



(From L to R) Commissioner Doug England, Kevin Overbay and Bob Bugert shuffle through notes, resources and references as they discuss how to manage short term and vacation rentals.



Easy to spot with their fluorescent shirts - Short Term Rentals Alliance Group - spread out through the crowd to show their stance on the topic.

## County Commissioners debate short term rental codes

By KALIE DRAGO  
Echo Reporter

Chelan County has no shortage of attractive spots for tourists to gravitate to. From Leavenworth, the Bavarian Village and its many festivals, to summer attracting visitors to Lake Chelan; outside visitors flock to this area.

On June 4 from 3-5 p.m., Chelan County Commissioners and the Department of Community Development racked through possible steps to tighten up mitigation and management of some of Chelan County residents headache and some Chelan County residents livelihood - short term and vacation rentals.

"Vacation rentals is only shown in one district use chart and it's actually not even defined. So I think that's one thing that needs to be put in the district use chart. Show where it's permitted, when it requires a Conditional Use Permit and then have a definition," said Kirsten Larsen,

Planning Manager for Chelan County.

Hotels flashing 'No Vacancy' signs on festival weekends is common. With modern, trendy, popular short term rental avenues, like Airbnb, that offer more homier accommodations; there has been a surge of issues and codes put into place regarding residents using their own digs to double as overnight rentals to those wandering into town briefly.

"The planning staff has been talking about this and looking at other jurisdictions' codes and going off of the things we've heard from people calling into the department, and from that we've come up with a list of things to incorporate into a new code," said Larsen, Planning Manager for Chelan County.

Neighbors who eye rowdy tourists piling into the house across the street have reached out to public officials, such as Chelan County commissioners, to enlist their help combating the issue. Some areas

of concern that have surfaced vary from noise, defining quantity of guests allowed, garbage, restrictions for fire risk, parking requirements and lack of permits.

"We make sure our county gets the tax dollars that they are required to get. We are legitimate in having insurance coverage as a motel because we wanted to be ethical and right about being good neighbors. We don't want any dangerous things, we don't want 50 people sleeping in our cabin, we make sure its safe and accessible," said Susan Steblina, second home owner for 20 years who is in favor of the county cracking down. "(We make sure) that we are not impacting anyone and that the county is getting the benefits they deserve with the motel taxes and other things that the county is missing out by sticking its head in the sand and allowing people to just load up their property with 15-20 people that are partying."

Fellow short term rental

owners along with weary neighbors are looking at the county for firmer codes to be put in place.

"I hope that the county and the commissioners really look at this issue and make the hard calls to make this an equitable playing field and to get the county the dollars it deserves, the enforcement it deserves, the fire danger money it deserves and the law enforcement money it deserves to manage the huge issue of vacation rentals in Chelan County," said Steblina.

However, there was another group effort making a presence at the meeting looking at the topic from a different perspective. A sweeping glance around the Confluence Technology conference room and there was a wave of fluorescent yellow - Short Term Rentals Alliance Group wore matching shirts that illuminated a sense of solidarity on their stance for short term rentals. The stance that the Short Term Rentals Alliance group effort is slanted

away from harsher codes and penalties.

"Really just like for them to identify what the real issues are with real data," explained Zelda Holgate, media contact for Short Term Rentals Alliance group. "We consistently hear the same three issues, trash, parking and garbage but with no data. We have ordinances on the books that already address those three issues."

Though no public comment was permitted nor was any action taken, the public was invited to listen in on the two hour conversation weighing options for how to steward the vacation rentals. Commissioners and staff volleyed back and forth different directions to manage the short term and vacation rentals in front of the divided audience. Throughout the meeting, the commissioners used places like Manson, with codes already in place, as reference.

SEE CHELAN COUNTY ON PAGE B2

## Jogger has close call with bear in Enchantment Park

By KALIE DRAGO  
Echo Reporter

On June 5 at around 9 p.m., a male runner was having a jog in Enchantment Park when he ran into a bear and her cub, according to Captain Mike Jewell from the Washington State Department of Fish and Wildlife.

Jewell said that the male came around a blind corner when he intersected with a black bear and a cub. The cub darted, but the bear came toward him as what he described as a 'faint charge'. Jewell believes this was a bluff charge.

According to Jewell, the topography with a steep bank caused the man to jump into the Wenatchee River. Chelan County Sheriff deputies responded and didn't see the bear, but reported that they heard it in the brush and then escorted the jogger out of the park. Fish and Wildlife searched the park that night but came up empty handed on finding the bear. Jewell stated that the crew returned the next morning with dogs, but still couldn't find the bear.

Jewell advised Leavenworth residents to be cautious of unsecured garbage, businesses not having bear proof dumpsters, bird feeders and barbecues luring bears into town.

"We've had a significant amount of bear reports in Leavenworth. They will stay because they have readily available food sources," said Jewell. "We're trying to get the word out that we really need people to secure garbage and help keep the bears out."



Photo from Washington State Trooper Twitter account

By KALIE DRAGO  
Echo Reporter

At local spot, Enchantment Park, a child escaped a cougar attack on the night of June 1. With the help of the child's two dogs, the cougar was fought off of the four year old, according to Captain Mike

## Child escapes rare cougar attack

Jewell from the Washington State Department of Fish and Wildlife.

"The child had minor injuries, which we are incredibly relieved and grateful for," said Jewell.

The cougar reportedly knocked the young child over and the adults in the situation reacted promptly - the boy's dogs intervened and managed to save the child from danger.

Earlier in the day, there had been reports of seeing a cougar in the afternoon and wildlife officials conducted a search but no luck spotting the animal. There were plans to return the next morning with specially trained dogs to assist the search.

The officials returned and swept the park again after the child narrowly escaped. Wildlife officials, with the help of dogs that are specially trained to find cougars, found the cougar early Sunday morning.

"Our number one priority is safety of the community," said Jewell.

After the cougar was caught and euthanized around 1:30 a.m. on June 2, wildlife biologists examined the cougar.

There was no evidence that there was anything unhealthy that was a possible cause for the rare attack as of right now. According to Jewell, the cougar will be sent off for more testing to narrow down causes to the cougar's rare behavior.

Local authorities, Chelan County Sheriff's Office deputies, did respond to secure and make sure the area was safe, according to sergeant Jason Reinfeld.

Washington State Patrol also responded to the incident. Washington Department of Fish and Wildlife officials were delegated the duty of locating and euthanizing the animal.

Cougar attacks are a rarity and Enchantment Park is a common outdoor recreation spot for kids to roam safe usually. Jewell did stress the need for those wandering outdoors to always be vigilant to surroundings.



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# Community news

## Shame on you DSHS

I recently drove by the Washington state Department of Social and Health Services in Wenatchee and saw the LG-BTQ rainbow flag flying under the state and American flags.

Normally I don't have a problem supporting diversity in all its colors, but the boneheads at DSHS took down the POW/MIA flag in order to replace it with the rainbow flag.

They could and should have flown both if their point was to celebrate Gay Pride Month. Black Pride, Gay Pride La-



**GARY BÉGIN**  
Managing Editor

tino Pride, I am cool that many folks are proud of their roots just as I am of my Christian, French-Canadian ones.

My only real issue is that removing the POW/MIA flag is an outright insult to all veterans and especially combat

veterans. Why wasn't there some type of outrage over this travesty perpetrated by state employees?

Well there was a little. Several of my veteran friends called DSHS to voice their complaints. They were told that the flagpole was surrounded by recently poured cement and that's why nothing could be done about the flag issue.

So, let's add insult to injury by telling a lie to a group of taxpayers from a state agency. Whomever it was that an-

swered that phone at DSHS and gave that lame excuse to a veteran should have merely said, "Sir, by order of Governor Jay Inslee, we fly this flag in lieu of the POW/MIA flag in order to celebrate Gay Pride Month."

Or, perhaps the janitor accidentally took down the POW flag instead of merely flying both?

Let's be straight (not a pun), I am not against anyone, but both flags could have coexisted. I was immediately gut-punched when I saw only one banner. That's how visceral this flag is to many veterans.

The manager of DSHS in

Wenatchee needs to visit the American Legion as my guest or (someone's) to fully understand how veterans feel about this issue.

The least DSHS can do is issue an apology to those who gave their all.

Officially recognized by the United States Congress, the flag serves "as the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the Nation," according to the National League of Families website.

## Trump can break stuff, but can he fix anything?

President Trump is a master at breaking things. Since coming into office, he has broken NAFTA, the TPP, the Iran deal, and the uneasy calm we shared with North Korea. More importantly to the stock market, he has also broken our trading relationship with China, and has bent many other trading relationships. Perhaps Trump was elected specifically to break stuff, but it's time to put a few things back together.

Most recently, Trump started another fight with Mexico, this time using tariffs as a negotiating tool for border control. So now we are lobbing tariff bombs at everyone, even for things that have very little to do with economics.

I'm starting to think that tariffs aren't a tool for Trump to reach a goal - but the goal itself. Trump said as much recently when he announced that "tariff" is a "beautiful word." But he is wrong about



**BRAD BLACKBURN**  
Financial Opinion

that - tariffs hurt everyone. This is a game of chicken to see who can endure the most pain. Unfortunately, that pain might be starting.

While the overall economy is still solid, things are going in the wrong direction. Fed Chairman James Powell recently floated the idea that the Fed could lower interest rates, which is not what you do in a booming economy.

A perfect example of the chaos Trump has produced is the story of GoPro. Motivated by the tariffs Trump placed on China, GoPro took the large and expensive step of moving some of their manufacturing

from China to Mexico. However, after all that, Trump is now threatening tariffs on Mexico.

It should be clear to the business world that Trump will throw tariff bombs at any time, for any reason, against any country. So, what is a global business supposed to do with all this uncertainty?

The answer is that they are paralyzed. According to the World Bank, global investment and business confidence are at their lowest point in 4 years. Here in America, business investment recently fell to 1.3%, the lowest level of Trump's presidency.

Just a few months ago, the consensus in the financial world was that the trade war was winding down, and soon, we could all move on. But that doesn't seem likely anymore. It seems that President Trump really believes tariffs are "beautiful," and "trade wars are good and easy to win." At

this point, I fear this can only end in two ways: Either our trade adversaries completely bow down to Trump, or we're going to feel some economic pain. So, which one is going to happen first?

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor. Blackburn Financial is located at 121 Cottage Ave, Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net

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Leavenworth, WA 98826-0039  
Phone: 509-548-5286  
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[classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**Circulation**  
1-509-293-6780  
[circulation@lakechelanmirror.com](mailto:circulation@lakechelanmirror.com)

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

**SUBSCRIPTIONS:**  
In Chelan County (yearly) \$40.00  
\$5.00 to include online subscription  
In State (yearly) \$40.00  
Out of State (yearly) \$50.00

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

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

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

**WNPA**  
Washington Newspaper Publishers Association Member

NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

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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.



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Photo submitted by Mandi Wickline  
The drama students who were nominated for the Apple Awards grin with drama coach Mandi Wickline.

## Cascade High School racks up Apple Awards

SUBMITTED BY MANDI WICKLINE  
CHS Drama Coach

Cascade Drama took part in the first annual Apple Awards, June 5th at the Numerica PAC in Wenatchee. Cascade's 7 nominees were honored along with nominees from Wenatchee, Cashmere, and Eastmont High Schools for excellence in theater.

Directors from each school nominated 2 students in the categories of Best Actor in a Play, Best Supporting Actor in a Play, as well as Best Actor and Best Supporting in a Musical.

There were also categories for Best Musical Ensemble, Best Play, and Best Musical.

5 adjudicators judged each high school production on several criteria, then voted

on the winners.

Sophomore Ellie Camp represented Cascade with a solo from "Once Upon a Mattress" and the other Best Musical Nominees performed numbers from "Legally Blonde", "Les Miserables", and "How to Succeed in Business Without Really Trying". Junior Emma Skylstad won Best Supporting Actor and senior Nathan Hagan took Best Actor, both for their work in Cascade's Fall Play.

Each director also presented 2 students with awards for their work backstage; Drama Coach Mandi Wickline nominated Kelsea Turner and Sarah "Quinn" Pinneo for these Directors Awards.

Congratulations, Cascade, for representing your school with class and good sportsmanship!

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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**  
**Autumn Leaf Festival Association meetings,** 6 p.m. at the Icicle Village Inn, in the Lake Wenatchee Room. Hwy 2. Call President Jim, 670-3343 or Secretary, Carol 670-1723. Everyone is welcome to attend. **June Board Meeting will be on Wednesday, June 5th.**  
**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, Bill Forhan, president. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)  
**Leavenworth Lions Club,** Kristall's Restaurant, Conrad Delury, president, (509) 387-5051. (1st Thurs. at 6:30 p.m. and 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, Penny Carpenter, president. For more information, 509-885-0441.

**Saturday**  
**No Events Scheduled.**

**Sunday**  
**No Events Scheduled.**

**Monday**  
**Leavenworth Mosquito District board meeting,** 7 p.m., at the Chelan Co. PUD building, Jenny Mullins 548-5904 (1st and 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. Call 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 Westcott Dr. in Cashmere. (2nd Tues.)  
**Icicle Valley Chapter of Trout Unlimited,** 6:30 p.m., Icicle Village Inn, Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)  
**Cascade Medical Board Meeting,** 9 a.m., at 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 Degel, (206) 356-4288 or Judi Little (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 p.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.  
 Monday, Tuesday, Wednesday, open 9 a.m.- 6 p.m.  
 Thursday, 9 a.m.- 8 p.m.  
 Friday, 9 a.m.- 6 p.m.  
 Closed on weekends and Holidays.  
**Special events:**  
 Tuesday, 11:30 a.m., **Baby story time**  
 Wednesday, 1:30 p.m., **Preschool story time**  
**Peshastin Public Library:** 548-7821.  
 Monday, 2 - 6 p.m.  
 Tuesday, 1 - 6 p.m.  
 Wednesday, 9 a.m. - 2 p.m. Thursday and Friday, 1 - 6 p.m.  
**Special events:**  
 Tuesday, 2:30 - 3:15 p.m. Stories and crafts in Spanish and English.  
 Wednesday: 10:30 - 11 a.m., **Preschool and toddlers, Story time.**  
**Upper Valley Museum:**  
 347 Division St., 548-0728.  
**Leavenworth Fish Hatchery,** 548-7641. **Open daily,** 8 a.m. - 3:30 p.m.

**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.

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**City Council Meetings**

**7 p.m., Leavenworth Planning Commission at City Hall** contact Liliith Vespier, 549-5275. (1st Wed.)  
**8 a.m., Leavenworth City Council study session,** City Hall, Joel Walinski 548-5275. (2nd Tues.)  
**3 p.m., Design Review Board,** City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)  
**6:30 p.m., Leavenworth City Council meeting,** City Hall, Joel Walinski 548-5275 (2nd & 4th Tues.)

**Leavenworth**

**Library Collecting Used Books**  
 The pickup truck collecting used books for the Friends of the Leavenworth Library  
 Fall Book Sale will be at the City Hall parking lot starting every Thursday at the Farmers Market from 4 - 8 p.m. - all summer. We appreciate your donations and please remember that we cannot accept encyclopedias, old text books, Readers Digest condensed books or magazines. Call Kirsten. 548-7018 (e 24)  
**Fundraiser for Lake Wenatchee Fire & Rescue**  
 "Pass the Boot" free event on Saturday, June 15, 3-4:30 p.m. at the Coles Corner 59'er Diner. Elvis will perform and the fire truck and rescue vehicles will be there for children to enjoy. Contact Jill Pepin, 509-860-3078. (er 24).  
**Open Public Friends of Leavenworth Community Meeting**  
 June 19 at Cascade High School, 6:30 p.m. Presentations and discussion topics include the status of the Adventure Park appeal, Traffic Corridor Study update, area Short Term Rental status, Current community issues discussion, Sustainable Tourism initiative and Citizen Action Committees development. Email: duane@live.com (e 24,25)

**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**

**May 31**  
 00:37 Assist agency, 703 Cedar St.  
 04:36 Suspicious, 6716 Campbell Rd., Peshastin.  
 08:59 Malicious mischief, 200 Ward Strasse, New Link.  
 13:31 Assist agency, 4702 US Hwy. 97, Peshastin.  
 16:23 Traffic offense, US Hwy. 2., MP 99.  
 18:16 Trespass, 18955 US Hwy. 2, Lake Wenatchee.  
 19:25 Theft, 3910 Old Blewett Rd., Peshastin.

**June 1**  
 02:04 Noise, 9864 E. Leavenworth Rd.  
 06:09 Alarm, 11734 US Hwy. 2, Safe Haven.  
 12:04 Public assist, 2201 Salal Dr., Lake Wenatchee.  
 12:54 Accident, injury, US Hwy. 97 MP 182., Peshastin.  
 17:07 Property, 940 US Hwy. 2, #B.  
 20:39 Littering 145 Wheeler St.  
 21:15 Assist agency, 300 Enchantment Park Way.  
 22:32 Prowler, 11687 Sunitsch Canyon Rd.

**June 2**  
 02:05 Disturbance, 210 Division St.  
 02:16 911, 301 Ward Strasse, Hampton Inn.  
 03:22 Domestic disturbance, 116 River Bend Dr., Safeway.  
 10:38 Welfare check, 263 Mine St. #112.  
 11:52 Traffic offense, Chumstick Hwy. MP 1.  
 12:37 Public assist, 17057 Chumstick Hwy.  
 15:52 Accident, no injury, 7840 E. Leavenworth Rd.  
 16:20 Animal problem, 820 Front St., Gazebo Park.  
 16:34 Domestic disturbance, Josephine Ave., Dryden.  
 16:53 Assist agency, 17538 Chumstick Hwy.  
 22:02 Theft, 116 River Bend Dr., Safeway.

**June 3**  
 01:05 Assist agency, 3529 Allen Ln., Peshastin.  
 06:24 Alarm, 829 Front St.  
 09:18 911, 10261 Eagle Creek Rd.  
 09:25 Animal problem, 11468 River Bend Dr.  
 14:05 Domestic disturbance, 19475 US Hwy. 2.  
 14:15 Disturbance, 9255 Foster Rd., BJ's.  
 14:59 Harass/threat, 9189 Anderson Canyon Rd.  
 17:58 Scam, 116 River Bend Dr., Safeway.  
 18:21 Civil, 766 Icicle Rd.  
 18:39 Hazard, 8288 Main St., Peshastin.  
 19:21 Vehicle prowl, 9501 Jeske Rd., Park and Ride.  
 22:38 DUI, 116 River Bend Dr., Safeway.

**June 4**  
 08:12 Vehicle prowl, 590 US Hwy. 2, Enzian Inn.  
 09:41 Public assist, 3000 Camas Creek Rd., Peshastin.  
 10:33 Accident, no injury, 190 US Hwy. 2.  
 11:02 Suicide threat, 12570 Chumstick Hwy.  
 11:10 911, 505 US Hwy. 2, Icicle Village.  
 12:39 Public assist, 505 US Hwy. 2, Icicle Village.  
 15:07 Animal problem, 11468 River Bend Dr.  
 16:03 Parking/abandon, Main & Orchard Streets.  
 16:37 Accident, no injury, Icicle Rd.  
 18:42 Burglary, 248 Cherry St.  
 19:52 Assist agency, 12997 Chumstick Hwy.  
 20:17 Public assist, Front & 9th Streets.  
 21:46 Suspicious, 10001 School St., Peshastin.

**June 5**  
 07:22 Traffic offense, Camp 12 Rd., Plain.  
 08:15 Traffic offense, 12001 Chumstick Hwy.  
 09:33 Civil, 151 Birch St.  
 10:04 Accident, no injury, 707 US Hwy. 2, Rhine Haus.  
 10:40 Welfare check, 10233 US Hwy. 2, Peshastin.  
 10:52 Parking/abandon, 1310 US Hwy. 2.  
 11:03 Theft, 423 Evans St.  
 11:34 Accident, injury, US Hwy. 97 and Campbell Rd.  
 13:56 Malicious mischief, 16982 Chumstick Hwy.  
 15:00 Accident, no injury, 817 Commercial St.  
 17:15 Vehicle theft, 8734 School St., Dryden.  
 20:25 Hazard, White River Bridge, Lake Wenatchee.  
 20:44 Suicide threat, 6145 US Hwy. 97, Peshastin.  
 21:06 Animal problem, 300 Enchantment Park Way.  
 21:23 911, 23850 White River Rd., Lake Wenatchee.

**June 6**  
 04:37 Accident, no injury, 8695 Main St.  
 07:44 Traffic offense, 10190 Chumstick Hwy.  
 10:51 911, 10261 Eagle Creek Rd.  
 11:18 Traffic offense, Beaver Valley Rd. MP 16.  
 11:46 Traffic offense, 18321 Camp 12 Rd., Plain.  
 12:16 Harass/threat, 8025 E. Leavenworth Rd.  
 12:34 Trespass, 9255 Foster Rd.  
 13:33 Suicide threat, 12131 Chumstick Hwy.  
 14:06 911, 17057 Chumstick Hwy.  
 16:44 Harass/threat, 217 9th St.  
 17:21 Disturbance, 7550 US Hwy. 97.  
 17:37 Welfare check, 8000Blk Icicle Rd.

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**Leavenworth Senior Center, 423 Evans St., Leavenworth**  
 Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.  
**June 13, Thursday:** Stuffed pepper casserole, buttered corn, 7 layer salad, chilled apricots, whole wheat roll, dessert.  
**June 14, Friday:** Hot dog, baked beans, coleslaw, carrot raisin salad, Oregon berries over ice cream.  
**June 15, Saturday & June 16, Sunday:** no lunch.  
**June 17, Monday:** Mac and cheese with bacon or ham, peas, tossed green salad, mixed berries, whole wheat roll, dessert.  
**June 18, Tuesday:** Crunchy chicken salad, potato salad, pickled beets, fresh fruit, whole wheat roll, dessert.  
**June 19, Wednesday:** Deluxe cheeseburger, coleslaw, apple celery salad, dessert.

**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

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*This announcement sponsored by The Leavenworth Echo*

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**FIRE UP YOUR TASTEBUDS: CHEF FEST 2019 IS HERE!**

**JAMIE HOWELL**

Eat, drink and change the lives of children through the Arts - that's the strategy for **CHEF FEST 2019**, four nights of chefs, food, fun and fundraising for Icicle Creek Center for the Arts. It all kicks off this week, **June 12 through 15**, and here's the lineup:

- WED., FIRST BITE WINE WALK:** A culinary romp through the woods designed by **Cannella Kitchen**.
- THURS., SUDS & SLIDERS:** James Beard award winner **John Sundstrom** teams with Brewmaster Grant Stoebner at **509 Bierwerks** in Wenatchee.
- FRI., HOT STOVE SOCIETY:** Tom Douglas' cooking school comes to town with a class, demos, tastings and wine pairings at **Silvara Cellars**.
- SAT., THE MAIN EVENT:** Six amazing chefs square off at the **Snowy Owl Theater** in a tasty competition where you're the judge!

And let's not forget the **CHEF FEST GRAND PRIZE RAFFLE**. Tickets are only \$10 apiece and you could win an all-expenses paid trip for two to the Napa Valley. As of this writing, some tickets were still available. Get yours at [icicle.org](http://icicle.org), or by calling **(509) 548-6347, x.1**.

**CHEF FEST**  
 A FUNDRAISER FOR ICICLE CREEK CENTER FOR THE ARTS  
**June 15**  
**THE MAIN EVENT**  
 SNOWY OWL THEATER  
 Six top chefs battle it out and you're the judge!

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# Neighbors

## UVC Theatre Camp invites community to The Jungle Book

By KALIE DRAGO  
Echo Reporter

Summer is underway and some kids entering summer vacation are squirming for something to do. Instead of the pool, some kids may stray toward Upper Valley Connection's Theatre Camp's performance of Disney's, *The Jungle Book* on June 21 and June 22. The weeklong day camp will be working on the production starting June 16.

"UVC Theatre Camp is a weeklong day camp focused on providing theater arts training and experience to people with developmental disabilities," said Maren Cagle, executive director for Upper Valley Connection. "Our overriding purpose for this project is to bring together people with and without disabilities so they may learn from each other that everyone has something to offer and that it takes all of us working together to accomplish our goals and have a healthy community."

Not only will the audience enjoy the Disney classic coming to life with an assortment of animals (monkeys, elephants, snakes) but will enhance community awareness of individuals with disabilities and the value they provide the community, according to Cagle.



Photo contributed by Maren Cagle  
Pictured is (L to R): Charles Hickok, Alex Darlington, Eric Stewart at last year's UVC production of *The Little Mermaid*.

"This program helps improve self-confidence and self-efficacy for our participants, helping to make life better for people who used to be hidden away from society. It reminds us that everyone has something beneficial to offer," said Cagle.

With 100 people, a third of the participants have disabilities. Actors can fall anywhere between eight years old and their forties. The theater camp is an outlet for not only acting, but art projects, hayrides and barbecue at Red Tail Canyon Farm and a pool party. And no camp is complete without sing alongs, which the theatre camp also conducts. Volunteers are also an integral part of the theatre camp. Volunteers are all ages and according to Cagle, come as far away as Oregon.

The volunteers act as "shadows" and provide guidance to the actors when needed.

"Volunteers with our camp develop an understanding and an appreciation for those whom they may have previously overlooked," said Cagle.

The musical will be directed by local Cascade High School drama coach, Mandi Wickline with music and orchestra directed by Nick Anderman. A set painted by Lindsay Breidenthal will be the backdrop and the actors will be clad in costumes designed by Barb Roberts.

"This program brings a diverse group of people together through art, enriching our community and encouraging a sense of place by fostering tolerance and celebrating diversity," said Cagle.

## Obituaries

### Robert L. Walton

April 24, 1934 – May 20, 2019

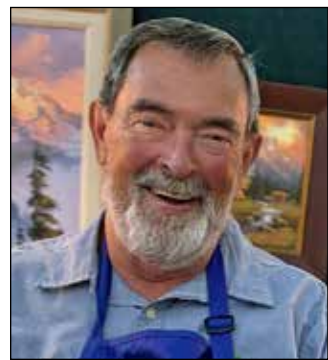
Robert (Bob) Lee Walton of St. John, Wash., passed away May 20, 2019, after a brief illness. Bob was born April 24, 1934 in Tacoma, Wash., to Leroy and Edna Walton Sr.

He was a gifted musician that mastered several instruments, played in a band, and enjoyed music throughout his life. As a teenager, Bob joined the Tacoma Mountaineers and became part of a group of renowned climbers including Jim and Lou Whittaker and Leroy Ritchie. Together they climbed most of the peaks in the Pacific Northwest.

In 1958, Bob was a member of the team that made the first ascent of the South Mowich Glacier Icefall and Tahoma Sickle on the West Wall of Mt. Rainier, a route seldom used due to its technical difficulty and dangerous terrain. Following graduation from Stadium High School, Bob served in the

Coast Guard, spending time on an ice cutter in the Arctic.

In 1957, he married Rosemary "Robin" Fogarty and started a family. Bob began painting in his 30's. In a matter of a few years, he became an accomplished full-time western artist, with his paintings appearing in galleries, art shows, and private collections throughout the United States, including an original painting on display in the Bureau of Indian Affairs in Washington D.C. and a 6,356 square foot mural in Heppner, Ore. In 2012, he lost his wife Robin after 55 years of marriage. In 2015, he married artist Elizabeth (Betty) Jean Billups. Bob enjoyed camping, fishing, hunting and the outdoors, which he loved to paint until his final days. Bob was preceded in death by his wife Robin and his brother Leroy Walton Jr. He is survived by his wife Betty; daughters:



Cynthia (Alan) Blumenshein of St. John, Wash., Stephanie (Nicholas) Hetrick of McKinleyville, Calif., Marcie Ballard (Joe Waldron) of Port Angeles, Wash.; eleven grandchildren and six great-grandchildren.

A memorial service will be held at a later date. While no longer with us, Robert's spirit and love of the mountain peaks he once climbed is captured in his art, which will continue to bring joy to us all. Remembrances may be made in the form of donations to: Youth Art Scholarships at the Fred Oldfield Western Heritage and Art Center, P.O. Box 1539, Puyallup, WA, 98271

### Joe A. Kaiser

Former Leavenworth resident, passed away recently. He was born in Leavenworth September 21, 1958, raised in the valley and went to school here. He worked for a local logging and helicopter company, before moving to southern Oregon. Joe was preceded in death by his parents, Bob Kaiser and Elenor (Ree) Ware. Survived by his siblings, Ken, Shelly, Leonard, and Sherry Nunn, son, Jason (Tara) Kaiser, daughter, Melissa (Buck) Case, granddaughters, Paige, Grace, Lillian, great-granddaughter, Raelynn, and many nieces, nephews, family and friends. Celebration of Life will be held June 22 at the Country Inn in Cave Junction, Oregon.

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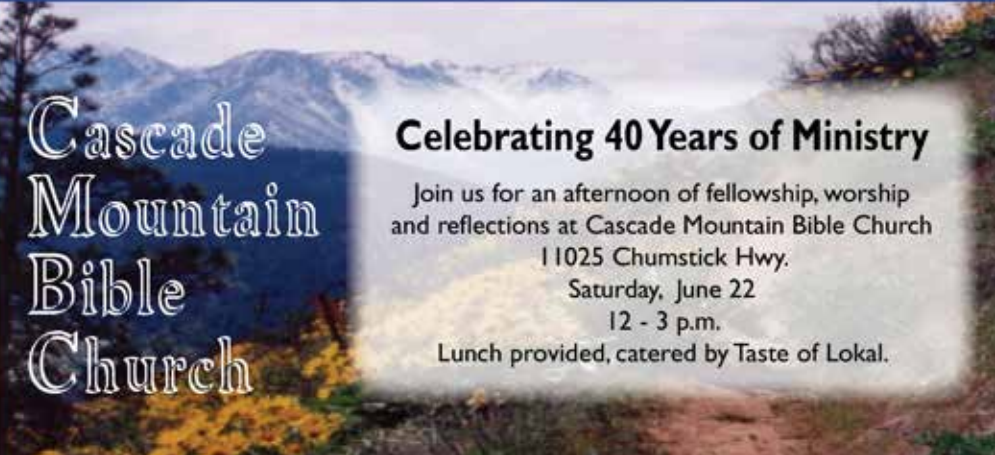
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Saturday, June 22  
12 - 3 p.m.  
Lunch provided, catered by Taste of Lokal.

## 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](http://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](http://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](http://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](http://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](http://www.cmbiblechurch.org)

#### COMMUNITY UNITED METHODIST

418 Evans Street • Leavenworth  
509-548-5619 • Rev. Matt Gorman  
Sunday service 10 a.m.  
[www.leavenworthumc.org](http://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](http://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](mailto: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](http://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 • 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](http://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 FOURSQUARE CHURCH

7591 Hwy. 97 • 548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth.com](http://newlifeleavenworth.com)



JUNE 12 2019 • VOLUME 120, No. 24

UPPER VALLEY NEWS SINCE 1904

## Cascade's Muscutt sisters finish back-to-back in 800 meter race

By AL STOVER

Many high school athletes often on the same team as their sibling, but few ever get the opportunity to face them in competition.

At the 1B/2B/1A Track and Field State Championships, freshman Lauren Muscutt finished third in the girls 800 meter race with a personal record of 2 minutes and 18.65 seconds. Behind her was sister, Kascia Muscutt, who placed fourth in the race with a personal best of 2:19.17.

During the race, Lauren Muscutt said she focused on the person in front of her and mustered her strength to kick hard in the final meters. Kascia Muscutt added that she was trapped behind some competitors and was thinking of how she could advance forward despite being exhausted.

Although the siblings competed in the same event, there was not a sibling rivalry going into the race.

"It's not as fun as you think," Lauren Muscutt said of placing third and beating her older sister. "I want Kascia to succeed. I feel a lot of happiness, but also a little bit of guilt. Being the

younger sister, I feel like she deserves it more."

While Lauren Muscutt had some guilt, Kascia Muscutt was proud of how her younger sibling performed in the race.

"It was a proud moment for me," Kascia Muscutt said. "I was a little bit disappointed in that I could have done better but most of the season we've been working toward that same goal together. To see her finish and for me to come from behind, kind of felt like we did it together."

The 800 meters was not the only time the Muscutt sisters made it to the medal podium at state. They, along with teammates Zoe McDevitt and Julia Armstrong, placed second in the girls 4x400 meter relay in 4:06.03.

Prior to state, Kascia Muscutt won both the Caribou Trail League and District 6 championships while Lauren Muscutt finished second.

The state championships capped Lauren Muscutt's freshman season in a Cascade jersey while Kascia Muscutt finished her third season.

The sisters moved to Leavenworth when Kascia Muscutt was in third grade and Lauren



(Photo by Al Stover)

Lauren Muscutt (right) crosses the finish line with sister Kascia Muscutt (left) right behind her.

Muscutt was a first-grader. Lauren Muscutt ran track in seventh-grade, but not the next year. In the fall, she played girls soccer, along with her sister.

She said her first year in track was a good experience and noted that competing at the high school level is different compared to middle school. She

also enjoyed getting to compete alongside with, and getting to know the boys.

"I said multiple times during the season to Kascia that I felt like I was in the best shape of my life," Lauren Muscutt said. "I would just go on runs and feel good. I'm a really happy person, I like school and like doing things that people don't like. It's fun to get to know people and compete."

Kascia Muscutt recalled the District 6 Championships 800 meter race where everyone

spoke with each other and camaraderie.

"After the race we took a picture together," Kascia Muscutt said. "It's kind of nice having everyone support each other."

Kascia Muscutt added that running in the state championships is validation for all of the weeks of hard work she and her sister put in during the spring season.

Kascia Muscutt, who has competed in track since seventh grade, said she did not expect her sister to step up and perform as well as she had during her freshman season.

"When we ran our first 4x400 (meter relay) she came in with a 61-second split," Kascia Muscutt said. "It was like 'holy cow, my 14-year-old sister is fast.' It blew me away, and I was like 'we can train together, she can push me, I can push her.'"

Lauren Muscutt noted that she and her sister were not close in middle school, but started to bond during soccer season. They became closer during track because they were practicing and hanging out more.

"It went more from 'she's my sister' to 'she's my friend and I want to spend time with her,'" Kascia Muscutt added.

Both Muscutts enjoy the running aspect of track because they are successful at it and can mark their progress with personal records.

They were originally focused on competing in the 400 meter dash and used 400-500-300 meter interval training. One obstacle in training for the 400 was Lauren Muscutt's asthma. Toward the end of the season, the siblings realized their best shot at to compete at state was in the 800 meters and began working with CHS Assistant Coach Eric Wulfman, who works with distance runners. The sisters worked on speed progression and longer intervals where they would run their race pace.

With the 2019 season behind them, both sisters are looking forward to next spring. Lauren Muscutt said she developed a passion for track, which she did not expect prior to competing on the team.

"I always felt soccer was my favorite sport, but at the moment I feel track is my favorite sport," Lauren Muscutt said. "In middle school, it wasn't my favorite sport and it just felt like running. It's a totally different thing in high school. The social aspect makes it fun."

As for Kascia Muscutt, next year will be her senior season, which adds more pressure and motivation to succeed.

"I will put everything out there because it will be my last high school sport, ever," she added. "I'm hoping to do some training over the winter time to prepare for that."

## Kodiak Kickers Camp

By AL STOVER

Young soccer players had the opportunity to work on their skills during the June 4 Kodiak Kickers Soccer Camp on the pitch behind Alpine Lake Elementary School. The free camp focused on helping kids develop their

fundamental and tactical soccer skills such as dribbling, passing, shooting, footwork and agility.

At the camp, athletes were broken into three groups and worked in stations led by players from the Cascade High School girls soccer team. In addition to working on their skills, kids

also had a snack and played a scrimmage.

During the camp, the Leavenworth Soccer Club took walk-up registration for the fall season.

For more information about the Leavenworth Soccer Club, or to register, visit [www.leavenworthsoccerclub.org](http://www.leavenworthsoccerclub.org).



Molly Wisner and Noah Jerome practice a dribbling drill while Tori Driscoll (back) gives instructions to her fellow coaches and campers.



Cascade's Kolby Hunt acts like a zombie, chasing campers during the Kodiaks Kicker Camp. For more photos of the Kodiak Kicker Camp, visit the Leavenworth Echo website.

## Evergreen Mountain Bike Alliance to hold summer skills camps

By AL STOVER

For mountain biking rookies seeking skills, or bicyclists who are looking to refresh their knowledge, the Central Evergreen Mountain Bike Alliance is holding a few beginning camps in June and July.

The skills camps are open to riders of any skill level.

One of the first events is a Beginners Youth Skills camp for ages 6-9 from June 17-21 at the Leavenworth Ski Hill.

The next is a Beginner-Intermediate Youth Skills Camp, for ages 6-12, at Squilchuck State Park from June 24-28, followed by a camp for ages 8-12 from July 22-27 at Squilchuck.

There will be an Intermediate Youth Skills Camp for ages 9-12 at the Ski Hill from July 8-12 from 9 a.m. to noon.

Instructor Kate Bonnett said this is the third year the organization is hosting the camps.

She approached Evergreen three years ago and asked if they were interested in coordinating skills camps for local riders.

She explained the camp will provide skills for attendees in order to help them become better riders.

Even folks with years of riding experience under their belts can learn new aspects of mountain biking to add to their repertoire.

Before she started teaching the camp, Bonnett said she had to take classes on the subject matter. Although she has been mountain biking for more than 20 years, she learned "so much" from those classes.

"That's the beauty of mountain biking, you can meet each student where they are (skillwise)," Bonnett added.

Some of the first lessons

riders will learn at the camp are body positioning on the bike, breaking and moving technique.

They will also learn how to push their bike forward and backwards, as well as how to navigate around corners and obstacles.

Riders will also learn how climbing and descending techniques, gear and shifting, pedal up a hill, and how to efficiently use their energy. They will also receive instruction on trail skills and cornering.

Bonnett said riders will start their lessons on flat surface. Once they become more comfortable on the ground, they will transition to the trail.

In addition to their youth camps, Evergreen is hosting classes for adults, including

their Mountain Biking Foundations class. A MTB Foundations 1 class is scheduled for June 15 at Leavenworth Ski Hill and Aug. 24 at Squilchuck State Park.

"Our whole goal is to get families involved in mountain biking, not just kids and adults" Bonnett said. "It's a family sport."

Each attendee will be responsible for supplying their own working bike and a helmet.

Cost for the youth camps is \$130 for Evergreen Mountain Bike members and \$165 for non-members.

For more information about the camps or other programs, visit Evergreen's website at [www.evergreenmtb.org](http://www.evergreenmtb.org), or contact [centraleducation@evergreenmtb.org](mailto:centraleducation@evergreenmtb.org).

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# Cascade board receives Highly Capable programs report, approves three hires

By Al Stover

During their May 29 meeting, the Cascade School Board received a report regarding the district's Highly Capable programs.

Highly Capable Program Director Mike Janski explained the program had 36 students across the board, which is two more than last year.

At Peshastin-Dryden Elementary School first-graders students are tested at the end of the year. Second-grade students in the program are placed in cluster learning groups. Alpine Lakes Elementary School students, grades 3-5, are participating in Math is Cool (MIC) and Lego Robotics competitions.

Icicle River Middle School students were also placed into clusters and participated in MIC, Lego Robotics and the Technology Student Association (TSA) club. This year, five students will attend the National TSA conference in Washington D.C.

Another component of highly capable programs at IRMS is project-based learning. Sixth-graders focused on earthquakes while seventh-graders ran a space expo. Eighth-graders had a Civil War

Museum Night on June 4.

Janski noted the high school highly capable programs include speech and debate, and knowledge bowl. The high school is also partnering with local colleges for college credit opportunities. CHS has 63-64 college credits available to high school students.

As for recruiting EL students, Janski said staff is utilizing the Naglieri Cognitive Ability Test, a non-verbal and cultural neutral assessment of general ability, to recruit kids. After using the test, staff recruited two EL students to the program.

Janski said as the program moves forward, staff will continue classroom differentiation, cluster grouping, middle school acceleration and integrate high cognitive teaching. In action items, the board approved two hires at the high school - Ashley Bartanen as a counselor and Jill Weil as an EL teacher.

Superintendent Bill Mostenbocker said Bartanen was the counselor at IRMS and has experience working with high school students while Weil is a certified in EL teacher.

The board also approved the hiring of Aaron Hansen



Photo by Al Stover

Student Aiden Tuttle cosplayed as actress and Civil War spy Pauline Cushman in uniform during the eighth-grade Civil War Museum Night. The event was part of Cascade School District's highly capable programs.

for highly capable programs. Janski said Hansen has four years of career-to-education (CTE) and 10 years of middle school teaching under his belt.

They also approved the resignation of Alpine Lakes paraprofessional educator Brianna Fischer. Motsenbocker said

Fischer resigned due to family reasons.

The board held the first reading of several policies and procedures, the first two being Policy 1000 "Legal Status and Operation" and Policy and Procedure 1114 "Board Member Resignation and Vacancy."

Motsenbocker said the only change to Policy 1000 was the addition of language about the school board's mission.

For Policy and Procedure 1114, Motsenbocker said the board must acknowledge a member's resignation when they receive it.

However, they are not required to fill the vacancy because they still have a quorum with four members. Another addition was a board member's resignation is considered immediate, unless they state a date in their letter.

If the board decides to fill the vacancy, they must post a public notice and hold interviews in a public meeting. Candidates who are appointed to fill a board vacancy will remain in the seat until the position is up for election.

The third document was Policy and Procedure 1620 "The Board-Superintendent Relationship." Motsenbocker explained the superintendent's

role is to act as a secretary for the board. Superintendents may delegate staff to perform duties, but they are still responsible for making sure the school board is taken care of.

For Policy 630 "Evaluation of the Superintendent," Motsenbocker said school superintendents can request no less than three confidential conferences with the board for evaluation.

Finally, Policy 1810 "Annual Governance Goals and Objectives" provides five areas of criteria for school boards to create goals.

In other business: - The board approved the second reading of policy and procedure 1105 "Director Districts," and policies for "Oath of Office," "Executive or Closed Sessions," and "Proposed Agenda and Consent Agenda."

- They also approved renewing Cascade School District's membership to the Washington Interscholastic Activities Association (WIAA).

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## IRMS eighth-graders host Civil War Museum night

By Al Stover

Students and families had an opportunity to glimpse into the past courtesy of local eighth-graders at Icicle River Middle School's 8th Grade Civil War Museum night on June 6.

For the event, students from the classes of Todd Gilbert, Jodie Tremberth, Lea Boggs and Stuart Beckman chose topics from the Civil War and utilized math, English/Language Arts, history and science in their presentation.

Some focused on their presentation on medicine, medical procedures and doctors while others picked technology and created machines used during the Civil War like a telegraph and periscopes.

Others focused on the perspectives, people and causes that led to the conflict between the North and the South.

Tremberth said eight-grade band students made a playlist of music from the Civil War and picked different songs, explaining the significance of those ballads.

During the event, students also gave live presentations on figures who were key players in the war.

One performance featured student Emily Reyes portraying a soldier who was wounded by a Minie ball and Lindsey Rodriguez as a surgeon. During the performance, Rodriguez demonstrated how surgeons performed amputations on wounded soldiers.

As she was researching her topic, Reyes said she and the group learned about the various medicines and procedures that were helpful to doctors and soldiers during the war.

"We also learned about dangerous medicines from the Civil War that we wouldn't use today," Reyes added.

Hailey Emry and Zoe Boggs were two of many students who chose to focus on espionage.

They created an exhibit featuring famous Civil War era spies like Harriet Tubman and Mary Bowser.

Both girls learned that many of Civil War-era spies were women who managed to smuggle guns, morphine, ammunition and other items in their skirts and bring them across enemy lines.

Boggs noted that some female spies would smuggle secret messages and plans inside of their dolls and pins.

Emry explained that men during the Civil War era underestimated women and believed their involvement would not impact the war, yet they played a vital role in the conflict.

"It was cool to learn that it was mostly women who were spies in the Civil War," Emry added.

"Most men thought that women were housewives, but really they were important in the war."



Photo by Al Stover

Lindsee Rodriguez (right) gives a demonstration of a leg amputation during the Civil War era with Emily Reyes (left) portraying a soldier wounded by a Minie ball.

CONTINUED FROM PAGE 1

## County Commissioners debate short term rental codes

"(The meeting we did hear) encouraging and positive comments from the commissioners that they needed to do more investigating and research," said Holgate.

They mulled over the idea of different codes for different house sizes and registering annually. Commissioner Bob Bugert seemed to find a lot of value in going the path of making sure fire risk is minimal in overnight rentals.

"The fire and building code don't define Vacation Rentals like a bed and breakfast or lodging houses so it's kind of a gray area," said Bob Plumb,

Chelan County Fire Marshal.

Despite vacation rentals and short term rentals being a gray area, the eventual codes will be black and white so making the decisions surrounding the issue difficult.

From fire risk to volume and odor from a house - each topic of concern was treaded on as the crew tried to map out management plans. Ultimately, the widespread controversy in Chelan County will take a while to gain momentum, but Chelan County commissioners are continuously brainstorming ways to mitigate the options.

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ACROSS  
1. '70s hairdo  
5. Used for Chinese cooking  
8. Part of URL  
11. \* \_ \_ \_ and-slide  
12. Cone-shaped quarters  
13. Formerly known as dropsy  
15. "Les Misérables" author  
16. Hissy fit  
17. Sink hole  
18. "It varies widely in different regions"  
20. One from the Magi  
21. Native American emblem  
22. Lavatory, abbr.  
23. Like #21 or #37 in this crossword  
26. Borrower's warranty  
29. Geological time period  
30. Experienced sailor  
33. Wraths  
35. Turning abstract into real  
37. Zippo  
38. Carl Jung's inner self  
39. It's considered abominable  
40. Ticks off  
42. Mightier than sword?  
43. \*Popular July 4th event  
45. Climb Kilimanjaro, e.g.  
47. Bigheadedness  
48. Hawaiian veranda  
50. Vegetarian's protein source  
52. "It won't last long in the heat"  
55. Canada's favorite tree  
56. UN civil aviation agency  
57. Another spelling for #54 Down, sing.  
59. Listens to #19 Down  
60. Accepted behavior  
61. Copenhagen native  
62. Flower precursor  
63. D.C. time  
64. Church part

DOWN  
1. \*Bonfire residue  
2. Mess up  
3. Capital of Latvia  
4. Porto, to many English-speaking tourists  
5. Painful expression  
6. Poppy product  
7. "In need of a breeze"  
8. Like Beethoven  
9. Fail to mention  
10. \*A farmer's \_ \_ \_  
12. Sleeping sickness vector  
13. Hoover's middle name  
14. "Blast from past in movie watching"  
19. \_ \_ \_boots  
22. Car nut  
23. Bald eagle's nest  
24. Do like ivy  
25. Yogurt-based dip  
26. Cobbler's concern  
27. Nonsense  
28. Red Sea nation  
31. Actress Hathaway  
32. Mammoth site, e.g.  
34. \*Summer castle material  
36. \*Light bearer  
38. Very, in music  
40. Big fuss  
41. Kidnapper's demand  
44. Fits of shivering  
46. \*Noisy insect  
48. El Pollo \_ \_ \_ , pl.  
49. Not together  
50. Off-limits  
51. Newspaper piece  
52. Conifer  
53. Like 2016  
54. Ages and ages  
55. Flash dancers  
58. Born, in society pages

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DENISE CARTER,  
Personal Representative of the Estate of Helen Maxine Anderson,  
Plaintiff,  
vs.  
RONALD POTTER, a single person; and JOHN DOE and JANE DOE,  
Defendants.  
NO. 15-2-00737-2  
SUMMONS BY PUBLICATION  
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John Doe and Jane Doe Defendants  
3800 West Malaga Road  
Malaga, WA. 98828  
You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 5th day of June, 2019, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Denise Carter, as Personal Representative of the Estate of Helen Maxine Anderson, and serve a copy of your answer upon the undersigned attorney for the plaintiff, Denise Carter, as Personal Representative of the Estate of Helen Maxine Anderson, at the office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The object of this action is to quiet title in the property commonly known as 3800 West Malaga Road, Malaga, Washington, to abate nuisance and to eject all persons residing thereon from the property.  
DATED this 31st day of May 2019.  
MURDOCK LAW FIRM, PLLC  
By EARL W. MURDOCK WSBA# 19001  
Murdock Law Firm, PLLC  
222-A S. Mission Street  
Wenatchee, WA 98801  
(509) 663-6000  
Published in The Leavenworth Echo/ Cashmere Valley Record on June 5, 12, 19, 26, and July 3, 10, 2019. #85347

**PUZZLE SOLUTION**

7	6	3	4	1	5	8	9	2
8	1	5	2	7	9	4	3	6
2	9	4	3	6	8	7	5	1
4	5	7	9	8	6	1	2	3
9	3	2	1	5	4	6	7	8
6	8	1	7	2	3	9	4	5
1	7	6	5	9	2	3	8	4
3	2	8	6	4	7	5	1	9
5	4	9	8	3	1	2	6	7

**APPLIANCES**

Pocket some cash by selling your used Appliances with a classified ad.  
Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)  
Your ad will appear online and in the newspaper for one low price.  
Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
Deadline Tuesday at noon for the paper **Quad City Herald**

**GARAGE & YARD SALE**

MOVING SALE ONE DAY ONLY Saturday, June 15 8 a.m. - 3 p.m. 10540 Simpson Road, Leavenworth. Furniture, tools, camping gear, misc. household items.

**CLEAR SOME SPACE WITH A**



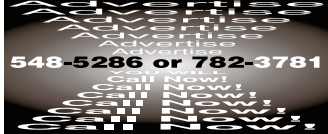
Fill your pockets with \$\$ CASH \$\$ Let others know what items you are selling!  
Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)  
Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
Deadline Tuesday at noon **Quad City Herald**  
Your ad will appear online and in the newspaper for one low price.

**MOVING SALE**

MOVING COOK BOOK COLLECTION FOR SALE. 402 already boxed, more to be added, excellent condition. 509-682-4709

**MOVING SALE**

Leavenworth: huge moving sale, on June 15, 8-4, at 12663 Prowell St. 43 years accumulation must go. Collectables and primitives. Lots of shop items, tools, ladders and other guy stuff. Yard, garden tools, pots and new cedar flower boxes. Camping tents, sleeping bags, and 1950's Coleman camp table. Canning supplies, sewing machine, fabric, quilts and craft items. Lamps, bar stools daybed, other furniture. Way too much household to list. Everything is priced for quick sale, This is the one to go to first!



**NOTICE OF TRUSTEE'S SALE** Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-18-830898-SH Title Order No.: 8737760 Reference Number of Deed of Trust: Instrument No. 2399011 Parcel Number(s): 19619 / 222009520785 Grantor(s) for Recording Purposes under RCW 65.04.015: JAMES ROWE, AN UNMARRIED MAN Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Wells Fargo Bank, NA Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: WELLS FARGO BANK N.A. I NOTICE IS HEREBY GIVEN THAT Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 6/21/2019, at 10:00 AM At the main entrance to the Chelan County Courthouse, located at 350 Orondo St, Wenatchee, WA sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 19, BLOCK 9, COLUMBIA VISTA ADDITION, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 5 OF PLATS, PAGE 9. More commonly known as: 908 WILSON ST S, WENATCHEE, WA 98801 which is subject to that certain Deed of Trust dated 4/11/2014, recorded 4/17/2014, under Instrument No. 2399011 records of CHELAN County, Washington, from JAMES ROWE, AN UNMARRIED MAN, as grantor(s), to FIRST AMERICAN TITLE INSURANCE CO., as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. (MERS) AS NOMINEE FOR SUBURBAN MORTGAGE COMPANY OF NEW MEXICO, DBA MORTGAGE ADVISORY GROUP., ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to Wells Fargo Bank, NA, the Beneficiary, under an assignment recorded under Auditors File Number 2474393. II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/ Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$14,876.75. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$145,339.85, together with interest as provided in the Note from 1/1/2018 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 6/21/2019. The defaults referred to in Paragraph III must be cured by 6/10/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 6/10/2019 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 6/10/2019 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 7/23/2018. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Website: [http://www.dfi.wa.gov/consumers/homeownership/post\\_purchase\\_counselors\\_foreclosure.htm](http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm) The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-18-830898-SH. Dated: 2/14/2019 Quality Loan Service Corp. of Washington, as Trustee By: Maria Montana, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-18-830898-SH Sale Line: 916-939-0772 or Login to: <http://wa.qualityloan.com> IDSPub #0150422 5/22/2019 6/12/2019. Published in The Cashmere Valley Record/ Leavenworth Echo on May 22, and June 12, 2019 #84521.



**PUBLIC NOTICES**

City of Cashmere Notice of Existence of Small Works Roster & Vendor List City of Cashmere maintains a Small Works Roster and a Vendor List of contractors and businesses who are eligible to submit proposals for various public works projects and services, or who can be contacted for non-public works purchases. The Small Works Roster is used for various projects not to exceed \$300,000, in accordance with the laws of the State of Washington, which the City of Cashmere may utilize during the year for public works projects pursuant to RCW 39.04.155. Contractors and businesses interested in applying for placement on City of Cashmere's Small Works Roster or Vendor List may do so by submitting an application. Please contact Cashmere City Hall at 509-782-3513 or visit [www.cityofcashmere.org](http://www.cityofcashmere.org). Published in the Cashmere Valley Record/Leavenworth Echo on June 12, 2019. #83935

**PUBLIC NOTICES**

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY In the Matter of the Estate of DELWIN DICK ZORNES, Deceased. No. 19-4-00176-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Administrator named below has been appointed as administrator 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 Administrator or the Administrator'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 Administrator 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 June 12, 2019

/s/ William D. Zornes  
William D. Zornes, Administrator

Attorney for the Administrator: David A. Kazemba, WSBA No. 48049 Address for Mailing or Service: Overcast Law Offices, PS Attn: David A. Kazemba 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 (509) 663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 19-4-00176-04 Published in The Leavenworth Echo/ Cashmere Valley Record on June 12, 19 and 26, 2019. #85389



**PUBLIC NOTICES**

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

In the Matter of the Estate of FRANK JEWETT Deceased NO. 19-4-00159-04

PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Co-Personal Representatives named below has been appointed as Co-Personal Representatives 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 Co-Personal Representatives or the Co-Personal Representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Co-Personal Representatives served or mailed the notice to the creditor as provided under RCW 11.40.020; 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 DATED this 29th day of May, 2019.

By NAVONNE BELT Co-Personal Representative Address: 103 Falcon Ridge Rd East Wenatchee, WA 98802 By DONAVON JEWETT Co-Personal Representative Address: 3030 GS Center Rd, Ste. E Wenatchee, WA 98801

Attorneys for Co-Personal Representatives: JEFFERS, DANIELSON, SONN & AYLWARD, P.S.

By Lindsey J. Weidenbach, WSBA No. 43523 2600 Chester Kimm Road Wenatchee, WA 98801

CHELAN COUNTY CLERK'S OFFICE Ms. Kim Morrison, Clerk Chelan County Superior Court 350 Orondo Avenue, Suite 501 Wenatchee, WA 98801-2885

Published in The Leavenworth Echo/ Cashmere Valley Record on May 29, and June 5, 12, 2019 #85219

**Stool softeners, laxatives, here is the difference**

Q: After I had my hip replaced, my surgeon recommended I take a stool softener for a couple of weeks to prevent constipation. Is that the same as a laxative?

Laxatives encourage movement of your stool through your intestines, helping to prevent and relieve the pain and pressure of constipation. The word laxative means "to loosen", similar to the more common words "relax" and "lax", meaning acting loose or relaxed. So, a laxative works to "loosen" your bowels, relieving constipation. Stool softeners are considered a particular type of laxative called an emollient laxative, used to lubricate the stool.

When you swallow a bite of food it starts down a series of tubes called your digestive tract. Highly acidic gastric juices are secreted by cells in the lining of your stomach, breaking down your food into a form that will eventually be absorbed into your body. Moving the mostly liquid mass of food from your stomach into your small intestine begins the process of absorbing the vital nutrients in the food that you just ate.

Your intestines are lined with special cells designed to absorb nutrients, medicines, and water. There's also a layer of very important muscles that run the entire length of your intestines that keep that mass of food and liquid moving along, and whatever is left over is eliminated as stool or feces.

The longer it takes to move through your small intestine to your rectum, the more water gets pulled out of your stool, making it smaller, harder and more painful to eliminate. An emollient can soften the stool both by pulling moisture back into the stool and by lubricating it, easing the discomfort of constipation. The most common stool softeners are docusate and mineral oil.

Docusate is a surfactant very much like a detergent or soap, and helps water to move into your stool. Although docusate doesn't directly stimulate the muscles of your intestines or increase the movement of stool, it can relieve constipation by replacing some of the water in your stool that is absorbed by your body as it moves through your intestine. Docusate is usually easy to tolerate but may occasionally cause diarrhea or stomach cramps. Unlike mineral oil, it doesn't interfere with absorption of nutrients or vitamins.

Mineral oil is a liquid refined from crude oil. It lubricates the stool but doesn't increase its water content like docusate. Mineral oil is colorless and odorless, and "baby oil" is a scented version of it. Mineral oil can interfere with your body's absorption of fat-soluble vitamins like vitamin A, D, E and K, eventually causing a deficiency and also can leak out from your



rectum. If you accidentally inhale it while trying to swallow, mineral oil can cause life-threatening irritation to your lungs. Mineral oil usually stays in your intestine where it is needed, but if you take docusate and mineral oil together, the mineral oil can be absorbed into your body and away from where it can help relieve painful elimination.

Emollient laxatives like docusate and mineral oil may turn your stool "mushy" but don't directly stimulate the muscles lining your intestine. While most people get results within 2 days, it can take up to five days for full effect.

Here are 5 Tips on Using a Stool Softener:

1. Drink enough water and fluids, especially around mealtime.

This will help docusate do its job of helping move water into your stool.

2. If you are on a sodium-restricted diet, choose docusate calcium instead.

Docusate has two forms, sodium and calcium. If you must restrict your sodium intake, choose docusate calcium instead of docusate sodium. It can be hard to find; if you don't see it on the shelf, ask the pharmacist.

3. If you have trouble with large pills, don't buy 250mg docusate capsules.

The size of the capsules is hard to see through its dark bottle. Although the 250mg capsule is a better value than the 100mg because they cost the same, the 250mg capsule is HUGE and should not be cut.

4. Avoid cutting or biting docusate capsules.

Docusate tastes HORRIBLE, just like soap, because that's what it is. Avoid biting or cutting docusate capsules unless you like the soapy taste. The syrup is nearly as bad; it ranks consistently at the bottom of liquid taste tests and the aftertaste can linger for hours.

5. For faster results, choose a combination laxative and stool softener.

Docusate is often combined with a more stimulating laxative like senna or bisacodyl. Senakot-S® and Peri-Colace® are examples of combination products.

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](http://www.AskDrLouise.com). ©2019 Louise Achey