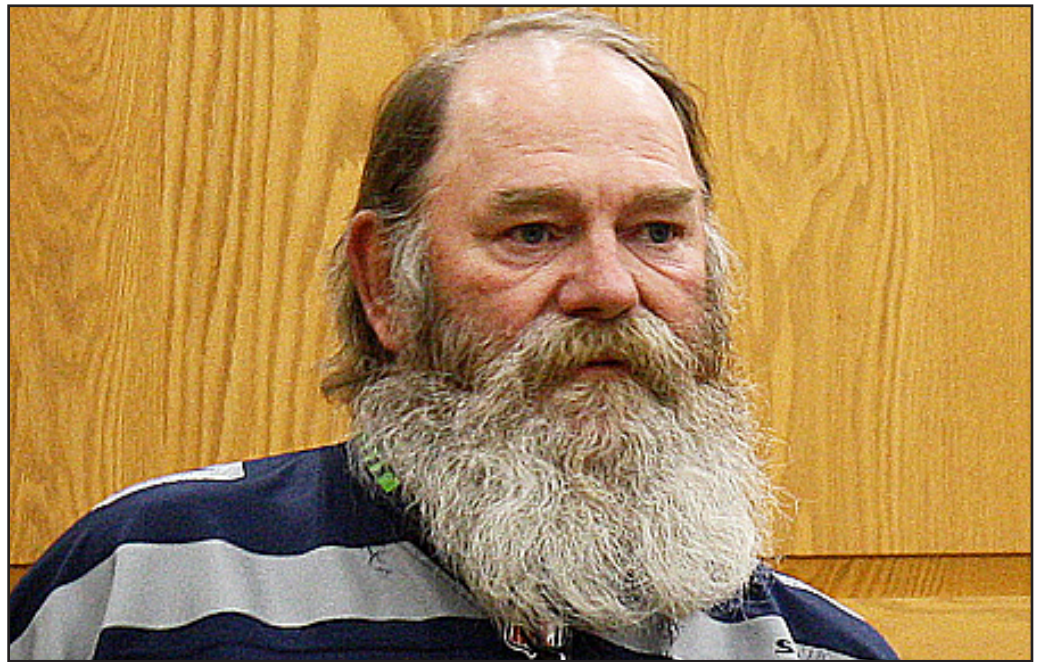




File photo Bernard Swaim, left, and his defense lawyer Nick Yedinak stand and face Judge Lesley Allan as she reads the not guilty verdict last fall



File photo Raymond O'Brien Jr. of Peshastin, told the court that "You can't believe a word that comes out of her mouth" regarding Dawn Soles' honesty. He is one of Dawn Soles' former husbands. She became the state's "star" witness in exchange for a light sentence, after she was a codefendant with Swaim.

## Bernard Swaim speaks out on time served in Chelan County Jail

STORY AND PHOTOS BY GARY BÉGIN

Bernard "Bernie" Swaim spoke exclusively to the Cashmere Valley Record recently about his experiences in the Chelan County Jail while he was awaiting trial, accused in the murder of Cashmere resident Stephen Smith.

The 35-year-old cold case was suddenly reinvestigated at the behest of Smith's family and alleged "corroborating witnesses" last year and Swaim, as well as Leavenworth resident Dawn Soles, were both charged with murder in the beginning of 2017. Soles eventually turned state's evidence in return for a light sentence, which she has already served.

Swaim was acquitted by a jury and returned home to Sultan last fall only to find his former life was in tatters as what was once normal routine had been turned topsy-turvy because of his eight months spent in the Chelan County Jail.

Swaim said while he was incarcerated he was given

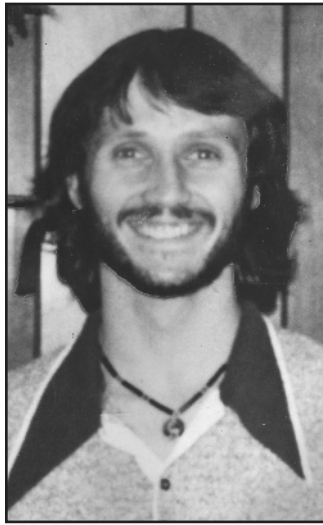
"the wrong size of flip-flops." That may sound innocuous on its surface, but Swaim eventually was injured and had "four broken toes" and claims he "was left to suffer without pain killers."

The 60-year-old Swaim said he was also "assaulted several times" and was a victim of jailers who violated the rules of inmate rights administering such simple things as getting at least one hour out of the cell every 24 hours.

Swaim said the guards would often have 32-hour shifts and because of that he was often not given his one hour out of the cell.

He also said he was put in segregation, "the violent offender tank," because of trying to defend himself during these violent attacks.

Swaim claims inmates were "sedated without permission with anti-depressant and anti-anxiety pills" and that some inmates smoked marijuana and literally blew the smoke into the faces of some of the jail guards without any disciplinary actions taken by the guards.



File photo Cashmere resident Stephen Smith, alleged murder victim, whose body was never found.

Swaim said that he never "snitched" about infractions like drugs or assault because he feared for his own safety.

"Snitches could get thrown off the second tier," Swaim said.

He also claims that at one point in his incarceration, his defense lawyer Nick Yedinak, attempted to speak to Chelan



File photo Dawn Soles testifies against Bernard Swaim during his murder trial last fall.

County Sheriff Brian Burnett about jail issues, but "the sheriff suddenly went to Alaska."

Swaim said the new investigation was partly instigated by "Debra Wetzel who made stuff up and twisted things and stretched the truth."

Debra Wetzel's main testimony involved a phone relationship she had with Swaim when she was a secretary for

a different lawyer Swaim was using. Wetzel said Swaim admitted to her he had been attacked by Smith with a shotgun and that he threw a rock at him and killed him. Even though she said it scared her to hear this, defense attorney Yedinak produced a document which stated Wetzel was willing to be responsible for supervising Swaim if he were released from jail. She also claimed Swaim had told her Smith's body would not be found.

Swaim told the CVR by phone from Sultan that, "I think she (Wetzel) is crazy and wanted to railroad me. "She wanted to marry me," Swaim said.

Swaim sounded sometimes bitter and sometimes forgiving as his talk with the CVR also included his love and belief in God. "My pastor said God's got a plan for me." Swaim himself has been a prison minister for more than 10 years and wanted to do more ministry while in Chelan County custody, but wasn't able to do much while in segregation. "It only takes about 15 minutes to minister

to someone," he said.

Swaim and his legal team were not fans of the Wenatchee World coverage of the trial, which he said were biased against him. He said "I appreciated the fair coverage given me by the Cashmere Valley Record, which is why I am willing to talk with you."

For more on Bernard Swaim's allegations about his murder trial, the legal system and his treatment in the Chelan County Jail, be sure to read the next installment of "Swaim speaks" in a future Cashmere Valley Record.

*Editor's Note: The Chelan County Jail, Sheriff's Office and District Attorney will be offered an opportunity to comment on Swaim's allegations, however to be fair, per standard operating procedures, ongoing investigations are normally not commented on by anyone in any law enforcement or public legal positions.*

## Spotlight on Empty Bowls artists Claeson and Buer

SUBMITTED BY MARA BOHMAN

Once again artists from the local community have donated their time and talent to the Empty Bowls Festival. Each artist's uniquely decorated bowl or platter will be auctioned off at the festival to raise money for Upper Valley MEND in Leavenworth.

If you attended this year's painting days at the end of January, you most likely saw Empty Bowl artist Linda Claeson. She wears many hats for the festival including managing all of the glazes as well as painting an auction bowl, raffle bowl and several reserve bowls for the soup supper.

"She is so welcoming and helpful to everyone," stated

fellow artist Suzie Lane who describes Linda as the hub in the wheel of Empty Bowls.

Linda got started working with clay when she purchased a kick-wheel at a yard sale years ago. It didn't take long for her to ditch the kick wheel and buy an electric one. She quickly learned how to make pottery from reading books on the topic as well as taking some classes at the local college. Soon she had her own pottery studio and sold her creations at local art shows in the Tri-Cities area where she lived. Later, Linda taught her middle school students pottery.

Always inspired by a challenge Linda began experimenting with the gourds she

was growing in her garden. Her beautifully decorated gourds are now on display at Two River's Gallery in Wenatchee. Her latest challenge is painting with alcohol-based ink on tile.

Linda and her husband, Skip (who is on his second year as Empty Bowls Committee Chair), moved to Leavenworth seven years ago after retiring. They enjoy living in a smaller community in the mountains.

Another artist who contributes greatly to Empty Bowls is Gro Buer. In addition to painting an auction bowl with her signature whimsical animal images, she has been the artist liaison for the past five years. Her efforts help to coordinate

more than 20 artists each year to create bowls for the auction as well as working with local businesses that display the creations in their store windows.

Art has always played an important role in Gro's life. As a high school science and art teacher she integrated those two subjects to help her students create art in public places in the Seattle area where she and her family lived. As a self-described crafts-person, some of Gro's different creations have involved welding, beading, sewing, weaving/spinning and the traditional Norwegian folk-style painting of rosemaling.

Gro and her family moved



Photo submitted by Mara Bohman Linda Claeson and Gro Buer with their creations.

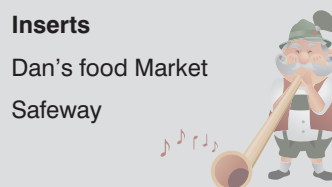
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# Community

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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.

## Leavenworth Summer Theater needs specialty Piano Forte



Photos submitted by Susan Huffman

The Theater has need of two specialty instruments for this summer productions that might be sitting around at your home or attic. For Little Women, the Musical the Theater is in need of a period "Piano Forte" or a square piano. These instruments were popular at the time of "Little Women." LST is also looking for a Victrola for My Fair Lady. It does not have to work, LST just needs the box & horn. If you can help, please give the theater a call at 548-7324.

## New fish screens to be added to city water intake

By IAN DUNN  
EDITOR

Plans are moving forward to add new fish screens to the city of Leavenworth's water intake on Icicle Creek. At the Dec. 12 city council meeting, City Administrator Joel Walinski talked about the plans to replace the screens.

"Council member (Sharon) Waters and I went down to the Icicle Work Group discussion last week. One of the things that was talked about there was the new screens on not only the city's intake, but also Icicle Irrigation," Walinski said.

Walinski said another topic at the meeting was quite interesting.

"Over the course of the last two years, they have been running people up and down the hills to work the valves at the reservoirs on the Alpine Lakes," Walinski said. "They've been testing the water, so they've been tracking temperature, flow of the water and how they could manage the water better if

those valves were automated. They are beginning to collect that data."

The data was presented at the last Icicle Work Group meeting, he said.

"It is quite interesting. Also the effects on adding that water to the temperatures to the various creeks. You are adding lake water to creek water so there is some change," Walinski said. "They want to automate those valves so they can use telemetry to open the valves, half turn, full turn..to let water flow into the Icicle over the course of the summer so they maintain a higher average flow than those peaks and draws.

"In this particular case, Trout Unlimited wanted to create fish passage in a boulder section of the Icicle which would put different fish species above the city's intake and therefore would require the city's intake screens to be updated to current fish and wildlife standards."

One of the requirements of the city, he said, if they wanted to use the city's easement to

create fish passage, then they need to make sure they're updating the city's intakes so the city is not left holding the bag.

"We applied with Fish and Wildlife to the Bonneville Power Association to get grant funding to redesign those screens. That funding was approved. At this point in time, we're asking a portion of those dollars be used to reimburse the city for the cost of having an engineer review the fish and wildlife design to make sure it is up to standard so it will not affect the city's water supply," Walinski said.

The Washington Fish and Wildlife Department looked at the screens to make sure it works for fish, he said. The city needs an engineer to make sure the fish screens work for the city. Walinski said he is asking for \$13,000 to pay for the engineer. The funds would be reimbursed once the funding arrives.

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

## State changes 'medication handling' at public schools

By IAN DUNN  
EDITOR

The state has changed how schools should handle medications. Cascade Superintendent Bill Motsenbocker briefed the school board on the changes at the Jan. 8 school board meeting.

"The changes in the medication in school policy basically identifies what over-the-counter medications are. Before, we did not specify that. Anything that is an oral medication, topically applied, eye drops or nasal spray is now considered to be an over-the-counter medication," Motsenbocker said.

Medications can be given to a student by an authorized staff member as long as they have been trained by the school nurse. Motsenbocker said each principal has been doing this for years, but they have to designate two staff members within their buildings that are nurse designated.

"Those are ones the nurse does the training with. Those are the ones one call if there is stuff we have to do. Typically, you train more than two, in case someone is gone," Motsenbocker said.

The title has also been changed from healthcare professional to licensed healthcare professional, because Motsenbocker said, some people do not have a license. Those people that are licensed healthcare professionals must also have prescriptive authority, he said.

"They have to be able to write prescriptions. Not every licensed healthcare professional actually has the prescriptive authority, so they (state) are dealing with that as well," Motsenbocker said.

Now, sunscreen products can be used by students without a prescription as long as its an FDA approved product provided by a parent or guardian.

"Seems like you should be able to do the sunscreen thing on your own, but before, you could not. Anything you applied topically had to be done by the nurse. So if you had a

kid really sensitive to the sun, they would have to run down to the nurse," he said.

Motsenbocker said the procedure will establish for medications that will be self administered that are necessary for school attendance and possession of those sunscreen products. If there is a child with asthma, he said they can carry the inhalers with them, as long as a doctor indicates they can.

"Any over-the-counter medication can also be given by the students themselves as long as it is a one day dose, excepts issues like inhalers that are multiple dose. Kids also have insulin pumps, so they regulate that themselves," Motsenbocker said.

If a school decides to discontinue medication for a student, the parent or guardian must be notified orally and in writing. Students should not be transporting medications to school.

The authorization to administer those medications should be signed by a parent or guardian and licensed healthcare provider.

"We've had incidents where a student might be taking Aderal for attention deficit. It's a highly regulated medication so they are given a full month's supply and are told it's to be given to the nurse," Motsenbocker said. "The kid gets home and it is still in the pocket or it gets lost on the bus. It is very difficult to go back to the pharmacy and get another month's supply. They are asked we not do that."

Schools can hold no more than a 20 day supply, which is four, five-day weeks. It must be stored in a locked, substantial cabinet.

"We have a form that is part of that for administration of medication at school. It is just identifying what over-the-counter meds are. They did the same thing on the form as they did on the policy and procedure. They did the same thing on the description part when parents get the form at home," he said.

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

## Empty Bowls: View and bid on bowls soon

CONTINUED FROM PAGE 1

to Leavenworth about 7 years ago. She is actively involved in the community and believes very strongly in the mission of Upper Valley MEND. In addition to her work with the Empty Bowls festival, she volunteers in other capacities for MEND such as at Jubilee and the free drop-in clinic at Cascade Medical Center.

In addition to the efforts of Claeson and Buer, many other artists contributed their time and energy to create auction bowls. We appreciate the efforts of this year's participat-

ing artists Amanda Gibbs, Amber Zimmerman, Barbee Teasley, Candy Dillhoff, Catey Luna, Cordi Bradburn, Dan McConnell, Diane Priebe, Hannah Pygott, Harriet Bullitt, Janet Millard, Josh Schermann, Mara Bohman, Patti Erickson, Scot Brower, Suzie Lane, Teri Zimmerman, Thea Graham, Terry Porlier and Shelby Jo Campbell.

You can view and bid on these beautiful bowls and platters in a few weeks on the Upper Valley MEND website uvmend.org.



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Photo submitted by Mara Bohman  
Linda Claeson keeps the glazes organized during Empty Bowls painting days.



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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.

- February 15, Thursday:** Hamburger, steak with grilled onions, twice baked potatoes, trio vegetables, garden veggie salad, WW bread, & berry cobbler.
- February 16, Friday:** Baked fish, wild rice, steamed broccoli, coleslaw, tropical fruit, WW bread or roll, & dessert.
- February 19, Monday:** CLOSED.
- February 20, Tuesday:** Chicken salad, sandwich, vegetable soup, pears, & dessert.
- February 21, Wednesday:** Beef fajitas, Spanish rice, tossed green salad, Oregon, berries over Angel Food Cake.

**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 14, Wednesday:** Homemade whole grain cinnamon roll, assorted whole grain cereal, fruit, and whole grain bread.  
**February 15, Thursday:** Cranberry sausage muffin, assorted whole grain cereal, fruit, and whole grain bread.  
**February 16, Friday:** Zucchini muffin, assorted whole grain cereal, fruit, and whole grain bread.  
**February 19, Monday:** NO SCHOOL.  
**February 20, Tuesday:** NO SCHOOL.

**Lunch**

**February 14, Wednesday:** Cheese or pepperoni pizza, pears, leafy green salad, ranch dressing, and chocolate or white milk.  
**February 15, Thursday:** Baked chicken drumstick, apple wedges, whole grain roll, chocolate or white milk.  
**February 16, Friday:** Hamburger, baked beans, peaches, chocolate milk or white milk.  
**February 19, Monday:** NO SCHOOL.  
**February 20, Tuesday:** NO SCHOOL.

## CHS & IRMS Menu

**Breakfast**

**February 14, Wednesday:** Homemade whole grain cinnamon roll, assorted whole grain cereal, fruit, yogurt, parfaits, smoothies, whole grain bread, and chocolate or white milk.  
**February 15, Thursday:** Cranberry sausage muffin, assorted whole grain cereal, fruit, yogurt, parfaits, smoothies, whole grain bread, and chocolate or white milk.  
**February 16, Friday:** Zucchini muffin, assorted whole grain cereal, fruit, yogurt, parfaits, smoothies, whole grain bread, and chocolate or white milk.  
**February 19, Monday:** NO SCHOOL.  
**February 20, Tuesday:** NO SCHOOL.

**Lunch**

**February 14, Wednesday:** Chicken Pozole, nacho chips, Pico De Gallo, burgers, hotdog, fries, pizza, salad bar, fruit, chocolate or white milk.  
**February 15, Thursday:** Baked chicken drumsticks, rice Pilaf, corn, burgers, hot dogs, fries pizza, salad bar, fruit, chocolate or white milk.  
**February 16, Friday:** Chicken sweet & sour, brown rice, burgers, hotdogs, fries, pizza, salad bar, fruit, chocolate or white milk.  
**February 19, Monday:** NO SCHOOL.  
**February 20, Tuesday:** NO SCHOOL.

## Community Calendar

**Wednesday, February 14**

**8:30 a.m., Aerobics, 8:30 a.m.,** Plain Community Church, \$1 fee Mon./Wed./Fri. 763-3621.  
**8:30 a.m., Prostate Cancer Awareness & Support Group** meets at Kristall's. David McIntyre, MD, 206-954-4166 2nd Wed of every month.  
**8:30 to 10 a.m., Play and Learn Group,** Peshastin Head Start. Cheby Ledesma. 548-7614.  
**6 p.m., Icicle Valley Chapter of Trout Unlimited,** Kristall's Restaurant. Dave Moazed 548-0903.  
**6:30 p.m. to 8 p.m., Children and Youth program,** age 4-12th grade, Leavenworth Church of the Nazarene, 548-5292.

**Thursday, February 15**

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

**Friday, February 16**

No events planned.

**Monday, February 19**

**8:30 a.m., Aerobics, Plain Community Church,** \$1 fee Mon./Wed./Fri., 763-3621  
**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.

**Tuesday, February 20**

**Noon, Leavenworth People with Parkinson's Disease Support Group,** Church of Jesus Christ of Latter Day Saints, 10170 Titus Road, 11:00 a.m., contact Katherine Degel (206) 356-4288 or Judi Little (425) 870-2089.  
**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.  
**1 p.m., Buns, Book and Tea,** Peshastin Book Club, Peshastin Library. Kathy Springer, 548-4807.

**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.**

**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**

**Wednesday, 7 p.m.,** Alcoholics Anonymous, Leavenworth Senior Center, 548-4522, 664-6469 or 425-773-7527.  
**Thursday, 7 p.m.,** Alcoholics Anonymous, Peshastin Light in the Valley Community Church, 8455 Main St. in Peshastin, 548-4522, 664-6469 or 425-773-7527.  
**Friday, 7 p.m.,** Women's Alcoholic Anonymous, Leavenworth United Methodist Church, 418 Evans St., 548-6851.  
**Monday, 6:30 p.m.** Narcotics Anonymous group meets every Monday at the Leavenworth Senior Center.  
**7 p.m.,** Al-Anon meeting, Leavenworth United Methodist Church, 548-7939.

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## Leavenworth

### Last Stand: The Vanishing Caribou Rainforest

A cinematic journey into the tragically threatened world of endangered mountain caribou, their home in the world's largest remaining inland temperate rainforest, and the critical human choices that will ultimately decide the fate of this stunning ecosystem. Wednesday, Feb. 14, 7 p.m. The Barn @ Barn Beach Reserve, 347 Division Street, Leavenworth. (e05,06,07)

### Escape To Paradise

Come into the Leavenworth Echo to purchase your Rotary raffle ticket to Hawaii. Includes roundtrip airfare, lodging, rental car, 4 nights, 5 days. only \$10 per ticket. Been there, done that? Then take the money- \$3000! Drawing will be at the Rotary Auction on March 4th, no need to be present, so stop in soon or call Rotarian Bill, 670-1837. (tfn)

### Snowy Owl Theater: Loving Vincent

Loving Vincent is the world's first fully oil painted feature film. The film brings the paintings of Vincent van Gogh to life to tell his remarkable story. Loving Vincent was first shot as a live action film with actors, and then hand-painted over frame-by-frame in oils. Friday, Feb. 16 at 7 p.m. (e06,07)

### Authors Bill Kenower and Nick O'Connell

Whether you're a fledgling writer or a veteran, writing requires fearlessness: self-acceptance, confidence and curiosity. Come discover the secrets of two fearless authors- Bill Kenower, author of "Fearless Writing" and "Write Within Yourself," and Nick O'Connell, author of "The Storms of Denali," and "Beyond Risk," -- at a free, fun Q&A moderated by favorite local author Kay Kenyon. Reception 6:30-7 p.m., presentation 7-8 p.m., Friday Feb. 23 at Leavenworth Library. Call 548-7923. (e07,08)



## VALENTINE'S DAY OPTIONS: VINCENT OR FLUTE/HARP

**JAMIE HOWELL**

Even though Valentine's Day is Wednesday, You still can't beat Friday and Saturday for date night, so I've got a couple lovely post-Valentine's options for you to consider.

Friday night is movie night. **LOVING VINCENT** is the world's first fully oil-painted feature film, bringing to life the paintings of Vincent van Gogh to the story of his remarkable life in a remarkable new way.

Saturday is for the classical music lovers out there. **Flute and harp duo Catherine Case and Jennifer Rhyne** present "NATURE AND MUSIC: Pieces Inspired by Nature" in the Canyon Wren Recital Hall. Case is principal harpist for Seattle's 5th Avenue Theater and teaches harp at Pacific Lutheran University. Rhyne is also from PLU, where she is Assistant Professor of Flute and Music Theory and director of the Tacoma Flute Choir.

There's no reason you couldn't bring your sweetheart to both! **LOVING VINCENT** screens at 7 p.m. Friday evening at the Snowy Owl Theater. **NATURE AND MUSIC** starts at 7 p.m. Saturday in the Canyon Wren Recital Hall, both at Icicle Creek Center for the Arts.

Sneak some tickets into your Valentines by visiting [icicle.org](http://icicle.org) or calling (509) 548-6347, x.1.

**FRI., FEB. 16, 7 P.M.**

**LOVING VINCENT**

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

## Nature and Music

Pieces inspired by nature featuring Catherine Case, harp and Jennifer Rhyne, flute. Program includes: Ned Rorem, Book of Hours, George Frederick McKay, Suite for Flute and Harp, Charles Rochester Young, Song of the Lark, Toru Takemitsu, Toward the Sea for alto flute and harp, Matthew James Briggs, Prairie Music, Vincent Persichetti, Serenade No. 10. Saturday, Feb. 17 at 7 p.m. at Canyon Wren Recital Hall. (e07)

## Fly tying evening series

Enjoy small group instruction provided by the Wenatchee Valley Fly Fishers and assisted by Trout Unlimited. Learn about fly fishing equipment, philosophy and the basic entomological connections between aquatic food sources and local fish. Class size is limited to 12. Five Tuesdays from Feb. 20 - March 20, 6:30 - 8:30 p.m. The Barn at Barn Beach Reserve, 347 Division St. More info at [wenatcheeriverinstitute.org/events](http://wenatcheeriverinstitute.org/events). (e07,08)

## Gardner artist reception

On Thursday, Feb. 22, from 6:30-7:30 p.m., the Leavenworth Library will host a reception for local artist Mike Gardner whose art is on display in the Library's Fireside Room until March 23. Photography started as a hobby for Mike, but after years of hard work and dedication, he has turned it into a career. Mike's photography ranges from action packed drag racing to serene landscapes. Come meet Mike and join us for refreshments. (e07,08)

## 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 n Tuesday, Feb. 20 at the Wenatchee Community Center, 504 S. Chelan Ave. from 12:30-5:30 p.m. (e07,08)

### '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.14, 4 p.m. "For the Love of Science" - Five lightning talks by current WSU graduate students in the Grove Auditorium at Wenatchee Valley College. (e07)

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## Cascade Scoreboard

CASCADE WRESTLING	
Feb. 10	CTL-NEA Regionals Three to State 106-Martinez 142-Sandoval 285-Rhodes
UPCOMING MATCHES	
Feb. 16-17	Matt Classic at Tacoma Dome, TBA

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## Cooking With Teri

### Embraceable February

It is the time to hunker down, cozy up and make the best of things or is it, our recent weather is more early spring like that mid-winter. If you think about it, we are not having a typical February but then what is typical anymore. Actually February is a wonderful month, love is in the air, snow should be covering the ground and every four years we get to enjoy the Winter Olympics. I love the Winter Games and look forward to taking a peek at the people and culture of South Korea. I must admit traveling to South Korea is not on my bucket list but I do like many of their foods. Korean fried chicken is really gaining in popularity in this country as well as Korean barbecue beef. Besides staying at home, February is a great time to travel to a warm, sunny climate or to a great ski area and a cozy cabin. In February love is in the air no matter where you live. If you plan to stay in town for Valentines Day, support our local businesses by participating in the Wine and Chocolate Event. Downtown lights are still on and the ambience is very romantic. If you are looking for a great gift for a loved one, local spas offer great couples massage packages. For something more low key, a night in with a romantic movie and a quiet dinner are also great. My suggestion for no-cook menu is lots of chocolate, strawberries and champagne. If champagne is not your thing, a good bottle of wine is a nice substitute. Love to all and Happy Valentines Day.

#### Fizzy Flirt

1 ounce Vodka  
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## Three Cascade wrestlers earn State berths

By IAN DUNN  
EDITOR

Just like Cascade Head Coach Jesus Sandoval predicted, the Regional wrestling tournament in Medical Lake was very difficult. The NEA League boasts some of the best 1A teams in the state.

In fact, only seven wrestlers from the Caribou Trail League made it to State, three from Cascade, three from Chelan and one from Okanogan.

"Last Saturday, the Regional Tournament, it came out like we expected. We had one upset. I was hoping bring one other wrestler to state. This was Danny Sandoval, 126. He wasn't able to get through. He made it to state last year," Jesus Sandoval said.

Making it to state from Cascade was freshman 106-pounder, Juan Carlos Martinez, who finished third, senior 145

pounder Daniel Claros, who finished first and senior 285 pounder Arthur Rhodes who finished fourth.

Claros was the only wrestler from the CTL to make the finals.

"He had a really good day. He won the first match and second match. Both were really close. Both he won by one point," Sandoval said. "His match to get into the finals, he wrestled a kid from Medical Lake who is ranked number 5 in the state. He beat him. That was probably his best match of the day."

Claros wrestled a Deer Park wrestler in the finals and was on the verge of getting pinned, when the other wrestler dislocated his knee. He could not continue so Claros won the match by forfeit.

"That's how he won the finals. It was an interesting way, but we'll take it. He will

be the number one seed from our region," Sandoval said. Danny Sandoval, who made state last year, was not having a good day.

"He was supposed to win that first match, but he lost. He got caught and got pinned. He saw that kid during the summer and dominated him. I'm not sure if he was over-confident. It was a big upset," Jesus Sandoval said. Sandoval was also hoping junior 122 pounder Axel Martinez could make it, but he lost out. Another wrestler who had been having a good season was junior 145 pounder D'Andre Vasquez. He injured his knee in the first match and was knocked out of the tournament.

Colville won the regional tournament, with Deer Park second.

As for State, which is this weekend at the Tacoma Dome, Sandoval believes Claros can

place in the top five.

"If he wrestles at State the same way he wrestled at regionals, he should place, but you never know," Sandoval said. "For Juan Carlos Martinez, the other regions have a good 106 pounders. Even though he placed third, he's going to have a tough tournament."

Arthur Drake has a tough path because he must wrestle a number one seed in the first round.

"He will have a really tough first match. We hope he can get to the second day and place. He will have to bring his best to state," Sandoval said. "We'll be working hard getting him ready for this tournament. I hope he can bring his best game."

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

## LWSC Junior Nordic Team perform well at Stampede ski races

MARLENE FARRELL  
LWSC JUNIOR NORDIC PROGRAM  
DIRECTOR

The Leavenworth Winter Sports Club (LWSC) Junior Nordic Team boasts 120 members. They practice from the fall to March and range in age from five to 19. Part of the program's mission is to help the skiers develop the skills and fitness to perform well at local and regional races. There have been several races recently.

The Stampede ski races, as part of the Washington Nordic Cup race series, took place on Feb. 4 and were hosted by the Kongsberger Ski Club at Cabin Creek, Washington. LWSC skiers gained a lot of top performances. Caroline Menna won the 1k overall. Ian Eifert and Alice Farrell won overall in the 2k. Greer Swoboda won her age division, girls 12-13. In the 5k race, Rory Swoboda won girls 14-15, and Gabe Wulfman won boys 18-19.

Racers face their stiffest competition at Junior Qualifier races (which qualify skiers to advance to Junior Nationals in March). Six LWSC skiers attended the Mount Bachelor Junior National Qualifier on Jan. 27-28. These particular races brought together, not only Pacific Northwest ski

clubs, but also a large showing of skiers from California. Haddassah Lurbur placed fourth in the classic race for girls 16-17. Stella Johnson had the third fastest qualifying time on the skate sprint day for girls 14-15, and Derek Richardson won both the skate and classic races for boys 12-13.

LWSC Nordic team members dominated at the Chicks on Sticks race (1/27/18) on the Icicle River Trails, which served as a fundraiser for the Wellness Place in Wenatchee. Annika Peterson won the 1k overall. Bella Fox was the overall winner of the 4k race, and Eli Fortney won the boys

10-13, Dash Haberberger won the boys 9 and under, and Naomi Tveten won girls 9 and under. In the competitive 8k race, Haley Loewen won girls 10-13, Ian Eifert won boys 10-13, and Kian Reid won boys 9 and under.



The start of the Stampede 2k race.

Photo submitted by Marlene Farrell

## Leavenworth Spring Bird Fest registration begins

SUBMITTED BY BROOK HINTON

Registration for one of the best kept secrets this side of the Cascades—the 16th Annual Leavenworth Spring Bird Fest, begins online, Thursday, Feb.

15 at 9 a.m. Adventure awaits as festival activities offer new and returning field trips for experienced birders and casual birding recreationalists that explore an array of habitats by boat, bus, boot, or bike. Our talented volunteer bird guides lead everything from rigorous, half-day, off-trail excursions to gentle walks, river rafting and even paddle boarding on the Wenatchee River. Not a birder? Nature lovers can come enjoy art classes, the Bird Fest Art Exhibition, and free family walks and activities that prove the Leavenworth Spring Bird Fest truly has something for everyone.

Need more incentive? The keynote speaker, hosted by Icicle Creek Center for the Arts on Saturday, May 19, is the one and only birder and artist David Allen Sibley. The festival takes place May 17-20 and is hosted by Wenatchee River Institute at Barn Beach Reserve in Leavenworth. Registration is required for many trips, classes and activities and fill up quickly. For more information and registration for all of the festival activities go to [www.LeavenworthSpringBirdFest.org](http://www.LeavenworthSpringBirdFest.org). Keynote tickets will be available concurrently through Icicle Creek Center for the Arts purchasable on both the Bird Fest website and at [www.icicle.org](http://www.icicle.org).



File photo

There will be birds of prey on display, like this turkey vulture.



File photo

Daniel's Birdhouses has been a regular at Bird Fest.



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## Death Notice

### Peter Anderson Love

Peter Anderson Love, age 81, of Leavenworth, passed away on Feb. 4, 2018 at his home. Cremation services under the direction of Neptune Society-Spokane.

### JOE BROWN

**J.C. BROWN LAW OFFICE**  
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## Letters to the editor

Dear Editor,  
 We are writing about the local fireworks. The organized town events that incorporate fireworks displays are fine, and many look forward to them.

It is the ones that go off, late into the night, that are a problem for us pet owners.

We take care to protect our pets through the scheduled event, but when they occur as late as 12:30, which happened in our town on Ice Fest Weekend, that causes a problem.

We lost our dog that evening. We kept her in the house till bedtime, and then put her in her outdoor kennel. The late fireworks scared her and

she escaped. She was missing until Tuesday afternoon, when she was located. We would like to thank all the people and businesses that took part in helping to look for her. Special thanks to The Wenatchee Kennel Club members, who helped organize a town wide search, which resulted in her being found.

We encourage people to be considerate of pet owners when it comes to fireworks. And, if you own rentals for tourists, advise them about the problem.

Respectfully,  
 Adele Juvet-Fuhrer  
 Frank Fuhrer-Juvet

Bill,  
 Your comments are an irritant to the people who live here. You should be thankful for the county snowplows that rise before your ornery ass and make the streets safer for all of us. Additionally, the post office shouldn't deliver any

Echo's in the sunshine or the snowstorm because of the publisher whom never condones our imperfect town and the positive small advances that do come about.

Tony Keyser  
 Leavenworth



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 www.cashmerebaptistchurch.com



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



**CASHMERE UNITED METHODIST CHURCH**  
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 Pastor Lilia Felicitas - Malana

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**Farm Property/ Equipment For Sale:** A Private Bid Sale shall be conducted for the Sale of Farmland/ Equipment. The sale to include the following: 1.) Sale of Farmland consisting of approximately 546.97 acres, (located in Douglas County, Parcel No. 26231930000 & 26232010000). 2.) Sale of Equipment/ Machinery. All bids must be received by March 6, 2018, at Brock Law Firm, Attn: Norm Brock, P.O. Box 249, Davenport, WA 99122. If you wish to inspect the property, you may contact Paula Sutor at (509) 745-8790. For any further questions regarding the sale, or to obtain a bid packet, you may contact Norm Brock, Attorney, at (509) 725-7101.

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Facility Manager for Leavenworth Summer Theater. Duties include set-up, maintenance, repair of theater performance sites. Details: [LeavenworthSummerTheater.org](http://LeavenworthSummerTheater.org)

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To apply, submit cover letter, resume, and contact information for 3 references. Email to [chelanvalleyhabitat@gmail.com](mailto:chelanvalleyhabitat@gmail.com) or mail: PO Box 911, Chelan WA 98816-0911. Applications must be received by Feb. 15, 2018. EOE

For job qualifications see our ad on [ncwmarket.com](http://ncwmarket.com)

**HELP WANTED**

The Cascade School District is seeking qualified applicants for the following positions:

Cascade High School Spanish Teacher

Icicle River Middle School Counselor Non-Continuing

To apply go to [www.cascadesd.org](http://www.cascadesd.org) EOE

The Cascade School District is seeking qualified applicants for the following position:

- Icicle River Middle School 7th Grade Softball Coach

Fast Track application process and additional information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

The Lookout is currently seeking an energetic, organized and responsible team member to direct and oversee all maintenance activities of our HOA and home property management company. The ideal candidate will have education and experience in landscaping, grounds maintenance, and mechanical/technical work along with excellent leadership and supervisory skills. 509-888-7677

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**HELP WANTED**

**Front Desk Associate**

Wapato Point Resort is looking for an energetic individual to join their Front Desk team. The ideal candidate will possess strong customer service skills and computer experience. This position will require working weekends, holidays and evening shifts. A full job description and application forms can be found at [www.wapatopoint.com](http://www.wapatopoint.com) (under contact tab). Please submit your application packet to: Human Resources, Wapato Point Management Company, PO Box 426, Manson, WA 98831

**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@nmtitlegroup.com](mailto:sharmon@nmtitlegroup.com)

**HELP WANTED**

The North Central Educational Service District is seeking qualified individuals for the following positions:

**School Nurse Case Manager - Brewster and Omak School Districts (70 days)**

**School Nurse - Pateros School District (40 days)**

Applications are accepted on-line only. If you have any questions regarding our on-line process please contact Human Resources at: [www.ncesd.org](http://www.ncesd.org), 430 Olds Station Rd., Wenatchee, WA 98801, 509.667.7100 or <http://www.ncesd.org>

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**CROSSWORD PUZZLE**

THEME: THE OSCARS ACROSS

- Can't stomach
- Styling goo
- Hightailed it
- Ten million, in India
- "...takers?"
- Like a girl
- Spanish small plates
- School of thought suffix
- Pay hike
- \*Oscar nominated meet-the-parents thriller
- \*He played Getty
- Right-angle building extension
- Splints site
- Mammoth site, e.g.
- Write on a tombstone
- Self-centeredness
- Land measure
- Crucifix
- "Sesame Street" regular
- "In 1992 De Niro was nominated for "Cape ..."
- \*Best category
- Tiresias in "Oedipus Rex"
- Desert mirage
- S-shaped molding
- Dionysus' party
- "... the unexpected"
- Celestial bear
- Rolodex abbr.
- Purple precipitation
- Before, old English
- "Evacuation location
- \*Olympic hopeful's story
- Deprive of weapons
- \*Sarandon was nominated for "Lorenzo's ..." in 1993
- Unfit
- Like anchor aweigh
- Zilch
- \*Cathy Bates' or Louise Fletcher's role
- Google
- Bro's sibling
- Had supper

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



HELP WANTED

FAMILY HEALTH CENTERS YOUR FAMILY, YOUR HEALTH, YOUR CHOICE Are you looking for a great place to work? We are looking for you to join our team! Bridgeport: Behavioral Health Specialist - part time or full time Brewster Dental: Dental Patient Registration Rep - full time Bilingual required Dental Clinics: Must be available Saturdays Dental Assistants - (5) Per Diem (as needed basis) Bilingual required- All locations Dental Hygienist - full time and/or Per Diem Okanogan: Medical Schedulers (4) full time positions Bilingual Required Omak: Pharmacy Technician - full time MA-R/Phlebotomist (2) full time MA-C or LPN - full time RN Case Manager - full time Tonasket: Certified Nurse Midwife - full time, Bilingual preferred See www.myfamilyhealth.org for job descriptions and to apply online. Submit cover letter, resume and application to FHC, c/o Human Resources, PO Box 1340, Okanogan, WA 98840 or email: HR@fhc.us. Open until filled. FHC is an EOE Employer.

PUBLIC NOTICES

LAKESHORE ROAD, CHELAN, WA 98816 which is subject to that certain Deed of Trust dated 8/28/2006, recorded 8/31/2006, under Instrument No. 2236389 records of CHELAN County, Washington, from WILLIAM D COX, JR AND JOY K COX, HUSBAND AND WIFE, as grantor(s), to FIRST AMERICAN, as original trustee, to secure an obligation in favor of 1ST. HAND MORTGAGE INC, as original beneficiary, the beneficial interest in which was subsequently assigned to Wilmington Savings Fund Society, FSB, D/B/A Christiana Trust as Owner Trustee of the Residential Credit Opportunities Trust III, the Beneficiary, under an assignment recorded under Auditors File Number 2463455 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 is: The principal sum of \$617,325.13, together with interest as provided in the Note from 4/1/2013 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 3/16/2018. The defaults referred to in Paragraph III must be cured by 3/5/2018 (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 3/5/2018 (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 3/5/2018 (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 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 1/25/2017. 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 following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME

PUBLIC NOTICES

(1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post-purchase\_counselors\_foreclosure.htm. The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: http://portal.hud.gov/hudportal/HUD or for Local counseling agencies in Washington: http://www.hud.gov/offices/hsg/sfh/hcc/fc/index.cfm?webListAction=search&searchstate=WA&filterSvc=dfc The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or 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: 11/6/2017 Quality Loan Service Corp. of Washington, as Trustee By: Chelsea Bonds, 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: 916-939-0772 or Logi n to: http://wa.qualityloan.com Trustee Sale Number : WA-16-701962-SW IDSPub #0133638 2/14/2018 3/7/2018 Published in the Leavenworth Echo/ Cashmere Valley Record on February 14 and March 7, 2018. #80325.

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In re the Estate of GEORGIA GEISLER, Deceased. NO. 18-4-00032-9 NOTICE TO CREDITORS The personal representative named below has been appointed and has qualified as the personal representative of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the personal representative, or the attorney of record, at the addresses stated below, and file an executed copy of the claim with the clerk of this court within four months after the date of first publication of this notice, or within four months after the date of filing of the copy of this notice with the clerk of the court, whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred.

DATE OF FILING COPY OF NOTICE TO CREDITORS with clerk of the court: February 2, 2018

DATE OF FIRST PUBLICATION: February 7, 2018

Personal Representative: Marsha Thornton 224 Olive Cashmere, WA 98815

Attorney for Estate: Kyle D. Flick Attorney at Law 222 South Mission Wenatchee, Washington 98801 (509) 662-3333

DATED this 2nd day of February 2018.

LAW OFFICE OF KYLE D. FLICK, P.S.

By /S/ KYLE D. FLICK, WSBA #14963 Attorney for Estate

Published in the Leavenworth Echo/ Cashmere Valley Record on February 7, 14, and 21, 2018. #81133.

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN

In the Matter of the Estate of Forest Gordon Wines, Deceased. No. 18-4-00035-3 Notice To Creditors

Timothy Allen Wines, has qualified as Personal Representative of this Estate and has been appointed Personal Representative. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims in the manner as provided in RCW 11.40.070 by serving on or mailing to the attorney of record at the address stated below, a copy of the claim, and file an executed copy of the claim with the Clerk of this Court. The claim must be presented within the later of: (1) thirty days after the Personal Representative or the attorney for the Estate served or mailed the notice to creditors as provided under RCW 11.40.020(3) OR; (2) within four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets. DATE OF FILING COPY OF NOTICE TO CREDITORS with

PUBLIC NOTICES

Clerk of Court: dated January 30, 2018. 2018.

Date Of First Publication: February 7, 2018

Lynch & Hensley Earl W. Hensley III, WSBA #12137 Attorney for Estate 365 Parkway Ave. Wenatchee, WA. 98801 509-662-7101

Published in the Leavenworth Echo/ Cashmere Valley Record on February 7, 14, and 21, 2018. #81090.

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

In the Matter of the Estate of JAMES M. ANDERS, Deceased. NO. 18-4-00034-5 NOTICE TO CREDITORS

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020; or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.

Date Of First Publication: 02/07/2018

By /s/ Janelle R. Anders JANELLE R. ANDERS, Personal Representative Address: 2530 Chatham Hill Dr. Wenatchee, WA 98801

Attorneys for Personal Representative: JEFFERS, DANIELSON, SONN & AYLWARD, P.S.

By /s/ Bryce J. Mackay BRYCE J. MACKAY, WSBA NO. 43292 2600 Chester Kimm Road P.O. Box 1688 Wenatchee, WA 98807-1688

Chelan County Clerk's Office Ms. Kim Morrison, Clerk Chelan County Superior Court 350 Orondo Avenue, Suite 501 Wenatchee, WA 98801-2885

Published in the Leavenworth Echo/ Cashmere Valley Record on February 7, 14 and 21, 2018. #81130.

PUBLIC NOTICES

CITY CLERK-TREASURER'S NOTICE OF COLLECTION OF ASSESSMENTS LOCAL IMPROVEMENT DISTRICT NO. 24 CITY OF LEAVENWORTH, WASHINGTON

NOTICE IS HEREBY GIVEN that the final assessment roll for Local Improvement District No. 24, created by Ordinance 1470, as approved and confirmed by Ordinance No. 1555, is in my hand for collection and any assessment thereon or any portion thereof may be paid without penalty, interest or cost at any time within thirty (30) days after February 7, 2018. Any assessment or portion thereof remaining unpaid at the end of said 30-day period may be paid in equal annual principal installments, a minimum of 10 years, together with interest on the outstanding balance of this assessment at the estimated rate of 3% or 1/2 of 1% in excess of the net effective bond or bank interest rate which rate currently is unknown. The first installment together with interest, shall be due and payable on March 1, 2019 and each year thereafter one of said installments shall become due and payable as provided by law. Any installment not paid on or prior to the annual anniversary of the thirty (30) day period stated above shall be deemed delinquent. All delinquent installments shall be subject to a charge of interest at the above established rate per annum, and an additional charge of twelve percent (12%) penalty levied upon the principal and interest due upon such installments and will be enforced in the manner provided by law. The amount below is the assessment on the assessment roll against the real estate described below. This assessment is the proportionate share of the cost of the improvements constructed in Local Improvement District No. 24, to be borne by, and assessed against this real estate.

Table with columns: Ownership, Tax Parcel No., Final Assessment Amount. Rows include Titus Road LLC, Upper Valley Mend, Calliope LLC.

Chantell Steiner, City Clerk-Treasurer City of Leavenworth Published in the Leavenworth Echo/ Cashmere Valley Record on February 7 and 14, 2018. #81124.

Public Notice GARY M. GRAHAM CONSTRUCTION, INC. January, 2018

Re: Dissolution of Gary M. Graham Construction, Inc. All parties that have or may not have a claim are hereby notified that Gary M. Graham Construction, Inc., a Washington corporation, has dissolved under the Washington Business Corporation Act effective 12/31/17, and there may be a basis for you to make a claim against the company. Your claim, if any, will be barred unless Gary M. Graham Construction, Inc. receives, at the address set forth below, on or before May 1, 2018 (Based on closing date of 12/31/17), a written response to this notice specifying the following:

- The creditor's name and mailing address; The amount of the claim; The basis of the claim and the date the claim arose; Documentation supporting the claim;

Such response must be mailed, first-class postage prepaid, or by such other customarily used notification procedure, so that it is received at such address no later than the close of business on May 1, 2018 to the following address:

Gary M. Graham Construction, Inc. 18566 Hazel Lane Leavenworth, WA 98826 Published in the Leavenworth Echo/ Cashmere Valley Record on January 31, and February 7 and 14, 2018. #81036.

PUZZLE SOLUTION

Grid puzzle solution: ABHOR GEL SPED CRORE ANY GIRLY TAPAS ISM RAISE GETOUT PLUMMER ELL SHIN DIG ETC H EGOISM ACRE ROOD ERNIE FEAR ACTOR SEER OASIS OGEE ORGY EXPECT URS A TEL RAIN ERE DUNKIRK ITONYA UNARM OIL UNAPT ATRIP NIL NURSE DOCS SIS DINED

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ESTATE SALES

Indoor Estate Sale Friday and Saturday, Feb 16 and 17, 10 a.m.- 5 p.m., at 6 Mountain View Drive, Brewster flats. Furniture, appliances, dishes, kitchen items, books, dvds, vhs tapes, decorative furnishings, exercise equipment, and much more.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq.TS No.: WA-16-701962-SW APN No.: 282121940135 Title Order No.: 160028683-WA-MSO Deed of Trust Grantor(s): WILLIAM D. COX JR, JOY K. COX Deed of Trust Grantee(s): 1ST. HAND MORTGAGE INC Deed of Trust Instrument/ Reference No.: 2236389 I.NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 3/16/2018, at 10:00 AM At the main entrance to the Chelan County Courthouse, located at 350 Orondo St. Wenatchee, WA sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 25, WOODLAND PARK ON LAKE CHELAN, CHELAN COUNTY, WASHINGTON. ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 4 OF PLATS, PAGE 43. More commonly known as: 11294 SOUTH

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National Board Certified Teachers



Photos submitted by Kenny Renner Singer Two newly National Board Certified Teachers were recognized at the Jan. 22 Cascade School board meeting. Above, Peshastin-Dryden Elementary School Kindergarten teacher Caitlin Knox, left, receives recognition for her achievement from Board President Brenda Biebesheimer. Below, Osborn Elementary School Special Ed Teacher Madeline Praye also receives a recognition award from Biebesheimer.



## Opinion



**IN MY  
OPINION**  
Bill Forhan  
Publisher

Last Friday the Senate voted 71-28 and the house voted 240-186 in favor of the 2018 budget. President Trump signed it.

The problem is the budget represents the first significant break in Trump's campaign promises. The new budget continues the Federal Government's fiscal irresponsibility by expanding the Federal debt hundreds of billions of dollars by increasing spending by 13 percent.

President Trump signed the budget bill because it provided \$300 billion more for the military. Trump has made it clear he intended to increase military spending in order to insure the military had the equipment and personnel necessary to complete their

mission.

During the campaign Trump released his Blue Print to drain the swamp by significantly cutting funding for massive Federal programs. Trump's budget had proposed a 31 percent cut in funding for the EPA, a 21 percent cut to Agriculture programs, 18 percent cut in Health and Human Services and a 13 percent cut in Transportation programs. Prompting leading Republicans in Congress like John McCain to declare Trump's plan "dead on arrival."

The latest budget prompted a statement from Sen. Jeff Flake, R-Ariz, "I love bipartisanship, as you know, but the problem is the only time we discover bipartisanship is when we spend more money." Restoring fiscal responsibility to the Federal Government is clearly something that is going to take more change in Washington than electing a rabble rousing President.

There is some truth that growing the economy will do more to reduce the deficit than cutting programs, but as long

## The Swamp is winning

as our government leaders continue to spend money they don't have our economy will never overcome the problem.

We must change the formula to only increase spending when actual revenues have increased and then by less than the rate of increase in the revenue. For example, lets say tax collections for the prior fiscal year increased by 3 percent. Then spending in the next year should only increase by 1 percent to 2 percent. That would then create a real surplus that could be used to retire the debt.

We owe this to our children and grandchildren. Continuing to spend more than we have is stealing from future generations. It is immoral.

Our children are criticizing us for destroying the planet by failing to address issues like climate change. But the looming debt crisis is far more significant to their quality of life than the phony climate change disaster. Don't get me wrong, we must continue to address the issues of cleaning up our environment but

carbon taxes and massive programs for wind and solar power will never address our energy needs.

Our first priority must be to get our spending under control. That includes planning for disasters and emergencies. Part of the problem is that politicians and bureaucrats thrive on addressing "needs." And an emergency or disaster is a golden opportunity to jump in and be a hero to

those in need. The biggest part of that problem is where was the planning for making sure we had the resources set aside to address these disasters? There will always be disasters and unexpected emergencies.

The latest budgetary over spending plan is partly justified on disaster relief. But real leadership would have long ago established an emergency fund to address these issues.

President Trump has ruffled a lot of feathers in D.C. But clearly on fiscal responsibility he must begin to address the problem of deficit spending.

Failing to do so is not just a broken campaign promise. It is a failure to consider the type of country our children will ultimately inherit.

Bill Forhan can be reached at 509-548-5286 or publisher@leavenworthecho.com.

## Omarosa is the cat's meow &amp; other BS



**APPLES  
TO  
APPLES**

Gary Bégin

Give my sister "Omarosa" - give that sister the time of day me hardees. She is the American dream personified more than "The Donald" himself.

She was never handed a million dollars by her daddy, unlike the punk in the Offal Office, some liberals might muse. Being a Black woman adds miles to her pedigree and her claim on The Dream.

Ok, enough about reality stars over-performing in modern life.

I have met plenty of high school and college dropouts who have made their fortune in our Great Society despite long odds. Entrepreneurship is partly about being an opportunist, being a manipulator, being able to sell yourself to the highest bidder or the best situation.

Whether we are conscious about it or not, capitalism demands this type of behavior. It is, in fact, a dog eat dog world. Any one of us can get voted off the island at any time. The market collapses, the beach (your savings) is eroded by the storm. A war begins and never ends (Afghanistan).

Someone cries "wolf" in a crowded theater and voila! the crowd stampedes towards the exit and more are killed

by each other's feet than by the original bomb blast or machine gun fire.

OMG - what am I saying? The Winter Olympic Biathlon is the perfect blend of liberal-valued skiing and conservative-valued target shooting. A truly bipartisan event since more liberals ski than conservatives and more conservatives target shoot than liberals.

I heard this on Press the Meat, a long running "bipartisan" Sunday morning talk show.

Anywho, Black women are strong members of today's society. Omarosa deserves the respect of being Black as a cultural experience as well as her personal resume delineating the slow climb of the human condition through the adversity of bias against her and even the advantages she inherited via the affirmative action laws.

I am not going to lie to you, my dear reader. I, as an average White guy, am not too happy with the affirmative action laws as I think they are giving me a disadvantage because I was born White.

I don't harbor angertowards Black folks, because, simply speaking, I and they are all part of the aforementioned system requiring all of us to fight for our piece of the American Pie.

A man who steps on toes to feed his family is a woman who buys pre-made pie crust to keep the starving hordes happy and the bottom line Black. See how that all comes back to the beginning?

I remember some cartoon character once telling me (the result of being raised by television in the '60s) that the man who hires a car mechanic to perform an appendectomy is the reason all lawyers urge their clients to state, at least in a subtle way, "results may vary."

When Janis bellowed in her own subtle screech, "Lord, won't you buy me a Mercedes Benz, My friends all have Porches I must make amends. Worked hard all my lifetime, no help from my friends, so oh Lord, won't you buy me, a Mercedes Benz."

I believe this is the rant of a working girl who deserves every darn thing she can grab. No one has "given" her jack. She, like Omarosa, has the right we all have - the right to become a success from putting one's nose to the grindstone.

That, my friends, is the American Dream and I respect her despite the portrayal of the left that she is a shameless hussy for actually attempting to make a living. God bless the entrepreneurial spirit that has kept America great for more than 240 years.

All of us need to figure out our own survival "modus operandi" so let's not begrudge Omarosa for her method of doing just that. You go girl!

Managing Editor Gary Bégin can be reached at gary@ncwmedia.net. His opinions are not necessarily those of NCW Media.

## Q: There's a sticker on my prescription bottle that says not to eat grapefruit or drink grapefruit juice with it. Is it okay to have grapefruit juice for breakfast and take my pill in the evening instead?



No, because the "grapefruit effect" doesn't wear off that fast. It can take up to 3 days for the effects of a glass of grapefruit juice or a half a grapefruit on a particular medicine to wear off completely. While most medicines should be taken at or near a meal to minimize the stomach upset they can cause, others are absorbed best on an empty stomach. The label on prescription medicines doesn't always have enough room to include this additional yet vital advice, so your pharmacist attaches a smaller label, called an accessory or auxiliary label to call your attention to additional important information. Some of these extra labels are an eye-catching color and attached to the front of the bottle, while others are out of sight on the back of the bottle with such dastardly small letters you can barely read them. The accessory label used for a grapefruit problem says, "Avoid taking this medication with grapefruit or grapefruit juice". Okay, then, what could happen if you (gasp) forgot and had grapefruit juice for breakfast with that medicine? How long after taking your pill should you avoid having any grapefruit or grapefruit juice? What's the problem with grapefruit, anyway?

Grapefruit and grapefruit juice can change the way your body absorbs certain medicines. This "grapefruit effect" was discovered by accident. In 1991, researchers wanted to find out if drinking alcohol while taking a blood pressure medicine called felodipine would change the level of the medicine in the blood. To measure this, they created a study in which each participant took a blood pressure medicine sev-

eral times and compared their blood pressure and blood level both with alcohol and without alcohol. It was a "blinded" study, where the participants were not supposed to be able to tell which doses of medicine were given with alcohol. How could they disguise the taste of the alcohol so that the participants couldn't tell when they were getting alcohol from when they weren't?

The researchers chose grapefruit juice to disguise the taste of the alcohol and each participant drank a glass of grapefruit juice with the medicine, half the time with alcohol and the other half without it. Then something curious happened. All of the study participants had much lower blood pressures than expected accompanied by blood levels 50% higher than was typical from the doses they received. Drinking alcohol didn't turn out to have much effect on the blood level of felodipine, but drinking grapefruit juice sure did!

### What does grapefruit do to medicines?

Most pills dissolve in your stomach, but don't actually get into your body until they reach your small intestine, where vitamins, minerals, nutrients and medicines are transported into your bloodstream by your small intestine, which is lined with special cells and molecules working to make this happen. One special type of molecule is an enzyme called CYP3A4. Its job is to take apart and change the shape of certain medicines. Once this happens, the medicine stops working for you. Grapefruit juice contains natural com-

pounds that attack and inactivate the CYP3A4 enzymes in your small intestine, allowing more of the medicines it usually takes apart to be absorbed intact into your body, and increasing their effect by up to 50%. This "grapefruit effect" is not the same with everyone. We each have different amounts of CYP3A4 enzymes in our small intestine, and some medicines are not as affected by CYP3A4 as others. Thankfully, it is mainly limited to grapefruit, so we can enjoy oranges, lemons and limes with our medicine without worry.

Drinking only 7 ounces of grapefruit juice can completely inactivate CYP3A4 enzymes for up to 3 days. If you happen to be taking a drug affected by grapefruit, you could get up to 50% more medicine than the dose prescribed for you by your doctor. This extra amount may not be noticeable with some medicines, but with others you could experience serious side effects or toxicity. With one glass of juice able to interfere with certain medicines for up to 3 days, the only way to be completely safe when taking a medication with a grapefruit interaction is to avoid grapefruit juice and grapefruit entirely. For further information about grapefruit with your medicine, please ask your local pharmacist.

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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## 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. 5

02:33 Agency assist requested at US97, MP167  
06:33 Injury accident requested at 11025 Chumstick Hwy.  
08:35 Runaway reported at 17201 N. Shore Dr. Lake Wenatchee.  
09:20 Property issue reported at Chumstick Hwy. MP1.  
12:50 Suspicious activity reported at 9th & Commercial streets.  
17:40 Suspicious activity reported at 263 Mine St.  
17:54 Agency assist requested at 13995 Brae Burn Rd. Lake Wenatchee.  
20:56 Suspicious activity reported at 9291 Deadman Hill Rd.  
21:04 Traffic offense reported at 817 Commercial St.

#### Tuesday, Feb. 6

07:28 Alarm reported at 920 Front St.  
13:13 Court order violation reported at 11839 Chumstick Hwy.  
15:13 Agency assist requested at 6145 US97.  
17:04 Suicide threat reported at 9821 Eagle Creek Rd.  
17:43 Court order violation reported at 5671 Mountain Lane Rd. Peshastin.

#### Wednesday, Feb. 7

00:10 Noise reported at 7530 Saunders Rd.  
12:12 Civil issue reported 8901 Josephine Ave. Dryden.  
14:40 Attempt to locate person at 8731 Deadman Hill Rd. Dryden.  
17:00 Suicide threat reported at 9791 Mountain Home Rd.  
17:09 Theft reported at 916 Main St.  
21:01 Public assist requested at 10415 Titus Rd.

#### Thursday, Feb. 8

13:47 Welfare check requested at Safeway.  
15:08 Traffic offense reported at

US2, Peshastin light.  
16:18 CPS/APS referral reported at 8488 Lake St. Peshastin.  
19:29 Non injury accident reported at US2 & River Bend Drive.  
19:40 911 call reported 10625 Ski Hill Dr.  
20:06 Court order violation reported at Ski Hill Dr.  
22:33 Agency assist requested at 11450 US2.

#### Friday, Feb. 9

00:50 Extra patrol requested at 9700 Derby Canyon Rd. Peshastin.  
14:29 Agency assist requested at US2, MP93.  
17:35 Suspicious activity reported at 18456 Camp 12 Rd.

#### Saturday, Feb. 10

00:59 Noise reported 12611 Icicle Ln.  
02:32 DUI reported at Safeway.  
09:30 Property issue reported 18588 Rieche Rd. Lake Wenatchee.  
10:38 911 call reported at Der Ritterhoff.  
11:12 Property issue reported at US2 & 9th St.  
12:23 Property issue reported at Stevens Pass Resort.  
16:13 Burglary reported at 2619 Larch Dr. Lake Wenatchee.  
16:14 Non injury accident reported at 18898 Pine Loop. Lake Wenatchee.  
20:45 Welfare check requested at US2 & E. Leavenworth Rd.  
21:09 Agency assist requested at US2, MP98.  
22:23 Burglary reported at 9864 E. Leavenworth Rd.  
23:35 Suicide threat reported at Post Hotel.

#### Sunday, Feb. 11

00:21 Disturbance reported at Post Office Tavern.  
11:49 Property issue reported at Enzian Motor Inn.  
11:58 Property issue reported at

Leavenworth.  
15:43 Agency assist requested at 1636 N. Shore Dr. Lake Wenatchee.  
16:23 Public assist requested at Chumstick Hwy. MP1.  
18:47 Alarm reported at Beaver Valley Rd.

### Fire/EMS Responses

#### Monday, Feb. 5

02:32 CM,CC3,CC6 responded to an unknown accident at US97, MP165.  
22:50 CM,CC9 responded to an unknown accident at US2, MP89.

#### Tuesday, Feb. 6

07:10 CM,CC3 responded to a heart problem at 423 Burke Ave.

#### Wednesday, Feb. 7

17:00 CM,CC3 responded to an overdose at 9791 Mountain Home Rd.  
22:36 CM,CC3 responded to an unconscious person at Safeway.

#### Thursday, Feb. 8

22:33 CM,CC3 responded to a structure fire at 11450 US2.

#### Friday, Feb. 9

11:23 CM,CC9 responded to a sick person at 93 Jack Pine Ln.  
12:01 CM,CC3 responded to a fall at 100 Enchantment Park Wy.  
14:36 CM responded to an unknown problem at US2, MP93.

#### Saturday, Feb. 10

06:37 CM,CC6 responded to someone with convulsions at 9411 Lone Pine Orchards Rd.  
13:42 CM,CC9 responded to someone with abdominal pain at Stevens Pass Resort.  
14:10 CC9 responded to an illegal burn at 12141 W. Shugart Flats Rd.

#### Sunday, Feb. 11

No report

## Compassionate Rehabilitation Care

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— Cindy Breed

"I'm getting help that I wish I'd had 20 years ago."

— Florence Hoffman

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— Laura Hansen

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