



Marine patrols to target paddleboarders Labor Day weekend

OLYMPIA – Marine law enforcement agencies on Washington state's marine and fresh waterways will conduct safety emphasis patrols over Labor Day weekend – specifically targeting stand up paddleboarders.

The goal is to educate them about laws and safe practices.

“Stand up paddleboarders need to know that as soon as their board leaves a designated swim area or goes beyond the surf, it is considered a vessel and therefore subject to recreational boating laws,” said Rob Sendak, State Parks boating law administrator.

What are the laws?

Every vessel, no matter the size – including kayaks, canoes and stand up paddleboards – is required by federal and Washington state laws to carry the following:

Life jackets

- People 13 years of age or older must carry a U.S. Coast Guard-approved life jacket in good condition.

The life jacket must be the right size and type for the person wearing it.

- All children 12 years of age or younger must always wear their life jacket while on board.

- Inflatable life jackets are authorized only for people 16 years of age or older.

Sounding device

- horn, whistle or bell.

White all-around navigation light

- during low visibility such as dusk to dawn, fog or heavy rain.

Visual distress signals (such as flares)

- required only on federal

waterways.

“The law requires people to carry a life jacket. We strongly recommend people choose to always wear one, along with a leash, for maximum safety on the water,” Sendak added.

The penalty for failing to carry the proper safety equipment is a civil infraction punishable by a fine of \$99 for each violation.

For example, a stand up paddleboarder without an appropriate life jacket and sounding device could be charged with two violations for a possible fine totaling \$198.

For more information about paddlesport safety, visit: paddlesafewa.org.

About the Washington State Parks Boating Program

The Washington State Parks and Recreation Commission administers the state's Boating Program, which provides leadership in recreational boating safety and environmental education and outreach.

The goal of the program is to reduce accidents and fatalities, increase stewardship of Washington waterways, and keep recreational boating a safe, accessible and enjoyable pastime.

For more information on the Boating Program, visit parks.wa.gov/boating.

Ward recognized for 70 years of service

By BRANDI CHARLES
Echo Reporter

Mrs. Shirley Ward has been a member of the Grange for more than 70 years. Though she was born in Wenatchee, she moved with her family to Leavenworth as an eight-year old and proudly declares “that makes me a local.”

Shirley is a recent recipient of the Washington State Grange leadership award, graciously accepting the honor and providing a few words of wisdom for the audience. Presented at the annual convention on Saturday, June 29, Mrs. Ward was caught totally by surprise by the honor.

When presenting the award, state Master Tom Gwin stated “the leadership demonstrated by Shirley at the local level with Chumstick Grange and the county level with Chelan County Pomona Grange is unparalleled. She is truly deserving of this honor.” While accepting the award Shirley says that she was “crying, shaking and laughing.”

When asked about what

prompted her to join the Grange all those years ago she casually claimed that “that was just something that you did.”

The Grange served as the social center of the community, this is where you would meet up with friends, exchange gossip and share general information.

The Grange is a very legislatively-minded organization, dedicated to helping farmers, it is the oldest farmers organization in the world and speaking to Shirley is like having a living, breathing time-capsule of it's history.

Shirley currently serves as the treasurer of the Chelan County Pomona Grange and as the secretary of the Chumstick Grange.

Until recently Shirley served as the secretary of the Roving Granges, a group affiliated with the Grange Camper Association.

Another of her many roles was serving as the state Grange Master for Chelan County and as a member of the State Lecturer Committee along with her husband



Mrs. Shirley Ward

Lloyd who was the North Central District Grange Youth director.

Never one to stay idle, Shirley can be found each holiday season between Thanksgiving and Christmas at the Chumstick Grange hall, acting as chairperson of the holiday bazaar during the Christmas lighting festival

and manning the Grange's bake sale table as well.

The State Grange Leadership award is the highest honor designated by the Washington State Grange. Overall, Mrs. Ward is a wonderful lady with a wealth of knowledge and there couldn't be a more deserving recipient of this honor.



Photos by Brandi Charles
New additions to the memorial are expected to be completed in early September.



Icicle Fund Awards Grants to Non-Profits Impacting the Area

By BRANDI CHARLES
Echo Reporter

The Icicle Fund recently granted \$134,696 to 13 non-profits in the area through its Initiative Grants and Strategic Project Grants programs.

“The Fund values projects and initiatives that foster a collaborative atmosphere, connect people to place, and are aligned with the Icicle Fund mission to support art, environment and history in North Central Washington.

The fund believes that strong connections to the land and the communities in which we live are

nurtured through artistic expression and imagination, and understanding of our past, and experience in and love for our natural landscape and wildlife.”

The Icicle Fund was started twenty years ago by Harriet Bullitt and has awarded \$40 million to more than 100 non-profit organizations.

In 2019 Ms. Bullitt transferred her ownership of the Sleeping Lady Mountain Resort to the Icicle Fund so patronage of the resort would be able to grant even more money to organizations in the community.

Initiative grants are sin-

SEE ICICLE FUND AWARDS GRANTS ON PAGE B2

9/11 Memorial Nears Completion

By BRANDI CHARLES
Echo Reporter

The 9/11 memorial has been a labor of love for those involved with its installation since 2015. Everyone involved has either donated their time or services to bring this project to fruition.

The granite slabs will be installed on Thursday, September 5 for anyone in the community would like to be watch.

As we all know, September 11, 2001 was a day that touched all Americans, young and old, so visiting the memo-

rial in Cashmere will connect with the whole family.

Located at 201 Riverside Dr., the pouring of the concrete should start at 8 a.m. (weather permitting), every casualty and first responder's name who was tragically lost on that day is listed on the monument.

Though it is a somber occasion, it is also a time to see how the community can band together and do something memorable to commemorate our fellow citizens who unfortunately passed on that fateful day.

Thomas Green is a volunteer who has been connected to the memorial since it's inception, Green says how great it has been to have so many companies and individuals donate their time and/or materials to make it all come together.

While the Granite slabs cost \$47,000, Marson & Marson Lumber in Leavenworth will be donating the wood, Quiring Monuments in Seattle will be supervising the installation of two nearly 11 foot tall granite slabs that are in scale with the twin towers

and two other monuments commemorating those lost on flight 77 at the Pentagon and flight 93 near Shanksville, Pennsylvania.

“The towers are stunning and we believe they will be a huge draw to the memorial” says Green, “while working on the site these past six weeks, it is exciting to see so many tourists and locals who came to the memorial.”

The annual 9/11 ceremony will take place on September 11 at 11 a.m. at which time the new monuments will be dedicated.



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Inside The ECHO this week		
Section A	Section B	Inserts
Opinions..... 2	Outdoors & Schools B1	Dan's Food Market
Community Calendar.. 3	Community NewsB2	Safeway
Community News..... 4	Classifieds..... B3-B4	

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Opinions

Somebody's got to say it

The Democrat Party has sold itself as the "Big Tent" party for decades. Somewhere along the way, they have lost their sense of what it means to be American.

I am sure there are some good Americans who still call themselves Democrats. Many of them are clinging to the myth that the Democrat Party is the party of the working people. The party whose purpose is to protect the common people from the rich and powerful.

While there may have been some truth to that view at one time, it is clear today's Democrat Party has morphed into a party that has forgotten the basic vision of the American system.

Let's examine a few of the "planks" of what now appear to drive their political agenda.

Medicare for All – Essentially this is just another push for single payer health care.

Proponents claim that it will lower the cost of health care. Seems we have been promised that before. Obama care is a horrible failure.

The Democrats will deny that but it did not lower costs by \$2500 per household and we still have millions uninsured. Medicare for all will cause many rural hospitals to close and it will make all health care workers government employees.



**IN MY
OPINION**
Bill Forhan
Publisher

There is nothing in the Constitution about Health Care being a right. More importantly, requiring all health care workers to become employees of the Federal Government and ultimately members of a government union is a violation of their individual freedom of choice.

Abolish the Electoral College – You might as well tear up the Constitution while you are at it. Politicians who would support a proposal like this are already in violation of their oath of office to "... support and defend the Constitution of the United States against all enemies foreign and domestic..."

We can excuse uninformed voters for not understanding the role and purpose of the Electoral College, but any person who actually is holding a political office that supports such a policy should immediately be disqualified and removed from office for violation of their oath.

Gun Control – Firmly guaranteed in the second amend-

ment to the Constitution, Democrats continue to call for regulation of private citizens Constitutional right to own guns. This is ostensibly to reduce the amount of gun violence in the country.

The problem is gun laws have failed everywhere they have been tried. Gun laws only regulate the honest, law abiding citizens.

They have little to no effect on the criminal element. More importantly as Archbishop Charles Chaput speaking on the events in El Paso and Dayton said:

"The people using the guns in these loathsome incidents are moral agents with twisted hearts. And the twisting is done by the culture of sexual anarchy, personal excess, political hatreds, intellectual dishonesty, and perverted freedoms that we've systematically created over the past half-century."

Free Speech – The Constitution guarantees us the right to free speech, but increasingly that right is under attack. The first thing most Democrats do when confronted with speech they don't like is describe the speaker as a racist, sexist or homophobic. It is easier than actually addressing the issues being raised and it shuts down not just the speaker but anyone who supports the speakers position if they can



accuse them of "hate speech." There are undoubtedly some racists among us. There are undoubtedly some who are intolerant of other life styles but the vast majority of the citizens of this country are not racists or bigots. To treat them all as if they were is limiting our public discourse.

Individuals running for office who cannot understand the American System as ex-

pressed in our Constitution need to be rejected. So far, based on the candidates the Democrat Party is supporting in the 2020 election, they need to be roundly rejected.

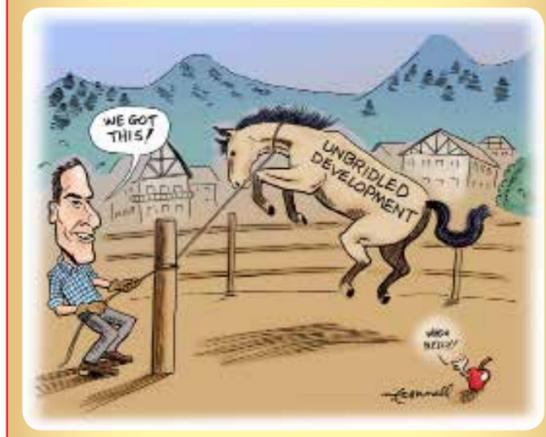
After all, it is the government of the people, by the people and for the people. It is not the government of the Democrat Party, by the Democrat Party and for the Democrat Party.

We need development that is consistent with our theme, sustainable, and contributes to the good of the whole community.

Carl Florea For Mayor

"A Mayor for the Whole Community"

carlfloreaformayor.com



CDCAC finds a region composed of 'haves and have nots' looming

SUBMITTED BY THE
COMMUNITY ACTION COUNCIL

WENATCHEE – The likelihood of Chelan and Douglas counties being composed of sizable numbers of "have and have-not" residents in the future is real if current economic trends continue, according to a Community Needs Assessment released this week by the Chelan-Douglas Community Action Council.

Over the past few years, the two counties have lagged behind the state in income levels, poverty rates, educational attainments, employment rates, and health statistics.

Indeed, the gap between the two counties and state in these areas – including for youth – is either climbing or has remained static over several decades.

At the same time today, the region is growing and attracting new residents and businesses thanks to technological advances and quality-of-life considerations.

"Our area is growing, recording record homes sales and job creation, our challenge is how do we as a community support our residents, reduce barriers to success and access and create opportunities for all," said Alan Walker, executive director of the Chelan-Douglas Community Action Council (CDCAC).

The Community Needs Assessment is meant to determine strengths and gaps in the local social-services network. It is required by federal law every three years.

Walker said his organization will take the findings and information from the Community Needs Assessment and identify ways to break down barriers, mobilize efforts to address poverty, and strengthen and solidify partnerships and resources.

That work, in the form of a strategic plan, should be done by November.

CDCAC spent about five months collecting information for the Community Needs As-

essment report.

The information gathering utilized 48 statistical indicators, a community survey completed by 411 residents, six focus groups attended by 70 community leaders, interviews of 10 stakeholders, and a public forum attended by about 25 residents.

The Community Needs Assessment Report is 150 pages long and includes an executive summary outlining the main findings, along with summaries from each information-gathering tool. For an online copy, visit cdcac.org/community-needs-assessment-annual-report.html. Or simply go to: cdcac.org and click on the Community Needs Assessment tab.

The report found housing is residents' highest priority community resource today, followed by health care, education, employment and mental health services. However, each of those resources is marked by their own deficiencies, CDCAC found.

The assessment identified what it described as "red flags" – threats to the region's well-being. Those include a continuing housing crisis; rising youth poverty and obesity rates; 30 percent of survey respondents saying they and/or a family member have gone without a meal due to finances; Hispanics expressing fear about sharing information; one-third of the two-county region's being on Medicaid; abundant drug use within families and neighborhoods; and the lack of affordable and available early childhood learning programs.

Walker said the large number of people skipping a meal due to finances reinforces the need for food pantries that are open for more than 2 or 3 hours a week.

The rising obesity rates for local youth, at a time when statewide rates are going down, also are a surprise.

"We have trails that are five minutes away," said Da-

vid Olson, CEO of Columbia Valley Community Health in Wenatchee.

"As a rule people walking in the Foothills are already living a healthy life. It's the people who don't exercise that we need to reach. The community has the resources, but a significant number of people experience barriers that keep them from taking advantage of those resources."

Residents cited several other barriers they typically face in accessing community services and resources, including:

- People are living in places far away from employment, education and health care options.

- Some do not qualify for services or can't afford services. Others can't access services due to providers' hours of operation.

- The system is difficult to navigate, in part due to numerous jurisdictional and numerous providers. The lack of information about services and providers creates additional confusion.

- The language barrier is a real impediment for many. So is the fear of sharing information.

"One thing that really surprised me was people not knowing where to turn," Walker said. "I wrongly thought there was enough information out there."

Walker said CDCAC is already tackling the drug issue by bringing in this fall two AmeriCorps volunteers who will focus on opioid education, storage and disposal and ways to prevent abuse among senior citizens and sixth- to 12thgrade students.

The Community Action Council services include food, housing, weatherization, asset building, adult literacy, energy assistance, AmeriCorps, RSVP and other community support services in the region.

For more on the Community Action Council, please visit cdcac.org.

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© 2019 NCW Media, Inc.
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Circulation
1-509-293-6780
circulation@lakechelanmirror.com

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

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

SERVICES:
Back Issues are available up to one year after publication for a fee.
Photo Reprints are available for most photos taken by staff.

The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039

WNPA
Washington Newspaper Publishers Association Member

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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 non-profit 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.

ICICLE CREEK THIS WEEK

THE MET: LIVE IN HD IS BACK

MASON ELLIOTT

The Metroplitian Opera is rearing up for another season and, once again, the Icicle Creek Center for the Arts will be showing every performance in our Snowy Owl Theater.

Check below to see the dates of the shows!

Turandot: October 12 at 9:55 AM

Manon: October 26 at 9:55 AM

Madama Butterfly: November 9 at 9:55 AM

Akhnaten: November 23 at 9:55 AM

About The Met: Live in HD

"The Met's 2019-20 season of Live in HD theater transmissions features ten presentations, beginning October 12 with Puccini's Turandot, transmitted in high-definition video via satellite from the Metropolitan Opera in New York City. Live in HD transmissions are seen on more than 2,000 screens in over 70 countries across the globe."

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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., 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 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 Gosse. 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 Garage 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.)

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.)

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 Committe, 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.leavenworthmasons.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

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.

August 29, Thursday: No Lunch

August 30, Friday: Tacos, Spanish rice, Mexican style slaw, mixed fruit, dessert.

August 31, Saturday and September 1, Sunday: Closed.

September 2, Monday: No Menu.

September 3, Tuesday: No lunch.

September 4, Wednesday: No Menu.

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

City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall

contact Liliith 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.

Leavenworth

August 16

06:49 Harass/threat, 24627 Spur St., Plain

09:52 Attempt to locate, Mount Stuart.

10:20 Suspicious, Chiwawa River & Chikami Roads.

11:42 Trespass, 423 Evans St.

13:48 Noise, 11007 US Hwy 2...

18:22 Harass/Threat 19537 Chiwawa Loop Rd.

21:22 Animal problem, North Rd., MP 1.

21:38 Extra patrol, 15251A US Hwy 2.

August 17

02:53 Agency assist, 405 US Hwy. 2, Howard Johnson.

03:05 Noise, 10492 Ski Hill Dr.

07:30 Accident no injuries, 817 Commercial St.

10:53 Harass threat, 10576 US Hwy. 2, Peshastin.

11:02 Property, 911 Commercial St.

13:08 Suspicious, 9611 North Rd., Peshastin.

14:36 Parking/abandoned, 8785 Icicle Rd.

15:14 Weapons violation, 5972 Campbell Rd., Peshastin.

16:40 Traffic offense, 9556 E. Leavenworth Rd.

17:31 Hazard, 10700 bloke of Titus Rd.,

18:56 Noise, 7982 Icicle Rd.

19:02 Suspicious, 10885 Chumstick Hwy.

19:29 Attempt to locate, Colchuck Lake.

20:01 Weapons violation, 15420 Cedar Brae Rd.

20:32 Noise, 7986 Icicle Rd.

21:40 911, 9658 Marson Dr.

22:27 Weapons Violation, 10780 North Rd.

23:13 Traffic Offense, Icicle Rd. MP 4.

23:37 Noise, 301 Ward Strasse.

23:43 Noise, 9680 Dye Rd.

August 18

09:51 Vehicle Theft, 27621 US Hwy. 2 MP, 115 EB, Monitor.

10:49 Accident no injuries, 9th and Commercial Streets.

10:58 Traffic offense, Chumstick Hwy. MP 2, Lake Wenatchee.

11:53 Parking/abandon vehicle, Central Ave. and Evans St.

12:43 Property, 228 Chumstick Hwy.

12:45 Civil, 3631 US Hwy. 97, Peshastin.

14:31 Marine, Cedar Brae Rd., MP 2, Lake Wenatchee.

14:53 Domestic disturbance, 4342 Hansel Ln., Peshastin.

14:55 Traffic offense, 9588 E. Leavenworth Rd.

14:58 Suspicious, 7680 Icicle Rd.

15:25 Parking/abandoned vehicle, 3400 Hansel Ln., Peshastin.

15:41 Agency assist, 34491 US Hwy. 2, Stevens Pass.

15:52 Public assist, 405 US Hwy. 2, Howard Johnson.

16:03 Accident no injuries, 8029 E Leavenworth Rd.

16:27 Public assist.

16:29 Accident no injuries, 636 Front St.

18:24 Agency assist, 10461 Stemm Rd.

18:42 Suspicious, 8752 Icicle Rd.

August 19

01:19 Disturbance, 800 Front St.

August 20

05:49 Disturbance, 8734 School St., Dryden.

10:22 Civil, 8460 Main St., Peshastin.

15:33 Trespass, 1329 US Hwy. 2, Dan's Food Market.

17:04 Welfare check, 1000 A Front St., Parking lot.

17:26 Accident unknown, 10170 Main St., Peshastin.

17:53 Accident no injuries, 980 US Hwy. 2.

19:23 Harass/threat, 12160 Emig Dr.

20:28 Agency assist, 11645 North Rd.

21:31 Disturbance, 7581 US Hwy. 97, Peshastin.

22:18 Traffic offense, Alpine Pl.

August 21

08:51 Suicide threat, 12295 S. Shugart Flats Rd.

10:07 Domestic disturbance, 301 Ward Strasse.

14:26 Suspicious, 55 W. Dardanells Rd.

15:13 Welfare check, 817 Commercial St.

15:17 Parking/abandoned vehicle, 11670 Eagle Creek Rd.

15:18 Theft, 220 9th St.

16:10 Accident no injuries, 590 US Hwy. 2, Enzian Inn.

16:11 Malicious mischief, 8785 School St., Dryden.

16:39 Extra patrol, Commercial and 3rd Sts.

19:09 Suspicious, Commercial and 3rd Sts.

19:55 Animal problem, 633 Front St.

21:50 Traffic offense, 116 River Bend Dr., Safeway.

23:47 Agency assist, 843 Front St., The Loft.

August 22

09:54 Suspicious, 7106 Icicle Rd.

11:11 Traffic Offense, US Hwy. 2 and Chumstick.

11:41 Welfare check, 10780 North Rd.

12:36 Parking/abandoned vehicle, 6341 US Hwy. 97, Peshastin.

16:25 Traffic offense, 7300 Icicle Rd.

17:52 Welfare check, 1326 Commercial St. #B.

19:38 Agency assist, 1117 Front St.

20:48 Civil, 301 Ward Strasse.

21:04 Traffic offense, US Hwy. 2 and Main St.

21:19 Agency assist, 263 Mine St.

21:48 Noise, 10350 Suncrest Dr. and Prospect St.

22:09 Disturbance, Ski Hill Dr. and Prospect St.

August 23

00:24 Traffic Offense, US Hwy. 2 and Riverbend Dr.

00:34 Harass/threat, US Hwy. 2 and Riverbend Dr.

01:03 Alarm, 913 Front St., SOUTH.

Leavenworth

Cascade Education Foundation Seeks Local Artists

The CEF is asking for submissions from local artists for an art project to be installed at the new Alpine Lakes Elementary School. Artists are invited to submit their work showcasing the beauty of the Alpine Lakes wilderness and The Enchantment area. Submissions must be received by August 31. Artists interested in submitting an application send email to cef@cascadesd.org. (e 34, 35).

Cascade School District Child Find

Will be on September 4 (English language), Thursday, September 5 (Spanish language). Do you have concerns about your child's development? Child Find screenings are for children under the age of 21 who may have speech, gross motor, fine motor, health, or developmental concerns, who are not already enrolled in school and have not graduated from high school. To schedule a screening, please call 548-4004 or email mcagle@cascadesd.org

Please help spread the word to any families who might benefit from this free screening. You may refer a child to us with complete confidentiality. (e 35, 36).

The Upper Valley Historical Society/Museum

Save the date for the "Museum on the Move" update meeting on September 9, at the Leavenworth Senior Center, 6:30 -7:30 p.m. (e 35, 36).

The Leavenworth Women's Exchange

Meetings resume on Wednesday, September 11, at noon at Visconti's of Leavenworth, 636 Front Street. The cost is \$16 per person for members and \$18 for non-members. Beverage, tax and gratuity are included. Karen Petersen, CEO & Founder of OCANNA and Ocannalife, will present a program titled "CBD (cannabis) and Pain Relief". To make your reservation, contact Ann Thrasher, 548-5363 by Saturday, September 7. (e 35, 36).

Fall Fundraiser for LWSC Jr. Nordic Team

Party on the Patio, Friday, September 13 from 6-9 p.m. Food and beverages at the historic Ski Hill Lodge. Music starts at 7 p.m. Dancing to live music by Analog Jack. A family friendly event. A portion of the Lodge food and beverage sales will go to the Jr. Ski Teams. The suggested donation for the music is \$15 for individuals or \$30 for a family. (e 35, 36).

Looking for Volunteers

The Wenatchee River Salmon Festival is seeking fun Volunteers to help with festival preparations and outdoor activities. Salmon Fest runs from Sept. 19-21. Please call 509-548-6662 ext. 226 or send a note to Director@Salmonfest.org (er 34, 35).

Join The Wenatchee River Institute

Educator, professional wildlife tracker, Marcus Reynerson of Wilderness Awareness School of Duvall, WA. for a 2-day course, Saturday and

Community News

MEND donation



Submitted photo

The Kahler Glen Women's Golf League is a group of 22 dedicated women who start planning the event in the spring. The tournament gets bigger and better every year.

This year the tournament had 80 female golfers from across Washington State and raised even more money than last year.

Thank you to all the busi-

nesses who donated items or sponsored a hole, especially Horan Estate Winery and Delta Dental of Washington, Kahler Glen Golf Course, Plain Cellars, The Squirrel Tree, Beaver Valley Electric, and The Wildflower Restaurant at Kahler Glen.

Support was also provided by Highlander Golf, Rock Island Golf, Desert Canyon Golf,

Wenatchee Golf and CC, Three Lakes Golf, Leavenworth Golf Course, Goose Ridge Winery, Bear Mountain Ranch, Starbucks, Golfer's Edge-Ed Payne, Icicle Brewery, Icicle Ridge Winery, Two Tails, Schocolat, Jamison Art Studio, Simply Just 4U, Prey's fruit Stand and Knitting, Mountain Springs Lodge, South-Leavenworth, Stevens Pass, Rhein Haus-

Volunteer dentist Dr. Ryan Busk and Upper Valley MEND Executive Director Kaylin Bettinger receive a huge check from the Kahler Glen Women's Golf League's Anne Cole, Sandi Lund, Pam Nicklas, and Ann Strand.

The League's Swing for Smiles Charity Golf Tournament raised \$10,632.50 for Upper Valley MEND's Upper Valley Free Clinic Dental Program.

The money brings a dental van to Leavenworth three times a year to offer free urgent and preventative dental care to low income adults without dental insurance.

Happy 101st Birthday Wishes to Edna Anderson

(Now residing at Mountain Meadows)
August 29

Love you Mom & Grandma

Cheryl & Joe, Lynelle & Larry, John & Susan, Mary, Ron & Madalyn, Lisa & Eric, Leslie & Henry, Kim, Kortney & Jenae, Brian & Melissa, Scott & Lisa, Mykia & Will, Amber, Noah, Jayde, Koah, Kelly, Ryan, Karter, Harper, Piper, Caden, Cali and Cyler.

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.

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WE WANT TO HEAR FROM YOU!

Now's the time to comment on our proposed strategic plan

Join us at an open house

Your hometown utility wants to know your views on Chelan PUD's proposed roadmap for 2020-2024.

See details at ourpublicpower.org.

Can't make it? Please email comments to contactus@chelanpud.org or talk with commissioners at 10 a.m. at the Sept. 16 & Oct. 7 meetings

Thursday, Sept. 5 - 6 p.m.
CTC, 285 Technology Way, Wenatchee

Monday, Sept. 9 - 5:30 p.m.
PUD Leavenworth Office
222 Chumstick Hwy.

P.U.D.
CHELAN COUNTY

GET A COOKIE NOT THE MEASLES

Calling all parents! Stop by Cascade Medical for back-to-school shots this August and receive a cookie from The Gingerbread Factory!

Appointments: 509-548-3420

Learn more: cascademedical.org

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PARTNERS IN YOUR HEALTH

The Gingerbread Factory

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

<p>CASHMERE</p> <p>CASHMERE BAPTIST CHURCH 103 Aplets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p> <p>CHRIST CENTER 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. Junior High, Wednesdays, 6:30 p.m. Meet at - 206 Vine Street Lead Pastor, Steve Haney Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director christcentercashmere.com</p>	<p>GRACE LUTHERAN CHURCH Vine & Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl</p> <p>ST. JAMES EPISCOPAL CHURCH 222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. 5th Sunday Morning Prayer 9 a.m. Deacon Carol Forhan - 670-1723 Vicar Rob Gohl - Cell - 860-0736</p> <p>EVERGREEN BAPTIST CHURCH 5837 Evergreen Drive • 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. Pastor John Smith www.christforcashmere.org</p>	<p>COMMUNITY UNITED METHODIST 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. www.leavenworthumc.org</p> <p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.</p> <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.</p> <p>FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org</p>	<p>SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997</p> <p>SPIRIT LIFE CENTER 210 Benton Street • 548-7138 Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p>
<p>DRYDEN</p> <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalleybaptist.org</p>	<p>LEAVENWORTH</p> <p>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</p>	<p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street • 290-0686 Sunday School, 9:45 a.m. • Worship, 11 a.m. Pastor Michael Brownell email: mkb3123@gmail.com</p> <p>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 Pastor to Children & Families: Becky Goodman www.LCN.org</p>	<p>MONITOR</p> <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 782-2601 Church Service & Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana</p> <p>PESHASTIN</p> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org</p> <p>PESHASTIN ASSEMBLY OF GOD School and Lake St. • 548-4223 Sunday Worship Service 10:30 a.m. Bible Adventures for kids at 10 a.m. sharp Pastor Jorge Torres</p> <p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth.com</p>

Outdoors & Schools



Photos by John Kruse

Painted turtles as seen at Downs Lake in Spokane County.

Downs Lake will lift your spirits

By JOHN KRUSE

Suffering from a case of the summertime blues? Is life's fast and frantic pace stressing you out? There's a tonic for that and you'll find it at the most unlikely of named destinations, Downs Lake.

That's where I went a few weeks ago after loading my kayak into the back of my pick-up, placing a couple of fishing rods in the cab, and bringing a digital camera for good measure. Located in Spokane County, this 425-acre lake is easily accessible from Interstate 90 (Exit 245) and the small town of Sprague.

The lake itself sits in a region known as the channeled scablands, a rural area of lakes, ponds and coulees surrounded by basalt rock formations, all formed by the Great Missoula Flood some 14,000 years ago.

Downs Lake is a peaceful place – you won't find jet skis or water skiers here. The only public access and boat launch available is at Downs Lake Resort, a rustic but pleasant place to pitch a tent or park an RV if you want to stay the night.

Pay a small boat launch fee then hit the water. During the summer, huge rafts of lily pads cover much of the lake and other portions are unfishable because of weed growth.

However, if you paddle your way through a channel cut through the pads, you'll be able to access about 75 acres of water on the other side of the lake where the water is deeper and the fishing is good.

During my day on the water I fished along the edge of the lily pads and cast small jigs tipped with worms.

I was rewarded with lots of six-inch perch, a nice 10-inch crappie and an 11-inch rainbow



Typical Downs Lake Perch.

trout. I also hooked and lost quite a few others to include a nice largemouth bass. Other fish found in Downs Lake include uncommon species such as tench and grass pickerel.

The weather was perfect: Sunny with temperatures in the mid 80's coupled with a soft breeze that blew over the water throughout the day. Better still was the wildlife.

From turtles in the water to birds of the air, there was much to see. In fact, I found out I was far from the only angler on the lake.

There are two resident bald eagles that perch in a tall Ponderosa near the shoreline, osprey that soar above the water looking for their next meal, and flocks of small Bonaparte's gulls that flew all around my kayak.

The gulls would call to each other with a "Keh...Keh" sound as they flapped their wings a few yards above the water before stopping, hovering for a moment and then diving to the surface to catch small fish.

Experiencing all of this from a quiet platform like a kayak, immersing my hands into the water or paddling alongside the lily pads, was an intimate experience that proved to be a very effective way to decompress. Better still, there are no side effects to this sort of therapy except for good memories and a desire to repeat the experience again.

Downs Lake is open for fishing from March 1st through September 30th. Check the WDFW regulations for details about catch limits.

Other places to kayak, fish and watch wildlife:

Deception Pass State Park – Cast for Coho and pink salmon during the next couple of weeks from the beach in this popular state park at the north end of Whidbey Island near Deception Pass; then go on a 90-minute guided kayak tour with Anacortes Kayak Tours out of Bowman Bay at the north end of the park. Keep your eyes peeled for seals, porpoise and maybe even a whale. www.anacorteskayaktours.com

Columbia Hills State Park – Horsethief Lake in the Columbia River Gorge is an 85-acre lake bordering the Columbia River. Enjoy the views of the scenic gorge and nearby Horsethief Butte while fishing for trout and bass. Raptors to include various hawks, bald eagles and osprey are common and don't forget to check out the Native American pictographs at the park.

Sinlahekin Wildlife Area – Blue Lake is a 205-acre body of water within the Sinlahekin Wildlife Area north of Conconully in Okanogan County. Sightings of deer along the shoreline and a variety of different birds in and around the lake go hand in hand with good spring and fall fishing for nice sized rainbow and the occasional brown trout. Selective regulations rules (single barbless hooks and no bait) are in effect here.

The Science and Art of Wildlife Tracking with Wenatchee River Institute and Marcus Reynerson



Photos submitted by Wenatchee River Institute

Can you identify the creature that made these tracks?

SUBMITTED BY WENATCHEE RIVER INSTITUTE

Have you ever stepped over an animal track, noticed a pile of scat or scratches on a tree and wondered, who made it?

Learn about the fundamentals of wildlife tracking by joining Wenatchee River Institute (WRI) and professional wildlife tracker and educator Marcus Reynerson of Wilderness Awareness School, Duvall, WA for a 2-day course, Saturday and Sunday, September 21-22, from 9 a.m. – 4:30 p.m. each day.

Through a combination of class and field time, course participants will become grounded in the context of wildlife tracking – how it is relevant to a variety of people from wildlife scientists to conservationists, as well as to those who simply want to be more connected to the natural world.

Wildlife tracking offers a holistic, ecological window into the activities of the living world surrounding us.

By becoming aware of the wildlife living in our backyards, the world becomes a richer place as new sights and sounds are recognized and enjoyed.

"Tracking with Marcus is an amazing experience because it is so much more than walking around and looking for tracks on the ground. Marcus knows how to look at a forest with the awareness of a tracker, knowing exactly where the animals have gone and the certain behaviors one might see.

"Watching him work will inspire anyone to become a wildlife tracker, to learn about the natural world in a unique way," said Rachel Bishop, WRI Community Education Lead, who has worked with Reynerson prior during a field course, tracking a cougar up the Icicle Canyon.

"We wandered through the trees following signs such as tracks and scrapes, and what the cougar seemed to be following, a snowshoe hare. There is more activity in our backyards than we realize!" added Bishop.

In this course, you will gain the skill-set to explore the vast and exciting world of wildlife tracking:

- Natural history, taxonomy, and regional wildlife
 - Basic wildlife foot morphology
 - Clear print identification
 - Behavior and wildlife sign interpretation
 - Track aging
 - How wildlife interacts with varying landscapes
 - The fundamentals of following animal trails
 - The art of inquiry and engaging curiosity
- Every tracking experience is unique and



Marcus Reynerson

so the course will follow the curiosity of the participants, as well as the animal tracks and trails encountered along the way.

Whether you are an experienced tracker or a beginner, course participants will learn to look at the ground in a new way, with the tools to develop as connected naturalists, reading stories left behind by the wildlife all around us.

Reynerson is a naturalist, educator, and photographer. He has worked in wilderness education, outdoor leadership, and conservation for numerous organizations and communities across North America and Europe.

He engages in telling stories about the complexity of humans living in the 21st century.

Reynerson is the lead instructor for an internationally renowned environmental leadership immersion program for adults at the Wilderness Awareness School, and an evaluator with Cybertracker Conservation, an organization dedicated to providing leading edge assessment and certification across the globe in the art and science of wildlife tracking.

2-Day Course Cost: \$150 WRI Members, \$175 Non-Members, with course size limited to 16 participants. Please dress for changing weather, and pack water, lunch and snacks. Meet by 9 a.m. at the WRI campus, 347 Division Street in Leavenworth, to travel via WRI Otter Van and carpool.

Direct any questions to Rachel Bishop, rbishop@wenatcheeriverinstitute.org or call (509)548-0181 x5. To register, visit our website: www.wenatcheeriverinstitute.org | Community Experiences | Workshops and Field Courses

Back to school: Red Cross offers safety tips

School bells will be calling students back to the classroom soon and the American Red Cross wants to make sure every student is safe as they head back to school for the upcoming academic year.

"While safety is a top priority for all students, there are special steps for parents of younger kids and those headed to school for the first time," said Alex Dieffenbach, CEO, Northwest Region.

"Make sure each child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and

how to dial 9-1-1. Teach children not to talk to strangers or accept rides from someone they don't know."

SCHOOL BUS SAFETY

- If children ride a bus to school, they should plan to get to their bus stop early and stand away from the curb while waiting for the bus to arrive.

Cross the street at the corner, obey traffic signals and stay in the crosswalk.

- Never dart out into the street or cross between parked cars.
- Teach your student to board the bus only after it

has come to a complete stop and the driver or attendant has instructed them to get on.

- Kids should board their bus only, never an alternate one.

- Make sure your student always stays in clear view of the bus driver and never walks behind the bus.

GETTING TO SCHOOL BY CAR, BIKE, ON FOOT

- If children go to school in a car, they should always wear a seat belt.

Younger children should use car seats or booster seats

until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 4'9"), and ride in the back seat until they are at least 13 years old.

- If a teenager is going to drive to school, parents should mandate that they use seat belts.

Drivers should not text or make calls, use their cell phone and should avoid eating or drinking while driving.

- Some students ride their bike to school. They should always wear a helmet and ride on the right in the same direction as the traffic

is going.

- When children are walking to school, they should only cross the street at an intersection, and use a route along which the school has placed crossing guards.

Parents should walk young children to school, along with children taking new routes or attending new schools, at least for the first week to ensure they know how to get there safely.

Arrange for the kids to walk to school with a friend or classmate.

DRIVERS, SLOW DOWN!

Drivers should be aware that children are out walking or biking to school and slow down, especially in residential areas and school zones.

Motorists should know what the yellow and red bus signals mean.

Yellow flashing lights indicate the bus is getting ready to stop and motorists should slow down and be prepared to stop.

Red flashing lights and an extended stop sign indicate the bus is stopped and children are getting on or off.

Motorists must stop when

Tis the Season for Ragweed

Yesterday morning I woke up feeling under the weather. Stuffy nose? Check. Runny nose? Check. Sinus pressure? Check. Sneezing? Check. Is it August? Check. Aaagh, it must be ragweed season again!

I have allergic rhinitis, which is inflammation of my nose from exposure to something I'm allergic to. Airborne pollens can stick to the inside of your nose and throat and trigger an allergic reaction, which used to be called hay fever because doctors associated it with plant pollens like hay.

Allergic rhinitis can be either seasonal or perennial (year-round). Seasonal allergic rhinitis is usually triggered by plant-based pollens, which are identified by the time of year that your symptoms flare up, while perennial symptoms are often from molds and pet dander.

Grasses and trees like birch, oak, elm, and maple release their pollens in the spring and early summer, while weeds like ragweed produce their pollen in late summer and early fall. Ragweed is related to marigolds, chrysanthemums, and daisies, and is one of the most common seasonal allergies, creating a fine powdery pollen that can be carried for hundreds of miles on the wind.

To treat my ragweed allergy, what I take for it depends on which symptoms are making me miserable. Sometimes my eyes itch and water, but usually my nose is both running constantly, called rhinorrhea, and also is congested. This year I have sneezing, nasal congestion, rhinorrhea and sinus pressure.

Allergic rhinitis is triggered by a chemical called histamine. Your body stores histamine in special cells called mast cells, and when it recognizes pollen or cat dander as something you are allergic to, the mast cells in your nose open up and release histamine, creating the misery of your allergic reaction.

Medicines called mast cell stabilizers can BLOCK this chain reaction from starting by keeping histamine safely locked up inside your mast cells. If my eyes get itchy and are watering, my favorite remedy is prescription-strength over the counter (OTC) ketotifen eye drops. Ketotifen works not only as a mast cell stabilizer but is an antihistamine, too, making it able to both prevent and relieve allergic reactions. Once sold as the prescription drug Zatorid®, ketotifen is available as a generic and Alaway® eye drops.

Steroid nose sprays decrease inflammation and are the most effective way to treat allergic symptoms, especially those that involve the nose, like sneezing, sniffing and stuffiness. There are several agents available without a prescription.

Oral antihistamines can be used either with or without eye drops or steroid nasal sprays, and can relieve all of your allergic rhinitis symptoms. Diphenhydramine (Benadryl®) is one of the most effective antihistamines available OTC, but has to be taken every 6 hours and causes drowsiness. If you need a medicine that won't cause drowsiness, try loratadine (Claritin®) or cetirizine (Zyrtec®), which last all day.

Because my nose is often both running and congested at the same time, I prefer an older combination of antihistamine and decongestant called Actifed®. Actifed® contains triprolidine plus pseudoephedrine (the original formulation of Sudafed®) and is available as a generic. Triprolidine dries up my watery eyes and runny nose without causing drowsiness, and the pseudoephedrine eases my stuffy nose.

5 Tips on Taking Allergy Medicine:

1. The most effective OTC medication for allergic rhinitis is steroid nose spray. For a runny nose, stuffy nose and sneezing, try a steroid nasal spray



Dr. Louise Achey, Doctor of Pharmacy

like Nasacort Allergy 24-Hr® (triamcinolone), Flonase Allergy Relief® (fluticasone), and Rhinocort® (budesonide). Be patient, though; it may take several days to get full relief. Until then, take an oral antihistamine along with your nasal spray.

2. Ketotifen eye drops work well for itchy or watery eyes. Ketotifen (Alaway®) works both as an antihistamine and mast cell stabilizer. It's available as an inexpensive generic and can be used safely even in children as young as 3 years old.

3. If you have a runny nose, avoid using an oral decongestant. A decongestant relieves a stuffy nose but often makes a runny nose even worse. Try an antihistamine instead, or a combination antihistamine/decongestant purchased from the pharmacy counter.

4. Don't waste your money on phenylephrine (Sudafed PE®). Phenylephrine's side effects limit the dose allowed by the Food and Drug Administration (FDA) to one that's only 1/3 as effective as pseudoephedrine. Purchase pseudoephedrine from the pharmacy counter, either alone or with an antihistamine.

5. Limit your use of decongestant sprays. Avoid using any decongestant nasal sprays for more than 2-3 days at a time to avoid triggering rebound (worsening of your stuffy nose) symptoms.

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.

Your questions and comments are always welcome at www.AskDrLouise.com. ©2019 Louise Achey

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ONLINE TICKETS www.LakeChelanHomeTour.com

All proceeds are used to purchase needed medical equipment for Lake Chelan Community Hospital

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Beacon electrical repairs require temporary signage on US 2/97 between Monitor, Dryden

CASHMERE – Beginning Monday, Aug. 26, a contractor for the Washington State Department of Transportation will begin work to repair and upgrade wiring to the flashing beacons at intersections of US 2/97 between Monitor and Dryden.

During the work, the "Prepare to Stop When Flashing" signs with flashing beacons that correspond with the change of intersection signal lights from green to red, will be covered. A temporary sign without any lights will inform travelers to "Be Prepared to Stop" while the contractor performs necessary repairs to ensure these flashing lights continue to work properly.

Five intersections between Monitor and Dryden will have the beacons shut off for repairs in the following weeks. These include:

- US 2/97 and E. Main St. / Easy St. at Monitor,
- US 2/97 and Cotlets Way / Eels Rd.,
- US 2/97 and Aplets Way / Nahahum Canyon Rd.,
- US 2/97 and Hay Canyon Rd. / Goodwin Rd.,
- US 2/97 and Dryden Ave. / Johnson Rd.

- US 2/97 and Aplets Way / Nahahum Canyon Rd.,
- US 2/97 and Hay Canyon Rd. / Goodwin Rd.,
- US 2/97 and Dryden Ave. / Johnson Rd.

For the week of August 26, the contractor will be working at the US 2/97 intersections of Dryden Ave./ Johnson Rd. at Dryden and Hay Canyon/ Goodwin Rd. at Cashmere.

Future updates on this project will be available on the North Central region construction and travel advisory webpage.

This work will not affect signal timing at these intersections, but the change of warning signage will mean that drivers will not have the flashing beacons to indicate that an intersection signal is changing from green to red.

With a speed of 60 mph on this section of the highway, it is imperative that travelers on this section of road are attentive and use caution when approaching these intersections during the project.

56th ANNUAL

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2019-2020 Fall/Winter Sonnenschein auf Leavenworth

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509-548-5286 • carol@leavenworthecho.com 509-860-7301 • adexec1@ncwmedia.net

CONTINUED FROM PAGE 1

Icicle Fund Awards Grants to Non-Profits Impacting the Area

gle-year awards for up to \$7,500 and all grants are awarded for projects in the area of arts, environment and history in North Central Washington.

The non-profits that were recognized this year were: Stage Kids, Washington Association of Land Trusts, Classroom in Bloom, Upper Valley Connection, Team Natuzaleza, Cascade School District, Hawkwatch, The Merc Playhouse Society, Methow Valley Chamber Music Festival, Cascades Carnivore Project, Methow Recycles and the Upper Valley Histori-

cal Society. Christine Morgan, executive director of the Icicle Fund states, "In recent years, I have seen a remarkable increase in the quality of the applications and strategic abilities of the organizations that connect with the fund.

North Central Washington's non-profit organizations are very impressive and together they build community and truly enhance the quality of life in our region."

To learn more about the Icicle fund visit www.icicelfund.com.

CONTINUED FROM PAGE B1

Back to school: Red Cross offers safety tips

they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped.

Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways.

If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping.

Do not proceed until all the children have reached a place of safety.

PREPARE FOR EMERGENCIES

Know what the emergency plan is at your child's school in case a disaster or an unforeseen event occurs.

Develop a family emergency plan so everyone will know who to contact and where to go if something happens while children are at school and parents are at work. Details are available at red-

cross.org/prepare.

TAKE A FIRST AID CLASS

The Red Cross First Aid App provides instant access to information on handling the most common first aid emergencies whether it be before, during or after school.

Download the app for free by searching for 'American Red Cross' in your app store or at redcross.org/apps. Learn and practice First Aid and CPR/AED skills by taking a course (redcross.org/takeaclass) so you can help save a life.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org.

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

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



BUSINESS OPPORTUNITY

Profitable Flower Shop For Sale
Kashmir Gardens Florist, is a successful, well-known, respected business, and a Cashmere mainstay since 1949. Great growth potential! Owner retiring. Asking 35K. Includes inventory, equipment, and displays. Terms-cash. Building is for sale separately.
509-782-2071
Kashmirgardens florist@yahoo.com

WANTED TO RENT

RV/Motorhome space for rent. Water provided, \$40.00 per night. Also have a 25' travel trailer setup ready for at least 4 campers/ \$75.00 per night.
Call (509) 393-0299 for more information.

ANNOUNCEMENTS

The Okanogan County Central Landfill, Ellisforde Transfer Station, Bridgeport Transfer Station, and Twisp Transfer Station will be closed on Saturday, August 31, 2019 in observance of Labor Day Holiday. They will all be open on regular schedules Tuesday, September 3, 2019.

HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS
AT NCWMarket.com

***HAPPY BIRTHDAY**
***CONGRATULATIONS!**
***WILL YOU MARRY ME?**
***I'M SORRY!!**
**Happy Anniversary*

Only \$15 for 30 days
includes 3 photos

HELP WANTED

Leavenworth Pavz Cafe-Bistro is interviewing "Experienced Cook-Pantry" persons. Excellent pay, based on experience.
Email Bill at Lahon1065@gmail.com

Night Caregiver/ CNA

Epledalen Retirement & Assisted Living is hiring one full-time night position, 40 hours per week. \$14.00 to \$16.00 per hour depending on training and experience. Must be CNA or HCA with current CPR/First Aid. Will assist clients with ADLs, wellness monitoring and some housekeeping.
For more information call 509-782-7600, 9-5, Monday - Friday or email Epledalen@kashmircc.com

HELP WANTED

Brewster School District is accepting applications for the following paraprofessional positions.

- Middle School/ High School Para-Bilingual Preferred
- Elementary Reading Para

The successful candidate must have a high school diploma or equivalency and meet Title 1 Requirements.

1. AA Degree or;
2. 2 years of college course work (70 credits) documented with transcripts or
3. Pass the ETS paraprofessional test (given at the school with prearrangements) in the areas of math, reading and writing.

Applications are available on the district's website www.brewster.wednet.edu
These positions are open until filled.

Brewster School District is an Equal Opportunity Employer.

HELP WANTED

The City of Brewster Police Department seeks applications from qualified candidates to fill the position of Chief of Police.

Potential candidates should have experience working in or around small departments in small communities. The City seeks a community-oriented experienced and compassionate law enforcement officer willing to work in all facets of law enforcement services delivery including patrol, scheduling, meeting with the Mayor, City Council, and working with other City department heads. The City Mayor and Council are committed to continuing the tradition of making the City a safe place to live, work, and play. Qualified applicants should have a minimum of 5 years of law enforcement experience, leadership experience and/or academic credentials indicating the potential for success in a leadership role. The City of Brewster is located on the beautiful Columbia River in rural Eastern Washington, and has a population of 2,405. The Police Department consists of a total of 5 fully commissioned law enforcement officers, inclusive of the Chief. The salary is DOE and DOQ.

Please contact City Clerk/Finance Director, Misty Ruiz, at 509-689-3464 or at misty.ruiz@brewsterwa.us or click here to obtain an application. Completed cover letters, applications, and resumes should be sent to the attention of Ms. Ruiz for review and consideration by Mayor Smyth. This position will remain open until filled.

Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions.

Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.

Apply in person.
590 Hwy. 2
Leavenworth.

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Apply in person.
590 Hwy. 2
Leavenworth.

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HELP WANTED

Lead RN
Epledalen Retirement and Assisted Living Seeking Lead RN, Four years experience-\$39 per hour, minus four years wage negotiable, \$2,500.00 sign on bonus. Insurance, stipend/ added income.
32 hours plus per week. To inquire contact the facility 509-782-7600. or in person, 809 Pioneer Ave. Cashmere, WA. Monday - Friday. 9 a.m.-4:30 p.m.

Chelan Valley HOPE

Director of Operations
Chelan Valley Hope, a 501c3, seeks a Full-time Director of Operations

Ideal candidate for this 40-hour per week position will be highly organized, experienced in organizational leadership and fundraising, an excellent communicator and "people person", with a collaborative management approach, and a commitment to CVH's mission and vision.
Resumes can be sent to info@chelanvalleyhope.org

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Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**
Your ad will appear online and in the newspaper for one low price.

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548-5286
or
782-3781

HELP WANTED

CASCADE SCHOOL DISTRICT

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

Icicle River Middle School Volleyball Coach
Cascade High School Assistant Volleyball Coach and Assistant Girls Soccer Coach

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

Brewster School District is accepting applications for a full-time custodian to work Monday - Friday beginning at 2:30 p.m. - 11:00 p.m. Beginning salary \$16.32, depending on experience. Medical, dental and optical benefits are offered. Applications are available on the district's website <https://brewsterbears.wednet.edu>

This position is open until filled.

Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.
Apply in person
Enzian Inn
590 US Hwy. 2
Leavenworth

HELP WANTED

LAKE CHELAN MIRROR

Receptionist/ Administrative Assistant

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity.
Interested applicants can apply at the Lake Chelan Mirror office at 310 E. Johnson Ave. 9 a.m.-5 p.m. or send their resume to P.O. Box 39, Leavenworth, WA 98826. EOE

WHAT'S HAPPENING

EVENTS

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CROSSWORD PUZZLE

THEME: GEOMETRY 101 ACROSS

1. Say without thinking
6. Abscess contents
9. Fictional Griffin and actual Ryan
13. Witty one
14. Khan
15. Swan of the "Twilight" series
16. Carl Jung's inner self
17. What is the reason?
18. Painter's support
19. *Six-sided polygon
21. *Type of triangle
23. Appetizer in a blanket
24. Brooding
25. *pendicular lines
28. Ghana monetary unit
30. Star of Raffi's song
35. Instead of written
37. "Formerly," formerly
39. Archeologist's find
40. Cusco valley dweller, once
41. *Plane to 2D is like ___ to 3D
43. Shade of beige
44. Daughter of a sibling
46. ___ dream
47. Same as Celt
48. Mother of Calcutta
50. Capital of Ukraine
52. Robert Burns "Comin' Thro' the "
53. Classic board game
55. Unruly bunch
57. *Pythagoras
61. Archipelago constituents
65. Donkey in Mexico
66. Auction proposal
68. Seize a throne
69. Scatter
70. The day before
71. "Prepare to meet your ___!"
72. Boot-wearing feline
73. Swedish shag rug

74. Lament for the dead DOWN

1. Ho-hum
2. *Straight and infinitely extended
3. Type of operating system
4. Remake a map
5. Opposite of comic
6. Weakest in chess
7. "Gross!"
8. One's assertion
9. Square one?
10. Additional
11. Campbell of "Rhinestone Cowboy" fame
12. White one at Macy's
15. Bringer of news, e.g.
20. S-shaped moldings
22. Mowgli to Raksha in "The Jungle Book"
24. Feeling of aversion
25. *It has no dimensions, only position
26. "Sesame Street" regular
27. Mario Andretti or Niki Lauda
29. Between stop and roll
31. Potato's soup mate
32. H. pylori consequence
33. Like a stereotypical girl
34. *Not right or obtuse
36. Spike punch, e.g.
38. Cone-shaped quarters
42. Regards
45. Real estate sale agreement
49. Type of brew
51. *Length x width x height
54. Earthy color
56. Primary
57. Cookbook amt.
58. Rwanda's majority
59. Does something wrong
60. Loads from lodes
61. Brainchild
62. Heat in a microwave
63. Fortune-telling coffee stuff
64. Light on one's feet
67. Like Brown's leg

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64. Light on one's feet
67. Like Brown's leg

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

HELP WANTED



Journalist Wanted The Lake Chelan Mirror

Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:

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



PUZZLE SOLUTION



Grid of numbers for crossword puzzle solution

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Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth Cashmere

Deadline Tuesday at noon for the paper Quad City Herald

GARAGE & YARD SALE

Estate and Antique Yard Sale

Antique furniture, tons of craft ribbon and rick rack, antique perfume bottles, bookcase of cookbooks, plus-size clothes, beautiful carved coffee and end tables.

Friday, August 30 and Saturday, August 31. 9:00 a.m. to ? 12664 Chumstick Hwy 4 miles up Chumstick Highway, Leavenworth. Watch for signs.

Advertisement for NCW Market.com featuring 'HOT AND SIZZLING REAL ESTATE' and 'Run it till it sells \$100'.

PUBLIC NOTICES

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Leavenworth City Council will continue a public hearing on September 10, 2019 at 6:45 p.m. in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington regarding remanded amendments to City of Leavenworth Code (1) Planned Development Chapter 18.40 Amendments; and, (2) Development Standard. The Planning Commission has provided the Council with a second recommendation on each item, which will be reviewed, discussed, and acted upon. Interested citizens are encouraged to comment and/or attend the public hearing. Copies of the materials are available from Development Services within City Hall, phone 509-548-5275 or email dsmanager@cityofleavenworth.com. Published in The LeavenworthEcho/ Cashmere Valley Record on Wednesday, August 28, 2019. #85986

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Trust Estate of KENNETH A. MCELROY, Deceased.

NONPROBATE NOTICE TO CREDITORS RCW 11.42.030

The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the State of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed.

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 11.42.070 by serving on or mailing to the notice agent or the notice agent'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 claim was filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 21, 2019

The notice agent declares under penalty of perjury under the laws of the State of Washington on 21st day of August, 2019, at Wenatchee, Washington, that the foregoing is true and correct.

MARCIA M. HENRY Notice Agent;

MARCIA M. HENRY Attorneys for the Notice Agent;

DAVID J. BENTSEN Address for Mailing or Service: Speidel Bentsen LLP

7 North Wenatchee Avenue, Suite 600

P.O. Box 881 Wenatchee, Washington 98807

Court of Notice Agent's Oath and Declaration and Cause Number:

Chelan County Superior Court Cause No. 19-4-00259-04

Prepared By: SPEIDEL BENTSEN LLP

By: Russell J. Speidel, WSBA No. 12838

David J. Bentsen, WSBA No. 42107

7 North Wenatchee Avenue, Suite 600

P.O. Box 881 Wenatchee, Washington 98807

(509) 662-1211

Published by The Leavenworth Echo/ Cashmere Valley Record on August 21, 28, and September 4, 2019. #85908

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of JENNIFER KATHRYN SIFUENTES, Deceased. No. 19-4-00261-04

PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed as personal representative of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below, a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four

months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided for in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.

DATE OF FIRST PUBLICATION: August 21, 2019

/s/ Rebecca J. McDaniel Rebecca J. McDaniel Personal Representative

Attorney for the Personal Representative: David A. Kazemba, WSBA No. 48049

Address for Mailing or Service: Overcast Law Offices, PS Attn: David A. Kazemba 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 (509) 663-5588

Court of probate proceeding and cause number:

Chelan County Superior Court Cause Number: 19-4-00261-04

Published in The Leavenworth Echo/ Cashmere Valley Record on August 21, 28, and Sept. 4, 2019. #85917

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-19-850978-BB Title Order No.: 190672670-WA-MSW Reference Number of Deed of Trust: Instrument No. 2298475 Parcel Number(s): 232028550205 Grantor(s) for Recording Purposes under RCW 65.04.015: LENA GROVE, AND DONN BLACKWELL AND SHIRLEY BLACKWELL Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): BANK OF AMERICA, N.A. Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Bank of America, N.A. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 9/6/2019, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located 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 following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 15, BLOCK 3, CORDELL'S NORTH PLAT, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 9 OF PLATS, PAGE 51. More commonly known as: 2513 LEMAISTER AVENUE, WENATCHEE, WA 98801 Subject to that certain Deed of Trust dated 2/25/2009, recorded 3/4/2009, under Instrument No. 2298475 records of CHELAN County, Washington, from LENA GROVE, AND DONN BLACKWELL AND SHIRLEY BLACKWELL, as grantor(s), to FIRST AMERICAN, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR SIERRA PACIFIC MORTGAGE COMPANY, INC., ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to BANK OF AMERICA, N.A., the Beneficiary, under an assignment recorded under Auditors File Number 2352762 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: \$221,660.42.IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$277,372.46, together with interest as provided in the Note from 2/1/2011 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 9/6/2019. The defaults referred to in Paragraph III must be cured by 8/26/2019 (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 terminated if at any time before 8/26/2019 (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 8/26/2019 (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 transmitted by the Beneficiary or Trustee to the Borrower(s) 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 3/15/2019. 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 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 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 Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_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/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf 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 to exercise the noteholder's rights against the real property only. The Trustee's Sale Number is WA-19-850978-BB. Dated: 4/29/2019 Quality Loan Service Corp. of Washington, as Trustee By: Patrick Lynch, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-19-850978-BB Sale Line: 800-280-2832 or Login to: http://wa.qualityloan.com IDSPub #0152635 8/7/2019 8/28/2019 Published in The Cashmere Valley Record/ Leavenworth Echo on August 7, 28, 2019. #85110

PUBLIC NOTICES

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

In Re the Estate of JOY H. ELLIS, Deceased. NO. 19-4-00469-37 NON-PROBATE NOTICE TO CREDITORS RCW 11.42.030

JUDGE: LEE GROCHMAL The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the State of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed.

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 11.42.070 by serving on or mailing to the notice agent or the notice agent'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 notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 28, 2019

NOTICE AGENT Debbie Jo Pobst 19622 Beaver Valley Rd. Leavenworth, WA 98826 Attorney for Notice Agent: Erin Crisman Glass, WSBA #39746

Barron Smith Daugert, PLLC, 300 North Commercial St., Bellingham, WA 98225 Court of probate proceedings and cause number: Whatcom County Superior Court, Cause No. 19-4-00469-37

Published in The Leavenworth Echo/ Cashmere Valley Record on August 28, Sept. 4, 11, 2019. #85973

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-18-834026-SH Title Order No.: 8740312 Reference Number of Deed of Trust: Instrument No. 2392110 Parcel Number(s): 22 20 22 832 150, 57820 Grantor(s) for Recording Purposes under RCW 65.04.015: JOSHUA COZART AND ARIANNA COZART, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Freedom Mortgage Corporation Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Freedom Mortgage I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 9/6/2019, at 10:00 AM At main entrance Chelan County Courthouse, 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: LOT 15, PLAT OF SADDLE ROCK RANCH, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 31 OF PLATS 102 THROUGH 104. A.P.N.: 22 20 22 832 150 More commonly known as: 2057 SILVER LANE, WENATCHEE, WA 98801

Subject to that certain Deed of Trust dated 10/25/2013, recorded 10/29/2013, under Instrument No. 2392110 records of CHELAN County, Washington, from JOSHUA COZART AND ARIANNA COZART, HUSBAND AND WIFE, as grantor(s), to CENTRAL WASHINGTON TITLE SERVICES INC., as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. AS NOMINEE FOR PINNACLE CAPITAL MORTGAGE CORPORATION, A CALIFORNIA CORPORATION ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to Freedom Mortgage Corporation, the Beneficiary, under an assignment recorded under Auditors File Number 2481748 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: \$25,044.03. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$200,353.04, together with interest as provided in the Note from 2/1/2018 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 9/6/2019. The defaults referred to in Paragraph III must be cured by 8/26/2019 (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 terminated if at any time before 8/26/2019 (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 8/26/2019 (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 transmitted by the Beneficiary or Trustee to the Borrower(s) 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 3/8/2019. 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 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 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 Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_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/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf 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 to exercise the noteholder's rights against the real property only. The Trustee's Sale Number is WA-18-834026-SH. Dated: 4/30/2019 Quality Loan Service Corp. of Washington, as Trustee By: Maria Montana, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-18-834026-SH Sale Line: 877-518-5700 or Login to: http://wa.qualityloan.com IDSPub #0152671 8/7/2019 8/28/2019 Published in The Cashmere Valley Record/ Leavenworth Echo on August 7, and August 28, 2019. #85909.