



OCTOBER 30, 2019 • VOLUME 120, NO. 44

UPPER VALLEY NEWS SINCE 1904

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The Upper Valley Christian School celebrates 40th anniversary



Some of the UVCS students on a hike with their chaperones. Front row: Justice Prat, Ava McCall, Emily Sienia, Carson Cummins, Keenan Delzer, Noel Johnson. Second row: Brenna Dayton, Ryann Johnson, Payten Weaver, Ayn Mann, Jack Cummins, Nevaeh Haight, Stephanie Sohn, Carissa Craig. Third row: Mr. Jay Higgins, Paul Hope, Maverick Moss, Morgan Pflugrath, Michael Prat, Evelyn Sohn, Sydney McIver, Brianna Craig, Carsen Weaver, Mrs. Nery Rylaarsdam and Mrs. Diane Key.

SUBMITTED BY ANN AVEY

For the Upper Valley Christian School (UVCS), this special occasion marks a time to reflect on the school's history and celebrate its unique place in the Upper Valley community. UVCS began in 1979 when Jim West, a pastor at Leavenworth Church of the Nazarene, felt the need for a Christian school option in

came forward to provide the who instructed us in the love full amount needed.

With that help, UVCS started with 21 students, one teacher, and one Principal/ teacher; John Bangsund. Mr. Bangsund continued to serve as principal for 31 years.

Former student Bella Rylaarsdam, currently a student at NNU, writes, "Upper Valley Christian There are several times were given countless opportunities to actively learn and serve our community. At UVCS we were pushed to be the best we could be in our academic, social, and spiritual lives and were taught by a dedicated staff

of God with a serving heart."

From the beginning, UVCS's goal, along with high academic standards, has been to instill principles of love, truth, and kindness into students.

An emphasis is placed on 'family', with the intent to be a trusted community school. School is a place where we during the school week that all students participate in activities together, giving the school a feeling of solidarity, where the older students help look out for the younger. Dwight Pflugrath, the current school Administra-

tor, leads a staff of 11 who serve the 52 students in Pre-K through 12th grade.

Due to small class size and high teacher-to-student ratio, students are able to receive enhanced individual attention, helping them excel academically.

Combined grade levels allow teachers to get to know students more personally and contribute to furthering their academic success. New opportunities and curriculum are often added.

"The teachers and staff genuinely cared about me and were committed to my learning. They taught me well and I received a great education that prepared me well for my years at Running Start and then at the University of Washington. I am very grateful to have gotten the opportunity to study there because there were so many unique opportuni-

"A goal of the school administration was then as it remains today, to not just study within the confines of a classroom. The wider community is their world," said Kathy Bangsund, wife of the late former principal, John Bangsund. Field trips include outdoor education opportunities such as local camping trips and hikes for all grade levels. Students have visited the Olympic Peninsula, the rainforest, Deception Pass, Yellowstone, Washington D.C., New York, and Boston.

Leavenworth.

Starting a new school was not without struggles. The first year, just days before the school was to open and needed an additional \$10,000 to cover costs, a generous member of the community

For the current school year, a grade 5-8 choir has been initiated along with re-introduction of a robotics program.

ties like the outdoor education trips and ski P.E.," says former student Kellie Kuch.

Field trips, coordinated into the academic curriculum, have historically played a major role in the educational process at UVCS.

To be able to facilitate so

SEE HILE ON PAGE 7



Despite a little rain an energetic group of volunteers showed up to cleanup the old cemetery on the North Road on Oct. 16; From the left, Gary Brennick, Jim Humphrey, Mike Wyant, Kelly Richards, Chris Johnson, Katy Kriewald, Natasha Martin, Bobbi Ferg, Tanya Davalos, Travis Hamm, Deb Hartl, Chris & Ron Orcutt.

North Road Cemetery Cleanup a Success

SUBMITTED BY MARCI MUTH

The threat of rain did not slow-down the enthusiasm of the fourteen community volunteers who showed up at the North Road Cemetery on Wednesday, Oct. 16, for the 20th semi-annual cleanup event.

Armed with rakes, wheelbarrows, grass trimmers, and garbage bags, these cemetery 'angels' were fearless in their efforts to remove pine needles, pine-

cones, expired flowers, litter and other debris from the cemetery grounds.

In the past, most cleanup events involve the same volunteers who keep coming back every six months. Chris Orcutt, who initiated the first cleanup event in 2014, was thrilled to see that half of this group of volunteers were first-timers.

Four of the first-timers were from the Sleeping Lady Resort. Their participation helped make this the largest group of participants for this event.

Deb Hartl, Sleeping Lady's Human Resource Manager, was glad she and her co-workers could make a difference. Said Hartl, "because of its historical significance, it was rewarding to spend time near the final resting place of some of the original homestead-

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Community

COMMUNITY BULLETIN BOARD

2

Local. Events

Regional Community News &

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.

Community Calendar

Wednesday

- Peshastin Water District, 5:30 p.m. Peshastin Memorial Hall. Call Abby Bergren, 548-5266. (2nd Wed.)
- Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, 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 Bill Forhan. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
- Autumn Leaf Festival Association Board Meets, 6 p.m. Icicle Village Resort, 505 Hwy. 2. Lake Wenatchee Room. Call President Jim Zumini, 670-3343 or Secretary, Carol Forhan, 670-1723. (1st Thurs. each month unless noted otherwise or call for info.)
- 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.)

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

- Leavenworth Mosquito District Board Meeting, 7 p.m., at the Chelan County PUD building, Jenny Mullins 548-5904 (1st & 3rd Mon.)
- Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
- 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.)

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

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, Joel Walinski 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, Joel Walinski 548-5275 (2nd & 4th Tues.)

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.

Creek Rd.

Wenatchee.

Valley Rd., Plain.

12 Rd., Plain

Gazebo Park.

Wenatchee Hwy.

Park Way.

Peshastin.

Peshastin.

October 23

Hwy.

Hwy.

Lakes School.

Chumstick Hwy.

October 22

Rd.

St.

16:40 Property, Front & 9th Streets

18:21 Alarm, 10190 Chumstick

19:48 Hazard, 11400 Block Eagle

04:45 Domestic disturbance,

12:14 Public assist, 12198 Detillion

14:22 Public assist, 19791 Beaver

14:24 Vehicle prowl, 128 Wheeler

15:18 Public assist, 21608 Camp

15:35 Disturbance, 820 Front St.,

16:13 911 call , 22959 Lake

17:28 Property, 100 Enchantment

17:45 Property, Peshastin Bridge,

17:59 Attempt to locate, 10461

19:23 Property, 8650 Cherry St.,

21:49 Alarm, 500 Pine St. Alpine

10:59 Property, 10190 Chumstick

11:39 Vehicle prowl, 262 Ski Hill Dr.

13:48 Sex offense, 10190 Chumstick

SEE SHERIFF REPORT ON PAGE 7

Stemm Rd., Smallwoods.

16:12 Scam, 347 Division St.

13995 Brae Burn Rd., Lake

Hwy Cascade High School

17:25 Property, 10397 Titus Rd.

17:57 911, 817 Commercial St.

Leavenworth

October 17

- 03:57 Domestic Disturbance, 3985 Old Blewett Rd., Peshastin 09:20 Agency Assist, 9499
- Saunders Rd., Peshastin 11:05 Property, 116 River Bend Dr.,
- Safeway 11:50 Vehicle Prowler, 230
- Prospect St. 13:04 Accident/no Injuries, 1016
- Commercial St. 13:53 Warrant, 11007 US Hwy. 2,
- Preys Fruit Barn
- 15:01 Trespass, 10190 Chumstick Hwy., Cascade High School
- 17:34 Traffic Offense, 12720 Ranger Rd. 17:53 Scam, 7567 Old Bridge Rd.
- 22:54 Trespass, 3985 Old Blewett Rd., Peshastin

October 18

- 08:54 Alarm, 11719 Pear Tree Ct. 10:59 Suspicious, US Hwy. 2, MP
- 93, MP 93.5 12:37 Public Assist, Camas Creek
- & Tip Top Roads 13:59 Traffic Offense, 18632
- Beaver Valley Rd.
- 16:48 Civil, 9892 E. Leavenworth Rd.
- 17:00 Trespass, 500 Pine St., Alpine Lakes Elementary
- 19:22 Suspicious, 820 Front St., Gazebo Park
- 19:36 Trespass, 1001 Front St. 21:37 Agency Assist, 1117 Front St.,
- Evergreen Inn 22:01 Accident/no Injuries, 1329
- US Hwy. 2

October 19

- 00:24 Noise, 265 US Hwy 2., Rudloof's Pizza
- 02:18 Noise, 9864 E. Leavenworth Rd.
- 02:19 Property, 820 Front St., Gazebo Park
- 03:16 Assault, 500 Alpine Pl., Alpen Rose 08:41 Welfare Check, 1016
- Commercial St.
- 12:07 Property, 520 Pine St.
- 12:22 Disturbance, 10460 Fox Rd.

Another way Go to: www.NCWMARKET.COM · 24/7 to advertise your News & Events

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

Senior Center Events

Leavenworth Senior Center, 423 Evans St., Leavenworth

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting Tuesday, 1:00-3:00 p.m., Crafts Thursday, 1:00-3:00 p.m., Square Dancing Thursday, 6:30-7:30 p.m., Bavarian Dancing Friday, 6:00 p.m., Bingo Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

Senior Center Menus

Leavenworth Senior Center, 423 Evans St., Leavenworth

Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.

- October 31 Thursday: Pulled pork sandwich, baked beans, pea salad, coleslaw, apricots, dessert.
- November 1, Friday: Shepherd's Pie, Greek salad, peaches, cheesy garlic bread, dessert.
- November 2, Saturday and November 3 Sunday: No lunch.
- November 4, Monday: Veggie lasagna, Caesar salad, Waldorf salad, garlic bread, dessert.
- November 5 Tuesday: Ham, Noodles Romanoff, peas and carrots, green salad, whole wheat bread or roll, apple crisp.
- November 6, Wednesday: Oven fried chicken, roasted sweet potato, cuke tomato salad, grapes, biscuit, cereal bars.

Leavenworth

The Cascade Education Foundation

Tickets are on sale now for our One Big Event on Thursday, November 14, 5:30 p.m. at the Leavenworth Festhalle. Fall Harvest Dinner, Wine Raffle, Silent & Live Auctions and a Dessert Dash. Attendees will get a sneak peek at the art that was commissioned for Alpine Lakes Elementary through a recent grant-funded call for art. Reserve an eight-person table for \$340, or a seat at \$45 per person when purchased by October 24, or \$50 per person after. cef.schoolauction. net/obe2019/register/ticket sales. Can't make it to the auction this year? You can support CEF with a donation. https://cef.schoolauction. net/obe2019/give" (e 43).

New Red Barn Event

Wenatchee River Institute, Adventures in Storytelling on November 7, at 347 Division Street, Leavenworth, Doors open at 6:30 p.m. for community social and no-host refreshments, stories begin at 7:00 p.m. Call (509)548-0181 x2 or email rryan@wenatcheeriverinstitute. org Wenatcheeriverinstitute.org / Community Experiences / Red Barn Events. (e44)

Regional 00:29 Harass/threat, 18226

The Wenatchee Area Genealogical Society

Will meet at 2:00 p.m., Monday, November 11, at the LDS Family History Center, 667 10th Street NE, East Wenatchee. Family History Center Associate Helen Cromar will present the program, "Push-Pull" Factors in Migration. for more information, call 782-4046. Free and open to the public.(er 44).

Tuesday

I.P.I.D. Meeting, 8 a.m., Anthony "Toni" 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.)
- Upper Valley Women's Bible Study, Noon, at King Ludwig's. Call Delores Hall, 548-7803.
- 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.

Sun. & Mon., Closed Tue., 3 - 7 p.m. Wed., Thurs., and Fri., 2 - 6 p.m.

Sat. 9 a.m. - 6 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

:57 Trespass, 1001 Front St 13:46 Accident/no Injuries,

Chiwawa River Rd. 15:19 Agency Assist, US Hwy. 2 & 9th St.

15:54 Parking/abandon, 90 A Mill St., Public Parking

- 16:27 Civil, 931 Front St.
- 17:28 Property, Blackbird Island 17:54 Traffic Offense, Camp 12 Rd.
- & Chumstick Hwy. 18:19 Disturbance, 280 US Hwy. 2,
- Kristall's Restaurant 18:42 Agency Assist, 11401 River

Bend Dr.

20:34 Domestic Disturbance, 810 US Hwy. 2, Bavarian Lodge 20:55 Disturbance 1001 Front St. 21:30 DUI, US Hwy. 2, MP 103,

Peshastin 21:35 Disturbance 1001 Front St. 22:44 Welfare Check, 221-8th St., #B, Ducks & Drakes 22:50 Welfare Check, 829 Front St., #A, Andreas Keller 22:57 Disturbance, 843 Front St. 23:09 Trespass, 843 Front St., The Loft

23:41 Civil, 843 Front St., The Loft

October 20

00:30 Disturbance, 221-8th St., #B, **Ducks & Drakes** 00:31 Noise, 265 US Hwy. 2, Rudloof's Pizza 01:07 Disturbance, 1300 Commercial St., #207 08:35 Suspicious, 291 Ski Hill Dr. 10:07 Public Assist, 21608 Camp 12 Rd., Plain 11:38 Property, 820 Front St., Gazebo Park 12:40 Welfare Check, 9275 E. Leavenworth Rd. 12:50 Animal Problem, 18643 Rieche Rd. 13:40 Alarm, 500 Pine St., Alpine Elementary 14:41 Theft, 217-9th St., Tumwater Bldg. 20:16 Domestic Disturbance, 10415 Titus Rd., #G 20:20 Assault, 12704 Prowell St. October 21 08:39 Suspicious, 18955 US Hwy. 2, Lake Wenatchee

10:26 Suspicious, 11180 North Rd. 10;39 Extra Patrol, Icicle Rd., MP 2 12:08 Public Assist, 21608 Camp 12 Rd., Plain 13:58 Traffic Offense, US Hwy. 2 & Chumstick Hwy.

14:58 911, 11770 Pear Tree Ct.



Don't Forget to Vote November 5th!

Carl Florea For Mayor

"Leavenworth is an incredible community, but it is in desperate need to find a balance of commerce and community. Carl can work with the many interests to find solutions to the challenges we are facing."- Shaun Seaman

John Agnew Ted Alway Luke Astell Stephanie Astell Stacey Barnhill Sterling Bartholomew Suzanne Benson Rachel Bishop Logan Bosket Patti Bosket Vince Bosket Courtney Bradburn Maria Briseño Leesa Broker Oliver Brulotte Gro Buer Hana Butler Dr. Tony Butruille Meleah Butruille John Butruille Susan Butruille Liz Caemmerer Bev Cagle Maren Cagle Merrell Cagle Mike Camp Claudia Carani Amy Carlson Reed Carlson Chris Clark Tricia Cook Denise Darling Jackie Dawson Nancy Denson Judy Derpack Tom Derpack Dick Dickinson Rosaleen Dickinson Carolyn Dorisdotter

Claudia Elliott Alan Erhardt Sara Evans Bob Fallon Marty Fallon Glen Ferrier Jackie Ferrier **Jill Fineis** Debbie Florea Micah Florea Ted Fredericks Grant Gibbs Jan Gould Rev. Nancy Gradwohl Jim Haberberger Karen Haddon Karl Halupka Greg Harris T. Kelly Hassinger Patty Hebert Lee Heinrichs Keri Heniff John Henri Ann Hessel Marv Hinz Rev. Ann Hinz Buford Howell Jack Kalionzes Nancy Kalionzes Kristi Karpenko Barbara Kelly Dawn Kranz Dr. Karl Kranz Eric Krumland Heidi Krumland Terry Leverenz Trudy Leverenz Bryan Lopez

Ana Manzano Bob Mark Margaret Marson Jill Martinez Dayle Massey Amy Schaff Massey Mark Mazzola Michelle Mazzola Dan McConnell Jennie Ann McConnell Tina McKenzie Zona McKenzie Karen Francis McWhite Dr. Mara Merritt Mary Jo Bartholomew Guy Adam Miller Allison Miller Bill Moody Judy Moody David Morgan Gail Mork Julian Muro Heather Murphy Patrick Murphy Paul Myhre Jack Mynatt Mike Nash Mary Carol Nelson Dr. Tricia Ortiz Marcy Ostrom Momi Palmieri Laurie Peek **Beth Pratt** Mireya Quick John Race Olivia Race Chuck Reppas Amy Rieke Micah Rieke Tina Rieman

Ana Rosario Francisco Rosario Chelsie Sanchez Alex Schmidt John Schramm Mary Schramm Robert Schuenemann Carol Seaman Shaun Seaman Tim Seaman Kris Seaman Donica Sharpe Stephen Sharpe Joan Shumate Peter Spiegel Dr. Greg Steeber Mary Steeber Camille Stemm Nick Stemm Karen Strom Bob Stroup Cathy Stroup Steve Stroud Connie Thomassen Danny Thomassen Karen Turner Monty Turner Eric Vasquez Dorty White Charles A. Whittemore Mandi Wickline Becky Wilkinson Dan Wilkinson Bruce Williams Nestle Williams Sheri Wills

Paid for by the Committee to Elect Carl Florea for Mayor

Denise Darling, Treasurer, 507 Cedar, Leavenworth, WA. 98826

Neighbors

SATURDAY NIGH

ICICLECREEK THIS WEEK

FRANKENSTEIN SCREENING **ON HALLOWEEN**

MASON ELLIOTT

The Icicle Creek Center for the Arts is excited to be showing the National Theatre Live screening of Frankenstein on Halloween!

This is the perfect oppurtunity to come and get into the Halloween spirit as costumes are welcomed.

This thrilling production became an international sensation, experienced by almost half a million people in cinemas around the world. Benedict Cumberbatch and Jonny Lee Miller star as Frankenstein and the Monster, respectively, in this brilliant and very scary stage adaptation of Shelly's classic.

Childlike in his innocence but grotesque in form, Frankenstein's bewildered creature is cast out into a hostile universe by his horror-struck maker. Meeting with cruelty wherever he goes, the increasingly desperate and vengeful Creature determines to track down his creator and strike a terrifying deal.

Please note: Frankenstein has a BBFC rating of 15, and contains a scene of sexual violence.



Wenatchee River Institute Red Barn Event: Adventures in Storytelling

SUBMITTED BY WENATCHEE RIVER INSTITUTE

There are so many tales to tell -wildlife encounters, adventures of derringdo, family trip high jinks, and experiences that have forever changed lives. Wenatchee River Institute is hosting an evening of storytelling in the Red Barn on Thursday, Nov. 7, 7-8:30 p.m.

Come out to listen and imagine as local storytellers, from a widerange of backgrounds and adventures, share their own short stories.

The evening's storytellers to include: Andy Dappen's The ethical quandaries caused by a dead man, Carolyn Griffin-Bugert's Love, bicycle touring and a cyclone, Marlene Farrell's Taking the first



step, thanks to crickets and ants, Kevin Farrell's Seeing Eye-to-Eye with a Whale, Chandra Llewellyn's Life lessons from invasive rats, endangered coconut crabs and itchy mangos, and Selina Danko's Lost in the fog: A Case Study in Lost Person Behavior.

Stories are certain to be edge-of-theseat gripping, sharp-intake-of-breath surprising, and generate moments of deep introspection. Be prepared to laugh, cry, and walk away with ideas for new adventures of your own!

This is an exciting NEW Red Barn Event, 347 Division St. in Leavenworth, with more Adventures in Storytelling sure to follow.

Doors open at 6:30p.m. for community social and no-host refreshments, stories begin at 7 p.m. Questions? Call (509)548-0181 x2 or email rryan@wenatcheeriverinstitute.org

Wenatcheeriverinstitute.org / Community Experiences / Red Barn Events

AUTUMN LEAF FESTIVAL ASSOCIATION FUNDRAISER 2019 Wouldin⁹1 you like to win this Authentic

Perman Ammon lead Nuteracker? Tickets are only \$5 each

or 3 for \$10. Stop in to see him and get your ticket(s) at The Leavenworth Echo.

215-14th St. Leavenworth or call Carol 509-548-5286 or email Carol@leavenworthecho.com

linner will be notified in early December 2019.



Pastor Steve Bergland

Pastor Mike Moore

Sunday School 9 a.m.

Pastor Todd James

Sunday Worship 10:30 a.m.

www.cmbiblechurch.org

MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. • 782-2616

www.midvalley baptist.org

LEAVENWORTH

'Where God's Word Remains The Pillar Of Truth'

AWANA (Youth Program) Weekly Bible Studies

CASCADE MOUNTAIN BIBLE CHURCH

11025 Chumstick Hwy. • 548-4331

Wednesday 6:30 p.m. (school year)

Pastor Michael Brownell

email: mkb3123@gmail.com

111 Ski Hill Drive • 548-5292

Sunday Worship 9:00 a.m.

Lead Pastor: Andy Dayton

Youth Pastor, Kent Wright

www.LCN.org

LEAVENWORTH CHURCH OF THE NAZARENE

Leavenworth loses another community leader



Ann was born and raised in Leavenworth and graduated from Leavenworth High School. Ann was the Upper Valley Museum Coordinator for the past 16 years. She was also the Grand Marshal of Autumn Leaf Parade in 2016. Ann died at Swedish Hospital in Seattle on Sunday, October 27 and she is survived by daughter Tracy and many friends.



8455 Main Street • 548-7517

Sunday Worship 10 a.m.

www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD

School and Lake St. • 548-7523

NEW LIFE FOURSQURE CHURCH

Pastors, Darryl and Mindy Wall

FB page: newlifeleavenworth

www.newlifeleavenworth.com

Email: newlifeleavenworth@gmail.com

Sunday Worship Service 10:30 a.m.

Bible Adventures for kids at 10 a.m. sharp

Pastor John Romine

Pastor Jorge Torres

7591 Hwy. 97 • 548-4222

Sunday Worship, 10 a.m.

Cashmere Assembly of God • 509-782-2825 Worship Celebration & Sunday School 10 a.m. Meeting at The Conservatory, back entrance of Apple Annie's Underground High School Group, Sundays, 6 p.m. Worship Service, 10 a.m., Sunday School, 9 a.m.

Junior High, Wednesdays, 6:30 p.m. Meet at - 206 Vine Street Lead Pastor, Steve Haney CHRISTCENTER Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director christcentercashmere.com





Valley Bragging rights on the line Friday

BY BILL FORHAN

The deeply rooted rivalry between the Cascade Kodiaks and the Cashmere Bulldogs is a timeless tradition — the two teams go head to head in the annual Pear Bowl this Friday, Nov. 1.

"This game is always a big one each year on the schedule as the towns are so close to one another and both communities really get into it," said Cascade Kodiak's head coach Dominique Coffin.

"It makes for a very fun



year for the kids."

The Kodiaks are bringing a record of 4-4 to the game while the Bulldogs are at a 6-2 record for the season.

Regardless of the standing of wins and losses, both teams have put up impressive numbers on the scoreboard and both teams have suffered setbacks on the field.

"Every year this game has been a battle no matter where each team is in the league and what is on the

atmosphere to play in each line. I expect it to be the same this year as well," said Coffin.

> The tradition of the Pear Bowl traces back a long time, revealing a constant yo-yoing cycle of wins and losses between the two

teams.

Last year's contest was a tight match with the Bulldogs pulling out a victory at 14 to 10.

"Our team needs to continue to develop into a more disciplined football team. In

past weeks we have made too many mental mistakes and a team like Cascade will capitalize on those mistakes," said Bremer.

Cashmere is poised to go into the playoffs while this will likely be the Kodiaks

final game of the 2019 season. Only time will tell if team pride will provide the incentive for the Kodiaks to end their season with a win.

The game is on their home turf in Peshastin beginning at 7 p.m.

r						
	CASCAD	E KODI	AKS RO	STER		Head Coach
	Name	Height	Weight	Position	Year	Dominique Coffin
2	Xavier Richtsmeir	5' 11"	190	RB/DL	11	
3	Isaiah Dayton	6' 0"	185	RB/DB	12	Assistants
8	Will Burgess	5' 5"	125	WR/DB	9	
10	Alex Flick	5' 10"	165	WR/DB	11	Eli Aguilar
12	Cole Warnaca	6' 3"	205	QB/DB	11	
13	Cody Enloe	5' 8"	160	WR/DB	11	Pastor Anaya
15	Cameron Ostrem	5' 11"	175	WR/DL	11	i dotor / traya
16	Kai Lewman	5' 7"	145	RB/DB	9	Charlie Coffin
17	Ben Sunitsch	5' 9"	160	WR/DB	12	Chanle Collin
19	Braeden Parton	5' 6"	145	QB/DB	9	
20	Joseph Wall	5' 8"	175	RB/DL	10	Mike Hill
21	Arturo Avila	5' 5"	150	К	12	
22	Wyatt Lambert	6' 0"	215	RB/LB	12	TJ Ka'apuni
23	Jaden Niemela	5' 10"	155	WR/DB	10	
24	Bret Fraker	5' 11"	165	WR/DB	11	Jeff Lang
26	Aiden Tuttle-Groby	5' 9"	145	WR/DB	9	
28	Hunter Stutzman	5' 9"	165	WR/DL	9	Aaron Murphy
30	Eli Barber	5' 8"	205	RB/LB	12	
31	Jadon Hiatt	5' 8"	155	WR/DL	11	David Talley
34	Rally Baker	5' 10"	155	RB/DB	10	David Talley
36	Alex DeLangie	5' 9"	155	WR/DB	10	Devial Zevela
42	Teague Duncan	5' 9"	185	RB/DB	12	Daniel Zavala
43	Jones Duncan	5' 8"	175	RB/LB	9	
44	Gavin Pulse	5' 9"	170	RB/LB	9	Band Director
50	Colton Latimer	5' 5"	165	OL/LB	10	
51	Gunnar Balzer	5' 10"	165	OL/DL	10	James Mitsuyasu
52	Isai Claros	5' 9"	190	OL/DL	12	
54	Caleb Jantzer	6' 0"	205	OL/DL	12	Cheer Advisor
55	Ethan Magnaghi	5' 9"	220	OL/LB	10	
58	Eric Rosario	5' 9"	205	OL/LB	12	Nona Crites
60	Saul Vizcaino	5' 10"	185	OL/DL	11	
61	Jonathan Herrera	5' 9"	210	OL/DL	11	Cheerleaders
62	Austin Curry	5' 9"	155	OL/DL	11	Cheeneauers
64	Dillon Grantz	5' 10"	175	OL/DL	10	
66	Bryce James	6' 2"	270	OL/DL	12	Olivia Winters
67	Luke Williams	6' 2"	245	OL/DL	12	
68	Spencer Drolc	6' 1"	225	OL/DL	12	Sage Worden
69	Ozzy Christoffersen	5' 10"	175	OL/DL	9	
70	Cole Warman	5' 11"	185	OL/DL	10	Morgan Colvin
72	Ernesto Pina	6' 1"	260	OL/DL	9	
73	Jose Vizcaino	6' 1"	230	OL/DL	9	Porter Stock
75	Hunter Reinhart	6' 2"	275	OL/DL	12	
78	Toby Imes	6' 1"	185	OL/DL	9	Madison Dye
81	Kaston Dillon	6' 2"	195	RB/DL	9	
82	Julian Alvarez	6' 0"	175	WR/DB	12	Magan Miller
99	Adian Arceo	5' 9"	155	WR/DL	12	Megan Miller

During the first 8 games of the season the Kodiaks held opponents to only 17 points. To be successful against the Bulldogs they have to limit the Bulldog offensive scoring with their swarming defense.





Go KODIAKS Have a super season!

Dr. Bradford P. O'Brien, D.D.S. 11779 U.S. Hwy. 2 Suite 201 Leavenworth, WA 98826 (509) 548-5415

Since 1913



PO Box 378, Peshastin WA 98847 Phone: (509) 548-1700 • Fax: (509) 548-0288 Proud sponsor of the Cascade Kodiaks! Milne Insurance Agencies, Inc. Auto • Boat• Home • Farm• Business • R.V. 205 Woodring Ave. • Cashmere • 782-2213 LET'S PLAY SOME FOOTBALL!

HAVE A GREAT GAME!





CASHMERE BULLDOGS ROSTER

	CASHIVIEN				
	Name	Height	Weight	Position	Year
1	Javi Reyna	5' 7"	150	WR/DB	12
2	Reid Smith	5' 11"	155	WR/DB	12
3	Brayden Stoffel	5' 5"	130	RB/DB	9
5	Nate Phillips	6' 0"	165	WR/DB	11
6	Trenton Mason	5' 5"	105	QB/DB	9
7	Jonah Groce	6' 1"	135	WR/DB	10
8	Henry Varrelman	6' 1"	155	TE/OLB	10
9	Luke Jacobson	6' 1"	140	TE/MLB	9
10	Jack Croci	5' 7"	120	WR/DB	9
11	Kaden Keogh	5' 11"	150	WR/DB	11
12	Sam Phillips	6' 2"	180	QB/DB	11
14	Hector Hernandez	5' 9"	140	WR/DB	11
15	Grady Zimmerman	5' 7"	120	WR/DB	9
16	Korben Agidius	6' 0"	185	RB/MLB	12
17	Eli Hinkle	6' 3"	145	QB/OLB	10
20	Genaro Reyna	5' 7"	125	WR/DB	9
21	Logan Pesta	5' 6"	115	WR/DB	9
22	Landon Provo	5' 8"	150	RB/MLB	9
23	Logan Collins	5 8	145	WR/DB	9
23 24	•	5' 9"	145		9 11
	Brayden Weatherman			WR/MLB	11
26	Mark Bailey	6' 1"	150	WR/OLB	
27	Jackson Poole	5' 7"	140	TE/MLB	9
30	Miguel Sanchez	5' 11"	175	RB/MLB	11
33	Kolby Larson	5' 11"	180	TE/OLB	12
40	Brooks Elliott	6' 3"	175	WR/OLB	12
44	Hunter McCabe	6' 0"	160	RB/DB	11
45	Jordy Sanchez	5' 6"	165	TE/DL	11
50	Matthew Cunning	5' 8"	140	OL/DL	11
51	Jack Carney	5' 10"	120	OL/DL	9
53	Agustin Ceja	5' 11"	190	OL/DL	12
54	Bryson Pratt	5' 10"	170	OL/DL	12
55	Neo Valle	6' 1"	205	OL/OLB	12
56	Duke Odenrider	5' 11"	170	OL/MLB	11
58	Daniel Rosales	5' 7"	170	OL/DL	11
60	Tucker Weatherman	5' 11"	180	OL/DL	12
62	Peyton Smith	6' 1"	195	OL/DL	11
64	Andres Hernandez	6' 0"	260	OL/DL	11
65	Everardo Lopez	6' 1"	255	OL/DL	9
66	Baz Lloyd	5' 10"	155	OL/MLB	11
70	Omar Guzman	5' 11"	135	OL/DL	9
71	Evan Pheasant	6' 4"	235	OL/DL	10
72	Jerry Ramos	5' 11"	255	OL/DL	12
73	Aden Klump	5' 11"	205	OL/DL	10
74	Colson Brunner	6' 0"	245	OL/DL	11
75	Tony Olguin	5' 5"	185	OL/DL	10
76	Dawson Spies	5' 10"	205	OL/DL	9
77	Cole Scott	6' 2"	205	OL/DL	10
	Dominic Harrington	6' 0"	165	WR/DB	11
80					

Head Coach
Bryan Bremer
Assistants
Steve Simonson
Brandon Wagg
Tim Scott
Larry Michael
Tyler Theiss
Volunteer
Pete Phillips
Billy Turner
Daniel Zavala
Band Director
Kent Chalmers
Cheer Advisor
Jenn Brunner
Cheerleaders

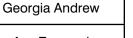


Photo by Bill Forhan

The Bulldog's best chance against the Kodiaks is to use their diversified offense. The Bulldogs have averaged 32 points per game in the first 8 games of the season against the Kodiaks 16 pints

Ava Eversaul
Brianna Hughes- Roberts
Neely Ovenell
Mya Pratt
Annie Weber
Erika Namba

Caribou Trail League Standings									
Varsity Football Standings									
League Overall									
Omak	3	0	8	0					
Okanogan	2	1	5	3					
Cashmere	nere 2 1 6								
Chelan	1	3	5	3					
Cascade	0	3	4	4					





2019 "PEAR OF THE GAME" SPONSORED BY PEAR BUREAU NORTHWEST

Two student athletes will be recognized at Friday's Pear Bowl as the "Pear of the Game", as chosen by the Leavenworth Echo and Cashmere Valley Record. We congratulate all players for their hard work this season.



Schools & Sports

Enchantment Park Cross Country Race



SUBMITTED BY CASHMERE COACH JEFF KENOYER

The mass start with boys and girls from both teams racing against each other at Enchantment Park. The course is 2.75 miles in length and run in two laps through Enchantment Park. It is a pretty flat course on crushed gravel paths and some grass. While there are separate results for boys and girls, the competition is just one race with boys and girls combined.

CASCADE SCOREBOARD

Football

Oct. 25. Cascade 7, Okanogan 42

CASCADE SCHEDULE

	Football					
Nov 1 Cascade vs Cashmere 7 p.m.						
	Volleyball					
Nov. 9	Volleyball District Tournament TBD.					
	Cross Country					
Nov. 9	CTL Championships in Pasco 10:30 a.m.					

For the Best Performance choose



10171 Chumstick Hwy, Suites 1 and 2, Leavenworth

Womens Results

Photo submitted by Jeff Kenoyer

2.75 Miles Varsity + JV

1	11	Sydney Smith	17:15.5	Cashmere
2	11	Zoe McDevitt	17:15.9	Cascade
3	12	Eleanor Nelson	17:54.3	Cashmere
4	10	Tristan Hoffman	18:48.6	Cashmere
5	11	Adria Torrence	18:57.4	Cashmere
6	11	Kylee Foster	19:08.2	Cashmere
7	12	Johanna Christensen	19:13.9	Cashmere
8	11	Jessie Nixon	19:24.6	Cashmere
9	11	Ellie Martin	19:29.2	Cashmere
10	11	Gabriella Terrell	19:29.5	Cashmere
11	11	Erin Kinser	19:29.9	Cashmere
12	11	Celeste Villalobos	19:50.5	Cascade)
13	9	Tillie Leroy	20:13.8	Cascade
14	10	Tiera Groff	20:53.8	Cascade
15	10	Bella Fox	20:56.8	Cashmere
16	12	Isabel Rodriguez	22:00.8	Cascade
17	11	Willow Tonseth	22:01	Cashmere
18	10	Anna Martinez	22:02	Cascade
19	9	Therese Martinez	22:28.4	Cashmere
20	10	Jordan Holladay	22:28.7	Cashmere
21	9	Aliesha Dowell	22:55.9	Cashmere
22	11	Bijou Zehm	23:37.8	Cascade
23	12	Estefany Vazquez	24:18.9	Cascade
24	9	Keelauna Lloyd	26:39.4	Cashmere
25	12	Clare Nelle	26:41.1	Cascade
26	12	Jacky Olguin Ramos	27:18.7	Cascade
27	12	Sarai Guerrero	27:39.2	Cascade
~~	10		00.00.0	

Mens	Results
O ZE Miles	

2.75 Miles Varsity + JV								
1	11	Rob McManus	14:26.2	Cashmere				
2	11	Landon Davies	30:00.0	Cascade				
3	10	Derek Richardson	14:43.5	Cascade				
4	12	Sam Kinser	14:43.9	Cashmere				
5	10	Owen Bard	14:57.1	Cascade				
6	11	Oscar Orozco	14:58.5	Cashmere				
7	11	Dyllion Taylor	0:15	Cashmere				
8	11	Jerome Jerome	15:05.1	Cascade				
9	10	Jacob Redman	15:09.9	Cascade				
10	10	Lien Hagedorn	15:45.1	Cascade				
11	11	Kyler Knoll	02:00.0	Cashmere				
12	9	Felix Dotson	16:03.7	Cashmere				
13	12	Avery Jacobson	16:10.5	Cascade				
14	9	Anthony Villalobos	16:32.8	Cascade				
15	10	Henry Nelson	16:47.8	Cashmere				
16	11	Kaden Potter	0:17	Cashmere				
17	9	Eli Lyons	0:17	Cashmere				
18	9	Aidan Deyl	17:14.9	Cashmere				
19	9	JJ Groner	17:28.1	Cashmere				
20	12	Connor Nelle	33:00.0	Cascade				
21	11	Aidan Ringel	17:36	Cascade				
22	10	Isaac Tveten	17:47.9	Cascade				
23	10	David Ising	17:50.6	Cascade				
24	11	Rolland Schmitten	0:18	Cashmere				
25	10	Oscar Oropeza	06:00.0	Cashmere				
26	10	Hayden Anderson	18:06.6	Cascade				
27	9	Garrik Strong	18:09.3	Cashmere				
28	9	Micah Guerin	16:00.0	Cashmere				
29	11	Brody Forster	18:20.6	Cascade				
30	9	Gunnar Simmons	18:23.1	Cashmere				
31	9	Abram Zanol	0:18	Cashmere				
32	10	Aidan Campbell	18:29.3	Cashmere				
33	9	Drake Hesselschwart	18:58.9	Cashmere				
34	9	Antonio Aurilio	19:00.7	Cascade				
35	10	Sebastian Kelzenberg	19:08	Cashmere				
36	10	Easton Risdon	20:03.5	Cashmere				
37	12	Jesus Sandoval	20:50.5	Cascade				
38	11	Payton Webley	20:53.3	Cashmere				
39	9	Quentin Farrell	21:12.9	Cascade				
40	9	Alden Brooks	21:21.2	Cascade				
41	9	Jesse Gunter	21:22.8	Cascade				
42	9	Aiden Hol	25:56.2	Cascade				
43	9	Malaki-Jacob Taub	35:49.5	Cascade				

Kahler Glen Athletic Club

Join a member-only non-profit athletic facility for single, couple and family memberships. Midweek and full week rates. Open year round for members. The facilities include an indoor heated lap pool, hot tub/spa, sauna, racquetball/sport court. Workout room with free weights, exercise equipment, treadmills, elliptical, bikes, rowing and weight machines.

Located at Kahler Glen Golf & Ski Resort, 20625 Haight Dr., Leavenworth, WA. 98826, adjacent to Lake Wenatchee State Park.

Contact us at 509-763-2013, email: kahlerclub@gmail.com

29:02.9 Cascade or Website: Kahler Glen Athletic Club

Going To Walleye School

By JOHN KRUSE

You've heard of schooling fish, but how about a school for walleye? Yes, that's a thing and it's now being offered in Washington State.

The Pacific Northwest Walleye School is the brainchild of Johnnie Candle.Candle is a guide who lives at Devils Lake in South Dakota, arguably one of the best walleye fisheries in the nation.

In addition to being a guide Candle is also a tournament angler, competing in various walleye circuits around the country. He's pretty accomplished in this regard. In 2010 he won the Master Walleye Circuit's World Championship.

Most anglers of Johnnie's stature would be content to fish tournaments, guide cli-

ents and present seminars during appearances for sponsors at sportsmen's shows during the winter months.

However, Candle has a strong desire to share his fishing knowledge with others beyond the sportsmen's show circuit.

Candle started doing this with his guided fishing trips on Devil's Lake, where he not only helped clients catch fish, but taught them skills they could take home with them and use after their day on the water. Johnnie realized a day really wasn't enough to teach everything he wanted to share and that's where he came up with the idea of a 3 ¹/₂ day walleye school.

Initially offered in the Midwest, Johnnie Candle offered his first Pacific Northwest



Paul Phillips from Omak caught this 16-inch walleye during his first on the water walleye school session on Potholes Reservoir.

Walleye School last October in the Tri-Cities, teaching student anglers of all ages how to catch walleye out of the Columbia River. This October, Candle offered this regional school at Eastern Washington's Potholes Reservoir and the basecamp for the event was MarDon Resort.

The concept behind the school is novel. Johnnie Candle explains most anglers attend seminars during sportsmen's shows and then wait weeks or months before trying to put that knowledge, much of it now forgotten, to use. At Walleye School, Candle and his staff of local pros teach strategies and techniques in the classroom. Then they immediately go onto the water to apply the lessons they just learned. By employing this strategy anglers retain the knowledge much better.

The students bring their own boats and electronics to the school. Candle and his prostaff jump on board the student boats to give them personalized instruction based on what they want to know. They also help the students get the most out of their boats as well as their sonar and GPS units to help them catch fish.

At this month's Pacific Northwest Walleye School, thirteen anglers spent \$695 each to attend from Thursday the 17th through Sunday the 20th. The fee included not only the instruction, but also lodging at MarDon Resort,



Johnnie Candle gives classroom instruction at MarDon Resort about walleye fishing.

three meals a day at the Beach House Café there, moorage for boats, ice and even bait.

I was lucky enough to attend the Friday morning session of Walleye School. The student anglers were an interesting bunch. Twelve were men, one came from as far away as Indiana, another from Oregon, and the rest from various locations around Washington State. Some of them had a good amount of walleye fishing expertise, others not as much, and one had not caught a walleye before (but did that morning)!

After breakfast and a quick classroom session we headed to the docks. I tagged along with Johnnie Candle who went out with Paul Phillips from Omak and Mike Monahan from Indiana. Candle spent the first hour with them demonstrating how to use the fish finder and GPS unit to locate walleye. The second hour was spent teaching the two how to fish spinner worm harnesses behind bottom walker weights. It was very informative and I learned several new tricksfrom Candle. These tricks worked too. In short order Paul Phillips had a walleye in the boat using this new found knowledge.

We headed back to the marina after our session and changed boats. Johnnie now boarded an 18-foot Hewescraft set up for Columbia River salmon fishing. Johnnie spent some time teaching this angler how to adapt his boat and motors so he could be successful fishing for walleye. One thing Candle suggested, based on the layout of the boat, was to troll plugs for walleye.Candle spooled a reel with lead core line and taught him and I how to fish plugs with this weighted line to get deep where the walleye are located in the Fall. Within one minute of this plug reaching the bottom we hooked a fish and reeled it in. That's what you call rapid, positive reinforcement! As for my day at Walleye School?

The biggest lesson I learned is the tuition spent here is a great investment if you want to become a better angler.

Johnnie Candle will be offering his Pacific Northwest Walleye School at MarDon Resort again next year though a date has not yet been set. Find out more atwww.johnniecandle.com

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



7

Can phytoestrogens help relieve menopausal symptoms like hot flashes and night sweats? What about women with breast cancer?

I experienced my first hot flash standing in front of 120 pharmacy students in a large lecture hall in Pullman, Washington. While explaining how a particular weight loss medicine worked

I felt the temperature in the room skyrocket and my scalp felt hot and prickly. Suddenly, sweat began shooting out of my pores front and back, showering my skin inside my shirt and leaving me damp and disoriented in front of everyone. Talk about being distracted... and embarrassed!

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their night-time equivalent, night sweats?

Researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, calling it the "Japanese Effect".

They suspect the major reason for this difference is diet, because the typical Asian diet contains a lot more soy than a typical American diet, and those soy foods contain phytoestrogens: plant-based substances that can act like estrogen in your body to relieve menopausal symptoms.

Eating more soy-based foods may not be the only thing responsible for the "Japanese Effect".

Protection against hot flushes may also depend on how well you convert the phytoestrogens in soy to a more active form called equol. It's estimated that only 30-50% of women in North America can make the conversion to equol, while Asian or Hispanic women convert soy-based phytoestrogens into equol much more readily.

Phytoestrogens act by attaching or binding to the same places in your body that other estrogens do, in binding sites called estrogen receptors, or ERs. There are two main types of ERs: ER alpha and ER beta receptors.

Most estrogens and phytoestrogens bind to ER alpha receptors, relieving hot flushes but possibly stimulating certain types of breast and endometrial cancers.

Phytoestrogens that bind to ER beta receptors create the opposite effect, instead they block the action of estrogen on breast tissue, much like the estrogen-blocking medicines tamoxifen and raloxifene (Evista®), which may help prevent certain types of breast cancer.

Unfortunately, it's not a predictable effect because it's very hard to pin down and study the effects of phytoestrogens on the body. One reason is that common food sources of phytoestrogens usually contain more than one phytoestrogen, and they can bind to either ER alpha or ER beta receptors, creating conflicting effects.

Plants will develop differing concentrations of phytoestrogens depending on the species and their own growing conditions.

They can also act differently in your body depending on whether you are still making your own estrogens or you are menopausal or post- menopausal, with very little estrogen in vour body.

How much soy does it take to reduce hot flash/hot flush symptoms? Most clinical studies use from 40 and 80 mg daily of phytoestrogens from soy-based products. Recent evidence suggests that you start with 2 servings a day of soy foods and try that for 3 months to see if your frequency of hot flashes decreases.

One serving of soy food can be 3 ounces of tofu, 1/2 cup of edamame, ¹/₂ cup tofu, ¹/₄ cup soy nuts, or 1 cup of soymilk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower and nuts are also good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes



or hot flushes, you probably won't, and can stop it.

Could soy cause breast cancer? If you're not vegetarian, it's unlikely you'll get enough soy in your diet to increase your risk of breast cancer unless you also take supplements containing concentrated soy or herbal products like black cohosh marketed for "menopause support", such as Remifemin®.

Here Are 3 Tips on Taking Phytoestrogens Safely:

You CAN eat food containing soy, even if you have breast **1** You CAN eat jood containing by, each of the sequence of th vegan, avoid eating tofu or tempeh every day, and control your consumption of soy milk.

2. Use phytoestrogen supplements that have had their potency tested. Exact concentrations of particular phytoestrogens differ depending on growing conditions. Choose products with standardized quality control assays of each batch. **9** Be cautious with supplements for menopausal symp-• toms. If you have a family history or an increased risk of breast cancer, you don't have to totally avoid soy-based food, but you should avoid taking supplements containing concentrated phytoestrogens like soy concentrates or black cohosh until more is known about their long-term effects.

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. **®2019** Louise Achey

later in the afternoon af-

ternoon after the cleanup

Cade asks that if anyone

has ideas on how we might

make the cleanup more of

a community event, please

contact Chris Orcutt at

info@leavenworthmuseum.

might be the way to go.

CONTINUED FROM PAGE I

The Upper Valley Christian School celebrates 40th anniversary

many hands-on and travel learning opportunities, parental participation is welcomed and encouraged.

According to Mrs. Bangsund, "Parental involvement has been foundational to the school process and has enriched the school."

Bella Rylaarsdam sums up the impact the school has had on her life, saying, "No words can describe how thankful I am to have been instructed with a Christian curriculum.

Upper Valley Christian School has deeply impacted my life and continues to made UVCS a possibility for us."

Just as when UVCS opened, in 1979, the school does not receive government funding and operates solely on tuition, private contributions, and a silent auction/ dinner fundraiser in February each year.

Tuition costs are kept as low as possible and scholarship money is made available.

With a rich history and strong community support, UVCS is poised to flourish for many years to come.

To learn more about the school, sign on to uvcschool. org or call 509-548-5292.

Sheriff/Fire/EMS

Continued from page 2

- 16:15 Suicide threat, 9638 Merry Canyon Rd.
- 17:20 Public assist, 27 Jack Pine Ln., Lake Wenatchee.
- 19:30 Theft, 920 Front St., Wok About Grill.
- 21:00 Property, Leavenworth. 23:27 Traffic offense, 9255 Foster
- Rd. BJS Food.
- October 24 00:08 Suspicious, 505 US Hwy. 2,
- Icicle Village Resort. 00:46 Agency assist, 8392 Lake St.. #3
- 08:55 Trespass, 10381 Chumstick Hwv.
- 10:48 Court order violation, 22015 Stirrup Rd., Plain.
- 12:34 Public assist, 9077 Deadman Hill Rd., Dryden.
- 13:10 Suspicious Natapoc Ridge. 13:19 Alarm, 14155 Chiwawa Loop
- Rd Lake Wenatchee

2, Icicle Village Resort. 08:10 Agency assist, 116 River

- Bend Dr. Safeway. 08:33 Accident no injure 18600 River Rd, Plain.
- 12:02 Public assist, 3400 block
- Chiwawa River Rd. 12:06 Property, 1530 Nighthawk
- Ridge Ln. 12:53 Alarm, 415 Cedar St.
- 13:36 Agency assist, 104 Commercial St.
- 13:47 Natural disaster, 517 Burke Ave.
- 14:00 Hazard, Chumstick Hwy., MP 8
- 14:12 Hazard, Waterfront Park 14:24 Hazard, Chumstick Hwy.,

North Road Cemetery

CONTINUED FROM PAGE I

Cleanup a Success community potlatch dinner

ers to the area".

Next year's cleanup is already being planned. Matt Cade, President of the Upper Valley Historical Society who helped sponsor the event, asked Hartl and Orcutt how they might make it more of a community-building event.

The idea came out that a org or 509-548-0728.

do so in countless others. Thank you to all who have



'Bringing the community to your door' isn't

just our slogan... It's our purpose



215 14th Street • (509) 548-5286

www.leavenworthecho.com



201 Cottage Ave. • (509) 782-3781 www.cashmerevalleyrecord.com

14:41 Accident, no injury US Hwy.

- 2 and 9th St. 18:18 Accident, no injury, 17033 River Rd., Plain.
- 18:23 Traffic offense, 126 Commercial St.
- 18:50 Accident, no injury. 707 US Hwy. 2, #F, Rhein Haus. 19:26 Trespass, 128 Pine St.
- 21:59 Public assist, 360 Ski Hill Dr.
- 23:43 Trespass, 8384 Main St., Peshastin.
- 23:56 Agency assist, 18454 W. Dardanells Rd.. Lake Wenatchee.

October 25

02:24 Lewd conduct, 505 US Hwy.



The Cashmere Museum and Friends of the Old Mission are thankful for the following businesses, organizations and individuals who so generously contributed to the success of Apple Days 2019.

Agave Azul⁺ AgroFresh* **Anjou Bakery** Apple Annie Antique Gallery[†] Apple Days volunteers Aspen Wealth Strategies** **Barns Etc. Hard Cider Shed** BJ's Cashmere Blue Star Growers, Inc.⁺ **Brad Cazzanigi Carly Schoening** Cascade Audio Productions⁺ **Cashmere Chamber of Commerce Cashmere High School Jazz Band Cashmere High School Key Club**

Cashmere High School volunteers Cashmere Royalty 2019 **City of Cashmere Debbie Lutton** George Roper as Mr. Whiskers **Grally Enterprises** Joe's Septic & Site Prep[†] Hank Cramer **Liberty Orchards** Mariachi Huenachi Martin's Market Fresh IGA **Oregon Trail Travelers** Photos by Drucille Pioneer Village Adopt-A-Cabin volunteers

Pioneer Auto & Tractor Repair[†] **Price Family Shootists Rachel Gould Russell Orchards** Samarah Givens The Cheesemonger's Shop **Tillicum Riders Tin Roof Blacksmith Traditional Bow Hunters of WA** Wacoka Kiwanis VisitChelanCounty.com[†] Wenatchee Youth Circus Wenatchi Band/Williams Family Native Dance Troupe Weinstein Beverage Company

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The Friends of Old Mission would especially like to recognize and thank the following businesses for their generosity:

Blue Star Growers, Inc.

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And the Cashmere Museum would also like to acknowledge Friends of Old Mission on their record-breaking bake and book sales. Thank you for your efforts and congratulations!

MP 2.

- 14:36 Agency assist, Blackbird Island, south end.
- 15:07 Hazard, Chiwawa Loop Rd., MP 6, area.
- 15:33 Harass/threat, 404 Cedar St. 15:55 Civil, 9453 E. Leavenworth Rd.
- 16:18 Hazard, 11450 Clark Canyon Rd.
- 16:32 Marine, 15414 Cedar Brae Rd., Lake Wenatchee.
- 16:49 Welfare check, 22744 Lake Wenatchee Hwy.
- 16:56 Natural disaster, 190 US Hwy. 2, Der Ritterhof.
- 20:00 Alarm, 907 Front St., Kris Kringle.

20:02 Traffic offense, 15255 US Hwy., 2, Coles Corner.

20:10 Traffic offense, 15251 US Hwy., 2, Squirrel Tree.

- 20:33 Hazard, 280 US Hwy., 2, alley
- 20:36 Extra patrol, 507 Burke Ave. 20:52 Accident, no injury, Beaver Valley Rd., MP 18, area.
- 21:46 Welfare check, 1300 Commercial St., #206. 22:48 Noise, 815 Icicle Rd.



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New volunteers from Sleeping Lady Resort helped with cleanup of the North Road cemetery from left, Deb Hartl, Natasha Martin, Tanya Davalos, Travis Hamm.



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Community news



The apartment attached to this house on Commercial Street was Crews were already at work on Sunday removing the tree from the two houses damaged on Burke Ave. completely destroyed.

Three homes damaged in Friday's windstorm Are your trees a hazard?

By Bill Forhan

Ron Hill's home on Commercial Street was a total loss after the wind blew over a large tree from his neighbor's yard. "I've complained to the PUD about that tree in the past," said Hill.

On Friday Hill was in his bathroom around 1:30 p.m. when the tree came crashing down.

"It was a good thing I was in the bathroom because if I had been in the kitchen I wouldn't be here today," said Hill. Fortunately, I wasn't hurt but I had to crawl out of the house" he said.

The tree also appears to have pulled down all of the power lines on Commercial Street knocking out electi-

front of curb cuts and even

the fact that downtown

parking is unregulated. It

is free and there is no time

limit on those free parking

spots. As a result, much of

the downtown parking stalls

The problem begins with

in no parking zones.

cal power to all of the homes and businesses south of Highway 2. This included the traffic lights at Highway 2 and the Chumstick, which resulted in traffic backups for miles.

Hill's home was not the only home to suffer damage from the windstorm. Two homes on Burke Avenue were also damaged by

the storm. In that case another tree was uprooted by the powerful winds and damaged both homes.

Earlier this year a tree fell on the porch of another homeowner. That homeowner requested we not use her name. But the point is trees do not live forever.

may well be at risk to come

storm.

down with the next wind-

Hill says, "I've asked the

PUD to remove the problem

tree but they were reluctant

because they feared backlash from the tree huggers."

Whether that opinion is

correct or not, the truth is

trees do not live forever.

Many of the trees in town

Trees are a renewable resource and it is a serious question about when it is prudent to remove trees that have grown too large or have root systems that are too shallow to sustain them against a powerful windstorm like the one we encountered last Friday.



Council calls for parking meter proposals

By Bill Forhan

Parking has been identified as a top priority by the city and by the Chamber of Commerce. The parking study conducted two years ago found parking usage was at 85 percent of available parking during the week and 104 percent on weekends.

When parking is over 85 percent parking experts say the system is at full capac-

Exciting changes are coming

ity. At 104 percent people are currently filled by emare parking illegally. This ployees who park there for means they are parking in eight or more hours. front of fire hydrants, in

"Anybody can park anywhere for as long as they want. That's very unusual for a town promoting visitor-tourists," according to parking consultant Rick Williams.

Currently, the city has 403 unregulated parking stalls in the commercial zone of downtown. Only eleven of those stalls have time limits of 30 minutes.

The city is planning on implementing a managed parking program for those 403 spaces. As a first step the city has approved a call for proposals for "new parking meter technology for new installation, the expansion/replacement on the number of parking kiosks for parking lot management, and the installation of vehicle detection sensors." The request for proposals goes beyond the 403 unregulated sites, however, calling for the proposal to provide for modernization of the current Kiosks located at the cities paid lots. The city is looking for a company that can install and manage the technology on a five year contract. The primary specifications for the proposal are as follows: 1. Single-Space and Dual-Space smart meter hardware proposal specifications, including all components and materials; 2. Single-Space and Dual-Space smart meter software proposal components and capabilities, including webbased back office application; 3. Pay Station hardware proposal specifications, including all components and materials;

4. Pay Station software proposal components and capabilities, including webbased back office application; 5. Vehicle Detection Sensors proposal including components and capabilities, including web-based back office applications;

6. Enforcement hardware proposal specifications, including all components and materials;

7. Enforcement software proposal components and capabilities including webbased back office;

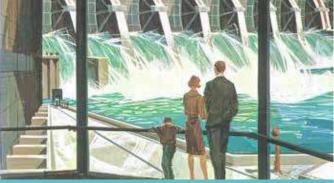
8. Pay by Cell Solution with integrated parking guidance app;

9. Training and support; 10. After sales support;

11. Warranty. All proposals must be sub-

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mitted in writing by Nov. 14, 2019.

In other business:

• Council approved a motion to fund 2020 Festival and Event Grants at \$15,000 and the Tourism/Special Projects grants program at \$35,000. Application for the funds must be filed with the city by December, 31 in anticipation that the grants will be awarded by February 11, 2020.

• Council approved the application for Chelan County Lodging Tax Grant funding for capital funding for three projects. The projects are for funding resurfacing of the main floor in the Festhalle, the purchase of mobile reader boards to direct traffic, and installation of lighting for the DOT parking lot.

• Approved acceptance of two bid offers on the Golf Course properties for \$257,000 each. The funds are to be placed in a special account reserved for use in acquiring park property in the future.

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

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NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@ leavenworthecho.com



Bus Driver/ Operator Organization: Okanogan County Transit Authority (TranGO) TranGO is looking for a

full-time transit driver (at least 36 hours per week) based out of Okanogan, This position is WA. hourly non-exempt. Compensation is \$19.06- \$20.62 per hour. Benefits include health insurance (including dental and vision), retirement, sick leave, vacation). This position will provide back-up for drivers and will require travleling through-out the Must have county. а minimum Class B CDL and Passenger endorsement. Please visit www.okanogantransit.com for required qualificaapplication. tions, and ion com plete application includ ing a resume and cover letter <u>must be</u> submitted in order to be considered for the position. E-mail your completed application to <u>clerk@okanogan-</u> transit.com. Application Deadline: Application review will begin November 6 2019, and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.



ing a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to clerk@okanogan-<u>transit.com</u>.

Application Deadline: Application review will November begin 6. 2019; open until filled. Okanogan County Transit Authority is an

Equal Opportunity Employer.

Entiat School Paraeducator The Entiat School District 127 is looking for candidates for two paraeduca-tor positions, to start as soon as possible after recruitment closes. Deadline is November 1, 2019. Hours 7:45 am - 3:00 pm Monday-Friday Health insurance and retirement benefits available. Please see our job flyer

at

can be found on our website at: www.cascadesed.org EOE

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

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Tennis Coach Detailed job description online application and process are available at: <u> https://www.manson.org/</u> <u> Page/609</u> EOE.

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PUBLIC NOTICES

WASHINGTON STATE DEPARTMENT OF NATURAL RESOURCES NOTICE OF PUBLIC HEARING LAND EXCHANGE NO. 86-099530

6:00 p.m., Tuesday, November 19, 2019 Malaga Fire Station 17, part of Chelan County Fire District #1 Training Hall Room 3760 West Malaga Road Malaga, WA 98828

This hearing is to provide infor-mation and receive testimony on the proposed Malaga Land Exchange. A summary of testi-mony will be presented to the Board of Natural Resources at a regularly scheduled meeting, when and if the proposal is determined to have significant benefits. All written testimony must be received by December 4, 2019, and addressed to the State of Washington, Department of Natural Resources, Conservation, Recreation and Transactions Division,

ATTN: Malaga Land Exchange PO Box 47014, Olympia, WA 98504-7014, or emailed to ŴΑ exchanges@dnr.wa.gov For more information call Bob Winslow at 360-902-1622 or go

to DNR's website https://www.dnr.wa.gov/managedat lands/land-transactions/malaga-land-exchange

This proposal is between the Department of Natural Ravenwing

Ranch, LLC. Th The exchange consolidate state trust increase land managelands. and efficiency, ment provide long-term trust revenu helps build public schools, revenue that

universities and other public institutions. The proposal enhances landscapes for also sustaining wildlife habitat, long-term working forests and recreation opportunities. The exchange also allows DNR to acquire more habitat of a globally rare plant found only near Malaga with some of these plants present on the Ravenwing Ranch, LLC exchange proper-Ravenwing ties.

The proposed exchange affects portions of the following described lands. For maps see the website listed above, or call

to request one by mail. STATE to

Ravenwing Ranch LLC:

Portion of Section 10, 14, 16, Township 21 North, Range 21 East, W.M., and Section 18, Township 21 North, Range 22 East, W.M., all in Chelan County, for a total of 2,197.68 +/- acres.

RAVENWING RANCH LLC

to State: Portion of Section 1, 2, 11, 12, 13, 24, Township 21 North, Range 21 East, W.M., and Sec-tion 7, 19, Township 21 North, Range 22 East, W.M., all in Chelan County for a total of 2,638.73 +/- acres. Published in The Cashmere Valley Record/ The Leavenworth Echo on October 30, 2019. #86453

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING Notice is hereby given the Upper Valley Park and Recrea-

Service Area, tion Chelan County, Washington will conduct a public hearing Wednesday, November on 20, 2019 at 9:00 a.m. in the Leav-enworth City Hall Conference Room, located at 700 US Highway 2, to review and approve the 2020 Final Budget that includes proposed expenditures, revenue sources, and a possible increase in property taxes. Copies of the proposed budget will be available by November 8, 2019. Please contact Chantell Steiner at the City of Leaven 509-548-5275, for additional information. The public is invited to attend said Leavenworth, open meeting and make comment. Published in The Leavenworth Echo/ Cashmere Valley Record on October 30 and November 6, 2019. #86450

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

BROWNFIELD LAND, LLC Washington limited liability company.

Plaintiff,

VISION INVESTMENT EMPRISE, INC., a dissolved Washington corporation; THE HEIRS AND corporation; DEVISEES OF LLOYD M. SIL-VER, deceased; THE HEIRS AND DEVISEES OF JOHN R. STEPHENS, JR. deceased; THE HEIRS AND DEVISEES OF KAY S. STEPHENS, de-ceased; THE HEIRS AND DE-VISEES OF RICHARD E. JAR-DEEN, deceased; THE HEIRS AND DEVISEES OF MARJO-AND DEVISEES OF MARJO-RIE JARDEEN, deceased; THE HEIRS AND DEVISEES OF MARSHALL D. ADAMS, de-ceased; THE HEIRS AND DE-VISEES OF MURIEL O. AD-AMS, deceased; KEY TRUST COMPANY OF THE NORTH-WEST, a Corporation and Suc-cessor Trustee of the William R. Gregory Trust; THE HEIRS AND DEVISEES OF ROBERT NELSON deceased; THE NELSON, deceased; THE HEIRS AND DEVISEES OF H. TORY HORN, deceased; THE HEIRS AND DEVISEE OF CORINNE HORN, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described the in complaint herein.

Defendants.

NO. 19-2-00763-04 SUMMONS BY PUBLICATION

STATE OF WASHINGTON to: VISION INVESTMENT

EMPRISE, INC., a dissolved Washington corporation; the Heirs and Devisees of Lloyd M. Silver, deceased; the Heirs and Devisees of John R. Stephens, Jr., deceased; the Heirs and Devisees of Kay S. the Stephens, deceased; the Heirs and Devisees of Richard E. Jardeen, deceased; the Heirs and Devisees of Marjorie Jardeen, deceased; the Heirs and Devisees of Marshall D. Adams, deceased; the Heirs and Devisees of Muriel O. Adams, deceased; of the

PUBLIC NOTICES

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685

The Cashmere Valley Record (USPS 092 600) is published weekly at Cashmere, WA. Annual subscrip-tion rates: \$40.00 in Chelan County, \$52.00 outside Chelan County in the United States. Mailing address: 201 Cottage Avenue Suite 4. Cashmera Cottage Avenue, Suite 4, Cashmere, WA. 98815. Publisher, William E. Forhan, NCW Media Inc., P.O. Box 39, Leavenworth, WA. 98826. Edi-tor, William E. Forhan. The Cash-mere Valley Record is owned by NCW Media Inc. Stockholders own-NCW Media Inc. Stockholders own-ing 1 percent or more of the total amount of stock: William E. and Carol L. Forhan both P.O. Box 39, Leavenworth, WA. 98826, Jeff Gauger and Liz Gauger, both 1003 Browning Rd., Greensboro, NC. 27410

Browning Hd., Greensboro, NC. 27410. Numbers are average during preced-ing year and for October 23, 2019. Total number of copies printed: 550, 550. Sales through dealers and carriers, street vendors and counter sales: 184,177. Total paid and re-quested circulation: 399, 375 Free distribution: 8, 8. Copies not distributed: 143, 167. Total 407, 383. Percent and/ or

requested 97.91%. . 98.03%, circulation.

I certify that all information is true and complete. William E. I President, October 30, 2019. Published in the Cashmere Record on October 30, 2019. Forhan, Vallev

PUBLIC NOTICES

Statement of Ownership Management and Circulation

Required by 39 U.S.C. 3685 Leavenworth Echo (USPS 308 The Leavenworth Echo (USPS 308 160) is published weekly at Leaven-worth, WA. Annual subscription rates: \$40.00 in Chelan County, \$52.00 outside Chelan County in the United States. Mailing address: P.O. Box 39, Leavenworth, WA. 98826. Publisher William E. Forhan, NCW Media Inc., P.O. Box 39, Leaven-worth, WA. 98826. Editor, William Forhan. The Echo is owned by NCW Media Inc. Stockholders owning 1 percent or more of the total amount of stock: William. and Carol.L. For-han both P.O. Box 39 Leavenworth, WA. 98826, Jeff Gauger and Liz Gauger, both 1003 Browning Rd., Greensboro, NC., 27410. Numbers are average during preced-ing year and for October 23, 2019. Total number of copies printed: 1150, 1150. Sales through dealers

Total number of copies printed: 1150, 1150. Sales through dealers and carriers, street vendors and counter sales: 416, 433. Total paid and requested circulation: 991, 952. Free distribution: 16, 12.

Free distribution: 16, 12. Total distribution 1,007, 1007. Copies not distributed 143, 186. Total 1150, 1150. Percent paid and/ or requested circulation: 98.41%, 98.76%. I certify that all information is true and computer William E Ecohon

President, October 30, 2019. Published in The Leavenworth Echo on October 30, 2019.

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-19-857555-SW Title Order No.: DS7333-19000256 Reference Number of Deed of Trust: Instrument No. 2399067 Parcel Number(s): 252109554105 Grantor(s) for Re-cording Purposes under RCW 65.04.015: GARY R. TODD, MAR-RIED Current Beneficiary of the Deed of Trust and Grantee (for Re-cording Purposes under RCW 65.04.015): U.S. BANK NATIONAL ASSOCIATION Current Trustee of the Deed of Trust: Quality Loan ASSOCIATION Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Serv-icer of the Deed of Trust: U.S. BANK NATIONAL ASSOCIATION INOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 12/2/2019, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, lo-cated at 350 Orondo Street, Wenatchee, WA 98801 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 folfrom 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: THAT PORTION OF LOT 3, BLOCK 4, ENTIAT FRUITLANDS, CHELAN COUNTY, WASHINGTON, AC-CORDING TO THE PLAT THEREOF RECORDED IN VOLUME 1 OF PLATS, PAGE 79, MORE PARTICULARLY DESCRIBED AS OF PLATS, PAGE 79, MORE PARTICULARLY DESCRIBED AS FOLLOWS: BEGINNING AT THE SOUTHEAST CORNER OF SAID LOT 3; AND THENCE RUNNING NORTH ALONG THE EAST LINE OF SAID LOT 3 A DISTANCE OF 100 FEET; THENCE RUNNING WEST PARALLEL TO THE SOUTH LINE OF SAID LOT 3 A DISTANCE OF 145 FEET; THENCE RUNNING SOUTH-WESTERLY A DISTANCE OF 45 FEET, MORE OR LESS TO A POINT WHICH IS 165 FEET WEST AND 60 FEET NORTH OF THE SOUTHEAST CORNER OF SAID LOT 3; THENCE RUNNING EAST ALONG THE SAID SOUTH LINE OF 60 FEET, MORE OR LESS, TO THE SOUTH A DISTANCE OF 60 FEET, MORE OR LESS, TO THE SOUTH SAID SOUTH LINE A DISTANCE OF 165 FEET TO THE TRUE POINT OF BEGINNING. More commonly known as: 14500 HWY 97, ENTIAT, WA 98822 Subject to that certain Deed of Trust dated 2/24/2014, recorded 4/18/2014, under Instrument No. 2399067 records of CHELAN County, Washington, from GARY R. TODD, MARRIED, as grantor(s), to U.S. BANK TRUST COM-PANY, NATIONAL ASSOCIATION, as original trustee, to secure an obligation in favor of U.S. BANK NATIONAL ASSOCIATION, as an obligation in favor of U.S. BANK NATIONAL ASSOCIATION, as original beneficiary. 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 when due the following amounts which are now in arrears: \$16,180.95. IV. The sum owing on the obligation secured by the Deed of Trust is: The princiby the obligation sectired by the Deed of Trust is. The principal sum of \$84,384.25, together with interest as provided in the Note from 8/26/2017 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 12/2/2019. The defaults referred to in Paragraph III must be cured by 11/21/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and termi-nated if at any time before 11/21/2019 (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 certified checks from a State or federally chartered bank. The sale may be terminated any time after the 11/21/2019 (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 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 trans-mitted by the Beneficiary or Trustee to the Borrower(s) and Gran-tor(a) by both first close and acvariation of a which is in the tor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were per-sonally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the proof was provided in Borrower by a construction of the trustee. the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of re-cipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These require-ments were completed as of 5/30/2019. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs 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 above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be af-forded 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 OCCU-PANTS OR TENANTS – The purchaser at the Trustee's Sale is en-titled to percently of the purchaser at the Crustee'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 tenants by summary proceedings under Chapter 59.12 KCW. For ten-ant-occupied property, the purchaser shall provide a tenant with written notice in accordance 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 recommended by the Housing Finance Com-mission: 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

opportunity@ trhospital.net EOE

PUZZLE SOLUTION

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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE PRELIMINARY 2020 BUDGET The Cashmere City Council will hold a public hearing on Tues-day, November 12, 2019 at 6:00 p.m. at the Cashmere City Hall on the City of Cashmere Pre-liminary Budget for 2020. The public is invited to attend said hearing and make comment. Kay Jones City Clerk-Treasurer-CITY OF CASHMERE Published in The Cashmere Valley Record/ Leavenworth Echo on October 30, 2019. #86169.

CITY OF LEAVENWORTH 2020 LODGING TAX GRANT FUNDING OPPORTUNITY

The City of Leavenworth is invit-ing festival, event and hospitality organizers to submit applications for the annual Lodging Tax grant funding dollars. Along with the past program for new Festivals and Events, the City Council is instituting a new program opportunity for Tourism Hospi-tality and Special Projects. The Festival & Event program will in-clude \$15,000 with limits per ap-liance to \$200,000 det the Tour plicant of \$3,000 and the Tour-ism Hospitality and Special Pro-jects program will include \$30,000 with limits per applicant of \$7,500. The deadline for submission this year will be Decem-ber 31, 2019 and is anticipated for review and award by the City Council on February 11, 2020. To learn more and obtain a copy of the Grant Application Forms and Scoring Criteria, please contact Chantell Steiner (509) 548-5275, download at the forms from our website under News & Notices at www.cityofleavenworth.com, or you may pick up the applica-tions at City Hall, located at 700 US Highway 2, Leavenworth. Publish In The Leavenworth Echo/ Cashmere Valley Record on October 30, and November 27, 2019. #.86468

BARBARA. A. BAZNER, Deceased. No. 19-4-00330-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been aprepresentative pointed as personal representative 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 manager as provided in BCW the manner as provided in RCW 11.40.070 by serving on or mail-ing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(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 pro-vided 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:

October 23, 2019

Personal Representative: VIRGINIA R. BECKLEY

Attorney for the Personal Representative: PEGGI MOXLEY Address for Mailing or Service Elder Law of Wenatchee 216 S. Mission Street Wenatchee, WA 98801

VIRGINIA R. BECKLEY Attorney for Personal Representative: ELDER LAW OF WENATCHEE, P.S.

By<u>:/S/</u>

Peggi Moxley WSBA No. 21680 Published in The Leavenworth Echo/ Cashmere Valley Record on October 23, 30, and November 6, 2019 #86399.

www.leavenworthecho.com • www.cashmerevalleyrecord.com

Northwest, a Corporation and Successor Trustee of the William R. Gregory Trust; the Heirs and Devisees of Robert Nelson, deceased; the Heirs and Devisees of H. Tory Horn, deceased; the Heirs and Devi-sees of Corinne Horn, de-ceased; and All Other Per-sons or Parties Unknown:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 25th day of September, 2019, and defend the above entitled action in the the above entitled action in the above entitled court, and an-swer the complaint of the plain-tiff Brownfield Land, LLC, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Mat-thew S. Hitchcock, at their office below stated; and in case of below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed

with the clerk of said court. Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the un-known 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 20th day of September, 2019. JEFFERS, DANIELSON, SONN & AYLWARD, P.S. MATTHEW S. HITCHCOCK, WSBA # 51492 Jeffers, Danielson, Sonn & Aylward, PS PO Box 1688 Wenatchee, WA 98807-1688 (509)662-3685/ (509)662-2452 matthewh@jdsalaw.com Attorneys for Plaintiff Published in The Leavenworth Echo/ Cashmere Valley Record on Sept. 25, and Oct. 2, 9, 16, 23 and 30, 2019. #86217.

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 agen-cies in Washington: http://www.hud.gov/offices/hsg/sfh/hcc/fc/in-dex.cfm?webListAction=search&searchstate=WA&filterSvc=dfc

The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: http://nwjustice.org/what-clear Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-19-857555-SW. Dated: 7/24/2019 Quality Loan Service Corp. of Washington, as Trustee By: Patrick Lynch, 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-19-857555-SW Sale Line: 800-280-2832 or Login to: http://wa.qualityloan.com IDSPub #0155296 10/30/2019 11/20/2019 Published in The Cashmere Valley Record/ Leavenworth Echo on October

Published in The Cashmere Valley Record/ Leavenworth Echo on October 30, and November 20, 2019. #85785.

