

Vote Yes for Link See page A2

JULY 24, 2019 • VOLUME 120, NO. 30

#### **UPPER VALLEY NEWS SINCE 1904**

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## Cascade School Board approves 2019-2020 budget

#### By Al Stover

The Cascade School board approved a resolution to adopt the 2019-2020 budget at its July 15 meeting.

The estimated expenditures for the General Fund for the year is set at \$19.1 million and the Associated Student Body (ASB) Fund is projected to be \$284,625.

The Debt Service Fund is set at \$4.53 million while the district's Capital Projects Fund is estimated at \$4.25 million. Expenditures for the Transportation Vehicle Fund is set at \$225,000.

During the budget hearing, Public Hearing Executive Director of Finance and Operations Dwight Remick explained that benefits are higher than staff anticipated, which affected the General Fund.

Remick said he went through and "finetuned" areas in the General Fund, one being enrollment projections.

After adjusting the numbers, he noted the final budget has 16 full-time equivalent (FTE) students above projections, but the number is still down 60 FTE students from the previous year.

Remick noted the district received \$50,960 from the state and indication that is the funding will continue to come to CSD. He added enrollment changed in special education, bi-lingual and highly capable, and mostly in basic education, which is where the additional funds came from.

When asked about how much money the district will receive from the state, Remick answered CSD is expected to receive three dollar amounts throughout the year.

From September to December, the district will receive \$931 per FTE, and CSD will get around \$970 for December to January. Beginning in January the number will increase to \$1,151 per FTE. The district's portion of the increase is at least \$200,000.

"That's something once I get a chance to actually go through the budget document, I'll revise it with the information," he added. "I just haven't had time to dig through it and ask, 'Where are our changes?'" graduation during the summer, which is why the balance drops.

Remick also went over the indirects that are not reported on the budget but are allowed. He noted the district is either overspending in some areas and staff knows it but they have to support the programs, or they have indirects they will collect on at a later date.

Remick added that the North Central Educational Service District (NCESD) will need to review the budget numbers.

NCESD would normally review the budget before it went to the school board, however district staff moved to a new accounting code structure, which caused the system to go down on Friday, leading to the budget document being printed minutes prior to the hearing. He also anticipated that NCESD would not make any changes to the budget.

"If they find something I miss, or they find extra money for me, I will still work within those limits," Remick added.

In other action items, the board approved the hiring of Lori Duncan and Fred Chadwick as bus drivers for the district.

They also approved employing Ellen Walker-Wood as a Peshastin-Dryden Elementary School kindergarten teacher, and accepted the resignation of Icicle River Middle School eighth-grade volleyball coach Hilary Osborn.

The board approved the first reading of Policy and Procedure 5231 "Length of Day." Superintendent Dr. Tracey Beckendorf-Edou explained the policy features guidelines for staff who have additional employment outside of the school district.

"They understand very clearly of what the perimeters are and they would know how to set that up in a way that would set them up for success," Beckendorf-Edou added.

During the Icicle River Middle School soccer discussion Beckendorf-Edou said she listened to a presentation regarding the matter and found it to be compelling, especially in regards to the student need and request for the program.



Enchantment Park drainage project.

## Crews begin work on Enchantment Park drainage project

By Al Stover

Leavenworth residents who stroll through Enchantment Park for the next month may notice large machines moving earth and material around the area.

Crews from Greenshield Systems LLC began working on a drainage project for the different sports fields on July 19. The drainage project is expected to be finished around Aug. 15, if nothing affects the work schedule.

Public Works Director Herb Amick said the city has had problems in the past with standing water at the sports fields. Amick explained crews have had to shut off the water because the fields became too soggy.

"We tried to put some dry wells, but they did not solve the problem," he added.

Amick explained the traffic portion of the park will be closed during the duration of the project. This means visitors will not be able to use Enchantment Park's parking lot until the work is finished. Although the park will be closed to vehicles, folks will still be able to access it from the walking trails. Folks should use caution and care when they are at the park because crews will be working on the project. "They're going to be hauling lots of material and digging trenches," Amick said. "They will be removing that material and putting in drain tile and putting back sand. There will be sand everywhere and they will be moving material out of the park. They will have a lot of big trucks moving around the area. We just don't want kids on bikes getting hurt, or something like that (happening)."

company that specializes in sports turf drainage. The company has completed projects for golf courses around the state. They have also worked on athletic fields for cities and school districts.

Once the drainage project is finished, Greenshield crews will begin hydroseeding the field. Hydroseeding is a planting process that utilizes a mix of seed and mulch. Landscapers use hydroseeding as an erosion control technique on construction systems, as well as an alternative to dry seeding.

"It should improve the use, the visibility, the appearance ... everything," Amick said of the process. "It will also reduce the drainage."

The drainage project is the

latest improvement for Enchantment Park. Crews have recently installed the field lighting on Field No.3. Amick said staff also plan on regraining ballfields No. 1 and No. 2.

While the project will be finished, Amick said all ballfields will remain closed for use for the remainder of the year. They could potentially reopen in spring 2020 after assessment from the Park Department.

"We hope we'll have enough time to get the grass started when we finish up in the spring," Amick added.

Residents who have questions about the project can contact Amick at the Public Works Office by calling (509) 548-6429 or emailing herba@ cityofleavenworth.com.

For capital projects, Remick said the district is still holding around \$400,000 on Alpine Lakes Elementary School and will pay the contractor when they complete the punch list.

The district also has about \$400,000 left on the main contract for the high school, and has set aside \$700,000 for the CTE (careerto-education) remodel. Staff has been pricing items and will draft a change order to developing a wish list, which includes remodeling the classroom and bathroom and replacing the switch gear.

"As far as we can go with the \$700,000 cushion is what we'll be getting back to you with the change order," Remick added.

The district will also make a \$800,000 loan payment for work at Peshastin-Dryden Elementary School.

Remick explained the funds from the sale of the Beaver Valley project will go to the capital improvements fund and transfer \$218,754 from capital projects to the Debt Service Fund and pay off the loan.

As for ASB Funds, Remick said students do not have revenue between May and August. Students are paying off uniforms and She discussed the matter with Remick and Athletic Director Dominique Coffin, who she said was on board to bringing soccer to the middle school.

The idea bringing a soccer program to IRMS to have a middle school soccer program began three years ago from a group of parents, coaches and volunteers who have been pursuing the matter during that time.

Establishing a soccer program at IRMS would make Cascade the first district in the Caribou Trail League to offer soccer in the middle school level.

Beckendorf-Edou said her belief was that last year was a "field audit year," and the district did not have enough field space to support multiple soccer programs.

She believes the district has not have the field space to support a middle school soccer program but wants to take a planned approach to developing a sustainable IRMS soccer program rather than just rolling it out right away. She added that 2019-2020 would be a planning year for the program with potential rollout in 2021.

While the district has field space, Beckendorf-Edou does not recommend launching the program in the fall of 2019 as field space

SEE CASCADE SCHOOL BOARD BUDGET ON PAGE B2

Based out of La Center, Washington, Greenshield Systems is a landscaping



Musician **Sean Gaskell** returned to the Leavenworth Public Library on July 19 for a concert. Patrons of all ages listened to Gaskell plays traditional songs on the Kora, a 21-string harp that he learned how to play during his multiple visits in Gambia, West Africa. Gaskell was first inspired to play after hearing Kane Mathis, a Kora player who was performed with "The Kora Band" and "The Sahel Band."



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Community Calendar 3 Community News 4	Classifieds B3-B4		٥, ٩ ( ١)		215 14th St. • P.O. Box 39, Leavenworth, WA 98826 Phone: 509-548-5286 www.leavenworthecho.com

## **Opinions / Community news**

## **Ballots are out!**

I'm not big on tax increases and love the fact that we get to weigh in on these decisions. Too many of our elected representatives are far too loose with our hard earned money. That said, the two measures on the August 6 election ballot deserve your support.

Here's my reasoning on the issues. First let's consider the easy one.

The Rivercom emergency services levy is a renewal levy. In other words, your taxes won't actually increase.

Vote it down and you will save 1/10 of a percent on your sales tax. But that 1/10 of a percent provides vitally important funds for our community dispatch services.

NCW Media published an interview with Rivercom **Executive Director**, Misty Viebrock, in our July edition of the Wenatchee Business



Journal. The article included a complete review of Rivercom funding. If you're not a subscriber you can access the E-Edition on NCWBusiness. com where you can read the interview and an in depth article on Rivercom funding. And remember that because the tax is on all retail sales much of the tax will be paid

The second measure is for a tax increase to fund Link. This will increase your taxes by increasing the sales tax rate by 2/10 of 1 percent. If approved, the increase will take effect in two steps. The first 1/10 of 1 percent will go into effect next year the second will take effect in 2021.

The increase will fund expanded service including Sundays and Holidays. It will provide earlier and later service in order to accommodate employees and tourists. This is especially beneficial to Leavenworth, Chelan and Manson where the cost of housing often make it difficult for hospitality workers to afford to live and current service hours do not align well with work schedules.

Increased public transit service is also good for our seniors and disabled who need to travel to Wenatchee for health care or services not available in their local community.

Finally, whether you live in Leavenworth, Chelan or elsewhere in Chelan and Douglas

### I'M CERTAINLY NOT ANTI-SEMITIC BOYCOTT JEWS IN ISRAEL LIKE WE DID ISRAEL HAS NAZI GERMANY THE WORLD IT'S ALL ABOUT THE JEWS HAVE DUAL LOYALTY BENJINMINS, BABY County, our local economy is Link must do something to

heavily impacted by tourism. Public transit is one of the few things that can help mitigate the impacts of tourism in the short term. Fewer cars traveling to events will help mitigate traffic congestion and parking issues. And the best news of all is out of area tourists will help pay for the service through their purchases while they are here.

BRWO Americans for Limited Government 2011 Oneters con

If we had one criticism of the Link program it is that provide service to the Plain and Lake Wenatchee area. Considering Link continues to provide service to Ardenvoir, at a loss, it must find a way to provide some service into the Plain area.

That said, the overall benefits of the expanded Link service offer substantial benefits to the citizens of Chelan and **Douglas County.** 

We encourage a yes vote on both measures.

#### from the farm life.

I talked to Patty Murray about the study and she said she had heard about it but no one could find anything about it at the UW. Knowing that science can be altered for political purposes I went on line looking for this doctor and was not surprised that no record of him ever practicing in Seattle or anywhere else is on line.

Editor's Note: The above article was unedited. Any opinions expressed are that of the author. Frazier grew up and or worked in Monitor/ Cashmere, Leavenworth and has dedicated his life to serving his communities starting even before his stint in the Marines in the early 60s.



**Managing Editor** 509-571-5302 gary@ncwmedia.net FRAZIER STRUTZEL

#### **Reporter/Photographer** Al Stover Al.leavenworth.echo@gmail.com

509-548-5286, Ext. 6516 or Cell: 509-359-0324

#### Advertising Sales Manager

Carol Forhan • 509-548-5286 carol@leavenworthecho.com

**Creative Services** Echoads@leavenworthecho.com

Front Office **Classified / Legal Notices** Classifieds@leavenworthecho.com

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San Jose scale that was making apples unmarketable.

My dad borrowed uncles sprayer one day and sprayed the new spray. That night he became violently ill and our family doctor was called to the house. Dad was extremely ill and the doctor thought treating him at home would be above moving him to the hospital.

The doctor came for four days and finally gave dad a clean bill of health. The next day dad felt well enough to take the jeep up to the orchard and have a look. An hour or so later dad came back down to the house and told my brother and me to get in the jeep and accompany him up to the orchard. He stopped at the orchard and told my brother and I to follow him. He started pointing to dead birds, snakes, and butterflies. The orchards were a killing field.

After some time dad said "boys if this is what we have to case was a local man who drank Parathion from a bottle someone had transferred it into. The county physician barely saved his life. Several years ago I was having lunch at Ivar's and struck up a conversation with a guy who lived in downtown Seattle and he turned out to be the same doctor. He told of the struggle to keep the man alive and did not believe it would work out that way.

It was from that time that we started seeing farmers wearing protective gear. We always knew what they were spraying in those days. The chemical company cut the strength to

half I was told for the next year and cut it many more times for years. I never used Parathion until it was a fraction of original strength. Health and environmental concerns started in the 30s and my oldest sister was chosen to be in a study of farm children and the effects of sprays and other chemicals.

I recently found a statement from a doctor in downtown Seattle who examined her in 1947 when she would have been 15. She was given a clean bill of health on that visit. If I didn't know she was in the study I wouldn't have known what the bill was for. I think she said she was last seen in 1977. I do remember hearing that the study showed little problems

My earliest memories of the orchards before sprinklers, the tractors pulled discs through the orchards until only

fine powdery dirt was on the ground. Everyone enjoyed taking off shoes to let the warm, soft dirt

sooth the feet. Later in the summer the spraying was done with hoses drug from tree to tree. I remember following my dad with only shorts on.

The spray dripping on us from the trees kept everyone cool. About 1950 my uncle bought a new speed sprayer and the hand spraying went away. There were no environmental or health concerns with the sprays in those days. Opening the bags or jugs of spray meant mixing the spray in the tank with your hand. Around 1952 a new spray was introduce

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215 14th St., P.O. Box 39

Leavenworth, WA 98826-0039

Phone: 509-548-5286

Fax 509-548-4789

website: www.ncwmarket.com

www.leavenworthecho.com

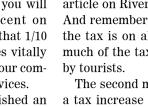
e-mail:

echo@leavenworthecho.com

Publisher Bill Forhan • 509-548-5286

publisher@leavenworthecho.com

Gary Bégin



## Along came Parathion as the guaranteed cure for the

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#### Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a 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

do to stay in the orchard business we will sell out". From that time on we never sprayed with Parathion but used the less effective sprays. Another

04:06 Suspicious, 711 Cedar St.

## 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

#### July 12

03:48 Traffic Offense, Pine St. and Titus Rd 06:15 Suspicious, 10001 School St. 10:55 Accident no Injuries, 585 U.S. Hwy. 2 12:01 Vehicle Prowl, block Whitman St 14:15 Parking/Abandon, 518 Birch St.

15:23 911 Call, 505 US Hwy. 2 17:27 Drugs, 3925 Old Blewett Rd. 18:04 Court Order Violation, 15

Beebe Fish Hatchery Rd. 20:21 Burglary, 10001 School St. 20:34 Harassment/Threat, 263

Mine St. 21:19 Domestic Disturbance, 19021 Gill Creek Rd.

22:40 Noise, 10350 Suncrest Dr. 23:04 Noise ,12685 Maple St.

#### July 13

09:20 Burglary, 425 Kelley Ave. 10:02 Property ,224 Benton St. 11:59 Civil, 106 Elk View Ln. 13:38 Theft, 9862 E. Leavenworth Rd.

15:39 Suspicious, 1010 Main St. 16:26 Weapons Violation, 10001 School St

16:28 Property, 801 Front St.

- 17:08 Assist Agency, 7201 Dryden
- Rd. 17:45 Traffic Offense, 2435 Salal DR.
- 17:52 Welfare Check, 12340 Bretz Rd.

18:42 Welfare Check, 843 Front St. 19:28 Agency Assist, Castle Rock 19:47 Alarm, 7375 Icicle Rd. 20:12 Civil ,14155 Chiwawa Loop Rd. 20:23 Animal Problem, 1016 Commercial St.

#### July 14

01:13 Accident no Injury, 1001 Front

10:08 Public assist,17538 Chumstick Hwy 10:36 Theft, 800 Front St. 11:17 Civil, 22922 Lake Wenatchee Hwv. 15:12 Suspicious, 17170 U.S. Hwy. 2 21:20 Suspicious, 8601 Dryden Frontage Rd. 21:42 Alarm, 175 Deep Powder Ln. 22:00 Disturbance, 22494 Chiwawa Loop Rd. 22:00 Traffic Offense, Chumstick Hwy. MP 5 22:11 Public Assist, 263 Mine St. July 15 07:24 Harassment/Threat, 703 US Hwy. 2 10:09 Harassment /Threat,12440 Hill St. 11;14 Property,1010 Main St.

12:10 Parking/Abandon, 9800 School St. 13:37 Parking/Abandon, 518 Birch St 14:20 Civil, 10765 Lone Pine Dr. 14:44 Suspicious, 810 US Hwy. 2 16:06 Parking/Abandon, 9000 Deadman Hill Rd. 18:52 Accident no Injuries, 398 Eighth St. 20:09 Civil, 228 Chumstick Hwy. 23;46 Suspicious, Beaver Valley

Rd. MP 18

#### July 16

00:24 Welfare Check, 7134 Icicle Rd. 10:09 Graffiti, 6700 Icicle Rd. 10:45 Agency Assist, 217 Scholze St. 11:07 Public assist, Icicle Rd. US Hwy. 2 12:41 Scam, 1539 Alpensee Strasse 13:26 Fraud/Forgery, 1163 River Bend Dr.

SEE THE SHERIFF'S REPORT ON PAGE 4

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COMMUNITY BULLETIN BOARD

Local Regional Community News & Events

## **AA Meeting Schedule**

#### Information numbers for AA:

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

Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.

- Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
- Tuesday, noon, First Baptist Church, 429 Evans St.

Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin

- Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
- Thursday, noon, First Baptist Church, 429 Evans, Leavenworth

Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

#### Information number for Alanon: 509-548-7939

#### Alanon Meeting Schedule:

Monday, 7 p.m., United Methodist Church, 418 Evans St.

## **Community Calendar**

#### Wednesday

- Peshastin Water District, 5:30 p.m. Peshastin Memorial Hall. Call Abby Bergren, 548-5266. (2nd Wed.)
- Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.) Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth
- Church of the Nazarene, 548-5292.

#### Thursday

- Leavenworth Chamber of Commerce, 8 a.m. Kristall's Restaurant, President Bill Forhan. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
- Autumn Leaf Festival Association Board Meets, 6 p.m. Icicle Village Resort, 505 Hwy. 2. Lake Wenatchee Room. Call President Jim Zumini, 670-3343 or Secretary, Carol Forhan, 670-1723. (1st Thurs. each month unless noted otherwise or call for info.)
- Leavenworth Lions Club, Kristall's Restaurant, President, Conrad Delury, call or text, 509-387-5051. (1st Thurs. at 6:30 p.m. & 3rd Thurs.at Noon)
- Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
- The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)

#### Friday

Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)

Leavenworth Rotary Club, 11:45 a.m. Kristall's Restaurant. President, Ken Grosse. 509-763-2753.

#### Saturday

No Events Scheduled.

#### Sunday

See Church schedule.

#### Monday

- Leavenworth Mosquito District Board Meeting, 7 p.m., at the Chelan County PUD building, Jenny Mullins 548-5904 (1st & 3rd Mon.)
- Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.) Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental
- consultation is available the 1st Mon. of the month. Contact Upper Valley MEND, 548-0408. Young Life Club, 6:30 p.m. All high school age students welcome. TJ
- Kaapuni, 509-679-3247. (2nd & 4th Mon.)

Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)

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

### **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. July 25, Thursday: Teriyaki beef, stir fry vegetables, garden salad, whole
- wheat roll, fruit cobbler. July 26, Friday: Deluxe cheeseburger, coleslaw, melons, dessert.
- July 27, Saturday and July 28, Sunday: No lunch.
- July 29, Monday: Sweet & sour meatballs, garden rice, mixed vegetables, cucumber salad, tropical fruit mix, roll, dessert.
- July 30, Tuesday: Shephard's Pie, garden salad, fresh fruit tray, whole wheat bread or roll, dessert.
- July 31, Wednesday: Chicken Caesar wrap, pasta salad, marinated vegetables, melon slice, dessert.

### City Council Meetings

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

contact Lilith Vespier, 549-5275. (1st Wed.) 8 a.m., Leavenworth City Council study session, City Hall,

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

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

### 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

### Leavenworth

#### Burke Museum: Dig In

What was the earth like millions of years ago? Take a journey through geologic time as you examine real fossils, rocks, minerals as well as cast replicas of dinosaurs and other prehistoric animals and plants. You'll even get to unearth fossils in our fossil dig pits! Great for the whole family! Leavenworth Public Library, Wednesday, July 24, 4-5 pm. (e 30) Community Breakfast

The Leavenworth Lions Club breakfast on Saturday, July 27, 7 to 11 a.m., in the Lions Club Park. All-You-Can-Eat pancakes, eggs cooked to order, sausage, coffee, tea, and milk. \$7 for adults, \$3.50 for children 4-10, free for children under 4, free for active military with military ID. Purchase a Punch Card for \$39 from any Lion member or at the breakfasts, good for six adult breakfasts. Free parking for breakfast at the City Hall lot. Information, text or call Conrad Delury at 509-387-5051. (e 30).

#### Leavenworth Library- Hands-on

We always have fun when Bob with Chelan County PUD comes to the library! Kids will get to explore transfers and circuits with fun, hands-on activities. Tuesday, July 30, 4-5 p.m. (e 30).

#### Flodin Artist Reception

Join artist Spencer Flodin on Thursday, August 1, 6:30-7:30 p.m. at the Leavenworth Public Library. His art is on display in the library's Fireside Room from Now to August 2. He tried other mediums, but photography is where he found his calling. Spencer's show will display a wide range of prints of natural structures juxtaposed to manmade structures. Come meet Spencer and join us for refreshments. (e 30, 31).

## Peshastin

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THE PAPERBOYS ARE

#### Tuesday

I.P.I.D. Meeting, 8 a.m., Anthony "Toni" Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)

Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Resort, 505 Hwy. 2, in the Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)

- Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.
- Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)
- Upper Valley Women's Bible Study, Noon, at King Ludwig's. Call Delores Hall, 548-7803.
- Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
- Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
- LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st. Tues.)
- Leavenworth Masons, 7:30 a.m.. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons.org. (1st Tues.)

Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

#### **Ongoing events**

#### Leavenworth Public Library: 548-7923.

Mon., Tues., Wed., open 9 a.m. - 6 p.m. Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m. Closed on weekends and Holidays.

#### Special events:

Tues., 11:30 a.m., Baby story time Wed., 1:30 p.m., Preschool story time

#### Peshastin Public Library: 548-7821.

Sun. & Mon., Closed Tue., 3 - 7 p.m. Wed., Thurs., and Fri., 2 - 6 p.m. Sat. 9 a.m. - 6 p.m.

#### Special events:

Thurs., 2:30, Bilingual Story time Sat., Crafts: 2 p.m.

Upper Valley Museum: 548-0728

Leavenworth Fish Hatchery, 548-7641. 8 a.m.-3:30 p.m. 12790 Fish Hatchery Road (Daily).

#### **Regional events**

SCORE (small business counseling), 1 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)

Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

### leavenworthecho.com

#### Science of Space

Come and learn about space and make galaxy slime at the Science of Space on July 24, 2:30 p.m. at at the Peshastin Library. (e 29, 30).

#### Author and Hiker to Speak

Join us on July 25, 6 p.m., at the Peshastin Library to hear Jennifer Pharr Davis who is a hiker, author, speaker and 2012 National Geographic Adventurer of the Year who has covered more than 14,000 miles of longdistance trails on six different continents. (e 29, 30).

#### Peshastin Library Ice Cream Social

Join us Saturday, July 27, 7-9 p.m. for cake, pie, ice cream, punch, and coffee on the library lawn. The Scenic Route with Dave Judd, Ron Andrews and Jerry White will be performing. Children can ride the auxiliary fire truck thanks to the Peshastin Volunteer Fire Department. Jump for Fun Inflatables, carnival games and traditional cake spin. Used book sale throughout the evening. Information contact Jill Clevenger, 548-5043. (er 29, 30).

### Regional

#### **NCWAR to Host Candidate Meet and Greet**

Please join us in welcoming and discussing political issues with the candidates on July 25, 2-4 p.m., at the LocalTel Event Center at Pybus Public Market. This event includes 13 invited candidates from both Douglas and Chelan Counties, (4) Mayoral candidates, two (2) Commissioner candidates and seven (7) Council member candidates. Contact, Callie Klein, executive@ncwar.com 663-1211. (er 29, 30).

#### **Opioid Crisis Meeting**

The Wenatchee Rotary Club will present guest speaker Loretta Stover on July 25, Noon-1 p.m. at the Red Lion Inn, Wenatchee, to speak about the opioid crisis. Please call Peter VanWell for more information. 509-679-5214. (er 30).

#### **Register to Vote**

NCWAR encourages the Chelan and Douglas county community members to register to vote, you can find out how to register at https:// voter.votewa.gov. Individuals can register by mail or online until 8 days before Election Day, August 6, 2019. For more information contact, Callie Klein, executive@ncwar.com 663-1211. (er. 30, 31).



Call us if you see two or more mosquitoes

The Leavenworth Mosquito Control District (509) 548-5904 • www.leavenworthmosquitodistrict.com "Stopping mosquitoes at their source."

### BACK IN THE MEADOW

#### MASON ELLIOTT

Is anything better than warm weather, food, drink and The Paperboys all in the spectacular meadow stage? We sure can't think of anything.

On Saturday, July 27 starting at 7 p.m. the Icicle Creek Center for the Arts will be presenting you The Paperboys for a fun, family-friendly concert!

We are grateful to have some amazing food on campus for the concert as well. This year, once again, Aardvark Express will be bringing their food truck to serve up some delicious curry and much more. We will also be having Chris&Beck's Eat A Pita out of Chelan!

Bring a chair, blanket, family and friends and join in on the fun. You aren't going to want to miss this one!

Make sure to check out our website www.icicle. org for more information and to buy your tickets early. Along with this, follow us on Facebook and Instagram for additional info and some possible ticket giveaways!

## THE PAPERBOYS JULY 27, 7 P.M.



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TICKETS: ICICLE.ORG OR (509) 548-6347 X1

## **Community News**

## What is Bag Balm<sup>®</sup>?

One of my friends uses Bag Balm<sup>®</sup> for cuts, abrasions and dry skin, for herself and her family, and she swears it really works. Does it contain an antibiotic?

When my parents downsized 10 years ago, they asked me to help clean out their medicine cabinet. On the top shelf I discovered an ancient bottle of Mercurochrome<sup>®</sup>. a half-used tube of drawing salve, and a bottle of white tablets with a nearly completely faded label reading Aspirin, USP.

The next shelf held halfused bottles of vitamins, and the bottom shelf contained a battered old green metal can of Bag Balm<sup>®</sup>, with the ingredients listed as "0.005% mercury from ethylated mercury sterols, petrolatum, and lanolin.'

Mercury? REALLY? Checking the side of my own can of Bag Balm<sup>®</sup> that evening, I read, "ACTIVE INGREDI-**ENTS: 8-hydroxyquinoline** sulfate 0.3% in a petrolatum, lanolin base."

Back in 1899, when John L. Norris purchased the formula which eventually became Bag Balm<sup>®</sup>, mercury compounds were commonly used as antiinfectives.

Both Mercurochrome<sup>®</sup> and its colorless cousin Merthiolate<sup>®</sup> were popular topical antiseptics containing mercury as their active ingredient, and I remember my mother painting my scrapes and cuts with bright red liquid Mercurochrome<sup>®</sup>, perhaps even with the very same bottle sitting in their medicine cabinet.

Unfortunately, mercury compounds aren't very effective as anti-infectives, and can cause toxicity if applied to broken skin or used over a long period of time.

In 1992 the Food and Drug

Administration (FDA) issued a statement that declared topical mercury compounds for topical use as anti-infectives were neither safe nor effective, and in 1998 the use of mercury compounds in topical products was banned by the FDA, resulting in the removal of the original formulations of Merthiolate® and Mercurochrome<sup>®</sup> from the shelves of pharmacies and grocery stores across

America. When did Bag Balm<sup>®</sup> change its formula from ethylated mercury to its current one with 8-hydroxyquinoline? Calling Lyndonville, Vermont, the home of the Dairy Association Company, Inc. manufacturers of Bag Balm®, I asked them, "When did you swap out the mercury in your product for the 8-hydroxyquinoline? Did the FDA make vou do it. back in 1998?'

According to Charles Allen, Vice President of the Dairy Association Company, they removed mercury from the Bag Balm<sup>®</sup> formula in 1972.

But what he said next really surprised me. "The 8-hydroxyquinoline anti-infective has been part of the formula from the very beginning. All we did was change the labeling on the cans."

Bag Balm<sup>®</sup> was originally marketed to dairy farmers to treat cow udders, to keep them from getting chapped and help heal minor cuts and scrapes.

Most of us recognize its distinctive bright green square metal can, available in both a 10-ounce and a 1-ounce size.

The Dairy Association Company, Inc. continues to be family owned and manufactures and ships the ointment from their facility in Lyndonville, Vermont all over the world. Although it clearly states on the can "Veterinary Use Only", many folks use it on their own cuts and chapped body parts with good results.

I used Bag Balm® on myself several years ago to treat an inflamed cut on my ring finger.

Despite soaking the gash in Epsom salts and applying the non-prescription antibiotic Neosporin<sup>®</sup> ointment, it didn't improve, so when it started to swell and become painful, I set up an appointment with my doctor. The night before the appointment, as the redness and swelling worsened, to I decided to change my strategy.

After soaking my sore finger in Epsom salts one more time, instead of the antibiotic ointment I had been using, I applied a liberal coating of Bag Balm® to the cut. Covering my finger with a fresh bandage, I went to bed. Not expecting much improvement, I was astounded when I removed the bandage on my finger the next morning. My cut was nearly normal in color and there was minimal pain and swelling. The 8-hydroxyquinoline in the Bag Balm<sup>®</sup> worked when several days of Neosporin® didn't.

The 19th edition of the United States Dispensatory published in 1907 describes 8-hydroxyquinoline as a "very powerful antiseptic".

Although not an antibiotic, 8-hydroxyquinoline has a solid reputation as an effective topical anti-infective and is listed as the active ingredient in several non-prescription liquid bandage products, including New Skin<sup>®</sup>, Nexcare<sup>®</sup> and Skin Shield®.

8-hydroxyquinoline interferes with the growth of bacteria and fungi by binding to certain trace minerals on



the surface of these organisms, transforming it into a compound that is poisonous to them.

Compounds closely related to 8-hydroxyquinoline are being studied as possible new weapons against "superbugs" resistant to multiple antibiotics.

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.

<sup>®</sup>2019 Louise Achey

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#### Sheriff/Fire/EMS Continued from page 2

15:54 Theft, 933 Front St. 17:53 Domestic Disturbance, 9350 North Rd. 19:22 Animal Problem, 225 Central Ave.

Waterfront Park 14:19 Harassment/Threat, 700 US Hwy. 2

14:25 Trespass, 7375 Icicle Rd. 16;29 Alarm, 18632 Beaver Rd. 09:01 Suspicious, 10091 US Hwy. 2 09:59 Accident no Injuries, 18632 Beaver Valley Rd.

10:38 Agency assist, US Hwy. 2 MP 103

12:23 Property, Ninth and Commercial Sts.

12:32 Theft, 11455 Clark Canyon Rd. 15:06 Theft, Post Office Tavern, 213 Ninth St.

July 17 02:08 Alarm, 2117 Chiwawa Ct.	20:33 Civil, 12386 Shore St. 23:36 Public assist, US Hwy 2 and Ninth St.	Canyon Rd. 19:42 Parking/Abandon, 214 Eighth 5t. 20:58 Suspicious, 7951 Blewett Cutoff Rd. 23:04 Domestic Disturbance, 8901	RECORD MIRROR HERALD BUSINESS JOURNAL	Send gift subscription to: Address:	
08:54 Animal Problem, 12482 Prowell St. 11:14 Theft, 10225 Peshastin Mill Rd. 13:45 Animal Problem, 9825 Duncan Rd. 13;55 Assist Public, Leavenworth	July 18 00:15 Traffic Offense, US Hwy. 2 MP 104 03:16 Suspicious, 236 Prospect St.			Email: Payment information (pay by credit card or check): Credit Card number:	Phone: Paying by check?  Discover Check enclosed:

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

#### **TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286**

#### CASHMERE

**CASHMERE BAPTIST CHURCH** 103 Aplets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church

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

**CASHMERE PRESBYTERIAN CHURCH** 

#### **CASHMERE UNITED METHODIST CHURCH**

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

#### CHRIST CENTER

Cashmere Assembly of God • 509-782-2825 Worship 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 CHRISTCENTER Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director christcentercashmere.com



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

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

#### **EVERGREEN BAPTIST CHURCH**

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

#### DRYDEN

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

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

#### LEAVENWORTH

#### **CASCADE MOUNTAIN BIBLE CHURCH**

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

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

> **CORNERSTONE BIBLE CHURCH** Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.

#### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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

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

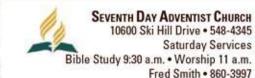
#### FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street • 290-0686 Sunday School, 9:45 a.m. • Worship, 11 a.m. Pastor Michael Brownell email: mkb3123@gmail.com

LEAVENWORTH CHURCH OF THE NAZARENE

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





#### SPIRIT LIFE CENTER

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

#### MONITOR

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

#### PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org

#### **PESHASTIN ASSEMBLY OF GOD**

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

#### **New LIFE FOURSOURE CHURCH**

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







## **Schools & Sports**

JULY 24 2019 • VOLUME 120, NO. 30



Hailey Mathison was the second leg of the Leavenworth 9 and Under 100-yard medley relay.



David Ising won the 15-18 boys 100-yard freestyle and finished third in the 50-yard butterfly.



Jackson Fiano swims the backstroke during the 8 and Under boys 100-yard medley. Fiano finished third in the 25-yard backstroke event.

## Kodiak swimmers fall to Bulldogs in final home meet

#### BY AL STOVER

The Leavenworth swimmers wrapped up the regular portion of their season on July 13 at home with a 943-927 loss to Cashmere.

Many Kodiak swimmers finished in the top three spots of their respective events.

8 and Under girls Cecily Cortes won the 25yard freestyle and Eden Wil-

liams finished third. Payton Smith clinched the top spot in the 50-yard freestyle while Josephine Rice placed second.

Payton Smith finished second in the 100-yard individual medley (IM) as did Rice took in the 25-yard butterfly. Logan Hatmaker finished third in the 25-yard backstroke.

#### 9-10 girls

Naomi Tveten won the 100 IM and Ryann Johnson took third. Tveten added two more first-place finishes in the100yard freestyle and 50-yard butterfly.

Daisy Swart won the 50-yard freestyle and Ryann Johnson

finished second. Kate Smith clinched the top spot in the 50yard breaststroke and Swart finished third.

#### 11-12 girls

Maizy Groff and Caroline Menna took first and second. respectively, in both of the 50yard and 100-yard freestyle events.

Goff also clinched the top spot in the 100 IM and Menna took first in the 50-yard butterfly.

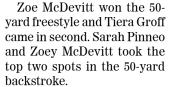
Elsey McDevitt and Teyva Dillon recorded a 2-3 finish in the 50-yard backstroke. McDevitt also took second in the 50-yard breaststroke.

#### 13-14 girls

Elsa Swart won the 50-yard freestyle and finished second in the 100-yard freestyle. She also placed third in the 50-yard backstroke.

Isabel Menna finished second in the 50-yard butterfly while Mackenzie McLeod placed third.

15-18 girls



Tiera Groff captured first in the 50-yard butterfly and Pinneo finished third.

Tiera Groff and Zoe McDevitt recorded a 2-3 finish in the 50-yard breaststroke.

8 and Under boys

Nick Hyland-szwarc took second in the 100 IM and 25yard butterfly. He also finished third in the 50-yard freestyle.

Kyler Saugen took second in the 25-yard freestyle and Kannon Breaux placed third. Jackson Fiano placed third in the 25-yard backstroke.

#### 9-10 boys

Hugh Hyland Szwarc finished second in the 50-yard backstroke. He also clinched third in both the 100 IM and 50-yard breaststroke events.

Easton Steinhauer took second in the 100-yard freestyle and third in the 50-yard freestyle. Milo Gibbs and Atticus Zehm finished second and third, respectively, in the 50-yard butterfly.

#### 11-12 boys

Kellen Reinhart took the top spot in the 50-yard freestyle while Jacob Tveten finished third. Reinhart also won the 100-yard freestyle and Arthur Northup came in third.

Melvin Northup won the 50-yard breaststroke while Jackson Booher took third.

Reinhart placed second in the 100 IM as did Ezra Swart in the 50-yard butterfly. Northup placed third in the 50-yard backstroke.

#### 13-14 boys

Spencer Boyd, Owen Steinhauer and Aiden Groby placed 1-3 in the 50-yard freestyle. Brendan Fallon won the 50yard backstroke.

Caed Wilkinson, Owen Steinhauer and Ben Sanborn recorded a 1-3 finish in the 100yard freestyle. Boyd won the 50-yard butterfly while Brendan Fallon finished second.

Wilkinson took second in the 100 IM and Fallon placed third. In the 50-yard breaststroke,

Wilkinson and Anthony Villalobos took second and third, respectively.

#### 15-18 boys

James Young led the Kodiaks to a 1-3 finish in the 50-yard butterfly. Stephen Tveten finished second and David Ising took third.

Stephen Tveten, Young and William Cassayre recorded a 1-3 finish in the 50-yard breaststroke.

David Ising won the 100-yard freestyle and Cassayre placed second. Young captured first in the 50-yard freestyle and

Isaac Tveten finished second. Isaac Tveten won both the 50-yard backstroke and 100 IM events.

#### Relays

The 9-10 girls won the 100yard medley and freestyle events.

The 15-18 girls captured first in the 200-yard freestyle relay. The 11-12 girls took first and second in the 100-yard medley relay and freestyle events.

The 8 and Under and 13-14 girls finished second in their respective medley and freestyle relays.

The 13-14 boys clinched first and third in the 200-yard freestyle relay, and won the 200-yard medley. T

he 15-18 boys won both of their 200-yard medley and freestyle relay events.

The 8 and Under finished second and third in the 100yard medley relay. They also took second in the 100-yard freestyle relay.

The 11-12 boys captured first and third in the 100-yard freestyle relay. The 9-10, 11-12 boys took second and third in the 100-yard medley relay.

The Cashmere meet marks the end of regular season for Leavenworth.

The Kodiaks will travel to Wenatchee on July 27 for the Champs swim meet.



## CHS softball athletes make All-State teams

#### BY AL STOVER

This year's 2019 Washington State Softball Coaches Association All-State softball teams had some familar faces. and in the circle.

nings in the outfield.

Lambert also displayed good hitting as well and made contributions in the infield



**UPPER VALLEY NEWS SINCE 1904** 

Lady Kodiaks pitcher Sarah Paulson was one of four Cascade softball players to make the WSSCA All-State softball team. Paulson was an honorable mention for pitching.

Cascade's Truh Merriman

was named a first-team selection as an infielder.

Merriman was a force at bat for the Lady Kodiaks during their 2019 season, and was named the Caribou Trail League's "Player of the Year."

Merriman was not the only CHS athlete selected to an All-State team.

Sarah Paulson was named an honorable mention as a pitcher as was Kaija Lovelady for the outfield.

Renee Lambert was also an honorable mention as a utility player.

All three athletes were CTL all-league first-team selections. As Cascade's starting pitcher, Paulson struck out countless batters during her time in the circle.

Lovelady showcased solid hitting and spent several in-

The four state team selections played pivotal roles during the Lady Kodiaks' 2019 season where they finished 18-4 overall.

After going 7-3 in their first 10 games, the Lady Kodiaks went on an 11-contest winning streak and captured the Caribou Trail League championship.

Cascade's season ended after losing to Colville in a CTL-Northeast A League crossover. Lovelady and Paulson grad-

uated after the 2019 season. Merriman is expected to return next year for her senior season while Lambert will be

a sophomore.



Truh Merriman (center) was a first-team selection for the WSSCA All-State softball team.



## **•MORE BUSES, MORE OFTEN •SUNDAY & HOLIDAY SERVICE** •MORE OPTIONS FOR SENIORS & PEOPLE WITH DISABILITIES

#### Ballots due by August 6

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David Stockton shows several campers ball-handling techniques during the Stock camp.

Nevaeh Haight (left) takes the ball from Laura Stockton during a passing drill. Stockton noted that holding the ball behind their head allows an opponent to steal it.

## Stocktons host basketball camp for local youth

#### BY AL STOVER

Local athletes from Leavenworth and Cashmere participated in the Stockton Basketball Camp on July 19 at Cascade High School.

The camp was run by David and Michael Stockton. David Stockton is a Gonzaga alum who played for the Sacramento Kings and Utah Jazz, and currently plays for the Media Bayreuth of the German Basketball Bundesliga.

Michael Stockton played for Westminster College before competing for European teams. He currently plays for the BG Göttingen club.

Teneille Hatmaker of Leavenworth Youth Basketball, explained she reached out to the Stocktons through a mutual contact and they agreed to host a camp for kids.

"We've been trying to bring back basketball for some time and the camp is a way to get people super excited about the sport," Hatmaker added.

This Stockton Basketball Camp was the first time Stocktons have hosted a clinic in north central Washington.

They had previously hosted basketball camps at Almira-Coulee-Hartline High School.

For the camp, the Stocktons showed campers various basketball fundamentals for the first two hours before playing several games for the remainder of the camp.

Assisting Michael and David Stockton were their siblings Laura Stockton, who played college for Gonzaga University's women's basketball team for four years, and Shawn Stockton, who is gearing up to play GU, and Kevin Kuhn, a family friend who was also a Bulldog.

The camp began with Kuhn showing campers different stretches and having them jog to warm up their muscles. The athletes transitioned

into a drill demonstrating different defensive positions

while playing the game "Simon Says."

David Stockton explained using "Simon Says" will help athletes improve their listening.

As athletes played the game, Michael Stockton would issue commends to confuse the campers.

After a water break, campers were divided into age groups. Younger campers stayed in the auxiliary gym and learned different passing, shooting and defensive skills from Michael, Laura and Shawn Stockton.

"I saw some of you mess up and that's good," Laura Stockton said.

"Messing up means you are pushing ourself and that's great."

The older kids went into the main gym with David Stockton and Kuhn for more intense, focused drills.

For one of the drills, David Stockton showed the campers ball-handling techniques, which he practices every day, to help them with ball control.

In another drill, he and Kuhn had dribble around a set of chairs with one hand, make a one-handed layup and continue dribbling on the way back to the line.

For David Stockton, hosting one a youth basketball camp allows him to give back to the sport and teach younger players new skills to help them with their game.

"It's also a great way to get out and see the country and all of Washington," David Stockton added. "It's been a great experience."

Like his brother, Michael Stockton enjoys hosting the camp and teaching kids the sport because he had many people dedicate their time to helping him improve his skills.

"I'm happy the kids came out and wanted to do this," Michael Stockton said. "It's a great experience for all of us."



Michael Stockton and Camden Crawford walk through a pivot drill during the Stock Basketball Camp.





#### DRILLING

Tumwater Drilling and Pump Inc. "Water Treatment Systems Built to Your Individual Problem' **Free Water Analysis/Estimates** Conveniently located on Hwy 2 across Tumwater from the Big Y Cafe Drilling & Pump, in Dryden nc. @ 9290 Hwy 2 548-5361 www.tumwaterdrilling.com • email info@tumwaterdrilling.com WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, FUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAI PEST CONTROL STORAGE STEVE'S PEST CONTROL DOWNTOWN Over 35 years of experience! Full Service Pest Control **CASHMERE**  Free Inspections Crawl Space Repairs **MINI STORAGE**  Handyman Services www.Steves-PestControl.com

CONTINUED FROM PAGE I

### **Cascade School Board** approves 2019-2020 budget

accept the resignation of board member Carrie Sorensen, who submitted her resignation, effective Sept. 30.

Sorensen's board position is

The board would interview

a replacement in a public

meeting process to select her

replacement.

In other business:

- The board also approved the second readings of Policies and Procedures 1820: Board Self-Assessment" and "5406: Leave Sharing."

is already reserved and schedules are planned.

She also did not want to offer it in beginning in the spring because it would deny the girls, who play soccer in the fall, a chance to play during the program's first year. Another one of her concerns is if the district's enrollment continues to decline.

She also brought up the possibility of partnering with Cashmere for field space in an effort to reduce traveling costs, as well as having an opponent to play during the season.

"I think it's better to take a year, get our ducks in a row and start in 2021," Beckendorf-Edou added.

Board member Brenda Biebesheimer also clarified that Cascade and Cashmere would not form a co-op team if the program is launched.



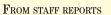
Carrie Sorensen

The board came to a consensus to have Beckendorf-Edou and staff to develop a plan for IRMS soccer and provide updates about the process.

In the final action item of the evening, the board voted 4-0 to not up for election until 2021.

- At the beginning of the meeting, the board held a moment of silence for CHS teacher Erin Hagedorn, who passed away while on vacation with her family in Idaho.

**Cascade Open results** 



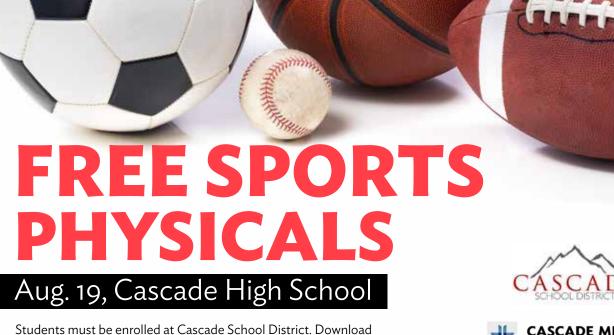
The Cascade Athletic Booster Club held their annual Cascade Open tournament at the Leavenworth Golf Club on July 12

After the dust was settled, the Fraker Team won the tournament championship with a score of 57, one stroke under the second-place Peterson Team. The Fraker Team was comprised of Jimmy Fraker, Paul Fraker, Jimmy Fromm and Brian Vincent.

The Crunch Pack team, who finished with 72, earned the coveted second-to-last place trophy.

The men's leading scorer was Wes Worthen and Tiana Peterson led the women in individual scores.

All proceeds from the tournament went to the Cashmere Athletic Booster Club.



the forms and schedule at cascademedical.org







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