

Hello Dolly
opens
July 17
See Page A4

Christopher Puckett and Stephanie Etherington as Cornelius Hackl & Irene Molloy.



CITY OF LEAVENWORTH

Leavenworth council approves right-of-way vacation requests

By Al Stover

The Leavenworth City Council had a light agenda on July 9, including three ordinances.

The Council approved an ordinance to vacate a right-of-way on Summit Street.

The city received a request to vacate a portion of Summit Street, located between property owned by Bruce and Margee Peterson at 508 Birch Street, and land owned by Mike and Sandy Cecka at 510 Birch.

During the public hearing for the Summit Street Right-of-Way Vacation, Development Services Manager Lilith Vespier said the section of Summit Street has not been developed.

The Council also approved an ordinance vacating a portion of Woodward Street with amendments.

Vespier said the second ordinance was different in that the portion of land includes a 10-foot easement that was granted from the property owners to the city for the walkway from Whitman Street to the City Hall parking lot. The ordinance notes that the city will retain a perpetual easement that will stay in place while the right-of-way will be split between the two property owners.

She added that one of the property owners, Andy Barber recently purchased the property with a single-family residence which is currently accessed through the city parking lot. Any changes of the use of that property require a review of the access. Both Vespier and City Attorney Thomas Graastra informed council that the vacation of the right-of-way was the only matter pertained in the ordinance.

Council member Clint Strand voiced concerns about a future project potentially encroaching on a portion of the trail outside of the easement.

Architect Steven Booher, who spoke on behalf of Barber, explained the application he is planning to submit for a multi-family project on the property does not include plans to modify the trail.

"If we touch the trail, we would have to go through the right process," Booher added.

Graastra suggested amending Ordinance 1592 to include language that would protect the "easement of record and the trail as built," which the council approved.

The Council adopted a third ordinance, one that sets a quarterly budget amendment.

Finance Director/City Clerk Chantell Steiner explained the budget amendment mainly consists of salary increases to the

Street, Water and Sewer funds to offset the reductions in the Garbage Fund earlier in the year. Other changes in the budget amendment include estimated adjustments needed for the Pine Street Reconstruction Phase 1 Project, and actions approved by the Council earlier in the year.

"There's still some money that we're going to need to move, possibly from the Street Fund or the Transportation Benefit District," Steiner said in regards to the Pine Street project. "We have the money, it's just we have to move it from one place to another."

In the final action item, the Council's approval of the Parking Advisory Committee's by-laws.

Council was asked to review and consider approval of the committee's by-laws, which include the group's mission, committee members and which they will meet.

Farivar noted the committee has one new member, Kayla Applebay, who is the representative for the Leavenworth Chamber of Commerce. She clarified that Michael Buddard and Ann Hessburg, who are listed as "residents" on the Parking Advisory Committee section of the city's website, are Leavenworth residents but also represent the affected parking area and Planning Commission, respectively.

"Everyone on this particular committee has a specific reason to be on the board," Farivar added.

The council also received an update from Chelan County Sheriff's Office Sergeant Scott Lawrence. He noted the department responded to 119 incidents, generated a case number in city limits and 97 incidents in April. Deputies also responded to 154 incidents in unincorporated areas around Leavenworth.

The Sheriff's Office issued 15 citations in May and 14 in April. Deputies responded to six traffic accidents in May and four in April, and made 10 arrests in both months.

When asked about July 4, Lawrence said there were not many complaints.

"Just the typical campground disturbances around the holiday," he added. "It was a typical Fourth of July."

In other business:

- Graastra announced the hearing date for Chelan County Superior Court's hearing for the Adventure Park will be scheduled for the week of Oct. 14. He added the date could be pushed back to November.

- Chelan County Sheriff Sheriff Brian Burnett will present his annual report at the Aug. 13 meeting.



Snowgrass Farms Jenny Bourgeois speaks to a customer during the Leavenworth Community Farmers Market 10th celebration. Bourgeois and Snowgrass Farms is one of the local vendors at the Farmers Market.



Oh Yeah! Farms Chris Petry chats with patrons and serves some fries during the Leavenworth Community Farmers Market 10th Anniversary event.

Leavenworth Community Farmers Market celebrates 10 years

By Al Stover

The Leavenworth Community Farmers Market (LCFM) commemorated its 10th anniversary during a special on July 11.

The celebration included a celebratory cake from Cakes and Bakes, along with live music, a chef's demonstration, prepared food from local vendors and LCFM board members giving thanks to patrons and community members.

The Farmers Market, which runs from June to October at Lions Club Park, has been a community staple in Leavenworth for the last decade. The Leavenworth Community Farmers Market spun off from the Wenatchee Valley Farmers Market and became its own entity through the advocacy and of local farmers and community members. It launched in 2009 and started in a parking lot in what is now Lot P-4.

Hana Butler has been an active member of the Farmers Market for several years. She was previously the Market Manager for the last two years and recently became the LCFM Board President.

Butler noted the Farmers market has seen tremendous amounts of progress over the years, giving much of the credit to the organization's

volunteer board members and community who stepped up and wanted to make it a place where locals and commercial business owners can meet.

Part of the growth of the Farmers Market also stems from dedicated farmers and vendors.

"There's such a grassroots community strength in this town," Butler said. "I grew up here and it's been something I've been connected to ever since. It's one of the reasons why I moved back here and (why I am) raising my family here. It's just the grit and tenacity here to not give it all away and create quality of life that's around good food and connection to people and where they live, and how we give back to our place and to the people."

One of the recent changes for the Farmers Market, according to Butler, has been a new branding campaign. The rebranding includes a makeover of the website, social media campaign and a logo designed by one of the board members and vendors.

"It was a big rebranding effort to give us a new look," Butler added.

Butler noted the Farmers Market has also worked on building a relationship with the city and show it "is a legitimate business and an ad-

vocate for the community."

"As we know we've gotten busier and busier and with tourism," Butler said. "We love tourism, but we need to find balance in how we support our local people, especially our local farmers and artists, and chefs."

Volunteerism for the Farmers Market has increased as well. The market has also asked for donations from businesses, which Butler is grateful for as she knows several local merchants already donate to non-profits and other causes.

"They have stepped up far beyond our expectations to support us as a very small non-profit with one paid employee, it's been a huge game changer for us to bring in that support of the commercial community," Butler said. "It warms my heart, just to see the show of support from the community."

Another factor in the Farmers Market's success is the support from farmers and vendors. Many farmers who started with the market 10 years ago still participate and persevered from the market, weather and industry changes, according to Butler.

While the Farmers Market runs from June through October, the board works year-round. The LCFM begins

planning for the season in January and will work for the next several months preparing for the market, working with the Market Manager Gabby Page and Administrative Manager Lauren Peterson, and implementing new systems. The organization also begin the fundraising process in February and planning big events, like the Farm to Table.

"It's a lot of behind the scenes work," Butler added.

As for the organization's future, Butler said the market is in a "peak of growth," and the board is seeking to obtain 501c3 non-profit status and generating ideas for financial sustainability. While the organization is grateful for the donations from local businesses, the board does not want those funds to be the LCFM's main source of funding. The LCFM also has one of the lowest Farmers fees in the state, which Butler said the board "wants to keep it that way."

The board is also examining their future when it comes to location. While the LCFM loves hosting the market at Lions Club Park, the event is growing larger than the space. The market is also limited in what vendors can sell at the

SEE FARMERS MARKET ON PAGE B2

Leavenworth Council receive Development Services mid-year report

By AL STOVER

At the July 9 Study Session, Development Services Manager Lilith Vespier provided mid-year report on the department's activities.

Vespier explained the department has been busy these past seven months and in the meantime put together some goals.

She noted that Building and Code Inspector II Mark Barnes will be out on inspections and as will Assistant Planner Maggie Boles.

Vespier added that Barnes has helped build Boles' con-

fidence during residential inspections.

"It may not alleviate the need for a part-time person moving forward," Vespier said.

Vespier said land use permits and land adjustments have increased.

Staff also went out for a request for proposal for permit tracking system. Vespier said the city has received three proposals, which staff will evaluate, and they range from enhanced excel sheet to an integrated website where folks can submit ap-

plications.

They are also examining the number of permits they receive and the cost of each system.

"We have to weigh our need, ease for the community and the council's desire on the type of system they want," she added.

Council member Jason Lundgren said having a permit tracking system would increase the efficiency for the departments and make it easier for residents submitting permit applications.

A new system will provide

the city for more transparency.

Vespier continued with her report, explaining that business licenses were the same number as last year.

Staff also created new applications for site development permits and placed them online, and new inspection cards. There is also a new sign compliance sheet that shows the location, violation and process.

Vespier added that the department is working with Flo

SEE MID-YEAR REPORT ON PAGE B2



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Opinions / Community news



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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.

We all have a plan... until...

Life goes along and things go badly or well or, for most of us, somewhere always in between.

Eventually life's patterns are realized and people, logical ones that is, begin to plan their futures and start dreaming of better days ahead.

Mother Nature, Father Time or the Devil and his Details come calling one day and it is time to start dancing for your dinner and it better be to their tune.

As Mike Tyson, the former legendary heavyweight boxing champion of the world used to say, "Everybody's got a plan until they get punched in the face."

How true. I'd like to apply that principle to two things in my life beginning with local and expanding upwards towards national issues.

1) I recently came in contact with a Wenatchee single mother of four who was just told by her sympathetic landlord that he had to raise the rent \$75 starting August 1. In his own words: "I have to pay for a new school."

That new school was mandated by a property levy. This should be a warning to all



GARY BÉGIN
 Managing Editor

the left wing-nuts that those who rent will also suffer from higher taxes on "rich people who own things" (like real property).

The so-called Rich People are just like you and me but, God forbid, they have the nerve to have invested in property and, gadzooks! attempted to make a profit on their investment.

The landlord continued, "My property taxes went up nearly double."

Another example of pie-in-the-sky liberal thinking. Bleed the "rich" and make all others happy.

So go right ahead all you youthful and even older renters, vote for the "Bleed the Rich Plan" and then watch it boomerang back in your Middle Class faces.

This crude exercise in capitalism even impacts those who own condos or belong

to homeowner associations because the monthly membership, maintenance and fees for the "rainy day fund" will all rise like a gallery for a judge.

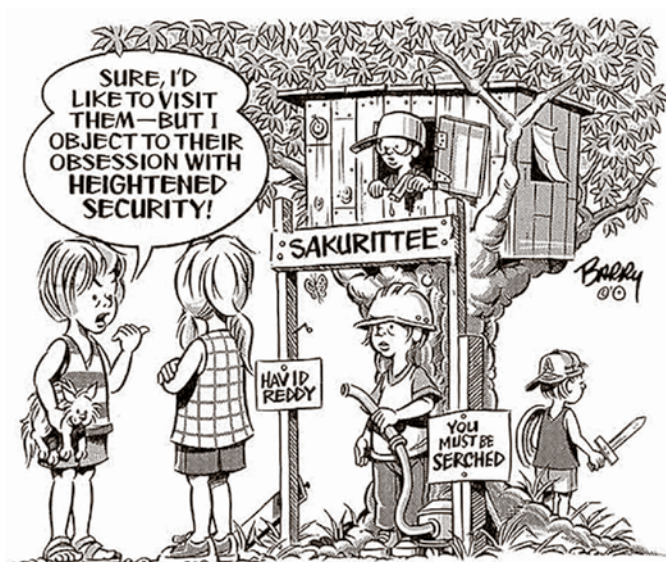
Why don't we also add in the cost for those of us who live in Mobile Home Parks. They will be paying more for lot rent.

2) Now, for my second shocking revelation: President Trump is right in insisting on a citizenship question on the 2020 Census.

Americans are already over obligated by government mandates to provide services for illegal immigrants in every community.

In both Red and Blue districts, caring for thousands of illegal immigrants will become law. Levies from every special district will rise. Only bad things happen when Uncle Sam gets out in front of his skis as in this promise to care for the world.

Our large and small municipalities will become caretakers for those who, not only broke the law getting here, but are now milking the richest nation in the world for everything America has to offer.



When these illegals get their Green Card and then citizenship, it will add millions of other fish to the safety net that Social Security was meant to be causing it to rip open. The bottom will fall out of the American economy.

We need to know now who our citizens are so we can get rid of the rest. If we don't act, the next depression will be upon us. Only counted citizens should receive benefits from our taxes via government services.

I have great faith that religious and other non-governmental charitable organizations will help those non-citizens in need.

Ironically, these organiza-

tions rely on generous grants from Foundations and Charitable Trusts. Those same groups are established by Rich People and Rich Corporations.

Thus, the left wins again, but Socialism's ultimate victory depends on the very people attacked every day as the Devil Incarnate, America's successful Capitalists.

I bet there aren't 11 million people living in Russia, China, Canada or Great Britain illegally, sucking the life out of those economies. So, is deportation the only solution? Maybe.

I think I'll start investing in Greyhound Bus Lines real soon.

NCRL puppeteers perform for Leavenworth library patrons

By AL STOVER

Children and their families gathered at the Leavenworth Public Library on July 9 for a performance from the North Central Regional Library (NCRL) summer puppeteers.

NCRL hosts a family-friendly puppet show every summer and the library's troupe of puppeteers visit every branch throughout the region. The 2019 puppeteers are comprised of first-year performers Alexandra McGee, Bailey White, James Bench and Dillon Clare, a second-year puppeteer.

Clare opened the show with a set of rules for the audience to follow, such as the children can attack the stage if all of the adults in the library could perform a headstand at the same time, and kids can pet the puppets if it snowed. While most of these rules were unattainable, Clare gave one important rule that everyone could follow - to have fun.

During the first minutes of the play, children met Mr. Rat, an important author, who claimed to be having penned some of the most important stories, though White pointed out she had not seen his name on any books in the library.

Mr. Rat introduced one of his characters, Young McDonald, played by White. Young McDonald was in the middle of a crisis and unsure he wanted to become a farmer and wanted

to try different jobs like an astronaut, chef and yoga teacher.

McGee helped Young McDonald to his career and gathered audience input by asking children questions like what occupation they wanted to pursue, and their favorite foods. Eventually, Young McDonald settled on his true calling - a farmer.

The next scene featured Mr. Rat renting an air bed and breakfast from Mrs. Hen, also played by McGee. Unhappy with being stuck doing chores, Mrs. Hen, with the audience's help, tricked Mr. Rat into completing the work disguised as an "authentic country experience."

Following the scene, Mr. Rat introduced an intermission game show - "The Wheel of Fate." White would spring the wheel and it would land on a space, resulting in her and the audience acting like different animals.

The final scene featured Clare as the Big Bad Wolf on trial and White as a prosecuting attorney. During the trial, McGee questioned the defendant about his involvement in destroying the houses of the Three Little Pigs and impersonating Little Red Riding Hood's grandmother.

The Big Bad Wolf, who owned a construction company, explained the Three Little Pig's houses actually belonged to him. He added that Little Red

Riding Hood's grandmother was his roommate and only wanted to try on her bathrobe as he had a taste for "luxury, post-bath apparel." The show ended with Mr. Rat making a promise to read every book in the library.

To prepare for the show, White and the other puppeteers spent a week writing the script and rehearsing before taking

the show on the road.

"We took different children books and put them together, and had fun with it," White added.

For McGee and Bench, who have performed in high school theater productions, puppeteering was new to them.

"It was a unique experience," added White, who had no theater credits on her resume be-

fore joining NCRL's puppeteer troupe.

Leavenworth library who missed the puppet show, or folks who enjoyed the first performance, can look forward to NCRL's puppeteers returning to an encore performance later in the summer.

For more information about the NCRL's programs, visit ncrll.org



During one of the puppet show scenes, the Big Bad Wolf, played by Dillon Clare (pictured) undergoes questioning from Alexandra McGee, who was acting as a prosecutor for a case against the fairy tale character.

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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. 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.)

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.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.
July 17, Wednesday: Baked fish, herbed fettuccine, broccoli, cucumber and tomato salad, mixed berries, garlic bread, angel food cake.
July 18, Thursday: Chef's salad, macaroni salad, pea salad, mixed melons, whole wheat roll, dessert.
July 19, Friday: Ham and pineapple or supreme style pizza, 7-Layer salad, Waldorf salad, bread sticks, dessert.
July 20, Saturday and July 21, Sunday: No lunch.
July 22, Monday: Bacon, Swiss cheese and mushroom quiche, pea salad, spinach salad, pineapple and cherries, muffin.
July 23, Tuesday: Tacos and refried beans, Spanish rice, southwest salad, sliced peaches, dessert.
July 24, Wednesday: Turkey and cheese sandwich, summer squash and watermelon salad, Waldorf salad, pumpkin pie.

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 5
 00:42 Trespass 1010 Main St.
 01:43 Disturbance, 820 Front St.
 01:59 Alarm, 16200 Telemark, Ln.
 03:32 Extra Patrol, 208 Whitman St.
 07:46 Trespass, 8746 School St.
 08:24 Suspicious, 1133 US Hwy. 2
 08:31 911 Call, 1250 US Hwy. 2
 11:39 911 Call, 12059 Chumstick Hwy.
 13:04 Trespass, 12790 Fish Hatchery Rd.
 13:19 Suicide Threat, 17067 Chumstick Hwy.
 16:16 Altercation, Mt. Stewart
 18:22 Trespass, 13093 Chumstick Hwy.
 19:46 Disturbance, 11525 Eagle Creek Rd.
 19:47 Court order violation, 9780 Mountain Home Rd.
 22:42 Noise, 7986 Icicle Rd.
July 6
 00:05 911 Call, 116 River Bend Rd.
 00:21 Assist Agency, 7544 S Lakeshore Rd.
 00:26 Domestic Disturbance, US Hwy. 2 and E. Leavenworth Rd.
 01:02 Drugs, 200 Ward Strasse
 01:03 Altercation, Lake Stuart
 02:57 Noise, 28 Pacific Crest Ln.
 03:52 Accident, No Injuries, 8290 Icicle Rd.
 08:34 Accident, No Injuries, 932 Front St.
 10:14 Suspicious, 263 Mine St.
 13:43 Accident, 19475 US Hwy. 2
 14:06 Disturbance, Icicle Rd. MP 11
 17:13 Harass/Threat, 8264 Lynn St.
 17:59 Burglary, 131 Shales Ln.
 19:14 Noise, 3300 US Hwy. 97
 19:38 DUI, Beaver Valley Rd. MP 16
 19:59 Civil, 12441 Hill St.
 22:16 Noise, 198 Joyful Pl.
 23:01 Domestic Disturbance, 19115 Chiwawa Loop Rd.
 23:42 Traffic Offense Blackbird Island
July 7
 01:15 Traffic Offense, 213 9th St.
 02:03 Suspicious Activity, 505 US Hwy. 2
 07:13 Disturbance, 11645 North Rd.
 10:06 Suspicious, US Hwy. 97 and FS 7226 Rd.
 10:28 Harass/Threat, 933 Front St.
 12:26 Malicious Mischief, 9945 School St.
 13:29 Assist Public, 17051 Chumstick Hwy.
 15:06 Sex Offense, 105 Pine St.
 15:31 Property, 300 Enchantment Park Way
 17:23 Disturbance, 690 US Hwy. 2
 19:28 Weapons Violation 9500 Derby Canyon Rd.
 20:32 Domestic Disturbance, 12750 Chumstick Hwy.
 21:57 Traffic Offense, Front and Ninth Streets.
July 8
 01:53 Noise, 3432 Hansel Ln.
 04:49 Assist Agency, W. Dardanells Rd.
 10:27 Malicious Mischief, 10001 School St.
 10:54 Civil, 1997 River Rd.
 11:49 Suicide Threat, 17057 Chumstick Hwy.
 12:36 Welfare Check, 263 Mine St.
 19:49 Suspicious, 25704 Bridle Ln.
July 9
 01:01 Trespass, 6805 Dryden Ave.
 01:35 Runaway, 25705 Bridle Ln.
 01:57 Noise, 10780 North Rd.
 03:51 Noise, 18226 Chumstick Hwy.
 08:24 Runaway, 24110 Morgan St.
 09:49 Altercation, Icicle Rd. MP 8
 10:38 Civil 8925, Merry Canyon Rd.
 10:53 Trespass, 18130 W. Dardanells Rd.
 12:00 Extra Patrol, 261 Mine St.
 13:55 Welfare Check, 12626 Ranger Rd.
 14:34 Abandoned Vehicle, 94 Bradshaw Ln.
 14:39 Assist Public, 1826 Chumstick Hwy.
 16:19 Vehicle Theft, Camas Creek Rd.
 22:35 Noise, 18226 Chumstick Hwy.
July 10
 08:16 Graffiti, 10001 School St.
 10:45 Hazard, 9084 Deadman Hill Rd.
 11:12 Property, 817 Commercial St.
 12:33 Warrant, US Hwy. 2 and North Dryden Rd.
 18:29 Chumstick Hwy., MP 4
 19:34 Accident, No Injuries, 10200 Main St.
 20:29 Abandoned Vehicle, 3416 Hansel Ln.
 23:52 Alarm, 11734 US Hwy.
July 11
 06:22 Animal Problem, 12633 Chumstick Hwy.
 08:41 Malicious Mischief, 10001 School St.
 09:16 Accident, No Injury, 185 US Hwy. 2
 16:17 Welfare Check, 820 Front St.
 17:15 Harassment/Threat, 450 Mountain Home Rd.
 20:54 Traffic Offense, 108 Commercial St.
 21:11 Malicious Mischief, 425 Ash St.

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 This announcement sponsored by The Leavenworth Echo

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

Music at the Leavenworth Library
 Sean Gaskell features traditional songs on the African Kora, a 21 string harp he learned to play throughout the course of multiple visits to its homeland in Gambia, West Africa. Come meet Sean and see and hear this amazing instrument. Perfect for the whole family. Friday, July 19, 3 p.m. (e 9).
Peshastin Public Library Events
 Join us for a free family-friendly movie on July 19, 4-6 p.m. (e 29).
Science of Space
 Come and learn about space and make galaxy slime at the Science of Space on July 24, 2:30 p.m. (e 29, 30).
Author and Hiker to Speak
 Join us on July 25, 6 p.m., 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 long-distance trails on six different continents. (e 29, 30).
Peshastin Library Ice Cream Social
 Join us Saturday, July 27, 7-9 p.m. Enjoy 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).
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).

ICICLE CREEK THIS WEEK
A WONDERFUL THREE WEEKS
 MASON ELLIOTT
 As the Icicle Creek Chamber Music Festival draws to a close, we look forward to the last weekend of music. With a slight change of scheduling, on Saturday, July 20, the Young Artists Concert has been moved to 4 p.m. The last concert, at 7 p.m. in the Snowy Owl Theater, will be a can't miss performance. With both faculty and students together, it will be an spectacular scene.
 Although the staff here on campus will be sad to see the students and faculty go, our last weekend in July is a local favorite! Saturday, July 27 at 7 p.m. The Paperboys are back and playing underneath the stars on our Meadow Stage. We are set to have some incredible food, as well. Aardvark Concessions and Chris and Beck's will have their food trucks at the venue for some amazing food to compliment the great music.
 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!

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Neighbors

For the first time on LST stages...



Photos by Phil Lacey

Dorothy Rosenthal Pierce as Dolly Levi and Christopher Puckett as Cornelius Hackl.

LST is thrilled to be producing one of the greatest musicals of all time, Hello, Dolly! This delightful musical and the Barbara Streisand movie it inspired have enchanted audiences for over 60 years, and it will perform outdoors under the stars at the Hatchery Stage from July 17 - August 30. Based on Thornton Wilder's novel, The Matchmaker, the

show follows the irrepressible Dolly Levi as she orchestrates life, adventure, and even love for her friends – finding and reclaiming her own life along the way.

A parade, an elegant day out on the town, and everything culminates in a jaw-dropping dance at the swankiest restaurant in town – Hello, Dolly! is musical theatre at its absolute finest.

The titular role of Dolly Levi is being brought to life by the fabulous Dorothy Rosenthal Pierce, a Seattle-based actress with long-lasting ties to both the role as well as LST.

Dorothy actually performed the role of Dolly over twenty years ago in Coeur d'Alene with the founders of LST, John and Susan Wagner. It is truly amazing how that relationship is coming full circle now with another production of this beautiful show here in Leavenworth!

Other cast members include John Mausser as Horace Vandergelder, Christopher Puckett and Stephanie Etherington as the elegant couple Cornelius Hackl and Irene Molloy, and Maddy and Mason Atwood as best pals Minnie Fay and Barnaby Tucker.

Visit the LST website for more information and tickets to Hello, Dolly! as well as our other two summer shows, The Sound of Music and The Pirates of Penzance. www.leavenworthsummertheater.org

Cascade teacher passes away in accident



Erin Hagedorn

From staff reports

The Cascade School District announced the passing of high school teacher Erin Hagedorn.

According to a post on the district's Facebook page, Hagedorn, of Plain, Washington, was on vacation with her family in Idaho when she was killed in an accident on July 8.

Dr. Maxwell Moholy from Cascade Medical Center came to the high school Commons to provide support to staff and students.

In a statement, the Cascade School District wrote, "She (Hagedorn) was a beloved mom and wife, friend, colleague, teacher and valued member of the community."

Hagedorn is survived by her husband and two sons.

There is a GoFundMe page for the family, organized by Jared Harrison on behalf of the Hagedorns. Funds raised through the account will go to support Hagedorn's husband and sons.

To donate to the account, visit gofundme.com/t/the-hagedorn-relief-campaign.



Photo and article submitted by Mary Morse Installation day of the "Little Free Library" Don Morse with Judy Chavez and Claudia Cockerham of the Cascade Garden Club.

Visit the Beautiful Gardens of Leavenworth

The gardens and grounds at the Wenatchee River Institute are open to the public and a great place to take a walk or pack a lunch to enjoy the gardens. Here are two of the gardens to check out:

The E. Lorene Young Community Garden located at the

corner of 12th & commercial streets. This fenced garden has raised beds rented by village residents, a sandbox for children to play in and a sitting area to come and read a book from the new "Little Free Library" built and donated by Don & Mary Morse. The Garden Club holds outdoor classes and demonstrations during the warmer months – stay tuned for upcoming events.

The Francis Field Memorial Garden located between the River Haus and the Red Barn at the end of Division Street is a lovely garden of specimen plants on a hillside overlooking and leading down to Barn Beach and the Peavine Trail. This beautiful garden is one of the entrances to the many walking trails on the grounds of Wenatchee River Institute and connecting trails to Waterfront Park.

Stop at the Kiosk in front of the River Haus and pick up a map of the Gardens and Walking trails.

LEAVENWORTH ROTARY NEWS PAUL HARRIS FELLOW AWARD



Rotarian President Penny Carpenter presents Arlene Wagner with certificate in recognition as a Paul Harris Fellow

Collector to Curator... Meet Arlene Wagner...who lovingly cares for nearly 7,000 nutcrackers in a unique museum in Leavenworth. She began collecting nutcrackers nearly 44 years ago when she was a ballet dance instructor in Renton, Washington

She founded the Leavenworth Nutcracker Museum in 1995. Arlene & husband George donated their huge collection of nutcrackers and donated the building in which it is housed. It is now the World's largest collection of nutcrackers. Visitors from over 66 countries have visited the museum. The oldest piece is from Roman times, between 200 B.C. and 200 A.D. The icon of the museum is a 6-foot beer-drinking Bavarian name Karl.

She travels the world collecting and promoting Leavenworth and the museum, bringing publicity to our Bavarian Village. Well deserved honor.

Rotary News sponsored by Steve Schwind

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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

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

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
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.midvalleybaptist.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.faitheavenworth.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

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

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 • 548-2601
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. • 548-4223
Sunday Worship Service 10:30 a.m.
Bible Adventures for kids at 10 a.m. sharp
Pastor Jorge Torres

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

JULY 17 2019 • VOLUME 120, No. 29

UPPER VALLEY NEWS SINCE 1904

Leavenworth swim team records road victory in Ephrata

By AL STOVER

The Leavenworth swim team had a successful road trip on July 11 after defeating Ephrata 1,168-530. Several Kodiak swimmers finished in the top three of their respective events.

8 and Under girls

Aaliyah Anthony, Stella Peterson and Ayla Jo Wertkin Blue recorded a 1-3 finish in the 25-yard butterfly. Cecily Cortes took home her first individual win the 25-yard freestyle. Eden Williams finished second and Skye Blue took in third.

Payton Smith won the 25-yard breaststroke while Anthony took third. Smith also clinched the top spot in the 50-yard freestyle while Cecily Cortes finished second. Ella Henscheid took second in the 25-yard backstroke.

9-10 girls

Cordelia Freeland, Naomi Tveten and Hailey Mathison recorded a 1-3 finish in the girls' 50-yard backstroke.

Kate Smith took the top spot in the 50-yard breaststroke while Hailey Mathison finished second. Daisy Swart won the 100-yard individual medley and Ryann Johnson took second.

Tveten captured first in the 50-yard butterfly while Swart finished third. Swart also finished second in the 100-yard freestyle as did Cordelia Freeland finished second in the 50-yard freestyle.

11-12 girls

Lariah Collins, Hannah Preston and Tase Gunter took the



Photos by Al Stover

Issac Tveten took home two first-place finishes in individual events.

top three spots in the 50-yard backstroke. Maizy Groff captured first in the 100-yard freestyle while Caroline Menna finished second and Serenity Saugen took third.

Groff also won the 50-yard freestyle while Saugen took second and Hannah Preston was third. Caroline Menna captured the top spot in the 50-yard butterfly and Kikkan Brine came in third.

Groff won the 100-yard IM and Carolina Menna took second in the event. Kelsea Sheffield took second in the 50-yard breaststroke and Saugen finished third.

13-14 girls

In the 50-yard butterfly, Rayen Blue won the event while Mackenzie McLeod and Isabel Menna came in second and third, respectively.

Cassidy Gillespie, Rayen Blue and Isabel Menna took the top three places in the 100-yard IM. Gillespie also clinched first in the 50-yard freestyle. Elsa Swart finished second while Jaielyn Reinhart took third.

Gillespie also won the 100-yard freestyle and Swart was second.

Rayen Blue and Elsa Swart finished first and second, respectively, in the 50-yard backstroke. Jaielyn Reinhart won the 50-yard breaststroke while Tillie Leroy recorded a second-place finish.

15-18 girls

Tiera Goff placed second in the 50-yard breaststroke. Sarah Pinneo placed third in the 50-yard backstroke and 100 IM.

8 and Under boys

Oliver Freeland won the 25-yard breaststroke while Landon Smith finished second. Nick Hyland-szwarc won the 25-yard butterfly while Oliver Freeland took second. Hyland-szwarc also clinched the top spot in the 50-yard freestyle.

9-10 boys

Hugh Hyland-szwarc and Conrad Booher recorded a 1-2 finish in the 50-yard backstroke. In the 100-yard IM, Hyland-szwarc, Milo Gibbs and Easton



Daisy Swart won the 100-yard individual medley event.

Steinhauer took the top three places.

Milo Gibbs won the 50-yard butterfly while Ryder Fiano finished second and Atticua Zehm came in third. Steinhauer, Miles Smith and Kolston Breau captured a 1-3 placing in the 100-yard freestyle.

Steinhauer led Leavenworth in taking the top three spots in the 50-yard freestyle. Miles Smith finished second and Conrad Booher was third. Hyland-szwarc took home his third individual win in the 50-yard breaststroke. Rowan Aponik finished second in the event.

11-12 boys

Melvin Northup led the Leavenworth boys to a 1-3 placing in the 50-yard breaststroke. Ezra Swart came in second and Jackson Booher finished third. Arthur Northup won the 50-yard backstroke while Elias Fortney and Ben Jerome finished second and third, respectively.

In the 50-yard freestyle, Tom McDevitt clinched first while Jacob Tveten came in second

and Arthur Northup was third. Ezra Swart won the 50-yard butterfly. He finished second in the 100-yard IM while Cooper Comeau took third.

Tom McDevitt took second in the 100-yard freestyle while Arthur Northup was third.

13-14 boys

Anthony Villalobos, Caed Wilkinson and Owen Steinhauer recorded a 1-3 placing in the 50-yard breaststroke.

Spencer Boyd and Owen Steinhauer recorded a 1-2 finish in the boys 50-yard freestyle. Boyd also won the 50-yard butterfly. Caed Wilkinson won the 100-yard IM and freestyle events.

15-18 boys

Stephen Tveten, Landon Davies and John McLeod took the top three spots in the 50-yard breaststroke. Isaac Tveten won the 100-yard freestyle while Landon Davies finished second and David Ising came in third.

In the 50-yard freestyle, Issac Tveten won the event while Stephen Tveten finished second.

Isaac Tveten took second in the 50-yard backstroke and John McLeod finished third in the event. Landon Davies finished second in the 100-yard IM.

Stephen Tveten placed second in the 50-yard butterfly while David Ising was third.

Relays

The Leavenworth 8 and Under finished first and third in the 100-yard freestyle and second in the 100-yard medley. The 9-10 girls team also finished first and third in the 100-yard freestyle.

The 11-12 girls recorded a 1-2 finish in their medley relay, and took the top three spots in the freestyle event, and the 13-14 girls recorded a 1-2 finish in the medley and freestyle events. The 15-18 girls finished second in both medley and freestyle.

The Leavenworth 8 and Under boys won the 100-yard medley and finished second in the freestyle. The 9-10 boys won both of their medley and freestyle relays. The 11-12 boys took the top two spots in the medley and recorded a 1-3 finish in the freestyle race.

The 13-14 boys won the freestyle and medley events, as did 15-18 boys.

The Kodiaks return to their home pool to host crosstown rivals Cashmere on July 17.

Cascade football participates in EWU football camp, finishes second in Friday Night Lights Scrimmages

By AL STOVER

Cascade High Head Coach Dominique Coffin and the Kodiaks coaching staff were pleased with the team's performance during a June scrimmage on their home turf against Quincy and Eastmont. Yet he knew the real big test would be the football camp at Eastern Washington University.

The Kodiaks participated at the EWU football camp, June 19-21. The camp was an opportunity for Cascade, and other high school football teams to practice their skills, learn under the EWU coaching staff and an opportunity to play on the university's iconic red turf. Cascade ended the camp

with a second-place finish in the Friday Nights Lights Scrimmage, a multi-team competition, going 4-1 in the evening.

The Kodiaks began the night with a 7-0 win over Deer Park. They followed with a 21-14 victory against Greater Spokane League's Mead.

Cascade earned back-to-back 7-0 wins against Hanford and defending 4A State Champions, Union.

In their final game of the night, the Kodiaks earned their only loss against Chawana, 7-0.

Coffin said the team performed well at the EWU, particularly the senior athletes who shined during their time at camp.

"It was good to see them

(step up)," Coffin said. "Those guys had some tough years of playing when they were underclassmen. There were also some vacancies on the line and the guys did a good job in filling those positions."

Coffin noted Cascade's line played better during individual drills and received some 1-on-1 instruction from Eastern's coaches.

With the EWU camp finished, Cascade will focus on workouts leading into the first week of the season.

"Some kids will do 1-on-1 and a 7-on-7 until the season starts," Coffin added.

The Kodiaks are scheduled to play Naches Valley on Sept. 6 in their first game of the regular season.

Cascade and Cashmere grass volleyball



Kalin O'Neal bumps the ball to prevent the team on the other side of the net from earning another point.



Xitlali Espinosa prepares to deliver the ball across the net. Espinosa and other athletes from the Cascade High School volleyball team participated in a co-op practice with the Cashmere volleyball team in Dryden on July 10.



Ruthie Biebesheimer smacks the ball to the other side of the net to give her team another point. Biebesheimer is one of the Lady Kodiaks returning to the 2019 lineup.

You're Invited!

Learn about potential PUD system improvements in the Lake Wenatchee/Plain area.

Wed., July 17, 3:30-5:30 p.m.
Beaver Valley Lodge
18630 Beaver Valley Road, Plain

Sat., July 27, 10 a.m. - Noon
Leavenworth PUD Office
222 Chumstick Highway



More information
Teka Sellers
teka.sellers@chelanpud.org
or (509) 661-4294

Whitworth University Students Honor Roll

PRESS RELEASE

SPOKANE, Washington – The following students been named to the Whitworth University Provost's Honor Roll for Spring semester 2019. The students qualified for the academic honor society by maintaining a grade-point average of at least 3.75 during the semester. Whitworth is a private liberal

arts university affiliated with the Presbyterian church. The university, which has an enrollment of more than 3,000 students, offers more than 100 undergraduate and graduate degree programs.

Cashmere: **Camille Collins**
Leavenworth: **Caitlin Everest** and **Rhiana Everest**

July 26th and 27th
7:00 PM

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Lake Chelan
Rustler's Arena



How to Take Iron Supplements

After a short hospital stay for a bleeding ulcer, 78 year-old Mabel was discharged home on pills to heal her ulcer and an iron supplement to correct her blood loss. Despite taking iron for 3 months, Mabel's blood tests showed she was still low in iron. When I asked her which iron supplement she was taking, she proudly showed me a bottle of ferrous gluconate 300mg sustained release capsules. "The ferrous sulfate tablets they gave me tore up my stomach, so the pharmacist recommended this one. I can take one every day without a problem."

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron, either created by leaving swords in water to rust or by saving the water blacksmiths used to cool hot iron in.

Iron is a critical part of hemoglobin, a protein responsible for carrying oxygen throughout the body, with four atoms of iron in each molecule giving blood its distinctive red color. Without enough iron to make hemoglobin, your body can't supply enough oxygen and you'll become pale and tired.

The most common cause of iron deficiency is blood loss,

from stomach bleeding like Mabel experienced, heavy menstrual periods, or chronic blood loss from the intestines such as hemorrhoids. Less common causes of iron deficiency are poor diet, poor absorption due to gastric bypass surgery or kidney disease, or an increased need for iron during pregnancy or breast-feeding.

We treat iron deficiency anemia by giving iron supplements to replace both iron in your blood and replenish iron stores in your bone marrow, usually by giving 100mg to 200mg of elemental iron daily over several months. The most common side effects of iron involve stomach or intestinal irritation: stomach pain, constipation, nausea, vomiting, and even diarrhea. Iron can also make your stools dark and cause a metallic taste.

The 3 most common forms of oral iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron is poorly absorbed and needs an acidic environment to assist its absorption. Vitamin C (ascorbic acid) improves the absorption of iron by converting some of it from the less soluble

ferric form to the more soluble ferrous form. A six-ounce glass of orange juice can improve iron absorption by 10%. Although they cause less stomach distress, enteric coated and sustained release forms of iron are not as well absorbed as rapid-release forms because they bypass the stomach to dissolve further down through the intestine where it is less acidic, so less of the iron is in the more absorbable ferrous form.

Taking iron supplements on an empty stomach either 30 minutes before or 2-3 hours after eating also increases iron absorption, although it causes more stomach irritation when taken without food.

Despite taking supplemental iron for 3 months, Mabel's blood tests still showed iron deficiency anemia. I asked her which iron supplement she was taking, and she showed me a bottle of ferrous gluconate 300mg sustained release capsules instead of the ferrous sulfate 300mg tablets that she was originally prescribed. "The tablets they gave me tore up my stomach, so I'm taking these instead." Each 300mg ferrous gluconate tablet only contained 36mg elemental iron instead of the 65mg in each 300mg ferrous sulfate tablet she was originally prescribed.

Here are 6 Tips for Taking Iron Supplements Successfully:

1. The dose of elemental iron is the most important. The effectiveness and side effects are similar at equal doses of elemental iron. 300mg of ferrous gluconate has 36mg of elemental iron compared with 65mg in 300mg of ferrous sulfate.

2. For best absorption, take iron on an empty stomach. If taking your iron supplement on an empty stomach causes stomach irritation, try taking them with food instead of skipping doses.

3. Avoid sustained release or enteric coated iron supplements. Sustained release, delayed release and enteric coated iron may cause less stomach upset but are less well absorbed.

4. Start by taking one ferrous sulfate tablet daily, increasing the dose if tolerated. Higher doses of iron are not absorbed as well and cause more stomach upset and constipation.

5. Consider cooking with cast iron skillets and pans. Cooking with cast iron increases iron content of your food and can treat mild iron deficiency.

CONTINUED FROM PAGE 1

Leavenworth Community Farmers Market celebrates 10 years

park. Butler said the Farmers Market obtained a permit to sell alcohol, but cannot sell it at the park because of city regulations.

"As a market we would like to feature some our local cideries, breweries and wineries, not for consumption but to sell," Butler said "We're in this process where we are looking for community input and what people would like to see. That's a big open-ended question. Do we move our location or continue to expand as we are?"

The market is also featuring events throughout the year, one being Farm to Table at Aug. 21 at Roots, Produce and Flower Farm, which she said is one of the best events she has been. She said the previous year's Farm to Table

event featured more than 100 people.

"The sunset is going and we're drinking wonderful, local wine, and you can't stop smiling," she said. "That's just a wonderful event that showcases the market."

There will also be a pig roast event at Rhein Haus on Aug. 2. The board is also working with Yodelin to do a farm festival day in September, and the Snowgrass Lodge for a winter event. Butler explained the LCFM is expanding its events, partly for financial stability, but also to keep the community connected with the Farmers Market and vendors throughout the entire year.

As for Butler, she continues to participate in the Farmers Market because it is an entity that brings the community together. She also enjoys the atmosphere of the packs of wild children running around, the live music and good food.

"I just long for that in this town," Butler said. "That gathering place, the local spirit and the essence of the town. That feeling I get every Thursday when I get to watch the town interact. I just enjoy being there."

Residents can visit Leavenworthfarmersmarket.org to learn about the upcoming events, as well as vendors who will appear at the market each Thursday.



Photo by Al Stover
Musician John Earle Mainord performs during the Leavenworth Community Farmers Market 10th Anniversary celebration. Mainord was one of two musical acts during the event.

CONTINUED FROM PAGE 1

Leavenworth Council receive Development Services mid-year report

Analytics for GIS maps and converting the city website, which may take a couple of more weeks.

Another objective that was accomplished, according to Vespier, is staff has posted the Planning Commission's agenda and packet items online before meetings, and commission packets are added to council's binder.

Vespier also went over the Planning Commission's mandatory updates.

She explained the Planning Commission was tasked with reviewing and updating development and critical area regulations in accordance to state law.

The commission is working through the amendments and will forward a recommendation in the coming months.

"If a SEPA is required, it will supersede the critical area (review)," Vespier said.

In other business, Corrine Hoffman, Chumstick Wildfire Stewardship Coalition (CWSC) Director gave a follow-up presentation to the council.

Hoffman recommended different roles community members could take in helping the city to prevent wildfires.

She explained Civic leaders can require defensible spaces, follow safety codes and regulate building, materials and locations.

Hoffman also suggested the city work with other

municipalities to learn their efforts, and contact the state legislature for regulatory requirements and solutions.

She also encouraged officials to brainstorm ongoing creative solutions.

The city could also provide education and outreach to raise awareness, garner interest, and provide assistance and guidance.

Hoffman said there are also partnership opportunities with city engagement and bolstering marketing, outreach and education.

The city could also coordinate yearly events like wood debris recycling days, chipper programs and community workshops. Officials could also develop a website or section with wildlife prevention information and resources.

The CWSC director is looking at making a learning partnership with the city and suggested officials could put together a webinar or conference call where the council can ask questions.

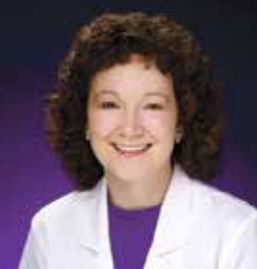
Lundgren suggested the city contact the city of Chelan about the measures they have taken for a firewire in a community.

He would also like the city to adopt the Wildland-Urban Interface (WUI) Fire Codes.

Mayor Cheri Farivar said the city is in the process of developing the plan with Hoffman looking into potential consultants.

Ask...

Dr. Louise



6. Keep iron tablets out of the reach of children. Both ferrous gluconate and ferrous sulfate tablets look like chocolate M&M candies.

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.

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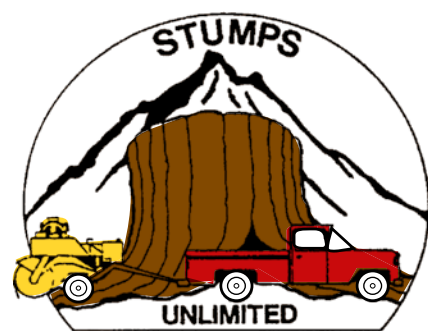


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For more information, contact Rebecca Zion at (509) 689-4046 or e-mail: brewster@ncrl.org

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Anita Fisk, Director of Human Resources
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THREE RIVERS HOSPITAL

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ACROSS

- Without, ‡ Paris
- **Blind as a _____, simile
- *Attract someone's attention onomatopoeically
- Scheme
- Frosh, next year
- *Grim Reaper
- Having the know-how
- Medicinal houseplant
- Forearm bones
- **Napoleon of "Animal Farm"
- Horsefly
- Emotional turmoil
- *Damn, homophone
- Reproductive cell
- *Opposite of figurative
- Bonanza find
- Er on Periodic table
- Dalai _____
- Chopper blade
- The little one "stops to tie his shoe"
- Like three nursery rhyme mice
- American stock exchange in NYC
- Temper, as metal
- Baron Munchhausen's statement
- "_____ fly away home..."
- Time of the year
- Police shot
- Headquartered
- Sailor's hail
- **"Broken heart" or "heart of stone"
- Dig, so to speak
- Tangelo
- Kind of Steven?
- September's reason to celebrate
- Outer layer of Earth's crust
- First female Attorney General
- Caddie's offering

DOWN

- Masseuse's office
- "Some Kind of Beautiful" star
- Steelers' Chuck
- Rosetta Stone and such
- Western neck ornaments
- To the left of helm
- People in general
- Helter-skelter
- Not loony
- Doe's mate
- CafE alternative
- One in low-fitting jeans
- Old European coin
- "C'mon in!"
- Slow-witted
- Small Asian ungulate
- Enophile's sensory concern
- Dished out
- *Stringed homophone of loot
- Pair in a railroad track
- Prenatal test, for short
- Full of cargo
- *Collision, onomatopoeically speaking
- Wayside stop
- **"Sweet sorrow" or "painful pride"
- 4-letter word on primetime TV
- Summer mo.
- Attack
- "_____ beware"
- Stick firmly
- Launch
- Country album?
- Shevat follower
- Vagrant or tramp
- Gala to Dali
- Baker's baker
- Tear
- Actor Mahershala
- Us, in Mexico

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PUZZLE SOLUTION

SANS BAT PSST PLOT SOPH DEATH ABLE ALOE ULNAE ALLEGORY CLEG ANGST DAM GAMETE LITERAL ORE ERBIUM LAMA ROTOR ANT BLIND AMEX ANNEAL LIE LADYBUG SEASON MUG BASED AHYOY METAPHOR ADORE UGLI EVEN LABOR SIAL RENO IRON ENS ENDS

PUZZLE SOLUTION

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PUBLIC NOTICES

CITY OF LEAVENWORTH On the 9th day of July, 2019, the City Council of the City of Leavenworth, Washington passed the following ordinances. A summary of the contents of each provides as follows: Ordinance 1591: An Ordinance vacating a portion of Summit Avenue within the plat of Leavenworth First Addition. Ordinance 1592: An ordinance vacating a portion of Woodward Street within the plat of Ralston's addition. Ordinance 1593: An Ordinance of the City of Leavenworth, Washington, amending certain revenue and expenditure appropriations in the 2019-2020 budget and ordinance #1579 for the City of Leavenworth. A copy of the full text of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on July 17, 2019. #85707.

Advertisement For Bid Cascade Medical Center is requesting bids for the Clinic Shelled Space Infill. The renovation project includes partial 2nd floor room for demolition, detailed mechanical, electrical, fire protection, and finish work. Qualified Bidders shall have until 1:00 PM on July 29th, 2019 to submit their bids to Javier Meraz, Facilities Director, 817 Commercial Street, Leavenworth WA 98826. Bids will be opened to "Chelan County Public Hospital District #1" MRSC contractor roster and bids shall comply with the standards set forth in the Invitation to Bid (ITB). We are a public hospital and it is mandatory that we use our MRSC Roster. Prospecting Contractors that are interested in bidding for this project must also be members of the MRSC (Municipal Research and Services Center) by our Bid Proposal due date. MRSC Rosters is a contracting directory that connects businesses directly with public agencies. We are a public hospital and it is mandatory that we award project bids to our MRSC Roster. Register with the "Chelan County Public Hospital District #1", it is free for contractors to become members at: http://mrscresters.org Each bid must be submitted in a sealed envelope, accompanied by the bid bond and clearly marked on the outside of the envelope "BID for CASCADE MEDICAL CLINIC SHELLED SPACE INFILL". Cascade Medical Center's Facilities Director/Safety Officer, Senior Management, and Commissioners will evaluate bids submitted to determine the best qualified bid. The Engineer's estimate of cost is \$57,500. This is a Prevailing Wage Project. Clinic Shelled Space Infill project plans and contract documents may be available by contacting: Javier Meraz Facilities Director Safety Officer 509-548-2515 (office) javierm@cascademical.org 817 Commercial Street, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on July 17, 2019. #85711.

CITY OF LEAVENWORTH PLANNING COMMISSION NOTICE OF WORKSHOP - DISCUSSION NOTICE IS HEREBY GIVEN that the Leavenworth Planning Commission will hold a public workshop - discussion, on July 31, 2019 at 6:30 PM in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington. The intent of this workshop is to review the draft code amendments for (1) the Planned Development Chapter 18.40 and (2) the Development Standard Charts. This workshop will be similar to meetings held June 6th and July 10th, where City staff and/or the Planning Commission will walk through the proposed amendments, answer questions and discuss ideas with the public. The July 31st workshop will be followed by the regular Planning Commission meeting on August 7, 2019 this discussion will continue, if necessary. Once these discussions are complete, the Planning Commission will draft changes to the amendments for a recommendation to the City Council. If you are not able to attend the meetings but would like to provide comment or have questions, please contact Development Services within City Hall at 700 Hwy. 2, Leavenworth, WA 98826; phone 509-548-5275; email dsmanager@cityofleavenworth.com Published in The Leavenworth Echo/ Cashmere Valley Record on July 17, 2019. #85713.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of RICHARD A. BRYANT, Deceased No. 19-4-00204-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: July 10, 2019 PERSONAL REPRESENTATIVE: Debbie Copsey and Lisa Schauss ATTORNEY FOR PERSONAL REPRESENTATIVE: Thomas D. Overcast ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES Attn: Thomas D. Overcast 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court No. 19-4-00204-04 Attorney for Estate: Overcast Law Offices By: /s/ Thomas D. Overcast, WSBA No. 14486 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on July 10, 2019. #85664.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY In the Matter of the Estate of ROBERT P. SHANK, Deceased. No. 19-4-00211-04 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: July 10, 2019

/s/ Kenneth Roy Shank Kenneth R. Shank 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 Telephone (509)663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 19-4-00211-04 Published in The Leavenworth Echo/ Cashmere Valley Record on July 10, 17 and 24, 2019. #85676



Courtesy Wenatchee Valley YMCA The Eric W. Nelson Cabin at Lake Wenatchee YMCA Camp was dedicated on June 15.

Wenatchee Valley YMCA honors Eric Nelson

SUBMITTED BY WENATCHEE VALLEY YMCA

LAKE WENATCHEE - The Wenatchee Valley YMCA board, staff and donors celebrated the dedication of the Eric W. Nelson Cabin at Lake Wenatchee YMCA Camp on Saturday, June 15, 2019.

When Eric Nelson announced his retirement in 2016, the board and staff wanted to honor his 23-year legacy of serving the Wenatchee Valley YMCA in a special way; how best to do that than to fund a plan to serve more kids. Private donations poured in to raise the roof for a 20-bed cabin in Eric's name and although there were obstacles that delayed the process, the new Eric W. Nelson Cabin is ready to house over 100 kids this

summer. "What a testimony to Eric that our board and donors immediately stepped up to help and what a tribute to bestow on Eric for a 40 year career in the YMCA," stated Dorry Foster, Chief Executive Officer of the Wenatchee Valley YMCA. Eric Nelson, surrounded by friends and donors, humbly recognized the fact that, "You were able to raise \$145,000 in spite of having my name attached to it." With all kidding aside, the cabin is a huge step towards creating a lasting legacy for camp and incredible impact for our campers. To learn more, contact Dorry Foster at the Wenatchee Valley YMCA at (509) 662-2109 or Tim McElravy at Lake Wenatchee YMCA Camp at (509) 763-9622.

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