



## Crunch Pak® To Feature SpongeBob Squarepants

PHOTO BY CAROL FORHAN, CASHMERE VALLEY RECORD



PHOTO CRUNCH PAK® WEBSITE

SUBMITTED BY CRUNCH PAK®

### New item to be sold at Costco stores

**CASHMERE** — Just in time for back-to-school lunches and snacks, Crunch Pak®, the sliced fruit specialist, is partnering with Nickelodeon to create packages featuring SpongeBob SquarePants characters.

The four-ounce snack packs, bundled eight to a package, will feature SpongeBob, Gary, Patrick, Sandy and Squidward and will be initially sold at Costco stores in the Northeast United States before rolling out nationwide.

Launched on July 17, 1999, SpongeBob SquarePants has reigned as the number-one kids' animated series on TV for the last 17 years, while generating a universe of beloved characters, pop

culture catchphrases and memes, theatrical releases, consumer products, a Tony award-winning Broadway musical and a global fan base. SpongeBob SquarePants is the most widely distributed property in Viacom International Media Networks history, seen in more than 208 countries and territories, translated in 55+ languages, and averaging more than 100 million total viewers every quarter. SpongeBob SquarePants is created by Stephen Hillenburg and produced by Nickelodeon in Burbank, Calif. The character-driven cartoon chronicles the nautical and sometimes nonsensical adventures of SpongeBob, an incurable optimist and earnest sea sponge, and his undersea friends.

"SpongeBob SquarePants and his friends have connected with generations of kids, and we know fans will love to see them on Crunch

Pak," said Megan Wade, product development and marketing manager. "We can't wait to hear the response from Costco shoppers when they see these snack packs in stores."

For more information visit [www.crunchpak.com](http://www.crunchpak.com).

**About Crunch Pak®** Crunch Pak® is the industry leader in fresh sliced apples. Founded in 2000, Crunch Pak® is committed to providing the highest quality organic and conventional sliced apples in the market. Crunch Pak's family of brands includes Crunch Pak with Disney, Crunch Pak with Nickelodeon, and Crunch Pak® Organics. The primary distribution is via retail channels; annually Crunch Pak creates more than 1 billion apple slices in Cashmere, Wash.

## Short term rentals scrutinized at meeting

STORY BY GARY BÉGIN,

Managing Editor, NCW Media

**WENATCHEE** -- A packed house attended the Chelan County Planning Commission (CCPC) meeting at the Confluence Technology Center Wednesday, August 26.

The two-hour evening affair featured residential speakers from throughout the county and non-residential rental property owners, many who live on the west side of the state.

Manson resident and Community Councilwoman Kathy Blum stressed to the Commission that she felt the "quality of life" has experienced a "steady decline" due to under-regulated short term rental properties in the Lake Chelan town.

She called for a "well regulated" rental industry that will ease the concerns of Manson residents and help all parties coexist.

Dan Beardslee, BNCW's Government Affairs Analyst (See photo), spoke to the Board on behalf of that housing industry nonprofit trade association, saying it would take \$750,000 to hire enough county personnel to enforce new regulations as it is currently understaffed.

BNCW CEO Lee Pfluger, stated in an email reply to this reporter, "BNCW has not taken a position against nor in favor of STRs at this point. We do however oppose the proposed code changes currently in front of the Chelan County Planning Commission."

Pfluger continued, "The current proposal as written has not been vetted out properly and leaves many unanswered questions, many of which we addressed in our letter. Since drafting the letter there are a number of other questions and issues that have come up."

BNCW is a well known advocacy group defending the rights of the building community. Pfluger said, "One being since the STR permit is a land use permit involving zoning issues it is very likely that a court would find that all of the current STRs would be exempt from the permit requirements as they have been legally operating at their current locations for years in many cases, and would be considered a "legal non-conforming use" under the new standards. Just like if someone legally built a duplex and subsequent zoning changes barred duplexes, existing duplexes would be considered "a legal

non-conforming use."

Pfluger states, "There is really nothing in the proposed regulations that would lead to better enforcement of existing parking, noise, or nuisance ordinances already in place."

He continued, "There is language in the proposal stating that after 3 complaints an STR's permit can be revoked, however no appeals process is defined and there is no protection for unfounded complaints. If the county were to adopt the current proposal there would certainly be costly lawsuits around a number of issues. The current proposal would impose significant burdens on current and future STRs while at the same time not really doing anything to alleviate the issues that STRs neighbors face, all while opening up the county to costly lawsuits..."

"We do not believe that Chelan Community Development engaged the community adequately before drafting this proposal. I find it odd that County Commissioners have stated publicly that 'we are in the early stages of drafting this proposal.'"

Pfluger commented, "Typically a hearing in front of the Planning



PHOTO BY GARY BÉGIN/NCW MEDIA

CONTINUED TO PAGE A3

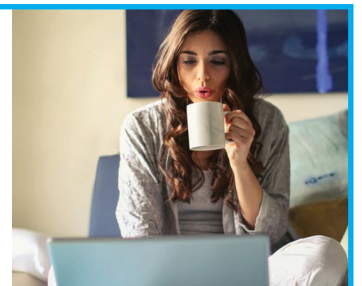
Dan Beardslee, BNCW's Government Affairs Analyst

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Community Calendar .....	A3
Community Bulletin Board.....	A3
Senior Center Menus.....	A3
AA Meeting Schedule.....	A3
Sheriff Reports.....	A3
Church Guide.....	A4
Outdoors.....	B1
Business Directory.....	B2
Dr. Louise.....	B2
Chelan County Fair Insert	
<b>Classifieds Index</b>	
Classifieds.....	B3-B4
Real Estate Guide.....	B3
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## First Gay president could be on the horizon

*...And I don't mean that he's a jolly good fellow*

America is on the brink of having its first Gay president ...and I don't mean that he's a jolly good fellow. I am not against the LGBTQ community at all, just explaining how this modern miracle of the 2020 electorate will happen.

A precedent for president. First: The Democrats choose Kamala Harris, Elizabeth Warren or Joe Biden as their presidential nominee.

I'll start with Harris. She is a Black woman and will possibly choose South Bend Indiana Mayor Pete Buttigieg who is Gay. She will do this to garner a few million votes from the LGBTQ community. Even though most of that community vote Democrat anyway, this is Harris' way of pandering to the White male vote and the ultra left at the same time.

That's right. For the first time in the history of American presidential politics, the Lesbian, Gay, Bisexual, Transgender and Queer community will have a major impact on the 2020 race for several reasons, but one stands out above all the others: South Bend, Indiana Mayor Pete Buttigieg is the first openly Gay contender from any major party ever.

That makes him a sure fit

for any progressive Democrat to pick him as a vice presidential running mate.

My scenario is simple, but ultimately tragic. Buttigieg is the darling of the left and of diversity-files on the left because not only is he Gay, but he is only one of two combat veterans running for office on the "blue" side of the ledger.

A White male, mayor of a moderately-sized city famous for Notre Dame football, he comes into the battle for the nomination "punching above his weight" in that he represents a major breakthrough in the civil rights of the LGBTQ community.

As vice president, should the top of his ticket be victorious, Buttigieg would be next in line to the presidency should his boss, the president, die while in office.

I would not think Jumping Joe Biden would choose another White male because he would end up alienating far too many liberals of color and/or gender conscious, preferring a female be chosen.

I'm thinking that Kamala Harris or Elizabeth Warren might want Buttigieg on their ticket to balance the sexes - so to speak.

South Bend, Indiana has had its racial problems, but at least Buttigieg has some experience dealing with city (realpolitik) politics.



**APPLES TO APPLES**  
**GARY BÉGIN**  
NCW MEDIA  
MANAGING  
EDITOR

Tough, street level, practical political decisions and alliances are paramount at the city level and may well be Buttigieg's greatest strength.

The other candidates are senators, governors or business-types who don't have much of that grassroots experience, except for one or two former mayors.

Republicans beware.

Some guy named Obama was a social activist in Chicago before his ascension to becoming the most powerful man on earth.

Harris or Warren may very well choose Buttigieg and through fate, luck circumstance or serendipity, he may be in line to become the first Gay president of the most powerful and richest nation.

I'm not saying that it would be a bad thing, just incredibly weird to comprehend. Another thought to ponder: There are so-called Log Cabin Republicans who may desert the GOP and vote for Buttigieg's ticket rather than vote for a seemingly homophobic Trump.

Log Cabin Republicans exist in the shadows of the main party, but no one will ever know how loyal they are if given the choice between Trump or an obviously pro-LGBTQ ticket the Dems may throw into the fray come 2020.

In either case, I believe having diversity to choose



from is a healthy form of Democracy, but I don't think the Dems will win.

Americans have 3,000 choices of things to drink, why not a few rainbows in a sea of White as candidates?

Think about this: First we had the first Black president (actually mixed race), then the first mobster president (German-American strong man) and then the chance of the first women president, Harris or Warren. She then dies in a tragic car accident, plane crash, shooting or explosion of her limo. Then we will have the first Gay president.

Buttigieg's ascendency to the throne may harken the greatest sexually liberating revolution in the history of man, or it may never happen as American voters recoil in horror at the thought of two

men sharing the same bed in the White House and yes, Pete Buttigieg is married to another man, Chasten Buttigieg.

It's kinda fun to dream of the future and what may be. Of course I watch too much television, but ain't life grand with possibilities!

Imagine when Buttigieg's wife runs off to a spouse-only fashion show and comes back with a snazzy suit from Lord & Taylor while the others are wearing Chanel?

I hope I live to see another precedent-setter enter the White House. A Lesbian Jew Rhodes Scholar talk show host --- where are you Rachel?

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

## Socialist Price Controls Will Harm American Patients

By SALLY C. PIPES

The Trump administration is planning one of the biggest changes to Medicare in decades.

The draft rule would effectively bring socialist drug price controls to the United States. The change would threaten patients' health and discourage companies from funding experimental treatments for deadly diseases.

The rule impacts Medicare Part B, which covers drugs administered via shots and IV drips in hospitals and doctor's offices. Most cancer treatments, for instance, are covered through Part B.

Part B drugs cost more in America than in countries like Canada and the United Kingdom, which impose strict price controls on prescription drugs. If bureaucratic agencies -- such as Canada's Patented Medicine Prices Review Board -- deem a drug too expensive, they refuse to cover it.

Apparently, the Trump administration thinks these countries have the right idea. Officials believe that tying Medicare reimbursements to the average prices paid for drugs in a handful of foreign countries, where price controls are common, would reduce Part B drug spending.

Americans have little to gain and much to lose from statist price controls.

Drug development is risky. It can take decades and cost a staggering \$2.9 billion to develop a new medicine. Most

experimental drugs never even make it out of the lab. Manufacturers fund future research with the revenue from just a handful of successful products.

The rule would make drug development far less appealing. If the potential return on investment were capped, companies would have little reason to spend billions trying to develop new medicines.

History shows us what happens to drug development when price controls are employed. Europe was a hotbed of drug innovation in the 1970s, producing over half all drugs worldwide. But European nations gradually ramped up price controls in the ensuing decades.

U.S. leaders resisted that temptation -- which explains why America now attracts 75 percent of global biopharmaceutical venture capital investments and develops more than half of the world's medicines, while Europe invents a mere third of drugs.

Price controls may yield some short-term savings, but they would cost patients dearly in the long run.

*Sally C. Pipes is president, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is The False Promise of Single-Payer Health Care. Follow her on Twitter @sallypipes.*

## Peshastin Community Organizations Seek Resident Participation

By BRANDI CHARLES

The city of Peshastin's community organizations are in need of participants to fill vacant seats. There are currently four open positions with four very different committees that currently are or soon will be vacant. If you are looking for an interesting way to serve your community or if you have ever wondered what it would be like to serve on a community organization, now is the perfect time.

The Peshastin Water District is in need of one new commissioner. Though outgoing Commissioner Carnan Bergren will be succeeded by recently elected Ron Pflugrath on Jan. 1, 2020, current Commissioner Steve Keene has resigned so he may continue on as Interim General Manager until the completion of the proposed merger with the Chelan County PUD. Mr. Keene's resignation means that a new Commissioner

needs to be appointed for the remainder of the term. Anyone who may be interested in serving is asked to contact the Peshastin Water District at waterdept@peshastin.org or 509-548-5266.

The Peshastin Community Council is in need of one new Council member. Council member Lacey Price has moved with her family to Cashmere leaving her spot on the Peshastin Community Council vacant so a replacement is needed to fill her spot for the rest of the term. Anyone interested in serving on the Peshastin Community Council is asked to fill out a petition of candidacy and email it to communitycouncil@peshastin.org.

The Upper Valley Parks and Recreation Service Area is in need of one new representative. A Peshastin resident is asked to represent the community on the Board

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- ◆ Questions? Email [foundation@cascademedical.org](mailto:foundation@cascademedical.org)

## Appeals Court asked to reconsider its bizarre income tax ruling

By JASON MERCIER

Some rulings are so bizarre you give the court a chance to fix them before appealing to a higher court. Such is the case with the recent Court of Appeals ruling on Seattle's income tax. That Court has officially been asked to reconsider the part of its ruling declaring the explicit 1984 local income tax ban unconstitutional and saying that local governments have already been given permission to impose an income tax.

Led by former State Supreme Court Chief Justice Gerry Alexander, former Associate Justice Phil Talmadge and former Attorney General Rob McKenna, plaintiffs filed an extensive brief painstakingly pointing out the errors of the Courts original ruling. Included in the brief are the transcripts from the 1984 public hearings and floor debates on the law explicitly banning a local income tax.

The brief also points out that the state Supreme Court has already repeatedly ruled that income is "intangible personal property." This is important because the Appeals Court "refused" to read income into the exemption against taxing intangible personal property.

As explained by the motion for reconsideration:

"The City cannot tax income pursuant to RCW 35.22.280(2) as intangible property because, after 1977 amendments, RCW 84.36.070 bars ad valorem taxation on all such property, and in any event the city cannot impose property taxes without providing the specific dollar amount to the auditor to include within the restrictions on total tax calculations.

In addition, SSB 4313, enacting RCW 36.65.030, satisfies the single-subject analysis of Article 2, Section 19 because each of the six sections address the city-county form of government, particularly in light of Washington Constitution

Article 11, Section 16 which requires all prohibitions on that form of local government also to apply equally to every other city and county."

The Court has given Seattle until Sept. 23 to file its response.

While this case continues its legal journey, don't fall asleep on the election this November in Spokane. Voters there will be considering a charter amendment to prohibit a local income tax no matter what happens with this case.

As a reminder, Washingtonians have already rejected six proposed constitutional amendments to allow a graduated income tax. In fact, 10 straight income tax ballot measures have been rejected.

*Jason Mercier Director is with the Center for Government Reform Washington Policy Center (Tri-Cities office) 8905 W. Gage Blvd., Suite 202 Kennewick, WA 99336 (509) 491-3393*

## Introducing Crossland & Evans PLLC

**Caitlyn J. Evans and Stephen R. Crossland** are pleased to announce the formation of Crossland & Evans, PLLC.

**Caitlyn J. Evans** received her law degree and her Master of Laws in taxation from the University of Washington School of Law.

Caitlyn was born and raised in Leavenworth. She represents individuals, families, businesses, and nonprofits on complex legal matters.

**Steve Crossland** was born and raised in Cashmere and received his undergraduate degree from Stanford and his law degree from Lewis & Clark Law school. Steve has practiced law in the valley since 1973.



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Crossland & Evans, PLLC specializes in legal services in the areas of real estate, estate planning, guardianships, probates, business, tax, agriculture, and natural resource law. Call or email us to find out how we can serve you.

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**COMMUNITY CALENDAR**

**Wednesday**

**Rotary Club**, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Melissa Grimm, 860-1535.  
**Cashmere Food Bank**, 2:30-4 p.m., Cashmere food distribution center, 109 "C" Railroad Ave. Call Jim, 509-741-7551. (2nd & 4th Wed. & Sat.)  
**Cashmere Park and Recreation Committee**, 6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.)  
**The Underground Youth Group**, 6th-8th graders. 6:30-8 p.m. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

**Thursday**

**Caregiver Support Group**, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (2nd & 4th Thurs.)  
**Free weekly community meal**, 5-7 p.m. Cashmere United Methodist Church Gym, 213 S. Division Street. Call 782-3811.  
**Cashmere Sportsmen's Gun Club**, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.

**Cashmere American Legion Post 64**, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).  
**Cashmere American Legion Auxiliary #64**, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).

**Friday**

**Evergreen Baptist Church Youth Group** (ages 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662.  
**Monitor Homemaker Club**, Noon, location varies. (3rd Fri.).

**Saturday**

**Bingo**, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904.  
**Cashmere Food Bank**, 2:30-4 p.m., Cashmere food distribution Center, 109 "C" Railroad Avenue, for more information, call Jim, 741-7551. (2nd & 4th Sat. following Wed. of the same week, subject to change).

**Sunday**

**CHURCH:** See the church page for local service times and events.  
**The Underground**, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

**Monday**

**Cashmere Wacoka Kiwanis Club**, 6:30 p.m., American Legion Hall, lower level. (2nd & 4th Mon.)  
**Tillicum Riders**: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)  
**Cashmere City Council**, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).  
**Planning Committee Meeting**, 5 p.m. at City Hall (1st Mon. of each month).  
**Cashmere Fire Department**, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)  
**Cashmere Fire Department**, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)  
**Cashmere School Board**, 6:30 p.m., School District Office. Call 782-3355. (4th Mon.)

**Tuesday**

**I.P.I.D. meeting**, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.)  
**Ministerial Association**, 8 a.m., Epledalen lunchroom. Call 782-7600. (2nd Tues.)  
**Cashmere Chamber of Commerce**. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)  
**Buns, Books and Tea**, Peshastin Book Club, Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.).

**Ongoing events**

**Cashmere Public Library: 782-3314**  
**Call for other information if not listed.**  
 Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m.  
 Thurs., 11 a.m.- 8 p.m.  
 Sat., 9 a.m.-1 p.m. Sun., Closed.  
**Events:**  
 Tues. & Wed., 10-10:30 a.m. **Story time Pre-K & up**  
 Wed., **Preschool Story time**, 10-10:30 a.m.  
 Wed., **Bilingual Story time**, 4:30-5 p.m. (last Wed. of every month)  
 Fri., **Baby/Toddler Story time**, 10:30-11 a.m.  
**Cashmere Museum and Pioneer Village**  
 Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m.  
**Chelan County Historical Society Board meets**, 7 p.m., Cashmere Museum, 600 Cotletts Way. Call 782-3230. (3rd Thurs.)  
**Note:** Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

**Cashmere**

**Creative Cards**

Workshop with Marion for adults on Tuesday, September 10, 1-3 p.m., at the Cashmere Public Library. Create 5 lovely cards at this workshop using kits designed by Marion, who will give step-by-step instructions along the way. Take them home or to give away. Space is limited. Sign up at the library or online at ncr.org/cashmere. (r36).

**Cashmere Library Adult Book Club**

Will meet every second Tuesday of the month, starting Tuesday, September 12, at 6:30 p.m. This book club is hosted by Branch Librarian Lisa Lawless and is a great way to meet new people, discover books and authors that are new or new to you, and engage in

discussions about the content of the books read with other voracious readers. Book clubs are also a great place to start your reading journey, or pick it up again, and we encourage anyone interested to drop-in, sign-up, and go on a literary adventure with us. (r36,37).

**Regional**

**Divorce Recovery**

A 10-week program for those who are going through divorce or a broken relationship. Begins Sunday, September 8, at 4:30 p.m., at Eastmont Community Church in East Wenatchee. The course covers such topics as loss and grief, unhooking, anger and depression, forgiveness, and others. Emotional support groups are formed to help in the healing process. The course fee is \$35.00. Information, contact Herb Barnett, 509-421-3244. (er 36)

**SENIOR CENTER EVENTS**

**Leavenworth Senior Center, 423 Evans St., Leavenworth Events Calendar**  
 Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise  
 Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting  
 Tuesday, 1:00-3:00 p.m., Crafts  
 Thursday, 1:00-3:00 p.m., Square Dancing  
 Thursday, 6:30-7:30 p.m., Bavarian Dancing  
 Friday, 6:00 p.m., Bingo  
 Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

**AA MEETING SCHEDULE**

**Information numbers for AA:**  
**509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379**  
**Sunday, 9 a.m.**, Leavenworth Senior Center, 423 Evans St.  
**Sunday, 7 p.m.**, Leavenworth Senior Center, 423 Evans St.,  
**Tuesday, noon**, First Baptist Church, 429 Evans St.  
**Tuesday, 7 p.m.**, Light in the Valley, 8455 Main Street, Peshastin  
**Wednesday, 7 p.m.**, Leavenworth Senior Center, 423 Evans St.  
**Thursday, noon**, First Baptist Church, 429 Evans  
**Friday, 7:30 p.m.**, Plain Community Church, 12565 Chapel Dr., Plain  
**Information number for Alanon: 509-548-7939**  
**Alanon Meeting Schedule**  
**Monday, 7 p.m.**, United Methodist Church, 418 Evans St.

**SENIOR CENTER MENUS**

**Leavenworth Senior Center, 423 Evans St., Leavenworth Events Calendar**  
**September 4**, Wednesday: Chicken cordon bleu, parsley potatoes, buttered corn, Greek salad, Oregon berries, dessert.  
**September 5**, Thursday: No lunch  
**September 6**, Friday: Salad Bar, chef salad, pickled beets, apple slices, whole wheat roll, dessert.  
**September 7**, Saturday and September 8, Sunday: No lunch.  
**September 9**, Monday: Roast beef, potatoes & gravy, peas, garden salad, whole wheat bread or roll, peaches & ice cream.  
**September 10**, Tuesday: No lunch  
**September 11**, Wednesday: Chicken parmesan, garlic pasta, mixed veggies, Caesar salad, whole wheat bread or roll, blueberry/apple crisp.

**CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS**  
 This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

**August 24**

11:59 **Theft**, 5607 Sunset Hwy.  
 16:06 **Harass/Threat**, 6820 Osprey Ln., Dryden.  
 18:00 **Accident no injuries**, Riverfront Dr. and Kelly Rd.  
 19:59 **Trespass**, 107 Cottage Ave.  
 22:37 **DUI**, Hwy 2. and Cotlets Way.

**August 25**

No reports

**August 26**

06:52 **Domestic disturbance**, 318 Peshastin St.  
 08:31 **Suspicious**, 427 Cottage Ave.  
 16:15 **Traffic offense**, Sunset Hwy. and Mill Rd.  
 17:44 **Accident no injuries**, Maple St and Cottage Ave.  
 19:19 **Suspicious**, 5270 Hughes Rd.  
 19:48 **Traffic offense**, US Hwy. 2 and Dryden Ave., Dryden.

**August 27**

10:26 **Agency assist**, 4500 Eels Rd.  
 11:31 **Court order violation**, 3717 Bridge St. #10.  
 12:41 **Agency assist**, 6693 Main St., Dryden.  
 17:21 **Hazard**, Brender Canyon Rd.

19:13 **Drugs**, 5355 Binder Rd.

**August 28**

09:13 **Agency assist**, 416 Norman Ave.  
 09:15 **Scam**, 7900 Stine Hill Rd. #24.  
 09:51 **Agency assist**, 3717 Bridge St., Monitor.  
 10:45 **Welfare check**, 215 Paton St.  
 11:00 **Property** Riverfront Dr. and Kelly Rd.  
 13:27 **Graffiti**, Dryden train overpass, Dryden.  
 15:16 **Harass/threat** 5148 Regan Rd.  
 16:34 **Harass/threat**, 4630 E Nahahum Canyon Rd.  
 18:16 **Trespass**, Riverfront Dr. and Kelly Rd.

**August 29**

09:36 **911**, 708 hwy. 2.  
 10:06 **Welfare check**, 8305 Lynn St., Peshastin.  
 10:06 **Parking/abandon vehicle**, 143 Amas Place, Peshastin.  
 10:22 **Fraud/forgery**, 216 Nordic Circle.  
 10:32 **Extra patrol**, 7375 Icicle Rd.  
 12:43 **Domestic disturbance**, 3432 Hansel Lane., Peshastin.  
 14:55 **Public assist**, 8838 School St., Dryden.  
 17:26 **Extra Patrol**, 395 Conductor, Lake Wenatchee.  
 19:43 **Domestic disturbance**, 9825 Duncan Rd.

**Short term rentals**

CONTINUED FROM PAGE A1

Commission takes place near the end of the process, with their recommendation being forwarded to the County Commissioners for adoption or rejection."

He concluded, "It is our position that the county needs to go back to the drawing board on this issue. Unfortunately at this point parties on both sides of the issue are dug in and there doesn't seem to be much interest in coming together in an effort to reach a workable solution."

A large group of meeting attendees wearing bright yellow T-shirts, members of the Short Term Rental Alliance of Chelan County, or STRACC, were in attendance to show solidarity in favor of less draconian regulations.

One member, Tom Latta of Auburn, claimed that the Chelan County Sheriff's Office has only had "two complaints in two years in regards to tenants of rental properties."

Latta said the SCSO responded to area hotels and motels at a far greater rate.

The irony of Chelan County having two major destination resort towns, Leavenworth and the Lake Chelan area, is

that both areas spend a small fortune to attract tourists every year and those advertisements have been successful.

Some short term rentals easily cost \$400 a day with higher rates during festivals, especially Leavenworth's Oktoberfest, Christmas Lightning and Chelan's Ice Festival and summer lake season.

Though the massive influx of money is great for business owners, some residents aren't too happy with what they perceive as lax enforcement of ordinances by the town councils. The CCSO is the only law enforcement entity these towns have, but civil zoning enforcement is a matter for each town to figure out for themselves. Now there is the possibility that the CCPC will move to take care of short term rentals that exist out of town boundaries, but in the county.

It is that board's job to make recommendations to the Chelan County Commissioners for any suggested policies to be enacted into law.

Keep reading the Leavenworth Echo, Cashmere Valley Record and the Lake Chelan Mirror for the next installment about this contentious issue.

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 215 14th Street  
 Leavenworth, WA 98826-0039  
 echo@leavenworthecho.com  
 782-3781 • Fax: 782-9074  
 201 Cottage Avenue, Suite 4  
 Cashmere, WA 98815  
 record@cashmerevalleyrecord.com

**Public 'moving art exhibit' wants you!**

SUBMITTED BY SELINA DANKO

Link Transit is seeking participants in a moving art exhibit for the Sept. 6 First Friday ArtsWalk. The moving art exhibit consists of t-shirts with special fish prints created with guidance from Wenatchee artist Lisa Robinson on the grounds of the Leavenworth National Fish Hatchery.

The free workshop will take place from 8:30 a.m. to 1 p.m. Thursday, Sept. 5 and the time commitment involves commuting by Link Transit bus. Participants are invited to wear their fish print t-shirt art creation as part of a moving art exhibit during the Sept. 6 First Friday ArtsWalk.

Anyone who posts a picture on social media with a person

in a fish-print shirt and tags Link Transit will be entered in a drawing to win fun prizes.

The moving art exhibit participant with the most social media postings also will receive a special prize.

The trip to Leavenworth and the fish printing activity are free and open to the public. Space is limited. There will be some walking over uneven trails as part of the art experience, which includes a tour of the hatchery.

To register for hatchery trip and artist experience, call Selina Danko, 509-664-7624 or email sdanko@linktransit.com. Free Link Transit service begins at 4 p.m. on all First Fridays on routes 1, 5, 7, 8E, 8W, 11 & 12.



# Lessons I Have Learned From My 20 Year Struggle With Fear And Anxiety

Do you currently struggle with fear and anxiety and wish you could talk to someone who can relate to your situation?



BY: STAN POPOVICH

If so, I dealt with fear and anxiety for over 20 years and here are some lessons I learned during my mental health struggles.

1. Listen To The Professionals And Not Your Friends: Your friends may mean well, but when it comes down to it, the professionals know your situation more than anyone. They know what you are going through and are trained to deal with your situation. Consult with a counselor when you have questions about your mental health issues.
2. Distance Yourself From People Who Give You A Hard Time: Distance yourself from those people who won't make an effort to help understand what you are going through. You need to surround yourself with positive and supportive people. I felt better when I avoided those people who would constantly argue with me regarding my anxieties and stresses.
3. Focus On The Facts of Your Situation And Not Your Thoughts: When people are depressed they rely on their fearful and negative thoughts. Your fearful thoughts are exaggerated and are not based on reality. When you are depressed, focus on the facts of your current situation and not on what you think.
4. Learn From Your Experiences: In every anxiety-

related situation I experienced, I learned what worked, what did not work, and what I needed to improve on as I managed my fears and anxieties. For example, you have a lot of anxiety and you decide to take a walk to help you feel better.

The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk.

5. You Can't Predict The Future Regardless What Your Thoughts May Tell You: No one can predict the future with one hundred percent certainty. Even if the thing that you are afraid of does happen, there are circumstances and factors that you can't predict which can be used to your advantage. For instance, you miss the deadline for a project at work. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

6. Things Change Over Time: Regardless of your current situation, things do not stay the same. You may feel very bad today, but it won't last forever. Everything changes over time and this includes your current mental health issues.

Stan Popovich is the author of "A Layman's Guide to Managing Fear". For more information about Stan and to get some more free mental health advice please visit Stan's website at <http://www.managingfear.com>



## Dental Van provides free exams

SUBMITTED BY UPPER VALLEY MEND

Thanks to generous donors and volunteers ten people received free preventative dental care last week in a big red bus parked at the Leavenworth Fire Station. Dr. Ryan Busk and dental hygienists Jill Jannison, Cecy Nerenjo and Clarissa Manzano volunteered to work last Saturday to meet this need in the Upper Valley community. Patients got x-rays, their teeth checked and cleaned, and information on any dental issues they should address. Good oral hygiene is essential to our overall health.

Regular cleanings and check-ups are an important part of oral hygiene, but for adults without dental insurance, cost can be a barrier to getting the care they need. Upper Valley MEND's Upper Valley Free Clinic organizes the mobile dental van to provide essential dental care to adults without dental insurance. Sponsored by the Kahler Glen Ladies Division Swing for Smiles tournament and community members, this is the second of three visits the mobile dental van will make to the Upper Valley this year. The next dental van will be in October and will provide urgent dental care such as extractions and fillings.

Healthy smiles all around! Dr. Ryan Busk with Upper Valley MEND's Upper Valley Free Clinic manager Terri Weiss and patient Katy Gibson (center) after Gibson got X-rays and her teeth checked and cleaned at the dental van last Saturday.

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.

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### NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family members 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.

For publication in the Cashmere Valley Record or The Leavenworth Echo, an obituary or memorial needs to be typed and emailed to [editor@leavenworthecho.com](mailto:editor@leavenworthecho.com) no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on Monday, except holidays.

Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement.

For information call 509-548-5286, or email [editor@leavenworthecho.com](mailto:editor@leavenworthecho.com)

LAKE CHELAN COMMUNITY HOSPITAL, GUILD 'B'

## Home Tour & Art Show

Saturday, Sept. 21 • 10 am - 4 pm

Meraki Lodge Traditional with a French Flair

NEW LOCATION  
**Art Show Larc Hill Vineyard Ranch**  
10 am-4 pm • Free Admission • Featuring Northwest Artists

Tickets: \$25 per person  
Available at: Lake Chelan Chamber of Commerce, Culinary Apple in Chelan, or from any Guild B member

Home Tour Information/Tickets • 1-800-4CHELAN or 888-0597  
ONLINE TICKETS [www.LakeChelanHomeTour.com](http://www.LakeChelanHomeTour.com)

All proceeds are used to purchase needed medical equipment for Lake Chelan Community Hospital

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# UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

### CASHMERE

**CASHMERE BAPTIST CHURCH**  
103 Aplets Way • 782-2869  
Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church

**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
[www.cashmerepres.org](http://www.cashmerepres.org)

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

**CHRIST CENTER**  
Cashmere Assembly of God • 509-782-2825  
Worship Celebration & Sunday School 10 a.m.  
Meeting at The Conservatory, back entrance of Apple Annie's  
Underground High School Group, Sundays, 6 p.m.  
Junior High, Wednesdays, 6:30 p.m.  
Meet at - 206 Vine Street  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregation Care Pastor, Joyce Williams  
Pastor Ian Ross, Director of Operations  
Steffanie Haney, High School Director  
[christcentercashmere.com](http://christcentercashmere.com)

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

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

**EVERGREEN BAPTIST CHURCH**  
5837 Evergreen Drive • 782-1662  
Sunday School - 9:45 a.m.  
Morning Worship - 11 a.m.  
Evening Service - 6:00 p.m.  
Pastor John Smith [www.christforcashmere.org](http://www.christforcashmere.org)

**COMMUNITY UNITED METHODIST**  
418 Evans Street • Leavenworth  
509-548-5619. Rev. Matt Gorman  
Sunday service 10 a.m.  
[www.leavenworthumc.org](http://www.leavenworthumc.org)

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

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

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

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

**SPIRIT LIFE CENTER**  
210 Benton Street • 548-7138  
Sunday Worship 10 a.m.  
Prayer 6 p.m.  
Wednesday Bible Study 6:30 p.m.  
Pastor Russell Esparza

### DRYDEN

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

**MID-VALLEY BAPTIST CHURCH**  
8345 Stine Hill Rd. • 782-2616  
Worship Service, 10 a.m., Sunday School, 9 a.m.  
Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.org)

### LEAVENWORTH

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

### MONITOR

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

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)

**PESHASTIN ASSEMBLY OF GOD**  
School and Lake St. • 548-7523  
Sunday Worship Service 10:30 a.m.  
Bible Adventures for kids at 10 a.m. sharp  
Pastor Jorge Torres

**NEW LIFE FOURSQUARE CHURCH**  
7591 Hwy. 97 • 548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth](https://www.facebook.com/newlifeleavenworth)  
[www.newlifeleavenworth.com](http://www.newlifeleavenworth.com)



THE WASHINGTON OUTDOORS REPORT August 31 – September 6, 2019



PHOTO BY JOHN KRUSE.

Decoy set, a dove hunter waits for the birds to arrive – John Kruse

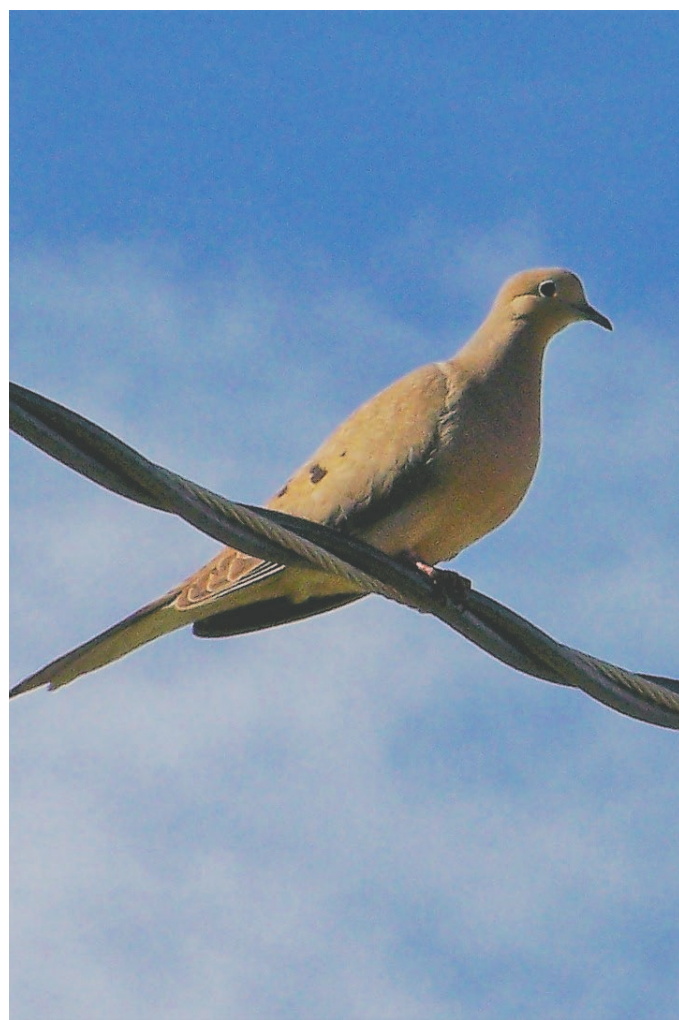


PHOTO BY JOHN KRUSE.

Mourning dove

SEPTEMBER DOVE

By JOHN KRUSE

Sept. 1 is opening day for dove hunting, a season much more popular in years past than it is now. Mourning Dove are migratory birds, here for the summer and gone with the first frost though there are a few tough ones that remain into the winter months.

For many hunters, dove provide a fun warm-up for the season ahead. It's an opportunity to fire a few (or a lot) of shells at birds that can be surprisingly hard to hit not only because of their smaller size but also because of their acrobatic maneuvers.

The dove opener is also a social event. The competitiveness seen amongst

duck hunters racing to their favorite spot to beat out other hunters isn't really a factor here. In fact, fast friends can be made in a dove field and the more eyes the better when it comes to spotting these birds as they approach. Add to the fact that several hunters may shoot at any given bird before anyone manages to hit their target and some good-natured laughing at the misses and congratulations at the clean hits are often the norm.

Then there are the dogs. Like their owners, it is usually the first hunt of the season and the excitement is palpable. During the dove opener you'll likely see a variety of hunting breeds racing to sniff out and retrieve these birds after a successful shot; not an easy task given dove give off very

little scent. It being the first of September, it is important to keep your dog hydrated with plenty of water and don't over work that pup as the heat of the day comes on.

Hunter orange is not required for dove hunting and camouflage clothing does help. Another tactic involves the use of dove decoys. Put a few on barbed wire fences or bare tree limbs and you'll be in a good position to attract some dove your way hoping to roost near them. Shotguns favored by hunters range from 12 gauge to 28 gauge. Light loads (#8 in lead shot or #7 1/2 to #6 in steel shot), work well on these birds.

What makes a good dove location? Quite often, a freshly cut wheat or alfalfa field will bring in flocks of mourning

dove intent on feeding. If you can find good roosting locations bordering these fields such as trees or a nearby water source, you'll likely be in for a very good hunt. In years past the Washington Dept. of Fish and Wildlife allowed farmers to plant crops dove and other wildlife were attracted to in select State Wildlife Management Areas but that is rare now due to budget constraints. This means knocking on doors and getting permission from farmers to hunt on their land is often the best way to secure a good hunting spot. Absent that, look for public land that abuts a farmer's field the birds are drawn to or find an area near ag fields with roosting trees or water sources on them like ponds and lakes.

Where should you go to find dove? You'll want to head East of the Cascades into Central and Eastern Washington. If you look at the harvest statistics from the last five years there are three counties, all of which have lots of agricultural land, that stand out. Grant County is year in and out the best place to go if you are after a limit of mourning dove but both Yakima and Franklin Counties offer excellent opportunities as well with some 8,000 to 9,000 birds taken by hunters every year. Walla Walla, Benton, Adams, Douglas and Spokane Counties are options too. Harvest numbers in these counties range from 1300 to 4000 birds each season.

Last, but not least, enjoy the harvest. There are several great recipes for dove ranging from apricot dove to dove kabobs to dove poppers. Google search any of these dishes for some great ideas on how to prepare these tasty birds which offer great table fare.

If you plan on going out for a mourning dove hunt, you'll need not only a small game license but also a state migratory bird permit. The season runs from September 1st through October 30th and the daily limit has expanded to 15 birds.

John Kruse – Host and producer of Northwestern Outdoors and America Outdoors Radio [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

Chelan Ridge Hawkwatch Field Trip with the Wenatchee River Institute, Thurs. Oct. 3

SUBMITTED BY WENATCHEE RIVER INSTITUTE

Leavenworth and Chelan, WA. Each fall thousands of hawks, eagles, and falcons fly along a high ridge above Lake Chelan on their way to winter territories. Join Wenatchee River Institute for a field trip to the Chelan Ridge Hawkwatch International (HWI) observation point to witness this amazing spectacle. Chelan Ridge HWI is located in the USFS Okanogan-Wenatchee National Forest.

Learn about raptor biology and hone your identification skills by assisting researchers as they count passing hawks!

During the excursion, you will hear from local biologists about the why of these migrations, as well as the how it all relates to habitat and land management. While visiting

the field station, biologists will be working the trapping blind providing for a rare, close-up opportunity to witness a live bird capture, banding, and release. Participants will also gather data in an effort to glean information about the health of North America's raptor populations.

After exploratory surveys in 1997 at Chelan Ridge Hawkwatch, in partnership with the USFS Okanogan-Wenatchee National Forest in 1998 HWI began annual counts at the Chelan Ridge site. These counts helped to monitor the raptors and learn more about their migration through the East Cascades of Washington State within the Pacific Coast Flyway. HWI has been banding raptors at Chelan Ridge since 2001, while also using the site to conduct satellite-tracking research.

Each season, counts typically range between 2,000-3,000 migrating birds of up to 17 species. The most commonly seen species are the Sharp-shinned Hawk, Red-tailed Hawk, Cooper's Hawk, Northern Harrier, Golden Eagle, and American Kestrel.

Field Trip Cost: WRI-Members \$45, Non-Member \$60, with WRI Otter Van transportation included. Participants will leave from the Wenatchee River Institute campus in Leavenworth at 8 a.m., or from the Penny Road Park & Ride in Wenatchee at 8:45am. Please pack a lunch, snacks and water, and be prepared to hike for 30 minutes at approximately 6000 feet elevation.

For more information, contact Rachel Bishop, [rbishop@wenatcheeriverinstitute.org](mailto:rbishop@wenatcheeriverinstitute.org) or (509)548-0181 x25



The Breath of a Whale, Wenatchee River Institute Red Barn Speaker Event

Wenatchee River Institute, Red Barn Event: Leigh Calvez, The Breath of a Whale

Doors open at 6:30 p.m. for community social and no-host refreshments, presentation begins at 7 p.m.

Wednesday, Sept. 25, 2019 | 7 p.m.- 8:30 p.m.

Join Wenatchee River Institute and A Book For All Seasons as author and naturalist Leigh Calvez presents from her book, The Breath of a Whale. Experience through imagery and imagination the true size of a humpback whale, listen to the calls of endangered orca whales, and learn fascinating facts about these majestic creatures that inhabit our planet's oceans.

In The Breath of a Whale the lives of these marine mammals are conveyed through the work of dedicated

researchers having spent decades tracking their secretive routes extending



thousands of miles, gleaning their habits, sounds, and patterns along the way. To understand the lives of whales deepens our connection with the natural world.

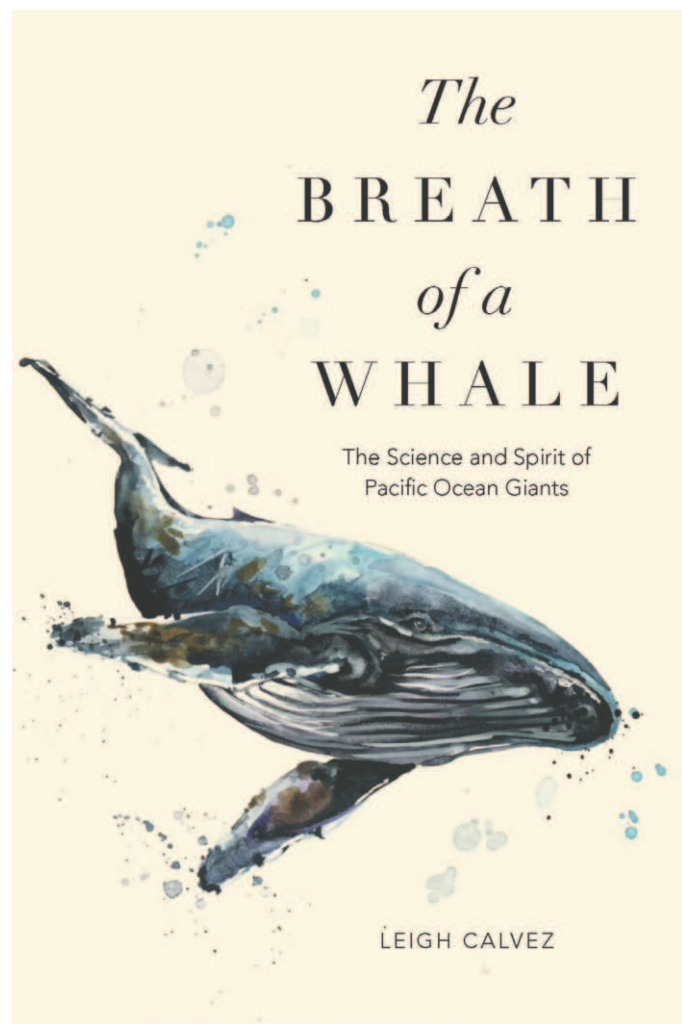
Calvez draws from a dozen years of research and observation while studying the lives of these giants of the deep to relate the stories of nature's most remarkable creatures—from ancient blue whales and migratory humpbacks, to the familial orcas who struggle against catastrophic ecological change in order to survive.

"Leigh Calvez writes well-researched, thoroughly beautiful books that illuminate the lives of animals without stripping

them of their essential mystery."—The Stranger

Calvez is a naturalist and nature writer, studying humpback whales in Massachusetts and on Maui, and spinner dolphins near the Big Island of Hawaii. As a naturalist, Calvez led whale-watching tours around the globe in British Columbia and faraway places like New Zealand and the Azores Islands off Portugal. Interest in the natural world inspired Calvez to write about nature and to her first book, The Hidden Lives of Owls: The Science and Spirit of Nature's Most Elusive Birds. Her essays have appeared in Smithsonian Magazine, High Country News, The Ecologist, Ocean Realm, The Christian Science Monitor, The Seattle Times, and The Seattle Post-Intelligencer.

Event contact, Rebecca Ryan [rryan@wenatcheeriverinstitute.org](mailto:rryan@wenatcheeriverinstitute.org) or 509-548-0181 x2 [www.wenatcheeriverinstitute.org](http://www.wenatcheeriverinstitute.org)







## The World Famous Glenn Miller Orchestra Swings Into The Numerica PAC

SUBMITTED BY MARISSA COLLINS

Wenatchee, WA: Numerica Performing Arts Center kicks off the 2019-2020 Season with THE WORLD FAMOUS GLENN MILLER ORCHESTRA on Sept. 18 at 7:30 p.m., sponsored by Ford & Marlys Barret and Wild Birds Unlimited of Wenatchee. Appealing to both old and new audiences, this has become a must-see show for jazz and swing fans alike.

The legendary Glenn Miller was one of the most successful of all dance bandleaders back in the Swing Era of the 1930's and 1940's. In 1942, at the height of

its popularity, Glenn disbanded his musical organization to volunteer for the Army. There, he organized and led the Glenn Miller Army Air Force Band. In December 1944, Major Miller took off in a single engine plane to France, disappearing over the English Channel, never to be seen again.

With the release of the major motion movie The Glenn Miller Story, featuring Jimmy Stewart and June Allyson in 1954, interest and popular demand led the Miller Estate to authorize the formation of the present Glenn Miller Orchestra. In 1956, under the direction of drummer Ray

McKinley, who had become the unofficial leader of the Army Air Force Band after Glenn's disappearance, the reformed Glenn Miller Orchestra performed its first concert and has been on the road ever since. Other leaders have followed Ray including clarinetists Buddy DeFranco and Peanuts Hucko, trombonists Buddy Morrow, Jimmy Henderson, Larry O'Brien and Gary Tole, and tenor saxophonist Dick Gerhart. Since January 2012, vocalist Nick Hilscher leads the band.

Today, the 18-member ensemble continues to play many of the original Miller arrangements both from the civilian band and the AAFB libraries. Additionally, it also plays some more modern selections arranged and

performed in the Miller style and sound. Just as it was in Glenn's day, the Glenn Miller Orchestra today is still the most sought after big band in the world.

This performance is supported by Mike & Sheila Salmon, Dave Sandy Gellatly, and media supporter Sunny FM. Tickets are \$34-\$38 with discounts for seniors (\$32-\$36) and youth (\$28-\$32) and increased prices on show day. For tickets, call 509-663-ARTS, go to [www.numericapac.org](http://www.numericapac.org), or visit the Box Office at the Stanley Civic Center, lower lobby.

*The Numerica Performing Arts Center at the Stanley Civic Center is a non-profit organization and naming partner with Numerica Credit Union.*



PHOTO BY MATT CADMAN.

From left, Mrs. Kendal played by Tiffany Mausser, John Merrick played by Matthew Pippin, and Frederick Treves played by Peter Kappler

"The Elephant Man" by Bernard Pomerance has been recognized with a Tony, an Obie, Drama Desk Award, and a New York Drama Critics Circle Based on the real life of John Merrick, the story is a powerful and poignant look at both humanity and inhumanity, of the suffering and stigma endured by a man whose only way of survival was by appearing as a freak in a touring show of physical curiosities. He was the butt of terrified screams, stares of revulsion,

finger-pointing, name-calling, and actual physical abuse. A story of heart and heartache, 'The Elephant Man' will bring a tear to your eye, leaving the audience reflecting on our own view of 'normality', and imagining how we would feel in Merrick's shoes.

*Numerica Performing Arts Center on Sept. 12, 13, 14 at 7:30 p.m. and Sept. 14 matinee at 2:30 p.m. Tickets \$25.00 at the PAC 509-663-ARTS [www.numericapac.org](http://www.numericapac.org)*

## The Elephant Man Cast List

1. John Merrick: Matthew Pippin
2. Frederick Treves: Peter Kappler
3. Mrs. Kendal: Tiffany Mausser
4. F.C. Car Gomm: Milo Klanke
5. Bishop Walsham How: Brad Behrens
6. Pinhead #4: Jennifer Talbot

- Anderson Lord John: Will Porter;
7. Ross: Alex Haley
- Snork:
8. Nurse Sandwich: Julie Davis
9. Pinhead #1: Janie Noviello
- Countess:
10. Pinhead #2: Jewel Cripe
- Duchess:
11. Pinhead #3: Lynn Yialeis
- Princess Alexandria:
12. Pinhead #4: Jennifer Talbot

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### Peshastin Community

CONTINUED FROM PAGE A2

of Directors of the Upper valley Parks and Recreation Service Area (PRSA). Meeting once per quarter, the PRSA makes decisions regarding the Leavenworth Pool and is always exploring ways to expand Peshastin's recreational facilities and public parks. This is an

appointed position that is ongoing. Anyone interested in serving is asked to contact the Peshastin Community Council either by attending a meeting or by sending an email to [communitycouncil@peshastin.org](mailto:communitycouncil@peshastin.org).

The Peshastin Cemetery District is in need of one new Commissioner. The Cemetery District is managed by a board of three elected Commissioners. Short one

member due to a resignation earlier this year, they are looking for a resident who wants to serve their community. The Commissioners are responsible for the cemetery and the Peshastin Memorial Hall. Anyone interested in the appointment for the remainder of the term is asked to send an email to [cemetery@peshastin.org](mailto:cemetery@peshastin.org).

Serving on a committee, council, board or other type

of local organization can be a wonderful way to serve your community, learn more about the community and meet your neighbors. Whether you're a newcomer or lifelong resident, your participation is invaluable. Our community organizations are responsible for the way the city's money is spent, so even if you've never served on any kind of committee please consider one of these open positions.

**Q** I saw a bottle of boric acid powder at my local drugstore. What is boric acid used for?

**Ask...**

**Dr. Louise**

Boric acid is a mineral salt of boron, first used as a medicine in 1702 and still used today as an anti-infective and preservative. Causing lethal boron poisoning when taken internally, boric acid is widely used as a pesticide and to preserve wood as well as in trace amounts as a food additive to protect against yeasts and molds. Because it rarely causes irritation to the skin or eyes boric acid is also used to preserve cosmetics.

Boric acid and its close cousin borax are found all over the world, with the largest deposits in Peru, the Middle East, and California. Borax is found in plants, seawater, mineral springs and hot springs. The main source of borax in the United States lies in deposits in the sandy deserts of California near Death Valley.

The Food and Drug Administration (FDA) has approved the use of boric acid as a soothing eyewash for irritated eyes and also as eardrops to treat external ear infections. It's an active ingredient in Collyrium® for Fresh Eyes and Advanced Eye Relief®. Although not approved by the FDA, boric acid is also considered an alternative to more traditional treatments for persistent

yeast and bacterial vaginal infections.

I use boric acid powder as a non-toxic flea killer. If one of my 3 Scottish Terriers start scratching after a trip to the vet or staying at a boarding kennel, I sprinkle boric acid powder liberally onto their bedding and where they like to lay down, working it in so it can't be licked off or inhaled. It's not an instant fix, but with just one application they quit scratching within 3 days. I wait for at least a week before washing the boric acid treated bedding and vacuuming it out of the carpet.

Boric acid has also been used with success as an alternative treatment for vaginal yeast infections and bacterial vaginosis.

Bacterial vaginosis (BV) is a condition that causes a nasty fishy-smelling vaginal discharge. BV is caused by a lack of a certain kind of friendly bacteria called Lactobacillus. If your vaginal population of Lactobacillus is killed off by antibiotics, it can allow fewer friendly organisms to multiply and take over. It's like if you remove an unwanted plant from your garden, other plants will often start moving into that space. When the organisms replacing Lactobacillus in your vagina multiply, they create

byproducts which irritate your vaginal lining, creating a foul-smelling discharge and intense itching.

Although specific antibiotics will kill off the excess bacteria causing BV, the lack of friendly Lactobacillus bacteria often triggers recurrent BV infections. Some clinicians believe that boric acid can be a possible alternative to using antibiotics in BV because it not only kills off the unfriendly bacteria triggering BV's fishy discharge but helps reestablish friendly Lactobacillus in your vaginal tract, preventing BV recurrence.

Boric acid can treat vaginal yeast infections because it enhances the acidity of your vaginal tissue, encouraging the re-establishment of Lactobacillus and helping restore a healthy balance of vaginal microbes.

When used for yeast or BV vaginal infections, boric acid is NEVER taken by mouth because at that dose, it's poisonous. Boric acid containing capsules are inserted into the vaginal tract, much like a suppository. Ready-to-use boric acid capsules can be hard to find; you can look for them at a compounding pharmacy or make them yourself at home.

Start with empty size 0

gelatin capsules, available either online or at a pharmacy or veterinary supply store. Sprinkle a thick layer of boric acid powder on a clean flat surface and pick up the shorter of the two halves of an empty gelatin capsule. Turning it upside down with the opening toward the powder, push down into the powder like you are cutting biscuits from rolled out dough. Lift up the capsule and repeat until the capsule fills up with powder, then pick up the empty other half of the capsule and push it over the powder-filled half. Done!

To treat a yeast infection, insert one boric acid capsule vaginally twice a day for 2 weeks. If treating BV, insert one capsule vaginally 1-2 times daily for 2 weeks. Some women may need long-term treatment, usually as one capsule vaginally twice a week at bedtime for several months. Keep boric acid capsules in a cool, dry place and well separated from your other medicines to avoid accidental poisoning from swallowing them.

*Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website [TheMedicationInsider.com](http://TheMedicationInsider.com) for daily tips on how to take your medicine safely. ©2019 Louise Achey*

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Kashmirgardensflorist@yahoo.com

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One bedroom apartment in Chelan. Year around. No pets. \$700 month includes all utilities. References. Deposit. 509-682-2460.

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## HELP WANTED



### Journalist Wanted The Lake Chelan Mirror

Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:  
Publisher  
NCW Media, Inc  
PO Box 39  
Leavenworth, WA 98826  
or email to  
Publisher@leavenworthcho.com



## HELP WANTED

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
Deadline Tuesday at noon **Quad City Herald**  
Your ad will appear online and in the newspaper for one low price.

### Evening Cook Position

Epleдалen Retirement & Assisted Living is hiring one full-time cook position. Hours 11 a.m. - 6:30 p.m. 5 days a week. Pay \$14.00 per hour. Preparing evening meal for 40 clients. Home style cooking. Contact 509-782-7600, 9-5, Monday - Friday or email Epleдалen@kashmircc.com

### Night Caregiver/ CNA

Epleдалen Retirement & Assisted Living is hiring one full-time night position, 40 hours per week. \$14.00 to \$16.00 per hour depending on training and experience. Must be CNA or HCA with current CPR/ First Aid. Will assist clients with ADLs, wellness monitoring and some housekeeping. For more information call 509-782-7600, 9-5, Monday - Friday or email Epleдалen@kashmircc.com

### Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth.



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## HELP WANTED

The City of Brewster Police Department seeks applications from qualified candidates to fill the position of Chief of Police.

Potential candidates should have experience working in or around small departments in small communities. The City seeks a community-oriented experienced and compassionate law enforcement officer willing to work in all facets of law enforcement services delivery including patrol, scheduling, meeting with the Mayor, City Council, and working with other City department heads. The City Mayor and Council are committed to continuing the tradition of making the City a safe place to live, work, and play. Qualified applicants should have a minimum of 5 years of law enforcement experience, leadership experience and/or academic credentials indicating the potential for success in a leadership role. The City of Brewster is located on the beautiful Columbia River in rural Eastern Washington, and has a population of 2,405. The Police Department consists of a total of 5 fully commissioned law enforcement officers, inclusive of the Chief. The salary is DOE and DOQ.

Please contact City Clerk/Finance Director, Misty Ruiz, at 509-689-3464 or at [misty.ruiz@brewsterwa.gov](mailto:misty.ruiz@brewsterwa.gov). us or click here to obtain an application. Completed cover letters, applications, and resumes should be sent to the attention of Ms. Ruiz for review and consideration by Mayor Smyth. This position will remain open until filled.

## HELP WANTED

### Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth



### CLINICAL MEDICAL ASSISTANT Full-time

Three Rivers Hospital is seeking a Medical Assistant to work in our medical clinic. This position performs essential tasks, such as patient intake, including vital signs and medication review; performs a variety of patient care tasks. High school graduate or equivalent, must have valid WA State MA License. One year experience in clinic practice setting preferred. Spanish Bi-lingual is preferred. Interested Candidates may apply in person or by mailing their resume to:

**Three Rivers Hospital**  
Human Resources  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517  
[www.threerivershospital.net](http://www.threerivershospital.net)  
[opportunity@trhospital.net](mailto:opportunity@trhospital.net)  
EOE

## HELP WANTED



### Receptionist/ Administrative Assistant

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity.

Interested applicants can apply at the Lake Chelan Mirror office at 310 E. Johnson Ave. 9 a.m.-5 p.m. or send their resume to P.O. Box 39, Leavenworth, WA 98826. EOE

Brewster School District is accepting applications for a Business Manager.

The job description is on the district's website [www.brewster.wednet.edu](http://www.brewster.wednet.edu)

Terms of employment are 260 days each year, 8 hours per day; salary and benefits to be determined by the district. Salary Range \$65,000-\$75,000. Benefits are offered.

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THEME: FOOTBALL ACROSS

- Tax evader's fear
- "You betcha!"
- Fill to satisfaction
- Crocus, pl.
- Reef dweller
- Freeze off
- Buzz Aldrin's first name
- Wildest
- Reduced, often paired with down
- \* back
- #1 NFL pick in 2019
- Precedes whiz
- Bald eagle's nest
- Summer sandwich?
- Past tense of reave
- Bee's favorite drink
- German currency
- Shower with affection
- Africa's horned herbivore
- Battery fluid
- Bad-tempered
- All over again
- Ticked off
- Cut with a beam
- Rip or pull
- Pico de gallo and such
- Abe's coin
- Hog haven
- Refuses to
- Likewise
- \*Team gathering
- \*Common play on 3rd and long
- Committee of judges
- One of the five W's
- Ranee's wrap
- Sheep-like
- Auction set
- Romanov's edict
- Type of message
- Aye-aye
- \*Worn atop thigh pads

DOWN

- Maple tree and laptop brand
- Pakistani language
- \*First \_\_\_\_\_!
- Cupcake topper
- Smaller than tiny
- Safecracker
- Poetic "even"
- On D'Artagnan's hat
- Practice in the ring
- Certain sensation
- \*NFL Primetime and NFL Draft host
- Wingo
- \*Type of zone
- More spry
- Must-haves
- Funeral vase
- What opposites do?
- \*Soldier Field's team
- "\_di Lammermoor"
- Do-re-do-re-do-re-do-re, e.g.
- \*Blindside block, e.g.
- Burn to a crisp
- Fork prongs
- Beside, archaic
- "All my \_\_\_\_\_ friends are coming over tonight..."
- Words from Wordsworth, pl.
- Other than what is
- Gossipmonger
- Waste time
- La precursor
- \*A game that could go either way
- Very recently
- Port city in Japan
- Possess
- Windows alternative
- \*Football Hall of Famer Richard
- Cooking vessels
- Turkmenistan's neighbor
- Egg holder
- #23 Across, pl.
- Winner's take
- Gardening tool


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Deadline Tuesday at noon for the paper **Quad City Herald**

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**PUBLIC NOTICES**

**CITY OF LEAVENWORTH NOTICE OF PLANNED FINAL ACTION ON CONDEMNATION**  
NOTICE IS HEREBY GIVEN that the Leavenworth City Council has scheduled on its agenda consideration of final action upon the following proposed ordinance:

**AN ORDINANCE OF THE CITY OF LEAVENWORTH, WASHINGTON, AUTHORIZING THE CONDEMNATION, APPROPRIATION, TAKING AND DAMAGING OF LAND AND OTHER PROPERTY WITH ALL NECESSARY APPURTENANCES AND PROPERTY RIGHTS NECESSARY FOR INGRESS AND EGRESS TOGETHER WITH ALL RIGHTS APPURTENANT THERETO, INCLUDING ACCESS WHERE APPLICABLE, FOR PURPOSES OF IMPROVING PINE STREET. THIS ORDINANCE DIRECTS THE CITY ATTORNEY, OR DESIGNEE, TO PROSECUTE THE APPROPRIATE LEGAL PROCEEDINGS, TOGETHER WITH THE AUTHORITY TO ENTER INTO SETTLEMENTS, STIPULATIONS OR OTHER AGREEMENTS; AUTHORIZING PAYMENT THEREOF FROM THE CITY'S GENERAL FUND OR FROM SUCH OTHER MONIES THAT THE CITY MAY HAVE AVAILABLE OR ATTAIN FOR THE ACQUISITION; AND ESTABLISHING AN EFFECTIVE DATE**

Date/Time of planned final action: Tuesday, September 24, 2019 at 6:45 p.m. or at such later time as scheduled on the September 24, 2019 agenda

Location of planned final action: Leavenworth City Hall 700 US Hwy. 2 Leavenworth, WA 98826

Property affected: Temporary Easements Burdening Lot as delineated on City of Leavenworth Hess Short Plat No. 2012-001-LE, Chelan County, Washington recorded December 26, 2012 In Book SP-24, of Short Plats Page 92 Chelan County Tax Property ID: Portion of Property ID: 64522

Commonly known as: 125 Pine Street, Leavenworth WA 98826  
The full legal description of the property proposed for condemnation can be obtained from the Leavenworth Public Works Department, 700 US Hwy 2; Post Office Box 287; Leavenworth WA 98826- telephone (509) 548-5275.

At the above-stated date, time and location of final action, condemnation of the above-described property will be considered, and the Leavenworth City Council will decide whether or not to authorize the condemnation of the property. Published in The Leavenworth Echo/ Cashmere Valley Record on Sept. 4 and 11, 2019. #86052

**SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY**

In the Matter of the Estate of **JENNIFER KATHRYN SIFUENTES**, Deceased.  
No. 19-4-00261-04

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 for in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.

DATE OF FIRST PUBLICATION: August 21, 2019

/s/ Rebecca J. McDaniel  
Rebecca J. McDaniel  
Personal Representative

Attorney for the Personal Representative: David A. Kazemba, WSBA No. 48049

Address for Mailing or Service: Overcast Law Offices, PS Attn: David A. Kazemba 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 (509) 663-5588

Court of probate proceeding and cause number:

Chelan County Superior Court Cause Number: 19-4-00261-04

Published in The Leavenworth Echo/ Cashmere Valley Record on August 21, 28, and Sept. 4, 2019. #85917

**PUBLIC NOTICES**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
In the Matter of the Trust Estate of  
of  
**KENNETH A. MCELROY**, Deceased.

**NONPROBATE NOTICE TO CREDITORS**  
RCW 11.42.030

The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the State of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed. 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 11.42.070 by serving on or mailing to the notice agent or the notice agent'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 notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(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 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

**DATE OF FIRST PUBLICATION:** August 21, 2019

The notice agent declares under penalty of perjury under the laws of the State of Washington on 21st day of August, 2019, at Wenatchee, Washington, that the foregoing is true and correct.  
**MARCIA M. HENRY**  
Notice Agent:  
**MARCIA M. HENRY**  
Attorneys for the Notice Agent:  
**DAVID J. BENTSEN**  
Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, Washington 98807 Court of Notice Agent's Oath and Declaration and Cause Number: Chelan County Superior Court Cause No. 19-4-00259-04 Prepared By: SPEIDEL BENTSEN LLP

By: Russell J. Speidel, WSBA No. 12838 David J. Bentsen, WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, Washington 98807 (509) 662-1211 Published by The Leavenworth Echo/ Cashmere Valley Record on August 21, 28, and September 4, 2019. #85908

**IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF WHATCOM**

In Re the Estate of **JOY H. ELLIS**, Deceased.

NO. 19-4-00469-37  
**NON-PROBATE NOTICE TO CREDITORS**  
RCW 11.42.030

JUDGE: LEE GROCHMAL  
The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the state of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed. 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 11.42.070 by serving on or mailing to the notice agent or the notice agent'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 notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(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 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

**DATE OF FIRST PUBLICATION:** August 21, 2019

The notice agent declares under penalty of perjury under the laws of the State of Washington on August 21, 28, and September 4, 2019, at Wenatchee, Washington, that the foregoing is true and correct.  
**DAVID J. BENTSEN**  
Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, Washington 98807 (509) 662-1211 Published by The Leavenworth Echo/ Cashmere Valley Record on August 21, 28, and September 4, 2019. #85908

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**PUBLIC NOTICES**

NOTICE AGENT **Debbie Jo Pobst** 19622 Beaver Valley Rd. Leavenworth, WA 98826 Attorney for Notice Agent: **Erin Crisman Glass**, WSBA #39746 Barron Smith Daugert, PLLC, 300 North Commercial St., Bellingham, WA 98225 Court of probate proceedings and cause number: Whatcom County Superior Court, Cause No. 19-4-00469-37 Published in The Leavenworth Echo/ Cashmere Valley Record on August 28, Sept. 4, 11, 2019. #85973

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