

CASHMERE VALLEY RECORD

CELEBRATING 113 YEARS • 1907-2020

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**Dr. Louise on Stomach
Medicine — See page 4**

Many hands bring 22,500 masks to Cascade Medical

SUBMITTED BY RACHEL HANSEN
Cascade Medical Media

LEAVENWORTH—Pilot Clarke Manning soared over the Cascade Range on May 1 with precious cargo – 22,500 simple procedure masks headed for Cascade Medical in Leavenworth. A 20-year Air Force veteran, Manning was one of about 15 pilots from Boeing Employees Flying Association who volunteered to fly over a million masks from China to healthcare facilities statewide.

As the threat of novel coronavirus loomed, Cascade Medical staff tried to stock up on protective gear in the midst of a nationwide supply shortage. The critical access hospital needed procedure masks most, as best practices recommend that facilities mask both patients and care providers. Procedure masks help limit the virus's spread by catching respiratory droplets from coughs, sneezes and spit.

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

Washington State Hospital Association (WSHA) heard similar struggles statewide, from urban medical systems to rural hospitals. The organization took an unprecedented step. It purchased over 1 million masks from Dingyi North America and Bartell Drug, then sold the masks at-cost to hospitals, long-term care facilities and organizations serving individuals experiencing homelessness.

"WSHA has never imported

or distributed supplies to its members or other organizations, and we had no idea how to do it, but we made it happen nonetheless," WSHA CEO Cassie Sauer said. Kaiser Permanente donated warehouse space in Renton. Boeing Employees Flying Association volunteered pilots to distribute the equipment to medical facilities statewide.

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

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

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

Manning flew back over the mountains at a higher altitude as afternoon winds caused turbulence below. For Manning, the mission was personal. His father and brother are doctors and his sisters are nurses. His brother recently lost a close friend to COVID-19. She worked as a nurse in the Reno area.

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



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



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

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

By BILL FORHAN

Three lawsuits have been filed against Governor Inslee's order to expand the shutdown of the economy until June 1. The three lawsuits have all been filed by the Ard Law Group of Bainbridge Island. The first lawsuit is filed on the basis that Everyone is

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

The Everyone is Essential lawsuits claim that the Governor's decision to extend the lockdown for another 30 days is unjustified in light of the things we have

learned about the virus since the threat began.

Originally, the shutdown was required because of concerns that the hospitals and health care system would be overwhelmed as a result of the exploding virus. The lawsuit makes the case that the original basis for the shutdown is no longer true. Extensive efforts to

boost the medical support systems proved to be unnecessary.

The field hospital set up at Century Link Field proved to be unneeded and was shut down. Excess supplies of ventilators were ultimately shipped to help other states that needed them more.

Testing has shown that far more

people have been infected than initially projected. Most of those infected showed no symptoms and did not require hospitalization.

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

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Gleaning in The Upper Valley

SUBMITTED BY BLAKELY BROWN

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

arise; sweet cherries, bright red tomatoes, cold watermelon, and crisp apples. We love to walk into our local grocer or swing through the farmer's market to see the bright and colorful displays of fresh produce straight from the farm.



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

Yet these beautiful fruits and veggies are only part of the story. Rewind to the farm they came from. You'll realize that that perfect apple had a much better outcome than the rest, which may not have been pretty enough to hit the shelves, or were unable to be picked in time to make it through sorting and to the store.

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

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

Community Harvest gleaning program, a program of Upper Valley MEND, operates seasonally to bring fresh produce into the Community Cupboard and dozens more local food banks throughout the Wenatchee Valley. More than

100 volunteers harvest around 40,000 pounds of food annually from 50 local farms. In monetary terms, the amount of produce saved frequently exceeds \$80,000. Additionally, Community Harvest supports local farmers through a grant called Farm to Food Pantry, which allows food banks to purchase fresh produce directly from local farms. This allows for us to have a wider variety of produce than what might be available to be gleaned.

Once June rolls around, Community Harvest goes into full-fledged gleaning mode. We go from farm to farm to gather produce that would otherwise never make it into the hands of

those that need it. In light of the current atmosphere, the program may be needed more than ever.

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

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

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



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

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

THIS WEEK

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\$100

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Cashmere, WA 98815
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Frustration growing

CONTINUED FROM PAGE 1

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

The lawsuit makes the point that the Washington Department of Health has refused to disclose to the public the most relevant data: the percentage of the state's deaths from nursing

home and long term care populations; what percentage have had other serious co-morbidities; what was the detailed age breakdown.

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

any activity. . . But the facts, and the science, are clear: when the entirety of public knowledge is examined, there is no public disorder or threat to public order in the State of Washington. The governor's claim to the contrary is demonstrably false."

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

The suit makes the case that shutting down the schools for the rest of the school year is unjustified. There have been no deaths in Washington State for anyone under the age of 20. The Governor has exceeded his authority under the emergency powers act.

It also makes the case that in addition to restrictions on the civil liberties guaranteed under the Constitution, shutting down the schools is a violation of our state constitution's declaration of the "paramount duty of the state to make ample provision for the education of all children residing

within its borders."

Over the weekend, there was growing evidence that the general public is losing patience with the shutdowns. In Washington state, rallies in Olympia and Bellingham drew thousands calling for ending the shutdown.

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

In that letter Burnett states, "I believe it is critical for all of our citizens that we expedite the four-phase plan for Chelan County in order to save personal businesses and livelihoods in North Central Washington. As Confluence Health and others health districts around our region have made massive adjustments to our regional health facilities in order to prepare for what was predicted to be a much greater impact and spread of an infectious disease, those numbers just haven't been produced in Chelan County or our region. As I write this letter, there are only 2 COVID-19 positive patients hospitalized within Confluence Hospital in Wenatchee, which is a regional facility, providing services for Chelan, Douglas, Grant and at times Okanogan and Kittitas Counties."

Candidate filing deadline is Friday, May 15

SUBMITTED BY WASHINGTON SECRETARY OF STATE

OLYMPIA — The Office of the Secretary of State is encouraging prospective candidates for federal, statewide, and multi-county legislative or judicial offices to file online during Candidate Filing Week May 11-15. The secure web portal will be open 24 hours a day beginning at 9 a.m. May 11 through 4 p.m. May 15.

Candidates are encouraged to submit their voters' pamphlet statement and photo online once their filing is completed.

Citizens considering a run for state public office can download a candidate guide, read answers to frequently asked questions, and more on the Resources for Candidates page on the Secretary of State's website.

Additional questions about filing may be directed to the Office of the Secretary of State Elections Division by calling (360) 902-4180 or toll free (800) 448-4881. Assistance is available Monday-Friday, 8 a.m. to 5 p.m.

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

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



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DEADLINE FOR INFORMATION & PHOTOS IS May 22nd 2020!

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Note: That late forms may not be included.

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

PARENT(S)/GUARDIAN(S): _____

ACTIVITIES: _____

MEMORABLE MOMENT: _____

PLANS: _____

Information will be published in the Cashmere Valley Record.

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MAKING CLOTH MASKS AND GOWNS CAN YOU SEW?

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



For information on making a mask, visit cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/dry-cloth-face-coverings/html

How to Donate

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

Stay safe out there!

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



Questions?

Contact us: communications@cdhd.wa.gov

CASHMERE VALLEY RECORD
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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.

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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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Go to: www.NCWMARKET.COM • 24/7
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 For more information on any of these items. 509-548-5286
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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.

Cashmere

Memorial Day

The celebration normally held at the Cashmere cemetery has been cancelled for the year 2020. This yearly event produced by Cashmere Legion Post # 64 must be cancelled due to the COVID-19 pandemic. (r20)

Regional

Chelan County Moderate Risk Waste Facility

Re-opened, Thursday, May 7, to the public. Located at 3612 Highway 97A, the facility's regular hours are 9 a.m. to 3 p.m.

Thursday through Saturday. It is open to only Chelan County residents.

A list of acceptable household hazardous wastes taken at the facility are online at: www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes

Cascadia Conservation District Special Board Meeting

This meeting will be a call-in only meeting, held on Friday, May 22, at 1:30 p.m. More information and instructions will be available on our web site at cascadiaed.org or by calling the District, 436-1601 (er20)

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 Cottlets 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.

SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth
Currently the Leavenworth Senior Center is closed due to the COVID 19 Virus. The meals on this menu will still be available at the Leavenworth Senior Center, for take-out and home delivery meals. For meal pick up and information call the Kitchen Staff at the Senior Center between 9 a.m. and 1 p.m. weekdays at (509)548-6666 or email Leavenworthseniors@gmail.com.

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

CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

May 1
 08:45 **Weapons violation**, 101 Pioneer Ave, Vale Elementary School
 11:26 **Public assist**, 56 Lilac Ln.
 14:57 **Public assist**, 8111 N. Dryden Rd., Dryden
 16:45 **Public assist**, 8703 Alice Ave., Dryden

May 2
 02:02 **Traffic offense**, Main St. & Fairview Canyon
 16:33 **Theft**, 7185 Estes Canyon Rd., Dryden
 21:05 **Domestic disturbance**, 225 Independence Way

May 3
 02:40 **Psp**, 8703 Alice Ave., Dryden
 09:06 **Agency assist**, 5683 E. Cashmere Rd.
 12:03 **Accident, no injuries**, 301 Sunset Hwy., Crunch Pak
 15:51 **Public assist**, 7420 Nahahum Canyon Rd.
 16:06 **Public assist**, 8703 Alice Ave., #2, Dryden
 16:58 **Civil**, 6251 Kimber Rd., #27
 19:20 **Burglary**, 9810 Nahahum Canyon Rd. 22:09 **DUI**, US Hwy. 2 & Goodwin Rd.

May 4

No Report

May 5

09:48 **Court order violation**, 102 Fasken Dr.
 14:01 **Welfare check**, 229 Cottage Ave.
 16:15 **Agency assist**, 6125 Hay Canyon Rd., #19

May 6

10:04 **Public assist**, Cottage Ave. Bridge
 10:29 **Accident, no injuries**, 6800 Blk., Stine Hill Rd.
 10:41 **Public assist**, Railroad Ave.

May 7

11:29 **Drugs**, 407 Pioneer Ave.
 12:40 **Juvenile problem**, 9900 Blk., Nahahum Canyon Rd.
 12:45 **Civil**, 5711 Sunset Hwy.
 12:56 **Noise**, 7680 Stine Hill Rd., Dryden
 15:44 **Injury accident**, 702 Pioneer Ave.

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 CALL YOUR AD EXECUTIVE TODAY FOR DETAILS
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JOE BROWN
J.C. BROWN LAW OFFICE
 200 APLETS WAY, CASHMERE
 782-1111
 BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

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 St.
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Information number for Alanon: 509-548-7939
Alanon Meeting Schedule
Monday, 7 p.m., United Methodist Church, 418 Evans St.
Celebrate Recovery
 Friday, dinner, 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene. 111 Ski Hill Drive, Leavenworth.
 Please contact us for questions: Dave and Nancy Bartholomew, 509-596-1510.

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How to Successfully stop taking Stomach Medicine

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

Every time you eat or drink, your body responds by releasing digestive juices into your stomach and small intestine. Your body sends gastric acid into your stomach using a type of specialized cells called proton pumps. Some medicines decrease stomach acid by interfering with this process and are called proton pump inhibitors, or PPIs.

PPIs like Prilosec® (omeprazole) and its close relatives Protonix® (pantoprazole), Prevacid® (lansoprazole), and Nexium® (esomeprazole) are the most potent medicines doctors have available to decrease stomach acid. Doctors PPIs to relieve chest pain caused

by acid reflux and to prevent and heal stomach ulcers.

Twenty years ago, I forgot to take the last capsule of my antibiotic doxycycline. Jumping out of bed, I quickly swallowed the pill with half of a glass of water, but it got stuck partway down. Instead of dissolving in my stomach, it burned a hole in the lining of my esophagus, causing eye-watering pain whenever I ate or drank. My doctor prescribed Prilosec® (omeprazole), which healed the ulcer within 6 weeks.

Although I stopped taking omeprazole after my ulcer healed, many people have continued taking PPIs for months, years, even decades. Doctors now know that having less stomach acid can eventually cause problems. People who take PPI medicines can become deficient in vitamin B12, iron, calcium, and magnesium because stomach acid helps us absorb these nutrients.

Long term use of PPIs is associated with increased bone fractures in men and women, most likely from a decreased ability to absorb calcium from food.

Having an adequate amount of stomach acid is one of your most important defenses against infections. People who have been taking a PPI medicine for years seem to be more susceptible to certain types of infection, like pneumonia and antibiotic-associated diarrhea.

If your heartburn comes back when stopping your PPI medicine, you are not alone. Between 60-90% of people who take a PPI regularly for at least 3 months will notice stomach burning if they abruptly stop it. Don't despair; if your doctor has no concerns, you may be able to get off the PPI by tapering the dose down over several months.

6 Tips on Successfully Stopping a Proton

Pump Inhibitor (PPI):
1. **Taper it, don't quit it.**

Stopping a PPI medicine abruptly can trigger rebound acidity in your stomach and heartburn, leading you to believe you can't do without it.

2. **Taper the dose down as slowly as possible.**

Reducing the PPI dose instead of stopping it gives your body a chance to adjust. If you take it twice a day, try taking it once a day. If you take your PPI once daily, try taking 1/2 of the dose.

3. **Don't give up.**
If decreasing the PPI dose triggers heartburn, don't despair. Go back to your usual dose for a week, then take half your dose every evening while continuing to take your full dose every morning. If this works, stay on it for at least 1-2 weeks before you lower the dose again.

4. **Consider a super-slow taper.**

Here's my favorite tapering regimen: Lower the dose on

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

5. **Add a different type of acid blocker.**

Some medicines relieve heartburn by blocking the effects of stomach acid instead of interfering with its release. The acid blockers Zantac® (ranitidine), Pepcid® (famotidine), Axid® (nizatidine), and Tagamet® (cimetidine) can be added to a PPI to control severe heartburn. Adding an acid blocker every evening or a liquid or chewable antacid when needed for heartburn can help you taper completely off your PPI. Zantac® and its generic,



ranitidine, are currently unavailable because contaminants were found in tablets supplied by several different manufacturers.

6. **Don't get discouraged.**

It can take up to 9 months to completely taper off of a PPI or find the lowest dose you can tolerate. My husband takes one Prilosec® every other day to control his heartburn.

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

SPRING REFRESHING

Spring is in the air . . . do you smell it? Feel it? See it? Well, just in case you haven't noticed, the spring bulbs are poking up little green shoots, trees boast promising buds, and a few courageous bulbs and trees have already popped out blooms. I'm reminded of Psalm 1:3, which promises that the person who meditates on (read and thinks about) God's Word will be "like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper."

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

With that in mind, when you are busy in the garden, cleaning out last year's brittle roots and dried up beauty bark and planting new seeds and flowers, take heart. If you are feeling like a dried up stick, here is a sure antidote: Start reading the Bible and thinking about what you read. I challenge you to start with Psalm 1. Read through it several



JOYCE WILLIAMS
Pastor of Congregational Care

times. Make a list of what the blessed man does/does not do and what the end of those who disregard wise counsel will be. Then consider how your life measures up. The first few verses talk about who you listen to regarding how to live your life. If the true measure of a person is the fruit

of their life (Matthew 7:20), then ask yourself if those you listen to exhibit the kind of character you want in your life; i.e. are those in my closest circle critical or disrespectful toward their children, spouses, teachers, public servants, pastors, authorities? Or are they patient, generous, peaceful, encouraging, and filled with hope?

Keep a journal or notebook as you read through each psalm and apply its wisdom to your life. I guarantee you, on God's Word, if you read and think about the verses you read each day and then apply their wisdom to the choices and decisions you make, you will feel softened and refreshed—just like the soil after a sweet spring rain. And you will poke up little green shoots, boast some promising buds, and even burst with blooms. See, the hills are turning green. Come on...it's time for spring in your life.

LETTERS TO THE EDITOR

I watched "A Face In The Crowd" today, for the 8th or 9th time. At the end, Walter Matthau tells Patricia Neal, "Don't blame yourself, you were taken in, just like we all were." Anyone who doesn't see the correlation between Andy Griffith's character, and the "Draft Dodger In Chief", Donnie Trump,

either doesn't want to or is not capable of independent thought! Now his own party is trying to get him to let the scientist give the Covid-19 report. Good luck with that! He is not capable of change. His Covid-19 daily report usually ends up with the President throwing a temper tantrum and

walking away. "I'm the President, and you are Fake News", he says and ends the briefing. Now that's what I call Presidential. The only thing he hasn't done is stick out his tongue, giving the old raspberry! If he gets a second term, I'm sure he will. A short pause for the daily Covid briefing, which he said he wouldn't do and then, of course, flip flopped and decided to grace us with

his presence. Pretty much the same old, same old. A parade of people telling Mr. Trump how great he is, followed by the head cheerleader himself, Mr. Pence. Later, after "fact-checking", the President will say he was joking. He should leave sarcasm to the "Daily Show" or Steven Colbert.

Love & Peace,
Charlie Olinghouse
Cashmere

National Hospital Week - time to say "Thank You"

By JOSETTE LUMBRUNO

American Hospital Association™ Where Health Comes First

In observance of National Hospital Week, we would like to offer our gratitude to all who support our hospitals through their dedication and compassion to helping those in need of medical attention. It is not an easy job. Whether you are responsible for admitting a patient, caring for a patient, or taking part in the safety and security of the hospital, we recognize how important everyone's role is, acknowledged in this quote from 93 years ago:

"The American hospital, whether it be the great urban institution or its humble rural prototype, is constantly making large contributions to that most valuable of all conservations, the saving of human life. Moreover, it is continually accelerating our progress in the field of preventive

medicine through medical research; it is giving us ever advancing ideals in humanitarian effort; and it provides us with an institution through which the spirit of community service finds one of its most inspiring expressions."

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

National Hospital Week 2020 highlights the adage of every hospital, health system and person involved in keeping our communities healthy – that health comes first. Now more than ever, this important week gives us all the opportunity to highlight our hospitals, health systems and health care workers and the

innovative ways they are supporting the needs of their community members during this pandemic.

With that in mind, this year's celebration of hospitals, health systems

and health care workers is taking the form of A "Week of Thanks" at www.aha.org where people can participate from the safety and comfort of their homes.



Everyone can use a little encouragement, especially during these challenging times. Sometimes it just takes a kind word or gesture to let people know that they don't have to muddle through it alone. Let's give health care workers an inspirational, energy-boosting message on Wednesday, May 13 to celebrate National Hospital Week. Share your messages of wisdom and resilience on your social media pages using #WednesdayWisdom and #HospitalWeek. Tag the hospitals and health care workers you want to recognize and honor.

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

Please call or email your church listed below if you need more information.

May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.



UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 782-2869
Sunday School 10:00 a.m. - Worship 11 a.m.
Bible Study, Wed., 7 p.m.
Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church

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

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

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



GRACE LUTHERAN CHURCH

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

ST. JAMES EPISCOPAL CHURCH

222 Cottage Ave. • 782-1590
Holy Eucharist 9 a.m.
5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

EVERGREEN BAPTIST CHURCH

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

DRYDEN

DRYDEN COMMUNITY CHURCH

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

MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. • 782-2616
Worship Service, 10 a.m., Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.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



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

CORNERSTONE BIBLE CHURCH

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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

FAITH LUTHERAN CHURCH - ELCA

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

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

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

LEAVENWORTH CHURCH OF THE NAZARENE

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



SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 548-4345
Saturday Services
Bible Study 9:30 a.m. • Worship 11 a.m.
Fred Smith • 860-3997

SPIRIT LIFE CENTER

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

MONITOR



MONITOR UNITED METHODIST CHURCH

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD

School and Lake St. • 548-7523
Sunday Worship Service 10:30 a.m.
Bible Adventures for kids at 10 a.m. sharp
Pastor Jorge Torres

NEW LIFE FOURSQUARE CHURCH

7591 Hwy. 97 • 548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth
www.newlifeleavenworth.com



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509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

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

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FOR RENT



Lake Chelan's newest Marina: Sunset Marina. 40 foot slip. Power, water, waste dump. Parking with coded gate for security. Clubhouse. \$550 month. Slip B10. 808-298-1031.

WANTED TO RENT

Wanted to rent: in Leavenworth or Cashmere one bedroom apartment, must be able to accept Section 8 Choice. Call Mrs. Robinson for availability. 206-960-1950.

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***HAPPY BIRTHDAY**
***CONGRATULATIONS!**
***WILL YOU MARRY ME!**
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***Happy Anniversary**

Only \$15 for 30 days
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HELP WANTED

Wapato Point Management Company (WPMC), at Wapato Point Resort, is seeking a full-time Maintenance Manager. This position is responsible for the maintenance and appearance of the interior and exterior of facilities at Wapato Point Resort. Supervise 10-15 employees, administration of department budget and work closely with all other departments. The Maintenance Manager position requires the ability to communicate effectively, with courtesy and respect toward all individuals. Wapato Point Resort is in Manson, Washington on 116 acres of Lake Chelan shoreline. The resort includes 241 timeshare units served by nine homeowner associations, 85 private homes and 21 full-share condominiums. WPMC has managed the resort for over 40 years and takes great pride in the service and support we provide the resort community. The Maintenance Manager is a full-time, exempt position. Benefits include vacation and paid time off accrual, fully paid medical, dental, vision and life insurance, paid holidays, cell phone allowance and 401(k) retirement plan. Salary is negotiable and depends on experience. \$45,000 - \$60,000. Education and Experience: • High school diploma or GED or any combination of education, training and experience that demonstrates the ability to perform the duties of the job. • Excellent customer service skills. • 3-5 years supervisory experience required. • Excellent communication skills both orally and in writing. • Knowledge and experience of appliance, plumbing, electrical, carpentry and mechanical repair. • Knowledge of swimming pool maintenance operations. Experience preferred. • Competent computer skills including MS Office - Word, Excel, Outlook, and the ability to quickly learn internal software programs. Please respond with a cover letter, employment application, and resume if desired. Applications are available at <https://wapatopoint.com/employment/>. Applications can be sent to Susan Stephens, Human Resources Specialist at susan@wapatopoint.com or to Wapato Point Management Company, Attention Susan Stephens, PO Box 426, Manson, WA 98831. Wapato Point Management Company is an equal opportunity employer.

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/Cashmere**
Deadline Tuesday at noon for the paper **Quad City Herald**

FURNITURE

We have excess office furniture available. Most of this is in good condition. Some may require minor repairs. There are 3 desks, a conference table, tall bookshelf, a small refrigerator, a large counter with shelves and a credenza for \$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.

If interested, call: 509-548-5286 or 509-670-1837.

WHAT'S HAPPENING

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Deadline Tuesday at noon **Quad City Herald**

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

GENERAL MERCHANDISE

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

Fundraiser for The Royal Ladies of the Autumn Leaves. **Special Leavenworth Cards**
With sayings like Happy Birthday, or I Miss You---- Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Only \$1.50
Pick up one or more Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

PUBLIC NOTICES

NOTICE OF DISSOLUTION OF MIKE DULL HOMES, INC. RCW 23B.14.030

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

PUBLIC NOTICES

CITY OF LEAVENWORTH NOTICE - NEW PERMIT PORTAL

This week the new City of Leavenworth Permit Portal was activated. This system provides easy access to permits for construction activities, land uses (such as conditional use permits and variances), Public Works permits and Special Use Permits. Users may search for permits using an interactive map or through an address search. The Permit Portal has all building and land use permits for the last two years. More historical information is continually being added. In addition to the ability to see what development is occurring throughout the City, the Permit Portal provides a way for developers to request inspections online. These inspections will be documented using the Portal and all corrections and notices will be available immediately to the developer.

To access the Permit Portal, visit the City's webpage and click "GIS Map/Permit Portal" under Essential Links or go to <https://bit.ly/2RMAdlw> or <https://cityofleavenworth.com/city-services/gis-map>

Residents and developers are encouraged to use the Permit Portal and provide feedback. The Permit Portal activation has been combined with new application forms which are intended to streamline the permit process. The new application forms are available online or by contacting the department. The Permit Portal will not replace existing requirements which may require mailing to surrounding property owners. Development Services' staff would be happy to answer any questions about the new Permit Portal; email Maggie Boles planner1@cityofleavenworth.com or Liith Vespier dsmmanager@cityofleavenworth.com or Liith Vespier, AICP Development Services Manager Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 2020. # 87736

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

In the Matter of the Estate of **MICHAEL D. BOHR**, Deceased. NO. 20-4-00111-04 **PROBATE NOTICE TO CREDITORS (RCW 11.40.030)**

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

DATE OF FIRST PUBLICATION: **Wednesday, May 13, 2020**
By **/s/ Ashley Bohr**
ASHLEY N. BOHR, Personal Representative
Address: 3050 Riverview Lane Malaga, WA 98828
Dated: 6th of May 2020.
Attorneys for Personal Representative: **GATENS GREEN WEIDENBACH, PLLC**
By **/s/ Lindsey J. Weidenbach**
LINDSEY J. WEIDENBACH, WSBA No. 43523
305 Aplets Way Cashmere, WA 98815

CHELAN COUNTY CLERK'S OFFICE
Ms. Kim Morrison, Clerk
Chelan County Superior Court
350 Orondo Avenue, Suite 501
Wenatchee, WA 98801-2885

Published in The Cashmere Valley Record/ Leavenworth Echo/ Lake Chelan Mirror on May 13, 20, and 27, 2020. #87737

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- You can include a map to your business
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PUBLIC NOTICES

CASCADE SCHOOL DISTRICT NO. 228 CHELAN COUNTY, WASHINGTON

NOTICE OF DESIRE TO SELL REAL PROPERTY
 NOTICE IS HEREBY GIVEN that the Board of Directors of Cascade School District No. 228, Chelan County, Washington desires to sell a parcel of surplus real property located in Leavenworth, Washington and legally described as lots 1, 2, 3, 10, 11, and 12, Block 6, Plat of Leavenworth Gardens, Chelan County, Washington and includes the former Osborn Elementary School located at 225 Central Avenue, Leavenworth, Washington
 CASCADE SCHOOL DISTRICT NO. 228 CHELAN COUNTY, WASHINGTON /s/ Tracy Beckendorf-Edou Superintendent and Secretary to the Board
 Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, and 20, 2020. #87730

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

In the Matter of the Estate of **No. 20-4-00047-04 PAMELA JEAN TITUS a/k/a**
PROBATE NOTICE TO PAMELA JEAN GANN CREDITORS
 Deceased.
 RCW 11.40.030
 The personal representatives named below has been appointed as personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 Date of first publication: April 29, 2020
 Date of Filing: February 10, 2020
 Personal Representative: Jason Gann
 Attorney for Personal Representatives: Byron J. Moore
 Address for Mailing or Service: Byron J. Moore
 Moore Law Firm, PLLC
 1114 N. Mission Street, Suite C2
 Wenatchee, WA 98801
 Attorney for Estate: /s/ Byron J. Moore
 Byron J. Moore, WSBA #43624
 Published in The Leavenworth Echo/ Cashmere Valley Record on April 29, May 6, 13, 2020. #87670

PUBLIC NOTICES

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

In the Matter of the Estate of **WILLIAM GLEN BENNETT, Deceased**
 No. 20-4-00129-04
PROBATE NOTICE TO CREDITORS
 (RCW 11.40.030)
 The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 DATE OF FIRST PUBLICATION: May 13, 2020

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

In the Matter of the Estate of **ROBERT A. ANDERSON, Deceased**
 No. 20-4-00132-04
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
 The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 DATE OF FIRST PUBLICATION: May 13, 2020

PERSONAL REPRESENTATIVE:
 Douglas R. Anderson
ATTORNEY FOR ADMINISTRATOR:
 Thomas D. Overcast
ADDRESS FOR MAILING OR SERVICE:
 Overcast Law Offices - NCW, PLLC
 Attn: Thomas D. Overcast
 23 South Wenatchee Avenue, Suite 320
 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER:
 Chelan County Superior Court, Cause No. 20-4-00132-04
Overcast Law Offices - NCW, PLLC
 By: /s/ Thomas D. Overcast
 Thomas D. Overcast, WSBA No 14486
 Attorney for Personal Representative
 Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 20, and 27, 2020. #87740

PUBLIC NOTICES

this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: May 13, 2020
PERSONAL REPRESENTATIVE:
 Viola C. Bennett
ATTORNEY FOR ADMINISTRATOR:
 Thomas D. Overcast
ADDRESS FOR MAILING OR SERVICE:
 Overcast Law Offices - NCW, PLLC
 Attn: Thomas D. Overcast
 23 South Wenatchee Avenue, Suite 320
 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER:
 Chelan County Superior Court, Cause No. 20-4-00129-04
Overcast Law Offices - NCW, PLLC
 By: /s/ Thomas D. Overcast
 Thomas D. Overcast, WSBA No 14486
 Attorney for Personal Representative
 Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 20, 27, 2020. #87721

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

In the Matter of the Estate of **LORRAINE C. MILLER, Deceased**
 No. 20-4-00130-04
PROBATE NOTICE TO CREDITORS
 (RCW 11.40.030)
 The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 DATE OF FIRST PUBLICATION: May 13, 2020

PERSONAL REPRESENTATIVE:
 Christine D. Hooyer
ATTORNEY FOR ADMINISTRATOR:
 Thomas D. Overcast
ADDRESS FOR MAILING OR SERVICE:
 Overcast Law Offices - NCW, PLLC
 Attn: Thomas D. Overcast
 23 South Wenatchee Avenue, Suite 320
 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER:
 Chelan County Superior Court, Cause No. 20-4-00130-04
Overcast Law Offices - NCW, PLLC
 By: /s/ Thomas D. Overcast
 Thomas D. Overcast, WSBA No 14486
 Attorney for Personal Representative
 Published in The Leavenworth Echo/ Cashmere Valley Record on May 13, 20, and 27, 2020. #87722

WASHINGTON OUTDOOR REPORT



Courtesy John Kruse

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

Prime time for trout

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

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

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

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



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

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

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

- Chelan County**
 Beehive Reservoir - 11,000 catchable rainbows/ 280 jumbo trout
 Lily Lake - 7,500 rainbows/100 jumbo trout
 Roses Lake - 250 jumbo rainbows
 Fish Lake - 15,000 catchable rainbows
- Douglas County**
 Jameson Lake - 5,500 catchable rainbows/280 jumbo trout
 Rock Island Ponds - 20,000 catchable trout/400 jumbo rainbows

- Grant County**
 Warden Lake - 2,350 large catchable rainbows
 Sage Lakes - 1000 rainbow trout
 Katy Lake - 250 rainbows
 Lenice & Nunnally Lakes - 5,000 rainbow trout
- Klickitat County**
 Little Klickitat River - 600 rainbow trout
 Spearfish Lake - 6,100 trout
 Horsethief Lake - 8,850 rainbows/ 152 jumbo trout
- Okanogan County**
 Spectacle Lake - 5,100 rainbow trout
- Ferry County**
 Lake Ellen - 1,000 trout
- Stevens County**
 Heritage Lake - 4,000 rainbows
 Lake Thomas - 5,000 trout
 Gillette Lake - 2,700 rain-

bows
 Lake Sherry - 1,450 trout
 Jump Off Joe Lake - 4,500 rainbows/150 jumbo trout
 Mudgett Lake - 1,000 trout
 Waitts Lake - 250 jumbo trout
 Loon Lake - 300 jumbo rainbows
 Deer Lake - 4,000 rainbows/200 jumbo trout

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

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

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

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

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

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CROSSWORD PUZZLE

THEME: ARMY AND NAVY

ACROSS

- Smoothing tool
- Broadband access overseeing org.
- Attorneys' org.
- Length times width
- *Lined up single
- Lump of stuff
- Carpet attribute
- Cut the crop
- Lingo
- *Entire ship's company
- Toothy wheel
- Gives a helping hand
- They're from mars?
- Language family, includes Turkic and Mongolian
- Indian spice mix, pl.
- Bachelor's last words
- Baby Ruth component
- One of the Earnhardts
- She goes by Lo?
- Actors' grp.
- Mister in Madrid
- Colossal
- With no effort
- American cuckoo
- Leave hastily, two words
- *Commissioned officer of the lowest rank
- *"... drink, and be merry"
- *Omaha
- Baby whale
- *It's a wall to a civilian
- Hands, to #12 Division
- Check out
- Cambodian money
- Welcoming sign
- Went down slippery slope
- *Date of Allied landing
- *Opposite of stern
- *"For... a jolly good..."
- Dried-up

DOWN

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

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