# THE LEAVENWORTH



MAY 15, 2019 • VOLUME 120, NO. 20

# **UPPER VALLEY NEWS SINCE 1904**

SINGLE COPY \$1.00

# 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 heath 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 coworker sniffling 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 voga 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 accessibilfor every female regardless of month and go sit in a goat shed cation. Before the girls get a kit,

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 ity to needed products are vital outlawed for that week of the

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 last up to three and four years, million girls with a kit and edu-

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

SEE DAYS FOR GIRLS ON PAGE 2

# Mayor Farivar says farewell to her time as public official

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.

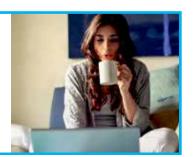
"The biggest challenge revolves around the controversial aspect of development in Leavenworth. The controversy that we are facing right now, that is a result of our success, is probably the biggest challenge," said Farivar. "Whenever a community undertakes a huge project, like the Bavarian theme, there's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

SEE MAYOR FARIVAL ON PAGE 2



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# Inside The ECHO this week

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# Community news





© **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:
Letters to the Editor:
Display Advertising:
Noon, Friday
Noon, Friday
Noon, Friday
Noon, Friday
Noon, Friday
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



Washington Newspaper Publishers Association Member



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# Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@ leavenworthecho.com.

# Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.



Photo contributed by Judy Rector

Rector and the woman who helped Rector with the language barrier educate the girls on menstrual

#### CONTINUED FROM PAGE I

# 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 whenever 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 I

# 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.





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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# **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**

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** 

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. (1st Thurs. of every month, unless notified otherwise.)

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.

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 Mor

Tuesday

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

Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village 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.

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

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

Senior Center upstairs. www.leaveworthmasons.org. (1st 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.

leavenworthecho.com

# **Senior Center Events**

#### Leavenworth Senior Center, 423 Evans St., Leavenworth

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting Tuesday, 1:00-3:00 p.m., Crafts

Thursday, 1:00-3:00 p.m., Square Dancing Thursday, 6:30-7:30 p.m., Bavarian Dancing Friday, 6:00 p.m., Bingo

Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

# City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)

8 a.m., Leavenworth City Council study session, City Hall,

Joel Walinski 548-5275. (2nd Tues.)

3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275

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

#### **Senior Center Menus**

#### Leavenworth Senior Center, 423 Evans St., Leavenworth

Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.

May 16, Thursday: Beef tacos, Spanish rice, Mexican style slaw, fruit cup,

May 17, Friday: Swedish meatballs, egg noodles, glazed carrots, spiced salad, cherries & pineapple, whole wheat bread or roll, dessert.

May 18, Saturday & May 19, Sunday: no lunch. May 20, Monday: Chicken fettuccine, Italian vegetables, Caesar salad, Mandarin oranges, bread sticks, dessert.

May 21, Tuesday: Hamburger steak with grilled onions, potatoes and gravy, trio vegetables, garden salad, whole wheat bread or roll, fruit crisp.

May 22, Wednesday: Roast beef sandwich with lettuce and tomato, vegetable soup, carrot raisin salad, fruit cocktail, dessert

# **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.

15:18 Animal problem, 309 8th St.

2. Enzian.

Peshastin.

Creek Rd.

Dryden.

18:21 Public as

Gustav's.

97, Peshastin.

May 8

Streets.

Corral.

Streets.

Leavenworth Rd.

Linderhof Motel.

May 6

May 7

17:24 Harass/threat, 590 US Hwy.

19:17 Trespass, 633 Front St., Yodelin.

20:16 Accident, no injury, Beaver

09:51 Suspicious, 4637 US Hwy. 97,

10:29 Noise, 9200 Blk E.

19:37 Parking/abandon, Ranch

01:48 Suspicious, 690 US Hwy. 2.,

09:28 Public assist, Lake Wenatchee.

11:31 Public assist, 8734 School St.,

11:51 911, 4637 US Hwy. 97, Peshastin.

13:00 Animal problem, 11401 River

15:17 Fraud/forgery, 152 Prospect St.

21:24 Welfare check, 186 Dempsey

21:55 Welfare check, 4637 US Hwy.

08:27 Harass/threat, 8835 Icicle Rd.

09:18 Suspicious, 13th & Commercial

12:21 Extra patrol, 922 Commercial

13:35 Accident, no injury, French

14:59 Traffic offense, 900 Blk Main St.

20:09 Suspicious, 9th & Commercial

18:03 Suspicious, 645 Front St.

Valley Rd. & Camp 12.

May 3

01:48 911, 9702 Saunders Rd., Peshastin.

Leavenworth

05:48 Accident, no injury, US Hwy. 2. MP 87, Lake Wenatchee. 07:11 Alarm, 17095 Mule Tail Flats Rd.

10:45 Fraud/forgery, 7581 US Hwy. 97, Peshastin.

11:41 Hazard, 220 8th Street. 12:25 Public assist, US Hwy. 2 MP 101.

13:04 Assist agency, 228 Chumstick Hwv. 15:17 Parking/abandon, 1227 Front St.

20:05 Burglary, 24305 Saddle St., Plain. 20:50 Hazard, 3900 Blk Old Blewett

Rd., Peshastin. 22:58 Domestic disturbance, 12140 Chumstick Hwy.

May 4

11:14 Parking/abandon, 9124 Anderson Canvon Rd.

13:14 Assist agency, US Hwy. 2 & E.

Leavenworth Rd. 16:51 Harass/threat, 8711 North Rd.,

Peshastin. 16:56 Animal problem, 905

Commercial St. #2. 18:41 Disturbance, Front St. & US Hwy. 2.

20:28 Traffic offense, E. Leavenworth Rd. & Icicle Rd.

20:36 Burglary, 321 9th St., Adventure Inn. 21:23 Assist agency, 321 9th St.

21:29 Noise, 321 9th St. #B. 21:44 Noise, 633 Front St., Yodelin. 22:01 Noise, 7986 Icicle Rd.

23:59 Noise, 810 US Hwy. 2, Bavarian Lodge.

May 5

Hill Rd.

00:44 911, 4702 US Hwy. 97, Peshastin.

01:05 Domestic disturbance, 10085 US Hwy. 2, Peshastin.

07:10 Suspicious, SR 207 MP 2, Lake Wenatchee.

12:15 Assist agency, US Hwy. 2 MP 92 14:02 Property, 825 Front St., Art in

the Park. 14:21 Welfare check, 633 Front St.

01:19 Suspicious, 1329 US Hwy. 2, 00:33 DUI, 9100 Blk Deadman Dans Food Market. 10:11 Trespass, 301 Ward Strasse. 11:06 Juvenile problem, 500 Pine St.,

May 9

Alpine Lakes. 13:49 Public assist, 9791 Mountain

Home Rd. 14:55 Welfare check, 4637 US Hwy.

97., Peshastin. 17:22 Welfare check, 721 Commercial St.

18:29 Alarm, 9810 Big Y Junction Rd.

22:11 Domestic disturbance, 10559 Merry Canyon Rd.



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# Leavenworth

#### Candidate Filing

Candidate filing for local offices, 2 Cascade School Board positions, a mayoral candidacy and 4 Leavenworth City Council positions is May 13-17 at Chelan County Elections (e 20)

#### **Understanding Recent Changes to State's Voter Laws**

Hosted by the Chelan Douglas County Republican Women, on Wednesday, May 15, 6 p.m., at the Masonic Lodge, 811 N. Chelan Ave., Wenatchee, and presented by the Douglas and Chelan County Auditors. Learn while you munch. Refreshments will be provided and Pizza will be available for \$5.00. Contact Marianne at mjcarnes45@ gmail.com (er 19, 20)

#### **Birds of the West Art Class**

Molly Hashimoto, artist and author, will have an art workshop on May 17, 1-3 p.m. in the Wenatchee River Institute's River Haus sunroom. Group is limited to 20 and cost is \$15. After the class there's a free book signing. For more information, 548-0191 or www. leavenworthspringbirdfest.org. (e 19, 20)

#### Richard Crossley Keynote Address

Internationally acclaimed birder, photographer and author will present "There and Back", recounting his experiences while working on his book series, on May 17, 7 p.m. at the Icicle Creek Center for the Arts Snowy Owl Theater. \$22 for WRI members and \$25 for nonmembers. For more information 548-0191 or www.leavenworthspringbirdfest. org. (e 19.20)

#### CHS Dedication Ceremony

The new Cascade High School is completed and we are ready to invite everyone to our building dedication on Tuesday, May 21 at 6 p.m. at the Cascade High School. (e 20)

## Song Bird Concert at the Snowy Owl Theater

Leavenworth Spring Bird Fest welcomes the Marlin Handbell Ringers' Song Bird Concert. Celebrating community, spring and the return of migratory birds on Thursday, May 16 beginning at 7:00 p.m. Icicle Creek's Center for the Arts Snowy Owl Theater, 7409 Icicle Road. Note that some previous listings stated the start time as 7:30 p.m. The Song Bird Concert follows the Bird Fest Art show in the Snowy Owl Theater (5-7pm). Come early and enjoy both! (er 20)





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# COWBOY ENTERTAINER DAVE STAMEY IN TOWN

JAMIE HOWELL

Western Music Hall of Fame inductee DAVE STAMEY rides his horse into town this weekend for some finger-

pickin' guitar fun at the Snowy Owl Theater.

DAVE STAMEY has been called, "perhaps the greatest cowboy balladeer alive today," and he's got saddlebags full of accolades to back it up. He has been voted Entertainer of the Year seven times; Male Performer of the Year seven times; and Songwriter of the Year five

times by the Western Music Association. Then the Academy of Western Artists recognized him with the Will Rogers Award and True West Magazine named him Best Living Solo Musician for four years in

The list goes on for this former mule packer and dude wrangler, but really he's just happy to be delighting audiences across the country instead of, in his words, "being stomped by angry horses."

So, if you want to catch him singing "The Vaquero Song" (declared by Western Horseman Magazine as one of the greatest Western songs of all time), you best hurry. As of this writing, there were still tickets available, but this show is likely to sell out.

For tickets and more, call the Icicle Creek box office at (509) 548-6347, x. 1, or visit icicle.org.



**SAT., MAY 18, 7 PM** DAVE STAMEY Sponsored by

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**524** ONLINE

ADVANCE

**\$26** IF AVAILABLE

DOOR



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

# Neighbors

# Obituary Loretta "Joyce" Kopp

February 27, 1932 - April 19, 2019



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; 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@

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



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

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

# CASHMERE

CASHMERE BAPTIST CHURCH 103 Aplets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church CASHMERE PRESBYTERIAN CHURCH



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



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

CHRIST CENTER Cashmere Assembly of God • 509-782-2825

Worship Celebration & Sunday School 10 a.m. Meeting at The Conservatory, back entrance of Apple Annie's Underground High School Group, Sundays, 6 p.m. Junior High, Wednesdays, 6:30 p.m. Meet at - 206 Vine Street Lead Pastor, Steve Haney CHRISTCENTER Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director

christcentercashmere.com

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

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

**EVERGREEN BAPTIST CHURCH** 5837 Evergreen Drive • 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m.

Evening Service - 6:00 p.m. Pastor John Smith www.christforcashmere.org

# DRYDEN

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

> MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616

Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

# LEAVENWORTH

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



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

www.leavenworthumc.org

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.

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

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street • 290-0686 Sunday School, 9:45 a.m. • Worship, 11 a.m. Pastor Michael Brownell

> LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m.

email: mkb3123@gmail.com

Lead Pastor: Andy Dayton Youth Pastor, Kent Wright Pastor to Children & Families: Becky Goodman www.LCN.org



#### SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997

SPIRIT LIFE CENTER 210 Benton Street • 548-7138

Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza

## MONITOR

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

# **PESHASTIN**

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

> PESHASTIN ASSEMBLY OF GOD School and Lake St. • 548-7523

> www.newlifeleavenworth.com

Sunday Worship Service 10:30 a.m. Bible Adventures for kids at 10 a.m. sharp Pastor Jorge Torres

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

# 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



Photo by Kalie Drago

Joe Bissonnette poses by his sculptures that are about completed

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 Bisson-

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 Washinton 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 auditions, 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

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

something real with stage

"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





people willing to bake a Special Dessert for the yearly Rotary Fest. We were all treated to a show of "Masterpieces" as they arrived for not only eating but for the most

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

Let's do it again!

OH- you want to know??? \$7000! THANK YOU ALL!

Elisabeth Saunders, Rotary Chair



mychart.confluencehealth.org

# LETTERS TO THE EDITOR

# More on the Adventure Park

After attending the public hearing on supports the Leavenworth economy in 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

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 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

encouraged to see the two awake, giggling throughout the show.

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

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

# 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.

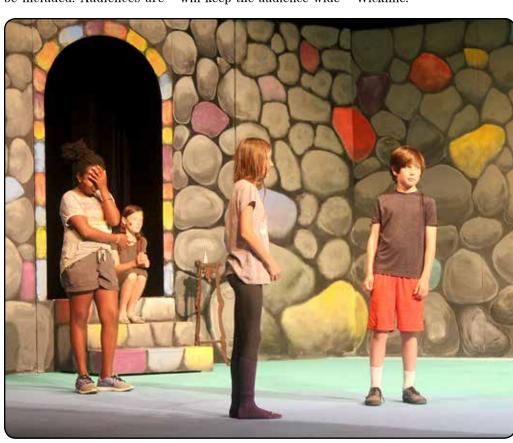
Is this how we will welcome tourists to our lovely rural town?

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



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



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





# Say Congratulations

to your favorite 2019 Cascade graduate with a personal message in the special keepsake Graduation Edition.

Publication date: June 5, Deadline: May 23

PRINT YOUR MESSAGE BELOW

Check here if a photo is to be used in your message. Please attach the photo to this form along with a self-addressed stamped envelope (if you want the photo returned). Photos will be mailed after June 10.

# Sample ad sizes

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1x1" - \$10

Send this form with payment to:

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Name of graduate:

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1x1" - \$10 1x2" - \$15 1x3" - \$20 Call for larger ads 548-5286

Love, Mom & Dad

1x2" - \$15

Choose ad size:



Carol Forhan Advertising Manager

Your whole Cox family, uncles, aunts and cousins are so proud of you! Love you!

Grandpa & Grandma Cox

1x3" - \$20



# **Schools & Sports**



MAY 15 2019 • VOLUME 120, NO. 20

**UPPER VALLEY NEWS SINCE 1904** 

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



# 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."



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 semifinals 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



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," Speigel 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

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

insurance run in the fifth.

"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

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 Champion-



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 Cash-

The Bulldogs took a threerun 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

"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



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

overall record to 5-12 and 1-8 in conference play and a fourthplace 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.

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 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,

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

fourth in the boys singles division.

John Bucsko (6-1, 6-3). He followed it up with Espinosa finished second in the bracket. 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

## 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

Kert (6-0, 6-0) in the championship match. On the boys' side, Hans Schlyer finished

Schlyer won his first match against Omak's

# 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 Brenan 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



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

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

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

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

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 seventhplace Jacob Redman achieved a PR of 4:54.70.

SEE CASCADE TRACK ON PAGE B4

Bavarian Battle of the Bikes festival.

The Red Bull Pump Track World Championship qualifier is one of the featured events at this year's

# 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

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 years' 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-vear 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

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

# 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

day, May 19, followed the State Championship at Squilchuck State Park in Wenatchee.

Roslyn Roundup is on Satur-

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

# Kodiak golf finishes regular season against Okanogan



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

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 is 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," Alex-

ander 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 the big showdown between the Kodiak gals and the Chelan Goats

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 III 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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## 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

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 firstplace 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

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 thirdplace 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



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

**BOB SMITH** 

ACTIVITIES: Football (1 year), Band (2

MEMORABLE MOMENT: Winning State (Sophomore year) and band camp

years) Knowledge Bowl (4 years) FFA

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# **Healthy Living**

# Should You Take Calcium Supplements

• 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

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

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

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:

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** • 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. • 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.

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



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.

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 Issac Tyeten 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.

# **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 ur 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 beautiful the second to the second the second to the second the second to the sec 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

The Icelandic horses Skeiva and Adam are losing their wooly 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 are selling veggie, bedding and herb plants. Enjoy!

Mv 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

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

# **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 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





Championships.





May 12-18, 2019

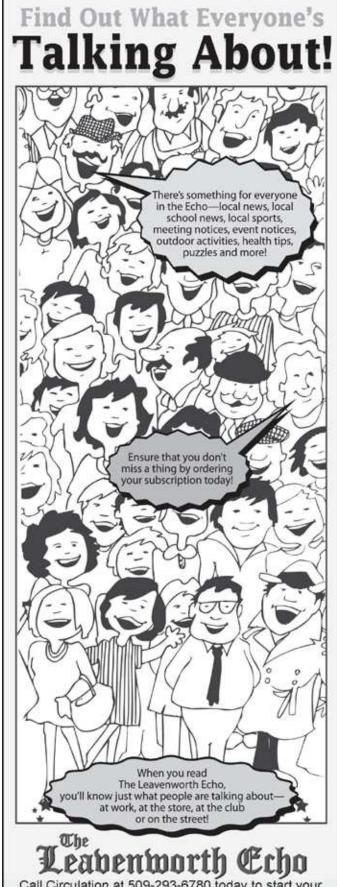
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## ANNOUNCEMENTS

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\*CONGRATULATIONS!

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Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ <u>Cashmere</u> Deadline Tuesday

at noon **Quad City Herald** 

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Full Charge Bookkeeper Manufacturing company serving an international customer base seeks responsible and motivated Full Charge Bookkeeper. Proficiency Quickaccounting Books and Excel payroll, excellent spreadsheet abilities, budget creation, polished writing and communication skills are required. Send resume and references to P.O.

Leavenworth, Box 242, WA., 98826.

Heidleburger Drive In now hiring part-time/ full-time summer help. Need to be available for weekend and evening shifts. Fast paced environment. Come in and talk to Niki.12708 Hwy. 2.

#### **Full and Part-Time** Bed Maker, Laundry and Housekeeping

.eavenworth Enzian Inn hiring for full and part-time Housekeeping Laundry / Bed Makers competitive Enjoy wage and positive workenvironment. Shifts typically begin at 9:00 and end between 2:00 4:00 daily. Hotel ameni ies such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the win-Iter months

Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

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# HELP WANTED

Journalist Wanted The Lake Chelan Mirror

Is looking for a talented Our office is a well estab-writer/ photographer to lished practice in beautiwriter/ photographer to report on the news of the Valley. Lake Chelan applicants will Qualified cover city council, local school boards, high school sports and community events. Must be a good writer, photogra-pher, and have excellent computer skills and love

attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:

Publisher NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to

Publisher@ leavenworthecho.com



Three Rivers Hospital is seeking a Medical Assistant to work in our medical clinic. This position performs essential tasks, such as patient intake, including vital signs and medication review; performs a variety of patient care tasks, such as EKGs and PFTs. High school graduate or equivalent, must have valid WA State MA License. One year experience in clinic practice setting

preferred. Spanish Bi-lingual is preferred

**Interested Candidates** may apply in person or by mailing their resume to:

Three Rivers Hospital Anita Fisk, Director of Human Resources PO Box 577 Brewster, WA 98812

(509) 689-2517 x 3343 www.threerivershospital.net afisk@trhospital.net EOE



## HELP WANTED

**Part Time Dental Hygienist** 

ful Leavenworth. We are seeking a professional, caring, enthusiastic individual to call our dental practice home one day a week, 8 a.m.-5 p.m. Dentrix Knowledge of software and Spanish speaking a plus. Please send a cover letter and resume either by mail or drop off at:

Dr. Bradford O'Brien 11779 Hwy. 2, Ste #201 Leavenworth, WA. 98826 509-548-5415 Contact: Trinice Lak.

Chelan County Cemetery District #4 in Chelan, is hiring a seasonal assistant sexton. Hours and days may vary. Ability to lift 70 lbs. required. Experience using mowother ers and small equipment preferred. Send letters of interest to PO Box 1299, Chelan, WA 98816.



District is seeking qualified applicants for the following position:

Substitute Bus Drivers (paid training)

Fast Track application process and information can be found on our website at:

www.cascadesed.org EOE



District is seeking qualified applicants for the following position:

Cascade High School English Language Arts Teacher

Fast Track application process and information can be found on our website at:

www.cascadesed.org EOE

#### **HELP WANTED**

The Stehekin School District is seeking a qualified individual for the following position:

# Elementary School Teacher

Applications are accepted on-line only. If you have any questions regarding our on-line process please contact Human Resources at NCESD, 430 Olds
Station Rd., Wenatchee, WA

98801, <u>509.667.7100</u> or http://www.ncesd.org

A completed application packet is required. **Equal Opportunity** Employer

#### Manson School District

located on the beautiful shores of Lake Chelan is seeking applicants for the following positions.

Secondary Counselor for the 2019-2020 school year.

Detailed job description and online application process are available at: https://www.manson.org/ Page/60. EOE. Question please call Lorrie or Matt at (509) 687-3140

Mansfield School District is accepting applications for a K-12 PE/Health Teacher for the 2019-2020 School Year. To view the position and download an application, access our website at www.mansfield.wednet. edu/Page/40. We are an equal opportunity

employer.



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

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

THEME: THE 1920s ACROSS Estimator's phrase Pharaohs' cobras Cheek test 13. Pays the bill

15. Ho-hum 16. Gallup's inquiry 17. Plural of folium

18. Spiky seed pod 19. \*Lucy's solo in "The Threepenny Opera," e.g. 20. \*It crashed hard

23. \*Insulin's birthplace, e.g. 24. \_\_\_\_ the season! 25. Rolling country, pl. 27. Mark on Pinterest

30. Tag predecessor 33. Garbed 35. Large amount often followed by

38. Grammy of sports Comforter stuffing feathers \*Aimee Semple McPherson action

42. Type of wheat 44. Collier's work place 45. Dublin land 46. City in Syria 48. \*Douglas Fairbanks did it

50. Smokeless tobacco brand 51. Fuss to Shakespeare 53. \*New York's Harlem

60. Et alibi . \*1920s art style 63. Distinguishing feature 64. Do like phoenix

65. Chutzpah 66. Anatomical dividers 67. December stone

Candies

DOWN 1. Deals a death blow 2. Place of origin

3. \*Like Lindbergh's transatlantic 5. Whose music is featured in "Mamma Mia!"?

10. It began in 1914 11. \*Al Brown to Al Capone

14. Hinduism's divine feminine power

26. Turkey's hanging neck skin 27. Baklava dough 28. \*Major 1920s electronic device 29. "I Dream of Jeannie" actress
30. "For \_\_\_\_\_ a Jolly Good Fellow"
31. #5 Across, sing.

32. \*Prohibition era establishment 34. Not stiff 36. Feather glue? 37. Visual system organ 40. Interprets, as in tarot cards 43. Product of lacrimation

47. Promise allegiance 49. Receipt listings 51. Garlic mayo

52. Goose egg 54. Like a drink in a snifter 56. Greek god of war 57. Where a bib is tied

journey 4. Ear-related

6. Talk like a drunk 7. Amusement destination 8. Keen-witted 9. Epsom or ...vian-les-Bains

12. Spill the beans 21. Kind of pie 22. High rocky hills

\_ one's ways

55. \*Rights and liberties org.

58. Repeat a passage from 59. JFK or ORD postings 61. Barker of Tarzan the Ape Man fame

#### HELP WANTED

#### Full and Part-Time **Breakfast Catering** Staff

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

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

Apply in person. 590 Hwy. 2 Leavenworth.

**Public** 

**NOTICES** 

## **P**UZZLE SOLUTION



7

9

4

## **APPLIANCES**

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at 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

One day only, Saturday, - 1 p.m., May 18, 9 a.m. Highway 150, Manson, View Orchard Estates Neighborhood Yard Sale. Housewares, electronics, sporting goods, antique furniture, collectables and balloons for kids.

Annual Yard Sale. Something for everyone. Vintage kitchenware and dishes.

Downsizing items. 16 & 17, 8 a.m. - 5 p.m. Seventh Day Adventist Church, 10600 Ski Drive, Leavenworth.

## GENERAL MERCHANDISE

**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. Regular cost \$3.99 Selling for \$1.50 Pick up one or more and donate to a

organization. Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

family, friendly festival

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# **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) Personal Representative

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

vided 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 for-ever barred, except as other-wise provided in RCW 11.40.051 and 11.40.060.

This bar is effective as to claims against both the decedent's pro-

PUBLICATION: May 1, 2019

Margaret C. Weber, Personal Representative

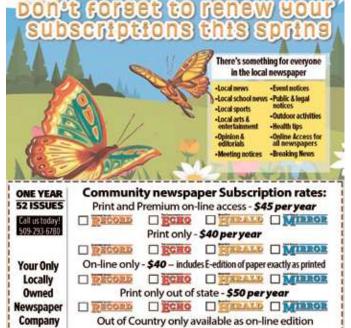
bate and nonprobate assets.

Attorney for the Personal Representative: Thomas D. Overcast. WSBA# 14486

Address for Mailing or Service: Overcast Law Offices, PS Attn: Thomas D. Overcast 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: 19-4-00134-04 Published in The Leavenworth Echo/Cashmere Valley Record on May 1, 8, and 15, 2019. #84998

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Fill your pockets with \$\$ CASH \$\$ Let others know what items you are selling!

Place your ad 24/7 atwww.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.

#### **Public Notices Notices**

3 2 1 8 5

4 5 6

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq.108 1st Ave South, Suite 202, Seattle, WA 98104 Trustee Sale No.: WA-19-850978-BB Title Order No.: 190672670-WA-MSW Reference Number of Deed of Trust: Instrument No. 2298475 Parcel Number(s): 232028550205 Grantor(s) for Recording Purposes under RCW 65.04.015: LENA GROVE AND DONN BLACKWELL AND SHIRLEY BLACKWELL Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): BANK OF AMERICA, N.A. Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Bank of America, N.A. I.NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 9/6/2019, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and

best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 15, BLOCK 3, CORDELL'S NORTH PLAT, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 9 OF PLATS, PAGE 51. More commonly known as: 2513 LEMAISTER AVENUE WENATCHEE, WA 98801

Subject to that certain Deed of Trust dated 2/25/2009, recorded 3/4/2009, under Instrument No. 2298475 records of CHELAN County, Washington, from LENA GROVE, AND DONN BLACK-WELL 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 MORT-

GAGE COMPANY, INC., ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to BANK OF AMERICA, N.A., the Beneficiary, under an assignment recorded under Auditors File Number 2352762 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Beneficiary of the Recovery's original tension of the personnel. the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$221,660.42. IV The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$277,372.46, together with interest as provided in the Note from 2/1/2011 on, and such other costs and fees as are pro-vided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 9/6/2019. The defaults referred to in Paragraph III must be cured by 8/26/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a

discontinuance of the sale. The sale will be discontinued and termi-

nated if at any time before 8/26/2019 (11 days before the sale), or

by other date as permitted in the Note or Deed of Trust, the in Paragraph III and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 8/26/2019 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/ or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 3/15/2019. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they
bring a lawsuit to restrain the sale pursuant to RCW 61.24.130.
Failure to bring such a lawsuit may result in a waiver of any proper
grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the titled 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 tenants of the control of th ant-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. counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web

site: http://www.dfi.wa.gov/consumers/homeownership/post\_purchase\_counselors\_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: http://portal.hud.gov/hudportal/HUD or for Local counseling agencies in Washington: http://www.hud.gov/offices/hsg/sfh/hcc/fc/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 Website: 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 liabil-ity 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-19-850978-BB. Dated: 4/29/2019 Quality Loan Service Corp. of Washington, as Trustee By: Patrick Lynch, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1 st Ave South, Suite 202, Seattle, WA-98104 For questions call toll-free: (868)925-0241 Trustee Sale WA 98104 For questions call toll-free: (866)925-0241 Trustee Sale Number: WA-19-850978-BB Sale Line: 800-280-2832 or Login to: http://wa.qualityloan.com IDSPub #0152639 5/8/2019 5/15/2019

Published in The Cashmere Valley Record/ Leavenworth Echo on May 8, 15, and 22, 2019 #85086 and, June 5, 2019. #84267

# **Public**

# **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 Parcel

Number(s): 241723510433, 29784 Grantor(s) for Recording Purposes under RCW 65.04.015: CLIFFORD W. NELSON AND DEBORAH L. NELSON Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Ditech Financial LLC fka Green Tree Servicing LLC Current Truston of the Deed of Trust Quality Less Services Corrections tee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Ditech Financial LLC fka Green Tree Servicing LLC I.NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 6/14/2019, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: THE NORTH 396.00 FEET OF LOT 5, BLOCK 5, CASCADE ORCHARDS, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 1 OF PLATS, PAGE 81, EXCEPT THE NORTH 264.00 FEET THEREOF. More Commonly known as: 12777 PROWELL STREET, LEAVEN-WORTH, WA 98826 which is subject to that certain Deed of Trust dated 4/7/2003, recorded 4/18/2003, under Instrument No. 2141394 records of CHELAN County, Washington, from CLIFFORD W. NELSON AND DEBORAH L. NELSON, as grantor(s), to QUALITY LOAN SERVICE CORPORATION OF WASHINGTON, as criginal trusted to secure an obligation in favor of RANK OF as a original trustee, to secure an obligation in favor of BANK OF AMERICA, N.A., as original beneficiary, the beneficial interest in which was subsequently assigned to Ditech Financial LLC fka Green Tree Servicing LLC, the Beneficiary, under an assignment recorded under Auditors File Number 2384760 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in BCW 61.21.03(4) is now provided to be a control of the delivery 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: \$30,894.08. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$142,318.07, together with interest as provided in the Note from 8/1/2017 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 6/14/2019. The defaults referred to in Paragraph III must be cured by 6/3/2019 (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 6/3/2019 (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 federal chartered bank. The sale may be terminated any time after the 6/3/2019 (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 12/27/2018. 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-de scribed 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 un-der Chapter 59.12 RCW. For tenant-occupied property, the pur-chaser 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 recom-

mended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post\_pur-chase\_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 Washingthttp://www.hud.gov/offices/hsg/sfh/hcc/fc/index.cfm?webListAc Washington: tion=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 note holder's rights against the real property only. The Trustee's Sale Number is WA-18-828498-SW. Dated: 1/28/2019 Quality Loan Service Corp. of Washington, as Trustee By: Javier Olguin, Assistant Secretary Trustee's Mailing Address: Quality Loan Service Corp. of Washington 2763 Camino Del Rio South, San Diego, CA 92108 Trustee's Physical Address: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Lot Audress: Quality Loan Service Corp. of Washington 104 Loan Service Corp. of Washington 104 Loan Service Corp. of Washington 204 Loan Service Corp. o Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-18-828498-SW Sale Line: 800-280-2832 or Login to: http://wa.qualityloan.com IDSPub #0149825 5/15/2019 6/5/2019. Published in The Cashmere Valley Record/Leavenworth Echo on May 15