CASHMERE VALLEY



JUNE 17, 2020 · VOLUME 113, No. 25

CELEBRATING 113 YEARS • 1907-2020 SINGLE COPY \$1.00





By BILL FORHAN

Native son of the upper valley, Roland A. Schmitten has just published a new book. Lake Wenatchee Early History. As a great grandson, Schmitten represents the fourth generation of the Schmitten Lumber Company family. He is a graduate of Cashmere High School and Washington State University with a degree in Forest Management.

After serving four years in the Marine Corp where he served 13 months in Viet Nam he returned to the Wenatchee Valley and worked as a logging manager for the family lumber company.

Schmitten has served on the Cashmere City Council, the Chelan County Port Commission and three terms in the Washington State Legislature.

By the time he retired in 2005, he had served 3 presidents, and 7 Secretaries of Commerce besides his remarkable career with the National Marine Fisheries Service and the Washington State Director of Fisheries.

Schmitten and his wife Barbara currently reside in their home on Lake Wenatchee where his family's involvement goes back to 1917.

In the Dedication introduction to the book, Schmitten writes. "I had always hoped that someone from one of the pioneer families would write a book on the early days of Lake Wentachee. Now those pioneers are gone, and those who remember are fading quickly, so I wanted to tell the story as best

His list of sources for the book is a who's who of local residents including Pat Morris, Frazier Strutzel and Bill Newell.

For more information email Rollie at rolliebarbara@aol.com

Council struggles over small business relief

By BILL FORHAN

Washington State Department of Commerce has awarded the City \$93,000 in Federal CARES Act funds to assist in addressing impacts associated with the Coronavirus Pandemic.

The Chelan and Douglas County Regional Port Authority is offering assistance to the city to help the city in distributing the funds to local businesses that have been impacted by the shutdown. The money can be used to issue grants to reimburse local businesses for costs incurred because of business interruption.

Currently, the city has 193 businesses operating in Cashmere. With only \$93,000 available in grant money available under the program.

The Port will administer the Grant program for the city. To be eligible for the grant money the costs to be reimbursed must meet the following test:

a) The expense is connected to the Covid-19 emergency.

b) The expense is necessary. c) The expense is not to fill a

shortfall in government revenues. d) The expense is not funded through another budget lineitem, allotment or allocation as of March 27, 2020

e) The expense would not exist but for Covid-19 or would be for a substantially different purpose.

Council discussions concluded that to be fair and to spread the

money around applicants must meet the following criteria: 1) The business must have fewer than 20 employees

2) The business must have been in business prior to March 1, 2020. 3) The business must provide a UBI number 4) Individual grants would be

limited to a maximum of \$5,000 5) The business must be located

within the city limits Home based businesses would

be eligible but they must comply with the criteria.

Expenses that are eligible for a reimbursement grant include:

1) Operating expenses including rent, supplies, inventory, and utility bills

2) Reopening costs including purchasing masks, gloves, thermometers, washing stations, sanitation supplies/equipment, installation of protective covers such as plexiglass, and marketing & advertising expenses.

Expenses that are not eligible for a reimbursement grant under the program include: Payroll, capitalized equipment, travel, office equipment and computer software.

Application forms available at city hall or on-line at https://cdrpa.squarespace. com/cashmere-cares-act-smallbusiness-grant-program

In other business:

Council approved an agreement with Pace Engineering to provide a scope of services to design and provide services for the construction of the water system to connect the Phillips and South Division Road area in the amount of \$32,975.

Chelan-Douglas Health District Approved for a Modified Phase I Reopening

SUBMITTED BY VERONICA FARIAS

East Wenatchee, WA –Secretary Wiesman of the Washington State Department of Health (DOH) approved Chelan-Douglas Health District's (CDHD) variance application to move to a Modified Phase I of Governor Inslee's Safe Start Plan. The approval takes effect immediately and includes specific conditions and limitations for activities and businesses:

Recreation: Outdoor recreation involving 5 or fewer people outside your household (not including an instructor, with 6 foot distancing (camping, beaches, exercise classes, etc.)

Gatherings: Allowed outdoors only, with 5 or fewer people outside your household per week

Travel: Essential travel and limited non-essential travel for Phase I & II permissible activities

Businesses/employers:

• Remaining manufacturing Additional construction phases

 In-home/domestic services (nannies, housecleaning, etc.) Retail – essential or otherwise,

may operate at 50% of building occupancy with Phase II requirements regarding physical distancing and other infection prevention measures; businesses are responsible for controlling access appropriately. (Note that building occupancy capacity is based on Fire Marshal's occupancy limits.)

Real estate at 25% of building occupancy; indoor services limited to 30 minutes

Professional services/officebased businesses at 25% of building occupancy; indoor services limited to 30 minutes for customers (telework remains strongly encouraged)

• Hair and nail salons/barbers at 25% of building occupancy

Pet grooming at 25% of building occupancy

Restaurants/taverns: outdoor food and beverage service may operate subject to Phase II guidance at 50% outdoor

capacity with all tables/chairs maintaining at least 6 feet of distance and table size no larger than 5 persons. Additional or new outdoor seating would be allowed subject to maintaining 6 feet distance between table and

chairs, as well as receiving any

city permit needed. All indoor food and beverage services may operate subject to Phase II guidance with the exception that at no time may the number of customers be at more than 25% indoor capacity with all tables/chairs maintaining at least 6 feet of distance and table size no larger than 5 persons. Furthermore, no bar-area seating is allowed.

"Businesses must carefully study and understand the Secretary's letter and the other advisories which apply to their business," said Barry Kling, Administrator of Chelan-Douglas Health District.

To view a full list of the conditions and the Secretary's letter, visit: http://cdhd.wa.gov/wp-content/ uploads/DOH-Approval-of-Modified-Phase-Lpdf. Businesses now closed may reopen as soon as they are able to implement the standards issued by the state and operate within the limitations from the Secretary's letter as described above.

This reopening guidance is not only a matter of what businesses do. What we do as individuals

counts. "We still need to protect each other - not only because it is a basic civic responsibility

but also because controlling COVID-19 is the best way to reopen our community and keep it that

way," added Kling. Here is some guidance for individuals to do to

- help keep our Valley reopened: • Wear face masks in public
- · Maintain at least 6 feet apart from others whenever possible
- Wash or sanitize your hands
- frequently Don't touch your face
- Avoid groups of more than five people outside of your household members

For more formation about COVID-19, visit www.cdhd.wa.gov and follow us on Facebook & Twitter.

For more information Contact Veronica Farias at (509) 886-6427 or by E-mail: Veronica.Farias@cdhd.



During this difficult time support your neighbors Most local businesses offer

curbside service or delivery



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Classifieds Index Classifieds Advertising flyers Safeway, Martin's IGA Fresh Market



201 Cottage Ave.

Phone: 509-782-3781

www.cashmerevalleyrecord.com

The recovery begins, but where will it take us?

Based on the 2.5 million new jobs reported in the May Jobs Report, the economic recovery from Covid-19 has officially started (yes, there were technical some problems with the report, which made it look better than it was, but any way

you slice it, it was a positive report). While it's wonderful that the recovery is underway, the far more important question is where the recovery will take us. Will we end up with a stronger economy than before the virus, or a weaker one? It's not a surprise that a chunk of the economy would come back quickly. But, the lowest hanging fruit gets picked first. Picking the entire tree probably won't be so easy.

If our economy claws back to 90% of its previous glory, that might sound like a victory. But, that implies a 10% recession, which would be the 2nd worst of all time.



By Brad **BLACKBURN**

dig ourselves out of. Thankfully, there is good news. As many parts of the world reopen, emergency rooms haven't been overwhelmed. In addition, trillions of dollars were tossed at this problem, so, there's lots of money floating around the economy. Also, gas prices are low, interest rates are low, and there's pent-up demand from the millions of people who've been stuck in their homes eagerly waiting

have a deep hole to

to go buy stuff. But, there will be bumps along our road to recovery. Obviously, the biggest bump would be a major recurrence of the virus. If hospitals become parts of the country, the economy could suffer even more. However, even in the best-case scenario, in which Covid-19 fades away forever. there will still be a price to pay. Nearly every family, business and government across the world has less wealth, more debt, and more uncertainty as a result of all this. Because of that, the whole world may tend to spend less, save more, pay down debt, and lick their economic wounds. In China and Italy, which reopened their economies first, consumer spending has only recovered modestly. That's not all bad, of course. Saving more and paying down debt is a good thing. However, it is not a recipe for a quick,

overwhelmed in reopened

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@ blackburn financial.net.

robust economic recovery.

■ LETTERS TO THE EDITOR

Community Worship: To Be or Not to Be?

Being together to support one another in our diverse spiritual journeys is critical. It is foundational to all World Faith traditions. And there is good reason for this. In such gatherings, encouragement, affirmation, emotional connection and spiritual touch are given and received. Allowing the loving and compassionate Divine to embrace and sustain us. The absence of this communal aspect of spirituality is like trying to shower while wearing a raincoat. Not quite the same.....

We have learned yet again that the "church" is not the building. True indeed, but so much of the intimate encounter with God seems to happen within the gathered community of faith. In the midst of this historic time of "separation," commendations to the many ways in which the "separated" people of faith have continued being "church" by responding to those in need. Loving the neighbor remains alive and

So, it is quite understandable that there have been debates, petitions, and even legal action to encourage the appropriate authorities to make person-to-person worship accessible and open now. Let us be mindful that this heartfelt emphasis must be tempered and balanced with the informed advice, counsel, and direction of those whose passion is also the greater welfare of our communities. The "We Are One" objectives eloquently summarize what needs to

be our common direction: Empathy, Compassion, Civil Communication, Balance, and Hope.

In the midst of all the pandemic chaos and recent national upheaval, it seems a bit ironic and somewhat hypocritical that such passionate and assertive debating and "petitioning" on our part has rarely addressed another life threatening contagion that has debilitated and inhibited so many long before Covid-19. The recent tumultuous events have illuminated yet again the inequity and trauma that has predated this epidemic by centuries. It behooves us, because we are mandated by God regardless of our faith tradition, to also love our neighbor, as Jesus said, by loosing the bonds of injustice "to let the oppressed go free." We are obliged, we are required "to do justice and to love kindness," to "let justice roll down like waters and righteousness like an everflowing stream." If not, we may well fall into the temptation of simply worshipping without corresponding acts of social justice. We are admonished by the Hebrew Prophets, speaking for God: "I hate, I despise your festivals and take no delight in your solemn assemblies....but let justice roll down like waters, and righteousness like an ever-flowing stream." This is the heart and intention of the Creator.

So, when we finally are able to gather together in our respective communities of faith, will we seek to engage the deeper and more difficult issues of our own privilege and intolerance? Will we also confront the systems and policies that continue to debilitate our neighbor long after we have delivered their boxes of food?

Therefore. we undersigned, members of the North Central Washington Northwest Cluster. Intermountain Synod (NWIM) of the Evangelical Lutheran Church in America, commit ourselves and our congregations to continue as a "church in exile" until such time as our state and health leaders indicate congregational worship is appropriate. Once gathered, we will continue direct service to our neighbor. It is also imperative that we again renew our efforts to deepen self-awareness of our own white privilege and gain a more complete understanding of the dynamics of intolerance and racism. Together we will work more effectively to counter the unjust structures and policies that continue to weigh heavily upon the lives of our neighbor.

Pastor James Aalgaard, Grace Lutheran, Wenatchee Intern Jenna Bergstrom, Grace Lutheran, Wenatchee

Pastor David Haven, Cluster Dean, Celebration Lutheran, E. Wenatchee

Pastor Paul Palumbo. Lake Chelan Lutheran, Chelan

Pastor Melinda Pupillo, Fullness of God Lutheran, Holden Village

Pastor Alex Schmidt, retired, Leavenworth

Lisa Therrell, NWIM Synod Council Member, Leavenworth

Road Construction & Maintenance Update

Week of June 15

Submitted by Jill FITZSIMMONS

PIO/Special Projects Coordinator Chelan County Public Works 509-667-6415

To minimize potential exposure to COVID-19 to staff and the public, Chelan County Public Works is open by appointment only. Call 667-6415 for an appointment.

County Construction/ **Projects**

Yodelin Creek Culvert Replacement Project: On June 15, the county's contractor for the Yodelin Creek Culvert Replacement Project will begin work on the final portion of the project - grading and paving the roadway in the project area. Last summer, the contractor built a singlespan bridge on Stevens Road. Stevens Road will be closed until June 22 as crews complete the roadwork. (Reopening date is dependent upon weather impacts.) A detour route is available to local traffic only.

West Cashmere Bridge Replacement Project: Details are on the project's construction page: https:// www.co.chelan.wa.us/ public-works/pages/ west-cashmere-bridgereplacement-crp-693

2020 Preservation Pro-

gram: Chip sealing will start on June 22 in Chelan County. Road crews will begin in the Cashmere District and then move to the Leavenworth District. They will follow with the Chelan District and then wrap up in the Wenatchee District. Crews expect to complete chip sealing in early August; however, weather and equipment may delay or change that schedule. For a list and map of this year's roads that will be chip sealed, go to: https://www.co.chelan. wa.us/public-works/pages/ pavement-preservationprogram

Road District Maintenance

Maintenance plans may change with weather conditions or equipment difficulties. Visit the Public Works website, where the weekly road maintenance information is regularly updated.

District (Wenatchee) Crews will be prepping 2020 Preservation Roads above) and training for upcoming chip sealing. The crew also will be patching roads and cutting brush around the district.

District 2 (Cashmere) Crews will be prepping 2020 Preservation Roads as well as mowing and cleaning culverts throughout the

district.

District 3 (Leavenworth) Crews will be crack sealing this week on Chiwawa Loop Road, North Shore Drive and Little Wenatchee Road. When crews are crack sealing, motorists should watch for one-lane, flagger-controlled traffic. Minor delays may occur. The crew also will be brushing upcoming chip seal roads. And the crew will be grading and putting dust oil down on Mountain Home Road.

District 4 (Entiat) The crew will be cleaning shoulders and brushing across the district.

District 5 (Chelan) In downtown Manson, the crew will be flushing stormwater drains. People will see a water truck downtown, spraying the curbing along the road. Watch for one-lane, flagger-controlled traffic downtown. Traffic delays will be minor. The crew also will be hand patching and brushing in the Manson area, cleaning up the county's Manson pit site and marking monuments and valve cans on 2020 Preservation Roads.

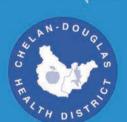
Like "Chelan County Public Works" on Facebook or follow "Chelan Public Works" on Twitter to receive news on emergency road closures. To unsubscribe, email me at jill.fitzsimmons@co.chelan. wa.us.

BE A PROTECTOR NOT AN IFEG I UK

Protect yourself, your family and your friends. Get tested for COVID-19 today if you have any of the following symptoms:

- Fever
- · Chills
- Muscle Ache
- Dry Cough
- Chest Pain
- Headache
- Recent loss of Taste/Smell

Testing is the only way to be sure if you have the virus or not. To get tested, you can call your doctor or visit the drive-thru COVID site by calling (509) 663-8711 (select option 1) for a referral.



For more information, visit www.cdhd.wa.gov-covid-19

COVID-19

☐ POSITIVE ☐ NEGATIVE

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

Corrections

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, Carity, 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 publis lists of businesses, or lists of individual names. Email your letters to full-blazed leavenue-orthoghe come.

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

News tips

Classified Advertising

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

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COMMUNITY BULLETIN BOARD

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@cashmerevallevrecord.com Or fill out the online form at: LeavenworthEcho.com or CashmereVallevRecord.com

to advertise your News & Events

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

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.

Regional

The Cascadia Conservation District

Special Board meeting will be a call-in only meeting, held on Friday, June 19, 1:30 p.m. More information and instructions will be available on our web site at cascadiacd.org or by calling the District at 436-1601

North Central Regional Library

Virtual Author Series for Adults

The NCRL Read Events

are moving to a virtual Hannah. Learn more about this well known publisher at www.kristinhannah. com. (er23,24,25)

Stuff The Bus **Donation Drive**



CHELAN COUNTY SHERIFF, FIRE & EMS

REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher canno certify the complete accuracy of the information provided.

June 5

Accident/no injuries.

11:12 Agency assist, 8703 Alice Ave., Dryden

Cottage Ave., #B 16:45 **Trespass**, 7943 Stine

Hill Rd., Dryden 19:52 Vehicle prowler,

8650 Dryden Frontage Rd., Dryden

Way

June 6

04:12 Welfare check, 7943 Stine Hill Rd., Dryden 09:46 Civil, 107 Evergreen Dr., #109

6670 Tripp Canyon Rd.

16:37 Parking/abandon,

200 Blk. River St.

Cottage Ave.

Canyon Rd. and Pioneer

Titchenal Way, Chevron

Pioneer Dr.

June 7

00:02 Agency assist. 5735 Airport Rd. 01:21 Court order violation, 3601 Selfs

Motel Rd., #14 Extra

14:33 Accident/no

injuries, Icicle Gorge Trailhead

platform this year, all of which are free and open to the public. To participate, register online at www. ncrl.org. then join us on June 23 at 4 p.m. to hear from award-winning and bestselling author, Kristin

Food and monetary donations will be accepted on June 26 and 27, 9-6 p.m. at Wenatchee Grocery Outlet. Go to outreach@ linktransit.com for more info. (er24,25).



00:09 Noise, 201 Riverside

08:26 Vehicle prowler, 4184 Mission Creek Rd.

5500 Blk. Sunset Hwy.

13:19 **Suspicious**, 131

20:06 Theft, 130 Titchenal

10:52 Agency assist, 14:07 **911**, 6251 Kimber Rd., #16

17:59 Extra patrol, 108 1/2

Brender 18:16 **Noise**,

19:09 Disturbance, 106

19:49 Traffic offense, Tigner and Binder Roads

21:43 **Noise**, 6700 Blk.

patrol, Tumwater Mountain

injuries, 6251 Kimber Rd., #26 16:33 Accident/no 17:31 Alarm, 407 Aplets Way

19:55 **DUI**, 7400 Blk., Stine Hill Rd.

21:28 Trespass, 300 Aplets Way, Hometown Market

June 8

06:38 Vehicle prowler, 4900 Red Apple Rd. 07:42 Fraud/forgery, 104

Meadowsweet Pl. 09:39 Suspicious, 200 Blk. Aplets Way 13:26 Fraud/forgery, 107

Lincoln St. June 9

06:43 Accident/no injuries, 7444 Stine Hill Rd.

17:40 Hazard, Cottage Ave. Bridge

22:36 Alarm, 407 Aplets Way

22:38 Traffic offense, 125 Riverfront Dr.

June 10

05:13 Prowler, 400 Blk. Elberta Ave.

08:43 Extra patrol, 5400 Blk. Olive St.

09:35 Public assist, 4123

Old Monitor Rd.

16:17 **Public assist**, 210 S. Division St.

18:14 911, 6876 Flowery Diviide Rd.

19:57 Suspicious, 4200 Blk. Eels Rd.

21:29 Welfare check, 403 Aplets Way

23:51 Suspicious, S. Millard and W. High Streets

June 11

Unknown 00:18 accident, 5667 Wescott

19:27 Public assist, 6670 Tripp Canyon Rd. 23:20 Sex offense, 4870 Mission Creek Rd.

■ 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

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

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

Thank you notice from Cashmere Food Bank ■ AA MEETING SCHEDULE

Cashmere Food Bank wants to say a big "thank you" to our community - for your donations of both food and money during this difficult season affecting us all. It is such an amazing display of your ongoing care and generosity; you have always stepped up for us through the years, and we could not have delivered during the COVID-19 crisis without you. Our heartfelt gratitude goes out to the whole valley, having received donations from Leavenworth, Peshastin, Cashmere, Monitor and Wenatchee. So, on behalf of the Cashmere Food Bank, thank you for helping us ease hunger for vulnerable people in this troubled time!

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check with that organization listed.

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,

Information number for Alanon: 509-548-7939

Alanon Meeting Schedule

12565 Chapel Dr., Plain

Celebrate Recovery We will be meeting via Zoom weekly on Fridays at 6:30 p.m. Please email celebraterecovervlcn@gmail.com for more information.

Monday, 7 p.m., United Methodist Church, 418 Evans St.

■ 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 takeout 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.

June 18, Thursday: Clam chowder, 1/2 tuna sandwich, garden salad, tropical fruit, whole

grain crackers, dessert. June 19, Friday: Spaghetti and meat sauce, spinach salad, sliced peaches, garlic bread,

dessert. Saturday and Sunday: No lunch.

June 22, Monday: Reuben sandwich, potato salad, pears, dessert.

June 23, Tuesday: Teriyaki beef, rice, broccoli, Asian slaw, pineapple, egg roll, fortune cookies. June 24, Wednesday: Chicken strips, Jo Jo's, three bean salad, whole wheat roll, strawberry shortcake.





DRILLING

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

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"Water Treatment Systems Built to Your Individual Problem"

Free Water Analysis/Estimates Conveniently located

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Secure Timed Keylock System• Mobile Platform Available •Burglar Alarm• •Camera Surveillance• 782-8113

201 Cottage Ave., Cashmere

STORAGE

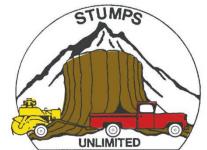
dvertise on NCWMarket.com

EXCAVATION Complete Excavating Service

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

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10817 North Road, Leavenworth • (509) 548-8222 Kim & Rosalie Kozelisky icensed, Bonded, Insured · Cont. #UPPERVE200PI



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record **509-682-2213** - Lake Chelan Mirror • **509-689-2507** - Quad City Herald

SSIFIE

Administrative

Publisher's notice

PUBLISHER'S NOTICE All real estate advertis-ing in this newspaper is subject to the Fair Housing Act, which SPAN HOUSING makes it illegal to advertise "any preference, limitation or discrimina-tion based on race, color, religion sex, handicap, familial status or na tional origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only The advertiser will be responsi ble for corrections made there after. NCW Media Inc. shall no be responsible for slight changes or typographical er-rors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Announcements

Lost & Found

LOST AND FOUND

can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words

Leavenworth/Cashmere 509-548-5286 or

Lake Chelan Mirror

509-682-2213 Quad City Herald

509-689-2507

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

Help Wanted

Manson School District located on the beautiful shores of Lake Chelan is seeking applicants for the following position.

• 1.0 FTE Secondary Certificated Teacher with an ELA and SS endorsement Detailed job description and online application process are available https://www.manson.org/Page/609, EOE. Question please call Lorrie (509) 687-3140

Lake Wenatchee Water District Small Works Roster

Lake Wenatchee Water District is now accepting applications from suppliers and/ or contractors to be included on the Utility's Small Works Roster. The following Roster of categories, not all inclusive, to contract, lease or purchase items or services consists of: Construction and Maintenance Services, to include Building Contractors, Snow Removal, Tree Trimming, Excavation, Materials, and Supplies. If interested, an application can be found on our website www.lakewenatchee waterdistrict.org or request one by mailing: P. O. Box 2813, Leavenworth, WA. 98826 or calling 509-679-1353.



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

Cascade High School Assistant Volleyball Coach

Icicle River Middle School Head and Assistant Girls Soccer Coaches

Fast Track application process and information can be found on our website at:

www.cascadesed.org EOE

NA-C **Full-time/ Nights**

Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, treatment of each

personal needs and patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital **Human Resources** Department PO Box 577 Brewster, WA 98812 (509) 689-2517 www.

threerivers

hospital.net

opportunity

@trhospital.net

EOE **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 **Quad City Herald** 683-2213 Leavenworth Echo Cashmere Record 548-5286

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

Windermere

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

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

Garage & Yard



Douglas County PUD has an opening for:

On-Call Relief Fish Counter

\$21.40/ hour

Details at www.douglaspud.org

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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

newspaper for one low price. Deadline Monday at

online and in the

Noon for all papers: **Lake Chelan Mirror Quad City Herald**

682-2213 or call Leavenworth Echo **Cashmere Record**

548-5286

CLEAR SOME

SPACE WITH A Fill your pockets with 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** Noon for all papers

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

> Leavenworth Cashmere Call 548-5286

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

Orchards & Farms

We have buyers for your Pear, Apple and Cherry Orchards! 509-669-4500 information@nwi.net



Rentals

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 Paul 509-548-7220, if no answer, please leave a message.

Vehicles

Automobiles

For sale for parts: 2007 CHEVROLET Equinox LS AWD 3.4L V6, silver, 101k miles. Body and interior are in good condition, except for dent in rear bumper. Low mileage, runs fine. Has exhaust-gas leak, rust underneath. Requires repair to drive safely. W/ title. 509-571-5302. \$750 OBO

For sale: fix or for parts: 2002 FORD Explorer XLT 4.0L V6 4WD, pewter. Engine runs, has dents in passenger 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

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AND MOCKTAILS

ACROSS

Bobby Pickett's "Monster
 Infection from contaminated

14. Formerly Cassius Clay

15. Slow, musically speaking 16. ____ Ste. Marie, Ontario

21. *Tropical cocktail favorite 23. Motion of approval 24. *Home of pisco sour

19. *Cognac, orange liqueur, lemon

25. Smoker's residue 28. Big butte

1. Angelou and Rudolph

6. Mason's load

water or food

17. Bonding words

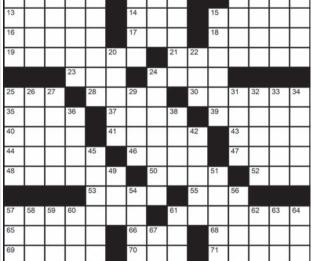
18. Like draft beer



1	1	6	3	5	9	4	8	2	
5	4	3	7	2	8	6	9	1	
2	9	8	6	1	4	5	3	7	
6	3	2	5	8	7	9	1	4	
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4	8	7	1	9	2	3	6	5	
9	6	5	4	7	3	1	2	8	

- 4 0 0 - 0 4 0 0

ROSSWORD PUZZLE



OMAHA STEAKS + 4 MORE BURGERS FREE

DER NOW! 1.833.406.1259 a

INTRODUCTORY PRICE: \$7999

4 (5 oz.) Butcher's Cut Filet Mign 4 (4 oz.) Boneless Pork Chops 4 (4 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

30. *It has both white and dark rum 35. Popular BBQ side 37. Pea houses *Hold your drink aloft in honor 40. "Downton Abbey" countess 41. Subject of 17th century Dutch mania

juice

43. Cote d'Azur locale 44. Teatro alla Scala offering 46. Sushi selection 47. Kind of jeans fit 48. *She famously disliked the

eponymous drink 50. Chesterfield or ulster 52. Bro's sib 53. Long and lean Petting spot 57. *Negroni and boulevardier

ingredient 61. Time for the big bowl games 65. Unethical loaner's practice 66. Designed to guarantee equal

68. Cooler manufacturer 69. #38 Down, pl. 70. Atlantic catch 71. Musical ensemble 72. Rodeo 73. It's of the beholder 74. Rosetta Stone, e.g. DOWN 1. Difficult situation

2. Antioxidant-rich berry 3. Common contraction 4. Kind of wrench 5. TV's popular portmanteau

6. Let it down to relax?

fashioned

8. D in LED 9. Take-out handout 10. Nay sayer 11. Sun, e.g. 12. Indigenous people of northeast Arizona 15. *Nespolino fruit

20. Highly skilled 22. Elbow rest 25. Fancy tie 27. Sheik's bevy 24. Portable lock 26. Ski run 29. *Whiskey 31. Charged particles

32. Flip side, pl. 33. Binary digits code 34. Things on a list 36. "Star Trek" speed

38. Fodder holder 42. Eloise's residence 45. Quiets 49. Otitis organ 51. *Popular mixer, pl. 54. Brother's daughter 56. Should

57. Turning point 58. World's largest continent 59. *To warm wine or cider and add spices

60. Junior ball 61. Green gemstone 62. Burn-soothing plant 63. Agitate 64. Yestervear 67. *First name in cola and

grenadine



9

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.

Legals

Public Notices

CHELAN COUNTY, WASHINGTON IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF PIERCE JUVENILE DEPARTMENT

STATE WASHINGTON TO: STEVEN father PACE. legal KINSLEIGH CARTWRIGHT; DOB: 10/29/18; Cause No. Termination 19-7-02132-6; A Petition was filed 12/12/19, an Amended Petition was filed 3/11/20.

AND TO WHOM IT MAY CONCERN:

A Fact Finding hearing will be held on this matter on: July 7, 2020 at 8:45 a.m. at Pierce COUNTY OF CHELAN 5501 6th Tacoma, WA 98406. Due to the COVID-19 pandemic, you may ESTATE of IDA MAE MORO, choose to appear for this Plaintiff, hearing by phone. Please call vs. 3761290.

YOU SHOULD BE PRESENT PERSONS THIS YOUR CHILD TERMINATED. IF YOU DO Defendants. APPEAR AT THE HEARING, THE COURT MAY ENTER AN ORDER IN YOUR **ABSENCE TERMINATING** YOUR PARENTAL RIGHTS.

To request a copy of the Notice and Summons and Termination call **DCYF** Petition. at 1-800-423-6246. To view information about your rights in proceeding, go www.atg.wa.gov/TRM.aspx.

DATED this 24th day of May 2020.

MELINDA **BRADLEY-KUMI** Deputy County Clerk

Published in the Cashmere Valley Record/ The Leavenworth Echo on #87807/199

CITY OF LEAVENWORTH

On the 9th day of June, 2020, the City Council of the City of Leavenworth. the contents provides as follows: with the clerk of said court. Ordinance 1609: An ordinance Under RCW 7.28.010, an action

common definitions.

Resolution 09-2020: A resolution of the City of 2020. Leavenworth. Washington,

amending rates and fees. A copy of the full text of the ordinances and resolution are avail- By: s/ Matthew S. Hitchcock able at Leavenworth City Hall or EVAN M. MCCAULEY, will be mailed to you upon your request to:

Chantell R. Steiner Finance Director/City Clerk City of Leavenworth P.O. Box 287 Leavenworth, WA 98826

Published in The Leavenworth Echo/ Cashmere Valley Record on June 17,

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

In the Matter of the Estate ROY V. FODE, Deceased. NO. 20-4-00171-04 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 mailthe Personal to

Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020; or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonpro-

bate assets. DATE OF FIRST PUBLICA-TION: June 10,2020 By

RUSSELL B. FODE, Personal Representative Address: 1889 Broadway Place Wenatchee, WA,98801 Date: June 1, 2020. Attorneys Personal Representative: **GATENS** Case GREEN WEIDENBACH, PLLC

LINDSEY J. WEIDENBACH, The WSBA No. 43523 305 Aplets Way Cashmere, WA 98815 **OFFICE**

Ms. Kim Morrison, Clerk Chelan County Superior Court 350 Orondo Avenue, Suite 501 Wenatchee, WA 98801-2885 Published in The Cashmere Valley Lake Chelan Mirror on June 10,17,and 24, 2020. #222

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON County Family and Juvenile GERALD R. MORO, a widowed Avenue, person, individually and as probate proceedings

(253) 798-8800 at the time THE HEIRS AND DEVISEES indicated and use access code OF DOROTHY P. WEAVER. deceased; and ALL OTHER

OR **PARTIES** HEARING. THE UNKNOWN, claiming any right, HEARING WILL DETERMINE title, estate, lien or interest in the IF YOUR PARENTAL RIGHTS real estate described in the com-ARE plaint herein,

> NO. 2020.0057*0001 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 10, and 17, 2020. 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 Washington will be rendered against you passed the following ordinances according to the demand of the and resolution. A summary of complaint, which has been filed

of the City of Leavenworth, WA, to quiet title may be maintained adopting amendments to the by any person in the actual pos-Leavenworth Municipal Code session of real property against regarding design review require- the unknown heirs of a person ments, amending chapter 14.08 known to be dead, or against old world Bavarian alpine theme any person where it is not known and chapter 2.38 Design Review whether such person is dead or not, and against the unknown Ordinance 1610: An ordinance heirs of such person, and if it of the City of Leavenworth, WA, shall thereafter transpire that adopting amendments to the such person was at the time of Leavenworth Municipal Code commencing such action dead regarding subdivisions, amend- the judgment or decree in such ing Chapter 17.08 short subdivi- action shall be as binding and sions, chapter 17.12 major sub-conclusive on the heirs of such divisions, and section 21.90.030 person as though they had been known and named. DATED this 2nd day of June,

> JEFFERS, DANIELSON, SONN & AYLWARD, P.S. WSBA # 44285 MATTHEW S. HITCHCOCK. WSBA #51492 Attorneys for Plaintiff PO Box 1688

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

Wenatchee, WA 98807-1688

(509) 662-3685 (509) 662-2452

SUPERIOR COURT OF WASHINGTON FOR **CHELAN COUNTY**

MELISSE FRANKLIN, Deceased. 20-4-00131-04 No.:

PROBATE NOTICE **CREDITORS** RCW 11.40.030

representative personal been below has named appointed as personal representative of this estate. CHELAN COUNTY CLERK'S Any person having a claim decedent against the 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 Record, Leavenworth Echo, and 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 were Personal Representative for the commenced. The claim must be presented within the latter of: 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

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



Need to promote your event? Have you thought about NCWMarket.com

the best online promotion available



for your Furry friend?

Try the pet section on **NCWMarket.com**



Glucosamine for arthritis

In the Matter of the Estate of: Keith, an 86-year old retired basketball coach, and PE teacher, limped down our clinic hallway last week to see me. "Getting older sure isn't for sissies," he answered as I asked him how things were going for him.

"I had my left knee replaced five years ago, and now my right knee is going the same way. It's this darn arthritis." Settling his 7-foot seven-inch frame in the exam room chair, he asked me, "Would taking glucosamine help my knee? Is it safe to take with my other medicines?'

"Glucosamine helps relieve knee joint pain in 1 out of 3 people, helping them stay more active. Keeping active is the key thing because it's the best way to combat the pain and stiffness of arthritis. Glucosamine is a very safe supplement to take, even with other medicines. If I were in your shoes, I'd definitely give it a try."

Keith has lots of company. Osteoarthritis is the most common chronic joint disease, affecting at least one out of every 10 older adults in the United States. Osteoarthritis causes cartilage to deteriorate, creating joint pain and stiffness.

As it progresses, osteoarthritis causes the bones of your knee joint to move closer together. Imaging studies measuring the spacing of bones in your knee joint illustrate how as the spaces between the bones in the joint get smaller over time, the pain and stiffness of osteoarthritis get worse.

Glucosamine is a compound produced by your body. There are three primary forms, each having a different role in supporting your health. The only type of glucosamine proven to be helpful against osteoarthritis is glucosamine sulfate.

Glucosamine sulfate has been shown to slow down the progression of osteoarthritis by keeping the spaces inside



knee joints from crowding closer together. One study compared people who took glucosamine for 1 to 3 years with a similar group that didn't. Those who took glucosamine sulfate were 60% less likely to need a total knee replacement due to osteoarthritis than those not taking it.

Although glucosamine sulfate can slow down the progression of osteoarthritis, it can't stop it completely. It's best for mild to moderate arthritis pain and stiffness, and less effective in people who are older or are overweight. Glucosamine sulfate

works better on knee joints than your hip joints, wrists, or your back. Unlike other types of pain medicine, glucosamine sulfate takes about 4 to 8 weeks to take full effect and is most effective when taken daily. Tylenol® (acetaminophen) also helps arthritis pain and stiffness and can be safely taken daily along with glucosamine. For flare-ups, Aleve® (naproxen) or Motrin-IB (ibuprofen) are more useful but can cause bleeding or kidney problems.

The most effective dose of glucosamine sulfate seems to be 1500 mg a day, which can either be taken all at once or divided into two or three doses. Taking glucosamine sulfate is as effective as taking six tablets of Extra-Strength Tylenol® every day. It can also be combined with other pain medicines for even more relief, like Tylenol® and antiinflammatory medications like Aleve® (naproxen) or Motrin-IB (ibuprofen).

Here Are 5 Tips on Taking Glucosamine Successfully: 1. Take the "right stuff." Avoid glucosamine hydrochloride, and take glu-

cosamine sulfate. For best results, take a total of 500mg-1500mg per day in 2 or 3 divided doses.

2. Be patient.

Allow 4 to 8 weeks for the full effect of glucosamine to take effect before giving up on it.

3. Use the powder formulation, not the tablets.

Crystalline glucosamine in a capsule or dissolved in water is more consistently effective than the tablet forms. The brand with the most favorable results is DONA crystalline powder. My patients have also reported dramatic results with VERY reasonably priced glucosamine crystalline powder from the company Bio-Alternatives, available online at www.bio-alternatives.net, or by calling 1-866-882-0213.

4. You can take glucosamine even if you are allergic to shellfish.

If you have a shellfish allergy, you can still take glucosamine safely. Shellfish allergies are to the meat, not to the shell, and glucosamine is processed from the shell.

5. If you take the blood thinner warfarin, tell your doctor.

If you take Coumadin® or warfarin, glucosamine can increase your level of blood thinner. I have used glucosamine sulfate in my patients taking warfarin for decades, with excellent results. I recommend starting glucosamine two weeks before their next blood test is scheduled. Depending on the outcome of the blood test, I adjust their dose of warfarin as needed.

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

THE WASHINGTON OUTDOORS REPORT

Oh Shad!

By John Kruse, The Washington Outdoor Report

Not to be confused with an oft-uttered curse phrase, "Oh shad! "is something you may hear an angler say repeatedly as they hook into these fish in quick fashion this

month in the Columbia River Gorge. The American shad isn't native to the Pacific Northwest. It is an Atlantic Ocean fish that spawns in several rivers along the east coast and was an important food fish for Americans in the 18th and 19th centuries. In 1871 Seth Green, a fish culturist, transported eight cans of shad fry to Sacramento, California by rail. More than 2/3 of the fish survived the seven-day trip and they were put into the Sacramento River. The stocking took and the Sacramento still hosts a healthy run of American Shad to this day. The shad, which are an ocean-going fish, also began spawning in Oregon's Umpqua River and in the Columbia River, where the strongest run of these fish return every year from mid-May through early-July.

The shad is a member of the herring family. On the Columbia River they commonly weigh between 1 and 4 pounds. They are scrappy fighters and fun for both adults and kids alike to catch from boats or from shore.

In the last few years jumbo runs of these prolific fish have returned to the Columbia River. Last year, over 7.5 million shad returned, a new record. This year's run looks to be healthy, if not record breaking. As of June 9th, over a million shad had passed over Bonneville Dam.

Fishing for shad is a simple affair. The main places to target them are on either side of the Columbia River below Bonneville Dam (very crowded) or the John Day Dam (less so).

Start off with a medium action rod between 6 ½ to 8 ½ feet long. A spinning reel with 12-pound monofilament is a good bet, not because the fish will break you off, but because the shoreline is rocky and your line will become damaged on the sharp edges. The lures to use are very simple. A shad dart is a uniquely shaped jig head that usually sits on a bare hook. Common colors to use are Chartreuse/Green, Green/White, Red/White or Chartreuse/ Orange. Shad Killers, which look like crappie jigs and are made in Hermiston, Oregon also work very well. The size of jigs you'll want to use range from 1/8 to 1/16th or even 1/32 of an ounce.

Tie on the jig and a three-foot leader to a swivel. Above the swivel you'll want a sliding swivel with a ½ to ¾ ounce weight. Simply cast slightly upstream, reel slowly, making sure your weight and dart stay above bottom. As the line quarters to-



Courtesy J. Kruse **Brent Cyphers from The Dalles caught** several shad in the space of a few

minutes fishing below John Day Dam earlier this month. wards you reel in rapidly to make sure you don't get hung up. If you are fishing from

a boat plunking a weight on the bottom and fishing a small DickNite spoon can work wonders. It's not uncommon to catch one to three

dozen shad on a good day, especially when the dam counts show over 10,000 fish a day crossing over Bonneville Dam. As for what to do with them? There are three schools of thought here. A lot of anglers will keep them for stur-

geon or crab bait. These oily fish work very well for both. Some anglers will eat them. Fried shad roe is considered a delicacy by some and baked shad or pressure cooked and canned shad is an option as well. I wouldn't recommend smoking them though. I ruined a Luhr Jensen smoker a few years ago when I tried to cook them this way. The smoker pan and everything inside was coated with shad oil and I was never able to remove the smell or awful taste that resulted from that experiment.

The third option? Just catch and release them. They really are a lot of fun to go after and for kids who have never caught anything bigger than trout or panfish, the sporty fight offered by a three to four-pound shad is one they'll remember for a long time.

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



PHOTO SUBMITTED BY RUSTY FINCH

The Fair Board is still trying to work out an opportunity for the young people to show their animals like they did last year.

Chelan County Fair Cancelled for 2020

It is with heavy heart that we announce the Chelan County Fair will be postponed for the 2020 year. The Fair Board, fair staff and the Chelan County Commissioners have worked very hard to try and make this year's fair work. All possible avenues or changes were explored but none could meet the requirements outlined in the Washington's "Safe Start" reopening plan. With Chelan County only just now getting into a 1.5 phase it became obvious that our

County may not even move to Phase 4 until after our Fair. We want you to know that this decision was a very difficult one to make and wasn't taken lightly.

We put quite a bit of planning into this year's Fair and had some great entertainment lined up that we know everyone would have enjoyed. Unfortunately, a major percentage of our volunteers are over the age of 65, and there was no way we could manage the crowds expected and still adhere to the social distancing rules.

The Fair board and Livestock Committee are still working to hopefully plan some type of showing and Judging for youth who have purchased animals. At the very least we will have some form of livestock sale. We want to do something to help these kids get their livestock projects completed and the animals sold.

Details of the potential showing and auction will be sent out through our Facebook page and website once the plan is finalized.

We owe it to our visitors

and fair family to give you the very best fair that we can and in the safest environment possible. Unfortunately this is the right decision to make, no matter how hard it is. We hope you take this time to find ways to get involved in agriculture and exhibits, to showcase your skills at our 2021 Fair. You could learn to grow vegetables. can peaches, make a quilt, or craft new artwork. We want to see all of your exhibits displayed next year at the Chelan County Fair. We will miss you all, until we are together again, because we are "Better Together".

Washington State Department of Commerce announces new childcare initiatives

OLYMPIA, Wash.

The Washington State Department of Commerce is now accepting applications for the first round of a new competitive Child Care Partnership grant program. Funding will support grants up to \$100.000 each for collaborative efforts that expand childcare capacity in communities throughout the state.

More than 1,100 childcare centers have temporarily closed since March due to the coronavirus pandemic, bringing an existing crisis of scarcity to a head. Disparities in access to childcare are

even more pronounced and damaging in economically disadvantaged communities and communities of color.

"We cannot allow a learning gap to persist in Washington state - the long-term costs in human potential for our kids, our communities and our economy are staggering," said Commerce Director Lisa Brown.

Even before COVID-19 and the ensuing financial crisis, many working parents in Washington were either paying more than they could afford, or struggling to even find quality childcare

facilities and programs near where they live or work. State funds for the new Childcare Partnership grants will invest in local collaborations to develop community-driven action plans to increase capacity access to child care.

"This is a broad, complex societal challenge that demands strong partnerships among local government and tribal leaders, school systems, employers, philanthropies and others to develop and implement programs and projects that will strengthen communities

families," Brown emphasized.

Who and how to apply

Organizations eligible to apply for grants up to \$100,000 are: nonprofit organizations having a 501(c) (3) status; local government entities, educational service districts, and federally recognized tribes. Awards will be up to \$100,000. This is the first of two application cycles and projects must be completed by June 30, 2021. A second application round is expected to open midAugust. Only electronic submissions of application form and required documents (details below) will be accepted and via a single email to the application coordinator at mary.baldwin@commerce. wa.gov by 5 p.m. PDT July 10, 2020. Application materials available through are the Washington State Department of Commerce. For questions and more information, contact Mary Baldwin, program coordinator, Community Engagement and Outreach Division, at 360-725-2815 or mary.baldwin@commerce. wa.gov.

Commerce's with the state Child Care Collaborative Task Force revealed the need to fund local planning processes to support increased capacity in childcare and afterschool programs, and to address disparities and unmet needs for children. A detailed childcare industry assessment study commissioned by the task force, due out in July, will provide additional data and survey information for the state and prospective communitybased partnerships.

The World of Animal Skulls and Bones

SUBMITTED BY RACHEL **BISHOP**

Leavenworth- Spend one evening with naturalist, educator, facilitator, and photographer Marcus from Reynerson, Wilderness Awareness School, as we explore the fascinating world of the skulls and bones of some of our local species. Thurs., June 18, 7:00 p.m. PST via Zoom, from your own home.

All animals engage with the world through their sensory perception via the skull. Through studying the evolutionary history that is evident in the structures of skulls, we can get a rich glimpse into the lives

We are here to serve families in

Leavenworth, Peshastin, Plain

and the entire Upper Valley.

of animals. What are its dominant senses? What is its primary diet? How is this animal adapted to live in particular environments? How do you identify an animal based on its skull? These are some of the questions we will work through in this class.

Marcus is a wildlife and skull expert. He has worked in wilderness education, leadership, outdoor conservation for numerous organizations and communities across North America and Europe. He is engaged in telling stories that bring to light and life, the complexity of humans living in the 21st century. Marcus currently

lives in the Snoqualmie Valley in Washington State, just east of Seattle. He is the Lead Instructor for an internationally

renowned environmental



leadership immersion program for adults at the Wilderness Awareness School in Duvall, WA. He is also an evaluator with Cybertracker Conservation, an organization dedicated

certification in the art and science of wildlife tracking. "Even though we cannot meet in person, this class

assessment and

is sure to provide you with new information and answer everything you have ever wanted to know about skulls and bones," explains Rachel Bishop, Programs Community Manager at Wenatchee River Institute. This class is family and individual

Class cost is \$15 for WRI members and \$20 nonmembers. This class will be offered through Zoom. After registering the link for the workshop will be sent to your email. Limited space so please, register

Questions? Contact Rachel Bishop, (509)548-0181 x5 or rbishop@ wenatcheeriverinstitute.

Event Link: https:// wenatcheeriverinstitute. org/event-calendar.html/ event/2020/06/18/theworld-of-animal-skullsbones/291215

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



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 **GRACE LUTHERAN CHURCH**

LOCALLY OWNED

Funeral Home

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CASHMERE

302 9th St., Wenatchee • 662-2119 or 662-1561

jonesjonesbetts.com

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

> 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



Pastor Lilia Felicitas - Malana

Underground High School Group,

High School Director, Steffanie Haney

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

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



Vine & Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl St. James Episcopal Church 222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. 5th Sunday Morning Prayer 9 a.m. Deacon Carol Forhan - 670-1723 Vicar Rob Gohl - Cell - 860-0736

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

DRYDEN

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

MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616

Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

LEAVENWORTH

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





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

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM

Website: www.leavenworthbaptist.com info@leavenworthbaptist.com

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

www.faithleavenworth.org



SPIRIT LIFE CENTER 210 Benton Street • 548-7138

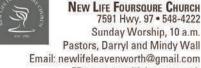
Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza

MONITOR

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

PESHASTIN

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



FB page: newlifeleavenworth www.newlifeleavenworth.com

