

May brings attention to mental health

By KALIE DRAGO
Echo Reporter

Often times we concentrate on our physical health - eyeing that suspicious mole after a long day on the river, reminding grandpa to get his steps in for cardio and stocking up on Claritin for allergy season. Sometimes though it can be easy to have a lapse of attention when it comes to our mental health. The taboo surrounding mental health can be an unfair anchor, keeping the important topic from breaking the surface for many struggling. May has been Mental Health Month since 1949 and while we often know October is full of pink ribbons for breast cancer awareness, Mental Health Month isn't as universally addressed.

Cascade Medical tackles mental health head on, regardless of what month the calendar is flipped to. There is a dangerous stigma attached to mental health issues that keeps some individuals harnessed in a cycle of silently trying to cope. Since Cascade Medical, along with Confluence Health, is an integrated facility this means that there is both general and mental health care offered in a singular setting. This can ease the process by allowing the primary care provider to not only answer questions about aches and pains, but help with mental health issues as well.

"I think one of our goals of doing it integrated behavioral health and primary care is to treat mental health as healthcare and don't think twice about going to the doctor," said Dr. Maxwell Moholy, Cascade Medical's licensed clinical psychologist. "But I think people do think twice before seeking help for mental health concern. (Being an integrated facility means) Lowering the barrier to accessing mental health services."

It's easy to externally examine the co-worker sniffing and notice the illness, but mental health stability isn't always transparent to the outside world. As a society, we can be conditioned to water down the internal struggle and this month brings awareness to not only mental health, but the treatment options out there.

"If you're struggling with an issue that's becoming a barrier to your functioning and that you can't quite wrap your head around that would be one trigger to come in and talk to someone independently for an evaluation," said Dr. Jay Jerome.

Some people can approach their mental health by diluting anxiety by attending a biweekly yoga class or break down intrusive thoughts by chalking it up to a bad day and venting with a close friend. But similar to taking care of physical health, while some are runners and others prefer Pilates, everyone has a different style to coping with mental health. Others aren't as readily to share and dissect the negative thoughts that have been plaguing them or can't combat anxiety by bending into Lotus position on a yoga mat. Some individuals do require treatment to take care of their mental health.

"We offer assessment by primary care provider who can screen and treat mental health disorders with medications as well as do some brief intervention counseling. In addition, we have open access to our clinical psychologist," said Jerome.

Aches and pain extend beyond bruises and headaches. Mental health deserves care and attention too.

"The first thing I always talk to people about is that they're not alone. You're not alone and I think that can just be helpful in of itself. Realizing other people are struggling too and there's help and treatment available," said Moholy.

24/7 Crisis numbers to call:
National Suicide Prevention: 1-800-273-TALK
National Crisis Text Line: Text "START" to 741741
NCW Behavioral Health Crisis: 662-7105



Photo contributed by Judy Rector

Rector traveled to Haiti to continue fulfilling the Days for Girls mission and here the girls grin with their new kits.

Paving the way to sustainable female health – Days for Girls

By KALIE DRAGO
Echo Reporter

A global movement gained local traction and has around 15 Leavenworth volunteers supporting the cause – Days for Girls, Ambassadors of Women's Health, is a non-profit organization that provides access and education for menstrual care.

"The founders of this project determined that if young girls had education as to what menstruation is and that half the world is going through this, they could take care of themselves and they simply needed the materials to do it," said Judy Rector, founder of the Leavenworth volunteers for the program

Menstrual care and accessibility to needed products are vital for every female regardless of

location on a map or economic standing.

Unfortunately scattered across the globe, young girls don't have access to products for menstrual care and would suffer by missing school when that monthly visitor came. Days for Girls recognized this and created a movement to provide sustainable options for that time of the month.

"Sadly, the girls in developing countries don't have access to menstrual products. So they use leaves, cow dung, mattress stuffing, anything they can to take care of themselves," explained Rector. "Meanwhile, they get infections and in many cultures, like India and Pakistan, they are outlawed for that week of the month and go sit in a goat shed

or somewhere out of their village so the uncleanliness during that time will not contaminate the other villagers."

While in Leavenworth, there are limited obstacles wedged between girls and the local pharmacy for women to get needed products, that is not the case on a global scale. In certain locations in developing countries, like Haiti, women don't have a CVS to run into like girls in privileged places. There is also a sense of shame attached to periods and these girls don't see the splashy, colorful tampon commercials like many girls are exposed to in the U.S., normalizing the natural occurrence.

"They have served over a million girls with a kit and education. Before the girls get a kit,

they get the hows and whys of what's going on, why does this happen and how can I take care of myself and be clean. And pass on that information to my family and children when I'm older," said Rector.

Rector and her comrades get together once a month to put together these kits in an assembly line like format. The seamstresses come with the liners and shields sewed and ready to go. The crew purposely selects dark colors for the underwear to hide stains and supplies a clean washcloth and soap as well. Rector said she gathers scrap fabric to reduce some of the cost. The products have been able to last up to three and four years,

SEE DAYS FOR GIRLS ON PAGE 2

Mayor Farivar says farewell to her time as public official

By KALIE DRAGO
Echo Reporter

After serving two terms and being an actively engaged lifelong member of Leavenworth - Mayor Cheri Farivar is ready to pass the baton to the next candidate elected in November. Closing in on her exit, the Leavenworth native was candid about the view of the Bavarian Village through the lens of the mayor.

Farivar has seen both success and failure in Leavenworth since she was a resident when the city was disintegrating into a ghost town. At nine years old, Farivar helped her mother and the rest of the grassroots group to bring LIFE (Leavenworth Improvement For Everyone) back into Leavenworth and revive the town into the Bavarian Village it would become.

"It was very gratifying to have been apart of something that was so beneficial to Leavenworth," said Farivar. "My mother being a real civic activist, instilled in us 'you need to be involved in community'."

With being on the sidelines, watching Leavenworth blossom and being raised as a strong believer in civic participation, Farivar actually was propelled into the mayor's seat from a different



File photo

Mayor Farivar isn't running for a third term and looks forward to spending more time with her family after her time as mayor is completed.

sequence of events. Farivar's desire to become mayor initially stemmed from the fact, like so many residents that stride up to the podium to express grief, she too had some dissatisfaction with some aspects of city business.

"About eleven years ago, my husband and I

did a four lot short plat. The process with the city was very difficult and very expensive, far more than we had anticipated. So as a result of that I found some dissatisfaction with city government, particularly planning and zoning," said Farivar. "My husband said to me you know 'Cheri, you can complain about this or you can do something about it.'"

And that's just what she did. After serving two years on the council, she realized to really amplify the change she perceived as necessary for Leavenworth, she had to run for mayor. Now with two terms under her belt, she's ushered in that change she strived for. But change often comes with growth, projects and even some hesitation from residents.

"The biggest challenge revolves around the controversial aspect of development in Leavenworth. The controversy that we are facing right now, that is a result of our success, is probably the biggest challenge," said Farivar. "Whenever a community undertakes a huge project, like the Bavarian theme, there's a big risk. But there's a lot of reward to that as well. Coping with the

SEE MAYOR FARIVAR ON PAGE 2

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Community news

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Photo contributed by Judy Rector
Rector and the woman who helped Rector with the language barrier educate the girls on menstrual care.

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Paving the way to sustainable female health – Days for Girls

making them a sustainable option for these girls.

“These are good for three to four years, if you take care of it they are lasting that long. That means girls are staying in school much longer and don’t have to pay for their care. They can’t, they have no money, they can hardly feed themselves,” said Rector.

The sewing is just a sliver of what Days for Girls does. The program also provides education to young girls that aren’t given the same rite of passage - sex education - that girls in American society are given when approaching puberty.

“When they’re given their kits, we have a flip chart in three or four languages. It shows a worldwide need for this, what menstruation

is, how to care for yourself and what to share with your partner

The kit comes along with a flip chart that actively engages the girls to ensure they’re comprehending. The kit also comes with a cycle calendar for the girls to be able to track their period.

“The big thing with menstrual care is is the (age group) 12 and older when ever their period starts can now stay in school and know the way to take care of themselves. Instead of staying home or in a hut somewhere, they can go to school because they have the care they need,” said Rector.

“With this kit they are giving themselves the opportunity for an education and to compete in the workforce

and move on in society.”

The program started in 2008 and Rector gathered her comrades together three years ago, 2016, to contribute from Leavenworth.

According to Rector, this local effort began with Methodist Church women, it has reached out to volunteers from the community and other interested folks. The working group changes with time availability of all involved and Rector stressed it’s often a home project.

“We’re making a real difference. Giving them dignity, sharing understanding and when the training is finished they seem to hold their head a little higher,” said Rector. “This is something they now know about, they understand it, it’s not a shameful thing.”

CONTINUED FROM PAGE 1

Mayor Farivar says farewell to her time as public official

fruits of our success, there’s always a negative side to any kind of positive. But we are a vibrant and super successful community.”

With a shift into such a bustling tourist economy and a spike in new developments, there is a gradual rise in issues for the city and public officials, like Farivar, to manage. Many times certain controversial city decisions are magnified, such as the possibility of the Adventure Park, and certain nuisances are widespread, like parking and traffic.

Sometimes these loud grievances eclipse the projects that keep the city successfully churning that are underlying, but still have had a lot of depth and time spent on them from public officials like Farivar. Infrastructure projects aren’t glamorous or flashy, but something Farivar is proud to have aided the city in producing improvements on.

“One of my biggest accomplishments is that I’ve been able to help usher the city through these enormous changes that are occurring. Some are evident and some are not. It is the city’s job and responsibility to provide public safety, public utility and although not particularly noticeable, those are the biggest changes we’ve had here in Leavenworth behind the scenes,” said Farivar.

Some of these projects are on the horizon, according to Farivar: the upcoming rebuilding of the sewer plant (due to

government regulation, not because of capacity), the water plant improvement and the Pine Street project (a project she’s been concentrated on since her time on City Council).

As she begins to see the end of her chapter as mayor, she is making plans to take full advantage of spending time with her twin granddaughters and immerse herself in time with family - though she will continue her appraisal practice, but with more time for herself and family.

Farivar shared some advice for whoever fills that center seat in City Hall - listen to the constituents, but don’t take the controversy personally.

“Pay attention to everything you hear from residents and business owners. Paying attention to what’s happening in the schools, paying attention to what’s happening in the neighborhoods is a good way to stay in touch with what a mayor needs to do to usher in change or correct issues,” said Farivar. “My best advice would be, don’t take it personally. (When people are upset) They often lash out at individual elected officials. That’s pretty hard to take especially when you work hard for the benefit for the community, as we do as elected officials.”

Despite Farivar being absent as a public official, she will leave a legacy in her wake due to her lifelong unyielding commitment to keeping Leavenworth flourishing.

THE LEAVENWORTH ECHO

© 2019 NCW Media, Inc.
215 14th St., P.O. Box 39
Leavenworth, WA 98826-0039
Phone: 509-548-5286
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Circulation
1-509-293-6780
circulation@lakechelanmirror.com

DEADLINES:
Calendar Listings: Noon, Thursday
News Submissions: Noon, Thursday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Thursday
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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

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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.

LEAVENWORTH ROTARY NEWS ROTARIAN OF THE MONTH



Rotarian President, Penny Carpenter presents Bill Dick with certificate in recognition as April Rotarian of the Month for Leavenworth Rotary Club. Bill has been a member of Leavenworth Rotary since 2014. He was a previous member in Santa Rosa, California. He is very active and has Chaired our annual Birdhouse project during Kinderfest and worked in our Christmas lighting booth. Bill also hosts our monthly satellite meeting at O’Gradys. Having worked in the wine industry in California he is very knowledgeable on wines and has hosted several wine tasting events for members. He also is a very good singer and plays guitar. Lastly, one of his major accomplishments is being one of 1568 individuals to solo swim the English Channel since 1875. Bill is an asset to Leavenworth Rotary and this is a well-deserved honor.

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Obituary

Loretta "Joyce" Kopp

February 27, 1932 – April 19, 2019



Karen (Jon) George Folden of Peshastin, WA; Stephanie (Jim) Waldrop Schroeder of Ferndale, WA; and son, Lt. Col. Matthew (Teri) Kopp of Bishop, GA; grandchildren: Jason (Julie) Franklin and Jeffrey (Wendy) Franklin of Marysville, WA, Matthew (Michelle)

Logan of Leavenworth, WA, Nicole Logan of Craig, AK, Alexander Folden and Morgan (Jeff) Folden Lang of Peshastin, WA, Kelli (Trey) Schroeder Baker and Jacob (Jessie) Schroeder of Ferndale, WA, Noah Kopp and Kayleigh Kopp of Bishop, GA; 14 great-grandchildren; numerous nieces, nephews, and cousins, including life-long friend (cousin), Eileen Kelly.

Joyce requested a private family service at the Mountain View Cemetery in Leavenworth, WA. Friends who wish can make memorial contributions in her name to Hospice or The Alzheimer's Association.

Special thanks to Epledalen Retirement Living and Cashmere Care Center.

For the full life story please see her tribute online at www.HeritageMemorialChapel@msn.com.

Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee and Cashmere, WA.

L. Joyce Stebbins-George-Waldrop-Kopp, passed away on April 19, 2019, at Cashmere Care Center. Joyce was born on February 27, 1932, to Alan "Terry" and Caroline (Johnson) Stebbins. Her family were long-time residents of Leavenworth, WA. She graduated from Leavenworth High School.

Joyce is survived by her brother, Fred (Karen) Stebbins of Yakima, WA; daughters: Peggy (Dennis) George Franklin of Stanwood, WA; Lynnette George Logan of Craig, AK;

Obituary

Gary Scott Kraus

May 8, 1965-May 3, 2019



Gary Scott Kraus left this earth on May 3, 2019 into the arms of his heavenly father. Gary was born on May 8, 1965 to William and Nancy (Folden) Kraus in Everett, Washington.

He spent his early years living in Skykomish and moved with his family to Peshastin in 1968. He grew up on Peshastin Creek in his family's orchard.

Gary loved sports of all kind. Whatever season it was, that was his favorite. He spent his high school days playing football, basketball, and baseball. He was a baseball standout and attended the Mickey Owen's Baseball School in Springfield, OH. Gary graduated from Peshastin-Dryden High School in 1983.

In 1989 Gary married Kelly Piontek and had 2 beautiful daughters Megan and Melanie.

Over the years Gary worked for The Leavenworth Golf Course, Northwest Wholesale, Chelan County Public Works, and McDougall & Sons.

Gary was an avid outdoorsman and loved hunting and fishing. He also loved golfing, softball, playing pool, coaching baseball and a good time with his many friends. One of his greatest joys in life was being a grandpa.

Gary was blessed to meet his youngest granddaughter just before his passing. Gary was preceded in death by his father Bill Kraus and his brother Jeff Kraus.

Gary is survived by his mother Nancy Kraus, brother Paul Kraus, and sister-in-law

Kris Kraus all of Peshastin. Daughters Megan Solly (Skye) of Leavenworth Washington, Melanie Kraus of Tumwater, Washington, and his granddaughters Elaine and Amelia Solly of Leavenworth, Washington. He is also survived by numerous nieces, nephews and cousins.

A memorial will be held on Saturday, May 25 at 3:00 p.m. at The Dryden Gun Club.

The family would like to thank Gary's many coworkers who donated their vacation time, and his many friends who helped Gary during his illness.

Arrangements are being made by Jones & Jones-Betts Funeral Home.



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Matt Cade President of the Upper Valley Historical Society and Museum presents David Severance, (aka Father Christmas) with an Lifetime Honorary Member Award as a founding member and for his years of dedicated service. David was the first president and has been member since the Society started in Leavenworth in 2006.

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www.cashmerepres.org



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Pastor Lilia Felicitas - Malana

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Junior High, Wednesdays, 6:30 p.m.
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Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
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christcentercashmere.com



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DRYDEN COMMUNITY CHURCH

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Sunday School 9:30 a.m. • Worship 10:45 a.m.
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MONITOR



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Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
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Local sculptor settles back in at home

By KALIE DRAGO
Echo Reporter

Since there is no shortage of creative and artsy people in the valley, Joe Bissonnette who is a retired, long time sculptor, settles in perfectly. Bissonnette left the valley briefly but circled back to where he first got his affinity for the art.

"I can get scraps and turn them into sculptures. Sometimes it's pleasurable to peel it (the wood) like an orange and see what it looks like on the interior. It's kind of surprising sometimes," said Bissonnette.

Bissonnette has many local ties to the community in his art. He attended Wenatchee Valley Community College where he started gaining momentum for his career. At the local college is where Bissonnette learned about all the artists hiding in the nooks and crannies of the Valley. He credits Bob Graves for starting an 'art van' which allowed them to load the van with art from local artists for art shows. This was a way for local artists to reach destinations that couldn't afford to make the journey for art shows.

"These people started winning prizes and got some



Joe Bissonnette poses by his sculptures that are about completed.

Photo by Kalie Drago

recognition even though they hadn't left the valley. But it put them on the map. The art van was something that made me realize there was a lot more artists in this valley. It said to

me there was a lot of culture from Leavenworth, Cashmere and Wenatchee," said Bissonnette.

During his time in college, he traveled to Lake Wenatchee

to gather soap stone for carving - which ended up playing a role in jump-starting his sculpting path.

"I entered a piece of soap stone in the Anacortes Arts

Festival and got the first place in the sculpting division," said Bissonnette. "So things started taking off."

After his career gained traction and he was racking

up awards at festivals, he got an invite to show his pieces in an art gallery in downtown Seattle. Some of his art ended up in the hands of a Seattle Super Sonic and Toronto Blue Jay (names couldn't be shared). Bissonnette's art has landed in a variety of locations on Washington state's map, but he shares that differentiating sculpting materials is what really matters to finding a sweet spot.

"Try to work in as many different types of medium as you can whether that's stone, wood, plastic, whatever. You might be surprised what you end up liking. Don't shut any doors on what materials might be available," said Bissonnette.

Now that Bissonnette has returned to the valley, he's been working on sculptures and travels to Bellingham to display his work. But locally, he re-oils and cleans up his previously sold sculptures that are scattered in homes across the valley.

"It kind of reminds me of something I did 25, 30 years ago. It's kind of fun to remember those people who were really supportive years ago," said Bissonnette.

Cascade students invite community to join for bedtime stories

By KALIE DRAGO
Echo Reporter

Many kids fall asleep restless if mom or dad doesn't crack open a book or recite a familiar tale before bedtime.

Some of Cascade School District's younger counterparts were cast in "Bedtime Stories (As Told by Our Dad) (Who Messed Them Up)" by Ed Monk and will be performing May 16-19 on the Cascade auditorium stage.

"The show is basically three fractured fairy tales told by a very tired dad. His three girls insist that he tells each of them a bedtime story

from memory which doesn't go very well, but it's amusing to see," said Mandi Wickline, drama coach for the district. "The author does a great job showing the realities of parenting in a believable and funny way."

There will be no show tunes as this is solely a play.

According to Wickline, there was the idea to harness in Alpine Lakes and Icicle River students who just wanted to act rather than the hefty pressure of being able to hit a note as well.

"Often, people are intimidated by having to sing at au-

ditions, so we wanted to give our actors a place to become more comfortable onstage. It's really weird to not have the singing and dancing element, but it's a luxury for us to just focus on acting," said Wickline.

With a wide range of experience levels and age groups on the stage, Wickline said watching the progression of their skills has been fun.

Acting shouldn't be too difficult of a feat since the show is centered around a storyline that kids are familiar with.

"Some kids inherently understand keeping your face

out to the audience. Some kids don't but they learn over time.

Some kids naturally speak loudly and clearly. Some kids feel like they're overacting if they do that. It's a fascinating process trying to create

something real with stage conventions that don't feel natural, but the kids do a really good job of creating believable characters," said Wickline.

"There are a lot of really funny, talented kids in the

show. And the play really captures what it's like to be a kid. I'm looking forward to seeing how audiences react to their performances because they are all so unique," said

SEE BEDTIME STORIES ON PAGE 6



Bowles, the Rosses, Camp are a trio of daughter and their father. Ian Ross plays the father who starts off by promising to recite a bedtime story. For more photos, visit Leavenworth Echo online for the full gallery

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What joy and excitement it was for me to find 40 people willing to bake a Special Dessert for the yearly Rotary Fest.

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It is a great blessing to live amongst most generous and compassionate neighbors.

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Elisabeth Saunders, Rotary Chair

LETTERS TO THE EDITOR

More on the Adventure Park

After attending the public hearing on April 30 it's become more obvious that the Adventure Park must be rejected. There was massive public opposition with people expressing their concerns about what this park would do to Leavenworth's character, small town identity and quality of life. These are people who really care about this community.

In contrast the small handful of supporters were business interests who would benefit financially, some with obvious conflicts of interest. While the hearing had a narrow focus on Code and the Comprehensive Plan this level of public opposition can't be ignored. Yet the City and the Chamber intend to do just that.

They are willing to insult and offend the larger Leavenworth community which

supports the Leavenworth economy in favor of out of town developers. In the real world this makes no sense. Something else is going on here.

Later in the afternoon when Mr. Moffett the developer spoke he said that his family developed and operated Snoqualmie Pass. Then he said that he wanted to put an alpine coaster at the pass but the Forest Service denied it. Apparently two other locations also rejected the alpine coaster.

The obvious question is why when it was rejected at other areas would Leavenworth want it? Given that 90% of the speakers at the public hearing spoke in opposition to the park the answer is that we don't want it either.

Fred Carani
Leavenworth

CONTINUED FROM PAGE 5

Cascade students invite community to join for bedtime stories

Wickline. Wickline stated that roughly 40 kids tried out with only 18 roles to cast.

However, Wickline quickly came up with the idea to double cast so everyone could be included. Audiences are

encouraged to see the two different casts because students interpret their roles differently.

This bedtime story won't put anyone to sleep - The comical double cast play will keep the audience wide

awake, giggling throughout the show.

"Kids are always sharing ideas, expressing emotions, and asking questions.

That openness is what makes good actors," said Wickline.



From left Grace Redman, Kate Smith, Faith Smith, and Tarin Worden are comical as they launch into character.



Photos by Kalie Drago

From left Molly Bowles, Ian and Kyrianna Ross, and Black Camp go over their lines at rehearsal.

Adventure Park Hearing

Most of our visitors travel some significant distance to come here and enjoy what Leavenworth offers.

They seek the pristine quality that we have managed to maintain until now, so different from their cities, towns and suburbs. Our visitors choose to leave behind crowded streets and sidewalks, traffic delays and frustration, the constant search for a parking spot, background noise that drains their energies, and light pollution.

They spend time, money and effort to get here. And they come because we offer our version of Bavaria, good food and company, a pleasant small-town environment and ready access to the mountains and woods nearby.

And fortunately, at least until now, our town has adamantly insisted on keeping these qualities that attract our visitors.

We are now about to cross over into new territory, where the Adventure Park mimics the raucous, high-energy, over-lit, over-parked, noisy environment that our visitors deliberately left behind.

But once they see how we have become just like many crowded touristy destinations, will they still want to drive the distance to come here? Will they want to leisurely walk our streets when they become clogged, brilliantly lit, subject to random mechanical noises and light pollution?

To illustrate the changes, the project's proposed lighting will totally destroy the relaxed Bavarian atmosphere that the City has worked so hard to create and maintain.

The installation of 100+ outdoor lights over the Park's total area, many at 200 feet in the air and lit until 10 p.m., will make the west end of town look like an interrogation zone.

If the Adventure Park project is built it will -

- 1) destroy Leavenworth's image as an accessible, charming rural town and
- 2) cause many visitors from gridlocked urban areas to rethink driving here if they experience the same kind of traffic jams, noise and density as at home.

Lastly, the proposed park will determine our visitors' initial experience as they enter Leavenworth. They will confront a dangerous mix of fast-moving cars entering gridlock, high-intensity lighting flooding the entire area, pedestrians from every direction and very little available parking.

Is this how we will welcome tourists to our lovely rural town?

Thank you for the informative article on the Adventure Park debate last week. The article and photo do a great job of showing the groundswell of concern on the impacts of that project.

I truly hope that the businesses in town realize how dependent their success is on the leisurely, walkable, enjoyable environment we have in downtown Leavenworth.

Thank you again,

Ann Crosby
Leavenworth

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CASCADE SCOREBOARD

Baseball	
May 6	Cascade 0, Cashmere 6
Boys Soccer	
May 7	Cascade 7, Chelan 0
May 9	Cascade 0, Cashmere 2
Softball	
May 11	Cascade 6, Okanogan 4
May 11	Cascade 11, Chelan 10
Boys Golf	
May 9	Cascade 424, Okanogan 360
Girls Golf	
May 9	Cascade won via forfeit
Boys Track and Field	
May 8	Cascade boys finish third with 60 points
Girls Track and Field	
May 8	Cascade girls finish third with 68 points

CASCADE SCHEDULE

Boys Soccer	
May 17-18	1A Boys State Soccer Championships (if qualified)
Boys Golf	
May 21-22	1B/2B and 1A Boys Golf State Championships at Tumwater Valley Golf Course in Tumwater (if qualified)
Girls Golf	
May 21-22	1B/2B and 1A Boys Golf State Championships at Tumwater Valley Golf Course in Tumwater (if qualified)
Boys Track and Field	
May 16	District 6 Championships at 4 p.m. at Cashmere
Girls Track and Field	
May 16	District 6 Championships at 4 p.m. at Cashmere
Boys Tennis	
May 14	District 6 Championships at Manson
May 18	District 6 Championships at Manson
Girls Tennis	
May 14	District 6 Championships at Manson
May 18	District 6 Championships at Manson
Softball	
May 18	Cascade at Colville CTL-NEA Crossover game

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Edgar Mata scored the first goal for Cascade during their 7-0 win against Chelan.



Cascade's Jose Valdez drives the ball downfield.

Cascade soccer advances to state tournament, Avila sets new career goals record

By AL STOVER

Arturo Avila's four goals helped the Kodiak boys soccer team advance to the District 6 title match after the team's 7-0 shutout over Chelan in the district semi-finals on May 7.

Avila's final goal in the 65th minute brought his career number to 67, setting a new Cascade High School record of 66 goals. The junior will have an opportunity to increase his numbers in the following weeks and next year as a senior.

"I couldn't have done it without the team," Avila said. "It feels amazing to hold the record."

Edgar Mata kicked off Cascade's scoring with a goal in the fifth minute. Avila scored his first two goals in the ninth minute and the 21st to give the Kodiaks a 3-0 lead at halftime.

Cascade continued their offensive momentum in the second frame with Avila adding a goal in the 53rd minute.

Raul Mata knocked in a goal two minutes later, followed by Jose Rivera's goal in the 60th minute.

Co-head Coach Pete Spiegel said it was good to see the team score throughout the match. He was also happy with the team's performance and how they kept the ball



Photo by Al Stover

Arturo Avila broke the Cascade career goals record with 67 during the Kodiaks' 7-0 win against Chelan.

on the ground and played from the back. "It's rewarding when you see the fruits of their labor," Spiegel said.

Cascade soccer team hit a roadblock on their way to the 1A Boys Soccer State

Championships on May 9 after a 2-0 loss to Cashmere in the District 6 tournament finals. The district finals marked the first loss in the Kodiaks' 2019 campaign and snapped an 14-game unbeaten streak.

Cascade struggled to get their offensive momentum going in both frames of the contest. Meanwhile their defense was unable to stop Cashmere's Evan Bakken from scoring goals in the 28th and 55th minutes.

Co-Head Coach Jesus Sandoval said he knew Cashmere was going to bring their best effort as they always do when the cross-town rivals face the Kodiaks. He added that soccer is a game where even a good team like Cascade can find themselves in a hole early and not dig themselves free.

Despite not having one additional trophy in their case, the Caribou Trail League champion Kodiaks advanced to the first round of the 1A Boys Soccer State Championship tournament and played Wahluke No. 2 seed on May 14. If Cascade wins, they will advance to the quarterfinals, May 17-18.

Sandoval acknowledged that being a No. 2 seed from District 6/7 will result in a more difficult road for the Kodiaks in achieving their goal of making it to the state finals.

"In order to be champs, we have to beat the best teams," Sandoval added.

Cascade softball team advances to CTL-NEA crossover

By AL STOVER

The 2019 season is not over for the Cascade High softball team just yet.

The Lady Kodiaks softball team advanced to the next stage of the postseason after a close 11-10 win over Chelan to finish second in the District 6 tournament.

With the game tied at 9-9 in the bottom of the fifth, Kaija Lovelady doubled to bring in two runs to once again give Cascade the lead. The Lady Goats added one run in the sixth to cut Cascade's lead to one run.

The Lady Kodiaks opened with a two-run lead in the second inning, the first on on a stolen base followed by Truh Merriman's base hit.

The Lady Goats answered with three runs in the third for

a 3-2 lead. Cascade responded with a run in the bottom of the frame to tie the score.

At 3-3 in the fifth inning, Chelan scored six runs in the top of the frame. Cascade made six of their own to tie the game at nine apiece.

Sarah Paulson earned the pitching win after she took over for starter Renee Lambert.

The Lady Kodiaks tallied 13 hits with Lovelady leading the pack at 4-for-4 with a double, two RBIs and two runs scored. Merriman was 3-for-5 with two RBIs. Lambert and Alondra Acevedo collected multiple hits.

Head Coach Todd Gilbert said Cascade struggled with inconsistent defense in the early part of the game, though he commended Lambert for her job behind the circle and

Paulson for taking the mound halfway through the contest.

Prior to the Chelan win, Cascade endured a 6-4 loss to Okanogan in the District 6 title game.

With the game tied at one run apiece, the Lady Kodiaks got their bats going in the second inning, with three runs from Merriman's double. A rowdy Okanogan team answered with four runs in the third inning to take a 5-4 lead and added an insurance run in the fifth.

Gilbert said the team played well for most of the game, save the third inning.

"We didn't hit the ball well and had runners on base, but they made it hard on us," he added.

"They have one of the best catchers in the district and

you're going to steal on her."

Lambert, Paulson, Madison Hardy and Kayla Bittle collected hits. Paulson took the loss on the mound, allowing seven runs on five hits and striking out nine batters.

"It wasn't the prettiest day of Kodiak softball, but I'm happy for the seniors to experience an extra week of playing, with an opportunity to advance to state," Gilbert said. "And the rest of the team as well."

Cascade will travel to Colville on May 18 for a crossover game with Northeast A League's Lady Indians. Colville finished third with an 8-4 conference record during their regular season. If the Lady Kodiaks win, they will advance to the first round of the 1A Softball State Championships, May 25-26.

Kodiak girls tennis named 1A State Academic Champions

By AL STOVER

Although their season is not over, the Cascade High girls tennis team has received honors for their hard work off the court.

The Washington Interscholastic Activities Association named the Kodiak girls the 1A Academic State Champions with a 3.946 GPA.

"I would love to tell you that Coach Hassinger had a lot to do with this award but the truth of the matter is everyone in this district had much to do with this award," Head Coach Mark Hassinger wrote in an email.

"I am just lucky enough to surround myself with this great group of kids every day at practice. I think I can speak on behalf of the girls, thank you to you everyone."



Cascade Madeline Schiefelbein arrives at third base.



Cascade's Sarah Paulson went 1-1 on the mound.

Cascade baseball ends season in district tournament

By AL STOVER

The Kodiaks ballclub ended their 2019 campaign on May 6 after a 6-0 loss against Cashmere.

The Bulldogs took a three-run lead in the second inning and added insurance runs in the fifth and sixth frames.

Cascade struggled to get their bats going and runners on base throughout the contest.

"Cashmere played a very

sound game, their pitcher was excellent and the defense made some really good plays to keep us from getting any hits," Head Coach Brett Isadore said. "We hit the ball hard numerous times but just right at guys, or the defense made diving plays to save the hit."

Starter T.J. Thompson took the loss on the mound before Conrad Hasse took over in the second inning.

The loss brought Cascade's

overall record to 5-12 and 1-8 in conference play and a fourth-place finish in the Caribou Trail League standings. The season also marked the end of Isadore's first year in leading the program.

"I really enjoyed it," Isadore said of his first season skippering the Kodiak ballclub. "It started out so slow and looked like we might not ever make it out on the field and then I blinked and it was over."

Like many teams this spring sports season, Cascade had to wait several weeks to play on a live field due to the winter weather. During their initial weeks of practice, the Kodiaks spent hours in the gym, drilling down on pitching and hitting until they could practice on their field.

There were some bright spots in Cascade's season, including a sweep over Clover Park in a March 23 doubleheader where they won 10-0 in game one and 6-4 in the nightcap.

The Kodiaks added their third victory on April 5 with a 13-3 win over Meridian in a game that ended early due to the 10-run mercy rule. They

picked up their first CTL win on April 13 when they split a CTL doubleheader against Cashmere, winning 12-1 in the first game.

Cascade earned their final win on April 25 with a 12-1 thumping against Liberty Bell.

The Kodiaks lose only a small portion of their starting lineup, specifically starting pitcher Hasse, infielder David Nelson and outfielder Nate McMahon.

A bulk of this season's starters will have an opportunity to return next year. Sophomore Cody Enloe, and juniors Hunter Reinhart and Thompson, all spent some time on the mound could make up a portion of Cascade's bullpen. Underclassmen like Aiden and Owen Skystad and Cole Warnaca will be juniors while Ben Sunitsch would be a senior. There will also be the crop of next year's freshman ball players who will don CHS Kodiak jerseys for the first time.

"Cascade has some incredible kids with big personalities, it was an absolute pleasure to around them this year and I'm really looking forward to next



Cascade's Hunter Reinhart scores an out at first base.



Photo by Al Stover

T.J. Thompson started on the mound for the Kodiaks.

season," Isadore said, "I will have a lot better idea of what to expect, where we need to develop and where the other teams in our league are sitting for talent."

Tennis: Espinosa finishes second in CTL singles division



Cascade's Dorothy Espinosa finished second in the girls singles bracket.

By AL STOVER

The Cascade High boys and girls tennis teams earned some success during the Caribou Trail League championships on May 11.

The Kodiak girls took two of the top four spots in the girls' singles division. Dorothy Espinosa finished second in the bracket. She defeated Omak's Lupita Moriel in a nail biter, (7-6 (4), 6-1), followed by a win over

Cashmere's Kate Cooper (6-3, 6-4) in the semifinals. Espinosa lost to Chelan's Emma McLaren in the championship match, (6-0, 6-0).

Molly Wiser finished third in the division, defeating Okanogan's Ali Johnson, (6-2, 6-3) to advance to the semifinals where she suffered a (6-4, 6-2) loss to McLaren. Wiser bounced back to defeat Omak's Ashley Cline (7-5, 6-1) and Cashmere's Kate Cooper (6-2, 6-1).

Espinosa was not the only Kodiak to finish No. 2 in her division as Megan Evans and Stella Johnson clinched a second-place finish in the girls doubles bracket.

The duo defeated their Okanogan opponents (6-2, 6-0), then followed with a solid win against their Chelan adversaries (6-3, 6-3). They lost to Cashmere's Aleah and Lauren Kert (6-0, 6-0) in the championship match.

On the boys' side, Hans Schlyer finished fourth in the boys singles division.

Schlyer won his first match against Omak's John Bucsko (6-1, 6-3). He followed it up with a victory over Omak's Adam Hendrick (6-2, 4-6, 7-5). After a (6-1, 6-0) loss to Chelan's

SEE TENNIS ON PAGE B3



File photo

The Red Bull Pump Track World Championship qualifier is one of the featured events at this year's Bavarian Battle of the Bikes festival.

Bavarian Battle of the Bikes returns to Leavenworth

By AL STOVER

Cycling enthusiasts, local and beyond, will flock to Leavenworth for the second annual Bavarian Battle of the Bikes festival, May 17-19.

Created by Infinity Cycling and the Blue Lotus Foundation in 2018, the festival is an all-ages, community-driven event that focus on a variety of biking styles and activities.

The first festival revolved around the Red Bull Pump Track World Championship qualifier, which takes place May 18 at the Leavenworth Pump Track.

Meg Zapalowski, owner of Infinity Cycling, explained the money raised throughout the weekend during this year's festival will go to the Evergreen Mountain Bike Alliance to help fix and maintain the trails on the Leavenworth Ski Hill, and scholarships for the Icicle Bicycle Club.

Zapalowski said local businesses and sponsors have shown their support for the Battle of the Bikes.

"It's so exciting to see the community get behind outdoor recreation and embrace all that Leavenworth has to offer," she added.

One of the changes for this year's event is the The Battle of the Bikes Kick Off Party at Stein on May 16 from 5-9 p.m.

The event will feature a tap takeover from Pfriem Family

Brewers, from Oregon, a live band, a raffle drawing and prizes.

For every beer sold, Pfriem Family Brewers will donate \$1 to Battle of the Bikes with Stein matching the amount donated.

Last year, the festival began with the Trails in Motion Film Festival. Zapalowski explained the idea of the Kick Off Party instead of Trails in Motion was to keep the festival "fresh" and "not do the same thing each year." The kick off event is also a way to help support local businesses.

The next day features the Red Bull Pump Track World Championship qualifiers. Among the riders competing are three local riders, Brian Demarest, Seth Gormley and Dustin Miller, all of whom competed in last year's event.

Demarest said used to ride in BMX and won a state championship. To prepare for the event, Demarest said he made frequent visits to the Leavenworth Pump Track, practiced riding more and purchased new parts for his bike to help it go smoother on the track.

Gormley grew up mountain biking and raced downhill for a few years before he retired. For this year's qualifier, Gormley has practiced riding at home and on the pump track to get familiar with the course.

As for Miller, he had started

BMX racing when he was 8 years old and rode until he was 17. After an eight-year break, he started riding again.

Miller said he has been practicing as much as he can to prepare for the event. After breaking his collar bone in September, Miller has been working to get his body comfortable on the bike.

This year's qualifier is the same as the previous event.

The race format will consist of solo runs and the top four places qualify for the world championships which will be held in late 2019, with first place receiving all expenses paid.

The qualifier will begin at 9 a.m. on Saturday with registration and free practice.

Prior to the qualifier, from 9 a.m. to noon, kids can visit the pump track for and partake in the skills clinic run by the IBC, and/or watch the pro riders practice on the track.

The third event in the festival is the Dirt Digger Crit on Sunday, May 19 at the Leavenworth Ski Hill.

The Dirt Digger Crit is a co-ed, all ages, criterium style race. Each rider will race their flat bar bike on a five-lap course on the hill.

Teams comprised of 2-5 riders will use one bike, which will act as a baton. Each rider must take one full lap on the

SEE BAVARIAN BATTLE ON PAGE B3

Cascade track finishes third at CTL championships

By AL STOVER

It is a remarkable feat when an athlete breaks a school record in one season, but it takes an extraordinary athlete to break a record twice, especially in one season.

Less than a month after claiming the Cascade High School pole vault record, Julia Armstrong broke it once more with a mark of 11-06.5 feet at the May 8 Caribou Trail League championships. Her mark is ranked No. 1 in the 1A Classification rankings.

Armstrong was not the only Kodiak girl who came away with a first-place finish.

The Kodiak girls took the top two spots in the women's 800 meters. Kascia Muscutt won the event in 2 minutes and 22.84 seconds while Lauren Muscutt came in less than a second behind her, finishing with 2:22.92. Both girls achieved personal records with their times. Kascia Muscutt's time is now ranked fourth in the 1A rankings while Lauren Muscutt's mark is fifth.

Kascia Muscutt also won the high jump with a PR of 4-08.

Josie Brennan recorded a PR of 5:33.06 to finish third in the 1,600 meters. Zoe McDevitt finished third in the 100 meter hurdles after clocking in a PR of 17.19 and Madeline Gillespie finished fourth in 17.75.

Gillespie (49.23) and McDevitt (49.36) captured a 2-3 finish in the 300 meter hurdles.

Avery McKenney took fourth in the 400 meters with a PR of 1:05.90. Victoria Driscoll was seventh in the 200 meters with a time of 29.20 and 10th in the 100 meters in 14.04.

In relay events, the team of



Alexa Rodgers (left) receives the baton from teammate Madeline Gillespie during the women's 4x100 relay. For more photos from the event, visit the Leavenworth Echo website.

the team of Julia Armstrong, McDevitt and Lauren Muscutt and Kascia Muscutt won the 4x400 relay in 4:08.94. The time bumped the four to No. 1 in the 1A rankings.

Driscoll, Armstrong, Kascia Muscutt and Lauren Muscutt took second in the 4x200 relay in 1:51.30.

Gillespie, McKenney, Porter Rayne and Alexa Rodgers took fourth in the 4x100 in 1:01.83.

Katie Boyd finished seventh in the javelin with a throw of 38-09.

Rodgers (28-08) and Lauren Muscutt recorded a 6-7 finish in the triple jump. Rayne finished 10th in the long jump with a PR of 12-06.

Other finishers for the Kodiak girls include Boyd (discus, 12th, 41-00; shot put, 13th, 15-05 PR).

On the boys' side, Jace Seely won the 400 meters with a PR

of 52.10.

Landon Davies clinched the top spot in the 3,200 meters with a time of 10:14.67. Fourth-place Jacob Redman finished fourth in 11:20.26. Davies also finished second in the 1,600 meters with a PR of 4:27.79 and seventh-place Jacob Redman achieved a PR of 4:54.70.

SEE CASCADE TRACK ON PAGE B4

IBC middle school wins Battle at the Base

CONTRIBUTED BY LORI VANDENBRINK

TACOMA, Washington - Icicle Bicycle Club (IBC), our local middle school/high school mountain bike team was back at it on Saturday, May 5, participating in their second Washington Student Cycling League Race of the

season. The race, Battle at the Base was held at Joint Base Lewis-McChord in Tacoma, Washington.

The Icicle River Middle School team continued their winning streak taking first out of 47 middle school teams, thanks to the hard work of all of their team members.

Special kudos go out to Isabel Menna who took first in 7th Grade Girls, Jonas Johnson who took second in 6th Grade Boys and Edie Walker (eighth grade) who took third in Advanced Middle School Girls.

Cascade High Schooler, Stella Johnson continued her winning streak taking first in

Varsity Girls. IBC practices, and does trail maintenance each Tuesday and Thursday at Ski Hill. If you pedal pass them, give them a high five.

The team's next race, the Roslyn Roundup is on Saturday, May 19, followed the State Championship at Squilchuck State Park in Wenatchee.

Save the date, and cheer the local team on. They'd love that! Ride on Icicle Bicycle!

Kodiak golf finishes regular season against Okanogan

Photo by Al Stover



Cascade's Gavin Dwyer hit a 111 during the Okanogan match.

BY AL STOVER

The Kodiak boys and girls golf teams wrapped up their regular season on May 9 with a Caribou Trail League match against Okanogan. The girls won via forfeit due to the Bulldogs' lack of players while the boys lost 360-424. The Cascade girls had their best individual performances of the season. Emma Halseth took medalist honors with a career best 93 to lead the Kodiaks past Okanogan. Emma Nielson followed up with personal best 100 and Natalie Craig shot 112. Laura Lyman had 126, and Carly Ostrem finished with 130, a career best for both athletes.

Head Coach Randy Alexander noted that Lyman and Ostrem have improved their golf game since they took their first swings at the beginning of the season. Both freshmen golfers have earned enough varsity experience to compete with the golf team in the May 14 District and state-qualifier tournament in Chelan.

Having Ostrem and Lyman will allow Cascade to give the Lady Goats a "run for the money" at districts. Despite the lack of wins, Alexander said it has been a

good season for the Cascade girls.

"I am very proud of the whole team and all the hard work they have put in up until now," Alexander said. "This past week we've been putting a lot of time on our short game (chipping and putting) and that really helps bring the scores down. Next week will be the big showdown between the Kodiak gals and the Chelan Goats gals."

Isaac Cortes continues to lead the Kodiak boys, hitting a solid 88, one stroke under medalist Billy Norwill. Senior Chandler Pulse shot a personal best 107. Gavin Dwyer's 111 and Ledger Parrish's 118 rounded out the Kodiaks' scoring. "I have just submitted our team scoring averages to the league for next week's League/District/State Qualifier, and I am seeing all the golfers are playing better than their scoring average, which is good for this time of year," Alexander said. "It really looks like Okanogan and Chelan Boys teams will be the one's to beat, but our guys will go up and try our best." Cascade took six boys and five girls to the state qualifier. The top seven boys and top four girls will advance to state, along with an alternate in each division.



Natalie Craig finished shot a 112 during the Kodiak' match with Okanogan.

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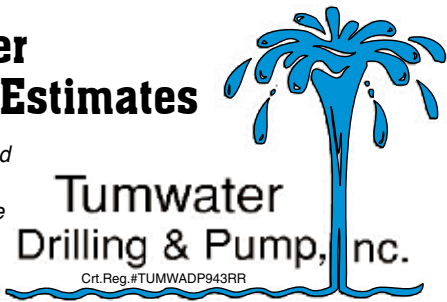
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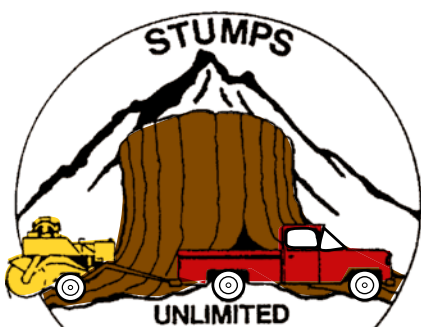


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CONTINUED FROM PAGE B2

Bavarian Battle of the Bikes returns to Leavenworth

course. Some riders will ride more if they have less than five members.

Prizes will be awarded for first and second place for the relay.

There are also individual youth (10 and under) which only do one lap, junior (11-13) four laps.

Junior men and women (14-17 years) and adult divisions will race five laps.

For this year's event, a first-place prize will be awarded to the best relay team costumes.

Teams will register at 8 a.m. on the day of the event. Races will begin at 10 a.m.

Registration is \$25 for individual junior and adult racers, \$5 for youth competitors. A five-person team will play \$15 per racer. The registration fee includes a 2019 Dirt Digger Crit T-shirt and give-a-way swag.

After the awards, there will be a grand prize raffle for a bike frame, donated by 509 Cycling.

In addition to the bike frame, Zapalowski there are \$4,000 in raffle prizes offered throughout the weekend, as well as T-shirts and other merchandise.

"The goal is to be able to alleviate the financial need for families who have difficulties in getting their kids enrolled in biking programs," Zapalowski said.

"It also supports local trails. All of the money will go back to the community."

For more information about Battle of the Bikes, visit Infinity Cycling's website, www.infinitycycling.net, or the Bavarian Battle of the Bikes' Facebook page at facebook.com/bavarianbattleofthebikes.

CONTINUED FROM PAGE B2

Tennis: Espinosa finishes second in CTL singles division

Wyatt Habich, he bounced back to defeat Okanogan's Brendyn Hinger (2-6, 6-1, 6-1) to advance to the third-place match where he lost to Cashmere's Kane Andruss (6-2, 6-1).

Kolby Hunt and Josh Pedersen were both 1-2 in their respective divisions.

The top four finishers advance to the District 6 championships, May 15 and 18 in Manson.



Cascade's Stella Johnson (picture) and partner Megan Evans finished second in the girls doubles tournament.

2019 CASCADE SENIORS

Make sure your information is complete for the June 5th Grad Keepsake!

Submit your information for FREE

DEADLINE FOR INFORMATION & PHOTOS IS May 23rd!

Submit your info & photo online at www.leavenworthecho.com

Information will be published in the Leavenworth Echo.



BOB SMITH
PARENT(S)/GUARDIAN(S):
Joe and Judy Smith
ACTIVITIES: Football (1 year), Band (2 years) Knowledge Bowl (4 years) FFA
MEMORABLE MOMENT: Winning State (Sophomore year) and band camp
PLANS: University of New Mexico (Albuquerque, NM) band scholarship

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ACTIVITIES:

MEMORABLE MOMENT:

PLANS:

Forms also available at the School Office or the Leavenworth Echo office at 215 14th St.

Healthy Living

Should You Take Calcium Supplements

Q: My doctor told me I may not need all of my calcium supplement. Don't I need to take calcium pills for my bones?

Last fall, my 75 year old next door neighbor fell down 3 steps, shattering her left ankle into tiny pieces which were painstakingly put back together during a 5-hour surgery. She has osteoporosis, or "thin bones" due to years of taking daily prednisone for an inflammatory condition called lupus. Because she takes a medicine to help build her bones back up, she needs to take a calcium supplement every day, but the rest of us may not need to do that.

We all need to get enough calcium every day to keep our bones strong, but it has other important jobs as well: your muscles, nerves and blood vessels depend on calcium to work properly.

Every time your heart beats and you take a breath, the muscles of your heart and chest work to keep you alive and well.

However, if you don't have enough calcium available, your body will take some out of your bones, like an ATM (automated teller machine) for calcium instead of \$20 bills.

If you run low on calcium occasionally, this only happens once in a while and it's no big deal, but if your body pulls calcium out of your bones regularly, those withdrawals eventually weaken your bones, increasing your risk of a

hip fracture, or worse.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50, and 1200mg for adults older than 50 years of age. Most postmenopausal women get 600-900mg of calcium daily through their food, falling short of that goal unless they make up the difference with a calcium supplement.

Calcium supplements were recommended for as a way to ensure women and men at risk for osteoporosis get their full recommended daily dose of calcium, but recent studies have shown that you can actually get TOO MUCH calcium, which increases your risk of having a heart attack or stroke. It's suspected that the spike in blood levels of calcium you get by taking a concentrated calcium supplement may actually damage blood vessels.

Taking large doses of calcium supplements also encourages the formation of painful kidney stones, so for bone health, getting ALL of your recommended daily calcium from taking a calcium supplement is no longer encouraged.

Calcium carbonate is the most concentrated

form of calcium supplement available but can cause constipation. Calcium citrate is absorbed better and a better choice if you also take an acid blocking medicine like Prilosec® for heartburn.

Weight bearing exercise like walking and eating prunes have also been shown to improve bone strength.

Here are 5 Tips to Keep Your Bones Strong:

1. Get as much calcium from your diet as you can. Most people get 300mg of calcium daily from non-dairy sources. You can also get 300mg per serving of dairy products like milk, yogurt and cheese. Green vegetables, oranges and figs also contain calcium..

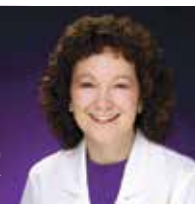
2. If you take a medicine to treat bone loss such as alendronate (Fosamax®), risendronate Actonel®, or Boniva®, make sure you get enough calcium. These medicines work by encouraging calcium back into your bones, but if you don't have enough extra calcium available, they can't help you.

3. Avoid taking more than 500mg of a calcium supplement at one time. Your body absorbs calcium better and keeping your blood levels of calcium from "spiking" will help avoid increasing your risk of heart attack and stroke.

4. Get 400 IU of Vitamin D every day. Vitamin D is necessary to help your body absorb calcium, and can help prevent falls in the

Ask...

Dr. Louise



elderly. You can get vitamin D from the sun, but salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces) are also good sources.

5. Eat dried plums or prunes to build bone. A In one study, women who ate 100 grams of dried plums daily for a year had measurably stronger bones. Despite the extra calories, none of the women in the year-long study gained weight, possibly because of the very high fiber content of the plums. 100 grams of dried plums is about 9 of those plump plums sold in big bags at places like Costco®. Watch out, though; plums (also known as prunes) have a natural laxative effect, so go slowly at first to avoid embarrassing side effects.

Dr. Louise Achey, Doctor of Pharmacy is a 39-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

CONTINUED FROM PAGE B2

Cascade track finishes third at CTL championships

Stephen Tveten took second in the 110 hurdles with a time of 16.44 and the 300 meter hurdles with a PR of 41.64. Isaac Tveten's PR of 44.72 earned him fourth in the 300 meter hurdles. Seely was fourth in the 200 meters with 24.21 and James Young finished eighth with a PR of 24.77. Seely also took sixth

in the 100 meters with a time of 11.96 and Leo Garcia was ninth in the 800 meters in 2:35.35.

The team of Young, Seely, Stephen Tveten and Isaac Tveten won the 4x400 in 3:32.86.

Stephen Tveten won the pole vault with a PR of 11-06 and Isaac Tveten was third with a PR of 10-00. Issac Tveten was

seventh in the triple jump with a PR of 37-00.50.

Florian Joa took sixth in the javelin with a PR of 112-08. Andrew Magnaghi took seventh in the shot put with a throw of 36-00. Other finishers for the Cascade boys include Young (100 meters, 14th, 12.58), Joa (100 meters, 18th, 12.97; shot put,

17th, 28-08), Parker Nunnaly (100 meters, 18th, 12.97), Luis Garcia (200 meters, 13th, 25.48 PR), Duncan Allen (400 meters, 14th, 1:02.62; discus, 18th, 47-00 PR); Magnaghi (discus, 11th, 89-10), Alex Sanchez (discus, 16th, 76-01), The Kodiaks girls and boys finished third in team scores with 68 points and 60 points, respectively.

Both Cascade teams return to action on May 16 at the District 6 championships in Cashmere.



Cascade's Jace Seely won the men's 400 meters at the CTL Championships.

Cooking With Teri

"A visit to the family farm in Spring means witnessing growth and challenge and beauty and stillness all rolled into one."

Heidi Barr- Author

Cool damp weather has delayed this year's asparagus harvest but we received our first supply at the fruit stand last week and it is delicious. The Yakima Valley and Lower Columbia Valley weather has also taken its toll on peas this year. Many growers were not able to plant any type of spring peas or salad onions and this will impact availability and prices. Our Upper Valley orchards have also experienced some pretty cold nights in the last couple of weeks and I know some backyard gardens have lost some tomato and pepper plants. I have held off most of my planting, but I have noticed that the soil seems very dry for this time of year.

The current long term forecast is for a hot and dry Summer, with a high danger of fire. One thing that is in abundance now is farm fresh eggs, our chickens are working over time laying beautiful eggs. My daughter Rachel is getting ready to set her incubator with eggs to hatch. Her chickens are mostly Heritage Breeds and she separates them by breed and collects the eggs to hatch. This is done to keep the breeds pure and to conserve the stock. Typically Heritage Breeds do not lay as many eggs as more commercial breeds. She also has Swedish Flower Heads, Icelandic and French Copper Marans to name a few. We also have Doulap Tous Loose Geese, but have not seen any eggs yet, but they do love to hide them.

The Icelandic horses Skeiva and Adam are losing their woolly coats and are being prepared for endurance racing and this year, Rachel is taking Adam on the John Wayne Trail Ride. The ride begins up near Stevens Pass and ends in Idaho. Skeiva has done this twice but this year is will be Adam's turn. All the dogs are happy and so are the cats that Spring has finally arrived and they can be outside enjoying it. Oh and before I forget Spring means spray season, as we all declare war on pear psylla and codling moth. So the next time you see a farmer or rancher please thank them all

they do to supply you with food, fuel, and fiber, as it is no easy task.

My recipe this week is for the King of Veggies - Asparagus. Hope you will come out and visit our fruit stand and now nursery as we are selling veggie, bedding and herb plants. Enjoy!

GARLIC PARMESAN ROASTED ASPARAGUS

- 1/2 pound fresh asparagus
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 3 cloves minced garlic
- 2-3 tablespoons fresh grated parmesan cheese
- Olive oil or vegetable oil spray

Directions

1. Preheat oven to 425 degrees. Line a sheet pan with aluminum foil and set aside.
2. Rinse the asparagus and trim off the woody ends. Spread out in a thin layer on top of the prepared baking sheet.
3. Spray the asparagus lightly with a coat of olive oil spray. Sprinkle with salt, pepper, garlic and parmesan cheese. Use your hands to mix the asparagus with all the ingredients, then lay out into an even layer again. Spray with one more light coat of olive oil.
4. Bake in the preheated oven for about 8 minutes. Remove from oven and serve immediately

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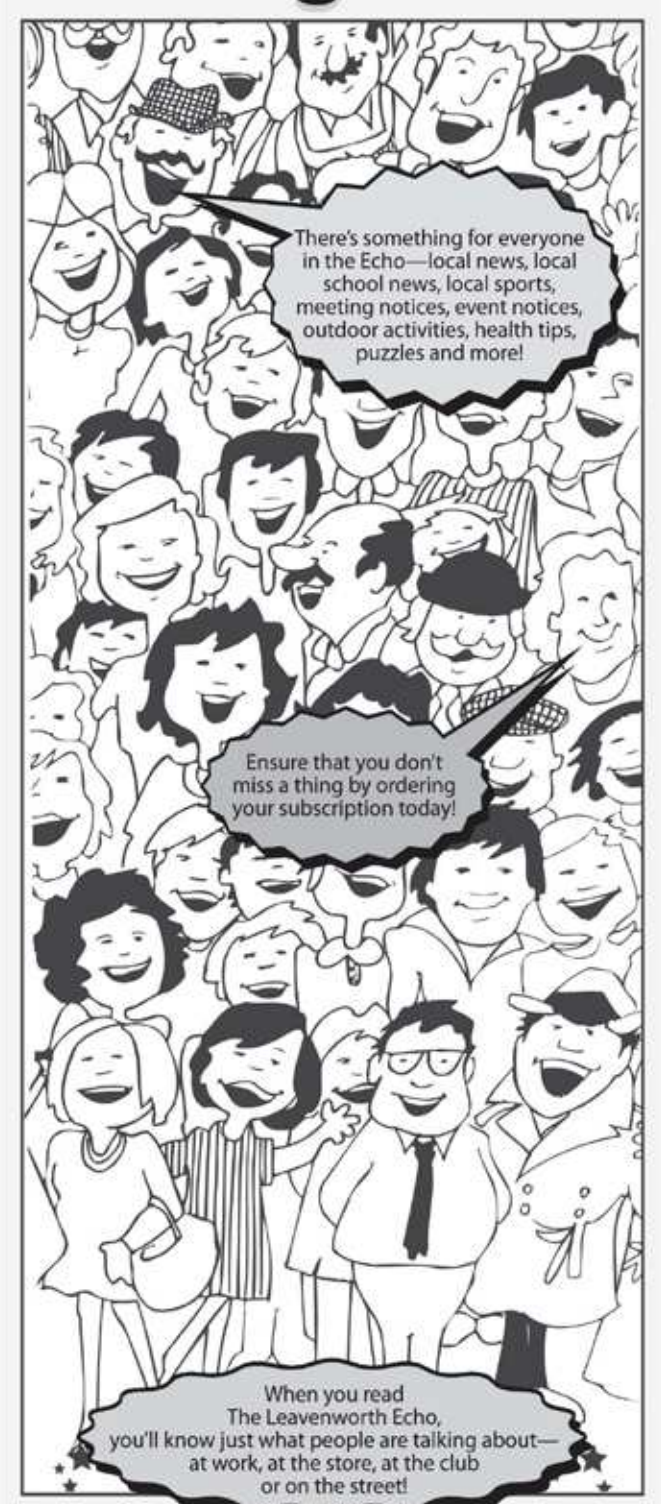
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May 12-18, 2019

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Deadline Tuesday at noon for the paper Quad City Herald

GARAGE & YARD SALE

One day only, Saturday, May 18, 9 a.m. - 1 p.m., Highway 150, Manson, Orchard View Estates Neighborhood Yard Sale.

Annual Yard Sale. Something for everyone. Vintage kitchenware and dishes. Downsizing items. May 16 & 17, 8 a.m. - 5 p.m.

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SPECIAL Fundraiser for Autumn Leaf Festival Leavenworth Cards With sayings like Happy Birthday! I Miss You---- Wish You Were Here (in Leavenworth.) and many others.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of INA O. ANDERSON, Deceased. No. 19-4-00134-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

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Advertisement for renewing subscriptions this spring, featuring colorful butterflies and a list of benefits like local news, school news, and event notices.

A subscription rate card for various newspapers, including prices for print, online, and combined access, along with contact information for ordering.

A large advertisement for clearing space with a yard sale, featuring a cartoon illustration of yard sale items and text encouraging people to sell their items for cash.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202, Seattle, WA 98104 Trustee Sale No.: WA-19-850978-BB

Subject to that certain Deed of Trust dated 2/25/2009, recorded 3/4/2009, under Instrument No. 2298475 records of CHELAN County, Washington, from LENA GROVE, AND DONN BLACKWELL AND SHIRLEY BLACKWELL, as grantor(s), to FIRST AMERICAN, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR SIERRA PACIFIC MORTGAGE COMPANY, INC., ITS SUCCESSORS AND ASSIGNS

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. Trustee Sale No.: WA-18-828498-SW Title Order No.: 106468 Reference Number of Deed of Trust: Instrument No. 2141394

PUBLIC NOTICES

Failure to pay when due the following amounts which are now in arrears: \$221,660.42. IV The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$277,372.46, together with interest as provided in the Note from 2/1/2011 on, and such other costs and fees as are provided by statute.