

Full eclipse from Baker City OR
Courtesy of Vanessa Ruff and Russell McKinley

Coroner: 'Double suicide' for couple found near Chiwaukum Rock Quarry

By IAN DUNN
EDITOR

On May 23, two bodies were found near the Chiwaukum Rock Quarry, off U.S. Highway 2 between Leavenworth and Lake Wenatchee. The bodies were found in a pickup truck adjacent to a campsite near milepost 90.

Just after noon, someone in the area reported seeing a full sized pickup in heavy brush near the rock quarry. The person who made the report did not approach the vehicle.

When a deputy arrived, they approached the truck, which someone had attempted to conceal using a blanket, duct tape and natural vegetation. As they approached, they noticed two deceased persons in the passenger and driver seats.

The bodies were identified as a husband and wife from Humble, Texas, a suburb of Houston. One body was 24-year old Sarah Ann Pischke.

The second body was her husband, 34-year old Roger Marburger.

The Chelan County Coroner Wayne Harris could not determine a cause of death until the toxicology tests came back in six-to-eight weeks. Those results came in last week.

"We got the toxicology back and it was ruled a suicide. The scene was pretty indicative of a double suicide. There was a garden hose in the exhaust pipe to the window of the car, rolled up tight. All the windows were taped," Harris said.

Nothing in the autopsy indicated Marburger did anything to his wife.

"The family was suggesting maybe he killed her. They were married. No idea why they were up here in Washington from Texas," Harris said. "There was no blunt trauma. No attempt to get out of the car. Based on the scene, the autopsy and toxicology, it was ruled a double suicide."

Harris said the way the truck was concealed seemed a bit odd.

"It was a real rudimentary attempt to conceal the car. He put some evergreen sprigs over the wheels and covered the back Ford logo on the tailgate. It was really weird. Maybe indicated he wasn't in the right mental state of mind," Harris said. "He didn't really try to cover the whole truck, just little bits and pieces of it. It was parked back in an area where not a lot of people go."

There really is no clue as to why the Texas couple were in the area. Harris said the girl's mother speculated they were trying to go to Canada, but there's no proof of that.

The couple was living with Marburger's mother until she booted them out.

"They sold all of their possessions. She thought they were heading to Michigan, where Sarah had some family," Harris said. "She kept

ALFA Float wins first place again!



Photo by Bill Forhan

The ALFA team poses with another first place trophy in Pentiction, BC. Canada. From left is Jim Zumini, Tomi Rosser, Royal Lady Cindy Hassinger, Doug Rosser, Sandi Owens-Carmody and Ron Hassinger. Not pictured were Diana Zumini, John and Kiffen Fishburne and Mike and Marsha McComas.

calling him to check on him. One day he texted her, 'this is the last you'll hear from us.

We'll be in a better place.' That was the last anyone heard from him."

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

Council approves Housing Affordability Task Force recommendations

By IAN DUNN
EDITOR

PART TWO OF TWO

The Leavenworth City Council accepted the recommendations of the Housing Affordability Task Force, at the Aug. 8 city council meeting. Mayor Cheri Kelley Farivar formed the ad hoc Housing Affordability Committee in April of 2016. The committee was tasked with evaluating program and initiatives to produce affordable units and preserve existing ones.

In part one of this story, we chronicled the discussion at the Aug. 8 study session regarding the recommendations of the task force and the results of a study by BERK Consulting.

Development Services Manager Nathan Pate continued the discussion of Zoning and Code Changes recommenda-



File photo

Kaylin Bettinger is the executive director of Upper Valley MEND.

tions. He said common wall construction is an idea that has gained a lot of traction. Mayor Cheri Kelley Farivar

said in the real estate industry, this is called zero lot lines.

"That means two single family homes have an adjoining wall, garage wall or house wall. They are right up to their common lot line. That allows for bigger yard area because you don't have side-wall setbacks," Farivar said. "It's not a condominium. In Wenatchee, there are several developments. One is called Maple Townhomes. It is very high end, beautiful single family homes. They are all zero lot line."

"There are builders that really want to try this. It surprises me this has happened in Wenatchee and East Wenatchee and never in Leavenworth. It's time," Farivar said.

Task Force Member Kaylin

Bettinger said they were split up into different groups realizing a number of different things needed to happen to make affordable housing in Leavenworth. She served on the group exploring Financing/Funding Sources.

"We recognize with all the design and zoning regulations, those are some ways we can increase options for folks, but there's always going to be a need for your traditional affordable housing, whether or not that is within the government set, median income or not," Bettinger said. "Those two things are going to need to work together. We're going to need both if town is going to continue to grow and become more and more expensive."

The goal of the funding and finance was about creating

funding and finance options which will allow for the creation and management of affordable homes into the future, Bettinger said.

Some of the ideas are wild, some are more reasonable.

"We thought the more ideas we had on the table to more chance we might get funds for some of this stuff," Bettinger said.

One idea is to consider a revenue generating funding source, such as a tax or fee. Bettinger said they don't want to do anything to hurt local businesses, but at the same time, she hears from many businesses that affordable housing is a big issue for employees. She felt an exploration of this issue would be well received.

"In tourist communities, there's usually one or two big

industries in town that can put forth funding that creates affordable housing. Here in Leavenworth, we don't have a large employer or industry. Trying to set up that funding stream to begin to allow that is a question. Looking at this, but how does it work?," said City Administrator Joel Walinski.

Another idea would charge a fee for service or property tax on seasonal, recreational or occasional use properties. The Leavenworth Housing Assessment Study found that 36 percent of homes in the Cascade School District are seasonal, recreational or occasional use.

Walinski said currently in Washington state that is illegal. Other states have allowed

SEE HOUSING ON PAGE 2

City gets preliminary approval: \$13.9M for wastewater treatment project

By IAN DUNN
EDITOR

The Leavenworth City Council received a bit of good news on the upcoming wastewater treatment plant project. The city has applied for money from Rural Development. The application was for \$13.9 million for plant and wastewater system upgrades.

"We did find out yesterday that the state RD office obligated the city for those funds, which means the funds are available and tied to our project," said Joel Walinski, Leavenworth City administrator, at the Aug. 8 study session. "Right now, we're looking at a \$10.7 million loan at 2 percent or less over 40 years. Then, \$3.2 million in grant dollars."

The bottom line, Walinski said, is the impact on sewer rates. Currently, a single family home pays between \$55 and \$65. That will increase to \$63-to-\$67. The reason for the range in rates, he said, is the impact of the commercial users.

The commercial users pay for their sewage treatment based on how much water they use, not just a flat rate. The amount of water determines their sewer charges.

"How much of that increase they use, that is why we have a range. If we had just single family residences, I could tell you flat out it is \$67. But because we have the commercial and that rate varies, based on how much they use, that number could be between \$63-

to-\$67, which is considerably lower than a lot of the other communities," Walinski said.

Councilman Elmer Larsen said he was concerned about the 40 year term for the loan, when much of the equipment needs to be replaced in 20 years. Walinski said some portions of the project do have a 40 year life cycle, such as the pipes in the ground.

"You are correct, one of the issues is as you get to the 20 year mark, even if you don't need more capacity or more regulations, the life cycle of the pump, communications, electronics...there is a 20 year cycle. So you will have a \$3 to \$4 million project in 20 years," Walinski said.

RD did make the city include a budgetary amendment

for replacement of some of those things, Public Works Director Herb Amick said. Larsen asked if there was money included for a partial relocation of the facilities to the current Community Cupboard location.

"There is about \$1 million in there for shop improvements. The contingencies are based on 20 percent. It is a large contingency. The only caveat, you have to spend the loan first, the grant second," Walinski said.

We definitely want to take full advantage of the grant, said Mayor Cheri Kelley Farivar. One of the big costs of doing the RD grant was taking the wastewater master plan, a 78 page document, and turn it into an RFD, a reference docu-

ment for RD.

Transposing that document was a big piece of work, Walinski said, done by the engineering firm of Varella and Associates, which designed the wastewater plant.

After the initial utility regionalization meeting, Walinski said typically when entities consolidate, everybody collects the gain. Since the rates in Leavenworth are low, he said the city might not gain in rates, but it might gain somewhere else. He said they are exploring that.

Councilwoman Sharon Waters asked if regionalization would affect this process. Walinski said probably not.

"I would look at the regionalization study... here's a couple things we do know.

The regulations in operating a waste treatment plant are probably going to increase, with more and more regulations," Walinski said. "In this next piece where it says permit status, one of things written in our new permit, we will be required to follow all new regulations. I think the WSDOE and EPA are anticipating tightening the regulations."

Perhaps in 2020, 2030, 2040 when the new regulations come into place and something new has to happen to the plant, that is where regionalization might help, Walinski said. Not this upcoming project, but maybe the next one.

"Maybe there is a way for regionalization to not only help

SEE WASTEWATER ON PAGE 2

THE LEAVENWORTH ECHO

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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
Erin D. Rossell
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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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.

Housing: Many ideas will be forwarded to planning commission

CONTINUED FROM PAGE 1

for a different property tax on second homes, he said.

It was also talked about creating a program that requires the construction of new hotels or commercial property to provide for the construction

of affordable workforce units or fee in lieu option. "Can they construct affordable unit on site or off site or pay a fee in lieu of that to support units of workforce housing that their employees would probably use? That's been something done in many



File photo

In 2015, there was a groundbreaking for the Meadowlark Affordable Housing project off Titus Road in Leavenworth. Unfortunately, the project never materialized.

of affordable workforce units or fee in lieu option.

"Can they construct affordable unit on site or off site or pay a fee in lieu of that to support units of workforce housing that their employees would probably use? That's been something done in many

areas."

Bettinger said another idea is to investigate the RCW that makes it possible for counties to increase the sales tax 1 percent to fund affordable housing. If the county passes, then cities can put it to their voters.

"The problem with this funding is it is only allowed to be used on very low income people, so the focus is on shelters," Bettinger said. "This would be something, if we decided to pursue this, we would want to get together with other tourist communities and do some lobbying to use those funds for whatever we think is affordable housing. It's something that could really be a long term support for affordable housing in this town, funding primarily by the tourists."

Farivar said this law was for the city of Seattle, which lobbied the legislature because of their huge homeless program.

"They needed shelters. That is the focus of it. As their need is taken care of, perhaps we can lobby for expansion of the potential uses," Farivar said.

The city could consider investing in a small, pilot project to address multiple needs. Farivar said this is something the city could do, with say two lots. Another idea suggested a tax on alcohol sales to support affordable housing, which was one of the off-the-wall ideas.

"The whole task force thought that was an awesome

idea," Farivar said.

There are also ways to use tax increment or tax abatement, Walinski said.

"If you have a piece of property that is worth \$100,000. You're paying tax on that \$100,000. Tax abatement would allow you to put a structure in place and improve the value of the property. However, for a 10-years, you would only pay property tax on the original \$100,000," Walinski said. "The city could use that tax money, but at the same time, this would be considered for the public good. That would be the incentive that you would provide to a developer to create rental lots or affordable homes. It would be a program the city could get into."

A lot of government programs out there are for the very poor, Walinski said. While that is not a bad thing, the study has shown the need in Leavenworth is for lower middle income and upper moderate income.

"Area median income is the government set number. Right now, area median income for a household is \$62,800. A family of four needs to earn in the high 40s or less to fall into that government funded

affordable housing," Bettinger said. "What we've seen and what the study shows, there is somewhere in the range of 60 percent or 120 percent of area median income. These are people who are not able to purchase or rent a home inside city limits."

Thirty percent of the people living in town are cost burdened, Walinski said, whether that is for rental or home ownership.

"When we start looking at a definition of what a program would look like, housing affordability. That's what we need to define," Walinski said.

That's when families have to live together in a single home because they can't afford separate homes, Farivar said.

Now that the council has accepted the findings, Farivar said the administration can go forward, hand this off to the planning commission, maybe looking into other things. She suggested putting together another ad hoc committee to work on funding, for example.

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

Wastewater: City qualified for low interest loan and grant

CONTINUED FROM PAGE 1

us address those new regulations but kind of open the door on different solutions in terms of how we would go about doing this. Right now, there is a group in Leavenworth deciding how Leavenworth addresses its wastewater," he said. "There's a group at the PUD discussing how Peshastin addresses the wastewater. In Cashmere, they solved theirs. When new regulations come about, wouldn't it be more efficient to have a group of individuals solving those problems all together? Maybe there is some cost savings there."

There are a lot of changes to the valley which cannot be predicted, like housing and

commercial development, which could join the cities together, Farivar said. That may encourage that kind of regionalization.

"When we talk to people about how the rates are going to go up, we need to make it clear how fortunate they are only going up 17 percent as opposed to Cashmere, where the rates doubled. They are at \$107 per month for sewer collection residential," Farivar said. "I know people are concerned about rates going up. If you do a comparison study, it is moderate compared to some."

The other item is the status of the WSDOE permit to operate the wastewater treatment plant. Walinski thought their permit was on hold.

"The WSDOE wants to issue us a new permit. We working through this new permit. We've gone through one conversation with the Department of Ecology. At first, they were going to put new regulations in place by December of 2019," Walinski said. "We got them to move that line out to August of 2020. That gives us time to put the new plant in operation, to conduct the testing, proving our operations can pull phosphorus out in an efficient way."

Larsen asked what would happen if the city did not meet the deadline on the wastewater treatment plant improvements.

"There is a daily fine. The other is definitely the court cases. You've seen some on

the water side. This would be court cases against the city on waste treatment. Another thing, more particular to Leavenworth, bad press in terms of not treating the wastewater properly," Walinski said.

The city is still exploring the different types of filtering systems to remove the phosphorus. There are a number of options for the treatment of phosphorus. The lowest cost filter is sand, Walinski said.

"We do have some concerns because we are going to turn it off and on. Is the sand filtering the most efficient doing that? Is there another method which might be a little more expensive?" Walinski said. "We need to look at those. Herb (Amick) and Antonio (Muro, wastewater plant su-

ervisor) need to go to some of the places that are operating those and talk to them."

Even with the biological treatment, Walinski said they will still need chemical treatment.

"In Minnesota, one of the places we had chemical treatment for phosphorus. In that location, we had three or four chemical distribution points, so you could get competitive bids," Walinski said. "One of my concerns here is we're not going to get competitive bids. We're not going to need a huge amount. Those chemicals can get quite expensive. We need to really look at what method you choose."

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

Leavenworth air quality monitor malfunctions during smoke episode

BY IAN DUNN
EDITOR

During the recent smoke episode, which impacted the entire state, the air quality monitor in Leavenworth was not functioning properly. First, the monitor was reading that the smoke condition was not as bad as it actually was. Then, monitor was reading the smoke condition was worse than it actually was.

As you can imagine, this led to some confusion on the part of locals wanting to know the air quality conditions in town. In addition, no doubt, visitors were checking the air quality before deciding to come to Leavenworth.

The huge smoke event started on Aug. 3. Michael Ragan with the Air Quality Program at the Washington State Department of Ecology said they were made aware the Leavenworth monitor was reading cleaner than the actual conditions.

"This monitor is actually a U.S. Forest Service monitor. We host it on our site. We actually provide them technical support for that. They oper-

ate it and it is their site, but we are a partner with them," Ragan said. "We contacted the person who was the monitoring contact and said it looks like there is an obstruction in there. Occasionally things happen, like sucking up a bug, which will create some issues."

In situations like this, Ragan said you just have to go out to the monitor and see what is going on. A calibration was attempted, but that procedure was made more difficult because of the unprecedented level of smoke.

"We do a 'zero' in a span on these monitors. We have a zero filter. However, the air was so dirty, we couldn't get a true zero out of it. The operator is not an expert trained in calibrations, not to know the inner workings of this," Ragan said. "They did their calibration, which they are supposed to do, but could not get a true zero. It ended making the instrument the exact opposite of the way it was before. Now, it was reading on the high side, which isn't necessarily a bad thing because it is more protective than if it was read-

ing lower."

This is not something they are used to, Ragan said. The decision was made to set the monitor back to its original settings pre-obstruction to try and get a reading closer to reality. They had to wait until

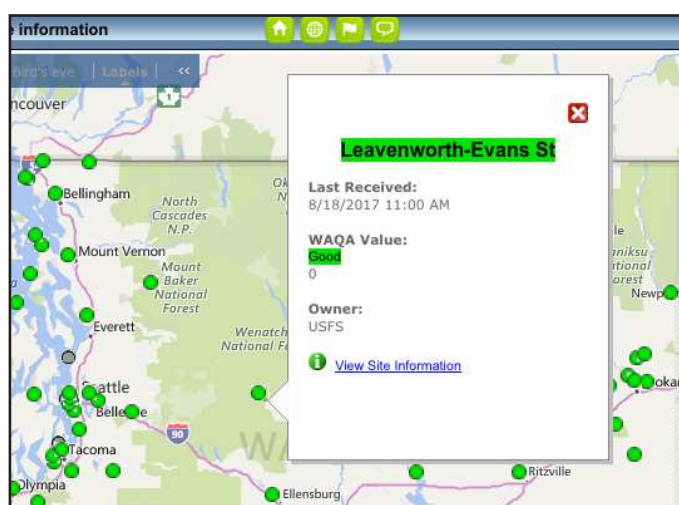
once or twice a month depending on circumstances.

"You never know when a bug is going to crawl in there. We typically put screens on there to keep from sucking up a bug. It's like a vacuum cleaner that runs 24 hours a

clean there? It isn't. It's just a different monitoring technology, not particulate."

Ragan said they are providing better information across the state, more than just the particulate matter.

"That is very important to



Screen shot

The air quality monitor in Leavenworth was malfunctioning during the recent smoke event.

there was cleaner air to run it through a substitute type filter to get the reading down to zero.

They would up cleaning the data off the system, he said. "Ultimately, they are going to review it. Is it truly bad data? Is it data we can accept? They'll make that decision in the next 90 days," Ragan said. "We're back online now and it appears to be functioning fine. Under predicting before, then over predicting. This kind of stuff does not happen often. Of course, we don't get events like this often either."

It's unknown how long the Leavenworth air quality monitor was out of whack. Ragan said these instruments go through calibrations on a nightly basis to check and make sure they are good. The operators actually visit them

day, 7 days a week. Things crawl around. It doesn't take much to affect an inlet," he said.

Air quality monitors across the state did get some extra attention due to the smoke event, he said. Some issues were created by the different types of monitors utilized by the WSDOE.

"Our monitoring network is composed of particulate matter, which is our smoke issue, but we also have other monitoring which is sulfur dioxide, ozone, carbon monoxide," Ragan said. "Those dots read differently when there is smoke out. They still appear green. People were concerned, particularly in Seattle and Tacoma, where they have monitors where one is showing green and the one next door is red. Why is the air

us. It's basically wintertime or wildfires burning. We see more of that during the winter or wildfire," Ragan said. "The good news is a lot of people are paying attention, which is good for their health. We want that. It's good to have a place to go where they can predict what they need to do. It's okay to have events or run or stay inside."

Certainly, central Washington has experience with smoke from wildfires, but this was just a huge statewide event, he said.

"We saw monitor values near Neah Bay, the cleanest place in the state, usually with values of 2-3 micrograms. It has over 200 micrograms, which is just unbelievable," Ragan said. "We're hoping it doesn't repeat itself."

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

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Leavenworth

Farmers Market Fundraiser: Farm to Table Dinner

The second Annual Farm to Table Dinner is on Wednesday, Aug. 30 at 6 p.m., a fundraiser for the Leavenworth Community Farmers Market (LCFM). This year the event will be held at the beautiful Roots Produce and Flower Farm on Icicle Creek Road. For more information, leavenworthfarmersmarket.org/farm-to-table/ or at the Market every Thursday from 4 to 8 p.m. at the Lions Club Park in Leavenworth. (e33,34)

Leavenworth Women's Exchange

The Leavenworth Women's Exchange will resume monthly luncheon meetings on Wednesday, Sept. 13 at noon at Visconti's of Leavenworth, 636 Front Street. The cost is \$15 per person for members and \$17 for non-members. Beverage, dessert, tax and gratuity are included. Brandon Littrell and Rob Sorensen of One-Way Construction will present a program titled "Shipping Container Home Construction." For information and reservations, contact Claire Burlingame at 548-7142 by Saturday, Sept. 9. (e34,35)

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.

- August 24, Thursday:** Chicken A La King, over biscuits, tossed green salad, spicy apples, & sherbert.
- August 25, Friday:** Beef Stroganoff, peas, garden salad, mixed berries, vvv roll, & dessert.
- August 28, Monday:** Turkey, steamed broccoli, carrot / raisin salad, raspberry shortcake.
- August 29, Tuesday:** Cheeseburger deluxe (lettuce, tomato, onion), pasta, vegetable salad, melon slices, & dessert.
- August 30, Wednesday:** Ham, potatoes, mixed vegetables, garden salad, pineapple, & bread pudding.

Event Calendar

Monday, Wednesday, and Friday 10:00 a.m., **Gentle Exercise**
 2nd 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**
 Friday, 6:00 p.m., **Bingo**
 Saturday 6:30-9:00 p.m., **Music, Public Welcome, No cover charge**

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.

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.)

Community Calendar

Wednesday, August 23

- 8:30 a.m., Aerobics,** 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, August 24

No events scheduled.

Friday, August 25

11:45 a.m., Leavenworth Rotary Club, Kristall's, John Fishburne, 509-679-2080.

Monday, August 28

- 8:30 a.m., Aerobics,** Plain Community Church, \$1 fee Mon./Wed./Fri. 763-3621.
- 2 p.m., Chumstick Grange Hall,** Helen Kensrud, 782-4086.
- 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.
- 6:30 p.m. Young Life Club Monday Nights.** All high school age students welcome. TJ Kaapuni 509-679-3247.
- 7 p.m., Cascade School board,** school district office. 548-5885.

Tuesday, August 29

- 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.

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. - 6 p.m.; Wed. 9 a.m.-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.
- 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.
 - 3:30 p.m., Cascadia Conservation District Board Meeting** in the Upstairs Conference Room at the Wenatchee World Building, 14 N. Mission St., Wenatchee. For more information, call the District 436-1601. (3rd Thurs.)
 - 1 to 4 p.m., Master Gardener Clinic,** WSU Chelan/Douglas County Master Gardener Plant Clinic, 1100 N. Western Ave., Wenatchee. 667-6540 (now to October) 1-4 p.m.
- Some meetings or events may be rescheduled. Please check with the organization about the time.

Lions Club Breakfast

The Leavenworth Lions Club is holding a community breakfast this Saturday, Aug. 26, 7-to-11 a.m., in the Lions Club Park. All-you-can-eat pancakes, eggs cooked to order, sausage, coffee, tea, and milk for only \$7 for adults, \$3.50 for children 4-10, free for children under 4. Come enjoy a hearty breakfast and visit with your local community members. Purchase a punch card for \$39 from any Lion member or at the breakfasts. It's good for six adult breakfasts. Joyce Stevens, 670-7527. (e34)

Bree Loewen, 'Found: A Life in Mountain Rescue'

Bree will share stories and images from her newly released book Found: A Life in Mountain Rescue. An inspiring exploration of the drama and camaraderie of search and rescue, "Found" conveys the intensity of rescue operations, the vivid beauty of wilderness landscapes, and the challenges of balancing a vocation with the demands of raising a family. Bree's elegantly rendered stories reveal the purpose she finds in community and service. At 7 p.m. on Wednesday, Sept. 13, The Barn @ Barn Beach Reserve, 347 Division Street. Check wenatcheeriverinstitute.org/events. (E34,35)

Edelweiss Dance Academie fall enrollment open

Classes for dancers ages three through adult is open now. Edelweiss Dance Academie offers ballet, jazz and musical theater classes. Dancers have the opportunity to perform in The Nutcracker and Spring Recital. To enroll call Briar, 679-4478 or get more info on Facebook or at edelweissdanceacademie.com. (e34,35)

Lake Wenatchee

Lake Wenatchee State Park summer programs

Salmon Life Cycle is 11 a.m. Saturday, Sept. 2. Park staff will discuss the life cycle of Sockeye salmon, their territory, habits and interesting facts in this Junior Ranger program. A take-home project is included. (e34,35)

Lake Wenatchee Fire & Rescue yard/bake sale

Lake Wenatchee Fire & Rescue Auxiliary's 23rd annual yard and bake sale will be held Saturday, Sept. 2 from 9 a.m. to 4 p.m. and Sunday, Sept. 3 from 9 a.m. to 1 p.m. at Fire Station 93, located at 19015 Beaver Valley Rd., next to Beaver Valley School. Absolutely no early sales. Sales are by donation on Saturday. Everything is \$1 per bag on Sunday. Art/specialty items will be sold by silent auction. All proceeds will benefit our volunteer fire department. (e34,35)

Regional

Nonprofit 'Boards in Gear' Workshop

The Nonprofit Practices Institute is hosting a workshop, "Boards in Gear", for nonprofit board members and staff to help strengthen the practice of board leadership for more effective, sustainable results in addressing community needs. "Boards in Gear" will be offered Tuesday, Sept. 26 in Wenatchee at Pybus Public Market. The workshop is from 10 a.m. to 3 p.m. Registration is \$15 and includes lunch. Register online at www.cfnw.org/npiworkshops. Registration deadline is Sept. 15. (er33,34)

Woods Family Music and Arts Grant

The Community Foundation of NCW is now accepting applications for the Woods Family Music and Arts Grant. Open to nonprofit organizations in Chelan, Douglas, and Okanogan counties (excluding the Methow Valley), the grant seeks to supports work that provides music and/or arts related services and education in these communities. Application Deadline: Sept. 30. Up to \$5,000 is available. Visit www.cfnw.org/woodsfamily to learn more and apply. (er33,34)

Soccer Team Cleans Up



Photo submitted by Randy Milne

Randy Milne won the raffle conducted by the Cascade High School girls' soccer team. The team came to his home and provided four hours of labor around the property. They arrived at 6:30 a.m. Milne said he and his wife were "blown away" by how well the girls got along. This is a photo of the girls relaxing by the pool after a few hours of work.

Free Sports Physical Day a success

SUBMITTED BY RACHEL HANSEN

More than 100 students and their families lined up for free sports physicals, provided by more than two dozen volunteers from Cascade Medical and Cascade School District on Aug. 1. The free service saved local families a collective \$3,200, and also gave students a chance to talk one-on-one with medical staff about their health.

Icicle River Middle School bustled with activity as students completed a series of eight stations. Volunteers measured vision, height, weight and blood pressure. The exam also included a medical history review, a musculoskeletal exam with a physical therapist, a physical exam by a medical provider and a final review by school nurse Kesha Milne, RN.

One mother said her son often felt nervous in a clinical setting and resisted getting

sports physicals every year. He felt right at home at Icicle River Middle School. Moving the exam to his home turf made all the difference, she

several families said they were grateful for the financial break, especially those with multiple student athletes. Sports physicals typically cost

unentered her skills. Athletic Director Dominique Coffin designed the event based on a long-standing, similar sports physical day in



Photo submitted by Rachel Hansen

More than 100 students and their families lined up for free sports physicals, provided by more than two dozen volunteers from Cascade Medical and Cascade School District on Aug. 1.

said.

\$30 per student. The exams are required before the first day of practice, which start this week.

Rehab Services Director Joe Aponik said he enjoyed seeing all the familiar faces after years of coaching youth sports and volunteering for the school athletics program. He introduced two new physical therapists -- Dane Peterson, DPT, and Katie Faw, PT. Dane and Katie both reported that parents and students appreciated the in-depth feedback and recommendations they received from meeting with a PT.

The Family Practice Clinic sent half of their staff, including Clinic Director Kathleen O'Connor, three nurses and four providers -- Dr. Karl Kranz, Dr. Jay Jerome, Dr. Tony Butruille and Lucca Criminale, PA-C. Free Clinic Director Terri Weiss, RN, of Upper Valley MEND also vol-

Hermiston, Ore. Coffin, Milne and a team of Cascade Medical staff began planning last spring.

We plan to build upon this first year by trying a different scheduling method next year. Families spent between 20 minutes to an hour start to finish, and that's something we'd like to improve. Overall, the event was a resounding success, and we hope it will become a yearly tradition.

Cascade Medical Center is a nonprofit, community-owned, critical access hospital that delivers extraordinary health-care by taking more time with each patient and their families. Centered around primary care, the medical center also provides physical, occupational and speech therapy, ambulance service, lab and screening services, emergency, acute/inpatient, and inpatient rehabilitation care.

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For every season, turn ...

The old folk tune written by Pete Seeger mimics the Bible* and thus acknowledges the reality gained through millennia of man's experience on planet Earth. Here is the gist of that song:

"To everything (turn, turn, turn)

There is a season (turn, turn, turn)

And a time to every purpose, under heaven

A time to be born, a time to die

A time to plant, a time to reap

A time to kill, a time to heal

A time to laugh, a time to weep"

It doesn't matter what genre of music one likes, words from any song, poem or book can be a powerful force, stirring the soul to new aspirations and possibly even changing the world.

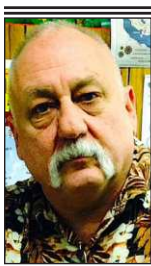
Do Black lives matter? Of course they do. All lives do. Are Muslims to blame for worldwide terrorism? Undoubtedly, but domestic terrorism enacted by White radicals has been in America for more than a century.

Is love the most powerful force in the world? Most of the world's religions say yes and amen to that.

So what is the story about these Confederate statues?

I would place them in museums, but never on public property where taxpayers must pay to keep the pigeon poop off of them and where they still offend millions of our fellow citizens of every color, including most Whites.

Is "culture" a loaded word to mean racism? Are these statues part of the Southern



APPLES TO APPLES

Gary Bégin

heritage and American history overall?

Some of them are and some of them are not. There is no doubt some of these statues were placed in the early 1900s to remind Blacks of their place in the pecking order while others were placed immediately after the Civil War to actually commemorate the Southern war dead and the leaders of that ignoble pursuit.

I say ignoble not because the men were not honestly pursuing what they thought was the right of states to govern themselves, but because the idea of allowing slavery to be a local issue would have caused legal and commercial chaos and crushed the entire point of a "union." The idea of slavery itself turns the stomach of any person with a heart (soul) and brain, the very core of what is to be human.

So now back to the song above. The season where "White Supremacy" dominates the political landscape as it did in the 1920s has long since passed in the national psyche of most Americans.

Our democracy is ruled by the beneficent majority over the vanquished minority, but it doesn't give the victors license to utterly destroy those we disagree with.

Love means forgiveness, not destruction of ideas foreign to our own thinking even if those ideas are repugnant.

Education about the ac-

tual causes of the Civil War can only change a few racist minds. There are those who will continue to embrace hate in the same fashion most of us breathe air or take sustenance.

Arresting everyone can only change a few racist habits, certainly less than it will create more martyrs for the "White" cause.

I can only say placement in a museum and due respect, but in private, will defuse most of the public outcry about public Confederate statues on public land being maintained by public dollars.

Let the Daughters of the Confederacy and all the White hate groups gather together and collect money and place these statues wherever they want, but not on my courthouse lawn or in front of my city hall.

If the Confederacy had won the war, would these hate mongers have allowed statues of U.S. Grant in their public places? Would schools still be segregated? Restrooms?

Would the Black race still be in chains?

Finally - the state of Washington was obviously named after George, but even George eventually freed his slaves a time to heal.

Gary Bégin's opinions are his own and do not reflect the opinion of NCW Media ownership or staff.

*The lyrics were taken from the book of Ecclesiastes (3:1-8).

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

Let the book burning begin



IN MY OPINION

Bill Forhan
Publisher

fact the Portuguese built their first permanent slave trading post at Elmina, Gold Coast, now Ghana in 1482 – ten years before Columbus.

The first direct shipment of slaves from Africa to the Americas did not occur until 1518. That was 258 years before the American Revolution.

By the 1780's the Trans-Atlantic slave trade had reached its peak and by the early 1800's Denmark, Britain and the United States had passed laws banning the trading of slaves.

Banning the trading of slaves did not end the practice of owning slaves.

In 1777 following the war of Independence, Vermont became the first state to abolish slavery.

The Confederacy has long claimed that the civil war was about states rights not slavery. The reality is that the argument over slavery had driven politics in the 1860 election. Lincoln saw slavery as a moral problem that had divided the country far too long. He ran for President campaigning against slavery. Lincoln was the first Republican to be elected President but before he was inaugurated in 1861 seven southern states had seceded from the union and formed the Confederate States of America.

Two year's later Lincoln emancipated American slaves.

Those who are calling for the removal of any reference to the unfortunate history of our country are ultimately diminishing the sacrifice

Americans made in addressing the scourge of human history. Slavery was not a unique American experience. And it is factually inaccurate to say America was founded on a unanimous support for slavery. Slavery has been at the core of our divided national dialogue ever since its founding.

Ultimately, it will be those on the losing end of this tragic history that will be the biggest winners in the destruction of these monuments. Not because they can say they were able to diminish the impact of those who fought to continue it, but because they can erase the historical memory of the contribution their side had in continuing it.

Make no mistake about who worked to end slavery in America. It was conservative, white, male Republicans who fought valiantly against powerful forces aligned to continue it.

It was white southern Democrats who worked to create laws to keep black Americans poor and powerless. It's Democrats who continue to make policies that enslave minorities to the state. It isn't conservative Republicans.

Unfortunately most modern day Republicans have lost their nerve and their sense of history. Many have been cowed by a national media that use the politics of personal destruction to drive political thought even further left.

Trump's opponents may not have seceded from the union but their efforts to disrupt his Presidency are no less treasonous.

It is time for our elected "leaders" to get behind him and go to work for the American people. Those who can't should be honest and resign.

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

School choice surges in Washington state and beyond

School choice is the term for giving families the ability to choose the school that is the best fit for their child. Families with economic means already enjoy school choice. They can afford private school tuition or homes in districts with good schools. Other families must accept the public school they have been assigned by zip code, even if the school is overcrowded, unsafe, or failing at the task of educating children. School choice programs give families various options and tools so they can direct the education of their children.

School choice offers families a full menu of options, including traditional public schools, public charter schools, online education, and private schools. Public charter schools are the fastest-growing school choice program in the country. In only ten years the number of charter school students has nearly tripled, to 3.1 million students. These students attend over 6,900 public charter schools across the country, while another 1 million students sit on charter school waitlists.

Washington state became the 42nd state in the nation to offer parents the option of enrolling their children in

GUEST OPINION

Liv Fine
WA Policy Center
Director, Center for Education

a public charter school. In the fall of 2015, eight public charter schools opened in Seattle, Tacoma, Highline, Kent and Spokane, serving about 1,000 students. Today, two years later, charter school enrollment has jumped to 2,500 students. This fall, 2017, two more charter schools in Seattle will open their doors to students. In 2018 two more charter schools will open in Walla Walla and Tukwila. About two-thirds of Washington's charter school students come from low-income, minority families.

School choice is not limited to public charter schools. Many states have created ways to help families enroll their children in private schools. These programs include vouchers, tax credit scholarships and education savings accounts. For example, North Carolina provides disabled students

with a private school voucher worth \$7,000. North Carolina just passed a new education savings account program, providing \$9,000 to families with special needs, military families and students in foster care.

Today 30 states and the District of Columbia offer 61 different school choice programs, and every year states consider and pass new programs. Today about 400,000 children benefit from school choice programs across the country.

Families want more school choice. A January 2017 poll shows 68 percent support for school choice. The pro-school choice coalition is bipartisan and diverse, with majority support from Latinos (75 percent), African Americans (72 percent) and Millennials (75 percent). Eighty three percent of respondents support offering scholarships to children with special learning needs.

Families are hearing and reading stories about families helped by school choice. For example, Deanne Hilburn of Kent, Washington, is the mother of an eighth grade boy, Austin. Deanne enrolled Austin at Excel Public Charter School the fall of 2015 when his assigned public school was not meeting his needs. Deanne describes how the individual attention Austin received from Excel's teachers changed him:

"Austin has gone from being an angry, frustrated boy to a wonderful, responsible young man."

Deanne says school choice has made "a world of difference" to her family.

Washington state's new charter school law is helping mothers like Deanne and young men like Austin. Equipping and trusting individual families with school choice is the best way to help students find a quality school, so every child learns.

Liv Finne is the Director of the Center for Education at the Washington Policy Center. She can be reached at (206) 937-9691 or lfinne@washingtonpolicy.org

Letters to the editor

Washington State Organizations Deliver Resolution in Support of Dreamers

Members of several indivisible organizations presented a resolution on behalf of 47 indivisible and immigrant rights organizations, representing thousands of activists from across Washington state, to the offices of Representative Jayapal, Senator Cantwell, and Senator Murray. The effort, believed by its coordinator to be the first of its kind undertaken by anti-Trump organizations in Washington state, included organizations from Wallapa Bay in the west, to Spokane and Palouse in the interior, and coincides with a national campaign by immigrant rights organizations to save DACA from termination by the Trump administration.

The Deferred Action for Childhood Arrivals (DACA) executive order has provided over 750,000 young people ("Dreamers") relief from deportation since 2012, as well as the ability to drive and work in the United States.

The status was created for young people brought to the United States as children, who have lived in the country since 2007, graduated from high school, and been law-abiding residents.

Ten states have threatened to sue the federal government if the DACA program is not ended by September, and it is widely expected that Attorney General Jeff Sessions will decline to defend the program in court. This would end the program and put DACA recipients and their families at risk of deportation. In order to gain DACA status, Dreamers had to give the federal government their addresses, school records, fingerprints, and even DNA samples. Indivisible organizations are particularly concerned this information, which was given in good faith by DACA recipients, could

now be used as a means to detain and deport Dreamers and their families.

DACA remains a popular program. A recent poll found 86% of Democrats want Dreamers to be able to stay in the country, 65% with a path to citizenship, while 72% of Republicans want Dreamers to be able to stay in the country, 48% with a path to citizenship for DACA recipients (Morning Consult Poll, April 24, 2017). Given President's Trump's promises not to hard Dreamers,

Indivisible organizations believe Congress can and should immediately work to pass legislation that would allow Dreamers to stay in the country, with some path to eventual citizenship.

Alx Dark, who coordinated the resolution, chose this form of petition specifically to drive education of Indivisible members on this and other immigration issues, "which are new to many members in Indivisible organizations. In response to Trump's attacks on immigrants, refugees, and Muslims, many concerned members have looked closely at the United States immigration system, and the more they learn, the more committed they become to fixing a profoundly broken system."

Holly Brewer
Bainbridge Island

Send me your evil money

"The Confederate Memorial Fountain is a historic fountain in honor of veterans of the Confederate States Army in Helena, Montana's Hill Park, in the United States. It was installed by the United Daughters of the Confederacy in 1916, and removed on August 18, 2017. It was the only Confederate public monument in the Northwestern United States."

Oh boy! George Washington had slaves. We better tear down the Washington Monument. Also the names of

Washington DC and Washington State need to be changed or maybe we should just wipe those two places off of the map. My grade school in Glendive, Montana was named Washington School and it now needs to be imploded.

Absolute nonsense! I'm past caring about whose tender little feelings are being hurt. I would bet 90 percent or more of the people in Montana had never heard of this fountain before now. I hadn't and I lived there the first 22 years of my life. If I had known about this fountain my thought would have been that it was there in memory of loved ones! I never would have thought it was put there to honor slavery. People who are thinking that way are doing our history an injustice. Are we going to start desecrating graves of soldiers from the south, too?

Do we not have more dire needs to deal with at this time in our country?

Judy Sternberg
Wenatchee

PS: The depictions on our \$1, \$20, \$50, and \$100 bills are all of slave owners. I know some of you with tender feelings must find this terribly offensive. How can you even hold one of these offensive bills in your hand? Please send those bills to me in care of the Echo and I will see to it that they are disposed of properly. It's true that Franklin had two slaves and Grant had one so don't be misled and forego sending me those bills.

CASCADE MEDICAL EMPLOYEE OF THE QUARTER

Second Quarter, 2017



Lora Zamudio

Bilingual Receptionist Lora Zamudio often greets patients by name, and always with a smile. She is friendly, relatable and honest, which makes her a favorite among patients and staff. As a health insurance navigator, Lora helps patients understand their options on the state Health Benefit Exchange. She goes the extra mile to lend a hand in several departments, in whatever capacity she is needed.

Many thanks, Lora!



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SENIOR FOCUS

Not For Seniors Only

A Guide to Healthy Living

Osteoporosis

By SURABHI NIRKHE, UW MEDICAL STUDENT

Osteoporosis is a disease that weakens bones and increases the risk of fractures. Fractures later in life often cause people to become dependent on others for their care, prevent them from walking independently, and limit their social lives.

Osteoporosis commonly affects the hips, spine and wrists. Our bones are constantly growing and changing as we age. We reach our peak bone strength in our 20s, and we all start to lose bone after that point. Osteoporosis speeds up this process.

What are risk factors for it?

Women are at higher risk of developing osteoporosis. This is because women have lower bone mass to begin with, typically live longer than men, and go through menopause around the age of 51. Menopause marks a decrease in estrogen levels, a hormone that protects against bone loss. Therefore, many women have an increased fracture risk after menopause.

There are some risk factors for osteoporosis that cannot be changed. These include osteoporosis in the family, being Caucasian or Asian, being female, getting older, and having a small, thin frame. However, most of the risk factors can be controlled.

These include: Not enough calcium or vitamin D in your diet. Smoking or tobacco

use. Alcohol abuse. Not getting enough exercise.

Finally, there are risk factors that are worth discussing with your doctor. These include surgical menopause (removing the ovaries before the age of 45) and long-term use of corticosteroids, medicines often used to treat chronic conditions such as asthma or rheumatoid arthritis.

What can you do to prevent it?

Doing regular, weight bearing exercise and getting enough vitamin D and calcium are the best things you can do. It is also important to stop smoking and avoid drinking too much alcohol.

Calcium:

Women under 50 and men under 70 should aim to get 1000 mg of calcium a day.

Women older than 50 and men over 70 should get 1200 mg of calcium a day.

Good sources of calcium are dairy products, beans, dark leafy green vegetables and oranges.

If you don't get enough calcium from your diet, your doctor may suggest a calcium supplement.

Vitamin D:

You can get vitamin D from sunlight or food. Your skin makes vitamin D when it is exposed to the sun, but this increases the risk of skin cancer. Additionally, many climates do not provide people with enough sunlight.

You can talk to your doctor

about testing your vitamin D level. If your level is low, your doctor may suggest a vitamin D supplement.

Exercise:

It is best to start when you are young and continue exercising throughout life. However, weight bearing and strength-training exercises help our bones at any age. This includes walking, jogging, climbing steps. Aim for 3-4 times a week for 30-40 minutes.

How do we test for osteoporosis?

If you have risk factors for osteoporosis or if you are a woman over the age of 65, a bone density scan is recommended. This is usually done with a dual energy X-ray absorptiometry (DEXA) test, which measures bone density in the hips, spine and wrist, areas commonly affected by osteoporosis.

You will get a standardized score called a T-score that is interpreted as either osteopenia (T-score between -1.0 and -2.5) or osteoporosis (T-score less than or equal to -2.5).

You can think of osteopenia as the process leading up to osteoporosis. If you have osteopenia, your doctor will talk to you about modifying your risk factors. If you are at high fracture risk, even osteopenia is sometimes treated with medications.

How can you treat osteoporosis?

Diet, exercise and quitting

smoking are very important.

Additionally, your doctor may recommend one of several medications available to treat osteoporosis.

These include:

Bisphosphonates: The first choice. Common types are alendronate (fosamax) or risedronate (actonel). They increase bone mass and decrease the risk of fractures. Side effects include irritation to the esophagus (the tube connecting the mouth to the stomach), but you can minimize this by taking them with water and not lying down immediately afterwards. IV forms available as well.

Teriparatide: An alternative for patients with severe osteoporosis or those who do not tolerate bisphosphonates. Stimulates bone formation.

Raloxifen: Affects how estrogen interacts with the bone. Also a breast cancer drug. May be used when there is also a need to manage breast cancer risk.

Surabhi Nirkhe is a third-year medical student at University of Washington School of Medicine. She is training with our team of medical providers at Cascade Medical as part of the WWAMI Regional Medical Education program.

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Five facts about strokes that could save your life

(BPT) - Chances are you know someone who has had a stroke. An estimated 795,000 people in the United States have a stroke each year, according to the Centers for Disease Control and Prevention. Despite how common strokes

may only know a few people who've had a stroke in their life, but someone has a stroke every 40 seconds in the U.S. Misconception: A stroke will kill you. Fact: Approximately one out of eight strokes results in death within thirty days.

factors. To learn more, visit <http://www.lifelinescreening.com>. Misconception: Only a doctor can identify a stroke. Fact: Everyone can and should know the signs and symptoms of stroke. By taking quick action, you could save a life. According to the CDC, the most common signs of stroke are: * Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.* Sudden confusion, trouble speaking or difficulty understanding speech.* Sudden trouble seeing in one or both eyes.* Sudden trouble walking, dizziness, loss of balance or lack of coordination.* Sudden severe headache with no known cause. If you or someone else has any of these symptoms, call 911 immediately. Understanding the facts about stroke helps empower you to control your own health. Even if risk factors are present, you can take proactive measures to help prevent stroke for yourself and loved ones.



(BPT)

are, there are a lot of widely believed misconceptions. Unfortunately, not knowing the facts can put a person at bigger risk for experiencing a stroke themselves, or, not being able to help someone else who may be experiencing a stroke. To help separate fact from fiction, the medical experts at Life Line Screening share the truth about the top misconceptions about stroke:

Misconception: Strokes only happen to older people. Fact: Research found 61 percent of strokes happen in people over the age of 65. That means 39 percent of strokes happen to younger people. Misconception: Strokes are not a problem in the United States. Fact: You

The other seven instances leave the person disabled. Stroke is fatal in about 10 to 20 percent of cases and, among survivors, it can cause a host of disabilities, including loss of mobility, impaired speech, and cognitive problems. Misconception: Strokes cannot be prevented. Fact: Up to 80 percent of strokes could be stopped before they start. Health screenings are an effective way to identify and understand risk factors so they can be properly managed. Research shows nine out of 10 cardiovascular doctors support preventive health screenings for cardiovascular disease (plaque in the arteries) among patients with key risk

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Do these five things for a stress-free summer adventure

(BPT) - The beloved summer season tends to come and go too fast, so there's no time to waste when planning a summer trip with friends or family. Whether it's a bike ride, hiking for the day or a family vacation at the beach, you'll want to make sure you're prepared for the adventures that lie ahead. Check out these five essential on-the-go travel tips that will ensure a safe and stress-free trip.

Pack smart

The contents of your adventure pack depend entirely on your summer plans. Packing for a longer beach vacation? Be sure to make a packing list so you don't forget anything important, and pack plenty of layers to prepare for all types of weather. If your summer is filled with day trips to the beach, pre-pack the suits, towels, beach chairs and plastic bags for wet clothes. If you plan on going on long hikes, have bug spray and a first aid kit at the ready. Try to expect the unexpected; you never know when duct tape and a little emergency cash can save the day.

Guard yourself against the sun

Nothing can ruin a fun time quite like sunburn can. Sun protection is something you don't want to leave behind and you certainly don't want to get a late start to your day because you have to run to the store to pick up another bottle of sunscreen. Make sure your summer adventure pack is full of sun gear: sunscreen, sunglasses, SPF clothing, and a baseball cap or a wide-brimmed hat.

Have cold water at the ready

It's important to stay hydrated in the summer heat, so don't forget to pack plenty of water. To keep your water ice-cold, fill your water bottles

halfway with water and stick them in the freezer. Before you leave for your next outing, fill the bottle to the top and you have refreshing ice water to go! Or invest in a well-made reusable, insulated bottle that will keep your water cold throughout the day.

Tip: Freeze fresh fruit such as berries or lemons in ice cube trays and toss in your water bottle before you go for a refreshing unique twist!

Don't let empty batteries stop your fun

A few hours into your adventure you might find that your phone is running low on battery, making you choose between keeping your access to the outside world and a photo op. Invest in a portable power

istered Dietitian and Nutritionist Dawn Jackson Blatner. "Raw nuts, nut butters, fresh fruit and even eggs are easy to prep and won't make a mess while traveling."

Blatner recommends baking up a batch of egg muffins and freezing them until your next outing. "Not all eggs are created equal though," says Blatner. "With six times more vitamin D, more than double the omega-3s and vitamin B12 than ordinary eggs, Eggland's Best eggs are the only eggs I recommend to my clients and serve to my family since they are loaded with superior nutrients that can help you refuel after a long day of traveling or sightseeing."

Check out this easy and healthy recipe to get started.

1 teaspoon Italian seasonings
 Pinch of smoked paprika
 1/2 teaspoon salt
 2/3 cups fresh Parmesan cheese

DIRECTIONS

Preheat the oven to 350 degrees F. Lightly grease a mini muffin tin with cooking spray and place it on a cooking sheet. Doing this will make it easier to transport in and out of the oven.

In a large skillet, add in the turkey bacon and cook on medium-high heat. After a few minutes, add the onion, shallot and garlic and cook down for a few more minutes.

Lastly, add the chives, parsley and Italian seasoning and cook mixture until the turkey bacon is cooked through.

Remove mixture from heat and set aside until needed.

In a 4-cup liquid measuring cup, add in the eggs and take a fork to whisk until evenly beaten.

Add the paprika and salt and whisk to combine.

Place a thin layer of Parmesan cheese into each individual muffin tin.

Take one teaspoon of the bacon mixture and add it to each tin.

Carefully pour enough of the egg mixture into each muffin tin, just until it covers the filling mixture. Sprinkle with some more Parmesan cheese.

Bake quiches for 16-18 minutes or until the eggs have fully set.

Allow to cool slightly before taking a butter knife to release them from the pan.

Serve immediately or let quiches cool completely, cover with plastic wrap, and store in the fridge. To re-heat, place them on a baking sheet in a 375-degree oven for 5-7 minutes, or until heated through. Source: Eggland's Best



(BPT)

bank. Just keep it charged and ready in your pack so you can top off your battery meter whenever you're on the go.

Stay energized with protein-rich on-the-go snacks

It can be hard to eat healthy when you're on the go. Avoid fast-food places that tend to be heavy on the junk food and prepare a variety of nutritious snacks before you hit the road. "Choose foods that are high in protein and other nutrients like vitamin B12, which are essential for maintaining energy throughout the day," says Reg-

Mini Quiches with Chives, Shallots and Turkey Bacon

INGREDIENTS

8 Eggland's Best Eggs (large)
 12 oz. turkey bacon, chopped
 1 small onion, minced
 1 shallot, minced
 1 teaspoon garlic, minced
 1/4 cup fresh chives, minced (plus more for garnishing)
 Small handful of parsley, roughly chopped

Four surprising health benefits of cherries - this summer's superfruit

(BPT) - Have you ever said no to a cherry? Probably not. This summertime treat is

simply delicious. And if you're looking for another reason to indulge, you'll be pleased to know that cherries are surprisingly good for you. Recent research indicates that this summer's superfruit offers a variety of health benefits, including the four outlined below.

Reduced risk of heart disease and diabetes

Heart disease and diabetes threaten the health of millions of Americans every year, and cherries can help. Research from Michigan State University found that 20 cherries

provide 25 milligrams of anthocyanins, which reduce inflammation by shutting down the enzymes that cause tissue inflammation. This helps protect the arteries from the damage that leads to heart disease. Further research shows that those same anthocyanins also help lower blood sugar levels in animals, leading scientists to speculate that a similar blood sugar lowering effect could occur in humans.

In addition to being packed with anthocyanins, cherries also have a low glycemic index, making them a good choice for people with diabetes. Foods with a high glycemic index cause blood glucose to soar and then quickly crash. In contrast, foods with a low index, like cherries, release glucose slowly and evenly, helping you maintain a steady blood sugar level - as well as leaving you feeling full longer and potentially helping you maintain a healthy weight.

Combating arthritis and gout

More than 8.3 million Americans suffer from gout, a form of arthritis characterized by severe pain, redness and tenderness in the joints. This condition is commonly associated with elevated levels of uric acid in the blood. A study conducted by researchers at the University of California at Davis found that people who ate sweet cherries showed reduced levels of uric acid. In addition, research from the Boston University School of Medicine showed that people who ate cherries had a 35 to 75 percent lower chance of experiencing a gout attack.

Sleep support via melatonin

Everyone understands the value of a good night's sleep, but sometimes your body simply doesn't want to cooperate.

When you find yourself wide awake and restless, your melatonin levels might be low. Melatonin is the chemical that controls your body's internal clock to regulate sleep and promote overall healthy sleep patterns. Studies show that cherries are a natural source of melatonin, and researchers who have studied the melatonin content of cherries recommend eating them an hour before bedtime to help stabilize your sleep cycle.

Fiber for weight loss

Many Americans struggle with weight issues, and poor diet is often identified as a major culprit. But although there is a great deal of discussion about what people shouldn't be eating, there isn't as much talk about what people should be eating, like fiber. Most Americans' diets are fiber-deficient, falling short of the 25-35 grams per day recommended by the USDA Dietary Guidelines. These guidelines recommend two cups of fruit daily, and cherries are an easy and delicious way to meet that target.

Enjoy a bowl of superfruit today

In addition to all these health benefits, cherries also possess cancer-fighting properties, according to a study by the USDA's Western Human Nutrition Research Center. So whether you're looking to boost your health or you enjoy the taste of this juicy treat - or both - there are plenty of reasons to reach for a bowl of cherries for your next snack or to add them to the menu at your next meal. Whatever your preference, be sure to get them quickly before cherry season is over.

To learn more about the health benefits of cherries, visit NWCherries.com.



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Five eye health tips that are easy to visualize

(BPT) - Writer Leigh Hunt once said, "The groundwork of all happiness is good health." It's a mantra you heed because nothing is more important than your health. That's why you watch what you eat, you exercise at least three times a week and you avoid tobacco or excessive alcohol use. You're working hard to improve your body's overall health, but there's one integral part of your body that you have yet to focus your health regimen on - your eyes.

It's easy to take your eyes for granted, but they remain one of your body's most important organs and, like the rest of your body, they will benefit from your efforts to improve their health. To support your eyes and maintain a healthy lifestyle, incorporate these five tips today.

* Consult an eye care professional. Just as you visit your doctor for your yearly checkup, you should also visit your optometrist once a year to review your eye health. Your optometrist can answer any questions you have about

your eyes, and the checkup can help identify eye concerns such as glaucoma, diabetic eye disease and macular degeneration, which otherwise have no warning signs.



(BPT)

* Read smart. Whether it's the morning paper, your favorite weekly magazine or a page-turning thriller, reading is one of your favorite hobbies, but sometimes the page can be hard to see. In cases like this, support your eyes with Foster Grant(R) reading glasses.

Foster Grant(R) offers high-quality, non-prescription reading glasses in a wide range of strengths suited for your individual eyes. These glasses are prescription-quality lens magnification without the

prescription price, and they are available in a wide array of styles, allowing you to support your style as well as your health. Remember, 50 is the new 40, and there's no reason you can't look great and see great all at the same time.

* Give your eyes some downtime. If you spend long periods of time looking at a computer screen during the day, be sure to give your eyes a rest by employing the 20-20-20 rule. Look 20 feet away for 20 seconds after every 20 minutes of screen time to help reduce digital eyestrain.

* Embrace digital glasses options. Another solution to help limit digital eye strain caused from using tech devices is to add a pair of non-prescription digital eye glasses. Foster Grant(R) Eyezen(TM) Glasses not only help relax your eyes but also enhance your viewing experience. Most people spend at least 12 hours a day consuming media, according to The Vision Council's 2016 Digital Eye Strain Report, Eyes Over Exposed: The Digital Device Dilemma. The report also found that it only takes as little as two hours in front of a screen to cause digital eye strain, so start protecting your eyes today.

* An apple a day. A healthy balanced diet benefits not just

your overall health but your eyes as well. Carrots have a reputation for supporting eye health, but the most beneficial vegetables are leafy greens like kale or spinach. Collard greens and fish varieties like salmon, halibut and tuna can also help support your eye health, so add them to your next meal.

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Understanding the link between salt and health

(BPT) - The news lately is full of articles about salt and health. Everyone seems to be getting either too much salt or not enough. So which is it? Part of the problem is with how we study the connection. Fortunately, researchers on both sides of the issue are starting to agree on how best to proceed and may soon have a better answer for all of us. That answer may be that for most of us, there is no need to eat less salt than we do now.

The European Heart Journal recently published a report by researchers from the World Heart Federation, the European Society of Hypertension and the European Public Health Association that clarified that eating more than 5 grams of sodium per day increases the risk of heart disease, but there was little evidence that eating less than 2 grams per day had any health benefits. They recommended a safe range of between 3 and 5 grams of daily sodium. The good news is that the average American eats about 3.4 grams of sodium per day, an amount that has stayed the same for the last 50 years.

Of course more research is needed, but also better research. In the past, many studies only looked at the effect of salt on blood pressure. Today more doctors and scientists are looking at the effect



(BPT)

salt has on your total health. The researchers agreed that your overall diet is more important to your health than a single nutrient. It's true that a low-salt diet can lower your blood pressure slightly, but it can also place stress on other parts of your body, and that can increase the risk of bad outcomes like diabetes.

Another way research into salt and health is being improved is in the way the results are collected. In the past, people whose salt levels were being studied provided only one urine sample, but your

salt levels vary throughout the day and from day to day.

A much more accurate way to study salt in people is to collect multiple urine samples over many days, not an easy task, but one that the researchers recognized produces much more accurate results. Fortunately, there is a captive group of people that

scientists are studying to measure their salt intake exactly: Russian cosmonauts living in a closed environment as part of the "Mars" project. This research is already yielding some surprising results, such as more salt makes you less thirsty.

Everyone agrees that we need salt to live and that it is an essential nutrient, but getting the right amount is important. The fact is that a small percentage of people are salt sensitive and are affected by salt more than others. These individuals may benefit from less salt, but the rest of us may be put at risk from that same low-salt diet. Every person has different health needs and should follow the advice of their doctor. Placing the entire country on a low-salt diet, as some have suggested, may do more harm than good.

Transportation safety: How seniors can maintain independence outside the home

(BPT) - It can be hard to admit your vision isn't what it used to be, especially when it comes to driving. Maybe you've noticed some difficulties reading traffic signals, or you've found it challenging to drive at night.

If you're a family member noticing these warning signs in a loved one, pointing out these challenges may seem like a daunting and delicate undertaking. But when it comes to being on the road, safety is one thing you can't ignore.

Encouraging your loved one to prioritize safety can be hard, especially when it feels like their independence is at stake. That's why it's important to have an open and honest discussion to determine the best options for maintaining independence outside the home.

Step 1: Address driver safety

Vision is the most important sense for driving safety. Annual vision screening is important for everyone, but it is especially critical for older people, since the sensory data used for driving is predominantly visual.

For seniors still able to drive, a defensive driving class can be beneficial. These classes allow students to brush up on skills while gaining confidence and introduce them to alternative transportation options for the times and

locations of their preference. What's more, many insurance companies provide discounts to seniors who complete these courses.

Giving up driving doesn't have to mean choosing between all or nothing. For example, start limiting driving to daylight only, non-rush-hour periods. Then look into supplementary transportation options that eliminate the need to drive while still allowing you to get where you need to go.

Step 2: Research transportation options

It's important to educate yourself or your loved one about locally available transportation options for seniors. When you know there are reliable, cost-effective transportation options available, it can help maintain a high level of independence for a trip to the grocery store or a doctor's appointment.

Rides in Sight is a nationwide, online database of senior transportation options built by ITNAmerica, a national nonprofit organization dedicated to providing sustainable transportation options for seniors. Visit www.ridesinsight.org and enter basic information like your state or zip code, and you can find the ride option that's best for your situation. If you prefer to access information by phone, call 1-855-60-RIDES (1-855-607-4337).

Rides in Sight makes it easy to find customized transportation, no matter what a person's needs. For example, you can find wheelchair accessible transportation options or door-to-door driver assistance if that's what you need.

Step 3: Implement a trial period

Giving up the keys is easier if you do it over a period of time. Pick a date and schedule your first ride with a transportation service during a time you normally drive. Any change takes time to adapt to, so try it out for a while before reassessing and making any necessary adjustments. After this trial period, you should feel more comfortable with someone else driving you, and you get to be in control of your mobility.

For older Americans, it's important to be able to maintain independence when they limit or stop driving. When they are encouraged to create their own driving transition plan, more emphasis can be placed on finding new passions and activities to engage with their communities. The result is a positive impact on people of all ages.

To have that impact, reliable, secure transportation is essential. Having the necessary conversations and researching appropriate transportation options helps keep everyone happy, healthy and safe.

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Q: Are there medicines that you shouldn't take? How can you avoid taking them?

You should definitely stay away from any medicines that you're allergic to or which have caused you problems in the past. For example, if you are allergic to penicillin, taking amoxicillin (a type of penicillin) would be a BAD IDEA. Some medicines don't mix well with medicines that you're already taking, like ibuprofen for a headache if you take a blood thinner. Ask your doctor or pharmacist if there are medicines that shouldn't be taken with your current prescription medications. As we age, our bodies change in ways that affect how we react to prescription and non-prescription medicines. The older we get, the less medicine it takes to affect us and the more we experience the dark side of taking medicines – the side effects they can cause. Getting older makes us more sensitive to the side effects of medication, shifting the balance of taking a prescription medicine from an expected benefit toward potential risk. In fact, the older you become the more likely you will experience confusion, dizziness, and lightheadedness from your pills, especially heart pills. Side effects from medicines can cause problems with thinking, memory, and balance that seriously threaten your ability to live independently. 13% of all hospitalizations are related to problems with prescription medicines, and happen most often to seniors. One way to reduce problems with medicines is use a lower dose than the typical starting dose when starting a new medicine. This is the "Start Low and Go Slow" method and is particularly helpful for people who are "sensitive" to medicines.

Unfortunately, using less medicine in an elderly person is not always enough to avoid problems. Even at low doses, some medicines are much more likely than others to cause confusion, memory problems and unsteadiness. These medicines are considered to be more dangerous to use in older people because the confusion and falls from lightheadedness that they can cause can dramatically reduce the ability to live independently. Medicines that cause problems in older people were a particular interest and concern of Dr. Mark H. Beers. Noticing how some commonly prescribed medicines created delirium and caused falls in his nursing home patients, Dr. Beers kept track of which medicines were causing those problems. Over time he built up a list of medicines that he considered caused more harm than benefit when given to older people.

First published in 2009, Dr. Beers' list of problem medicines became known as the Beers List, or Beers' Criteria. It includes most medicines that cause sedation, like sleeping pills, antidepressants, antipsychotics, and muscle relaxants. The American Geriatrics Society updated the Beers List in 2012 to include medicines that affect ALL older adults, not just those in living in nursing homes. You can find out if you are on one of these

medicines by checking the updated 2012 Beers List at: <http://www.americangeriatrics.org/files/documents/beers/BeersCriteriaPublicTranslation.pdf>.

Here are six Tips on Avoiding Medicines You Shouldn't Take:

1. Just say no to taking other people's prescription medicines. What is perfectly fine for them could be deadly for you, either because it's very similar to something you are allergic to or because it really shouldn't be combined with the medicines you're currently taking.
2. Keep all of your doctors in the know about medicines that don't like you. Make a list of all of your medication allergies and what reaction they caused, and bring the list to EVERY medical and dental visit.
3. Always bring a complete list of ALL of your medicines and supplements that you take to every doctor's visit, so they don't overlook a new medicine prescribed by someone else. Not knowing which medicines you're taking can open the door to being prescribed something very similar, creating dangerous side effects if you end up taking both at the same time.
4. When starting a new medicine, ask your doctor if you can start at the lowest dose possible to avoid problems. This usually means cutting a tablet in half and taking it like that for the first week or so. Then, if you are not having any problems, you can step up to taking the whole pill.
5. If you've noticed a change in your thinking or in your balance since one of your medicines was started or having dose adjusted, don't suffer in silence. Contact your doctor and inform them about it.
6. Don't stop any medicine you are already taking just because it's on a list! Please check with your doctor first. Many medicines should be tapered, not stopped cold turkey.

Dr. Louise Achey, Doctor of Pharmacy is a 38-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

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Pets help seniors stay healthier and happier, wherever they live, studies show

(BPT) - French novelist Si-donie-Gabrielle Collette once said, "Our perfect companions never have fewer than four feet." Pets provide meaningful social support for owners, and they can be especially beneficial for seniors. Ample research shows pet ownership delivers physical and mental health benefits for seniors, regardless of whether they're living on their own or in a senior living community.

However, many older Americans still mistakenly believe moving into a senior living community means they'll have to leave their pets behind. In fact, the fear they'll have to give up a beloved pet is among the top emotional reasons seniors don't want to move into senior living, according to author and senior real estate specialist Bruce Nemovitz. In an informal survey by Nemovitz, seniors ranked losing a pet as emotionally jarring as having to leave their familiar homes and possessions. "Se-

nior living communities are all about supporting the physical health and mental well-being of residents. For many senior citizens, pets are an important part of their lives. It makes sense to preserve the bond between pet and senior owner whenever possible.



(BPT)

Physical benefits

Pet ownership benefits senior citizens in multiple ways, research shows. Older people who own dogs are likely to spend 22 additional minutes walking at a moderately intense pace each day, according to a recent study by The University of Lincoln and Glasgow Caledonian University. Published in BioMed Central, the study also found dog owners took more than 2,700 more steps per day than non-owners. Multiple studies have also concluded that pet ownership can help lower blood pressure, contribute to improved cardiovascular health and reduce cholesterol.

Mental health

Interacting with pets also has many mental health benefits, especially for seniors. Spending time with pets can help relieve anxiety and increase brain levels of the feel-good neurochemicals sero-

changed."

* What is your pet policy and what type of animal do you consider a pet? Generally, small dogs, cats, birds, rabbits, rats, hamsters, fish, turtles and other small companion animals qualify for pet policies. Seniors should check to be sure their pet meets the standards of the community.

* What is your pet health policy? Typically, senior living communities that accept small pets will want them to be current on all vaccinations and have regular exams by a licensed veterinarian. Pets will also need to have any required state- or county-issued licenses.

* What, if any, kind of training do you require pets to have? Requiring dogs to be house-trained and cats to be litter-trained is standard. Communities will also want to know your pet is well-behaved and not aggressive. They may ask you to have pets obedience trained.

* Do you offer any assistance with pet-related tasks? Most communities will require residents be able to care for pets themselves, including feeding, walking, potty needs and health needs. "Moving into a senior living community is a big change, one that most residents find positive," Cummings says. "They gain freedom from home maintenance tasks and household chores, a socially rewarding environment, and as-needed support for healthcare and daily care. As long as seniors are still able to care for their pets, there's no reason they shouldn't be allowed to bring their best friends with them to their new homes."

tonin and dopamine. Pets can help relieve depression and feelings of loneliness. The online journal Current Gerontology and Geriatrics Research reports multiple studies indicate dementia patients who interact with animals become more social, are less agitated and have fewer behavioral issues.

Pets in senior living settings

For seniors looking for a community that will accept their pets, Cummings suggests a few questions to ask: "For too long, some senior living communities didn't recognize the value of allowing residents to bring their pets with them," Cummings says. "That has definitely

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Obituary

Cherie Dean Gildersleeve



Cherie Dean Gildersleeve, 60, passed from our world on July 18, 2017, joining her beloved son Marcus and her parents. Cherie was born on Aug. 30, 1956, to Charles "Chuck" and Molly (Guy) Gildersleeve in Wenatchee, Washington. She attended schools in Wenatchee, graduating from Wenatchee High School in 1974 and Wenatchee Valley College in 1976 where

she studied business. She worked for Chelan/Douglas Mental Health for several years as a receptionist/transcriptionist until she began her lifelong career as a Tumor Registrar for many years at Wenatchee Valley Clinic/Wenatchee Valley Medical Center. In 1992, she moved to Tri-Cities where she worked for Blue Mountain Registry until moving back to Wenatchee in 2000 working for a short time in the office of Dr. Francis Collins. A year or two later, Cherie was instrumental in re-establishing the Tumor Registry Program at Wenatchee Valley Medical Center, rebuilding the program until she became a traveling registry consultant. At the time of her death, she was a tumor registrar working from home for Oregon Health Sciences University.

First of all, Cherie was a loving and devoted mom to the love of her life, her son Marcus. Even though tragically she only had him with her for 18 years, he remains

in her heart for eternity. She was eventually able to devote those maternal instincts to her nieces and her miniature Schnauzer, Snoopy Doo. She loved to sing and was a nun in the Sound of Music production in high school; Cherie used this experience to critique Maribeth on her vocal aspirations. In her spare time, she was very artistic, painting with oils, needlework and was an avid reader. Cherie will be remembered as a kind/compassionate and loving sister/aunt/cousin/friend/co-worker. She is survived by her three sisters Melody Brisky, Connie Oaks (& Rick) and Kathy Gebhart (& Michael), all of Wenatchee; five nieces Marina (Nelson) Covey, Misty (Nelson) Diaz, Sara Brisky, Maribeth Brisky and Molly Gebhart; three great-nieces Taylor Critchlow, Bailey Robles and Cami Covey; best friend/cousin Shannon Martinez, family friend Susan Chapman, and many other relatives and friends.

OBITUARY & MEMORIAL POLICIES

An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. **Memorials** are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in. Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

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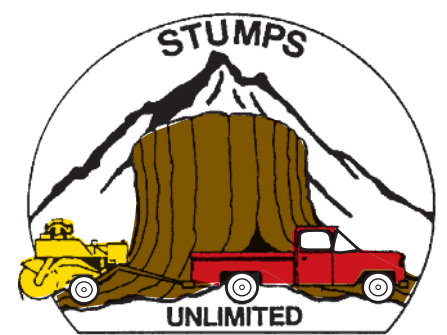
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Website: www.CashmerePres.org

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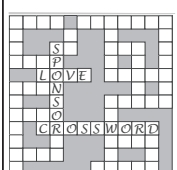
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 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD PUZZLE

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- ACROSS
1. Pocket bread, pl.
 6. Mele Kalkimaka wreath
 9. Hoofbeat
 13. Not dead
 14. Freddy Krueger's street
 15. Sacagawea to Lewis and Clark
 16. Wrinkle-prone fabric
 17. Rap sheet abbreviation
 18. Tanks and such
 19. *Spongebob's pal
 21. *Sullivan's theatrical partner
 23. Fa, ____, la, ti, doh
 24. Daniel Defoe's __ Flanders
 25. Swindle
 28. Ready for picking
 30. Right before "camera"
 35. Fish eggs, pl.
 37. Straight whiskey, e.g.
 39. Capital of Egypt
 40. Grand Theft object
 41. Per ____, or yearly
 43. Hidden valley
 44. *Bonnie and Clyde, partners in this
 46. Australian palm
 47. Distinctive elegance
 48. One's net worth
 50. Companion of Pinta and Santa Maria
 52. Slovenly abode
 53. Use a noose
 55. Any doctrine
 57. *Rogers' tapping partner
 61. Mohammed, alt. sp.
 65. Having three dimensions
 66. Chapter in history
 68. Jeweler's glass
 69. Moves closer
 70. Brownish gray horse
 71. Ruhr's industrial center
 72. Does something wrong
 73. Japanese capital
 74. Affirmatives

- DOWN
1. Explore with one's hand
 2. Pelvic parts
 3. Typically on limo window
 4. Affirms
 5. Junior's predecessor
 6. Plumbing problem
 7. Member of the Benevolent Order
 8. Idealized image
 9. " __ Your Enthusiasm"
 10. Tart garnish
 11. Smell
 12. Chipper
 15. Pertaining to Gaul
 20. People's Republic
 22. Down with the flu
 24. __ of life
 25. *Will's roommate
 26. Predecessor to "truly" in a letter
 27. Petite, masculine
 29. * __ and Teller
 31. Measuring instrument
 32. Higher ground, pl.
 33. Yummy reward
 34. *Cher's "I Got You Babe" partner
 36. "Brave New World" drug
 38. South American Indian
 42. Opposite of depression
 45. Socrates' concern
 49. Musical gift
 51. *Mary-Kate's twin
 54. Clingy one
 56. *Rocky and Bullwinkle, or flying squirrel and __
 57. Teenager's woe
 58. Plaintiff
 59. Type of ski lift
 60. What snob puts on
 61. "Buddenbrooks" author
 62. Rumble
 63. "All for one, one for all" sword
 64. Change for a twenty
 67. "The Murders in the __ Morgue"

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Marson and Marson Leavenworth Job Posting

Design Center Sales - Flooring, Cabinets & Countertops Location: Leavenworth, WA Start Date: Position is Open Now Job Overview: Meet with contractor and homeowner customers to review plans and assist with determining product and function requirements. Understand the flooring, cabinetry and countertop categories form a product and performance perspective and have the ability to match customer needs to products available.

- Present design, materials and product features in a professional manner
• Understand building and design trends to stay relevant in design and color palette selections
• Create sales with high closure ratio vs. sales leads
• Develop accurate materials list and orders with vendors to match customer commitments from a product and timing perspective
• Develop sales leads through creative marketing and market reputation

Qualifications:

- Knowledge of flooring, cabinets and countertop products and installation
• Experience using CAD programs
• Professional sales experience
• Excellent communicator and presenter
• Track record of meeting sales goals
• Organized and detail oriented
• Ability to make job site visits and weekend consultations

Contact Information: Terry Hagen 509-548-0101 terry.hagen@marsonandmarson.com

HELP WANTED

Bridgeport School District is seeking applicants for a full-time custodian. Position is open until filled. Please apply on-line at www.bridgeport.wednet.edu For further information send questions to: jobs@bridgeport.wednet.edu or contact the HR department at 509-686-5656. Bridgeport School District is an equal opportunity employer.

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Deadline Monday at noon Lake Chelan Mirror 682-2213 mirrords@lakechelanmirror.com

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We can help stretch your advertising budget \$\$\$ Call us 782-3781 \$\$\$

HELP WANTED

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Detailed job posting and online application process are available at: www.manson.org EOE

PUZZLE SOLUTION

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A L I V E E L M G U I D E
L I N E N A K A A R M O R
P A T R I C K G I L B E R T
S O H M O L L
G Y P R I P E L I G H T S
R O E S N E A T C A I R O
A U T O A N N U M G L E N
C R I M E N I P A E L A N
E S T A T E N I N A S T Y
H A N G I S M
A S T A I R E M A H O M E T
C U B I C E R A L O U P E
N E A R S D U N E S S E N
E R R S Y E N Y E S E S

Grid with numbers for puzzle solution: 9 5 7 6 1 8 3 2 4, 2 3 8 5 7 4 1 9 6, 4 1 6 3 9 2 8 5 7, 1 8 9 2 5 7 6 4 3, 6 7 2 4 3 9 5 1 8, 5 4 3 8 6 1 9 7 2, 3 2 4 9 8 5 7 6 1, 7 6 5 1 2 3 4 8 9, 8 9 1 7 4 6 2 3 5

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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 mirrords@lakechelanmirror.com

Leavenworth/ Cashmere 509-548-5286 classifieds@leavenworthecho.com

Deadline Tuesday at noon Quad City Herald 509-689-2507 heraldads@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 mirrords@lakechelanmirror.com

Leavenworth/ Cashmere 509-548-5286 classifieds@leavenworthecho.com

Deadline Tuesday at noon Quad City Herald 509-689-2507 heraldads@qcherald.com

All Classified Ads go in all of our newspapers

APPAREL

Leavenworth An assortment of lovely Bavarian dirndls, sizes range from 8 to 22, some with aprons. Please call for an appointment to see. 509-885-0441.

GARAGE & YARD SALE

Indoor yard sale at the Chelan Senior Center, 534 Trow Avenue, Saturday, August 26, 9 a.m.- 4 p.m. 10 individual vendors and lots of overstock from Chelan Falls Re-Runs 2nd Hand Store. Lunch available. Come shop and have lunch.

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A



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 mirrords@lakechelanmirror.com

Leavenworth/ Cashmere 509-548-5286 classifieds@leavenworthecho.com

Deadline Tuesday at noon Quad City Herald 509-689-2507 heraldads@qcherald.com

Seasonal decorations from the Haus of Angels. Wreaths, garlands, ornaments, trees. Some Bavarian dress. Garden and house items, shelves, and folding tables and much, much more. 16000 Chumstick Hwy., Leavenworth. Friday and Saturday, 10 - 3.

ESTATE SALES

Estate Sale- Saturday 26 9 - 3, 123 Mill St. Leavenworth. Antique and Vintage furniture, lamps, cookware, and miscellaneous items.

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.com

Go to Advertising, Submitted A Classified and follow the easy steps



GENERAL MERCHANDISE

For Sale! 20 pound boxes of raspberries, blueberries, or strawberries. Raspberries \$55, strawberries \$50, and blueberries \$60. Call Jack at 509-689-2752. Brewster.

BOATS & TRAILERS

Leavenworth, 16 ft., Arima fiberglass boat, 70 HP, 4 stroke, low hours, never in salt water, great fishing boat with lots of extras. \$5400. Call 548-1777.

PUBLIC NOTICES

File No.: Trustee: 7023.118314 Northwest Trustee Services, Inc. Grantors: Daniel A. Fogelstrom, as his sole and separate property Grantee: Wells Fargo Bank, N.A. Ref to DOT Auditor File No.: 2393552 modified and recorded 08/18/2016 under Auditor's File No. 2442347 Tax Parcel ID No.: 232019110255 Abbreviated Legal: LOT 1, WILHITE SP NO. 3553, BOOK SP-14, P. 65, CHELAN COUNTY, WA Notice of Trustee's Sale Pursuant to the Revised Code of Washington 61.24, et seq. 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 COUNSELLOR OR AN ATTORNEY LICENSED IN WASHINGTON

PUBLIC NOTICES

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 Telephone: 1-877-894-HOME (1-877-894-4663). Web site: http://www.dfi.wa.gov/consumers/homeownership/post-purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development Telephone: Toll-free: 1-800-569-4287. Web site: http://www.hud.gov/offices/hsg/sfh/hcc/ft/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: Toll-free: 1-800-606-4819. Web site: http://nwjustice.org/what-clear.

1. On September 22, 2017, at 10:00 AM. Main Entrance to the Chelan County Courthouse, 350 Orondo Street in the City of Wenatchee, State of Washington, the undersigned Trustee (subject to any conditions imposed by the Trustee) will sell at public auction to the highest and best bidder, payable at time of sale, the following described real property "Property", situated in the County(ies) of CHELAN, State of Washington: Lot 1 as delineated on Wilhite Short Plat No. 3553, Chelan County, Washington, recorded January 28, 1997 in Book SP-14 of Short Plats, Page 65. More Accurately Described As Follows: Lot 1 as delineated on Wilhite Short Plat No. 3553, Chelan County, Washington, recorded January 28, 1997 in Book SP-14 of Short Plats, Page 65. Commonly known as: 1401 Lower Sunnyslope Road Wenatchee, WA 98801 which is subject to that certain Deed of Trust dated 11/22/13, recorded on 11/27/13, under Auditor's File No. 2393552 modified and recorded 08/18/2016 under Auditor's File No. 2442347, records of CHELAN County, Washington, from Daniel A. Fogelstrom, a single person, as Grantor, to Northwest Trustee Services LLC, as Trustee, to secure an obligation "Obligation" in favor of Wells Fargo Bank, N.A., as Beneficiary. *The Tax Parcel ID number and Abbreviated Legal Description are provided solely to comply with the recording statutes and are not intended to supplement, amend or supersede the Property's full legal description provided herein. 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 Grantor's or Borrower's default on the Obligation secured by the Deed of Trust.

III. The Beneficiary alleges default of the Deed of Trust for failure to pay the following amounts now in arrears and/or other defaults: Amount due to reinstate as of 05/10/2017. If reinstating after this date, please contact NWTs for the exact reinstatement amount. Monthly Payments \$5,710.67 Late Charges \$130.52 Lender's Fees & Costs \$0.00 Total Arrearage \$5,841.19 Trustee's Expenses (Itemization) Trustee's Fee \$1,275.00 Title Report \$663.41 Statutory Mailings \$22.88 Recording Costs \$17.00 Postings \$80.00 Sale Costs \$0.00 Total Costs \$2,058.29 Total Amount Due: \$7,899.48 Other known defaults as follows: IV. The sum owing on the Obligation is: Principal Balance of \$115,447.89, together with interest as provided in the note or other instrument evidencing the Obligation from 10/01/16, and such other costs and fees as are due under the Obligation, and as are provided by statute. V. The Property will be sold to satisfy the expense of sale and the Obligation as provided by statute. The sale will be made without representation or warranty, express or implied regarding title, possession, encumbrances or condition of the Property on September 22, 2017. The default(s) referred to in paragraph III, together with any subsequent payments, late charges, advances, costs and fees thereafter due, is/are cured and the Trustee's fees and costs are paid. The sale may be terminated any time after 09/11/17 (11 days before the sale date), and before the sale by the Borrower, Grantor, any Guarantor or the holder of any recorded junior lien or encumbrance paying the entire balance of principal and interest secured by the Deed of Trust, 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 and Grantor at the following address(es): NAME AND ADDRESS Daniel A. Fogelstrom 1401 Lower Sunnyslope Road Wenatchee, WA 98801 Unknown Spouse and/ or Domestic Partner of Daniel A. Fogelstrom 1401 Lower Sun-

PUBLIC NOTICES

nyslope Road Wenatchee, WA 98801 Daniel A. Fogelstrom 1450 Castlerock Wenatchee, WA 98801 Unknown Spouse and/or Domestic Partner of Daniel A. Fogelstrom 1450 Castlerock Wenatchee, WA 98801 by both first class and certified mail, return receipt requested on 04/04/17, proof of which is in the possession of the Trustee; and on 04/06/17 Grantor and Borrower were personally served with said written notice of default or the written notice of default was posted on a conspicuous place on the real property described in paragraph I above, and the Trustee has possession of proof of such service or posting. 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 trustee's 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 Property. IX. Anyone having any objection to the 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. The trustee's rules of auction may be accessed at www.northwesttrustee.com and are incorporated by this reference. You may also access sale status at www.northwesttrustee.com and www.USA-Foreclosure.com. Date Executed: Northwest Trustee Services, Inc., Trustee Authorized Signature 13555 SE 36th St. Suite 100 Bellevue, WA 98006 Contact: Vonnie McEelligott (425) 586-1900. Fogelstrom, Daniel A. (TS# 7023.118314) 1002.291105-File No.

Published in the Leavenworth Echo/ Cashmere Valley Record on August 23, and September 13, 2017. #79507.

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of Thomas G. Corey, Deceased. No. 17-4-00220-0 Probate Notice To Creditors RCW 11.40.030

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 in which the probate proceedings were commenced. The claim must be presented within the later of:

- (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication:

August 16, 2017

Personal Representative: DEBORAH WILLIAMS

Attorney for the Personal Representative: RUSSELL J. SPEIDEL

Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881

Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 17-4-00220-0 DEBORAH WILLIAMS Personal Representative Attorneys for Personal

Representative: SPEIDEL BENTSEN LLP By: /s/ RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807

Published in the Leavenworth Echo/ Cashmere Valley Record on August 16, 23, and 30, 2017. #79469.

Check out our online classifieds at leavenworthecho.com & cashmerevalleyrecord.com Now on the Net! See the area's most complete and up-to-date classifieds!

PUBLIC NOTICES

Notice of Contractors 2017 Small Works Roster

In accordance with the Revised Code of Washington 39.04.155, Lake Wenatchee Fire & Rescue, Leavenworth, Washington does hereby solicit applications from contractors desiring to be placed on the District's Small Works Roster for 2017.

Applicants must be licensed contractors in the State of Washington. Contractors whose names appear on the Small Works Roster may be contacted from time to time to submit proposals for contracts in amounts less than \$200,000 pursuant to RCW 52.14.110. Interested Contractors must complete an application form, which may be secured from the District by request in writing.

The roster will be in effect from January 1, 2017 through December 31, 2017, and will be updated upon receipt of an appli-

Lake Wenatchee Fire & Rescue Notice To Vendors

2017 Vendor List

In accordance with the Revised Code of Washington 39.04.155, Lake Wenatchee Fire & Rescue, Leavenworth, Washington does hereby solicit vendors desiring to be placed on the District's Vendor List for 2017.

Vendors whose names appear on the Vendor List may be contacted from time to time to submit proposals for purchases in amounts of \$10,000 to \$50,000 pursuant to RCW 52.14.110. Interested vendors must request in writing to the District to be placed on the Vendor List.

The Vendor List will be in effect from January 1, 2017 through December 31, 2017, and will be updated upon receipt of request of a vendor to be placed on the list. A vendor may request to be placed on the Vendor List at anytime during the period specified.

All vendors who are interested may request in writing to the following address:

Attention: Lake Wenatchee Fire & Rescue
21696 Lake Wenatchee Highway
Leavenworth, WA 98826

By Order of:

Lake Wenatchee Fire & Rescue
Board of Commissioners

Rollie Schmitt, Chairman
Michael Bunney, Commissioner
Byron Dickinson, Commissioner
Wm J Funke, Commissioner
William Gibbs, Commissioner

Published in the Leavenworth Echo/ Cashmere Valley Record on August 23, 2017. #79512.

PUBLIC NOTICES

cation. A contractor may request to be placed on the Small Works Roster at anytime during the period specified.

All contractors who are interested in being placed on the District's Small Works Roster for 2017 may obtain applications from the following address:

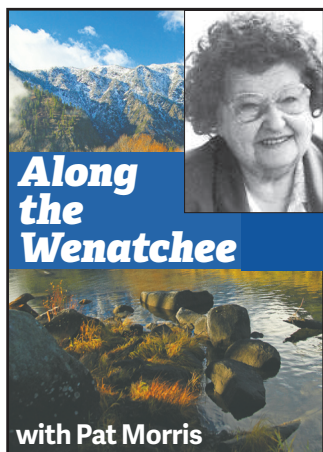
Lake Wenatchee Fire & Rescue
21696 Lake Wenatchee Highway
Leavenworth, WA 98826

By order of:
Lake Wenatchee Fire & Rescue

Board of Commissioners
Rollie Schmitt, Chairman
Michael Bunney, Commissioner
Byron Dickinson, Commissioner
Wm J Funke, Commissioner
William Gibbs, Commissioner

Published in the Leavenworth Echo/ Cashmere Valley Record on August 23, 2017. # 79511.

Bridges multiply in the local area with rise of automobile popularity



Once our area had been declared a county, it took five years or more to repay the tremendous debt incurred as part of the separating agreement. This was the depression and there was no question but that much had to be neglected until our county was free to improve.

Roads in particular needed work, but not until 1906 were the first automobiles in use at Wenatchee. So new were they that a Wenatchee doctor spent one Sunday visiting at Leavenworth, giving rides to friends, who had never ridden in such a contraption.

Those thinking of the future considered the route up Peshastin Creek built by town merchants in hopes of attracting miners at the Blewett mining camp to come and spend their wages at Leavenworth stores. That construction involved a bridge, which sadly enough was a casualty of high water in 1906.

From 1892 on, a short steep road had been constructed to haul in mining machinery to the stampmill from Cle Elum. Extending it further to Ingalls Creek and beyond took work and expense. When

completed, Cashmere man John Kuelbs purchased the store at Blewett and started a stage route. When shipments of gold were to be hauled to the railroad, his wagon, four horse teams and the valuables were escorted by a guard on horseback. They made the trip to Leavenworth with eyes warily on the road ahead and behind. Kuelbs also acted as express agent, stage coach driver and mailman.

For a time automobiles were not in wide use but later Cashmere had, by far, the greatest density of ownership. The roads that existed were one-lane dirt traces. Frequent use stirred up clouds of dust. Eventually a delegation from the citizenry, tired of the flying debris, drew a promise from county commissioners of a coating of gravel down Pioneer Avenue, if the complainants crushed the rock needed to make a gravel coating with the county's crusher while the fruit growers spread on an 8-inch topping for one mile west of Mission Creek. It was to be 16 feet wide. Cooperating with the county was an established principle.

Often bridges were brought into being in such a manner. One across Nason Creek and over the Wenatchee near Peshastin Creek received the county commissioner's blessing and eventually were put in. Expenses for metal parts were paid for by gifts to raise half the price. This also was the expense of the local folks. Across the state a need for a route through the Cascades for car travel was recognized. One to be known as Snoqualmie Pass had reached Easton. With considerable improvement Blewett road might make a

worthwhile connection and local travelers use it to go to Puget Sound.

Accordingly, while funds to improve roads remained short, much consideration was being given to routes across a state and even federal destination routes making them the expense of higher agencies. In Blewett's case, the U.S. Forestry with ownership of portions along it arranged to spend \$8,000 to widen and reroute some exceptionally dangerous portions. The offer cut down steep grades to

in its earliest days. Beginning at Ingalls Creek, the road followed a narrow path about 1,000 feet up from the creek.

It was wise to halt twice and drain out the water in the radiator and fill it with fresh cold liquid. Water was necessary in the ups and downs of driving the narrow trace and was generally right at hand. From start to finish a little over two hours time was spent on such a trip, if your car was one of the popular Fords and, oh, the scenery!

One man concluded, "As

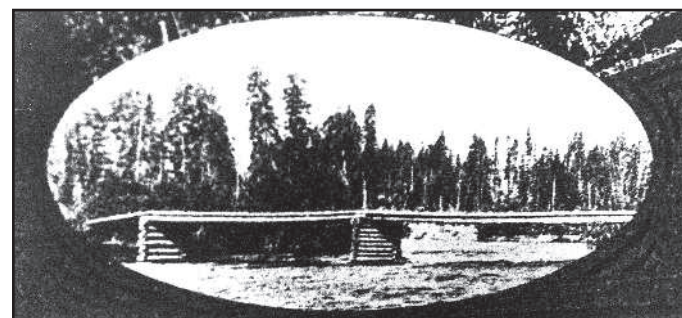


photo courtesy Pat Morris

The first bridge across a stream often was the long bridge built by local men, who got out the logs and assembled the crossing. The bridge was given the county's OK and often was several years in completion. The bridge above was built over Nason Creek at the same time Peshastin's log bridge was going in. Local folks raised half of any funds needed for metal parts also. Since high water often destroyed them, steel bridges were in use later. Finally concrete ones made the steel ones obsolete. Often steel from one place was moved to a lesser stream and used again.

6 percent and entirely cut out a section of 26-percent grade at the top of the Wenatchee mountain ridge. Echo Point was a horseshoe turn, scary at best.

Blewett had few supporters west of the mountains but local drivers attempted it and found it passable as long as you kept your vehicle on the road. One of the county commissioners, Matt Hickey, recalled later it has 65 bridges

far as danger is concerned there is none. Accidents will happen on level roads but barring accidents the man who is careful need not be afraid of driving over Blewett Pass. The roadbed is solid and while it is quite narrow in places, there are plenty of passing places." For some of the hardest, a trip to Seattle over Blewett might even be possible.

Registration Open for Wenatchee River Institute After School Programs

Watersheds, Salmon, and Kids; Oh My! An after-school exploration of nature through art and adventure!

SUBMITTED BY JOSEPH WINTERS

As you walk near the river during the coming fall days, you may begin to notice the shimmer of salmon making their way upstream, completing the final stage of their hundreds-of-miles journey. Appropriately, the theme for the Wenatchee River Institute's fall 2017 after school programs is Watersheds, Salmon, and Kids; Oh My! Each day from 3-5 p.m., participating kids will find their inner sockeye, chinook, or silver through creative activities led by local artists or salmon experts. WRI's after school programs are unique in their small class size—capped at 15 students—ensuring a more meaningful, individualized experience for each student. Registration for session one has now opened—apply before the programs fill up! After school adventure is available as Art Academy or Nature Trek. Art Academy allows students to get their hands dirty with clay, paints, prints, and more while exploring nature-related themes. Art Academy is offered Tuesdays for 1st-3rd graders, and Wednesdays for 4th-6th graders. The Tuesday session is led by local artist Amber Zimmerman, who has a B.A. in Environmental Art from Evergreen State College and is passionate about teaching

a variety of art forms to students of all ages. The Wednesday session is led by Bethany Wray, an artist who currently works as the lead teacher at Mountain Sprouts. Bethany has experience in several other nonprofit art education programs, and looks forward to sharing her artistic skills with her students. Nature Trek is all about interaction with the great outdoors through creative play and scientific exploration. Students will romp around the Institute's 9.6-acre campus with WRI staff and special guests from the Cascade Columbia Fisheries Enhancement Group, a nonprofit dedicated to facilitating sustainable fisheries enhancement projects for future generations. Nature Trek takes place Thursdays, and is offered to 1st-6th graders. All classes, Tuesday through Thursday from 3-5 p.m. meet in the E. Lorene Young house behind the E. Lorene Young Community Garden on 12th Street in Leavenworth. Transportation is available for students traveling from P-D and Osborn. To register for session one (weeks of Sept. 18, 25, Oct. 2, 9, and 16), and for more information, visit www.wenatcheeriverinstitute.org. Each five-week session is \$90 for members and \$113 for non-members.



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, Aug. 14

07:19 Property issue reported at Post Hotel.
07:32 Attempt to locate/contact person at 13860 Brae Burn Rd.
07:38 Parking/abandoned vehicle reported Park & Ride.
11:16 Trespass reported at 4300 US97.
11:52 Alarm reported at 11610 Alpenview Dr.
12:56 Civil issue reported at 9349 E Leavenworth Rd.
16:39 Attempt to locate/contact person at 13860 Brae Burn Rd.
20:41 Traffic offense reported at Chumstick Hwy. & Eagle Creek Rd.

Tuesday, Aug. 15

00:25 Trespass reported at 12000 Sunitsch Canyon Rd.
09:12 Animal problem reported at 22922 Lake Wenatchee Hwy.
10:29 Burglary reported at 5858 Mountain Lane Rd.
11:18 Court order violation reported at 220 US2.
11:31 Civil issue reported at 12413 Chumstick Hwy.
13:43 Public assist requested at 8793 Icicle Rd.
15:20 Parking/abandoned vehicle reported at 335 Division St. Barn Beach.
15:37 Civil issue reported at 8579 Ludwig Hill Rd. Peshastin.
16:26 Harass/threats reported at 59er Diner.
18:25 Trespass reported at 721 Commercial St.
19:14 Missing person reported at 231 Center St.
19:26 Non injury accident reported at 1250 US2.
20:30 Agency assist requested at 8798 Larson Rd. Peshastin.
22:24 Domestic dispute reported at 17810 Nason Ridge Rd.

Wednesday, Aug. 16

09:19 Vehicle prowl reported at 1561 Alpanse Str.
11:44 Suspicious activity reported at 4901 US97.
12:44 Noise reported at 4804 US97.
12:55 Injury accident reported at 7396 US97.
14:17 Welfare check requested at 12795 Shore St.
14:26 Public assist requested at Alice Ave. & US2.
14:39 Juvenile problem reported at 3448 Hansel Ln. Peshastin.
14:43 Animal problem reported at 731 Front St.
16:52 Non injury accident reported at 217 8th St.

17:26 Property issue reported at 820 Front St.
17:43 Scam reported at 8515 Icicle Rd.
17:49 Attempt to locate/contact person at 10509 Beecher Hill Rd. Peshastin.
18:20 Agency assist requested at 9491 Noland Rd. Dryden.
22:32 Hazard reported at Chumstick Hwy. & Sromberg Canyon Rd.

Thursday, Aug. 17

05:45 Unknown accident reported at US2, MP92.
07:55 Vehicle prowl reported at 11719 Pear Tree Ct.
10:29 Alarm reported at 15225 Cedar Brae Rd. Lake Wenatchee.
12:51 Trespass reported at River Rd. MP4.
13:19 Non injury accident reported at Safeway.
13:23 Traffic offense reported at Chumstick Hwy. & Eagle Creek Rd.
13:37 Animal problem reported at 8200 E Leavenworth Rd.
13:58 Public assist requested at USFS Rd. 6910.
17:24 Agency assist requested at 639 Front St.
18:22 Agency assist requested at 304 Meadow Dr.
19:03 Trespass reported at 8238 E Leavenworth Rd.
20:12 Traffic offense reported at Ski Hill Dr. & Titus Rd.
21:45 Hazard reported at Chumstick Hwy. MP10.
22:03 Noise reported at 6145 US97.

Friday, Aug. 18

01:23 Attempt to locate/contact person at Icicle Rd. MP8.
07:03 Trespass reported at 12607 Icicle Ln.
10:29 Agency assist requested at 3432 Hansel Ln. Peshastin.
11:16 Parking/abandoned vehicle reported at 3432 Hansel Ln. Peshastin.
12:43 Parking/abandoned vehicle reported at 12413 Chumstick Hwy.
14:39 911 call reported at Fairbridge Inn.
15:39 Drugs reported at 18377 US2.

Saturday, Aug. 19

00:51 Attempt to locate/contact person at Enchantments.
02:08 Vehicle theft reported at 81 Nighthawk Ln. Plain.
07:38 Parking/abandoned at 9th & Commercial streets.
13:31 Hazard reported at Chiwawa Loop Rd. & Sumac Ln.

19:36 Weapons violation reported at Chumstick Hwy. MP5.
19:44 Extra patrol requested at Ranger Rd. & Ski Hill Dr.
20:16 Vehicle prowl reported at Icicle Rd.
21:14 Welfare check requested at 7205 Icicle Rd.
22:30 Welfare check requested at 16420 N Shore Dr. Lake Wenatchee.
22:36 Welfare check requested at 13743 Chumstick Hwy.
23:14 DUI reported at US2 & River Bend Dr.

Sunday, Aug. 20

00:30 Welfare check requested at 108 Central Ave.
00:36 Noise reported at 9371 E Leavenworth Rd.
03:28 Disturbance reported at 709 Front St.
04:54 Suspicious activity reported at Main St. Peshastin.
07:33 Vehicle prowl reported at 259 Park Ave.
08:53 Vehicle prowl reported at 210 West St.
09:16 Theft reported at 321 9th St.
09:35 Vehicle prowl reported at 305 Tumwater Dr.
09:43 Non injury accident reported at 10710 Ski Hill Dr.
10:20 Theft reported at 128 W Cedar St.
10:22 Vehicle prowl reported at 301 Tumwater Dr.
11:42 Civil issue reported at 81 Nighthawk Ln. Plain.
11:57 Extra patrol requested at 15440 Cedar Brae Rd. Lake Wenatchee.
11:59 Vehicle prowl reported at 121 W Center St.
12:34 Theft reported at 108 Cherry St.
12:50 Vehicle prowl reported at 173 Ski Hill Dr.
14:30 Liquor violation reported at 8278 US2. Tienda Mexicana.
15:36 Vehicle prowl reported at 114 Center St.
15:40 Public assist requested at 12386 Shore St.
17:22 Welfare check requested at Front & 10th streets.
20:05 Unknown accident reported at Beaver Valley Rd.
21:21 Property issue reported at 721 Commercial St.

Fire/EMS Responses

Monday, Aug. 14

16:40 CM,CC3 responded to someone with convulsions at 12679 Wilson St.
19:35 CM,CC3 responded to someone with chest pain at 425 Cedar St.

20:07 CM,CC3 responded to an unconscious person at Icicle Village Resort.

Tuesday, Aug. 15

01:02 CM responded to a diabetic at 8978 Motel Rd.
14:40 CM,CC6 responded to an unknown injury accident at Dryden Ave. & US2.

Wednesday, Aug. 16

12:54 CM,CC3,CC6 responded to a motor vehicle accident at 7396 US97.
13:52 CM,CC9 responded to an unconscious person at 12660 Pobst Pl.
14:47 CM,CC3 responded to an unconscious person at 263 Mine St.
18:20 CM,CC6 responded to a traumatic injury at 9491 Noland Rd.
22:48 CM responded to a cardiac issue reported at Mountain Meadows.

Thursday, Aug. 17

05:43 CM,CC3 responded to an unknown accident at US2, MP92.
16:36 CM,CC9 responded to a traumatic injury at Stevens Pass Ski Resort.
18:22 CM,CC3 responded to a fall at 304 Meadow Dr.
22:38 CM,CC9 responded to a sick person at 2479 Salal Dr.

Friday, Aug. 18

10:34 CC9 responded to a smoke investigation at 16190 Cedar Brae Rd.
19:22 CC9 responded to a commercial fire alarm at 20701 Club House Dr.
21:03 CC9 responded to an illegal burn at 2257 Riffle Dr.

Saturday, Aug. 19

06:12 CM responded to sick person at 8132 E Leavenworth Rd.
12:21 CC9 responded to a brush fire at US2, MP89.
13:09 CC3,CC9 responded to a possible brush fire at 17400 Winton Rd.

Sunday, Aug. 20

00:44 CM,CC3 responded to an unconscious person at 108 Central Ave.
18:41 CM,CC3 responded to an unconscious person at 709 Front St.
19:00 CM responded to an unknown problem at US2, MP98.
20:04 CM,CC9 responded to an unknown accident at Beaver Valley Rd. & Pobst Pl.
21:24 CC9 responded to an illegal burn at 18894 Alpine Acres Rd.



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Jayne@cashmeremailing.com

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