



## April 1, 2020 • Volume 121, No. 14

## **UPPER VALLEY NEWS SINCE 1904**

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## the Mav d n l

BY CARL FLOREA

Thank you to all of our locals who are supporting our downtown restaurants and cafes by ordering food to go!

This is a great and practical way that we can do our little bit to support them!

Maybe this very difficult time will help us strengthen our connections to our local businesses and growin our appreciation of what we have here - the breadth and depth of our options that is a direct by product of our tourism economy. (Always good to remember that when we want to complain about tourists).

My only plea and caution is this – Please do not use the time you pick up food as a social time! Do not stand around after you have received your food to visit with your neighbors.

I have witnessed this happening, and I know how tough it is to just pick it up and leave when you run into someone you know.

We are starved for those connections that are a significant part of our lives.

But, now is not the time. We don't want to lose our ability to keep curbside service open and available



Mayor Carl Florea

mingle...

Instead, I suggest that perhaps, after you pick up your food, you could arrange to connect with a friend or friends to have a "virtual lunch" online. Visit over lunch, just from a distance.

Last Friday, my wife and I attended a "virtual happy hour" using Zoom.

I have to admit, it was not as much fun as a real face-to-face happy hour, set to the game site, (we

because we just have to but a lot more fun than not socializing at all!

This is the time to be creative. I know that we have a very creative community. Do what you can to lift your spirits, and those of your neighbors!

I also had the opportunity to play a couple of online games of spades last weekend with my three grown sons who live in Seattle, Spokane, and Wenatchee.

We each had a computer

used Trickstercards.com - my techie/nerd Seattle son knew about it, as it is a Bellevue company), and then used our iPhones to Facetime each other.

It took us a long time to play two games, not because the app was slow, but just because we got so absorbed in our Facetime conversation that we kept needing to remind each other to play a card.

Slowing down might also be a nice by product of this forced distancing time.

Share your thoughts and suggestions with one another.

This morning on NPR, I heard of a mom who wanted her daughter to have a birthday celebration, but of course, in this time of physical distancing, a traditional party was not possible.

So, she invited all of her friends and classmates to a drive-by party. Sixty cars came parading by the house at the specified time decorated with balloons, signs, and horns honking.

Her daughter was thrilled! New ways to party! Above all, take care of

yourselves and your community by staying safe, and staying away... Physically!



For parents who are struggling with overseeing their children's education from home, Kelly Coulter advises, "Help your children feel safe and loved. We will get back to school soon. In the meantime. I know parents will do the best they can to continue to cultivate the lifelong love of learning with their children. Rest assured, when we get back to school, we will dig in to fix holes that may have developed and celebrate the learning that continued while we were apart.

Kelly Coulter Wins Teacher of the Year Award for **Cascade** School District

### BY MARLENE FARRELL

Kelly Coulter has worn many hats in the educational system of Cascade School District. "I started at PeshastinDryden Elementary as a long-term substitute teacher in 2011. After that I was fortunate to be hired full-time at PD as a kindergarten, first, and second grade teacher, and then I split my time teaming with Tina Richardson while we shared two roles: kindergarten teacher and intervention specialist," Coulter recalled. "Last fall I was hired to be the full-time intervention specialist at

role is to identify students who may need additional instruction in math or reading. I work closely with grade level teachers, our English Language teacher and paraeducators to create flexible groups of students who may need a second lesson on a skill that was previously taught. We act like detectives: we find holes in students' understanding and then help fill in the gaps with targeted intervention, or reteach. The best part of the job is when the student has that an moment when both of us see the gap that

### SUBMITTED BY RACHEL HANSEN CM MEDIA CONTACT

LEAVENWORTH - Patients can now visit with their primary care team through a computer or mobile device, thanks to a new telehealth service launched this week at Cascade Medical.

Think of telehealth as a video chat with your healthcare provider. Instead of visiting the family practice clinic in person, patients can see and talk to their provider in real-time. All patients need is an internet browser, and a device with a camera and microphone. Cascade Medical is working on a plan to accommodate those who don't have adequate technology or internet.

Cascade Medical partnered with Doxy, a telehealth company that allows patients to join the video chat with a secure, HIPAA-compliant link - no downloads or apps required. To schedule a telehealth appointment, call the Family Practice Clinic at (509) 548-5815, and a staff member will schedule the appointment and send a follow-up email with a link to join the video chat when it's time for their appointment.

Standard copay and deductibles apply; contact your insurance provider regarding coverage.

'Telehealth was already part of our long-range plan, but the immediacy of the COVID-19 pandemic spurred the need for quick action and innovation," said Clinic Medical Director, Jay Jerome.



The doctor will see you now - online

Video appointments now available

During the pandemic, telehealth will allow patients - especially those at high risk of COVID-19 complications - to seek routine medical care safely, from the comfort of their homes.

"I know there are a lot of people out there experiencing stress, worry and loneliness right now," said Maxwell Moholy, clinical psychologist. "Teletherapy will allow people to access services to help regain a sense of control and connection."

After the threat of COVID-19 has passed, telehealth is intended to serve as a supplement, but not a replacement, to in- person care.

"Ultimately, we still want to see our patients in person, but we also want to offer flexibility and convenience when it's appropriate to do so," Dr. Jerome said.

These services are available via telehealth:

with Clinical Psychologist Maxwell- habilitation.

Moholy

· Nutritional counseling with **Dietitian Katelin Limon** 

 Chronic Care follow-up (hypertension or diabetes, for example)

 Minor rashes or infections, medication review andrefills

Hospital carefollow-up Some visits are still offered on-

site at Cascade Medical, including:

- Acute/urgent needs
- Suboxone treatment

 Depo Provera injections • Well child visits under

15months

· New patient visits with medication refill needs

 Commercial Driver's License physicals

 Scheduled immunization appointments

Some services are suspended through June 1:

Sports physicals

· Well child visits over age 15 months

 Annual, routine wellness exams, well-woman exams

Cascade Medical is a nonprofit, community-owned, critical access hospital that delivers extraordinary healthcare by taking more time with each patient and their families. Centered around primary care, the medical center also provides lab and screening services; physical, occupational and speech therapy; ambulance service; emergency Behavioral health/therapy visits and acute care, and inpatient reAlpine Lakes Elementary."

Coulter has been recognized for excellence in all her roles by receiving the Teacher of the Year Award for Cascade School District.

Emily Ross, principal of PD, paints a telling portrait of Coulter. "We've called a meeting to discuss a student's progress in math. The teacher is there, the counselor is there, I'm there, and Kelly is there. Everyone pulls out their information regarding student progress – papers are out, crisp manila folders line the table, and then Kelly sits down. Imagine - rolling behind her on a wagon are graphs, data charts, historical progress charts from the last five academic years of this student, and, on top of it all, her laptop, able to compile everything into digital form."

Coulter is gifted with the unique combination of rigorous data analysis skills while being able to connect meaningfully with students and coworkers. As intervention specialist, she is able to and excels at continuously looking through the lenses of small and big picture outcomes for each student.

She describes her job well. "An intervention specialist's

was there and we have successfully filled it."

Intervention specialists are not new to education, but they have previously been called Title Teachers or LAP (Learning Assistance Program) Teachers. "These positions are funded by federal programs," explained Coulter. While this type of support is also in the secondary schools, "There's a larger presence in K-5 schools because research shows we can make a big impact with early reading and math intervention."

Coulter's teaching style must continually adapt to her students' current needs. "Each week I prepare lessons based on a skill that was previously taught in math or reading. Normally we have groups of five to six students at a time. I have two wonderful paraeducators who help me.

"Our school district uses a research-based approach called MTSS (Multi-Tiered System of Support), and we measure the RTI (Response to Intervention). The important part of our program is ensuring students do not

SEE KELLY COULTER ON PAGE 3



## Need to Place an Ad? Looking for a job? **NCWMarket.com** Our Classified Ad Dept is open 24/7

MARKET.COM CLASSIFIED ADS Your one stop spot to reach all of North Central Washington with a few Simple keystrokes. **BUSINESSJOURNAL** FCHO PECORD

NCW



## Community

### THE LEAVENWORTH ECHO • APRIL 1, 2020

Local, COMMUNITY Regional BULLETIN Community News & BOARD **Events** 

2

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

Another way to advertise your News & Events

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

## **AA Meeting Schedule**

Information numbers for AA:

### 509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379

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, Leavenworth 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.

Please contact us for questions. Dave and Nancy Bartholomew 509-596-1510

## **Community Calendar**

### Wednesday

Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.)

Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant, Call David McIntvre, M.D., 206-954-4166, (2nd Wed.) Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.

### Thursday

Leavenworth Chamber of Commerce, 8 a.m. Kristall's Restaurant, President Grant Strobner. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)

Leavenworth Lions Club, Kristall's Restaurant, President, Conrad Delury, call or text, 509-387-5051. (1st Thurs. at 6:30 p.m. & 3rd Thurs.at Noon) 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.)

### Friday

- Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)
- Leavenworth Rotary Club, 11:45 a.m. Kristall's Restaurant. President, Ken Grosse. 509-763-2753.

### Saturday

No Events Scheduled.

### Sunday

See Church schedule.

### Monday

Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086.

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!** 

## **Senior Center Menus**

Notice

### Leavenworth Senior Center, 423 Evans St., Leavenworth

Senior Centers are closed due to the CORVID 19 Virus. The meals on this menu will still be available at the Leavenworth Senior Center, but only as a Take-out lunch. You must call 24 hours in advance to have your lunch ready to pick up from the Center. For meal pick up and information call: (509)548-6666.

April 2, Thursday: Oven fried chicken, macaroni salad, green beans, cuke tomato salad, grapes, biscuit, dessert.

April 3, Friday: Bacon, broccoli and swiss cheese quiche, spinach salad, fruit tray, blueberry muffin.

- April 4, Saturday and April 5, Sunday: No lunch.
- April 6, Monday: Hearty turkey noodle soup, tossed veggie salad, fresh fruit, whole wheat roll, dessert.
- April 7, Tuesday: Chili with cheese, 1/2 baked potato, fresh vegetable tray, peaches, cornbread, dessert.

April 8, Wednesday: Ham, scalloped potatoes, asparagus, green salad, fruit salad, biscuit, dessert.

## **Sheriff/Fire/EMS**



The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

### Leavenworth

Rd., Bluebird.

## No Report Available March 20

March 19

- 06:27 Welfare check, 4637 US Hwy. 97, Peshastin
- 07:46 Littering, 6701 US Hwy. 97, Peshastin
- 12:35 Burglary, 18136 Chumstick Hwy.
- 13:03 Agency assist, Trinity
- Trailhead, Lake Wenatchee 13:50 Alarm, 7375 Icicle Rd., Sleeping lady
- 13:51 Civil, 9820 Eagle Creek Rd. 15:10 Hazard, Chiwawa Loop Rd.
- 16;43 911 call, 228 Chumstick Hwy,, CC3 Station
- Peshastin.
- 22:54 Noise, 10765 Lone Pine Dr., Peshastin
- 23:02 Welfare check, 200 Blk. Chumstick Hwy.
  - 23:27 Weapons violation, Chumstick Hwy., MP3

March 24

## **Senior Center Events**



## **City Council Meetings**

7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)

8 a.m., Leavenworth City Council study session, City Hall, 548-5275. (2nd Tues.)

3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)

6:30 p.m., Leavenworth City Council meeting, City Hall, 548-5275 (2nd & 4th Tues.)

## Leavenworth

## **City of Leavenworth City Hall, Finance, and Records Department**

Temporary office phone hours, Effective Immediately. Due to the recent "shelter in place" standards, City Hall Staff have reduced work hours. The Finance/Records Department will be available to answer phone calls as follows Monday, Wednesday, and Friday: 9-1 p.m. 548-5275. Optional contact available by email; staff is on limited schedules and will respond as soon as possible.

Finance Director Chantell Steiner - Ext. 123: chantell@cityofleavenworth.com Deputy Clerk Tami Gates - Ext. 120: tgates@cityofleavenworth.com

Office Assistant Andrea Fischer – Ext. 122: permits@cityofleavenworth.com Executive Assistant Sue Cragun – Ext. 128: scragun@citvofleavenworth.com (e 14)

## UV M.E.N.D. Food Box Delivery

The Community Cupboard is now open Tuesdays, Wednesdays and Thursdays from 11 a.m. - 5 p.m. so that people can come by to receive a food box via curbside pickup. But we also recognize that, for a variety of reasons, people aren't able to leave their homes to come and get food, so we'd like to be able to provide for their food needs as well.

Anyone within the Cascade School District who would

- 14:40 Trespass, 9425 Saunders
- 17:49 Suspicious, Black Bird
- Island 18:05 Suspicious 4637 US Hwy.,
- 97, Peshastin 22:07 911 call, 4637 US Hwy 97,

- Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND, 548-0408.
- Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni, 509-679-3247. (2nd & 4th Mon.)
- Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 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., Anthony Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)
- Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Resort, 505 Hwy. 2, in the Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.
- Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815 (4th Tues)
- Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)
- Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
- Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
- LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st. Tues.
- Leavenworth Masons, 7:30 a.m.. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons.org. (1st Tues.) Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

### Ongoing events

Leavenworth Public Library: 548-7923. Mon., Tues., Wed., open 9 a.m. - 6 p.m. Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m. Closed on weekends and Holidays. Special events: Tues., 11:30 a.m., Baby story time Wed., 1:30 p.m., Preschool story time Peshastin Public Library: 548-7821. Closed Sunday and Monday Tuesday: 3-8 p.m. Wednesday: 2-7 p.m. Thursday: 2-7 p.m. Friday: 11 a.m.-4 p.m. Saturday: 12-5 p.m. Special events: Thurs., 2:30, Bilingual Story time Sat., Crafts: 2 p.m. Upper Valley Museum: 548-0728 Leavenworth Fish Hatchery, 548-7641. 8 a.m.-3:30 p.m. 12790 Fish Hatchery Road (Daily)

#### **Regional events**

- SCORE (small business counseling), 1 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)
- Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee, 509-436-1601.
- Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

## leavenworthecho.com

- 16:53 Traffic offense, 10th & Front streets
- 16:53 Traffic offense, 10541 Merry Canyon Rd.
- 17:53 Suspicious, Beaver Valley Rd., MP 17
- 17:59 Welfare check, 263 Mine St., #223
- 18:25 Littering, US Hwy. 97 & Campbell Rd., Peshastin 19:39 911 4637 US Hwy. 97, Peshastin
- Mountain Home Rd.

#### March 21

- 11:13 Suspicious, 15131 Chumstick Hwy. 12:27 Welfare check, 22215 Arabian Ln., Plain
- 14:08 Hazard, 9400 Blk. Anderson Canyon Rd.
- 14:42 Animal problem, 636 Front St., Visconti's
- 19:11 Traffic offense, 9000 Icicle Rd.
- 19:25 Alarm, 636 Front St., Visconti's 23:00 Suspicious, 820 Front St.,
- Gazebo Park 23:00 Traffic offense, Alice Ave.,

## Dryden

- March 22
- 13:08 Suspicious, 8800 Josephine Ave., Dryden 14:40 Agency assist, Little Wenatchee River, Lake Wenatchee 19:06 Suspicious, 228 Chumstick
- Hwy. 19:49 Welfare check, 4637 US Hwy. 97, Peshastin 23:45 Alarm, 7375 Icicle Rd., O'Grady's

### March 23

- 02:23 Alarm, 9255 Foster Rd., BJs Food. 06:19 911 call, 10135 Peshastin Mill Rd. 06:22 Suspicious, 521 Summit Ave.
- 08:57 Suspicious, 9255 Foster Rd., BJs Food.
- 11:48 Scam, 10765 Line Pine Dr. Peshastin.
- 13:12 Property, 900 Blk. Fron St. 14:34 Suspicious, 4637 US Hwy. 97, Peshastin

02:01 Suspicious, 4637 US Hwy. 97 Peshastin 02:14 Agency assist, US Hwy. 97, MP 175, Peshastin 05:24 Alarm, 636 Front St., Viscontis 07:00 Welfare check, 4637 US Hwy. 97, Peshastin

10:45 Suspicious, 4637 US Hwy. 97 Peshastin

23:06 Property, 9800 Blk. 16:44 Suspicious, 301 Ward Strasse, Hampton Inn 16:56 Suspicious, 428 Dempsey Rd., Dryden. 17:44 Domestic disturbance, 4637 US Hwy. 97, Peshastin

> 19:46 911 call, 5721 Mountain Lane Rd., Peshastin 20:53 Agency assist, 9700

- Derby Canyon Rd., Peshastin March 25
- 06:38 Prowler, 18350 Beaver Valley Rd., Plain 10:22 Harass/threat, 9377 US Hwy. 2, Park & Ride 12:31 Agency assist, 21811 Welch

Ln., Plain 14:56 Public assist, 2302 Pine Tree R, Lake Wenatchee 16:56 Welfare check, 24613 Spur St., Plain

- 17:32 Public assist, 22744 Lake Wenatchee Hwy.
- 17:58 Trespass, 100012 School St., Peshastin

20:18 DUI, US Hwy. 2 and Chumstick Hwy. 22:38 Suicide threat, 12740 Cemetery Rd. 23:18 Noise, 409 Ash St.

#### March 26

- 00:47 Domestic disturbance, 10189 Merry Canyon Rd. 01:11 911 call, 4637 US Hwy. 97, Peshastin 11:33 Civil, Coles Corner area of Lake Wenatchee 14:01 Disturbance, 21311 SR 207, Lake Wenatchee 17:02 Harass/threat, 237 Timber
- Ridge Canyon Rd. 21:03 911 call, 3333 Hansel Ln.,
  - Peshastin

like a food box delivered is eligible. If you, or anyone you know, would like to receive a monthly food box please leave a voicemail at the Community Cupboard (509-548-6727) or email bob@uvmend.org and I will get you set up.

Please share this information with anyone you know who might need food delivery in these difficult times. We want to reach as many people as possible who might need this service. (e 14, 15).

## GIVE BLOOD, It's A Life Saving Medicine

The Leavenworth Red Cross Blood Drive, will be held at the Church of Jesus Christ of Latter-day Saints, on Thursday, April 9, from 12- 4 p.m. at 10170 Titus Road. All eligible and healthy donors are strongly urged to make an appointment, during this hard time there is a shortage of blood. For information or scheduling an appointment, call 1-800-REDCROSS, (1-800-733-2767). Walk-ins are welcomed. (e 14, 15).

### Leavenworth RotaryFest Tickets

Call Rotarian Bill, 670-1837 or 548-5286 or any other Leavenworth Rotarian to purchase a \$10 raffle ticket to win two E-Bikes, (value \$2000). No need to be present to win. New tentative date for RotaryFest will be September, watch for flyers. (er).

### **P.EO. Scholarships**

Applications are still being accepted for Scholarships sponsored by P.E.O. Chapter JF, Leavenworth. Applicant must be at least 30 years old and living in Chelan or Douglas County. Applications must be received by April 30, for consideration. Please email Mimi at mimikeller5@icloud.com for more information. (er).



## CONTINUED FROM PAGE I

## Kelly Coulter Wins Teacher of the Year Award for Cascade School District

miss tier one instruction, the instruction from the classroom teacher to all students. The students I teach are taught during a tier two session, a time when all students can practice and deepen understanding. After the intervention we retest to see that the skill was learned. Then we move on to the next skill. Some skills are tricky to unbundle and take more than a week to reteach, and that is what makes my job especially challenging and fun."

Coulter worksclosely with students, but equally important is her partnering with teachers and administrators to improve outcomes. Colleague Tina Richardson said, "Kelly's collaboration with staff is ongoing, and her colleagues are the better for it. Kelly's growth mindset is unstoppable!"

"Kelly's energy and com-

mitment are infectious," said Kenny Renner-Singer, principal of ALPS. "Our instructional support program is two to three years ahead of where I thought we would be, thanks to Kelly's leadership. She collaborates with teams, uses data and provides research-based instruction to struggling learners. Finally, she builds meaningful relationships with her students and advocates for their learning. For example, she attends all parent conferences and IEP meetings of her students and advocates for their learning and social/emotional

health." In this current crisis, the impact of a six weeks absence from school on students worries Coulter. "I am extremely concerned. It is an unprecedented situation for families to be in charge of directing the learning of their children.

Teachers have done a great job pulling together packets of materials for families, and families will do the best they can with them. Each week teachers will be given new information from the state and the district about what we can offer next. I am currently spending time taking on-line classes and learning how to teach K-5 students remotely so I can support teachers and students during this transition."

When everyone is back in school, Coulter's perspective, drive and spirit will help students and staff through that next transition. "She understands that only together can we truly impact student learning and growth on a significant scale," said Ross. "Kelly is a researcher, an entrepreneur and is willing to be a trailblazer. Kelly has my respect!"

**Obituary** Patricia Mitchell

May 1, 1930 – March 25, 2020

she had many friends, Patricia

designed the costumes for the

Richland Light Opera company's

She also studied art at the

Boston Museum of Fine Arts

School, the Fogg Art Museum in

Cambridge, Massachusetts, and

the Silvermine College of Art in

Connecticutt. She was a member

of the Harvard Dames, and she

attended classes in psychology

When her husband, Captain

William F. Mitchell, USN, at-

tended the Industrial College

of the Armed Forces in Wash-

ington, D.C., Patricia attended

the College's national security

seminars and made a field trip

with him to Germany to study

that country's industries, finan-

cial institutions, government, and

At the U.S. Naval Academy,

natural resources

at Harvard

production of My Fair Lady.

Patricia Ann Mitchell (Patty) was born Patricia Ann Tuthill on May 1, 1930 to Leslie E. and Charis J. Tuthill in Seattle, Washington.

Patricia's father was a mining engineer who supervised mines in the Pacific Northwest in the 1930's. She and her brother lived with her family in Oroville for some time where her father supervised operations at the Gold Axe mine, and she spent summers at other mine sites in the Northwest and Yreka, California.

Patricia attended Roosevelt High School in Seattle and then studied art and fashion design at the University of Washington.

At the University she was a member of the Delta DeltaDelta sorority, and she was active in student government.

She later worked for a sportswear firm in Seattle preparing buyer fashion booklets for the



Having regularly visited the Leavenworth, Plain and Lake Wenatchee area for thirty years, together with her husband she designed and created their home near Plain where they have lived since 1983. She was a member of the North Central Washington Museum, the Evergreen Club in Plain and the Ponderosa Firemen's Auxiliary.

She is survived by her husband, William F. Mitchell at home; a brother, Dick Tuthill of Lynnwood; a daughter, Leslie Snyder and her husband, Richard, of Kirkland; a son, Russell R. Stenquist, and his wife, Joni, of Santa Ana, California; a stepdaughter, Dr. Betsy Mitchell, and her husband, Dr. Wayne Sousa, of Berkeley, California; a stepdaughter, Lori Mitchell of Potomac, Montana and her husband Patrick Marsolek; a stepson, Peter Mitchell and his wife, Lila, of Ocosta, granddaughters Chelsea Jo Mitchell and Lauren Scafturon, and grandsons, Shawn and Andrew Truesdell, Russell Lon Snyder, Joseph William Mitchell, and Jake and Evan Sousa and Nick Scafturon.

**BUSINESS & SERVICE Directory** Annapolis, Maryland, the Mitchell's home facing the parade Add your business or service to this directory: 548-5286 ground was open to midshipmen, their families and friends STUMP REMOVAL DRILLING forming lifelong, close friend-Quick 'n Easy ships. Here she was a member Tumwater Drilling and Pump Inc. of the Officers and Faculty Wives' **Residential Stump Removal** "Water Treatment Systems Built Club and the Naval Academy to Your Individual Problem' STUMPS **Free Water** Analysis/Estimates Conveniently located on Hwy 2 across Tumwater from the Big Y Cafe Drilling & Pump, in Dryden nc. @ 9290 Hwy 2 UNLIMITED 548-5361 10817 North Road, Leavenworth · (509) 548-8222 www.tumwaterdrilling.com · email info@tumwaterdrilling.com Kim & Rosalie Kozelisky WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, Licensed, Bonded, Insured · Cont. #UPPERVE200PI SALTSALES **EXCAVATION** STORAGE **Complete Excavating Service** DOWNTOWN Have spare CASHMERE Power & Water Systems acility MINI STORAGE Dump Truck & Dozer **Drainfield Repair** 5x10-\$60 Per Month Free Estimates 10x10-\$80 Per Month





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**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** 



Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com

### LEAVENWORTH CHURCH OF THE NAZARENE

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



Pastor Mike Moore www.midvalley baptist.org

## LEAVENWORTH

### **CASCADE MOUNTAIN BIBLE CHURCH**

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

Meet at - 206 Vine Street Lead Pastor, Steve Hanev **CHRIST**CENTER Children's Pastor, Andy Robinson **Congregation Care Pastor, Joyce Williams** Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director



christcentercashmere.com

# Health

## Now is a Good Time to See a Professional Advisor

BY BETH STIPE, EXECUTIVE **DIRECTOR OF THE COMMUNITY** FOUNDATION OF NORTH **CENTRAL WASHINGTON** 

These are scary and uncertain times. We are being asked to keep a distance from our friends and fellow community members, we feel isolated at home, and we worry about the health and well-being of our friends and family. We wonder how the economy is going to rebound from all of this, and when we will feel a sense of normalcy again.

It is understandable then, that many of our donors are asking themselves some tough questions: Do I have my affairs in order? Will my loved ones be cared for should something happen to me or my spouse? Are my financial assets allocated in a way that will minimize risk but perhaps take advantage of the bear market? How can I best support charitable causes at this time when I know my community needs it most?

If you find yourself asking these questions, you are tunate to live in a community with an abundance of trusted professionals who can help you navigate the complicated answers to these questions. At the Community Foundation of NCW, we have the privilege of working with dozens of professional advisors who assist clients with estate planning, financial planning, and tax-smart strategies. They see the value that charitable giving provides their clients - as well as the community - and we work with them to help their clients meet their charitable goals. To help you find a Professional Advisor, we have compiled a list on our website at https://cfncw.org/ professionaladvisorlisting/.

If you're like me, you've cancelled your travel plans and find yourself with more time on your hands to tackle some projects that have been easy to put on the back burner. Now is a good time to sit down (or set up a virtual meeting) with a professional advisor. Below is some guid-

not alone. You are also for- ance for setting up those meetings:

> When is it time to see a **Professional Advisor?**

• If you are thinking about creating or updating vour will

• If you are interested in the tax-benefits of charitable giving

• If you are planning retirement and want to learn more about creating income streams through a charitable trust

### What type of Professional Advisor should I see?

• Attorney: Visit your attorney if you need to write or update your will, consider creating a trust, or find out how to create income streams during life while also leaving a legacy.

• Accountant: Visit your accountant to explore ways to meet your charitable goals while also making tax-smart decisions.

• Financial Planner: Visit your Financial Planner to figure out how best to torneys, accountants and fi-



## is your legacy What

Provide for your family and future generations. Leave a gift to your community, forever. www.cfncw.org • (509) 663-7716

achieve your giving goals within your overall financial picture.

The list of Professional Advisors on our websites includes a wide variety of at-

nancial advisors throughout North Central Washington. Remember, choosing a Professional Advisor is an important decision.

Take time to find the right fit and make sure to do your

research and ask the right questions. If you are not sure where to start, please call us here at the Community Foundation of NCW. We are happy to help you find the right path.

Can Old Drugs do new Tricks

Watching the press release the other day of the FDA describing medications being studied for use against coronavirus, I was intrigued when the official mentioned they were studying 2 drugs as possible treatment options, chloroquine and hydroxychloroquine.

I am personally familiar

with hydroxychloroquine, because I took it for several years to successfully treat my lupus.

Ten years ago, my upper arms and lower abdominal muscles started swelling and hurting.

When the pain got so bad I couldn't turn over in bed by myself, raise my arms

above my shoulders, or lift more than 5 pounds, I got scared. At the same time, my hands broke out in an itchy, painful rash, and my cuticles became so exquisitely tender that I could barely stand to wash my hands.

When I saw my family doctor, he explained that I had a type of autoimmune disease called lupus and prescribed prednisone.

If I am very lucky I will NEVER, ever take that demonic medicine ever again. While I was taking the prednisone, I couldn't eat, I could barely sleep, and had several very scary "out of body" experiences. After only one week, I quit taking it and begged my doctor for something else.

He referred me to a colleague of his, a rheumatologist at Virginia Mason Hospital in Seattle, who I found out also takes care of my younger sister.



immigrants.

Half of the world's population is at risk of developing malaria.

In 2015 there were an estimated 214 million cases of malaria worldwide, 85% caused by the parasite Plasmodium falciparum, causing 438,000 deaths.

Malaria from P. falciparum causes infected red blood cells to stick to the sides of blood vessels, blocking oxygen delivery to your

periods of time and could not prevent malaria.

With quinine still unavailable during the 1940s, the governments of both Germany and the United States each assigned task forces of scientists to discover and develop replacement antimalarial medicines.

Ironically, although each group worked independently, they both came up with the same solution: the discovery of chloroquine and



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Questions: customerhelp@chelanpud.org. We're here to help!

Answers to many questions about Chelan PUD's utility service are in the "Frequently Asked Questions" posted at chelanpud.org under "Our Coronavirus Response."

Crews are ready to respond to outages. Call us 24/7 at 877-783-8123

Follow us on facebook.com/ChelanPUD and on Twitter @Chelan PUD

## We're #HereForYou



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#### **DEADLINES:**

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

## SUBSCRIPTIONS:

In Chelan County (yearly) \$40.00 \$5.00 to include online subscription In State (yearly) \$40.00 Out of State (yearly) \$52.00

Evidently, she and I both have lupus, although she has a different type than I do. With lupus, your body attacks its own cells, creating inflammation, pain, and sometimes permanent scarring.

While some types of lupus affect blood vessels or organs, I have the dermatomyositis form, which targets your skin and muscles.

My rheumatologist started me on hydroxychloroquine, the exact same drug that the FDA is now studying for use against coronavirus.

Both hydroxychloroquine and its parent drug, chloroquine have been around since the mid-1940s, and were originally developed and marketed as alternatives to quinine to treat malaria.

Malaria is an illness caused by a parasite called plasmodium that lives on blood.

Plasmodium is transmitted from one host to another by the bite of an infected mosquito.

Although malaria used to be common in parts of the United States, today nearly all cases are acquired abroad, either in travelers returning home or recent

organs, and can be fatal if not treated.

Quinine was the first drug found to be helpful against malaria. A Jesuit missionary in South America heard about healing properties of the bark of the cinchona tree from the local people, and spread the word to Europe.

Native to the the Andes mountains of Peru and Ecuador, the cinchona tree was imported and cultivated in India and Indonesia to produce the drugs quinine and quinidine. While quinine treated malaria, quinidine was a heart suppressant used to control certain types of irregular heartbeat. Quinidine is rarely used today because safer heart medicines are available.

Quinine's extremely bitter taste gives a characteristic "bite" to both tonic water and vermouth, a flavored wine used in making martinis.

When Japan captured Indonesia during World War II, it cut off the source of 90% of the world's supply of quinine. Although German scientists found a replacement medication fairly quickly, called quinacrine, it eventually proved to be too toxic to be used for long

Letters policy

The Leavenworth Echo welcomes let-

ters to the editor. All letters must be

accompanied by the author's name.

its close relative, hydroxychloroquine.

Chloroquine and hydroxychloroquine don't have just the ability to combat malaria.

The scientists who developed these medicines found that they also had potent anti-inflammatory properties, particularly helpful in easing the pain and stiffness of rheumatoid arthritis (RA).

Hydroxychloroquine continues to be frequently used for both RA and lupus, while chloroquine is reserved for treating malaria that has become resistant to other medicines.

Taking hydroxychloroquine brought my lupus under control. Let's hope that either it or its close relative chloroquine can be found useful in today's fight against the COVID-19 coronavirus.

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

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### SERVICES:

Back Issues are available up to one year after publication for a fee.

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www.chelanpud.org

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a home address and a davtime phone number (for verification purposes only). Letters may be edited for

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> individual names. Email your letters to echo@leavenworthecho.com

> errors. If you see an error, please call

509-548-5286. We will publish a cor-

rection on this page in the next issue.









Ashford For Sale: 32' Rigid Heddle Loom, loom stand, assembled, with all parts, in Prime Condition! included: Also bench. clip-on light, additional shuttles, selvage weights, directions. and weaving books. \$400 further information. For see Ad online in NCWMarket.com.

CRAFTS

5

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with electric and water to

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house with showers, lounge with TV, bar, and

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2

FROM

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

 Icicle River Middle School

**Bilingual Secretary** 

starting 2020-2021 school year

Fast Track application process and information can be found on our

Is looking for a talented writer/ photographer to report on the news of the Chelan Lake Qualified applicants will cover city council, local boards, school school sports and community events. Must be

a good writer, photogracommunity attend and willing to То

educación individualizada para cada uno de nuestros estudi-antes. Los estudiantes nominados para este proceso se van a considerar para la matriculación en el pro-grama, highly capable pro-gram- (Programa de alta capa-cidad), será basado en exáme-nes y evaluaciones con el per-miso de los padres/tutores le-gales. pher, and have excellent computer skills and love to events. Must be a team player work flexible hours. gales. apply send your resume Las formas para hacer una and writing samples to: Publisher NCW Media. Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@ NCV

Valley.

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vacations

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ALASKAN

12 days, departs

May - Sep, 2020

**CRUISE & TOUR** 

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



website at: www.cascadesed.org EOE

#### **PUBLIC WORKS** UTILITY MAINTENANCE WORKER

The City of Leavenworth is now accepting applications for a Utility Mainte-nance Worker. This position's regular work week will be Thursday through Monday. Duties include a variety of semi-skilled and skilled tasks in maintenance work including weekend garbage collec-

THEME: COFFEE AND TEA

ACROSS

leavenworthecho.com



DOWN 1. Be in the red 2. Crows' cousins 3. Actress Barrymore 4. More like rumors 5. '70s Ford model 6. Native American emblem Dwarf buffalo 8. Pueblo tribesman . On top 10. For each 12. Cosmetic cabinet staple 13. Allegro \_\_\_\_ in music, Italian 14. \*\_\_\_ Perk from "Friends" 19. Exit plus s 22. Eye infection 23. Oozes 24. Article of faith 25. Romanov's edict 26. \*A \_\_\_\_\_ of tea, in U.K. 27. Prowl around 28. Embryo cradles 29. Green pasta sauce 32. One on the list 33. Faux one 36. \*Equal parts espresso and warm milk 38. Fauna's partner 40. Hudson's Bay Company original ware 41. Experts 44. Nose channels 46. Kick the bucket 48. Between countertenor and baritone 49. Make this, not waste Affected by the moon 50 51. Went down a slippery slope 52. Kitchen flooring choice 53. Tried follower 54. Bygone era 55. \*The Revolutionary one followed #52 Across 58. The Simpsons's neighbor

nominación se pueden obtener por la página de web del Dis-trito Escolar de Cascade (<u>www.Cascadesd.org</u> se en-cuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 17 de abril, 2020, par correo electrónico mianpor correo electrónico <u>mian-ski@cascadesd.org</u> o por cor-reo;10195 Titus Rd. Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)

dad para estudiantes, que se creen tener una alta capacidad

de aprendizaje rápido, intensi-vamente, y/o de manera am-

plia, para que podamos proveer un mejor servicio de educación individualizada para

Find the Best Qualified Local Employee in our Classifieds Ads. Place your ad 24/7 at www.NCWMarket.com

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fire pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031. **CLEAR SOME** 

SPACE WITH A Fill your pockets with \$\$ CASH \$\$ Let others know what items you are selling!

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## **Classifieds / Public Notices**

## **PUBLIC NOTICES**

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of ARCHIE A. MARLIN, Deceased. No. 20-4-00076-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been aprepresentative pointed as personal representa-tive 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 representa-tive 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 per-

sonal representative served or mailed the notice to the creditor or as provided 11.40.020(1)(c); under RCW ); or (2) four the date of first months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is for-ever 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 pro-Against both the declerits bate and nonprobate assets. Date of First Publication: March 18, 2020 Personal Representative: Sherry S. Marlin Attorney for the Personal Papersentative: 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

Count of Probate Proce and Cause Number: Chelan County Superior Cause No. 20-4-00076-04 SHERRY S. MARLIN Personal Representative Court Attorneys for Personal Representative: SPEIDEL BENTSEN LLP

By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenat Suite 600 Wenatchee Avenue,

P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/ Cashmere Valley Record on March 18, 25, and April 1, 2020. #87535.

SUPERIOR COURT OF

## WASHINGTON COUNTY OF CHELAN NO. 20-2-00073-04 SUMMONS ROBISON ESTATE, LLC

a Washington limited liability company, Plaintiff,

VS. THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, de-ceased; THE HEIRS AND DE-VISEES OF ELLA RICHARD SON, deceased; and ALL OTHER PERSONS OR PAR-TIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein,

**Defendants** STATE OF WASHINGTON to: THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICH-

## **PUBLIC NOTICES**

## CITY OF CASHMERE NOTICE TO CONSULTANTS FOR SAFE ROUTES TO SCHOOL

The City of Cashmere (City) solicits interest from consulting firms with expertise in Traffic Engineering Design. This agree-ment will be for approximately twelve months in duration with the option for the City to extend it for additional time and money in necessary. Consultants will be considered for the following pro-ject: Pioneer Ave. Safe Routes to School.

The City reserves the right to amend terms of this "R for Qualifications" (RFQ) to "Request circulate various addenda, or to withdraw the RFQ at any time, regardless of how much time and effort consultants have spent on their responses.

Project Description: The work to be performed by the CONSULTANT consists of preparing preliminary engineer-ing design for safe routes to schools improvements. The pro-paged improvements include posed improvements include installing thermoplastic crosswalks, pedestrian inlaid cross-

walk flashing beacon signs, an advance flashing beacon, and a new ADA compliant curb ramp. The major features of the proiect are as follows:

 Pioneer Ave. & Tigner Rd. intersection – install high visibil-ity crosswalks on the south and east legs of intersection and install flashing beacon signs on the N.E. and S.E. quadrants of the intersection.

Pioneer Ave. & Chapel St. intersection - install high visibil-ity crosswalk on the west leg of intersection and install flashing beacon signs on the N.W. and S.W. quadrants of the intersec-tion tion.

Pioneer Ave. & Mission Creek Rd. intersection - install high ility crosswalk on the east of intersection and install visibility leg of flashing beacon signs on the N.E. and S.E. quadrants of the intersection.

Pioneer Ave. & School Lane Proheer Ave. a School Late intersection - install high visibil-ity crosswalk on the west leg of intersection, install flashing bea-con signs on the N.W. and S.W..quadrants of the intersec-tion of intersection content and and and and intersection of the intersection and install new curb ramp at the S.W. quadrant of inter section.

 South Division St. – install advance flashing beacon Pioneer Ave. & School Lane fo intersection.

intersection. The City reserves the right to retain the services of the suc-cessful firm for any subsequent phases (R/W, CN) associated with this project. **Evaluation Criteria:** Submittals will be evaluated and ranked based on the following ranked based on the following

criteria: 1) Qualification of Proposed

Project Manager. 2) Qualifications/Expertise of Firm.

Ability to meet schedule. 3) 4)

 Approach to project.
 Familiarity with FHWA standards. WSDOT/ Past Performance/ Refer-6)

#### ences Submittal:

Submittals should include the information: Firm following name, phone and fax numbers; Name of Principal-in-Charge and Project Manager; and Num-ber of employees in each firm proposed to project. Please submit an electronic version of your Statement of Qualifications to: Steve Croci (steve@cityofcashmere.org), Director of Operations, City of Cashmere 101 Woodring Director of Operations, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815 no later than 2:00 P.M. on April 16, 0020 Subpittele will be the

## **PUBLIC NOTICES**

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON

NO. 20-4-00086-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal named below representative as personal representapointed pointed as personal representa-tive of this estate. Any person having a claim against the dece-dent 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

the manner as provided in RCW 11.40.070 by serving on or mailing to the personal repre-sentative or the personal representative's attorney at the

sentative'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 RCW 11.40.020(1)(c); or (2) four months after the date of four months after the date first publication of the notice. ò Ii the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in 11.40.060. RCW This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publicaton: March 25, 2020 Personal Representative: Sondra K. Strutzel Attorney for Personal Representative:

Steve D. Smith Address for Mailing of Service: 617 Washington Street Wenatchee, WA 98801 (509) 662-3551 SONDRA K. STRUTZEL Personal Representative DAVIS, ARNEIL LAW IRM, LLP Attorneys for Estate By: STEVE D. SMITH WSBA #16613 Published in The Leavenworth Echo/ Cashmere Valley Record on March 25 and April 1, 8, 2020. #87562.

SUPERIOR COURT OF THE STATE OF WASHINGTON FOR CLARK COUNTY

Estate of DONNA V. SINES.

#### Deceased. NO. 20 4 00262 06 NOTICE TO CREDITORS

representative personal The named below has been ap-pointed 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 mail-ing to the personal representative or the attorney at the address stated below a copy of the dress 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 the 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 11.40.051 and 11.40.060. RCW This

## Should you split your pills?

Ask ....

Dr.

Louise

I filled a glass half full of tap

water, tossed the tiny capsule

into my mouth and drank the

water. Puzzled, it didn't seem

like the pill went all the way

down, so I drank another half

glass of water just to make sure,

The next day I noticed my

and went back to bed.

Have you ever gone to bed and, just as you were falling asleep, a task left undone jumped out at you? It was over 20 years ago but I still remember it because of what happened afterwards. I had forgotten to take the last dose of an antibiotic that given

to me to prevent infection after an outpatient procedure. "I REALLY SHOULD finish the whole prescription," I told

myself as I reluctantly rolled out of bed. Blinking my bleary eyes,

## **PUBLIC NOTICES**

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq.108 1st Ave South, Suite 202, Seattle, WA 98104 Trustee Sale No.: WA-19-867543-BB Title Order WA 98104 Trustee Sale No.: WA-19-867543-BB Title Order No.: 191062225-WA-MSW Reference Number of Deed of Trust: Instrument No. 2202312 Parcel Number(s): 64048, 272214320100 Grantor(s) for Recording Purposes under RCW 65.04.015: KENNETH R. ALLEN AND PATRICIA A. ALLEN, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): The Bank of New York Mellon fk/a The Bank of New York, successor to JPMorgan Chase Bank, N.A., as trustee, on behalf of the holders of the Structured Asset Mortgage Investments II Trust 2005-AR6, Mortgage Pass-Through Certificates, Series 2005-AR6 Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Select Portfolio Servicing, Inc. I.NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 4/10/2020, at 10:00 AM At the main entrance to the Chelan County Courthouse, located at 350 Orondo St, Wenatchee, Chelan County Courthouse, located at 350 Orondo St, Wenatchee, WA sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: THE EAST HALF OF THE FOLLOWING DESCRIBED PROPERTY: THE EASTERLY 40 THE FOLLOWING DESCRIBED PROPERTY: THE EASTERLY 40 FEET OF GOVERNMENT LOT 2, IN SECTION 14, TOWNSHIP 27 NORTH, RANGE 22, E.W.M. CHELAN COUNTY, WASHINGTON, LYING NORTHERLY OF STATE HIGHWAY NO. 10 AND THAT PORTION OF GOVERNMENT LOT 4, IN SECTION 13, TOWN-SHIP 27 NORTH, RANGE 22, E.W.M. CHELAN COUNTY WASHINGTON, LYING NORTHERLY OF STATE HIGHWAY NO. 10 AND LYING WESTERLY OF A LINE PARALLEL TO AND 300 FEET (AS MEASURED ALONG THE NORTH LINE OF LOT 2, SMITH'S FIRST ADDITION EXTENDED) WESTERLY OF THE WEST LINE OF SMITH'S FIRST ADDITION TO CHELAN, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 2 OF PLATS. PAGE 15. More commonly known as:

2 OF PLATS, PAGE 15. More commonly known as: 910 W WOODIN AVENUE, CHELAN, WA 98816 Subject to that certain Deed of Trust dated 6/13/2005, recorded 6/21/2005, under Instrument No. 2202312 records of CHELAN County, Washington, from KENNETH R. ALLEN AND PATRICIA A. ALLEN, HUSBAND AND WIFE, as grantor(s), to LandAmerica Transnation Title Company, as grantor(s), to LandAmerica Transnation Title Company, as original trustee, to secure an obligation in favor of Mortgage Electronic Registration Systems, Inc., as nominee for First Horizon Home Loan Corporation, its successors and assigns, as original beneficiary, the beneficial interest in which was subsequently assigned to The Bank of New York Mellon f/k/a The Bank of New York, successor to JPMorgan Chase Bank, N.A., as trustee, on behalf of the holders of the Structured Asset Mortgage Certificates, Series 2005-AR6, Mortgage Pass-Through ment recorded under Auditors File Number 2368900 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's

default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears; \$98,047.00. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$1,075,265.75, together with interest as provided in the Note from (1/12014) on and such other costs and fore are provided by \$1,075,265.75, together with interest as provided in the Note from 1/1/2019 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 4/10/2020. The defaults referred to in Paragraph III must be cured by 3/30/2020 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinued in days before the sale. The sale will be discontinued and terminated if any time before.

terminated if at any time before 3/30/2020 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or activitied shoely from extende or forderally observed back. or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 3/30/2020 (11 days before the sale date) and before the sale, by the Borrower or

Grantor or the holder of any recorded junior lien or encumbrance

chest started burning every time I ate, and over the next couple of days the burning intensified until every time I swallowed drove a hot poker inside my chest. Sent directly to the ER to make sure I wasn't having a heart attack, the doctors found that pesky antibiotic capsule stuck to the lining of my esophagus, burning a hole in it.

With treatment, the pain finally went away but ever since, I've have to use something to "slide" my pills down or I choke on them, usually a spoonful of peanut butter or bite of banana But I'm not the only one with this problem. Lots of people have trouble swallowing pills, especially larger tablets, and try breaking their pills in half or crushing them up to get them down.

But not every pill should be broken up. Which pills are safe to cut or crush?

Some pills have special coatings that protect them from dissolving in your stomach, either to protect YOU from a medicine that triggers stomach upset or pain, or to protect the medicine from being destroyed by exposure to the acids in your stomach.

Some medicines are designed to release their contents slowly, over 12 or 24 hours. Cutting one of these will release the medicine intended to last all day all at once, triggering exaggerated effects like drowsiness, dizziness and trouble with your balance.

Many tablets have a straight groove that runs completely across one side of the tablet, called a score. If a tablet is scored, when you split it along that line, each half will always contain the same amount of medication. The score line also makes it much easier to break the tablet, whether you do it with your fingers, a knife, a oneedged razor blade or, (easiest of all), a pill splitter.

While some capsules contain only powder, others have small beads of medicine that can be sprinkled on food or divided up into several doses. You can divide the contents of capsules with less mess by placing each half inside an empty gelatin capsule. Some health food stores carry empty capsules, but a local pharmacy could also order some for you.

The gelatin capsule sizes most commonly used are the 00, pronounced "double ought", which is the length of a quarter, the 0 (ought) which is the length of a nickel, and the 1, which is the length of a penny.

Here are 6 Tips on Cutting or Crushing Pills Safely:

Use the score line. 1. You should always cut or

tablets at the in

IN AND FOR THE COUNTY OF CHELAN In the Matter of the Estate of: MICHAEL L. STRUTZEL Deceased

PERSONS OR PAR-OTHER

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the <u>1st day of</u> <u>April, 2020</u>, and defend the above entitled action in the above entitled court, and an-swer the complaint of the plain-tiff Robison Estate, LLC, and serve a copy of your answer serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Mi-chelle A. Green, at their office below stated; and in case of your failure so to do, judgment will be rendered against you ac-cording to the demand of the complaint, which has been filed with the clerk of coid court with the clerk of said court. Under RCW 7.28.010, an ac-

difference of the second secon person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named.

DATED this 24th day of March, 2020. JEFFERS, DANIELSON, SONN & AYLWARD, P.S.

By MICHELLE A. GREEN, WSBA # 40077 Attorneys for Plaintiff PO Box 1688 Wenatchee, WA 98807-1688 (509) 662-3685/ (509) 662-2452

Published in The Cashmere Valley Record/ Leavenworth Echo on April 1,8,15,22, 29, and May 6, 2020. #87570

16, 2020. Submittals will not be date. Any questions regarding this project should be directed to Steve Croci, Director of Operations. 509-782-2510 Operations, 509-782-3513 or. Americans with Disabilities Act (ADA) Information

The City in accordance with Section 504 of the Rehabilita-tion Act (Section 504) and the Americans with Disabilities Act Americans with Disabilities Act (ADA), commits to nondiscrimi-nation on the basis of disability, in all of its programs and activi-ties. This material can be made available in an alternate format by emailing Steve Croci,

by emailing Steve Croci, Director of Operations, at steve@cityofcashmere.org or by calling collect 509-782-3513. Title VI Statement:

"The City in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4 and Title 49, 2000d to 2000d-4 and lifte 49, Code of Federal Regulations, Department of Transportation, subtile A, Office of the Secre-tary, Part 21, nondiscrimination in federally assisted programs of the Department of Transpor-tation issued pursuant to such Act hereby potifies all bidders hereby notifies all bidders it will affirmatively ensure Act. that in any contract entered into pursuant to this advertisement, disadvantaged business enter-prises as defined at 49 CFR Part 26 will be afforded full

opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award." Published in the Cashmere Valley Record/ The Leavenworth Echo on March 25, 2020, and April 1, 2020. #87548



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against both the decedent's probate and nonprobate assets **RITA F. GRUESBECK** 32229 Weverhaeuser Way South Federal Way, Washington 98001 Attorney for Personal Representative: David R. Duncan O Box 5734 Vancouver, Washington 98668 Published in The Cashmere Valley Record/ Leavenworth Echo on March 25, and April 1, 8, 2020. #87544.

NOTICE OF RESCHEDULED PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Public Hearing for CUP 2020-01, Leavenworth/Pine Vil-lage KOA, scheduled for Thurs-day, April 2, 2020, before the Hearing Examiner for the City of Leavenworth, has been re-Hearing Examiner for the City of Leavenworth, has been re-scheduled. The Hearing will now be held at 1:00 pm, Thurs-day, April 30, 2020, in the Coun-cil Chambers at City Hall, 700 Highway 2, Leavenworth, WA. CUP 2020-01 Leavenworth/Pine Village KOA: Recreational Ad-ventures (owner) is requesting a ventures (owner) is requesting a conditional use permit amend-ment to add one new 20' x 24' (480 sq ft) storage building and

relocate two fuel gas tanks (500 and 250 gallon) to an existing fenced shop area on the prop-erty. The storage building will be used to house golf carts, cub cadets (small tractors), and yard tools for weather protection. No additional changes or modifica-tions to the existing camp-

tions to the existing camp-ground are proposed. The public is encouraged to at-tend and provide comment tend and provide comment and/or provide comment to De-velopment Services prior to the hearing. Materials hearing. Materials may be viewed, during normal business hours at City Hall or on line at http://cityofleavenworth.com/city -government/development-services-department/land-use-appli-cations/. Questions may be directed to Development Services, phone 509-548-5275 or email planner1@cityofleavenworth.com.

Published in The Leavenworth Echo/Cashmere Valley Record on April 1, 2020. #87597

by paying the principal and interest, plus costs, fees and advances if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which

and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 10/25/2019. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the abovedescribed property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the

with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING

COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors accommended by the Housing Einance Commission:

foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post\_pur-chase\_counselors\_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: http://portal.hud.gov/hudportal/HUD or for Local counseling agencies in Washington: http://www.hud.gov/of-fices/hsg/sfh/hcc/tc/index.cfm?webListAction=search&searchstate= WA&filterSvc=dfc The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Tele-phone: 1-800-606-4819 or Web site: http://nwjustice.org/what-clear Additional information provided by the Trustee: If you have previ-Additional information provided by the Trustee: If you have previ-ously been discharged through bankruptcy, you may have been re-leased of personal liability for this loan in which case this letter is intended to exercise the note-

holders rights against the real property only. The Trustee's Sale Number is WA-19-867543-BB. Dated: 12/3/2019 Quality Loan Service Corp. of Washington, as Trustee By: Shawn Sta Ines, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1 st Ave South, Suite 202, Seattle, WA 98104

For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-19-867543-BB Sale Line: 916-939-0772 or Login to: http://wa.qualityloan.com IDSPub #0158817 3/11/2020 4/1/2020. Published in the Cashmere Valley Record/ The Leavenworth Echo on March 11 and April 1, 2020. #86785

line that divides the tablet in half, called the score line.

Don't break or cut all 2of your tablets at once.

If you accidently break or cut a tablet so the halves aren't even, try to use the 2 halves close together, so the dose will "even out" over the next day or two. Taking several bigger or smaller halves in a row can cause a temporary increase or decrease in your medicine level.

Invest in a good qual-3. ity pill cutter.

Good pill cutters are easy to use and avoid the frustration of cutting pills cut unevenly, crumbling, and contain the pieces so they don't fly off the counter.

Use a firm, quick cut 4. or snap

Going too slowly can cause the tablet to slip, creating an uneven split.

Ask your pharmacist 5. if cutting your pills could save you money.

When each dose of your medicine costs the same, you should save money by cutting them in half, as long as they CAN be safely cut.

Twist gelatin capsules 6. open instead of cutting them.

Twist the halves in place first before pulling them apart.

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

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