are fishing from a boat or from the bank using bait is a good call. Winther says chicken gizzards are the traditional "go-to" bait for pikeminnow and night crawlers work fine too. However, the best bait for pikeminnow are Mormon crickets. If you aren't fishing bait, spinners, spoons and plastic tube baits fished close to the bottom along current seams where

the fish hang out to ambush salmon and steelhead smolt work well. As for the daily limit? That would be as many pikeminnow as you can catch. The tag line for the pikeminnow sport reward fishery program is "Catch Cash! Save Salmon!" You can do both this summer. Find out more and get started by going to www.pikeminnow.org. John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com



A northern pikeminnow caught out of the Columbia River

PHOTO BY JOHN KRUSE

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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

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It's the air you share

I was speaking with my neighbor the other day, whose age makes him both wise and at high risk should he contract COVID-19. I was wearing a mask – he was not. “Yeah, I don’t do that,” he said. I thought, “He must not understand how the COVID-19 virus is transmitted, because if he did, I think he would wear a mask.”

He went on to say, “The science around this changes all of the time, so who are you supposed to trust?” As a scientist, I am ok with some uncertainty as we learn more about diseases. For instance, it was believed that ulcers were caused by stress – now we know that they are largely an infectious disease. It’s the nature of scientific discovery that our “mental



MALCOLM BUTLER MD
Chief Medical Officer, CVCH Health Officer, Chelan Douglas Health District

model” of how the world works evolves over time. The nature of how we understand COVID-19 is continuously evolving, which is normal and correct – and clearly frustrating.

When the pandemic began, scientists believed it was similar to influenza. We know a great deal about influenza. The last great pandemic involved influenza. It was a natural place to start. Influenza is spread by droplets, and COVID-19 is spread by droplets, so we deployed influenza-type strategies of hand washing and hygiene, wiping down surfaces, social distancing, etc. When that wasn’t enough, we used more draconian measures that included stay home orders and closing all but

essential businesses.

Now we understand how COVID-19 is NOT like influenza; let me explain.

COVID-19 seems to fit the “eighty-twenty rule” of biology. 80% of the disease is caused by 20% of the transmission. Here’s how that 20% works with this virus.

Imagine a keyhole, and only a specific shape can fit through that hole. The COVID-19 virus has a specific shape and must land on a specific keyhole to pass through the lining of your nose, mouth, or lungs and into your bloodstream. These keyholes are spread out randomly. So, it takes multiple hits for a virus to infect you. If you are peppered with enough virus, eventually one will land on the keyhole, pass through and cause an infection. The total volume of virus that peppers your system is the key. How much time you are in contact with an infected person and the time sharing their

air determines if you will contract COVID-19.

Both COVID-19 and influenza are transmitted via droplets. But unlike influenza, the droplets that remain suspended in the air are what matter most. Influenza is all about big droplets that land on surfaces, which we touch, and then carry up to our mouths, or eyes. COVID-19 is about small droplets that remain floating in the air that we share.

Imagine your tonsils as the breeding ground of the COVID-19 virus. Anything that pushes air past the tonsils will collect and expel virus. Singing, yelling, breathing hard, coughing, all will generate large droplets filled with virus. Talking or just breathing release small virus-containing droplets. The big droplets contain a lot of virus but fall to surfaces within 6 feet – and yes, you could contract the virus from those surfaces, but it is difficult. Very small droplets float around for a long time, but don’t contain many viruses, and aren’t that infectious.

So, what about medium sized droplets? Medium sized droplets carry medium volumes of virus. And here is the key: medium sized droplets float around long enough to start to evaporate off their water. As the water evaporates, they turn into small droplets that can float around all day. But instead of carrying just

a small volume of virus, these dried-out medium-sized droplets contain a medium volume of virus. They become concentrated “super-infectors.”

Outside, humans don’t share much air. Floating droplets dissipate, and we are all pretty safe. Inside, with minimal air movement, we share a lot of air, and receive multiple hits from virus-laden droplets. Thus, carpooling with extended family for celebrations like birthday parties, or even gathering in someone’s living room for a memorial service, with singing and sobbing, are more dangerous.

This is why wearing a mask is so important. I must confess that at first the whole universal masking thing made no sense to me. As a physician I have been trained to use a mask in a very specific way to avoid transmitting something like Tuberculosis from one patient room to another when working in a hospital. Universal masking violates my medical training. So how could it work?

In China and Italy and New York City – all of the hotspots – the curves finally started to bend only after universal masking was imposed. Why?

Masks, even cloth masks, retain the biggest droplets and those nasty medium sized droplets. Only the small droplets that aren’t very infectious can get through. When an infected person wears a

mask, and remember that you are most infectious before you even start to feel sick, the total volume of virus floating around in the air that we share is dramatically reduced. Because 80% of infections come from droplets floating around in the air, the simple act of wearing a mask is enough to stop the pandemic spread. How I wish we had known that in March.

It turns out that in COVID-19, masking is the next best thing to a vaccine. And probably nobody reading this will receive a vaccine before June of 2021.

Many say, “You cannot make me wear a mask.” That is true, but why wouldn’t you want to? You wear a mask to protect those around you, to beat the pandemic, to keep the economy open. Just like not smoking in restaurants or speed limits – they exist as public health interventions that make sense. I hope with a better understanding of how COVID-19 is transmitted, wearing a mask will make sense too.

Reminders:

- Don’t stop washing your hands and don’t start touching your face. You can still contract COVID-19 from droplets on surfaces.
- 80% of COVID-19 appears to be transmitted through the air – the air you share.
- Masking during COVID-19 is the next best thing to a vaccine.

Leaving a Legacy Gift Without Updating Your Will

Looking for a method of leaving a legacy gift without spending the time and energy of updating your will or estate plan? Look no further than your qualified retirement plan (IRAs, 401(k)s, 403(b)s, etc.) or permanent life insurance policies.

These assets both allow the owner to designate a beneficiary (or multiple beneficiaries) that bypasses the probate process and takes precedent over wills or other estate planning documents, and updating a beneficiary is as easy as requesting a beneficiary change form from your financial or insurance advisor.

RETIREMENT PLAN

For many of my clients their IRA is one of their largest liquid assets. They’ve spent years contributing to them and enjoying the tax benefits they provide.

Many of my clients also find that, once they’ve reached retirement, they are not as dependent on the income the IRA can provide than they thought they would be, and simply withdraw the minimums required each year after reaching age 70 ½.

In many cases this means there will be money left



BEN MCNAIR
Financial Planner, Draggoo Financial Group

over in the IRA once the owner passes away. These assets can be passed on to the next generation, but at a cost, as IRA assets are taxable to a beneficiary and may face additional estate taxes depending on the size of the owner’s overall estate.

By making a qualified charity the beneficiary of an IRA, the owner can deduct the amount from their overall estate, and the balance will pass to the charity free of taxation. This allows the IRA owner to not only make an impact on their community, but also gives them the flexibility to pass on other, more tax efficient assets to their heirs. This same strategy can also be applied to qualified and non-qualified deferred annuity contracts.

LIFE INSURANCE

Permanent life insurance policies are another asset that can easily be updated to create a legacy gift. Life insurance is put into place as a form of protection. Policies are purchased to protect our families from a premature death where the death benefit is intended to provide income replacement and the liquidity to pay off debts.

If you have had the good fortune to live a long life

and find you no longer need the insurance policies for their original intent, updating the beneficiary to your charity of choice will provide a legacy gift at your passing. Life insurance death benefits are generally paid tax-free, and this would certainly be true if a charitable organization were the beneficiary of the policy.

It is important to note that the owner of a qualified retirement plan, deferred annuity contract, or life insurance policy may name more than one beneficiary. If the owner would still like some money to be passed on to their heirs, they can name both the heirs and a charity.

While these beneficiary updates are as simple as completing a form or two, an owner should still consider any estate planning that may already be in place and ensure the changes would still coordinate with that existing planning.

Remember that your named beneficiary can be as broad or as specific as you choose. The Community Foundation of NCW manages hundreds of charitable funds that benefit specific nonprofits or scholarships, general “fields of interest,” and of course endowed funds that will give back forever. For more information, call 509-663-7716 or visit www.cfncw.org.

What is your legacy?

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Community Foundation of North Central Washington

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CHELAN-DOUGLAS HEALTH DISTRICT

CASHMERE VALLEY RECORD

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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
Cashmere
9 a.m. - 5 p.m. Monday-Friday
Leavenworth
9 a.m. - 5 p.m. Monday-Friday

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

Reporter/Photographer

Reporter
reporter@cashmerevalleyrecord.com
509-782-3781

Reporter
509-548-5286

Front Office
Classified / Legal Notices
classifieds@leavenworthecho.com
NCWMarket.com

Circulation
509-689-2507
1-509-293-6780

Subscriptions

In Chelan County (yearly) - \$40
In State (yearly) - \$40
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

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Washington Newspaper Publishers Association Member

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Letters policy

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

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

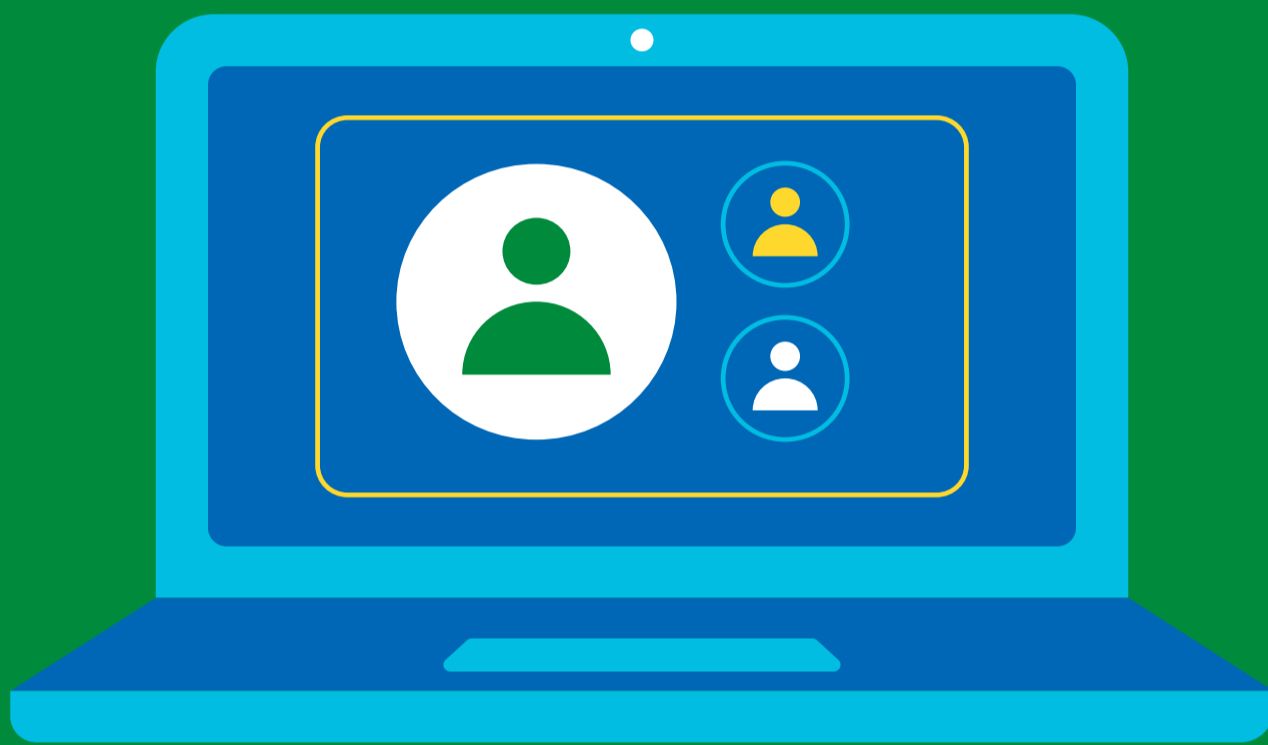
Classified Advertising

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

Cashmere Valley Record (USPS 092-600) is published every Wednesday by NCW Media Inc., 201 Cottage Ave., Suite 4 Cashmere, WA 98815 Telephone: 509-782-3781 Fax: 509-782-9074 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

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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.

Whitworth University Students Qualify For Provost's Honor Roll

The following undergraduate students have achieved Provost's Honor Roll status for the Spring 2020 semester at Whitworth University. To be named to the list, undergraduate students must maintain a grade-point average of 3.75 or better during the semester. Located in Spokane, Wash., Whitworth is a private, liberal arts university affiliated with the Presbyterian church. The university, which has an enrollment of more than 3,000 students, offers more than 100 undergraduate and graduate degree programs.

Cashmere, Aleah Kert, Leavenworth, Madeline Schiefelbein Monitor, Emma Brunner Peshastin, Laura Waltar

Gonzaga University

Dorothy Espinosa, Peshastin, has earned placement on the Gonzaga University Dean's List for spring semester 2020. Students must earn a 3.5 to 3.84 grade-point average to be listed. Gonzaga University is a humanistic, private Catholic University providing a Jesuit education to more than 7,500 students. Situated along the Spokane River near downtown Spokane, Wash., Gonzaga is routinely recognized among the West's best comprehensive regional universities. Gonzaga offers 75 fields of study, 23 master's degrees, four doctoral degrees in one college and six schools.

CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

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.

- June 19**
- 06:27 **Parking/abandon**, 900 Ivy Ave.
 - 07:37 **911**, 5963 Pioneer Dr.
 - 09:22 **Vehicle prowler**, 118 Oak St.
 - 09:49 **Theft**, 5980 Goodwin Rd.
 - 13:24 **Parking/abandon**, 9201 Nahahum Canyon Rd.
 - 14:35 **Fraud/forgery**, 300 Angier Ave.
 - 15:20 **Lewd conduct**, Mill Rd. & Sunset Hwy.
 - 19:38 **Harass/threat**, 6251 Kimber Rd. #28
 - 19:41 **Harass/threat**, 109 Perry St.
- June 20**
- 13:09 **Lewd conduct**, 201 Riverside Dr.
 - 20:22 **Noise**, 8566 Nahahum Canyon Rd.
 - 22:38 **Domestic disturbance** 118 S. Douglas St.
- June 21**
- 02:26 **911**, 200 Titchenal Way
 - 03:03 **Noise**, 6075 Pioneer Dr.
 - 15:01 **Trespass**, 3675 Bridge St., Monitor
 - 18:48 **Public assist**, 7900 Stine Hill Rd., #12
 - 19:18 **Court order violation**, 3601 Sells Motel Rd., #14
 - 19:40 **DUI**, Mission Creek Rd., MP 3
- June 22**
- 22:41 **Disturbance**, 106 Titchenal Way, Chevron
 - 22:53 **911**, 5963 Pioneer Dr.
 - 23:19 **Suspicious**, 6800 - 1st., St., Dryden
- June 23**
- 07:24 **Fraud/forgery** 5188 Regan Rd.
 - 12:31 **Animal problem**, 1165 Willems Rd.
 - 14:37 **Scam**, 305 Fisher St.
 - 16:01 **Fraud/forgery** 314 Olive St.
- June 24**
- 02:54 **Alarm**, 700 Cotlets Way
 - 05:10 **Unknown accident** 4705 Kelly Rd.
 - 09:48 **Accident/no injuries**, Olalla Canyon Rd., MP 2
 - 19:54 **Trespass**, 5688 Airport Rd.
- June 25**
- 09:35 **Welfare check**, 125 Riverfront Dr.
 - 15:13 **Suspicious**, Chapel St. & Valley View Dr.
 - 19:37 **Traffic offense**, Sullivan St. & Pioneer Ave.
 - 19:48 **Injury accident**, Olalla Canyon Rd., MP 5
- June 26**
- 20:07 **Trespass**, 3675 Bridge St., Monitor
 - 22:29 **Traffic offense**, 201 Riverside Dr.

NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family members to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A memorial is different from an obituary. An obituary is usually current while a memorial can be written later. For publication in the Cashmere Valley Record or The Leavenworth Echo, an obituary or memorial needs to be typed and emailed to editor@leavenworthecho.com no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on Monday, except holidays. Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement. For information call 509-548-5286, or email editor@leavenworthecho.com

COMMUNITY CALENDAR

- Wednesday**
- Rotary Club**, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Melissa Grimm, 860-1535.
 - Cashmere Food Bank**, 2:30-4 p.m., Cashmere Food Distribution Center, 109 "C" Railroad Avenue, for more information, call Pam, 509-669-3159.
 - Cashmere Park and Recreation Committee**, 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. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.
- Thursday**
- Caregiver Support Group**, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
 - Cashmere Sportsmen's Gun Club**, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.
 - Cashmere American Legion Post 64**, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).
 - Cashmere American Legion Auxiliary #64**, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).
- Friday**
- Evergreen Baptist Church Youth Group** (ages 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.
- Sunday**
- 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. at the Wenatchee Red Lion. Contact President Ellie, 425-319-9869 (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.

BUSINESS & SERVICE Directory

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

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SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth

Currently the Leavenworth Senior Center is closed due to the COVID 19 Virus. The meals on this menu will still be available at the Leavenworth Senior Center, for take-out and home delivery meals. For meal pick up and information call the Kitchen Staff at the Senior Center between 9 a.m. and 1 p.m. weekdays at (509)548-6666 or email Leavenworthseniors@gmail.com.

- July 2**, Thursday: Deluxe cheeseburger, potato salad, melon, dessert.
- July 3**, Friday: No lunch.
- Saturday and Sunday: No lunch.
- July 6**, Monday: Pizza, Caesar salad, pears, garlic knots, dessert.
- July 7**, Tuesday: Biscuits and gravy, oven brown potatoes, sliced tomatoes, orange quarters, dessert.
- July 8**, Wednesday: Baked Ham, scalloped potatoes, trio vegetables, carrot raisin salad, pineapple, whole wheat roll, dessert.

AA MEETING SCHEDULE

- Information numbers for AA:**
- The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946**
 - The phone number to call for the Zoom link to Leavenworth AIAnon meetings is 509-548-7939**
 - 509-548-1627, 548-4522, 664-6469, 425-773-7527, 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.

We need to have a conversation – about race

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



BILL FORHAN
PUBLISHER

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

That is not just my opinion, that is the opinion of Rev. James David Manning. Manning says, "Black people have to knock that chip off their shoulder...nobody can say anything thing about black people publicly without being called a racist and a

bigot." Manning goes on to say that we cannot have a true dialogue on the issue of race in America until white folk quit allowing black people to blame them for everything that is wrong in their life.

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

Let's look at a few inconvenient facts.

Slavery was not invented here in America. It goes back to the earliest history of mankind. It was white anglo-saxon Christian

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

White southern Democrats have been the primary proponents of limiting the civil rights and equality of opportunity of black people. That is beginning to change, but they still empower negative stereotypes that continue to divide us.

Prime among these stereotypes is the concept of Institutional Racism. While it was once true that black people were shut out of equal opportunities in society, it is no longer relevant. The best example I saw of this recently was

watching President Trump's speech to the graduating class at West Point. The graduates represented every race and gender.

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

What happened to George Floyd in Minneapolis was clearly wrong. But George Floyd's own behavior may well have contributed to the situation. We don't really know for sure because we are not allowed to discuss it. It was just another example of police brutality.

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

In my memory, nearly all of these cases involved people who at some point were resisting arrest. They could have avoided it by simply allowing the arresting officers to take them into custody peacefully.

The bottom line here is America is not a racist country. Sure, there are racists among us. They can be found in every race and every society around the globe. American society is fundamentally inclusive. We honor those who have achieved success through hard work and honesty.

Americans are a fair and giving people. It is time,

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

Tearing down statues, taking over police offices, throwing objects at police are not the acts of a civilized people. You can call them anarchists, or anti-facists but they are just thugs. It is time that politicians quit empowering this bad behavior. It is time for the major media to give us the entire story.

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

Bill Forhan can be reached at 509-548-5286 or publisher@leavenworthecho.com.

Perfect timing for education, tax reform



APPLES TO APPLES
Gary Bégin

The Coronavirus pandemic may be the perfect time for the United States to embark on a long overdue reform of the education system, both public and private. It is simply because this is the first time in modern history, even predating the Spanish Influenza pandemic of 100 years ago, that the country can make an honest appraisal of the inherent value of forcing kids to endure Kindergarten through 12th grade learning while schools are inactive nationwide.

Why should taxpayers without kids in school be forced to pay tax based on a school district's levies?

Why should those taxpayers with children younger than 5-years-old be forced to do the same? I would propose a "pay to play" program wherein each family is taxed by the school district they live in based on the children actually in public school and only if they are in a public school.

Those with parochial or private school enrollments would be exempted from paying taxes for the public system.

Millions of our children

and grandchildren are currently being home schooled or they are hooked into the internet to access school work. Children in households that cannot afford computers can utilize the public library or school district computers.

This idea is a "twofer" as it makes the public library system meaningful again and justifies its use of tax dollars as well as eliminates any special stipends for "poor" families without computers. It's a win-win because the constant need for newer, bigger, modernized public schools will be put on hold and some valuable buildings and land may actually be placed back into real estate inventories to be used by business and community enterprises.

School Districts, as do many special districts with taxing authority, have the bad habit of using folks who own homes as the never-ending deep pocket for imposing new and always bigger levies for public schools. It is obvious people attempting to realize their own American dream are being punished for being successful by those who think everything ought to be free, even for those who contribute nothing to the common good.

Our Capitalist Democracy should not be imposing taxation without representation on homeowners each time

it thinks it needs more money for public schools when many people who own homes have no kids in school or anything to do with the system where the money is being spent. Nor do I believe taxpayers who actually work have the time, energy or desire to be forced to attend school board meetings just to make sure the district they are in isn't merely stealing money for nefarious reasons - like the building of a seven million dollar "plastic" football field.

Sports may only be a minuscule part of the overall budget, but not every child or parent gives a rat's pittance about carrying a pigskin as if it were the Ark of the Covenant.

To summarize, no tax for those without kids in public school. Home schooled children need only pass the appropriate tests to graduate and attend whatever college will accept them. Ditto for private school kids. Focus education on the three R's like they used to be - reading, writing and arithmetic. Add in the sciences and you almost have STEM.

Free the homeowners from taxation without representation. Free us from the bondage of forever paying for public schools. Free the millions of dollars being wasted on so-called "free" education.

Freedom isn't free, but neither is the lie of free public education. We need to reform education and free millions

of dollars across this great nation for other uses.

I can't end this column without also mentioning vocational training. Upon reaching 8th Grade, students, via their parents, must decide on vocational training or traditional "book" learning (or perhaps a hybrid of both) with an 11th Grade graduation in either case. Eliminating 12th grade would save millions in every school district. In our hyper-competitive society, giving the young a faster start in achieving career and personal goals is vital.

Once graduated the choice is simple: Industry sponsored apprenticeship programs, work, college or military. College is reserved for those with proven aptitudes, not as a God-given right. The military trains people and pays them at the

same time - a win-win.

Apprenticeship programs typically issue a certificate, which in many cases can be used on job applications nationwide.

Of course the military option is my choice. It shows a selflessness, a patriotism and a chance to travel the world that no other option can offer. The only problem is: How much do you love your country? In the words of John Fitzgerald Kennedy, our 35th President of these United States, Ask not what your country can do for you, but what you can do for your country.

In all honesty, this decision could cost your life. \$

Managing Editor Gary Bégin can be reached at gary@ncwmedia.net. His opinions are not necessarily those of NCW Media.

CWU Researchers Study Regional Pollution Using Ice Core from the North Cascades

SUBMITTED BY CENTRAL WASHINGTON UNIVERSITY

ELLENSBURG, Wash. — Using ice core samples retrieved from the South Cascade Glacier, Central Washington University researchers have been able to reconstruct black carbon concentrations in the atmosphere spanning the period 1840-1991. Ice cores provide invaluable information that is used to determine past climate and environmental conditions.

"This is only the second study to publish a deep ice core record from the lower 48 states," said Susan Kaspari, CWU geological sciences professor, who led the research. "It's unusual to get valuable environmental records from glaciers that are low elevation, but the black carbon record is less affected by melt, so the record stayed well preserved. We were also really lucky to be able to date the core well. One of the ways we dated the ice core was from an ash horizon from the 1980 Mt. St. Helens eruption."

Black carbon, also referred to as soot, comes from gas and diesel engines, coal-fired power plants, wildfires, and other sources. It's a major component

of air pollution and an important contributor to climate change.

Kaspari and her team found that black carbon concentrations were highest during the period 1940-1960 when black carbon was 16 times higher than during pre-industrial times. The dramatic increase is attributed to domestic coal burning and forest fire emissions during those two-decades.

Interestingly, the South Cascade ice core showed the period of peak black carbon concentrations in Washington was later than other regions that

industrialized earlier, such as the United States' East Coast and Europe due to the relatively small population in the Evergreen State before World War II.

The ice core from the South Cascade Glacier, a small valley glacier in the North Cascades Range, was collected by United States Geological Survey scientists in 1994 and was stored at the National Ice Core Laboratory until 2013 when Kaspari and her team gained access to it.

"We're also using the ice core record to tell us about the factors contributing to glacier and snowmelt in

the region," she pointed. "When black carbon is deposited on snow and glacier surfaces, it darkens the surface and causes more energy from the sun to be absorbed, leading to faster melt."

The CWU research is gaining national attention. It will be published in the June 16 issue of the Journal of Geophysical Research Atmospheres. (<https://agupubs.onlinelibrary.wiley.com/doi/abs/10.1029/2019JD031126>).

Media contact: Robert Lowery, Public Affairs, 509-899-0235, Robert.Lowery@cwu.edu



The rapidly retreating South Cascade Glacier in the North Cascades, as it looked in 2014.

Cascadia Conservation District Receives Grant for Watershed Education

By Kirk Beckendorf

In partnership with the Wenatchee School District's 21st Century Community Learning Centers (21st CCLC) afterschool program and local salmon recovery nonprofit Cascadia Fisheries, the Cascadia Conservation District (CCD) has received grant funding to provide afterschool and summer programs. The three organizations will provide exciting hands-on learning activities for students to explore and investigate the Wenatchee River watershed. The funding comes from the North American Association for Environmental Education (NAAEE), in partnership with the National Oceanic and Atmospheric Administration (NOAA) and supported by the U.S. Department of Education.

The three partner organizations will deliver

authentic STEM experiences that use components of the NOAA Bay Watershed Education and Training (B-WET) Meaningful Watershed Educational Experience (MWEE) model along with other NOAA assets and expertise.

CCD's environmental educator, Kirk Beckendorf said, "We are excited to work with our partners to provide activities that will get Wenatchee students into the Wenatchee River watershed- from the headwaters down to the Columbia. Throughout the program, students will be investigating the local watershed through 5 lenses- Family, Farming, Fish, Forest and Fun." We want to help students develop a personal connection to the watershed and develop an attitude of environmental stewardship.

Maura Danforth, Project Director for Wenatchee

School District's 21st CCLC program said, "The After School Program team is thrilled to expand our partnership with Cascadia Conservation District through the Watershed STEM Education Grant. By engaging students in hands-on afterschool activities and summer field projects, where they will have the opportunity to explore our local watershed, we hope to foster a love of the outdoors and a connection to the Wenatchee River Watershed in our students. Additionally, the training and mentoring components of this project will build our 21st CCLC staff's skills and knowledge in natural resource conservation and provide them with the tools and confidence to educate and promote environmental stewardship among our fourth and fifth-grade participants from Columbia and John

Newbery Elementary Schools."

Jen Herdman, Program Specialist for Cascade Fisheries adds, "we are honored to collaborate with CCD and the 21st CCLC in working with students to explore new places, celebrate local culture, and find a role in protecting the health of the Wenatchee River watershed through inquiry and place-based learning. The foundation of our organization's efforts to recover threatened and endangered bull trout, steelhead, and Chinook salmon is building relationships between people and our finned neighbors. Making these types of connections early in life through MWEE programs will lead to a more sustainable future for our native fishes and the way of life they provide us that makes this region so special."

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Solving Racism

All of us are having discussions regarding race relations on a level like no other in history. For many of us, this is the first time we have stopped and contemplated the nature of race in America. For others, we may have unfortunately assumed that we had dealt with this in the Civil Rights Era and therefore had no need to talk about racism or inequality again.

With "racism" being the issue that is dominating the hearts and minds of America, I, for one, think it is about time we directly tackle it and call "racism" for what it is: sin.

The sin of racism fundamentally denies the Imago Dei (Image of God) of a person, defining and valuing an individual based solely on the color of their skin. It takes no effort to be racist, just judge on

outward appearance and take no time in getting to know the individual that is right in front of you. It is very easy to write whole cultures off because of stereotypical notions about ethnicity and because the human heart is innately lazy and loves the path of least resistance, racism is an easy sin to fall into.

Since racism can easily root itself into the heart and radically infect a society, then the solution to racism must be equally radical.

Yet the solution is not widely accepted. Instead, a great number of individuals (including many Evangelical Christians) borrow from a godless world view to deal with the issue of racism. Rhetoric regarding "white privilege", "systemic racism", "Social



A WALK WITH PASTOR JOHN SMITH

Justice" along with frameworks of Critical Race Theory and Intersectionality are unintentionally used by well-meaning Christians as the answer to race relations. These, on the surface, sound like good things and should be used as tools to equip us in dealing with the problem of racism, however, the ideology behind them stands antithetical to Christianity.

Social Justice takes its cues and is informed by Cultural Marxism. In Cultural Marxism, you have the narrative of the "oppressor" and the "oppressed" and everyone, regardless of circumstances or personal decisions, falls into either category. Much like Classical Marxism where it was

all about overthrowing economic power structures, Cultural Marxism seeks to overthrow perceived ethnic power structures and resolve the problem of "institutional racism". What is "institutional racism," you ask? In other words, institutions (courts, colleges, corporations, and churches) are inherently racist and must be overthrown. What this posits is that you can have racism without ever having a racist.

The logical result of this whole ideology is that in its effort to solve the problem of racism in our country, it only adds fuel to a racist narrative. When some decry "white privilege", aren't they making an assumption on race? When groups assert that what ultimately defines an individual is not who they are, but what the color of their skin is or what category they fit into, doesn't that dehumanize

and divide people?

As Christians, our call is to love based on the Biblical premise that all people are created with intrinsic value and worth given to them by the Creator. Furthermore, foundational to our world view is the conviction that the Bible is inerrant and sufficient to deal with any and every situation we face. As 2 Timothy 3:15 says, "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness." Therefore, as Christians, we have been given everything we need in the Bible and do not need to borrow from pagan world systems to address an issue that the Bible addresses.

Lastly and more importantly, the solution to racism is found in the gospel. No other message or societal movement can affect the change necessary

to eliminate racism. Only the message of "Christ and him crucified" (1 Cor. 2:2) has the power to change a racist heart to one that embraces all people in brotherly love and affection. Racism is a sin problem and through the message of the gospel, that sin can be dealt with at the foot of the cross.

Racism still exists in America. There is no one doubting that. When it is exposed, we need to grieve and repent of it immediately, being honest about the condition of our heart. We also need to be faithful to the Bible, taking seriously the question "Who is my neighbor?" and applying Scriptural truth to "love your neighbor as yourself" (Mk 12:31).

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

Wenatchee Valley College 2020 graduation awards

The 2020 Wenatchee Valley College President's Medals, Outstanding Graduate Awards and Academic Achievement Award were announced during the Wenatchee and Omak campus commencement ceremonies June 19 and 20. All Washington Academic Team members and the Transforming Lives Award nominee were also recognized.

Braxton Igne, Cashmere, associate in arts and sciences degree.

Matthew Yearous, Cashmere, associate of technical science degree in accounting, associate of technical science degree in business was the **2020 WVC Transforming Lives Award nominee**. The Washington State Association of College Trustees (ACT) created the Transforming Lives Awards program in 2012 to

recognize current or former students whose lives have been transformed by pursuing higher education at a community or technical college

Wenatchee Valley College employees recognized in 2020 awards ceremony

Outstanding faculty and staff members at Wenatchee Valley College were recognized by WVC employees and the WVC Foundation at a virtual awards ceremony in June.

Jackie Browning (Dryden), math faculty, received the **WVC Outstanding Part-time Faculty Award** for Wenatchee, and Yvette Hill, business computer technology faculty, received the WVC Outstanding Part-time Faculty Award for Omak.

Wenatchee Valley College Awards **Twenty five-year**

service awards were presented to **Angela Russell** (Leavenworth), math faculty; and **Sharon Wiest** (Wenatchee), math faculty.

Thirty-year service awards were presented to **Leonardo Garcia (Cashmere), agriculture faculty; and Daniel Stephens (Cashmere), biology faculty.**

Wenatchee Valley College enriches North Central Washington by serving educational and cultural needs of communities and residents throughout the service area. The college provides high-quality transfer, liberal arts, professional/technical, basic skills and continuing education for students of diverse ethnic and economic backgrounds. Visit our website, wvc.edu.

Increased Fire Danger in Portions of Eastern Washington

OLYMPIA - The Washington State Department of Natural Resources (DNR), in cooperation with partner agencies, is implementing the following changes in burn restrictions on DNR-protected lands. Check with local jurisdictions for additional restrictions and use of residential fire pits.

Effective Friday, June 26, 2020:

- Small debris disposal fires (rule burning) are not allowed in Chelan, Foothills, Lower Basin, Lower Yakima, Methow, Upper Basin, Upper Yakima, Valley Fire Danger Rating Areas.

- No burning allowed (written burn permits issued by DNR are suspended) in Chelan, Foothills, Lower Basin, Lower Yakima, Methow, Upper Basin, Upper Yakima, Valley Fire Danger Rating Areas.

Effective Friday, June 26, 2020:

- Fire Danger will increase from low to moderate in the following Fire Danger Rating Areas: Foothills and Highlands.

- Fire Danger will increase from moderate to high in the following Fire Danger Rating Areas: Methow and Valley.

- Fire danger will remain low in the following Fire Danger Rating Areas: Kaniksu.

- Fire danger will remain moderate in the following Fire Danger Rating Areas: Chelan, Lower Yakima, Upper Basin and Upper Yakima.

- Fire danger will remain high in the following Fire Danger Rating Area: Lower Basin.

DNR is reminding residents that fireworks or incendiary devices are illegal on DNR-protected lands.

Campfires may be allowed in designated campgrounds.

Always check with local campground hosts before lighting a campfire. And, always make sure campfires are completely out before leaving them unattended - if it's too hot to touch, it's too hot to leave. Counties and local jurisdiction may have additional restrictions.

Daily updates on burn restrictions and Industrial Fire Precaution Levels are available at 1-800-323-BURN (2876) or on the DNR Burn Portal for fire danger at <https://burnportal.dnr.wa.gov/> and Industrial Fire Precaution Levels map <https://fortress.wa.gov/dnr/protection/ifpl/>.

DNR's wildfire mission Led by Commissioner of Public Lands Hilary Franz, DNR is responsible for preventing and fighting wildfires on 13 million acres of private, state and tribal-owned forestlands. DNR is the state's wildfire fighting force.

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
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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
Holy Eucharist or Morning Prayer, 9 a.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
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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

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

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111 Ski Hill Drive • 548-5292
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Lead Pastor: Mark Miller
Youth Pastor, Kent Wright
www.LCN.org

MONITOR

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

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

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Deadline is Noon on Friday

Happy Ads

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE

24/7 at www.NCWMarket.com

HAPPY BIRTHDAY CONGRATULATIONS!

WILL YOU MARRY ME?

HAPPY ANNIVERSARY
Only \$15 for 30 days includes 3 photos

Chelan-Brewster 682-2213 or
Leavenworth-Cashmere 548-5286

Employment

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at www.NCWMarket.com
It is easy, just register and pay online.

Print only? Deadline is Monday by Noon for all papers:

Lake Chelan Mirror 683-2213
Leavenworth Echo 548-5286
Cashmere Record 548-5286

Your ad will appear online and in the newspapers for one low price!



Douglas County PUD has an opening for:

On-Call Relief Fish Counter

\$21.40/ hour

Details at www.douglaspubd.org

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Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com



Windermere Real Estate/NCW
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!

Carmen Bagdon - 237-2060
Momi Palmieri - 433-2211
Geordie Romer - 679-8958
Allyson Romer - 630-9898

See all available properties at windermereleavenworth.com

Help Wanted

Brewster School District is accepting applications for a special education para-educator to work 7 hours per day. Benefits are offered. Minimum \$16.63 per hour.

- High School Diploma
- Experience working with children
- Knowledge of Sign Language
- Knowledge of working with Deaf or Hard of Hearing Students
- Complete the Fundamental Course of Study (14 hours)
- Must meet one of Title 1 requirements listed below
 - AA Degree or
 - 2 years of college course work documented with transcripts. 72 credits
 - Pass the ETS paraprofessional test (given at the school)

Starting Date: As soon as qualified applicant is found.

Closing Date: Open until filled.

Applications are available on the district's website www.brewsterbears.org or by contacting the district office at 689-3418.

Work Wanted

RB's Custom Tractor Works

Disking - Tilling
Mowing
Hourly Tractor Work

Free estimates
33 years experience
Cell 509-679-2469
Bus license #602-781-946

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by putting them in our classifieds.

Place your ad with pictures online 24/7 at NCWMarket.com
Just register and pay online and you are done.

Your ad will appear online and in the newspaper for one low price.

Deadline Monday at Noon for all papers:

Lake Chelan Mirror Quad City Herald 682-2213
or call
Leavenworth Echo Cashmere Record 548-5286

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

Sell your unused items with a Classified ad

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

Work Wanted

Garage & Yard Sale

Garage Sale

CLEAR SOME SPACE WITH A CASH \$\$ AD
Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror 682-2213
Quad City Herald 682-2213

Leavenworth Cashmere 548-5286

Your ad will appear online and in the newspapers for one low price.

Garage Sale: Saturday, July 4, 7 a.m. to 11 a.m., 30 Harris Row, Manson, in Mill Bay Development. Children's books and toys, fishing gear, furniture, music CD's and clothing.

Real Estate

Rentals

MORNING SUN PARK APARTMENTS
345 Madeline Road, Manson

1 bedroom apartment \$478.00
2 bedroom apartment \$573.00
3 bedroom apartment \$660.00
4 bedroom apartment \$736.00
5 bedroom apartment \$812.00

Must have earned a minimum of \$3,000.00 in the last 12 months in agricultural income to qualify
Ex: Packing shed, orchard, vineyard, some truck driver positions or forklift call to inquire

Must qualify by income
Rent amount is based on income level
Waiting list applies

Apply today at:
Housing Authority of Chelan County
1555 S Methow Street, Wenatchee
(509) 663-7421
(TDD Equipped)

This institution is an equal opportunity provider and employer.

Real Estate

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SUDOKU PUZZLE

SUDOKU

FREE! Savings include an American Standard Right Height Toilet FREE! (\$200 Value)

WALK-IN BATHTUB SALE! SAVE \$1,500

- Backed by American Standard's 140 years of experience
- Ultra low entry for easy entering & exiting
- Patented Quick Drain™ Technology
- Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
866-612-7490
Or visit: www.walkintubinfo.com/spm

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

CROSSWORD PUZZLE

THEME: HUMAN BODY

CROSSWORD

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ACROSS

- It's often breaking
- Pilgrimage to Mecca
- Bog deposit
- Mine entrance
- *Blood fluids
- Sinbad the Sailor's home
- Delhi dress
- Ball of yarn
- On the radio
- *Brain's "fear factory"
- Gulf War missile
- Monkeys, in Spain
- "Elise"
- Capital of Tasmania
- Unlike Pinocchio
- Be mistaken
- Meteorologist's line
- Radiant light
- Popular horse breed, pl.
- VIII predecessor
- Lit test format
- Prima donna
- Like meters and kilograms
- Step on it
- a.k.a. American football
- Hood and Christopher
- *Result of UV exposure
- Southern chicken stew
- Staff leader
- *The smallest bones
- Social media button
- Mange carrier
- Plumber's sealant
- Fuzzy fruit, pl.
- a.k.a. The Islamic State
- Antioxidants-rich berry
- Tolstoy's Karenina
- Grazing spot
- Country singer-songwriter Loretta

DOWN

- "For the Benefit of All" org.
- Cheese in red casing
- Lean like an athlete
- Bad rep
- Address to Kitty
- A in A=ab, pl.
- "Pillow Talk" (1960) star
- Part of both digestive and endocrine systems
- Genesis twin
- Like a desert
- Used to fix a leaky roof
- Limit in quality
- Same as boatswain
- "Pillow Talk" (1960) star
- Same as #22 Across, in English
- *It loses 80% of body heat
- Root of iris
- Music to a performer's ears
- *Fastest growing tissue
- Popular Japanese dish
- Orient Express, e.g.
- Walkie-talkie word
- *The teeth did it
- "The ___ have it"
- *Gut dwellers
- *One of #36 Down
- Males
- Van Gogh's famous flower painting
- Coffee shops
- Applomb
- Harp city of Ancient Rome
- *Humans are the only animals that have it
- Field of grass
- Having lace
- Zeal
- *The largest organ
- Reggae precursor
- ml

GET THE GRILLER'S BUNDLE
INTRODUCTORY PRICE: \$79.99

- 4 (5 oz.) Butcher's Cut Filet Mignon
- 4 (4 oz.) Boneless Pork Chops
- 4 (3 oz.) Omaha Steaks Burgers
- 4 (3 oz.) Gourmet Jumbo Franks
- 4 (2.8 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- Omaha Steaks Seasoning Packet

+ 4 MORE BURGERS FREE
THAT'S 20 COURSES + SIDES & DESSERT!

ORDER NOW! 1.833.406.1259 ask for 63281KXJ
www.OmahaSteaks.com/family588

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5 bedroom apartment \$812.00

Must have earned a minimum of \$3,000.00 in the last 12 months in agricultural income to qualify
Ex: Packing shed, orchard, vineyard, some truck driver positions or forklift call to inquire

Must qualify by income
Rent amount is based on income level
Waiting list applies

Apply today at:
Housing Authority of Chelan County
1555 S Methow Street, Wenatchee
(509) 663-7421
(TDD Equipped)

This institution is an equal opportunity provider and employer.

Real Estate

Garage & Yard Sale

Garage Sale

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WHAT'S HAPPENING

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

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Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

Rentals

AGRICULTURAL WORKER HOUSING
Rent based on income!
Immediate Opening for a 3 bedroom.
• Chelan Bluff
1135 S. Bradley Street, Chelan
One adult household member must earn a minimum of \$4,582.50 per year in agricultural income, be retired from working in agriculture or be disabled from working in agriculture to qualify.
Call for other requirements.
Housing Authority of Chelan County & The City of Wenatchee
1555 S. Methow Street, Wenatchee
(509) 663-7421
(TDD EQUIPPED)
This agency is an equal opportunity provider and employer.



1 bedroom senior apartment

Lake Chelan Community Apartments
509 E. Gibson Ave, Chelan
Senior Housing (62 and older)

- Rent based on income (if eligible)
- Newly remodeled
- Close to medical facilities & stores
- On site new laundry facility
- No application fee

Housing Authority of Chelan County
1555 S. Methow Street, Wenatchee
(509) 663-7421
(TDD equipped)

This institution is an equal opportunity provider and employer.



Leavenworth: Home for Rent, 3 Bedroom, 2 Bath, great area with mountain view. \$2000/month. Call Mike 509-699-3063

Wanted to Rent

Want to rent: furnished room with kitchen, bath and laundry privileges for elderly gentleman with a large, friendly service dog. Call Larry 509-548-7220, if no answer, please leave a message.

Vehicles

Automobiles

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

Trucks & Vans

Lake Chelan School District has declared surplus a 1952 Willys Jeep, 1/4 ton, M-38 with 78 inch snowplow. Runs. Needs some TLC. \$2,500. Call Brad at 509-682-2005.

Legals

Public Notices

CITY OF CASHMERE NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Cashmere City Council will hold a public hearing on Monday, July 13, 2020 at 6:00 P.M. at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, to receive public comment related to the update of Cashmere's Water System Plan (WSP) in accordance with WAC 246-290-100. The WSP is regularly updated to plan for near and long-term needs and to meet regulatory requirements. Copies of the draft WSP and supporting documents are available at Cashmere City Hall for public inspection or at the City of Cashmere's website: <https://www.cityofcashmere.org/government/public-works/water-comp-plan-update>
Please call City Hall on July 10, 2020 at (509)782-3513 for information necessary to connect to the public hearing if in-person participation is not permitted by law. The hearing will take place at 101 Woodring Street, Cashmere, WA 98815, if in-person attendance at public hearings is permitted by law. Written comments can be sent to Steve Croci, Director of Operations at: steve@cityofcashmere.org.
Published in the Cashmere Valley Record/ The Leavenworth Echo on July 1, 2020. #399

Public Notices

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

DERYL J. KING and BRENDA L. KING, aka BRENDA L. THOMAS, husband and wife, and the marital community thereof, Plaintiffs, vs. ALPINE ACRES, Inc., a non-existent corporation; THE UNKNOWN SHAREHOLDERS AT LAW OF ALPINE ACRES, Inc., a non-existent corporation; the UNKNOWN HEIRS AT LAW OF KENNETH LAFONTAINE, AND ALSO All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein, Defendant
NO. 20-2-00412-04
SUMMONS BY PUBLICATION

THE STATE OF WASHINGTON TO: Alpine Acres, Inc., a non-existent corporation, the Unknown Shareholders at Law of Alpine Acres, Inc., a non-existent corporation, the Unknown Heirs at Law of Kenneth LaFontaine, and also All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein.

YOU ARE HEREBY SUMMONED to appear within sixty (60) days after the date of the first publication of this Summons, to-wit, within sixty (60) days after the 24th day of June, 2020, and defend the above-entitled action in the above-entitled Court, and answer the Complaint of the Plaintiffs, Deryl J. King and Brenda L. King, aka Brenda L. Thomas, husband and wife, and the marital community thereof, and serve a copy of your Answer upon the undersigned attorneys of the Plaintiffs, at their office below stated; and, in case of your failure 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.

The object of this action is to quiet title in Plaintiffs in real estate in Chelan County, Washington, described as: LOT 12, BLOCK 2, ALPINE ACRES, VOL. 7, P. 33-34, CHELAN COUNTY against the claim of the Defendants and any one of them.
DATED this 18th day of June, 2020.
DAVIS, ARNEIL LAW FIRM, LLP
Attorneys for Plaintiffs
By: /s/ Michael G. Bradford
MICHAEL G. BRADFORD
WSBA No. 43169
617 Washington Street
Wenatchee, WA 98801
Published in The Leavenworth Echo/ Cashmere Valley Record on June 24, July 1, 8, 15, 22 and 29, 2020 #342

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN
GERALD R. MORO, a widowed person, individually and as Personal Representative for the ESTATE of IDA MAE MORO, Plaintiff, vs. THE HEIRS AND DEVISEES OF DOROTHY P. WEAVER, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants.
NO. 20-2-00362-04
SUMMONS

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

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 10th day of June, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Gerald R. Moro, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Evan M. McCauley and Matthew S. Hitchcock, at their office below stated; and in case of your failure 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 2nd day of June, 2020.

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

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

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of: **MELISSE K. FRANKLIN**, Deceased.

Case No.: 20-4-00131-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the latter of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.
Date of First Publication: **June 17, 2020.**

Personal Representative: Tanya M. Ermine

Attorney for Personal Representative: Craig Larsen
Address for Mailing or Service: 27 Harrison St. Wenatchee, WA 98801
Court of Probate proceedings and cause number: Chelan County Superior Court Case #20-4-00131-04
Published in The Cashmere Valley Record/ Leavenworth Echo on June 17, 24, and July 1, 2020 #251

Public Notices

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold a public hearing on July 14, 2020 at 6:45 P.M. in the City Hall Council Chambers, 700 Highway 2, Leavenworth, WA to consider amendments addressing inconsistencies in four Leavenworth Municipal Code Sections (1) Reference to Code Enforcement within LMC 12.08 Street and Sidewalk Obstruction; (2) Right of Entry for application review, new LMC Section 21.07.015; (3) Exemption for Service Sign, LMC Section 14.10.055; (4) Clarifying pool requirements and exempt accessory structures in the building regulations, LMC Section 15.04.010. Interested citizens are encouraged to review code amendments, comment and/or attend the public hearing. Copies of the proposed amendments are available at City Hall or electronically by contacting Development Services within City Hall, phone (509)548-5275 or email dsmanager@cityofleavenworth.com
Published in The Leavenworth Echo/ Cashmere Valley Record on July 1, 2020. #353

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

Skin care during Covid-19

Ahh... It feels SO GOOD to take off my mask. With COVID, I wear mine at least 8 hours every day. Putting it on as I cross the parking lot to the clinic to start work, I only take it off for lunch or short breaks. To protect my family, patients, and co-workers, I always wear a mask whenever I step out of my car until I arrive home again.

I tend to have dry hands since I wash them frequently and thoroughly at work. Since wearing a mask during this COVID pandemic, my hands started feeling more sensitive and dry. When I asked my nursing co-workers if they had noticed anything different about their hands, most of them nodded their heads. They agreed that their hands had seemed drier and more irritated recently.

Our hands started getting drier because we were sanitizing our hands more often.

In addition to washing our hands with soap and water or using alcohol-based gels at work, we sanitized our hands OUTSIDE of work and errands at the grocery store and other public places.

Sanitizing your hands can dry out your skin, whether by washing with soap and water, using hand sanitizer gels, or disinfecting hand wipes. Washing your hands causes more skin dryness than using hand sanitizers because soap and water strip away the natural oils on the surface of your skin. Using alcohol-based hand sanitizer gel or wipes will also dry out your skin due to the contact with alcohol, which is drying.

How can we combat dry skin?

We can ease our dry skin by adding moisture to it, both inside and outside.

Drinking more water helps ease dry skin. Since I began wearing a mask all day at work, I had stopped drinking water during the day because I couldn't do it without first taking off my mask.

The first thing I needed to do is to start drinking water again. Now I make it a habit to have less coffee and more plain water. I sip water on my way to and from work and drink on every break. As long as I drink most of my water by 5 pm, I don't have to get up in the middle of the night.

I have always used hand lotion frequently, but my dry hands needed MORE.



Moisturizers can help relieve dry skin from the outside. Lotions, creams, and ointments work by softening your skin cells and by trapping moisture in the top layer of your skin.

Your body loses water all day long through sweat and evaporation. Your body continuously gives off water vapor through your skin's pores, not just when you sweat. The thicker and "greasier" your moisturizer, the better it blocks this ongoing evaporation of water from your skin and traps water in your skin, moisturizing it.

Moisturizers are available as lotions, creams, ointments, or "body butter". Lotions are more liquid and less moisturizing than creams. The thicker and more "greasy" the moisturizer, the more it traps moisture. Ointments or body butters relieve dry skin the best.

Moisturizers often contain compounds that encourage water to stay on your skin like lactic acid, salicylic acid, glycerin, urea, and ammonium lactate.

Moisturizers containing ceramides can be especially helpful. Ceramides are found in high concentrations in healthy skin and lower concentrations in inflamed or dry skin. One moisturizer featuring these ceramides is CeraVe®.

One Important Tip: When applying a moisturizer after sanitizing with an alcohol-based gel or wipe, let your skin dry completely first. Otherwise, instead of trapping water next to your skin,

you'll trap alcohol, creating skin irritation and dryness instead!

For me, drinking more water and changing from lotion to CeraVe® cream soothed my dry hands. What about you?

Here are 4 Tips for Relieving Dry Skin:

1. Keep your body well hydrated. If you drink most of your fluids in the early part of the day, you'll be less likely to get up at night.
2. Shower and bathe with warm, not hot water. Using hot water encourages water loss from the skin. Bathing or showering with lukewarm water is better to avoid drying out your skin.
3. Pat skin almost dry before applying moisturizer. Apply moisturizer to damp skin within 10 minutes of your bath or shower or immediately after washing your hands.
4. When sanitizing with alcohol gel, let hands dry FIRST before applying moisturizer.

After using alcohol-based sanitizing gels, let your hands dry completely before applying any moisturizer to avoid trapping alcohol against your skin.

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 TheMedication-Insider.com for daily tips on how to take your medicine safely. © 2020 Louise Achey

KEEPING UP WITH BUSINESS

The Leavenworth ECHO • The Cashmere Valley MEDIA • The Cashmere Valley RECORD

New hires • promotions • special training • awards
Share your company's news with our communities.

Free
Keeping up with people submissions are printed as space is available.
Include a photo (opt.)

Send by: Noon on Thursday.

Send to: The Leavenworth Echo
Cashmere Valley Record
215 14th Street
Leavenworth, WA 98825
Phone: 509-548-5286
Email: carol@leavenworthecho.com or editor@leavenworthecho.com

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- Call 548-5286