

Empty Bowls Page 4

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## Lawmakers kill Public Records Act

Local representatives Michael Steele, Cary Condotta, Senator Brad Hawkins vote in favor



Cary Condotta

By JOSH KELEY  
WNPA OLYMPIA NEWS BUREAU



Brad Hawkins

mediately. The legislation was passed by veto proof margins of 41 to 7 in the Senate and 83 to 14 in the House.

The bill exempts disclosure of records such as correspondence between lawmakers and anyone they consider to be constituents, which is broadly defined as individuals who aren't registered as official lobbyists or people who employ registered lobbyists.

In January, Thurston County Superior Court Judge Chris Lanese ruled against the Legislature in a lawsuit filed by several news organizations, including the Washington Newspaper Publishers Association. The judge ruled



Michael Steele

that the Legislature is subject to the Public Records Act. The lawmakers promptly appealed the ruling to the state

Supreme Court, which has not yet decided the matter.

The lawsuit came after news organizations' records requests for any documentation of sexual assault complaints against the 147 lawmakers were denied last year.

The bill, introduced on Wednesday, Feb. 21, was sponsored by Senate Majority Leader Sen. Sharon Nelson, D-Maury Island, and Senate Minority Leader Mark Schoessler, R-Ritzville.

In a rare joint statement, leadership from both parties praised the bill as a compromise between government transparency and the privacy

of people's correspondence with lawmakers. In the statement, Sen. Nelson said that the bill is a "middle ground approach" that "strikes a good balance between privacy, transparency and the legislature's ability to do its job."

News organizations and government transparency advocates quickly lambasted the proposal as a way for lawmakers to get around the court's ruling by not only shielding the Legislature from the Public Records Act, but also applying the exemption retroactively which would cover the sexual assault records that newspapers origi-

nally requested.

"It's really despicable what they're doing," said Michele Earl-Hubbard, the attorney who represents the news organizations in the lawsuit. "It's clearly trying to get the four leaders who are party to the lawsuit out of the existing decision."

Toby Nixon, president of the Washington Coalition for Open Government, said that the speed at which legislators pushed the bill and the lack of stakeholder input is "shameful."

"We think that the lack of transparency in this bill

SEE PUBLIC RECORDS ACT ON PAGE 2

State lawmakers from both sides of the aisle succeeded Friday in passing a bill to exempt themselves from public records requests.

The move comes on the heels of a court ruling that the Legislature is required to adhere to the state's open government laws.

The bill, SB 6617, directly amends the state's Public Records Act to explicitly exempt the state Legislature this includes its employees, agencies, and members from the law's disclosure requirements retroactively and starting im-

## Who will be the next Mr. Kodiak?



Photo submitted by Dina Ashcraft

Mr. Kodiak 2018, will be on March 5, and is a "Night At the Movies." Doors open at 6 p.m. with the silent auction starting at 6:30 p.m. and the show at 7 p.m. You can pre-purchase tickets every Friday from 11:15 a.m.-noon in the Cascade High School Commons for \$5. Tickets the night of the show are \$8. There will also be a live auction during the show with yummy desserts and donations from our wonderful community. Bring the family for an evening of laughter and help support the Class of 2018 with their Senior Sober fundraising. Pictured, back row, from left, Jason Stine, Finn Johnson, Sam Keziah, Stefan Zuckriegel, and Quinn Ashcraft. Front row, Harrison Krous, Treat Schubert, Jose Mendoza and Christopher Ortiz.

## Empty Bowls provides needed funds to Community Cupboard

By IAN DUNN  
EDITOR

The Community Cupboard in Leavenworth, which serves as a food bank and thrift store, serves between 600-700 people per month. There are 200-250 food boxes for families, including some 250-300 kids.

Cupboard Manager Bob Mark said it grew for awhile, but has gone done the past few years, which is a good sign. "People find they aren't needing the food as much or finding other ways to get their needs met, so that's good," Mark said.

Mark said they have been pretty fortunate gathering food for the community.

"In this community, people are extremely supportive of the community cupboard, food donations and monetary donations to help us buy food, especially during the holidays," Mark said.

Safeway had \$10 bags over the holidays. Mark said Safeway sold 1,400 of those bags.

"That is a lot of food that is going to come by the case load to us. It's already coming in. We're going to have that food for a good stretch of the year. Things like that really help," Mark said. "We do the grocery recovery at Safeway six days a week. That provides a lot of good, fresh food for people to have on a daily basis. There are a lot of ways we can access

food around here. People are very supportive. We're very fortunate."

Empty Bowls was started 22 years ago locally by Nancy Peterson and Jeff Hilton as part of a nationwide program to alleviate hunger. The first soup supper was in Sheila Bergren's garage and it expanded from there.

"It's always been a fundraiser for the Community Cupboard food bank. For a number of years, they've also done art grants to support artists in the community. There's been funds set aside to help that too," Mark said.

The help from Empty Bowls has been huge, he said.

"Thinking about how lucky we are in this community, especially how much Empty Bowls supports us as much as they do is a big piece of that. If

you talk to a lot of food banks around, there are a lot of folks who don't have a budget for food," Mark said. "They rely on what they get through donations and through various distributors like NW Harvest, which support food banks. Having a budget to purchase food we don't get for free is a luxury that we have here. A lot of that is due to the Empty Bowls Festival. It raises 50 percent or more of our food budget."

Empty Bowls usually raises \$10,000 to \$15,000 for the Cupboard, which is a luxury, Mark said. It's been instrumental in helping keep the food shelves stocked with the things they don't get for free, like protein items, cereal, juice.

There are certain things the Cupboard doesn't get for free, so having a budget for it

is very helpful, he said.

Things are changing at the Community Cupboard as a new space has been secured for the thrift store, just up the street. This will be a big change for the food bank too. It's exciting, he said.

"The idea we are moving toward with our food bank is choice model, shopping experience where people can have much more choice with their food," Mark said. "Based on family size, you will have a certain number of points. You can come and go as much as you want during the month. You have a certain number of points to use up. Hopefully, we can incentivize healthy eating and those sorts of things."

Ultimately, it comes down to what people choose to eat and

## Comments from community members on the Community Cupboard

"Having a friendly, understanding, community-driven place to rely on during this time of need for my family has been invaluable. Helping families overcome tough times by supplementing their grocery money with these healthy (sometimes) donations is essential to any community. It is such a great business with its hands in so many different programs. It also gives us who use it the opportunity to give back with our donations, time and energy when possible as

SEE EMPTY BOWLS ON PAGE 4

SEE COM CUPBOARD ON PAGE 2



File photo

The Community Cupboard food bank receives 50 percent of their budget as a result of Empty Bowls every year.

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215 14th St. • P.O. Box 39,  
Leavenworth, WA 98826  
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# Community

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## THE LEAVENWORTH ECHO

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215 14th St., P.O. Box 39  
Leavenworth, WA 98826-0039  
Phone: 509-548-5286  
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**Publisher**  
Bill Forhan • 509-548-5286  
publisher@leavenworthecho.com

**Managing Editor**  
Gary Bégin  
gary@ncwmedia.net

**Editor**  
Ian Dunn  
editor@leavenworthecho.com

**Advertising Sales Manager**  
Carol Forhan • 509-548-5286  
carol@leavenworthecho.com

**Creative Services**  
Lindsey Douglas  
leavenworthechoads@gmail.com

**Front Office Classified / Legal Notices**  
Susan Dodrill  
classifieds@leavenworthecho.com

**Circulation**  
Kristie McClanahan  
1-509-293-6780  
circulation@lakechelanmirror.com  
**website:**  
www.leavenworthecho.com  
**e-mail:**  
echo@leavenworthecho.com  
**advertising e-mail:**  
echoads@leavenworthecho.com

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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.

## Community Cupboard: Clients give their thoughts

CONTINUED FROM PAGE 1

well. Even when our family has overcome this hard, financial time, we will still be a part of the Community Cupboard with our donations, etc."

"It has made a good/positive impact for the cost burden of groceries. My SNAP was lower and my aging father moved in with me six months ago, so the extra food has made it possible to meet our needs. A big THANK YOU to all volunteers!"

"Being on Social Security, I have a lower income and you have given me excellent food products, shoes, clothing, and lots of books. I love your food bank!"

"It is important to us because it allows our household to have three meals a day instead of just one. Also, it relieves the stress through the holidays, allowing us to have food and presents so that we can spend our limited money on things like rent. We definitely appreciate whatever we are able to get. Thank you."

"I live alone and get SS and SSI, which is \$755/month. I really need this food, as after bills and gas and rent, there is not much left for food. I also have a dog who has been getting dog food too. I can't thank you all because I always see new people helping out (always nice). So thank you all, you're doing a great job!"

"The food we have received here has taken us through many a difficult time. The MEND group has also helped me so very much at different times to pay my bills and mortgage. I am overflowing with gratitude for the kindness and generosity I have received at the Community Cupboard. Thank you from the bottom of my heart."

"Being a senior on low income, the food bank has provided me with food, where a lot of times I would run out."

"I am a single grandma of two girls and a son that still lives at home. I don't work a lot and it really helps!"

"The food bank has been a huge support to our family. We recently arrived in this region and it was difficult to find help for our family. The people in this place (The Community Cupboard) made our arrival easier, and thanks to them my children continue to smile, despite the economic struggles that we have been facing. Thank you for your help. We hope that you continue to help many people in need." (Translated from Spanish)

# DON'T FORGET



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## Public Records Act: Governor has not yet signed it

CONTINUED FROM PAGE 1

process is kind of indicative of how the legislature feels in general about public participation in the legislative process," he said

While most policy bills that don't affect the budget had cut-off deadlines in early February, this one features an emergency clause which technically allows lawmakers to move it regardless of the deadlines. The bill was introduced on Feb. 21 and it received a floor vote in both chambers on Friday, Feb. 23.

Nixon said that legislative leadership has the "thumb screws" on its caucuses and is pressuring them to pass the

legislation.

Six people were allowed to comment on the bill in a joint work session held by members of the House and Senate committees concerning state government on Feb. 22. The testimony was unanimously opposed.

"It's breathtaking to have a bill show up this late in session on this most important issue and have the legislature step in on this ongoing lawsuit," said Rowland Thompson, a lobbyist representing the Allied Daily Newspapers of Washington and the Washington Newspaper Publishers Association.

Publisher of The Tacoma News Tribune and The Olym-

pian, David Zeeck, said that there would have been 20 newspaper publishers at the Capitol to testify against the bill, had they had more notice.

"All other legislative bodies in this state operate in a much more open fashion than you're prescribing here. The present governor hasn't even used executive privilege," he said. "You're running the risk of demonstrating to the people that you're setting up an imperial legislature that is not subject to the people."

Gordon Padgett, a Vancouver Washington resident who drove to Olympia to testify, said the bill makes the government seem less transpar-

ent. "Everything about the way this bill is being handled makes the average citizen leery of the legislation and leery of everyone in the Legislature," he said, adding that the bill's purpose is to "cover the legislators' collective backsides."

At a press conference on Feb. 21, Governor Jay Inslee said that while he hadn't seen the bill, lawmakers can be effective while being transparent. "Legislators can succeed in their duties while being fully transparent in state government," he said.

In 2013, Inslee declared that he would not use executive privilege to hide records from his office.

## Discovery School is a special place for high school students

SUBMITTED BY MARLENE FARRELL

Walking into the Discovery School, located on the grounds of the Leavenworth National Fish Hatchery, one senses this is a place of productivity and creativity. In the main open room, teenagers work out of cubicles, which they've personalized with bright colors, images and quotes. They type on laptops and study textbooks. Art, maps and posters cover the walls of both the main room and the classroom, showing how both serve multiple purposes.

On a recent Monday after-

noon, teacher Travis Blue took the same state tests. "Students come to Discovery for one or more of three reasons," explained Blue. "One, to catch up on credits. If they had a bad start, they can start to catch up with self-paced classes. Two, to get a different social setting. We are a small district, and if you don't fit into the typical cliques, it can be difficult. Students often come out here to get away from 'the drama.' And three, to graduate early. They can get up to a credit extra a year and get out a semester early if they work hard."

In 1992, Discovery origina-

tools like a miter saw, table saw and band saw. "After passing the safety tests we make a plan with all the correct dimensions, get the materials and make something. Last year I made an Adirondack chair," said Elijah.

"I value real world employable skills," Blue explained. "A large part of Construction is learning basics, so they can work with carpenters over the summer. Horticulture is about the raising and care of plants from seeds, and facilitating the Discovery plant sale and garden."

Johnson assists Blue in many ways. "Danielle teaches

ers, brought the vision of a small high school into reality. "We went to so many school board meetings," Broadus recalled. "When I found a free portable classroom from the Wenatchee School District, we could get started."

The collaboration between the two entities stems from a mutual guiding focus on experiential learning. When possible, Hatchery staff teach applied skills and serve as mentors.

These days the students help with Kids in the Creek and at Salmonfest, running stations for the busloads of fourth graders who visit every fall. They also get to learn about the care and feeding of hundreds of thousands of salmon, dissect Chinook specimens, aid staff in creek health and geological analyses and learn about pollinators and native plant species.

All of these educational opportunities must be puzzle-pieced together within the timeline for each student to graduate. Thus, before each semester Blue works closely with Gina Kelly, the high school counselor, to check each student's credits and plan the small group classes and the self-paced studies.

Blue must be prepared to help students in lots of subjects and at multiple levels. His motivation for this challenging job is simple. "I have a goal that every student who enters Cascade High School and stays in our district will graduate. I want a 100 percent graduation rate."

Several students frankly stated, "I would have dropped out," if the Discovery School hadn't been an option. They spoke of how Discovery lacked the pressure and drama of the high school. "And the teachers care about you here," one said. Blue and Johnson, like their predecessors, are held in high esteem by these students.

"Thanks to Discovery, somewhere between 200 and 300 students have graduated who would not have otherwise," said Broadus.



Photo by Marlene Farrell

The students of Discovery School, along with teacher Travis Blue and para pro Danielle Johnson, far right, enjoy a sunny break, and some of them recline in their handmade Adirondack chairs.

noon, teacher Travis Blue gave an algebra lesson in the classroom, while para professional Danielle Johnson supervised the remaining students.

This is Blue's ninth year at Discovery. "I taught special ed at IRMS for three years before my dream job opened up. Before here I lived in Seattle and taught at an alternative school in Green Lake. During the summers I used to work with Outward Bound and Reachout Expeditions, so I really wanted to bring more experiential education into the general ed curriculum."

At the cubicles, each student worked on a different assignment. Andrea planned her art elective including self-paced assignments in watercolor and pen and ink. Madison added final touches to a presentation on an ancient Chinese civilization.

Jamie worked on English and personal finance. "I like to be able to work on my own at Discovery," she said. "The smaller environment is an asset. Also, being able to work one on one with teachers." Jamie has completed most of her requirements and hopes to graduate a semester early.

Will worked his way through an integrated science packet, a mix of biology and chemistry. The packets represent the bookwork that accompanies the horticulture class that would begin second quarter. Will explained, "We use a greenhouse and flowerbeds to plant vegetables."

Hands-on classes like horticulture and construction provide a break from heavily academic work. For construction, students learn how to use

the English classes. She has put in a ton of work, communicating with the English department to dial in the English curriculum," said Blue. "She also helps monitor some of the self-paced classes."

P.E occurs twice a week. In the winter, the school has access to the Leavenworth National Fish Hatchery's acres of snowy terrain for snowshoeing and several kilometers of trails for cross country skiing. In the warmer months, students head out to a wide grassy field for soccer and ultimate Frisbee.

A favorite class for seniors is Contemporary World/Contemporary Washington (CW/CW), which analyzes and compares current structures and policies of the US to those found internationally. Students apply critical thinking skills to examine and debate current events. "First we establish a safe environment to disagree, and then we can start having civil discussions about tough issues," said Blue.

With only fourteen students currently enrolled, Discovery School represents the less conventional path for students to complete their high school education. "Students choose to come to Discovery. No student is forced to go here. That's a common misconception," said Blue. "They have to want it and be motivated."

Generally, students switch from Cascade to Discovery at the beginning of a semester. They apply and a committee reviews their applications to see if Discovery would be a good fit. Most students come in their sophomore or junior year. Discovery students have the same district requirements as CHS students and

ed through the first ever collaboration between a school district (Cascade) and a federal agency. The partnership is with the US Fish and Wildlife Service's Leavenworth National Fish Hatchery. Since its creation, Discovery has served as a model for other schools.

Corky Broadus, the former Information and Education Manager at the hatchery, along with former Hatchery Manager Greg Pratscher, former school board member Werner Jensen and oth-

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### Senior Center Events & 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.

**March 01, Thursday:** Bacon & Swiss Quiche, Capri vegetables, green salad & tomato, grapes, blueberry muffin.  
**March 02, Friday:** French dip, beets, pea salad, tropical fruit, & dessert.  
**March 05, Monday:** Beef tacos, Spanish rice, spiced salad, Mandarin oranges, & dessert.  
**March 06, Tuesday:** Baked fish, Parsley potatoes, mixed vegetables, tossed salad, apple celery salad, garlic bread, & dessert.  
**March 07, Wednesday:** Country style ribs, Rosemary potatoes, trio vegetables, cabbage/ apple slaw, pineapple & cherries, WW bread roll, & lemon bars.

**Event Calendar**  
 Monday, Wednesday, and Friday 10:30 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**

### CSD Elementary Menu

**Breakfast**

**February 28, Wednesday:** Breakfast cookie, assorted whole grain cereal, fruit, & whole grain bread.  
**March 01, Thursday:** assorted whole grain cereal, fruit, & whole grain bread.  
**March 02, Friday:** assorted whole grain cereal, fruit, & whole grain bread.  
**March 05, Monday:** assorted whole grain cereal, fruit, & whole grain bread.  
**March 06, Tuesday:** assorted whole grain cereal, fruit, & whole grain bread.

**Lunch**

**February 28, Wednesday:** Cheese or pepperoni pizza, pears, leafy green salad, Ranch dressing, chocolate milk or white milk.  
**March 01, Thursday:** N/A.  
**March 02, Friday:** N/A.  
**March 05, Monday:** N/A.  
**March 06, Tuesday:** N/A.

### CHS & IRMS Menu

**Breakfast**

**February 28, Wednesday:** Breakfast cookies, assorted whole grain cereal, fruit, yogurt, parfait's smoothies, whole grain bread and chocolate milk or white milk.  
**March 01, Thursday:** N/A.  
**March 02, Friday:** N/A.  
**March 05, Monday:** N/A.  
**March 06, Tuesday:** N/A.

**Lunch**

**February 28, Wednesday:** Beef & broccoli, stir-fry, spaghetti noodle, burgers, hot dog, fries, pizza, salad bar, fruit, chocolate milk or white milk.  
**March 01, Thursday:** N/A.  
**March 02, Friday:** N/A.  
**March 05, Monday:** N/A.  
**March 06, Tuesday:** N/A.

### Community Calendar

**Wednesday, February 28**

**8:30 a.m., Aerobics, 8:30 a.m.,** Plain Community Church, \$1 fee Mon./Wed./Fri. 763-3621.  
**8:30 to 10 a.m., Play and Learn Group,** Peshastin Head Start. Cheby Ledesma. 548-7614.  
**6:30 p.m. to 8 p.m., Children and Youth program,** age 4-12th grade, Leavenworth Church of the Nazarene, 548-5292.

**Thursday, March 01**

**8 a.m., Leavenworth Chamber of Commerce,** Kristall's Restaurant, Paula Helsen, president. 548-5807. Everyone is invited to attend as a guest.  
**6:30 p.m., Leavenworth Lions Club,** Kristall's Restaurant, Joyce Stevens, president (509) 670-7527.

**Friday, March 02**

**10:00 a.m. - 1:00 p.m., Chelan County Veteran's Service Officer,** WorkSource, and SSVF, coffee and organizational information, first Friday at Kristall's in Leavenworth, DD214, VA Disability Claim and more.  
**11:45 a.m., Leavenworth Rotary Club,** Kristall's, John Fishburne, president 509-679-2080.

**Monday, March 05**

**8:30 a.m., Aerobics, Plain Community Church,** \$1 fee Mon./Wed./Fri., 763-3621  
**6:30 p.m. The Upper Valley Free Clinic** evaluates urgent health needs; Dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND for inquiries: 548-0408.  
**7 p.m. Leavenworth Mosquito District board meeting** at Chelan Co. PUD building, Jenny Mullins 548-5904.

**Tuesday, March 06**

**Noon, Upper Valley Women's Bible Study** at King Ludwig's, Delores Hall, 548-7803.  
**1 p.m., Cascade Education Foundation,** Board Room at Cascade District office, Ken West, 670-1729.  
**7 p.m., LWSC Alpine committee,** Ski Hill Lodge 548-5477.  
**7 p.m. - 8 p.m., Paint 'n' Sip with Karen Hartman,** at Gustov's \$40 includes the tax and all painting supplies. No talent needed for this one!  
**7:30 p.m., Leavenworth Masons,** Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org.

**Ongoing events**

**Leavenworth Public Library, Mon. - Wed., 9 to 6; Thursday 9 to 8, Fri. 9 to 6.**  
 Closed on weekends and Holidays. **Baby story time, Tuesdays 11:30 a.m.** Preschool story time, **Tuesday's 1:30 p.m. Call 548-7923.**

**Peshastin Public Library, Tues., Thurs., Fri. 1 p.m. to 6 p.m.; Wed., 9-2 p.m. with Story Time 10:30 a.m.** Closed Monday and weekends. 548-7821.  
**Upper Valley Museum, Thurs. - Sat. 10 a.m. - 4 p.m. and Sun. 11 a.m. - 3 p.m.** 347 Division St., 548-0728. Hours change seasonally.  
**Leavenworth Fish Hatchery, 8 a.m. to 3:30 p.m., daily 548-7641.**

**Regional events**

**Tue. & Thur. 1 to 4 p.m., SCORE** (small business counseling), Wenatchee Valley Chamber of Commerce, 2 S. Chelan St., Wenatchee call for appointment, 888-2900.  
 Some meetings or events may be rescheduled. Please check with the organization about the time.

### Leavenworth

## Empty Bowls art grant applications due March 9

Do you work with students in the Cascade School District? The Empty Bowls Art Grant will award up to \$1,000 to selected projects. Elementary teachers, middle and high school art, music and drama faculty, and community members who work creatively with local students are encouraged to apply by March 9. Download the application at [uvmend.org/community-cupboard/empty-bowls-festival/2018-art-grant](http://uvmend.org/community-cupboard/empty-bowls-festival/2018-art-grant). (e08,09)

### TRAILS program fundraiser

The TRAILS day Program at Tierra Village is having their annual fundraiser March 27 and 29 at the Front Street Park in the Gazebo from 11 a.m. to 2:30 p.m. (e08,09)

### Free Diabetes Self-Management Series

Learn how to live well with diabetes during a free, six-week series offered at Cascade Medical, March 7-April 11. Learn how to deal with symptoms, eat healthier, use medications safely and work more effectively with healthcare providers. Class materials and snacks will be provided. Space is limited to 15, advanced registration is required. Classes will be held 8:30-10:30 a.m. Wednesdays. Caregivers are

ICICLE CREEK THIS WEEK

## MANDY HARVEY IS IN TOWN RIGHT NOW!

**JAMIE HOWELL**

**MANDY HARVEY** is an award-winning jazz singer, songwriter and motivational speaker who just happens to be **completely deaf**.

She absolutely blew up on **America's Got Talent** last year, making it into the Top Ten, because she is a beautiful and talented singer. That she can't hear on top of that is nothing short of mind-blowing.

This week she's spending four days here as part of the **Icicle Creek Visiting Artist Series**. That means in the days leading up to her big show in the Snowy Owl Theater on Saturday, she'll be spending time with kids all over the Valley, doing things like:

- **Cascade High School:** A mini-concert and q-&a with music and choir students.
- **Eastmont High School:** Teaching a group of ASL students to sign her hit single "Try".
- **Wenatchee AVID students:** Meeting with middle schoolers in the Snowy Owl Theater.

To say that **MANDY HARVEY** is inspiring is a bit like saying the sun is kinda bright. She's about as inspiring as they come, and what a great good fortune for the many young people in this Valley who will get to feel that inspiration first hand.

Presented by

**ICICLE CREEK**  
CENTER FOR THE ARTS

**ADVANCE**

**\$32**

**\$35 DOOR**

**STUDENT**

**\$22**

**\$25 DOOR**

At

**SNOWY OWL**  
THEATER

TICKETS: [ICICLE.ORG](http://ICICLE.ORG) OR (509) 548-6347 X1

### City Council Meetings

**7 p.m., Leavenworth Planning Commission,** City Hall Conference Room, Nathan Pate 548-5275 (1st Wed.)  
**9 a.m., Leavenworth City Council** study session, City Hall, Joel Walinski 548-5275. (2nd Tues.)  
**3 p.m., Design Review Board,** City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)  
**6:30 p.m., Leavenworth City Council** meeting, City Hall, Joel Walinski 548-5275 (2nd & 4th Tues.)

### AA Meeting Schedule

**Sunday, 9 a.m,** Leavenworth Senior Center, Leavenworth, WA  
**Sunday, 7 p.m.,** Leavenworth Senior Center, Leavenworth, WA  
**Tuesday, 12 noon,** First Baptist Church, Leavenworth, WA  
**Tuesday, 7 p.m.,** United Church of Christ, 8455 Main Street, Peshastin, WA  
**Wednesday, 7 p.m.,** Leavenworth Senior Center, Leavenworth, WA  
**Thursday, 12 noon.,** Kristalls Restaurant, Leavenworth, WA  
**Friday, 7:30 p.m.,** Plain Community Church, Plain, WA

**Information numbers for AA:**  
 206-219-3379  
 509 548 1627  
 509-548-4522

Alanon Meeting Schedule  
**Monday, 7 p.m.,** United Methodist Church, Leavenworth, WA  
**Information number for Alanon :**  
 509 548 7939

welcome. Twelve continuing education credits are available. Sign up by contacting Kaitlin Quirk at (800) 782-3204 or kaitlinq@communitychoice.us. (e08,09)

### Northwest Alphorn Workshop

The Leavenworth Alphorn Association presents the 2nd Annual Northwest Alphorn Workshop and Retreat, March 25-27. Enjoy a weekend in beautiful Leavenworth while learning from a team of world class alphorn masters. Study and play the alphorn in an inspiring alpine setting. All players welcome, regardless of ability. For information and registration, please contact NAWW chair Thomas Tilton at alpenfolk@frontier.com or by phone at 548-3494. (e08,09)

### Bridge Players needed

The Leavenworth Thursday Bridge group is looking for some new players. The group plays at Kristalls Restaurant on Thursdays from 10 a.m. until 3 p.m. with a break for lunch. Standard rubber bridge is played. No partner required. AARP recommends Bridge as a great way to keep your mind active, build new relationships and avoid depression. If you would like to join the group call Don or Vicki White at 670-6765. Full day players are preferred. Half day players are also welcome. (e08,09)

### Adult Social Walking

Due to cold weather, Adult Social Walking in the Festhalle will continue on Mondays, Tuesdays, Wednesdays and Thursdays between 7 - 8:50 a.m. Target date for the last day of walking is March 15. (e09,10)

### Empty Bowls Artists' Showcase and Gala Reception

Be the first to view the 2018 Auction bowls created by local artists and potters at the annual Leavenworth Empty Bowls Artists' Showcase and Gala Reception on Sunday, March 4 from 5:30-7:30 p.m. at the Icicle Ridge Winery in Peshastin. An evening of art, wine, appetizers and music. Meet the featured artists and potters and raise funds for the Community Cupboard food bank with a \$20 suggested donation at the door. The Artists' Showcase and Gala Reception will serve as the initial opportunity to preview the artist bowls and platters for the online Empty Bowls Artist Bowls Auction, from 8 a.m. on March 7 through 10 p.m. on March 21, at the Upper Valley MEND website, uvmend.org. (e09)

### Leavenworth Women's Exchange

The Leavenworth Women's Exchange monthly luncheon meeting is on Wednesday, March 14 at noon at Visconti's of Leavenworth, 636 Front St. The cost is \$15 per person for members and \$17 for non-members. Beverage, dessert, tax and gratuity are included. Local author Susan Butruille will present the program during Women's History Month titled "Women Winning the Vote: Past and Present." For information and reservations, contact Ann Callahan at 548-2065 by Saturday, March 10. (e09,10)

### Upper Valley Scholarship

Applications are now being accepted for this scholarship offered by P.E.O. Chapter JF for women residing in Chelan or Douglas County. The purpose of this scholarship is to assist women 30 years or older returning or currently enrolled in higher education in the state of Washington after a two-year or more absence. Deadline for applications is April 30, 2018. For more information, contact Joyce Schiffer at Royce.woody2@frontier.com. (e09,10)

### Mandy Harvey

The amazing jazz singer, who happens to be deaf, returns to Icicle Creek after competing on America's Got Talent. Limited availability. March 3 at 7 p.m. Snowy Owl Theater. (e09)

### Vox Docs Film Festival tickets on sale

The seventh Annual Vox Docs Film Festival is presented by Icicle Creek Center for the Arts on March 16, 17 at Snowy Owl Theater. The weekend festival showcases the best documentaries of the year and titles that have been winning awards around the globe. [Icicle.org](http://Icicle.org). (e09,10)

### Cancer Benefit Fundraiser

Friends of Ben Woods. Osprey Rafting and Leavenworth Winter Sports invite you to Club Crow in Cashmere from 7-11 p.m. on Saturday, March 3. \$5 cover. Come show your support and contribute toward Ben's medical needs. Live music from Analog Jack. Door prizes. 50/50 raffle. Help support his family by purchasing raffle tickets. Visit [facebook.com/gofundme: blessingsforben](https://facebook.com/gofundme: blessingsforben) or donate at any Cashmere Valley Bank branch to Ben Woods Benefit Fund. (e09)

### Regional

### Donors urged to help the Red Cross

Winter storms and the flu don't just mean a lot of people are missing work and school - it also means they can't keep their American Red Cross blood and platelet donation appointments. The Red Cross is urging healthy donors of all blood types to roll up a sleeve to help maintain the blood supply for patients in need. Make an appointment to donate this winter by downloading the free Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS (1-800-733-2767). Blood drive on Feb. 28, 10 a.m. - 4 p.m., Wenatchee Valley College, 1300 Fifth St. (e09)

### 'Science In Our Valley' Seminar Series

The Spring Science in the Valley Seminar Series is being hosted through a collaborative partnership between the Apple STEM Network, the United States Department of Agriculture Research Station, the North Central Educational Service District, Wenatchee Valley College and Washington State University. The weekly seminars, featuring local research scientists and collaborators, is sponsored through a generous grant through Our Valley Our Future. Feb. 28, 4 p.m. Doctoral Candidate, Alix Whitener of WSU will speak on Behavior and pest management of Drosophila in the Grove Auditorium at WVC. (er09)

### Little Women takes the stage at Eastmont

The Eastmont High School Drama Club and Choir Department will be presenting LITTLE WOMEN: THE MUSICAL, opening March 15 and playing five nights only. Based on Louisa May Alcott's own family experiences from her classic novel. This timeless, captivating story is brought to life in this glorious musical filled with personal discovery, heartache, hope and everlasting love. Little Women embodies the complete theatrical experience, guaranteeing a night filled with laughter, tears and a lifting of the spirit. This musical is G rated and suitable for ages 8 and up. March 15, 16, 17, 22, 23, 7 p.m. at Eastmont High School Auditorium. Tickets at Numerica PAC box office - \$15 adults, \$10 students. (e09,10)

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[echo@leavenworthecho.com](mailto:echo@leavenworthecho.com)

**CASHMERE VALLEY RECORD**  
 782-3781  
 201 Cottage Avenue, Suite 4  
 Cashmere, WA 98815  
[record@cashmerevalleyrecord.com](mailto:record@cashmerevalleyrecord.com)



# 2018 Empty Bowls Festival

## Leavenworth Empty Bowls to hold Artist Bowl Auction

SUBMITTED BY DIANE PRIEBE

Don't miss the 22nd annual Empty Bowls on-line auction of bowls hand painted by local artists. From 8 a.m. March 7 through 10 p.m. March 21, 22 bowls designed and created by local artists and potters will be available for bidding on-line at

the Upper Valley MEND website ([www.uvmend.org](http://www.uvmend.org)). Each masterpiece is also available for immediate purchase with a "buy it now" price.

Each bowl is a work of art, from its creation at the hands of skillful potters, to the hours of time it takes to painstakingly hand paint the designs,

and then the final careful firing of the artistic creations. While the contributions of the artists' time and talent are sizeable, so too is the financial impact of the auction of their bowls. The money raised by the artist bowl auction is a significant portion of the total Empty Bowls profit, each year

raising more than \$7,000 for the Community Cupboard food bank. A \$1,000 of the proceeds also supports small art grants that benefit local youth.

If you would like to view these spectacular bowls in person, you can attend the annual Leavenworth Empty Bowls Artists' Showcase and

Gala Reception. This event will be held Sunday, March 4 from 5:30-7:30 p.m. at the Icele Ridge Winery in Peshastin. The auction bowls will also be on display starting March 7 in the downtown Leavenworth store windows of Der Sportsmann, Simply Found and Inside & Out. All artist

bowls will later be displayed at the March 22 Soup Supper at the Leavenworth Festhalle, so that the community may view the finished bowls as everyone gathers to celebrate and eat together. Both the Auction and the Gala event benefit Leavenworth's Community Cupboard food bank.



**Amanda Gibbs**  
*Our Valley*



**Amber Zimmerman**  
*Prusik Peak Mandala*



**Barbee Teasley**  
*Solar Eclipse Magic*



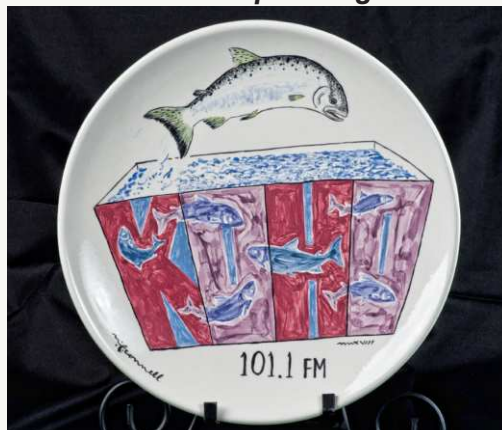
**Candice Dillhoff**  
*Indigo Spring*



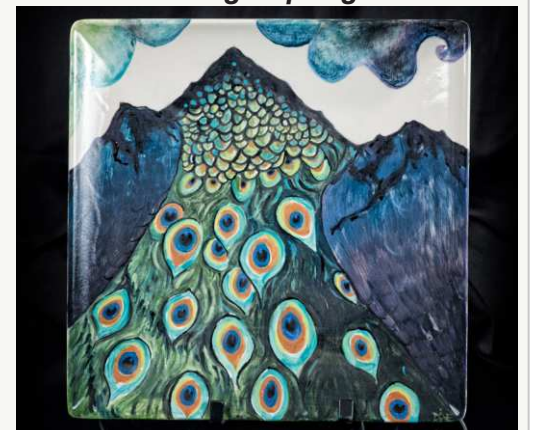
**Catey Luna**  
*Life Long*



**Cordi Bradburn**  
*Simply Horse*



**Dan McConnell**  
*KOHO Bowl*



**Diane Priebe**  
*Peacock Mountain*



**Gro Buer**  
*Whimsical Critters*



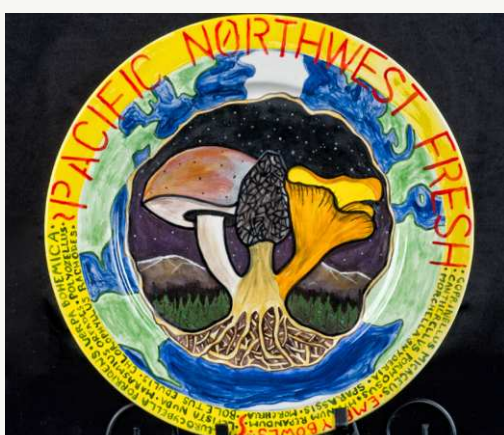
**Hanna Pygott**  
*Look Up*



**Harriet Bullitt**  
*Sleeping Lady*



**Janet Millard**  
*Raptor Migration*



**Josh Scharmann**  
*Pacific Northwest Fresh*



**Linda Claeson**  
*Hare I Am!*



**Mara Bohman**  
*Aspen Dreams*



**Patti Erikson**  
*Goldfinch*



**Scot Brower**  
*Spalted Maple Fruit Bowl*



**Shelby Jo Campbell**  
*Sauer's Mountain Trail*



**Suzi Lane**  
*Winter View from Blackbird Island*



**Teri Zimmerman**  
*Feeling Comfort*

### Empty Bowls: Provides needed funds

CONTINUED FROM PAGE 1

what they take from the food bank, he said.

"We're excited about moving in this direction, giving people as much choice as they can have. In the next few months, we're hoping that can become a reality. Currently, we're working on setting up the next thrift store space. When that happens, we'll shift gears and get the new food bank space going," Mark said.

Tickets are already sold out, as usual. The artist bowl auction, March 7-24 is now the only way people can still get tickets to soup supper. Mark said they get a lot of calls about that.

Even though they've moved to the Festhalle, they can still only serve a limited number.

"You are working with restaurants that provide a certain amount of soup and can feed a certain amount of people. They sell tickets based on that scenario on how many they can feed," Mark said. "The space is good, but they still have to work within the confines of the soup provided."

A sidebar to this article features comments from some of the folks served by the Community Cupboard. Mark gathered comments over a month or so. He said people were pretty helpful and wanted to share their stories.

"Most of them didn't want to share their names, but

wanted to share their stories. They were grateful for the opportunity to share what the food bank has meant to them," he said. "It's interesting. I don't know if people really understand why people might come to a food bank. It's a pretty humbling experience to walk up to the food counter and say I need some help. There's a variety of reasons why that happens."

For one reason or another, Mark said people have fallen upon hard times and have to make some tough choices between paying bills and putting food on the table. The Cupboard is way to help out.

"There's a lot of seniors on fixed income. Any extra expense during the month can

throw them off.

There are folks just coming to the Community Cupboard looking for work, and they need help with food. Just generally, the most common experience is people have

just fallen on hard times. The food bank is place they can come and help fill the gaps a little to supplement their food needs in their household," Mark said.

It is a monthly food box. It's

not a whole lot of food, he said, but hopefully it's enough to supplement what they already have.

Ian Dunn can be reached at 548-5286 or [editor@leavenworthecho.com](mailto:editor@leavenworthecho.com).



**Terry Porlier**  
*Mountain Heart*



**Thea Graham**  
*Washington Love*







HELP WANTED

Manson School District is seeking applicants for the following positions. •Asst. High School Softball Coach - 17-18 school year •High School Science Teacher - 18-19 school year •Middle School Science Teacher - 18-19 school year •Substitute Bus Driver •Substitute Asst. Cook •Substitute Custodian •Substitute Para Educator •Substitute Teacher Detailed job posting and online application process are available at: www.manson.org, EOE

CTFC - Gaming Division, Mill Bay Casino Manson, Washington Mill Bay Casino FREE DEALER TRAINING COMING SOON Sign-up by March 5, 2018

ALL APPLICANTS WELCOME Backgrounds check & Random Drug Testing required Indian Preference FOR MORE DETAILS Call the Human Resources Department at (509) 687-6924 or (509) 687-6925

North Meridian seeks two customer-focused, positive, friendly and professional Receptionist's to join our Leavenworth and Chelan teams. This position is well suited to an individual who is comfortable taking initiative with office tasks and is reliable in completing support requests from staff in a timely manner. She/ he must have quality communication skills and must be attentive to details. This position requires the ability to plan, organize, and problem solve, with additional skills in mathematics, reading, writing, and technology. For more information, please contact Shari at 509-662-4721 or email sharmon@nmttitlegroup.com

APPLIANCES

Pocket some cash by selling your used appliances with a classified ad. Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon Lake Chelan Mirror 682-2213 mirrorads@lakechelanmirror.com Leavenworth Cashmere 509-548-5286 classifieds@leavenworthecho.com Deadline Tuesday at noon Quad City Herald 509-689-2507 heralddads@qcherald.com All Classified Ads go in all of our newspapers

ANTIQUES & COLLECTIBLES

Get cold hard cash for your Antiques by placing them for sale in a classified ad. Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon Lake Chelan Mirror 682-2213 mirrorads@lakechelanmirror.com Leavenworth Cashmere 509-548-5286 classifieds@leavenworthecho.com Deadline Tuesday at noon Quad City Herald 509-689-2507 heralddads@qcherald.com All Classified Ads go in all of our newspapers

Yard Sale Make some extra cash! 548-5286

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A Garage Sale Fill your pockets with CASH Let others know what items you are selling! Your ad appears online & in the newspaper for one low price Deadline Monday at noon Lake Chelan Mirror 682-2213 mirrorads@lakechelanmirror.com Leavenworth/Cashmere 509-548-5286 classifieds@leavenworthecho.com Deadline Tuesday at noon Quad City Herald 509-689-2507 heralddads@qcherald.com

WANTED

DID YOU KNOW? "Items Wanted" will notify you when what you want appears in our classifieds within 7 days. Whether it's your dream job or your dream car, "Items Wanted" will email you a notification when it becomes available. To use "Items Wanted" go to leavenworthecho.com cashmerevalleyrecord.com lakechelanmirror.com or qcherald@qcherald.com Classified and follow the easy steps

AUTOMOBILES

For Sale 1922 Dodge Touring Car Has run a few years back, but needs work. One owner, have original sale slip. Asking \$2000.00 O.B.O Call 509-682-5841.

PUBLIC NOTICES

The Leavenworth Mosquito Control District board will hold their first meeting of the 2018 season on Monday March 5th at 7 p.m. at the Chelan County PUD building at 222 Chumstick Highway, Leavenworth. Meetings are scheduled at the same time and site on the first and third Mondays of each month but are often cancelled due to a lack of pressing business. For up-to-date information call Manager Jennifer Mullins at 548-5904.

The District will begin larvicide treatments as soon as mosquito larva are found (but no earlier than March 19) continuing until October 15 at the latest. Larvicides used include Bacillus thuringiensis subspecies israelensis, Bacillus sphaericus, and methoprene. Spinosad may also be used. Additional larvicides which may be used also serve as pupicides; these are a monomolecular surface film and a paraffinic white mineral oil.

The District seeks to reduce mosquitoes through habitat reduction and larviciding. Adulticides were not used from 2007 through 2017. If an adulticide is needed, we may choose to use malathion, natural pyrethrins, piperonyl butoxide (PBO), permethrin, etofenprox, naled, prallethrin, resmethrin and/or sumithrin. Such spraying could occur in June, July or August anywhere within the District and will be noted at our website: www.leavenworthmosquitodistrict.com. Larvicide treatment locations are also posted at this website. Additional sites may be added as needed.

More information on these pesticides is available online at npic.orst.edu/pest/mosquito/. For additional information or to be placed on a "No Spray" list, leave a message for Manager Jennifer Mullins at 509-548-5904. Placement on the list is not a guarantee on non-treatment. The Department of Ecology Aquatic Pesticides Permit Manager may be reached at 360-407-6600.

Published in the Leavenworth Echo/ Cashmere Valley Record on February 28, 2018. #81284.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq.TS No.: WA-17-777931-SW APN No.: 222005937045 Title Order No.: 8711015 Deed of Trust Grantor(s): ANDREW E GUZMAN, CHELSEA D IRELAND Deed of Trust Grantee(s): MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. (MERS) AS NOMINEE FOR BAY EQUITY LLC. Deed of Trust Instrument/Reference No.: 2446090 I.NOTICE IS HEREBY GIVEN THAT QUALITY Loan Service Corp. of Washington, the undersigned Trustee, will on 3/9/2018, 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 9, WESTPARK 3RD ADDITION, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 7 OF PLATS, PAGE 60, LOT 9, WESTPARK 3RD ADD., VOL. 7, P. 60, CHELAN COUNTY APN #: 222005937045 More commonly known as: 210 MARIE AVE, WENATCHEE, WA 98801 which is subject to that certain Deed of Trust dated 10/12/2016, recorded 10/17/2016, under Instrument No. 2446090 records of CHELAN County, Washington, from ANDREW E GUZMAN AND CHELSEA D IRELAND, HUSBAND AND WIFE, as grantor(s), to FIRST AMERICAN TITLE, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. (MERS) AS NOMINEE FOR BAY EQUITY LLC., as original beneficiary, the beneficial interest in which was subsequently assigned to Lakeview Loan Servicing, LLC, the Beneficiary, under an assignment recorded under Auditors File Number 2462179 II. No action commenced by the Beneficiary of the Deed of Trust 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: \$12,802.44. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$196,966.51, together with interest as provided in the Note from 3/1/2017 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 3/9/2018. The defaults referred to in Paragraph III must be cured by 2/26/2018 (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 2/26/2018 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 2/26/2018 (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 9/29/2017. 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 follow-

ing the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or 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/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf 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 disclaimers provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. Dated: 10/30/2017 Quality Loan Service Corp. of Washington, as Trustee By: Kristen Oswood, Assistant Secretary Trustee's Mailing Address: Quality Loan Service Corp. of Washington C/O Quality Loan Service Corp. 411 Ivy Street, San Diego, CA 92101 (866) 645-7711 Trustee's Physical Address: Quality Loan Service Corp. of Washington 108 1 st Ave South, Suite 202 Seattle, WA 98104 (866) 925-0241 Sale Line: 800-280-2832 or Login to: http://wa.qualityloan.com Trustee Sale Number : WA-17-777931-SW IDSPub #0133388 2/7/2018 2/28/2018

Published in the Leavenworth Echo/ Cashmere Valley Record on February 7, and 28, 2018. #80231. The City of Cashmere is seeking a volunteer who is actively involved within Cashmere commercial/ business community to serve on Cashmere's Planning Commission. The Planning Commission meets the 1st Monday of each month at 5:00 p.m. at Cashmere City Hall. The Planning Commission consists of 7 members who are appointed for a term of 4 years. The Commission helps guide the orderly growth of the City and Urban Growth Area by making recommendations to City Council regarding comprehensive plan amendments, zone changes, zoning ordinance amendments, and other development matters as necessary. If interested please contact Mark Botello, Director of Planning & Building, at Cashmere City Hall 509-782-3513. Published in the Cashmere Valley Record/ Leavenworth Echo on February 28 and March 7, 2018. #81219.

PUBLIC NOTICE Special Leavenworth City Council / Transportation Benefit District Budget Retreat Meeting Notice is hereby given that the Leavenworth City Council and Leavenworth Transportation Benefit District Board will conduct a Special Budget Retreat meeting to discuss the 2019-2020 Budgets on Friday, March 23, 2018 at the Bavarian Lodge Montafon Room, 810 US Hwy 2, Leavenworth, Washington, from 8:00 a.m. until approximately 2:00 p.m. The public is invited to attend said Special Budget Retreat meeting. Chantell R. Steiner Finance Director/ City Clerk City of Leavenworth Published in the Leavenworth Echo/ Cashmere Valley Record on February 28, 2018. #81232.

Published in the Leavenworth Echo/ Cashmere Valley Record on February 28, 2018. #81232.

Advertise 548-5286 or 782-3781

PUBLIC NOTICES

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PUBLIC NOTICES

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Leavenworth Rotary Fest Gala set for March 4

By IAN DUNN EDITOR The Leavenworth Rotary Fest Gala is set for Sunday, March 4 at the Leavenworth Festhalle. Rotary Fest Gala Chairperson Mahala Murphy-Martin said this is their major fundraiser of the year. "The proceeds we make from that go to projects locally and internationally," Murphy-Martin said. "It's a silent auction, live auction. Our guests can enjoy a fabulous meal provided by some of the many fine restaurants. There will be a no host bar. We will have a fantastic mystery which is part of the event." The mystery theater is a who-dun-it, just for fun, she said. There is also a big board where you can purchase tickets to a restaurant in the area. The fundraiser, Murphy-Martin said, is something Rotary has been doing for years. "It's something we've focused on to help raise awareness for Rotary," she said. "In the past, we've done a 'raise the paddle,' whether it is for MEND. We have not selected a beneficiary."



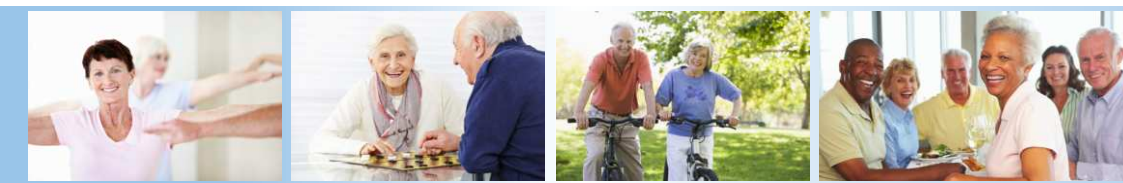
Rotary has raised money for a variety of things in the past including, MEND free clinic and new van, pump track, interact club at CHS, local scholarships, Autumn Leaf Festival, plus many other national and international causes like money for libraries in Guatemala, bikes and wheelchairs to Africa and Guatemala and medical supplies to third world nations. The Rotary six avenues of service are, promote world peace, fight disease, provide clean water, sanitation and hygiene, saving mothers and children, supporting education and growing local economies. "Rotary has raised funds for water purification systems internationally, building schools. We host international students. We have raised funds for Enchantment Park," Murphy-Martin said. "One of the projects Rotary has considered is having a covered area so parents can stay out of the sun and heat while their children are playing at Enchantment Park. Internationally, we had a science lab in Liberia named for the Leavenworth Rotary Club." The event typically raises around \$40,000. Everyone is welcome, not just Rotary members. "We welcome anyone to our very fun evening event. We appreciate the patronage so we can do our local and international projects," she said. Doors open on March 4 at 3 p.m. for registration. It begins at 4 p.m. You can get tickets online at leavenworthrotaryfest.com or from any Rotary member. For information call Brad Blackburn at 782-2600. Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.



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# SENIOR FOCUS

*A Guide to Healthy Living For Seniors and Others*

## Five must-have home features for retirees

(BPT)

As we move through the different stages in our lives, our housing needs change too. The home you were excited to move into in your 30s might not be ideal for those now nearing retirement.

According to the Joint Center for Housing Studies of Harvard University, between 2015 and 2035, the number of people over the age of

for retirement and aging is important, so we're going to take a closer look at the specific housing features that would most benefit those who are looking to downsize or find that perfect home to "age in."

### 1. Walk-in showers

Installing a walk-in bathtub or large shower is a good idea for ease and safety. Having extra room to move

one of America's largest homebuilders, features optional walk-in showers with benches that are available in many of their homes. This is a feature that's great at any age.

### 2. Wide doors and hallways

Spacious doors and wide hallways do the double duty of making your home look great while providing enough space to maneuver a wheelchair or walker through if needed.

### 3. Open floor plans

A home design trend that is perfect for any homeowner age is an open floor plan. But for boomers, an open floor plan is more than just an aesthetic feature. Having wide spaces that allow you to move around is essential to maintaining your independence as you grow older. It also helps add more natural light and is ideal when gathering with family and friends.

### 4. Low maintenance

Fixing up an older home with good bones might look fun

on TV, but it's not something you will want to deal with in your retirement. Rather than trying to troubleshoot problem after problem, look for a newly constructed home. Not only will you have fewer maintenance issues, but you can design a flexible floor plan that fits your lifestyle.

### 5. A customizable floor plan

The features listed so far are part of what is commonly known as age-in-place design. These home features work for people of all ages, but are designed so you can age into them. In addition, make sure the home you purchase is single-story and fits the lifestyle you want for your future.

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perfect dream home. Rather, there are different dream homes for different stages of your life. At Clayton, we know one home model does not fit all, and that is why we offer a range of models and designs that are easily customizable, affordable and stylish, allowing you to get the most out of your silver years. Sponsored ad content by Clayton Homes



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75 living alone will nearly double from 6.9 million to 13.4 million. Being prepared

is not only aging-friendly, but a timeless trend that is easy to maintain. Clayton,

## Five house cleaning tips for allergy sufferers

(BPT) - Many people turn to nasal sprays and antihistamines to combat seasonal nasal allergies or hay fever, but keeping the home clean is just as important in the fight against allergies.

### Keep the outdoors out

While it is hard to control exposure to pollen and other

### Vacuum often

One key to minimizing allergens at home is to vacuum at least twice per week. Start by using attachments to clean surfaces up high, working down to the floor. Make sure to vacuum curtains and upholstery as well as hard surfaces, and pay extra attention to entryways and areas around

faces. In addition, the brand's HEPA filters trap particles 75 times smaller than a human hair, including 99.97 percent of dust mite debris, animal dander, molds and pollen. Replace bags every couple of months and filters at least every six months.

### Wash bedding with hot water

Bedding also should be a focus when attempting to allergen-proof the home. Sheets, blankets and comforters attract dust mites in even the cleanest environments. Wash bedding once a week in hot water to keep allergens at bay. It's also smart to consider protective covers for mattresses and pillows to stop dust mites from getting in too deep.

### Keep air dry

Too much moisture in the air can help dust mites thrive, and may also lead to mold. Using a dehumidifier, especially in humid climates or summer months, can help control the spread of mold and dust mites.

### Minimize indoor plants

While plants can build ambiance in the home, some indoor plants can amplify allergy symptoms by releasing spores and other allergens into the air. For those with a green thumb who can't live without plants at home, make sure to research the plants that are least likely to increase pollen or mold exposure indoors.

windows.

It's also important to select vacuum accessories that have been designed specifically to capture allergens. Arm & Hammer Premium Allergen vacuum bags are designed of synthetic material to capture even more allergens, dust and pet hair from the home's sur-



(BPT)

triggers when outside, those with allergies can avoid bringing pollen into the house with them. Keep shoes and jackets limited to the entryway or mudroom, and shower and wash hair before bedtime to stop the spread of pollen.

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## Five things your doctor may not have told you about heart disease

(BPT) Every day your heart beats an estimated 100,000 times to move 2,000 gallons of blood through your body. That equates to more than 2.5 billion beats in your lifetime! It's no surprise heart health is a priority for many people, especially considering that heart disease is so common.

One in four deaths in the United States is caused by heart disease. More than 610,000 people die of heart disease in the U.S. every year, making it the leading cause of death for both men and women, according to the Centers for Disease Control and Prevention.

You know you need to eat a nutritious diet, exercise and avoid smoking. However, there's a lot more you need to know to protect yourself and your family. Consider these five surprising things your doctor may not have told you about heart disease.

### Heart disease can be caused by a genetic disorder

You may never heard of familial hypercholesterolemia (FH), a common, but inherited genetic disorder that causes heart disease. FH affects approximately one in 250 people worldwide, but currently 90 percent of people born with this genetic condition are not diagnosed. Individuals with FH have a high amount of low density lipoprotein (LDL) or "bad" cholesterol in their blood from birth. This life-long burden of cholesterol is a major reason why FH leads to very early and severe heart disease. The good news is that FH is manageable if detected and treated early in life. If high cholesterol and early heart disease runs in your family, learn more at [thefhfoundation.org](http://thefhfoundation.org).

### Many heart attacks occur outside the hospital

About 47 percent of sudden cardiac deaths occur outside a hospital, according to the CDC. This suggests that many

people with heart disease don't recognize or act on early warning signs.

### Heart attacks have several major warning signs and symptoms:

Chest pain or discomfort. Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach. Shortness of breath. Nausea, lightheadedness or cold sweats. Know the signs. Trust yourself. If you have any of these symptoms or sense something is just not right, call 911.

### Heart disease affects young people

Many people think heart disease occurs in old age, but it can affect people of all ages. Even if you or your family members are 30 years old or younger, you could be affected, especially if you have risk factors like high cholesterol or a family history of heart disease. Keep in mind, each child with a family member with FH has a 50 percent chance of in-

heriting the disorder, which is present since birth. Untreated individuals with FH have up to a 20 times increased lifetime risk of early heart disease, yet 90 percent of people with FH

screened for high cholesterol, but it's not as common for children to be screened, although the American Academy of Pediatrics recommends that all children between the ages

your children's doctor about screening. FH is characterized by an LDL-C level of over 190 mg/dL in adults, or over 160 mg/dL in children. FH may also be confirmed with a genetic test, although this is not necessary for diagnosis.

### You can maintain a healthy heart at any age

Being diagnosed with high cholesterol, heart disease or even FH is not a death sentence. Every person's health considerations are unique, but by working with your doctor, you can come up with a plan to help manage your health and maintain the strongest heart possible. This could include lifestyle changes and medications to manage the LDL cholesterol level in the blood. The key is to keep asking questions, learn about your specific health needs and stay dedicated to your heart health plan. February is American Heart Month



(BPT)

are undiagnosed, according to the FH Foundation.

### Children (even infants) can have high cholesterol

Many adults are regularly

of 9 to 11 be screened for high cholesterol. These guidelines also recommend screening for FH as early as age 2 years if there is a family history of high cholesterol, early heart disease or known FH. Talk to

## Living with osteoarthritis of the knee: Tips for managing function and leading an active life

(BPT) - Ken Meritt, 71, knew he had a serious problem with his right knee when the pain made it difficult for him to engage in even moderate activity. There was a constant, nagging ache when he walked, climbed stairs, got up from a sitting position or even rose from bed at night. A jogger, Meritt worried that he'd have to give that up, too.

After a visit to the doctor, he received the diagnosis: Osteoarthritis of the knee (OAK).

Osteoarthritis of the knee (OAK) Approximately 21 million people in the U.S. are currently diagnosed with osteoarthritis of the knee, a progressive disease characterized by gradual degradation and loss of cartilage. While the exact cause of OAK is debatable, the impact is well known - pain and a loss of function. The prevalence of OAK has increased rapidly in recent years and is anticipated to continue growing due to factors that include age, obesity, genetics, injury and overuse of the knee in activities such as running, as Meritt found out.

### Taking control

Getting a diagnosis like OAK can be debilitating. While you're exploring options to treat the physical part of the disease, don't forget the mental aspects as well. Stress can have an effect on

also creep into your life on the back of an OAK diagnosis. Talk to your doctor honestly and learn all you can about your options.

### Range of treatments



(BPT)

OAK, so anything from yoga to meditation to spa days can help with that. Depression can

After consulting with his physician, Meritt learned that for patients with severe OAK,

treatment options included a total knee replacement or opioids. Neither sounded like a good option to him.

Alan Stanley, 70, a retired deputy director of the Colorado Bureau of Investigation, knows all about knee replacement. He had one knee replaced because of bone-on-bone osteoarthritis, and was not looking forward to having the same procedure done on the other knee.

But he didn't have to endure another knee replacement, and Meritt is back to jogging again. How? Both men were able to participate in a clinical trial for a low molecular-weight filtrate biologic of an FDA-approved human serum albumin (HSA) developed by Ampio Pharmaceuticals, Inc. (NYSE MKT: AMPE). The non-surgical treatment involves a single intra-articular injection, with a goal of reducing inflammation, relieving pain and improving function of the knee. For Meritt, the injection worked like a charm.

"Now I can walk, jog, climb stairs, get up from a chair and sleep without knee pain," Meritt said. "Ampion most certainly worked for my knee.

It's pain free."

Stanley experienced similar results. Not only did the pain and disability associated with his OAK disappear after his injection some 18 months ago, but he didn't need that knee replacement after all. In fact, it feels better than the replaced knee, he reported.

### Background on HSA

What is this promising drug? Led by Dr. David Bar-Or, the treatment is based on a low molecular filtrate of commercial human serum albumin (HSA). Dr. Bar-Or now serves as Chief Scientific Officer and Director of Ampio Pharmaceuticals and the compound, named Ampion(TM), just reported results in a pivotal Phase 3 trial.

### Maintaining an active lifestyle

Here are some tips for staying healthy, easing pain and getting the most out of life while dealing with OAK. (Hint: These tips make sense for people who don't have arthritis, too!)

1. Match activity to ability. Don't run harder than your knees can handle, and in gen-

eral, make sure you are mindful of your abilities.

2. Optimize your exercise. Exercise might be the last thing you want to do when you're hurting, but it will improve the quality of your life. It can also strengthen the muscles that support and protect your knees.

3. It's OK to take a day off. Listen to your body. Rest and relaxation can be just what you need to feel pampered and recharged.

4. Diet matters! Foods rich in vitamin C, like fruits and vegetables, can help, along with omega-3 fatty acids like those found in fish oil. Focus on healthy eating, choosing low-fat dairy, whole grains, fish and lean meats.

5. Lose weight. Carrying extra weight around puts extra stress on your joints.

6. Keep up-to-date on medical initiatives. There is always something new on the medical landscape, so consult with your doctor for developments that may be important to you.

## Brain drained? These habits can help maintain a healthy brain

(BPT) Everyone has those days. You're operating in a fog, or perhaps you spaced out on a family member's name in the

middle of dinner, or maybe you just find it hard to concentrate on work or hobbies. When these unwanted situations

begin to come up more often, you may start to worry. Aging has long been associated with a slow mental decline.

The good news is there are simple things you can do to clear the cobwebs and regain your focus. Dr. Mike Dow, a psychotherapist and best-selling author, says we often don't realize the brain is just like the heart, our muscles, our lungs and bones - it needs maintenance, and healthy habits to help keep it working at its very best.

"People understand pretty well that if they eat healthy, quit smoking and start exercising, they can improve their cardiovascular health," Dow says. "But they don't always connect the dots of living a healthy lifestyle to improving cognitive health." To help

you reach your optimal brain health, Dow offers these everyday tips.

can go a long way to support brain health. An antioxidant-rich diet including things like

can change over the years. It takes effort, but Dow says it's important to try to maintain our relationships and be open to creating new ones, because they can have a profound effect on brain health.

"Relationships tend to buffer us from the stress of daily life, which is good because over time, excess stress can cause inflammation," Dow says. "At the same time, good, healthy relationships give our lives meaning." To meet new people, try simple things like inviting a neighbor over for dessert, joining a book club or volunteering for a nonprofit or cause that's important to you.

### Get enough sleep

We often short ourselves on sleep when life gets busy, but it's important to make it a priority, Dow says.

"Think of nighttime sleep as a wash-and-rinse cycle that clears away the 'bad stuff' that builds up during the day," Dow says. "Brain fog and dementia-causing plaques are washed away by cerebrospinal fluid, and this process is more effective when you're sleeping."

Dow recommends practicing healthy sleep habits, such as striving for eight hours each night, being consistent with your bedtime routine and using melatonin instead of prescription and over-the-counter sleep aids to help you drift off.



(BPT)

### Give yourself a daily challenge

If you catch yourself in a rut or locked in your routine, it may be time to find ways to stretch your mind muscles with a new and challenging activity. Researchers have discovered that healthy brains need certain levels of reserves, and challenging them is one way to build those reserves.

"Think of your brain like a bank account," Dow says. "Every time you learn something new, or play a challenging game or read a book, it's like depositing a dollar into that account. The more cash deposits you make, the more you have to spare."

### Feed your brain

Like other parts of the body, the brain needs food and nutrients, and the right food

unsweetened tea, berries and turmeric can protect the brain from damage that comes from aging and oxidative stress.

Dow also recommends taking a supplement like Natrol Cognium. It contains a unique silk protein that's been shown in human clinical studies to protect the brain from oxidative stress. The studies also show that it improves memory and concentration by increasing blood flow and nutrition to the brain. If you're interested in learning more about the benefits of Natrol Cognium, visit [natrol.com/benefits/brain-health/](http://natrol.com/benefits/brain-health/).

### Tend to your relationships

As life and circumstances bring inevitable changes, the number of people we count as friends and loved ones

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# Q: My neighbor swears by cod liver oil and says I should try it. Could it improve my health?



Drinking cod liver oil may help you if you happen to be deficient in either vitamin A or vitamin D. A type of fish oil, cod liver oil is a good source of the fat-soluble vitamins A and D. It also may contain Omega-3 essential fatty acids like other types of fish oil, helping ease stiff joints and minor muscle aches.

Cod liver oil didn't start out as a medicine. A byproduct of the Norwegian fishing industry, cod liver oil was originally used to soften leather and as a hoof dressing for horses. In the 1800s, German physicians found that when taken internally, cod liver oil could cure children of rickets, a common disease back then that caused serious bone deformities. Swallowing cod liver oil also helped relieve joint aches, gout and "obstinate constipation".

According to the United States Pharmacopeia (USP), Cod Liver Oil, USP is "a thin, oily liquid with a characteristic, slightly fishy odor and a definitely fishy taste" made

by "steaming the livers of the Atlantic cod, then straining the oil that rises to the top of the vat or kettle". Cod Liver Oil, USP lists 3 main ingredients: vitamin A, vitamin D and Omega-3 essential fatty acids.

By 1851, cod liver oil was declared "one of the most esteemed remedies currently available". Doctors strongly recommended it but children hated taking it, and suggestions on how to improve the "fishy" taste of cod liver oil began to show up in medical and pharmacy references of that period. For example, the 19th edition of The United States Dispensary published in 1907 contains this advice about Cod Liver Oil, USP: "It may be taken alone or mixed with some vehicle calculated to conceal its taste and obviate nausea. Peppermint oil has been found to be helpful." Another suggestion from the same source, is to "chew a small piece of orange peel before and after taking the medicine." That should be

pretty effective in masking the taste of fish oil, or just about anything else!

Cod liver oil may improve your health if your diet is low in either vitamin D or vitamin A. Vitamin D is essential to incorporate minerals such as calcium into new bone tissue. A nutritional deficiency of vitamin D causes rickets in children and osteomalacia in adults. Without enough vitamin D, new bone formed by a growing child is not rigid enough to support their body weight, creating crooked bones and skeletal deformities, while in adults, vitamin D deficiency causes weak bones or osteomalacia. Vitamin A deficiency can cause growth retardation, night blindness and an increased susceptibility to infections.

The official recipe of cod liver oil listed in the United States Pharmacopeia (USP) is Cod Liver Oil, USP. It contains 850 USP units of Vitamin A, 85 USP units of Vitamin D, and approximately 1 gram of Omega-3 essential fatty acids

in each tasty teaspoonful, a concentration similar to that found in salmon oil.

The dose of cod liver oil recommended in the USP is one teaspoonful 3-4 times daily for children and one tablespoonful (3 teaspoonfuls, or 15ml) 3-4 times a day for adults. Other formulations of cod liver oil besides the standard version contain extra vitamin A or D that's been added by the manufacturer. The amount of Omega-3 fatty acids in cod liver oil varies, with formulas using Atlantic cod having the most and those from Pacific cod having little to none. It's interesting that cod liver oil was considered helpful in chronic rheumatism (joint or muscle aches) because at least one product contained nearly the same concentration of Omega-3 fatty acids as today's salmon oil supplements.

To reduce the prevalence of rickets in its children the United States began fortifying milk in the 1930's with added vitamin A and D. Every 8 ounce serving of cow's milk

has 100 international units of Vitamin D which is 25% of its recommended daily intake and 150 units of vitamin A, which is 10% of its recommended daily intake. Today's ready to eat cereals are also fortified with 10% of the recommended daily intake of both vitamins A and D. Rickets is now very rare in the United States.

Cod liver oil was one of the first effective vitamin supplements available, but thankfully there are more palatable options today to prevent

vitamin A and D deficiency. One tablet of either Centrum Silver® or Flintstones® chewable is today's modern, and much tastier equivalent.

*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](http://www.AskDrLouise.com)*

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## Boomers: Ten reasons to go nuts

(BPT) - For the roughly 75 million Americans who make up the baby boom generation, a healthy diet and lifestyle are the best weapons against age-related diseases.

"It's vital at any age to adopt good habits to live a strong,

Excessive inflammation is one of the root causes of age-related conditions, such as arthritis. Pistachios contain a special form of vitamin E called gamma tocopherol, which has unique anti-inflammatory properties. Gamma

pistachios, calling them a diabetes superfood because they improve how the body's cells use glucose and how insulin responds to a carbohydrate-containing meal, namely, stabilizing blood glucose levels.

### 6. Skin health and appearance

UV light from the sun promotes damage and accelerates the aging of our skin. Pistachios contain two carotenoid antioxidants that are concentrated in the skin and work to filter out and protect it against the damaging effects of UV light.

### 7. Eyesight

Pistachios contain lutein, a nutrient known to help improve eye health, especially in older individuals. Lutein has been shown to prevent and slow down macular degeneration by providing more pigment for the eye, thereby reflecting more of the sun's light, preventing damage to the retina.

### 8. Memory

Preliminary research shows that the fatty acids and antioxidants found in pistachios can help support brain health. The antioxidants in pistachios can help ward off excessive inflammation in the brain, a major cause of accelerated cognitive decline. Another study found that eating pistachios stimulated brain waves that aid the formation of ideas and memory processing.

### 3. Weight loss

Being overweight can also contribute to a number of age-related illnesses. Studies show pistachios positively promote weight maintenance as the dietary fiber, fat and protein all work together to make us feel fuller and satiated longer, plus removing them from the shell slows down eating. Pistachios are also the lowest-fat nut.

### 4. Digestion

The fiber in pistachios also can help with digestion. Research shows that the fiber in pistachios works as a prebiotic and feeds the good bacteria in our digestive tract to improve the health of our digestive system. A single serving of pistachios contains as much as 3 grams of dietary fiber.

### 5. Blood glucose level

Developing adult onset diabetes, or Type 2 diabetes, is a common fear for boomers. The American Diabetes Association praises the health benefits of nuts, including

### 9. Sleep

Nuts, including pistachios, are rich in minerals such as magnesium. One benefit of magnesium is that it may aid sleep because it assists in helping the muscles relax and quiet activity in the brain by working as an inhibitory neurotransmitter.

### 10. Energy

Pistachios have been shown to promote energy, which is why so many professional athletes consume them while training. More energy means we'll commit to getting enough exercise.

But what is Dr. Mike's main reason for having his clients eat pistachios? "They taste good. People are much more likely to stick to a healthy diet when the food is tasty and fun to eat."



(BPT)

fit and healthy life," says Dr. Mike Roussel, a nationally recognized nutrition consultant and nutrition adviser to Men's Health and Shape. "Fueling your life with tasty and nutrient-rich foods while making sure to be active every single day are essential components to keeping your body young and vibrant."

Roussel's recommendation? Nuts. In particular, pistachios. "Pistachios are a multitasking nut with fiber, healthy fats, and three specific types of antioxidants that may help fight the onset of age-related conditions that lead to poor health in these 10 ways."

### 1. Heart health

Large population studies show that people who regularly eat nuts, such as pistachios, have a lower risk of dying from heart disease or suffering a heart attack. Pistachios provide 360-degree cardiovascular support in that they can promote improvements in cholesterol levels, blood pressure and blood vessel function.

### 2. Anti-inflammatory

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# An underutilized retirement strategy

(BPT) Across the nation, thousands of seniors have used a Home Equity Conversion Mortgage (HECM), commonly called a reverse mortgage loan, as a savvy way to access the equity in their homes as part of their retirement strategy.

Those who are interested in a reverse mortgage loan should know that there are six main phases to the process: 1) educating and qualifying, 2) counseling, 3) approval, 4) funding, 5) using and 6) settling.

## 1. Educating and qualifying

The HECM process begins by contacting an FHA-approved lender who will review the borrower's situation, educate them on the HECM program, and determine if they would likely qualify for a reverse mortgage loan.

"Once the lender has determined that the borrower is eligible, they work closely with them to shape the loan so it fits their needs," says Paul Fiore, Chief Sales Officer for American Advisors Group, the leading reverse mortgage lender in the nation. "At AAG,

this is a highly personalized process designed to give the borrower the best outcome for their financial situation."

ed by the government. During counseling, a HUD-approved HECM counselor reviews the borrower's needs and circumstances. They consider

the lender.

## 3. Approval

Next, the property will be appraised, and after that the

ing fixed monthly payments, opening a line of credit or any combination.

## 4. Funding

After the closing papers are signed, the homeowner has three business days to change their mind and cancel the loan (except if the loan is being used to purchase a new home). After the rescission period has passed, the funds are ready to be paid out through the payment option selected, subject to an initial disbursement limit that is determined by HUD.

## 5. Using your loan

The loan servicer will generally disburse funds via direct deposit or mail on the first business day of the month, following the funding of the loan. The borrower can live in the home as long as they like without making monthly mortgage payments, as long as they continue to pay property taxes and insurance on the home, maintain it in good condition and comply with any other loan terms.

## 6. Settling your loan

If the last surviving borrower sells or transfers the

property, passes away, or does not use the property as a principal residence for more than 12 months, the loan has reached a "maturity event," meaning that the loan comes due and no further funds can be disbursed. Borrowers also have the option of paying off their loan in full at any time without penalty.

Following a maturity event, an appraisal will be ordered by the loan servicer to determine the property's current market value. The heirs can sell the property to repay the loan, or purchase the property for 95 percent of its appraised value. Since HECMs are non-recourse loans, the proceeds from the sale of the home are the only asset that can be taken to pay the loan's balance, even if the loan amount exceeds the value of the home.

A home equity conversion mortgage can be shaped to fit an individual's needs. With new consumer safeguards in place, many seniors are discovering that it is an important part of their retirement strategy.



(BPT)

## 2. Counseling

Once qualified, borrowers are referred to reverse mortgage counseling, an important consumer safeguard mandat-

ed by the government. During counseling, a HUD-approved HECM counselor reviews the borrower's needs and circumstances. They consider

how the funds might best be distributed, the financial and tax implications, and whether a HECM is right for them. If so, an application is submitted to

approval process will begin. Before closing on the loan, borrowers will choose between several loan disbursement options, from taking it all out in a lump sum, receiv-

# Do you know all of your psoriasis treatment options?

(BPT) - Dru Riddle of Fort Worth, Texas, is one of the estimated 7.5 million people afflicted with psoriasis across the United States. A nurse anesthetist and university professor, Riddle understands first-hand the importance of receiving the proper treatment as quickly as possible

and treating the condition with safe, effective medicine. Diagnosed with psoriasis in 2003 and psoriatic arthritis (PA) in 2010, Riddle underwent the treatment trials and errors common to many sufferers of PA before he was connected with a health care provider who prescribed a

more aggressive plan that included biologics. Before doctors put him to a biologic therapy, Riddle suffered for several years with skin lesions and joint pain. "Finally I was switched to an injectable biologic medication," Riddle says. "Those medications have really helped control my disease and the symptoms."

vowed to help others with PA find the right care.

"I recommend anyone with PA be extremely aggressive with their treatment," Riddle says. "The risks of not treating your PA are so much greater than treating it."

## Understanding biosimilars

In his quest for the right treatment regime, Riddle was diligent about his self-care and joined a number of clinical trials for the types of biologics that have been so integral to his treatment plan. It was thanks to his proactive approach to treating his condition that he started learning more about biosimilars.

Biosimilars are safe, effective and affordable alternatives to conventional biologic medicines, similar to generic offerings in other medicinal categories. Widely used in Europe, biosimilars have faced a biologics-dominated market in the United States that has so far been successful in limiting their availability. Expanding the biosimilars market in the United States will require

## A condition that is more than skin deep

Psoriasis often presents as patches of itchy, flaky skin, while PA - which affects about a third of psoriasis patients - results in joint swelling and pain, which may cause permanent damage. Both conditions are a product of the body's immune system attacking itself instead of the foreign invader that should be its target.

PA can usually be identified by psoriasis-like skin inflammations. However, sometimes the joint pain and swelling appear first. This can make it difficult for doctors to properly diagnose the condition.

Initially, Riddle's condition was treated topically with little to no effect. The relief he found with the right medicines was life-changing and he has



(BPT)

manufacturers, the government and regulatory groups to work together to craft new policies, making access to these potentially life-changing treatments their top priority. Riddle applauds the option of safe, effective and affordable biosimilars for patients.

"The expense of the biologic medication can be prohibitive - they're very costly," Riddle says. "So some people may benefit from a more affordable biosimilar medication. That

medication has the same efficacy, meaning it works just as well as the biologic."

## Learning more about your options

"There's no need to be afraid of the medicine," says Christine Simmon, Executive Director of The Biosimilars Council, a group working to support the broad components of the biosimilar industry and enabling increased access to safe, effective and affordable biosimilar medicines. "Learn more about your options, talk to your doctor and make sure you're receiving the medication that is the most effective treatment for your condition."

If you have psoriasis and/or PA, you deserve to know all of your options, including biosimilars. Your doctor can provide you the information you need on these treatment options. To prepare for your next doctor's visit and have your initial questions answered, visit <http://biosimilar-council.org/> today.

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# Neighbors

## Obituaries

### Nancy Brozovich

Nancy Brozovich, longtime resident of Leavenworth, Washington, passed away Jan. 25, 2018 at the age of 78. Nancy had been recovering from brain surgery at Columbia Lutheran Home in Seattle when metastasized lung cancer took her life. The family would like to start by saying thank you to the surgical and nursing team at Harborview Medical and then to everyone at Columbia Lutheran for the compassionate and dedicated care that they gave our Mom each day. Nancy was the strength and the glue of our family. She was dedicated to family above all else and made time for each of us so we knew that we were special. She never lost hope and was rock solid when there was a crisis. This is the way she lived and the way she died.



moved into the corporate world in the early '80's and she retired from Moore Business Forms in 1998. Retired in Leavenworth, they built the home of their dreams.

Nancy and John were two peas in a pod, soul mates for 50-plus years, and spent every day loving each other deeply, developing their land, hiking in the mountains, and motorcycling all over the western United States, Alaska, and Canada. She was an accomplished pianist, who filled the house with different genres of music from classical to current. Nancy was a wonderful baker who made a cache of weekly sweets for John and whoever else came to visit; she made jams and jellies from berries that they picked and

canned fruits of the season. She knit caps for her grandchildren and scarves for her daughters. Nancy devoured both fiction and non-fiction and loved to work different puzzles. She was politically minded and an advocate for those less fortunate. One of her biggest passions was being an active board member and participant of Upper Valley Connection where she spent time coaching, participating with Special Olympics, and sewing for Theater camp each year. She made wonderful friends and cared for them deeply.

Nancy has gone to meet her husband John who preceded her in death in 2015. She is survived by her girls - Katherine Aguilar (spouse Joe) of Lake Stevens, Washington; Kim Akers (spouse David) of Palmer, Alaska; and Kristy Armstrong of Marysville, Washington. She is also survived by her sister Marge Bonds and her husband Darryl of Florence, Oregon. She is survived by her grandchildren and great-grandchildren - Mollyne Aguilar of California; Mathew Akers and son Oliver of Washington; Sean Akers (spouse Brie and their children Parker and Aiden) of Washington; Kyle Barnes and son Dominic of Washington; and Cooper Armstrong of Washington.

Pat Ferguson, 69, of Leavenworth, passed away on Saturday, Feb. 17, 2018 after a two year battle with breast and lymph node cancer. Pat died at home surrounded by family.

Patricia Jean Somerville Ferguson was born on Nov. 16, 1948 in San Francisco, California. She grew up in Portland, Oregon and graduated from Sunset High School in 1967.

For the past 48 years, Pat has been a resident of Leavenworth. Throughout these years she has proven herself to be a very independent and hard working woman. She spent time working for the Forest Service, Mack's Lure, Mountain Springs Resort and for the past 10 years she has operated her own housekeeping business. She recently confirmed that the time she spent on the Trail Crew for the Forest Service were some of the most memorable and rewarding work of her life.

Pat enjoyed living her life filled with laughter and the companionship of the friends and family around her. She was drawn to the vast beauty

### Pat Ferguson



of the Cascade Range and logged countless miles hiking amongst them. Her travels took her as far as the Hawaiian Island of Molokai, three times, where she would sunbathe to her hearts content. She enjoyed the solitude of a good book, the many cats, dogs, turtles that were ever present in her home and maintaining her annual garden. But mostly... she loved the ebb and flow of raising her children and grandchildren. She was a dedicated mother and grandmother and was always there to support her children when

needed.

Pat is survived by her children; Ann Hopperstad, Nancy (Terry) Schultz, Holly Danna, Kellie Ferguson, Corey Ferguson, Keith Ferguson, Casey Ferguson, Cady Ferguson, and eight grandchildren; Joe, Travis, Jake, Dylan, Angelina, Dallas, Ozzy, Alex.

She was preceded in death by her son Buck Carlson, son-in-law Rod Hopperstad, and parents Bill & Jean Somerville.

The family would like to thank the friends and neighbors who reached out to Pat or stopped by during these final months and weeks. Thank you to Mountain Springs Lodge for their generosity of providing a hearty meal which brought the whole family together one last time before return to their respective homes and cities. And a special thank you to Hospice RN Jana who provided wonderful heartfelt care to Pat and for her constant guidance and support to the family.

At Pat's request, no service was held.

### Arthur S. Haig



Arthur S. Haig, 95, of Dryden, passed away peacefully on Wednesday, February 14, 2018. Arthur was born March 5, 1922 in Duluth, Minnesota. Following high school, he attended Duluth Junior College before enlisting in the Navy in 1943. During World War II, Arthur flew Hellcat fighter-bomber planes from the aircraft carrier USS Intrepid which was operating in the Pacific Ocean Theater. He participated in the famous naval Battle of Leyte Gulf, Philippine Sea, and was awarded the Distinguished Flying Cross. Following the war, Arthur resumed his studies, graduating from the University of Minnesota in 1947 with a degree in Electrical Engineering. He moved to Washington after graduation and worked as a Professional Electrical Engineer until his

retirement in 1987.

In 1980, he and his wife Lois bought a small orchard near Dryden which became their residence after retirement. The 1987 move to Dryden blossomed into Arthur's second

career, that of an apple and Anjou pear orchardist. The orchard gave Arthur and Lois much joy. When not working in the orchard, Arthur and Lois enjoyed winter cross country skiing. Summer trips with their travel trailer were to the Washington coast and mountains of Idaho and Montana for hiking and fishing. Arthur was predeceased by his wife Lois A. Haig who passed in 2002, and by his sister Lois Vork of Wisconsin. Survivors include a daughter, Sandra Palm of Bellingham, Washington and a brother, William Haig (Carol) of Minnesota. At his request, there will be no services. Arrangements are by Jones and Jones - Betts of Wenatchee. Memorial gifts may be made to the Wenatchee Salvation Army.

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## Death Notice

### Daphne Clark Harper Barr

Daphne Clark Harper Barr, 99, passed away Feb. 19, 2018, at her home in Sedona, Arizona. She had lived in Leavenworth, Wenatchee and Chelan.

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www.cashmerebaptistchurch.com



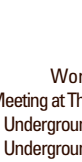
#### CASHMERE PRESBYTERIAN CHURCH

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 10: a.m.  
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Pastor Lilia Felicitas - Malana



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#### GRACE LUTHERAN CHURCH

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300 S. Division • Office: 548-5119  
Rectory: 782-2643  
Sunday Mass: 8:30 a.m.  
Spanish Mass: 12:30 p.m.  
Daily Mass Wednesday: 5:30 p.m.  
Friday: 9:30 a.m. Mass Convalescent Center  
Fr. Miguel Gonzales

### DRYDEN

#### DRYDEN COMMUNITY CHURCH

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

#### MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. • 782-2616  
Worship Service, 10 a.m., Sunday School, 9 a.m.  
Pastor Mike Moore  
www.midvalleybaptist.org

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Pastor Michael Brownell  
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Spanish Mass - Saturday, 7 p.m.  
Fr. Miguel Gonzales



#### SEVENTH DAY ADVENTIST CHURCH

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Fred Smith • 860-3997

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Prayer 6 p.m.  
Wednesday Bible Study 6:30 p.m.

### MONITOR



#### MONITOR UNITED METHODIST CHURCH

3799 Fairview Canyon • 782-2601  
Church Service & Sunday School 9:30 a.m.  
Pastor David Raines

### 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

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Bible Adventures for kids at 10 a.m. sharp  
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# Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

**Leavenworth**  
**Monday, Feb. 19**  
 02:38 Trespass reported at 23149 Lower Chiwawa River Rd.  
 09:18 Alarm reported at 9766 E. Leavenworth Rd.  
 09:45 Noise reported at 8200 Icicle Rd.  
 11:00 Traffic offense reported at Beaver Valley and River roads.  
 17:43 Suicide threat reported at Commercial & 9th streets.  
 20:50 Harass/threats reported at 8703 Alice Ave. Dryden.  
**Tuesday, Feb. 20**  
 15:06 Parking/abandoned vehicle issue at 6943 US97.  
 15:24 Property issue reported at 801 Front St.  
 17:28 Property issue reported at Wells Fargo.

**Wednesday, Feb. 21**  
 01:18 Suicide threat reported at CC3 station.  
 09:21 Domestic disturbance reported at 90 Tip Top.  
 10:27 Burglary reported at Icicle Creek.  
 10:53 Trespass reported at Icicle Rd. MP12.  
 11:12 Property issue reported at Safeway.  
 14:14 Theft reported at Safeway.  
 15:47 Search and rescue reported at Yodelin, Stevens Pass.  
 16:25 Non injury accident reported at 15810 Cedar Brae Rd. Lake Wenatchee.  
 17:28 Public assist requested at North Rd. & Garmisch Ln.  
 20:41 Suspicious activity reported at Smallwoods.  
 22:41 Agency assist requested at 16995 Lupine Dr. Lake Wenatchee.

**Thursday, Feb. 22**  
 01:58 Burglary reported at Icicle Quick Stop.  
 05:23 Injury accident reported at Chumstick Hwy. & Clark Canyon.  
 09:00 Property issue reported at Safeway.  
 11:53 Non injury accident reported at Chumstick Hwy. MP4.  
 16:00 Property issue reported at downtown Leavenworth.  
 19:21 Parking/abandoned vehicle issue reported at CHS.

**Friday, Feb. 23**  
 07:17 Welfare check requested at 10580 Chumstick Hwy.  
 10:40 Disturbance reported at 301 Ward Strss.  
 14:18 Civil issue reported at 7400 US97.  
 14:20 Public assist requested at 145 W. Whitman St.  
 18:45 Fraud/forgery reported at 900 Front St.  
 20:48 Traffic offense reported at US2 & Main St. Peshastin.

**Saturday, Feb. 24**  
 00:35 Non injury accident reported at Chumstick Hwy. MP12.  
 00:43 Agency assist requested at US2, MP98.  
 12:47 Civil issue reported at Up in Smoke.  
 14:09 Civil issue reported at 8132 E. Leavenworth Rd.  
 15:43 Welfare check requested at Marson Dr. & Mine St.  
 17:37 Extra patrol requested at Icicle & Canal roads.  
 18:16 Hazard reported at Cedar Brae Rd. MP1.  
 18:47 Suspicious activity reported at 940 US2.  
 21:45 Unknown accident reported at 12113 Chumstick Hwy.  
 21:53 Domestic disturbance reported at 421 Ash St.  
 23:12 Disturbance reported at Icicle Brewing.

**Sunday, Feb. 25**  
 00:19 Suspicious activity reported at McDonalds.  
 00:23 Warrant reported issued at 900 Front St.  
 00:25 Injury accident reported at US2 & Deadman Hill Rd.  
 03:25 Parking/abandoned vehicle issue reported at Ski Blick Strasse.  
 08:16 Parking/abandoned vehicle issue reported at 15400 Cedar Brae Rd.  
 18:18 Hazard reported at Shugart Flats & Chiwawa River Roads.  
 18:45 Trespass reported at 19360 Evergreen Ave. Lake Wenatchee.  
 20:14 Hazard reported at Karl & Rieche roads. Lake Wenatchee.  
 21:43 Alarm reported at 10430 Fox Rd.

**Fire/EMS Responses**

**Monday, Feb. 19**  
 13:06 CM,CC9 responded to an unconscious person at unknown location.  
 17:25 CM,CC3 responded to a fall at Gazebo Park.  
 18:08 CM responded to a psychiatric issue at 1111 Commercial St.  
 20:24 CM,CC3 responded to an overdose at 238 Benton St.  
 22:38 CC3 responded to a commercial alarm at Obertal Inn.

**Tuesday, Feb. 20**  
 04:32 CM,CC6 responded to a medical alarm at 8907 Motel Rd.  
 07:28 CM,CC9 responded to an unknown accident at US2, MP66.  
**Wednesday, Feb. 21**  
 00:55 CM responded to a personal assist at 9542 E. Leavenworth Rd.  
 20:53 CM,CC9 responded to a diabetic issue reported at 18480 Nason Ridge Rd.  
 22:41 CM,CC9 responded to an overdose/poison issue at 16995 Lupine Dr.

**Thursday, Feb. 22**  
 05:23 CM,CC3 responded to an injury accident at Chumstick Hwy & Clark Canyon.  
**Friday, Feb. 23**  
 07:55 CC3 responded to a commercial alarm at Mountain Meadows.  
 10:26 CM responded to a sick person 9625 Embroden Rd.  
 17:19 CM respond to a sick person at Mountain Meadows.  
 08:19 CM responded to a hemorrhage at Mountain Meadows.

**Saturday, Feb. 24**  
 05:11 CM,CC9 responded to someone with heart problem at 22002 Stirrup Rd.  
 16:25 CM,CC9 responded to a motor vehicle accident at Fish Lake Sno Park.  
 20:11 CM,CC3 responded to an unconscious person at 10196 Ski Hill Dr.  
 21:45 CM,CC3 responded to an unknown accident at 12113 Chumstick Hwy.

**Sunday, Feb. 25**  
 00:24 CM,CC6 responded to an injury accident at US2 & Deadman's Hill Rd.  
 07:58 CM,CC3,CC6 responded to an unknown injury collision at US97, MP176.  
 09:35 CC3 responded to a pole fire at 219 Commercial St.  
 10:49 CM,CC3 responded to someone with convulsions at 12787 Spring St.  
 13:07 CC9 responded to a chimney fire at 3028 Memory Ln.  
 15:06 CC9 responded to a traumatic injury at 19015 Beaver Valley Rd.  
 18:06 CM,CC9 responded to an unknown accident at US2, MP74.

## Chelan County officials respond to Swaim allegations

By GARY BÉGIN

Due to a mistake in last week's article regarding Bernard Swaim, the CVR was contacted by Bernard Swaim himself, Swaim's former attorney Nick Yedinak as well as Chelan County Sheriff Brian Burnett who also spoke on behalf of Chelan County Jail Director Curt Lutz.

The mistake was that Sheriff Burnett was not the "sheriff" who went to Alaska" sheriff when attempted contact was made by Yedinak, but a previous Chelan County sheriff. Burnett said he received phone calls about his trip to Alaska that never happened - our apologies for the bother.

As a result of that error by this reporter, allegations made by Swaim as to not receiving medical attention for broken

toes was rebuffed as well as guards ignoring drug use when marijuana smoke was blown into the face of one of them.

Swaim also clarified what he meant regarding being stuck in a cell for 32 hours at a time by stating it wasn't just him, but all the inmates that were affected by shift changes.

Burnett said he works closely with Lutz and can state that "sure there may be drugs in the jail, but we go through there with drug dogs on a regular basis."

He also expressed grave doubts that any medical problems exhibited by any inmates go without proper attention. "Curt wouldn't allow that to happen."

In response to the rapid feedback by four different persons who are all intimately

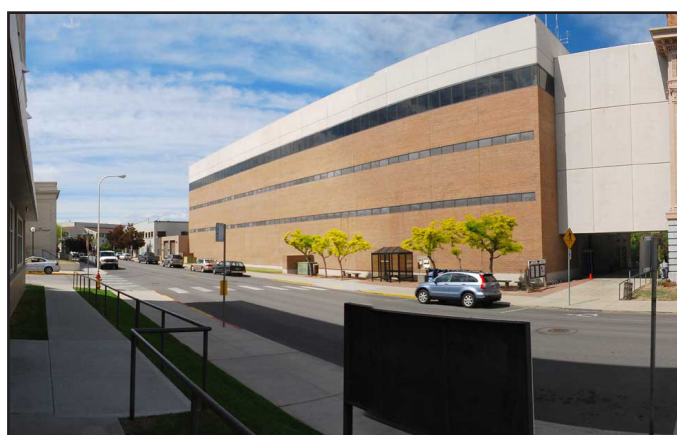


Photo by Gary Begin

Chelan County Regional Justice Center

involved in the case and incarceration of Swaim and the trial, including Swaim himself, it has been agreed upon by Swaim that any future articles be extrapolated directly from email sent by him so as to avoid misinterpretation of

what was said during phone interviews.

It is not certain that further communications will be received via this method, but if so, be sure to read about it in the Cashmere Valley Record and the Leavenworth Echo.

## Leavenworth Young Life fundraiser features former Seahawk Clint Gresham

By IAN DUNN  
 EDITOR

Leavenworth Young Life is pulling out all the stops for their upcoming dessert fundraiser at the Festhalle. The featured speaker this year is former Seahawk long snapper Clint Gresham, who was part of the Seahawk Super Bowl team.

"We do a banquet every year to raise money for our operations, camp and all. This is the first time we've done something with a guest speaker of this caliber. We're reaching out to sports fans as well as Young Life supporters," said Leavenworth Young Life Committee member Karen Brown.

"We've had a Young Life speaker, somebody within the organization or something like that. Clint is double duty. He is a Seahawks Super Bowl Young Life leader. He's Young Life leader from Mercer Island. He's able to blend those two things. Now, he lives in Texas," Brown said.

Former Leavenworth Young Life Community Chair Jordan Brown said Clint has been pretty public with his faith and Young Life during the time he was with the Seahawks. In fact, he was a Mercer Island Young Life leader during that time.

"We would see blips of that on the radar with some of the Young Life stuff that would come out. He wrote a book about his experiences being a Seahawk ... what it was like to live a life of faith in that environment. Then, all of sudden, getting a call from Pete, saying we're going to save \$100,000. How did that all work in his

life?," Jordan Brown said.

Gresham wrote a book and started putting things on Facebook and Twitter indicating he was going to do some banquet speaking. Brown said they went after him a couple years ago, but he was way too busy.

"It was some good timing where we wanted to move to the Festhalle. We've been in the Enzian for the past four years, could seat about 150-200. We wanted to see if we could grow out of that, come

weekend during festivals. They also have a booth selling brats during Christkindlmarkt. They also sell lanterns for the Christkindlmarkt parade.

"We did the strawberry sale for years after Rotary gave it to us. Basically, costs just went out of control. Production was chaos over there. They couldn't get reliable pickers. Costs kept going up and up, so we had to let go of that one," Jordan Brown said.

The current edition of Leav-

enworth Young Life has been around six years under Director TJ Ka'apuni. He said they are seeing about 20 kids per week, and probably a quarter of the high school students over the course of the year.

Ka'apuni said Young Life introduces kids to Christ and helps them grow in their faith. Young Life believes in the five C's of life, he said. "The first 'C' would be club. The Young Life Club is our weekly meeting. We meet every Monday up the Chumstick

at 1490 Chumstick Hwy. We are calling it the mullet, for the kid's sake," Ka'apuni said. "We play a bunch of games, eat a bunch of food. Then, somebody comes up and gives us a talk about Jesus. Another 'C' of Young Life is our committee. The committee supports the behind the scenes so we can do what we do with all the kids."

Over the summer, Young Life typically goes to camp, which is the third "C." "Kids just get away and unplug and hear more about Jesus with some of the leaders. This year, Young Life is going to a camp in British Columbia called Malibu. Dates are August 2-8," Ka'apuni said.

The fourth "C" is campaigners, which is the weekly meeting for kids. The fifth "C" is for contact work, which is showing care for kids.

The Leavenworth Young Life Dessert Benefit Fundraiser is at 6 p.m. on Sunday, March 11 at the Festhalle in Leavenworth. Ka'apuni said it's a great way to spend some quality time with your teen.

To register for the event, go to yldessertbenefit.eventbrite.com. Gresham's new book is Beco/ming, the loving process to wholeness. He'll be there to sign copies.

The event is open to youth when accompanied by and registered with an adult. Just let them know how many are in your party when you register, so they can plan accordingly.

For information, contact Ka'apuni at 509-679-3247 or tj@leavenworth.younglife.org.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.



Submitted photo

Clint Gresham, the featured speaker at the upcoming Leavenworth Young Life Dessert Banquet, has been involved with Young Life for some time. Pictured, Greshman is in the center of some Young Life participants at Centurylink Field in Seattle.

to the Festhalle and bring in 300-500 people, so the banquet will change from a plated, seated type an event to a desert seated event," Jordan Brown said.

Gresham is currently on a book tour, which is why he's making himself available to small groups, Karen Brown said. Leavenworth Young Life has bought a case of 500 books which will be available at the event.

Past fundraisers include parking cars about every

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