

Horses of Hope This one is for Crystal

By MATTHEW OCKINGA
Correspondent

Crystal Chevelle mounts her golden steed. Frid, a 28-year-old Norwegian Fjord, gently accepts his rider. They know each other. Atop her horse, Chevelle transforms. She raises her head. Her back straightens. A broad smile spreads across her face. She owns this arena.

Usually, Chevelle looks up at everyone else. After suffering a severe Jet Ski collision at age 17, she's been wheelchair bound. A former rodeo queen, Chevelle slips back in the saddle every Monday. For a few fleeting moments, she sits atop the world. "Miracles (happen) every day and I like to use not only miracles but magic," says Susan Wall, who has volunteered at Wenatchee's Alatheia Therapeutic Riding Center for about six years. "Nobody comes here and doesn't walk away feeling a sense of gratitude and joy. I don't know who gets more out of it, the riders, or the volunteers." The staff and volunteers of Alatheia match Chevelle's smile inside the arena. She dons a black helmet and a pink brace while grasping a makeshift steering apparatus made of PVC pipe and old tennis balls. Chevelle has been a regular Alatheia rider for half a decade and has arrived today for her weekly dose of freedom. Perched upon a postcard worthy hillside above the Lower Sunnyslope area, Alatheia is



PHOTO BY MATTHEW OCKINGA

From left, Nancy Grette, Laurie Steward, and Susan Wall assist Crystal Chevelle as she rides her horse Frid during a session at Alatheia Therapeutic Riding Center in Wenatchee.

a nonprofit organization that provides therapeutic equine care for children and adults with disabilities. Chevelle represents the many riders who have found hope and healing through the physical, emotional and mental benefits of saddling horses. "When they get on the horse, they just glow. Even if they don't improve, just seeing them out in nature and fresh air and feeling a sense of being in control, there's a lot of physical and emotional benefits," Wall said. "Some are hard to articulate because they just happen and you don't even necessarily realize it."

A forgotten prayer

During the winter of 2010, Nancy Grette shivered as

she chipped ice from a water trough at her home on Sleepy Hollow Heights. Her adult children had all flown from the nest leaving Grette and her husband Glenn with the horses. She needed some direction.

"I had these amazing horses that as a family we had enjoyed and loved them, but I got to the point where I was breaking frozen manure and breaking ice out of the water through," she said, recalling offering a prayer that day. "Lord, give me either a heart that just can be done and say goodbye and let them go, or do something else with my life or give me a vision."

Months went by and memory of that prayer dissipated in Grette's heart.

About six months later, some family friends, the McPhersons, asked if their five-year-old daughter Ella could ride a horse for her fifth birthday. Living with spina bifida since birth, Ella transformed. Grette's prayer had been answered. "When she got on the horse after being with her little walker, the empowerment that we saw and the possibility that we saw with her was just mind blowing," Grette recalled. "We knew that we needed to pursue it."

Not working at the time, she could research equine care and visit other facilities. Grette already had the infrastructure and the horses. What started as a favor to a friend became a mission.

In June of 2011, the Grettes opened Alatheia's gates, from their home on Sleepy Hollow Heights, to 12 riders. Used by the apostle Paul in Ephesians 4:15, alatheia is a Greek word meaning "disclosed truth." The Grettes have been horse people for years, but are also people people with a heart for special needs riders. "So, Alatheia then was born," she said. "The name came after we knew that we were going to do this, and had thought about it, prayed about it."

97 Days

As she prepared for life after high school, Chevelle viewed a horizon of hope. She had been named Miss USA and competed for high honors

in barrel racing. A young woman of many talents, she had applied for a vocal scholarship at a Nashvill college. Bright colors painted her future. Yet dark clouds would shroud that horizon.

One day, Chevelle shared a summer vacation with her family on Moses Lake. She mounted a vehicular steed: a Jet Ski. While skipping across the water, she collided with another Jet Ski. She spent seven minutes facedown under water and was airlifted to Sacred Heart Medical Center in Spokane. The impact tore her brain from her skull. She suffered a bruised heart, several brain injuries, a broken sternum, a collapsed lung and she broke her jaw in seven places.

Her family's hearts were also bruised. Doctors told them she would be forever brain dead. She would never smile again. They suggested the family withdraw life support, but her parents refused. Their daughter lay in a coma for 96 days without signs of improvement. On the 97th day, Chevelle's mother tickled her foot inducing a smile. Three days later, her family brought home on her 18th birthday.

Since the accident, Chevelle has been involved in intense speech, occupational and physical therapy. Her time at Alatheia has helped her regain physical strength and confidence.

"When we started with her, we had six people helping her. Now we're down to three, and that just shows the growth and improvement and strength," Wall said. "It's a lot of core strength, which for somebody like her in a wheelchair is just necessary."

CONTINUED TO PAGE A10

Goehner leads delegation to South Korea to discuss economic development, further international relations

SUBMITTED BY KURT HAMMOND

Washington State House Republicans

12th District Representative Keith Goehner recently led a delegation of legislators to South Korea to strengthen international relations and get a firsthand look at economic development occurring in the country.

As part of his legislative duties, Goehner sits on the Legislative Committee on Economic Development and International Relations (LCEDIR).

"With the global pandemic limiting international travel the last few years, we have not had an opportunity to visit other countries and get a close look at some of the successful economic development other countries are experiencing and how we could possibly work together," said Goehner,



SUBMITTED PHOTO.

Rep. Mari Leavitt, Gov. of North Jeolla Province Kim Kwan-young, Rep. Keith Goehner, Sen. Chris Gildon

R-Dryden. "The South Korea trip was truly unique. We toured a carbon fiber facility that ties to their aerospace industry. Obviously, that is a focus for us here in Washington state. We also learned more about their bio pharmaceuticals, medical grade supplements, and we were able to check out Saemangeum, the largest seawall in the world. It was very impressive."

The LCEDIR studies and reviews economic development issues with an emphasis on international trade, tourism, investment and industrial development. It also assists the Legislature in developing comprehensive economic development policy.

"The carbon fiber facility supplies Boeing with wing parts and they would like to expand the use of carbon products produced by the facility in our region. There was also a facility producing hydrogen tanks, which fits with what we are working on here," added Goehner. "We also learned South Korea is

very interested in Washington state growing crops for them, which would be a big boost for our agricultural industry."

There are approximately 60,000 Koreans living in Washington. Goehner is the only one of the LCEDIR members who made the trip to South Korea. However, he was accompanied by 25th Legislative District Sen. Chris Gildon and 28th Legislative District Rep. Mari Leavitt, who have many Koreans residing in their districts.

"Korea showed a lot of interest in working with us on economic-related issues. Anything we can do to promote our state and work with other countries can only benefit us. This committee gives us an opportunity to promote our competitive advantages and industries," said Goehner.

By law, Lieutenant Gov. Denny Heck chairs the LCEDIR. The 13-member panel is comprised of an evenly split membership of House and the Senate members, appointed by the chair.

PHOTO BY WESLEY ZHAO

The newly opened Adventure Park staff presented a check for \$2500 to Cascade High School Superintendent Tracey Edou and students during the Grand Opening Day, June 1.



PHOTO BY WESLEY ZHAO

June 1 was the Official Grand Opening Day for the Adventure Park, cutting the ribbon were Developer and owner, Dave Moffett and family of Seattle, investors and Developer and Project Manager John Sutherland of Leavenworth along with Mascot Super Lou. More information about the Adventure Park will be in our next issue.

Inside The ECHO this week

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CONGRATULATIONS CLASS OF 2023!



PHOTO COURTESY OF TIM BARNES



CASCADE HIGH SCHOOL GRADUATION:

Saturday, June 10 at 8 p.m. at the Peshastin/Dryden Football Field

Have a safe graduation
PLEASE DON'T DRINK, OR TEXT WHEN DRIVING!



Congratulations to all the 2023 Graduates



These students have been classmates throughout their entire school years. CONGRATULATIONS!

- Elise Almeida
- Esmeralda Alvarado
- Carlos Alexander Arrellano-Vazquez
- Zoë Jane Boggs
- Madison Brewer
- Kaston Dillon
- Jones Duncan
- Haley Emry
- Quentin Farrell
- Makena Grant
- Hadley Haggard
- Alonzo Johnson-Vasquez
- Tillie Leroy
- Victor A. Lopez-Madero
- Alexandra Mata-Ojeda
- Alondra Mata-Ojeda
- Jennifer Mendez-Sanchez
- Genevieve McMillin
- Nahir Mora-Ledezma
- Ryder J. Munly
- Giselle Navarro
- Tania Oyos-Cruz
- Braeden Parton
- Emily Reyes Torres
- Ada Robbins
- Juan Rodriquez
- Haakon Otto Scheibler
- Zoey Sheffield
- Vincent Slette
- Hunter Stutsman
- Emma Sunitsch
- Greer Swoboda
- Fernando Tovar-Nunez
- Veronica Vasquez-Sarabia
- Jose Viscaino-Sandoval
- Vanessa West
- Colette Zehm

12 years students



PHOTO COURTESY TIM BARNES

Our best wishes to the Graduating Class of 2023



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Class of 2023

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Graduates of 2023!

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Class Officers



Left to right: Vice President: Emma Sunitsch, President: Vanessa West, Treasurer: Kai Lewman, Secretary: Kaston Dillon

Salutatorian and Valedictorian



Cascade Salutatorian, Lauren Haiduc & Valedictorian Zienna Erickson

Cascade Honor Cord Awards



- Elise Almeida
- Cailin Bailey
- Zoe Boggs
- Michel Brooks
- Evan Butruille
- Kaston Dillon
- Jones Duncan
- Haley Emry
- Zienna Erickson
- Brendon Fallon
- Quentin Farrell
- Lauren Haiduc
- Miles Hunt
- Anne Jenkins
- Olen Johnson
- Tillie Leroy
- Alma McKean
- Tania Oyos-Cruz
- Gavin Pulse
- Haakon Scheibler
- Zoey Sheffield
- Emma Sunitsch
- Greer Swoboda
- Malaki-Jacob Taub
- Mark Villalobos
- Meredith Walker
- Alaina Wall
- Vanessa West

Cascade Torchlight Awards

- Elise Almeida
- Antonio Aurilio
- Cailin Bailey
- Zoe Boggs
- Michel Brooks
- Evan Butruille
- Kaston Dillon
- Jones Duncan
- Haley Emry
- Zienna Erickson
- Brendon Fallon
- Quentin Farrell
- Lauren Haiduc
- Miles Hunt
- Anne Jenkins
- Olen Johnson
- Tillie Leroy
- Alma McKean
- Tania Oyos-Cruz
- Haakon Scheibler
- Zoey Sheffield
- Emma Sunitsch
- Greer Swoboda
- Mark Villalobos
- Meredith Walker
- Vanessa West



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Congratulations Class of 2023!

Congratulations to our 2023 Cascade Graduates!

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You have worked hard and you deserve recognition, so we applaud you!

Congratulations and Hats Off to all the Graduates!

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Congratulations 2023 Graduates!

Keep up the good work and continue to strive!

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CASCADE GRADUATES:



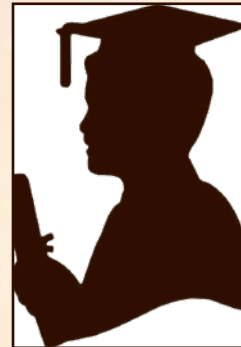
Ada Robbins
Parent(s): Molly Bloss, Aaron Burt
Plans: Study Interior Architectural Design.



Aiden Tuttle-Groby
Parent(s): Emily and Chris Groby
Plans: Attending Western Washington University.



Alaina Xin Lu Wall
Parent(s): Mindy and Darryl Wall
Plans: Attend Gallaudet University and major in Psychology.



Anthony Villalobos
Parent(s): Mark and Jennifer Villalobos
Plans: Attend BYU-Hawaii.



Aleah Simpson



Alexandra Mata-Ojeda
Parent(s): Erika and Juan Mata
Plans: WVC studying American Sign Language and Computer Science.



Alma McKean



Alondra Mata-Ojeda
Parent(s): Erika and Juan Mata
Plans: Nursing program at WVC.



Alonzo Johnson-Vasquez
Parents: Inez Vasquez and Ruhn Johnson
Plans: Attend WVC then transfer to CWU to play football and study Construction Management.



Anel Rivera

Congratulations Cascade Grads!!



You can overcome any obstacle that comes between you and success!



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Annie Jenkins
Parent(s): Tim and Christi Jenkins
Plans: Attend USC to major in Philosophy, Politics, Economics.



Anthony Onate-Oropeza



Antonio Aurilio
Parent(s): Danelle and Marco Aurilio
Plans: Attend an outdoor school in Norway, also to backcountry ski, mountaineer, climb, surf, and sail.



Ashton Lapinski



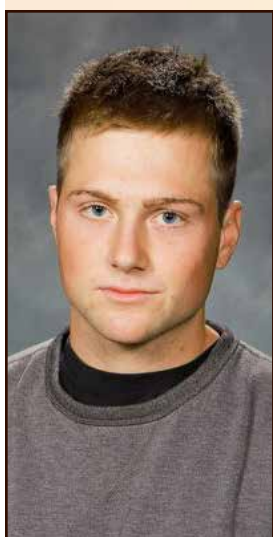
Autumn Logan
Parent(s): Michelle and Matthew Logan
Plans: Joining the workforce.



Blaise Sterling Forster
Parent(s): Kasey and Kyle Carey
Plans: Wenatchee Valley College



Braeden Parton
Parent(s): BT and Sara Parton
Plans: Fighting fires this summer for USFS and then pursuing a job in firefighting.



Brendan Fallon



Briceyda Valles
Parent(s): Vilma Nieto
Plans: Attend the University of California Berkeley to follow the architecture field.



Callin Bailey



Carlos Alexander Arrellano-Vazquez
Parent(s): Catalina Arellano Vazquez and Carlos Arellano Perez
Plans: Attend Wenatchee Valley College for automobile mechanics program.



Charley Olson



Colette Zehm
Parent(s): Shelly Zehm
Plans: 4-year degree from Loyola University, New Orleans, LA.



Deborah Wall
Parent(s): Darryl and Mindy Wall
Plans: WVC in CNA program.



Elise Almeida
Parent(s): Jolene and Shane Almeida
Plans: Attend Western Washington University to study environmental science or history.



Emily Reyes Torres
Parent(s): Ieresia Reyes-Torres
Plans: Attending Wenatchee Valley College.



Emma Sunitsch
Parent(s): Kirk and Marcie Sunitsch
Plans: Attend Montana State University and major in Elementary Education.



Emma Warman



Esmeralda Alvarado
Parent(s): Juan Alvarado and Araceli Murrillo



Euraclee Christoffersen
Parent(s): Steve and Paula Davies
Plans: Wenatchee Valley College



Evan Butruille



Fernando Tovar-Nunez
Parent(s): Manuel and Graciela Tovar
Plans: Attend Eastern Washington University to major in Criminal Justice.



Francisco Zarate



Gavin Pulse



Genevieve McMillin
Parent(s): Myron and Carrie McMillin
Plans: Attending Western Washington University in the Fall.



Giselle Navarro
Parent(s): Cristina Hernandez
Plans: Attending EWU to achieve a degree in Social Work.



Greer Swoboda
Parent(s): Stefan and Heidi Swoboda
Plans: Attend Montana State University in Bozeman pursuing a degree in agricultural education.



Gregory Griffith



Haakon Otto Scheibler
Parent(s): Jim and Simone Scheibler
Plans: Attend Western Washington University to study Computer Science.



Hadley Haggard
Parent(s): Maryellen and Stephen Haggard
Plans: Studying to become a Paraeducator, Stemilt internship in the fall



Hailey Lorenzen
Parent(s): Shawna Hart and Andrew Lorenzen
Plans: Completed AA at WVC, attending EWU to major in Business.



Haley Emry
Parent(s): Mark and Diana Emry
Plans: Work and save up to explore opportunities for college and jobs elsewhere.



Heather Dougherty



Hector Ramirez



Hunter Stutzman
Parent(s): Lisa Davies, JR Schober and Nicholas Stutzman
Plans: Graduating with AA from WVC, headed to WSU with hopes to return home to Cascade to teach and coach.



Jack Wagman
Parent(s): Lew and Kelly Wagman
Plans: Honors College at Montana State University for Engineering.



Jacob Hendricks-Davey



Jason Leach



Jennifer Mendez-Sanchez
Parent(s): Manuel and Maria Mendez



Jesse Gunter



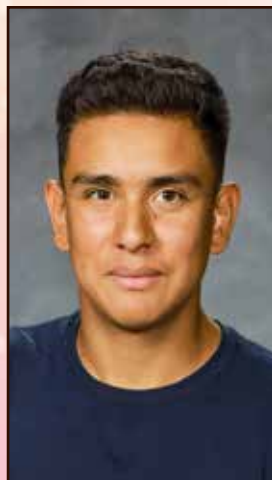
Jones Duncan
Parent(s): Ryan and Kami Duncan
Plans: Attend Washington State University to study Forestry/ Environmental Science.



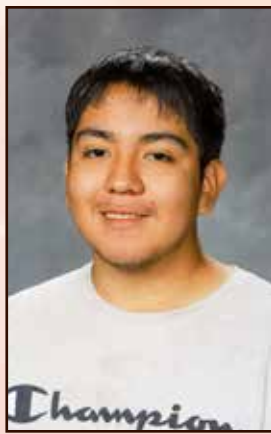
Jose Cortez



Jose Vizcaino-Sandoval
Parent(s): Maria Sandoval, Saul Vizcaino
Plans: Attend Western Washington University.



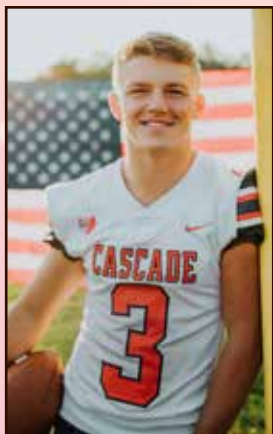
Juan Castro-Cervantes



Juan Rodriguez
Parent(s): Rosa Herrera, Ernesto Oroscio
Plans: Attend the mechanics program at WVC.



Juana Palacios-Villalobos
Parent(s): Yose E. Martinez, Ana Palacios
Plans: Attend WVC, transfer to CWU to study Education to become an elementary teacher.



Kai Lewman
Parent(s): Dane Lewman, Sarah Lewman, Alisha Lewman
Plans: Joining the 75th Ranger Regiment.



Kaston Dillon
Parent(s): Teara and Nate Dillon
Plans: Attend Boise State University for Engineering.



Kevin Castillo-Herrera
Parent(s): Ana Ruth Herrera
Plans: Attending WVC to go play soccer.



Lauren Haiduc



Leslie Perez



Lindsee Rodriguez



Luke Smith



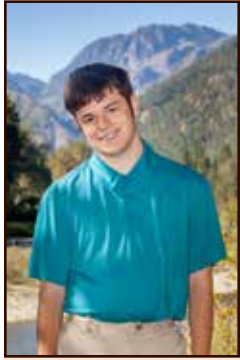
Madison Brewer
Parent(s): Leigh Cochran and Greg Brewer
Plans: To be a structural Fire Fighter or EMT.



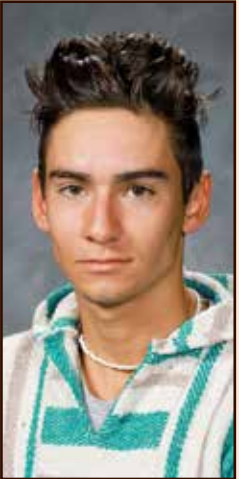
Makaio Argimon
Parent(s): Kerl Goldman



Makena Grant
Parent(s): Ed and Megan Grant
Plans: To become a nurse.



Malaki-Jacob Taub
Parent(s): Alex and Amanda Taub
Plans: Graduating next month with a WVC Associates of Science degree, attending Western Washington University to study Computer Science and video game design.



Mark Villalobos



Meredith Walker



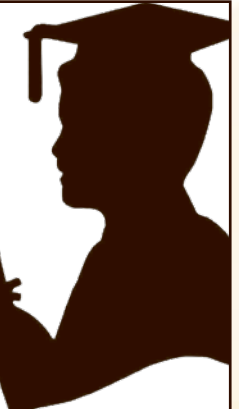
Michael Brooks



Miles Hunt



Molly Whitford
Parent(s): Jesse and Elizabeth Whitford
Plans: Join the workforce after graduation



Nahir Mora-Ledezma
Parent(s): Azucena Ledezma and José Mora
Plans: Attend Bellevue College and transfer to UW.



Olen Johnson



Oscar Ojeda-Penilla



Paiton Smith



Portia Fry
Parent(s): Stephanie Fry
Plans: Taking a gap year off to travel.



Quentin Farrell
Parent(s): Marlene and Kevin Farrell
Plans: Honors College at Oregon State University for Computer Science.



Ryder J. Munly
Parent(s): Christine Hahn and James Munly
Plans: Attend Central Washington University to major in aviation.



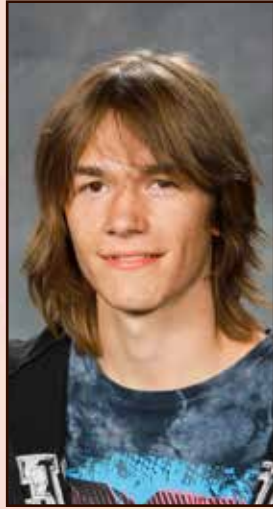
Tania Oyos-Cruz
Parent(s): Victor Oyos-Hernández
Plans: Attend Eastern Washington University and major in elementary
Shawn Nandegraft



Taven Gipson



Tillie LeRoy
Parent(s): Chylene Leroy and Jennifer Crawford
Plans: Major in Biology at the University of Washington.



Timothy Dodge



Timothy Johnstone



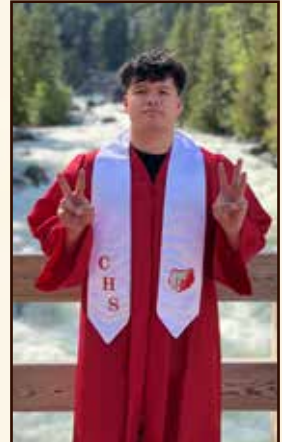
Toby W. Imes
Parent(s): Rick and Cheryl Imes
Plans: To work at Mozart's Steakhouse and save money to buy a car and later a home or land. To live a great life with my family and friends.



Vanessa West
Parent(s): Alex and Flor West
Plans: Attend the University of Washington to pursue a Nursing degree.



Veronica Vasquez-Sarabia
Parent(s): Yesenia Sarabia



Victor A. Lopez-Madero
Parent(s): Lucia and Javier Lopez
Plans: Eastern Washington University



Vincent Slette
Parent(s): Ellen Gass and Hans Slette
Plans: Everett Community College for fire science.



Wyatt Takacs



Z. Sean Wiser
Parent(s): Melody and Steve Wiser
Plans: US Air Force



Zienna Sol Erickson
Parent(s): Zulma Santos Erickson
Plans: Attend NYU Stern School of Business to go into Healthcare Administration.



Zoey Sheffield
Parent(s): Gabrielle and Derek Sheffield
Plans: Attend Western Washington University's Honors college and majoring in English.



Zoë Jane Boggs
Parent(s): Russell and Lea Boggs
Plans: Attending Gonzaga University this fall.

GRADUATES WITH NO PHOTO OR BIO
Quinlan Wilson

THANK YOU BUSINESS SPONSORS FOR YOUR DEDICATED SUPPORT TO OUR SCHOOLS AND STUDENTS



Buckled Breezeway

Over the winter in the high snow, we lost half the breeze way roof on the little shop. Without walls breezeways can't collect heat under their rafters so the snow on the shady side of the breezeway didn't melt or slide. Eventually the weight overwhelmed the rafters and they buckled. The half-roof dangled like an apron making Grandpa anxious so he and Sonny took a few two by sixes and braced the bottom of the eaves so the wind and snow wouldn't cause further damage. The propped-

up apron of tin roofing, sheets of wood, two by sixes and two by fours have been leaning precariously through the end of winter into the spring. So, a few weeks ago Uncle Larry and Aunt Cece came to visit. He decided to get busy and rented a man-lift for the day. That morning he and Grandpa got up before I did and by the time I showed up on the job Uncle Larry and our oldest, Kat, were already in the man-lift bucket up the side of an apron making Grandpa anxious so he and Sonny took a few two by sixes and braced the bottom of the eaves so the wind and snow wouldn't cause further damage. The propped-

slid down, the man-lift bucket would move back, Uncle Larry would take the time to look over the disaster in front of him; he'd let us know it was safe then we'd wade in and move the tin to a waiting trailer. After all the tin was taken off, Uncle Larry and Kat took a break. We took time to ask for safety, to slow down and respect God enough to ask for guidance. Kat started to give Uncle Larry some advice. I gave her "the look" followed by a sharp negative twist of my head. Her lips closed. Uncle Larry tipped his head considering the sheets of wood, twisted two by fours and two by sixes, then he asked her, "What do you think, Kat?" She told him, he nodded his head. Then the two of them got back to busy on the Second Phase by unscrewing the sheets of wood from the two by sixes. There was no rushing through this job. Uncle Larry studied and considered every step before it was made. There was a dangling two by four held in place by a steal post that concerned me. "Lar? You see that? I'm concerned when you cut that two by four the weight on the other side will twist wild." I didn't tell him

how to solve the problem. I wasn't the one in the man-lift bucket. He nodded, "I see it," he said and got back in the man-lift bucket. He moved the bucket into a position so that if the shelf of twisted wood moved unexpectedly, he wouldn't be in the way, then he cut the two by four to finish dropping the last of the dangling wood to the ground with a crash. Standing tall in the man-lift bucket he grinned down at us, "Demolition," he hollered, "got'a admit this is kind'a fun." We were all grinning. Phase Three (clean up) kept us all busy for a bit then Kat and Uncle Larry took the man-lift back to the rental place visiting the whole while getting home just in time for some of Aunt Cece's Heart Attack Chicken for lunch. **Aunt Cece's Heart Attack Chicken**

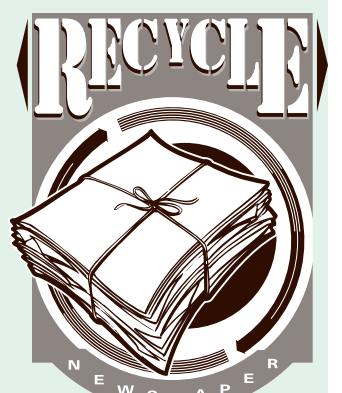
- 1 smallish chicken cut up or some chicken wings
- ¼ cup Parmesan cheese
- 4-5 slices of bread
- ¼ teaspoon each salt and pepper
- 1 teaspoon garlic powder
- ¼ to ½ cup butter (or other oil)

Preheat oven to 375°. Make breading by adding bread,

Parmesan, salt and pepper to a blender. Blend until the bread is all fine crumbs. Melt butter in a bowl large enough to accommodate one chicken piece at a time; add garlic powder; mix. Put a Tablespoon of butter in with the bread crumbs and mix (to make it stickier) then pour bread crumbs into a second bowl for rolling chicken in. Dip chicken parts, one piece at a time, into butter then into crumbs then lay in a cake pan or jelly roll pan (cookie sheet with ½ inch sides). Bake chicken until coating is crisp and the juices run clear when pierced with a knife to the bone, 45 minutes to an hour, maybe even an hour and a half depending on how large the chicken parts are. Choices: Add a dash of cayenne pepper. Mix parsley to the bread crumbs. Leave out the Parmesan cheese. Dip in milk (or buttermilk) instead of butter.

About the author: In 2000 Michele Priddy left the world force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget

quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes. You can contact the Leavenworth Echo at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.



SUBMITTED PHOTO.
Sister Sadie



Annual Wenatchee River Bluegrass Festival

By CINDY JACKSON

Kick start your bluegrass summer with the Annual Wenatchee River Bluegrass Festival (WRBF), June 16-18, featuring superstar bluegrass bands that will put the kick in your bluegrass start. The extraordinary line up goes like this.... Sister Sadie; Kenny & Amanda Smith Band; Authentic Unlimited; Nick Dumas & Branchline; Rock Ridge Bluegrass Band and Rusty Hinges Bluegrass. Main Stage Shows begin at 4 p.m. Friday and Saturday.

The Wenatchee River Bluegrass Festival (WRBF) located at the Chelan County Expo Center, 5700 Wescott Ave, Cashmere, WA., is put on by the good folks of the Cashmere Community Concerts. Each year the WRBF brings new folks over the mountains to experience the beauty of our great region. A scenic drive through some of Washington's most breathtaking areas, it encompasses everything an outdoor enthusiast could want, hiking, mountain biking, bird watching, golf (several courses), fly fishing, mountain climbing and river rafting. For information on additional events and camping call 509-421-0494 or visit our website at: <http://www.wenatcheeriverbluegrass.com>.

OBITUARY

Dorothy Johnston

July 23, 1932-November 11, 2022

Dorothy Johnston of Leavenworth, WA passed away on November 11, 2022 after a long and full life.

Dorothy was preceded in death by her parents, her husband Samuel, sisters June Walker and her husband Bob, and Naomi Shipp. She is survived by daughter Jan Johnston (Leavenworth, WA), son Sam Johnston and wife Sandy (San Juan, WA), daughter Jean Johnston and partner Steve Thompson (Portland, OR), grandchildren Sam Johnston and wife Brooke (Kenmore, WA), Natalie Johnston and partner Michael Henderson (San Juan, WA), Tom Caldwell (Portland, OR), niece Sue Carroll (Seattle), nephews Bob Walker and wife Betty (Ukiah, CA), Marty Walker and wife Kelly (Sunland, CA), Rick Shipp and wife Carol (Lancaster, CA), and brother-in-law Gayford Shipp (West Hills, CA).

She was born Dorothy Ann Ford on July 23, 1932, in Culver City, CA to Norman and Clara Ford, as the youngest of three sisters. She grew up in Sylmar and Van Nuys, CA and graduated from Van Nuys High School. Already an artist of considerable talent, she earned the honor of illustrating her high school yearbook.

In 1951 she married Samuel Johnston and settled in Granada Hills, CA, where they raised three children, Jan, Sam Jr., and Jean. While busy raising children, Dorothy drew and painted every chance she got and also found time to refinish and re-upholster furniture, paint and wallpaper the home, sew clothing for the family, and give themed birthday parties for her kids. The family enjoyed long camping trips, during which



time she painted landscapes. In the 1970s and early 1980s she worked as a production artist at Vanguard Studios in Los Angeles. During this time, she studied art with Greta Aufhauser.

When her husband Sam passed away at a young age, Dorothy moved north to Arcata, CA to be closer to her grown children. There she fulfilled her lifelong dream of attending college and earned an Art degree with honors from Humboldt State University in 1987 at the age of 54. She then moved to Seattle and later Whidbey Island, where she continued her artistic pursuits, and kept busy gardening, reading, and enjoying home improvement projects.

In 2012, Dorothy moved to Leavenworth, WA and lived in town before moving to Mountain Meadows Senior Living in 2016. In July 2022, Dorothy exhibited her artwork at the Leavenworth Library and celebrated her 90th birthday. Dorothy will be lovingly remembered for her mischievous sense of humor, her independence, resourcefulness, love of nature, and her great artistic talent. She was a very caring, protective and loving mother to her children. There will be a Celebration of Life for Dorothy at Mountain Meadows Senior Living in Leavenworth on Sunday, June 11 at 1 p.m.

WENATCHEE RIVER BLUEGRASS FESTIVAL

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JUNE 16-18, 2023

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Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE COMMUNITY CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m.
until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com

CHRIST CENTER
Sunday Worship Service at 10 am
Lead Pastor Steve Haney
5800 Kimber Rd., Cashmere
509-295-8006
christcentercashmere.com

GRACE LUTHERAN CHURCH
• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl

St. JAMES EPISCOPAL CHURCH
• 509-860-0736 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 509-782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
Please join us Sunday mornings
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10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St.
info@cornerstoneleavenworth.com
Sunday Worship – 10 a.m.

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997
SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
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 • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

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

NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
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FB page: newlifeleavenworth.com
www.newlifeleavenworth.com

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Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7 Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

THE LEAVENWORTH ECHO

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Obituaries/Memorials

Classifieds@leavenworthecho.com
Online ads at NCWMARKET.COM

Circulation for all NCW Media, Inc. newspapers.
1-509-293-6780

circulation@lakechelanmirror.com

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News Submissions: Noon, Friday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Friday
Legal Notices: Noon, Friday
Classified Ads: Noon, Friday

SUBSCRIPTIONS:
In Chelan County (yearly) \$40.00
\$5.00 to include online subscription
In State-Out of County (yearly) \$50.00
Online E-edition only \$40.00

The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. 1-509-293-6780

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Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time 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 non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to Publisher@leavenworthecho.com or Reporter@leavenworthecho.com

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Contact the listed organizations or events for updates.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.
Alpine Water District: meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.
Senior Center: Lunch, noon, \$8 per meal. RSVP 509-548-6666.
Ukulele Circle: 5:30- 6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet music.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd Thurs.)
Leavenworth Lions Club. For more info. President Steve Alford, 509-548-4505, or leavenworthlionsclubwa@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)
Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Greater Leavenworth Museum board meeting 3-5 p.m. Everyone is invited as a guest contact: Matt@leavenworthmuseum.org for meeting information. (2nd Thurs.)
Senior Center: Exercise: 11 a.m.- noon. 509-548-6666. Music, call Steve, 509-548-7048. 1 p.m., (1st & 3rd Thurs.)

Friday

Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us
Leavenworth Rotary Club, In person at Kristalls at Noon, email wordenmike@yahoo.com or call 509-238-3925 for more information.
Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: Leavenworthseniors@gmail.com

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call UVMEND, 509-548-0408 for more information.
Leavenworth Mosquito District board meeting (1st and 3rd Mondays), 7 p.m. via ZOOM link posted at https://leavenworthmosquitocontrol.org/activity-calendar.html or contact Jenny 509-548-5904
Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.)
Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)
icicle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)
Cascade Education Foundation. Contact: CEF@cascade.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)
Senior Center: Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: Leavenworthseniors@gmail.com

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs.,10-7, Fri., 10-5 Sat.,10-2. Closed Sun. and Mon.
Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org Open Tues.,10-1:30; and 2:30-7, Wed.,10-2, and 2:30-7, Thurs., and Fri.,1-5:30 and Sat., 10 a.m.- 2 p.m. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum. Now open daily 11-4. Check their Facebook page or website at http://www.leavenworthmuseum.org www.leavenworthmuseum.org for updates and information.
Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.
Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

MEETINGS SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 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, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Alanon Meetings, Call 509-548-7939
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.

Leavenworth

David Severance Memorial

A community Celebration of Life for David Severance (aka Father Christmas) will be held on June 14 (Flag Day) at 6:30 p.m. at the Festhalle. Please join us with stories of David to share. Street parking is free after 5 p.m.

Leavenworth and Peshastin Libraries hosting Mariachi Concert

"Mariachi: Música and Culture!" free concert on Wednesday, June 28 from 5:30 - 6:30 p.m. in Lions Club Park. Join Mariachi Noroeste for this amazing performance featuring traditional Mexican music in an interactive format. Audience members will be able to learn about the band's instruments and outfits in this unique cultural and musical experience. This all-ages free program is bilingual in Spanish and English. For more information, call the library at 509-548-7923.

The Leavenworth Women's Exchange

Dinner meeting for the annual Installation of Officers and Board of Directors on Wednesday, June 14, 6 p.m. at Visconti's Italian Restaurant, 636 Front Street, Leavenworth. Hospitality begins at 6 p.m., dinner is served at 6:30 p.m. We will be ordering off the menu and a no host

bar is available. To make your reservation, please contact Claire Burlingame at 509-548-7142 by Wednesday, June 7.

Lions Club Breakfast in the Park

The Leavenworth Lions Club Breakfast every 2nd and 4th Saturday in June through September. Come enjoy hearty all you can eat breakfast of pancakes, eggs, and sausage from 7-11 a.m. in Lions Club Park.

Cashmere

GladSong Choir Benefit Concert

Free admission for the NCW Chaplain Foundation Benefit Concert on Sunday, June 11, 6 p.m. at Christ Center, 5800 Kimber Rd, Cashmere. Come for

a fun inspirational choir. Donate to those experiencing loss and grief. For more information contact Paul Hughes, Lead Chaplin, 509-679-5869.

Regional

The Wenatchee Area Genealogical Society

Will hold a hybrid meeting on Monday, June 12 at 2:00 p.m. Matt Cade, board president of the Upper Valley Historical Society, will present the program, "Greater Leavenworth Museum: A Museum on the Move." Meet in person at the Douglas County PUD Auditorium, 1151 Valley Mall Parkway, East Wenatchee; and via Zoom (contact Library@wags-web.org to receive Zoom information). Call 509-782-4046 for general information. Free and open to the public.



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

CLASSIFIEDS

PUBLISHER'S NOTICE
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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Announcements
Lost & Found

LOST & FOUND ITEMS can be placed in our Local Newspapers and Online at NCWMARKET.COM for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

Employment

Help Wanted

The City of Chelan Department of Community Development is seeking a highly motivated and experienced individual to join our team as a Senior Land Use Planner.

As a Senior Land Use Planner, you will play a vital role in shaping the future of our community and ensuring sustainable development practices. Salary and Benefits: The salary range for this position is \$7,256 - \$8,820 per month (2023 STEP29), commensurate with experience and qualifications. The City of Chelan offers a comprehensive benefits package including health insurance, retirement plans, and paid time off.

How to Apply: Additional information about the position and application instructions can be found on the City's website at www.cityofchelan.us. Application Deadline: This position is open until filled. Applicants are encouraged to apply as soon as possible. The City of Chelan is an equal opportunity employer and values diversity in the workplace. We encourage applicants from all backgrounds to apply.

Help Wanted

NCW Media Newspapers is looking for a part to full-time reporter to join their team. This would be an great opportunity for anyone wanting to get a foothold into journalism, or wanting to strengthen their resume.

This office is based in Leavenworth. But you can work from home. Applicants would be covering Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published monthly

Responsibilities would include:
Writing about local events. Can use a camera to take photos of local events including schools and sports. Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month.

Keeping up with people, interviewing local businesses and community members and other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

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Part-time receptionist with computer skills. Flexible hours. Spa benefits. Pay DOE. Send or drop by resumes at: Chelan Valley Skin Care, 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.

Brewster Boys and Girls Club is hiring for the summer.

25 Hours a week. Contact eshepard@bgcsc.org for more information.

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

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Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

See all available properties at windermereleavenworth.com

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Day/Night shifts available. \$16.50 per hour plus end of season bonus. Season runs Memorial Day through Labor Day.

Cabana Food Service position.

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Night Security position. Friday and Saturday nights. \$20 per hour. For more information, please call 509-682-2015 or email groups@darnellsresort.com

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster

Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

Cascade High School Varsity Boys Basketball Coach

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

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

•Substitute Bus Drivers

Starting wage \$22.68. Paid training including CDL License and CDL physical. Contact Cascade Transportation Director, Lori Duncan, at (509) 548-6039.

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

Warehouse/Delivery, Maintenance, Grounds Specialist

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

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Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.

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Want Print Only? Call Lake Chelan Mirror Quad City Herald 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com

Deadline: Noon on Friday for all papers.

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Print only? **Deadline Friday at Noon for all papers**

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General Merchandise

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\$50/ Sells for \$108+
Call 509-670-1723

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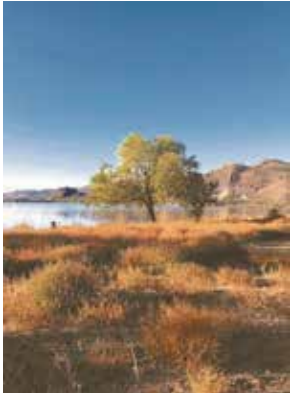


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Rick 509-679-9492.

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Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of RITA M. CLARK, Deceased. No. 23-4-00115-04
AMENDED PROBATE NOTICE TO CREDITORS
RCW 11.40.030
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: May 24, 2023
Personal Representative: Sandra M. Weaver
Attorney for the Personal Representative: Russell J. Speidel
Address for Mailing or Service: Speidel Bentsen LLP
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00115-04
SANDRA M. WEAVER
Personal Representative
Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: RUSSELL J. SPEIDEL
WSBA No. 12838
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807
Published in The Leavenworth Echo/ Cashmere Valley Record on May 24, 31, and June 7, 2023. #5764

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of RICHARD MANSKI, Deceased. No. 23-4-00201-04
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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: May 24, 2023
Personal Representative: Kristen Distasio
Attorney for the Personal Representative Russell J. Speidel
Address for Mailing or Service: Speidel Bentsen LLP
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00201-04
KRISTEN DISTASIO
Personal Representative
Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: RUSSELL J. SPEIDEL
WSBA No. 12838
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807
Published in The Leavenworth Echo/ Cashmere Valley Record on May 24, 31 and June 7, 2023. #5763

Public Notices

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

In the Matter of the Estate NO. 22-4-00595-04
AMENDED PROBATE NOTICE TO CREDITORS
GREGORY ALAN KEMP, SR., Deceased. RCW 11.40.030
The Personal Representative named below has been appointed and has qualified 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 latter 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 RCW 11.40.060. This bar is effective as to claims against both the probate assets and nonprobate assets of the decedent.
DATE OF FIRST PUBLICATION: May 24, 2023
Personal Representative: Leigh Evan Toland
Attorney for Personal Representative: James P. Hurley
Address for Mailing of Service: 411 N. 2nd Street, Yakima, WA 98901
Dated: May 17, 2023.
/s/ Leigh Evan Toland
LEIGH EVAN TOLAND
Personal Representative
Attorney for Personal Representative : HURLEY & LARA
By: /s/ James P. Hurley
JAMES P. HURLEY WSBA #6615
411 North 2nd Street
Yakima, WA 98901
Published in The Cashmere Valley Record/Leavenworth Echo on May 24, 31, and June 7, 2023. #5761

6 tips for dealing with side effects of medications

My doctor started me on a new diabetic medicine last week. Since I started taking it, I've had loose stools. My wife thinks I should take some over-the-counter diarrhea medicine for it. Is that safe?

Should you treat a side effect from taking a medicine with another medicine?

The answer depends on how severe or dangerous your new symptom or side effect could be and how important it is to take the medicine that you suspect may be triggering your issue.

The first thing to consider is whether the side effect you are experiencing is mild or severe. Drugs can trigger many unwanted or unpleasant reactions, from merely annoying to life-threatening. Side effects from medication can range from a sour stomach or headache to itching, hives, and swelling of the tongue or throat.

An allergic reaction to a medicine may appear unexpectedly, even if you have taken that drug previously with no problems. For example, an antibiotic like amoxicillin can be taken for years without issues yet trigger a severe allergic reaction with the next dose.

Most side effects caused by medication are not as severe as trouble breathing, mouth or throat swelling. Many side effects of drugs create annoying but temporary discomfort, often resolving within a week of staying on the medicine. Others can be successfully addressed by adjusting the dose of the medicine.

Some medications are more important than others, and you should not stop taking them. If you are having diarrhea, it's important to continue taking an antibiotic until you consult your doctor.

Several medications used to treat diabetes can cause loose stools and diarrhea. Doctors will start you on a low dose at first to minimize this inconvenient side effect. As your body tolerates the drug, the symptoms will usually go away. Your dose is gradually increased until your blood sugar is controlled or you are taking the maximum recommended amount.

Loose stools should improve within a week, and you can safely use a non-prescription anti-diarrhea medicine until then.

If you experience side effects after starting a new medicine or after a dose adjustment, always let your doctor know. The amount of the drug could be adjusted to give your body more time to get used to it.

Sometimes, side effects are not just annoying or uncomfortable but essential warning signs of something more serious. One example is having diarrhea when taking an antibiotic, especially if the diarrhea is severe or persists after finishing the course.



Ask...
Dr. Louise

Another consideration when having side effects from your medicine is how important it is to stay on that medication. Heart medicines and antibiotics should never be stopped abruptly unless you are experiencing a severe reaction or are advised to stop by your doctor.

Here are 6 Tips on Dealing with Side Effects of Medicines:

1. Document when you take your first dose.

Keep track of when you started a new medicine or higher dose. The best way to tell if a symptom could be caused by your medication is to be able to verify it showing up AFTER you started taking it.

2. Call 911 for any severe allergic reaction.

Shortness of breath, swelling or itching of your mouth, tongue, or throat are signs of a severe and life-threatening reaction. Don't call your doctor; call 911.

3. Inform your doctor.

If you experience a rash, itching, or hives, DON'T take another dose of the new medicine. Instead, contact your doctor. Most primary care clinics have an "after-hours" answering service that takes phone calls coming in after they are closed for the day. They take down your information, then forward it to an on-call provider.

4. Know when to re-dose.

Nausea is the most common side effect of many medicines, especially antibiotics. If you vomit less than 30 minutes after taking a medication, your body may not have had enough time to absorb the drug. Give your stomach about an hour to settle down, then try again AFTER eating something bland or drinking something soothing. If you vomit within 30 minutes again, contact your doctor. An antibiotic can't help you if you can't keep it down.

5. Don't mix liquid antacids with antibiotics.

Liquid antacids like Maalox and Mylanta and tablets like Tums contain minerals that bind to some antibiotics, preventing you from absorbing the total dose.

6. Apply medicated patches to other sites.

If a medicine patch irritates your skin, apply it to your buttocks. To reduce skin irritation, you can also pre-treat an application site with non-prescription hydrocortisone 1% cream or Voltaren® gel.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com.*

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

CROSSWORD PUZZLE



THEME: CARS

ACROSS

- Fountain treat
- Pharaoh's cobra
- "the Woods," movie
- Gulf V.I.P.
- Native American tent
- Rapper Dogg
- Hindu princess
- *Used to alert when driving
- "_____ me, then who?"
- *Corvette, e.g.
- Cambodian money
- *Like Stephen King's Christine
- "Some Nights" (2012) band
- *Aston follower
- State legislature's home
- 7th letter of Greek alphabet
- *What I used to step on the gas
- Lowest brass
- Salon offerings
- Exclamation of surprise
- Fathered
- Do like phoenix
- Underarm
- The Jackson 5's "___ Be There"
- 3 or 6 in 3+6=9
- Knit cap
- Shed tears
- Winter Olympics participant
- Embarkation location
- *Earth traveler (2 words)
- 2-time NBA Champion Rajon
- Double-reed instrument
- Muscovite or biotite
- Lopsided
- Undesirable dwelling
- Causing pain
- Like certain military tent
- Between "ready" and "go"
- #63 Across, pl.

DOWN

- J. Lo's ex
- *Don't cross it when driving
- Hot dish stand
- Garlicky mayonnaise
- Shopping _____
- Pub offering
- *Car name that sounds like "unending" synonym
- Opposite of all
- Hammer or sickle
- Choose or select
- Like a rosebush
- Maple goo, alt. sp.
- French city, popular coronation location
- Like a certain Tuesday
- First 'M' in MGM
- Aweigh
- Turn toddler into an adult
- Chicken house
- Home of famous shroud
- Obelus, pl.
- Soup server
- *Car company founded by a Henry
- Unit of electrical resistance
- *German luxury car
- *Driving maneuver
- Take your pick
- In the same place, in a footnote
- Cupid's ammo
- Smells
- Expensive fur
- Type of whip
- Do like a model
- Unit of electrical resistance
- Squid's defense, pl.
- Death, to some
- Kamala Harris, e.g.
- Not counterfeit
- Dose of sunshine, pl.
- *Car name that also means Aries

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The Running Whistle

By RHONA BARON

Leavenworth has new candidates on the track toward public office and come November residents will get to vote in the general election about the future of our town. Even before that, the mayoral race will require a primary vote on August 1 to narrow the field of three candidates to two.

Our mayoral candidates are the incumbent, Carl Florea, a former Lutheran pastor, Rich Brinkman, a sociology professor at Wenatchee Valley College, and Becki Subido, an adjunct professor at WSU. This race promises to hold the community's attention as each candidate comes across as passionate about their positions and ideas for leading Leavenworth. In upcoming weeks, we hope to include more about the individuals running for office. And mark your calendars. A public mayoral candidate forum is scheduled for 6:30 p.m. on Monday, July 10 at the Fire Hall!

The City Council race is thought-provoking, as well. While incumbents Sharon Waters and Clint Strand are not up for re-election, five positions will appear on the ballot. Zeke Reister and Ann Hessburg will run unopposed. But Council position # 1 will see incumbent Marco Aurilio running against Travis McMaster. A vacated position in seat #7 will offer a race between political newcomers

Shane Thayer and Polly McIntyre. That last seat at the table involves yours truly. After much encouragement I opted to run against Tibor Lak for position #4.

Running for office creates a bit of a quandary for me. While it's perfectly legal to write a column or host an opinion broadcast even while in office, The Whistle column and the team behind it pride ourselves in deeply researched, community driven content. We've decided that's not going to change. Having introduced you to the candidates and the timeline, The Whistle would turn your attention to City Hall.

We wonder if the community is aware of what's brewing with the Alpenglow project, now almost through the green lighting process. A hearing, this Friday, June 9 from 10-11 a.m., is critical. Local developer Jordan McDevitt has submitted plans to construct up to 130 more units immediately off Ski Hill, just up from the Pinegrass development. The final outcome could pack nearly 300 people (living in townhomes, duplexes, UDU's and single-family residences) on that grassy hill where we've watched hawks hunt and where spring frogs have been singing for decades, perhaps centuries. Picture Pinegrass on steroids. Lilith Vespier, Community Development Services Director, has declared a notice of non-

significance to all concerns that would stand in the way, although there is much to question. Traffic analysis was haphazardly done, ignoring weekend and festival traffic. The numbers are weak, basically indicating that traffic on Hwy 2 and Chumstick is already going to be heavy, so this development's impact really won't matter. A City water study shared last spring showed that the City "cannot meet its current peak hour demand" with existing sources and facilities, let alone the demands of new developments like Alpenglow, especially during peak and fire season. Note that the dedicated Public Works Director Wachholder told the Council last month that sewage treatment is already at 85% capacity when tourists pack the town. That's a red flag for the DOE.

Time to blow the Whistle! If the mayor, council and planning commission are so concerned about affordable housing, why is there NO plan to hold the developer accountable for reasonably priced and sized homes? And what guarantee do we have that even if smaller homes are built, they won't be swiped up by folks using them as B&Bs and second homes? This is not the Leavenworth we envision. We object to kicking the can for infrastructure, traffic, environment, and community housing down the road. Kirvil Skinnarland, director of the newish Residents Coalition



The Whistle

of Chelan County (RC3) has been hard at work reviewing the process for Alpenglow and relates serious concerns. "This is yet another example of why the City should not be approving new development until it knows exactly where we stand with our water and sewer infrastructure." She relates that "The study of the capacity of the sewage treatment plant will not be done until July. So, the bottom line is that we don't have adequate information on either water or sewer at this time." Common sense would dictate waiting until comprehensive and costly studies are completed before projects are given the go-ahead.

This column is your Whistle call. More citizens attended the past two PC and Council meetings, and it made a difference! Show up and speak up. Your bright presence serves as the disinfecting sunlight that triggers accountability in shady places. We hope to see you there, Friday, June 9 from 10-11 a.m.

Find all the Whistle columns and more at LWhistle.com. Or just keep whistling. We'll hear you.

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LETTER TO THE EDITOR
The Leavenworth Alphorn Association would like to thank the many people who helped make our 2023 Alphorn Celebration and Workshop a huge success. Our partners included: The City of Leavenworth for their support of the NW Alphorn Workshop, and the Leavenworth Chamber of Commerce for presenting the Leavenworth Alphorn Celebration. Additional sponsors include Iceicle Village Resort, Pension Anna, and Projekt Bayern.
Besten Dank! Thomas Tilton

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Horses of Hope
CONTINUED FROM PAGE A1
Horses of hope
So, how do horses help? Grette says that their walking gait closely simulates that of humans. "As the horse is swinging the pelvis of a human, it simulates walking for those people who have never walked before," Grette says. "For every minute a person is on the back of a horse that's moving, there are 100 balance accommodations that occur in the body. And each of those balance accommodations, the switching of the small and the larger fibers, end up developing strength." The horses' personalities, as it were, also make a difference. Norwegian Fjords are typically calm, mild animals and not easily spooked. This combination makes them apt companions for Alatheia's riders. "Here, it's a beautiful outdoor setting, fresh air, horses that are so in tune with the rider," Wall said. "They will respond to if the rider's happy or sad, scared, comfortable." Alatheia ministers to 105 riders ages three to 93. Its clients have a range of conditions including, cerebral palsy, Down syndrome, Rett syndrome, multiple sclerosis autism and epilepsy. Additionally, Alatheia has a program called Warriors & Horses, which helps veterans suffering from Post Traumatic Stress Disorder. The staff consists of five part-time instructors and a volunteer base which has grown from 25 to nearly 100 who share the workload along with a dozen Norwegian Fjords. While Grette is well versed in equine matters, learning about the various disabilities of her clients has provided unique hurdles. She feels grateful to be affiliated with national organizations Professional Association of Therapeutic Horsemanship (PATH) and the Norwegian Fjord Horse Registry (NFHR). This has helped to educate Alatheia's staff on the conditions of their clients and to receive advice from professionals. She said that PATH helps, "sets codes and standards, also provides us with precaution and indication for particular disabilities that we might need to take more care on. Much of what we learned is by experience, experimenting a lot with what works and does not work." Alatheia's success has seen it outgrow its facility. With a wait list of 60 people, the center expects to have around 150 riders eventually.

Alatheia's current location is limited by acreage and parking availability. Looking for arena and barn expansion, the Grettes recently purchased 12 acres off of Easy Street which will become Alatheia's new home in 2025. "You don't just come for 10 weeks and then you're done," Grette said. "The repeated exposure is what provides the most benefit. Once we get to the new location, we'll be able to serve so many more people and veterans."
Trotting Forward
Chevelle is running out of time. Just a few more seconds. While country music emanates from a smart phone, the team gathers around her as she navigates the final two barrels. Engaging in her favorite competition, barrel racing, she leads Frid around the last barrier. A volunteer states the time: "40.48 seconds." Chevelle celebrates with everyone. It's a personal record. Her session now completed, she dismounts Frid with help and eases back into her wheelchair after riding high. Chevelle's future, and her present, are still bright. The hues of her horizon are simply different shades than the colors of years ago, but the view remains breathtaking. Here in a dusty arena upon a hillside, the former rodeo queen reigns again.

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