

CASHMERE VALLEY RECORD

CELEBRATING 112 YEARS • 1907-2019

Fly, Stand & Honor our Flag Everyday!
Flag Day is June 14



JUNE 12, 2019 • VOLUME 112, No. 24
 SINGLE COPY \$1.00

FLAG DAY JUNE 14, 2019

SUBMITTED BY LINDA INGRAHAM
 Pres. Cashmere American Legion
 Aux. #64

Remember this when you salute the flag;

When we look at the flag, do we remember that it flies overhead in battle? Do we realize how many soldiers it inspires? Can we fathom how many of those men & women give their lives to protect everything that flag symbolizes—freedom, justice, & equality to all mankind?

These soldiers fight for you & for me. They perform their duties in war & peace to protect their friends & family. We honor that service

when we salute the flag. Materially, the flag is nothing more than fabric & thread. A veteran looks at that flag & remembers. They celebrate their nation when they salute the flag. Should we not do the same?

So, the next time you gaze up at that waving banner, the next time you put your hand on your heart, the next time you are tempted to mindlessly repeat a memorized pledge, remember the veteran. Celebrate all that they do & all that they have given us through their service.

Our flag was designed in 1776 by seamstress Elizabeth (Betsy) Ross. The American flag is one of the oldest national emblems & it's true

birthday is recognized on the day George Washington presented it to the Continental Congress June 14, 1777. Flag Day was first observed by a proclamation of President Woodrow Wilson. Congress adopted a joint resolution for Flag Day August 3, 1949. Even before that federal government order, the American Legion prompted schools & cities to hold special celebrations on June 14th.

Cashmere American Legion Post #64 will hold a special ceremony on Flag Day at the Legion hall at 3:00pm to burn old & tattered flags. It will be a short ceremony with a prayer, special reading & taps. Everyone is invited to join them.

Please hang your American Flag proudly on Flag Day June 14 & every day.

Huge development possibility unfolding in Cashmere city limits



By KALIE DRAGO
 Record Reporter

Sprawling property with a commercially zoned tag on it is a rarity in Cashmere. A large chunk of land, 15 acres, has recently been zoned Commercial and Light Industrial in Cashmere's Urban Growth Area which leaves a wide arc of opportunity for developers.

The 15 acre lot is located on 5304 Old Monitor Road, just slightly east of Cashmere, nestled against the water with visibility from the highway.

"This area - it's just a scenic splendor. It's a great living environment. Cashmere is a great setting, it's centrally located in this region. But something is needed to complement the area," said Michael Link, Windermere Real Estate agent. "This 15 acre lot is the way it's zoned, in the Urban Growth Area, the sewer and water nearby - The things we could add there with the right developer and builder would be a tremendous asset to this community."

Some Cashmere locals may have a sense of familiarity with the property since the owners Ray and Trish Schmitt are long time Upper Valley residents. The couple share the same idea as the real estate agent, Link (who also has roots in the Upper Valley), that the land could be a benefit to the Cashmere community.

"(I'm) Someone who has grown

up in this area, lived and worked here clear into the late 80's until I got a job in King County" said Link. "Going back and forth over the last 30-40 years, I've seen how this area has stayed the same and I've also seen how it's changed. I see how there's been a tremendous amount of demand on this area with little ability to do anything about it."

Link is well versed in the area and is a real estate veteran, working on both sides of the mountain since 2005. He has been exposed to the growth in the area through the perspective of a former resident, a present avid skier and golfer in the area and a real estate agent. He believes that the Old Monitor Road property could be a chance to develop an opportunity for Cashmere.

"I quickly saw a vision for that property that's an enormous benefit to the community of Cashmere, to my sellers and to the region at large," said Link. "And that is, there needs to be more mixed use type properties in the Wenatchee Valley to handle not only the community needs, but this tremendous amount of weekly migration (tourists)."

Formerly a pear orchard, Link has a vision for a developer to carve a niche in the location. He believes the property could blossom from just a plot into a chance to attract the large

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County Commissioners debate short term rental codes



PHOTO BY KALIE DRAGO/NCW MEDIA.

Easy to spot with their fluorescent shirts - Short Term Rentals Alliance Group - spread out through the crowd to show their stance on the topic.

By KALIE DRAGO
 Record Reporter

Chelan County has no shortage of attractive spots for tourists to gravitate to. From Leavenworth, the Bavarian Village and its many festivals, to summer attracting visitors to Lake Chelan; outside visitors flock to this area.

On June 4 from 3-5 p.m., Chelan County Commissioners and the Department of Community Development racked through possible steps to tighten up mitigation and management of some of Chelan County residents headache and some Chelan County residents livelihood - short term and vacation rentals.

"Vacation rentals is only shown in one district use chart and it's actually not even defined. So I think that's one thing that needs to be put in the district use chart. Show where it's permitted, when it requires a Conditional Use Permit and then have a definition," said Kirsten Larsen, Planning Manager for Chelan County.

Hotels flashing 'No Vacancy' signs on festival weekends is common. With modern, trendy, popular short term rental avenues, like Airbnb, that offer more homier accommodations; there has been a surge of issues and codes put into place regarding residents using their own digs to double as overnight rentals to those



PHOTO BY KALIE DRAGO/NCW MEDIA.

(From L to R) Commissioner Doug England, Kevin Overbay and Bob Bugert shuffle through notes, resources and references as they discuss how to manage short term and vacation rentals.

wandering into town briefly. "The planning staff has been talking about this and looking at other jurisdictions' codes and going off of the things we've heard from people calling into the department, and from that we've come up with a list of things to incorporate into a new code," said Larsen, Planning Manager for Chelan County.

Neighbors who eye rowdy tourists piling into the house across the street have reached out to public officials, such as Chelan County commissioners, to enlist their help combating the issue. Some areas of concern that have surfaced vary from noise, defining quantity of guests allowed, garbage, restrictions for fire risk, parking requirements and lack of permits.

"We make sure our county gets

the tax dollars that they are required to get. We are legitimate in having insurance coverage as a motel because we wanted to be ethical and right about being good neighbors. We don't want any dangerous things, we don't want 50 people sleeping in our cabin, we make sure its safe and accessible," said Susan Steblina, second home owner for 20 years who is in favor of the county cracking down. "(We make sure) that we are not impacting anyone and that the county is getting the benefits they deserve with the motel taxes and other things that the county is missing out by sticking its head in the sand and allowing people to just load up their property with 15-20 people that are partying."

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PHOTO BY KALIE DRAGO/NCW MEDIA.

The fluorescent yellow shirts pictured outside the conference room.

On the brink of graduation - group of CHS seniors caught underage drinking

By KALIE DRAGO
 Record Reporter

With graduation looming and the promise of a new future ahead, celebrations aren't rare for high school seniors. According to

Chelan County Sheriff's Office, a group of Cashmere High School students were caught in the midst of celebrating illegally on the night of June 4.

According to Chelan County's Sergeant Jason Reinfeld, an

anonymous report about underage drinking led deputies to investigate a barn party in the Elk View Lane area. The deputies disrupted the party after discovering over 40 people and 36 of which will be cited for minor in possession.

Cashmere's Van Lith wins gold medal in Mongolia, named tourney MVP



FILE PHOTO.

Cashmere's Hailey Van Lith helped lead Team USA to a first-place finish in the FIBA 3X3 U18 World Cup 2019.

By AL STOVER

Cashmere's Hailey Van Lith added another gold medal to her trophy case across the seas.

Van Lith helped lead Team USA won the FIBA 3X3 U18 World Cup 2019 after a close 19-13 win over New Zealand in the tournament final.

USA's road to the tournament championship began with a 4-0 run

in pool play that included wins over New Zealand, Russia, Poland and Hungary. In the quarterfinals, Team USA defeated Indonesia, 16-10, then followed with a 21-11 victory over France in the semifinal game.

Van Lith had 36 points over the seven series she played and was named the tournament's MVP for her impressive performance.

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

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-782-3781. We will publish a correction on this page in the next issue.

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Call the Record at 509-782-3781

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Shame on you DSHS

I recently drove by the Washington state Department of Social and Health Services in Wenatchee and saw the LGBTQ rainbow flag flying under the state and American flags.

Normally I don't have a problem supporting diversity in all its colors, but the boneheads at DSHS took down the POW/MIA flag in order to replace it with the rainbow flag.

They could and should have flown both if their point was to celebrate Gay Pride Month.

Black Pride, Gay Pride Latino Pride, I am cool that many folks are proud of their roots just as I am of my Christian, French-Canadian ones.

My only real issue is that removing the POW/MIA flag is an outright insult to all veterans and especially combat veterans. Why wasn't there some type of outrage over this travesty perpetrated by state employees?

Well there was a little. Several of my veteran friends called DSHS to voice their complaints. They were told that the flagpole



APPLES TO APPLES
GARY BÉGIN
NCW MEDIA
MANAGING
EDITOR

was surrounded by recently poured cement and that's why nothing could be done about the flag issue.

So, let's add insult to injury by telling a lie to a group of taxpayers from a state agency. Whomever it was that answered that phone at DSHS and gave that lame excuse to a veteran should have merely said, "Sir, by order of Governor

Jay Insee, we fly this flag in lieu of the POW/MIA flag in order to celebrate Gay Pride Month."

Or, perhaps the janitor accidentally took down the POW flag instead of merely flying both?

Let's be straight (not a pun), I am not against anyone, but both flags could have coexisted. I was immediately gut-punched when I saw only one banner. That's how visceral this flag is to many veterans.

The manager of DSHS in Wenatchee needs to visit the American Legion as my guest or (someone's) to fully understand how veterans feel about this issue. The least DSHS can do is

Trump can break stuff, but can he fix anything?

President Trump is a master at breaking things. Since coming into office, he has broken NAFTA, the TPP, the Iran deal, and the uneasy calm we shared with North Korea. More importantly to the stock market, he has also broken our trading relationship with China, and has bent many other trading relationships. Perhaps Trump was elected specifically to break stuff, but it's time to put a few things back together.

Most recently, Trump started another fight with Mexico, this time using tariffs as a negotiating tool for border control. So now we are lobbing tariff bombs at everyone, even for things that have very little to do with economics. I'm starting to think that tariffs aren't a tool for Trump to reach a goal - but the goal itself. Trump said as much recently when he announced that "tariff" is a "beautiful word." But he is wrong about that - tariffs hurt everyone. This is a game of chicken to see who can endure the most pain. Unfortunately, that pain might be starting.

While the overall economy is still solid, things are going in the wrong direction. Fed Chairman James Powell recently floated the idea that the Fed could lower interest rates, which is not what you do in a booming economy. A perfect example of the chaos Trump has produced is the story of GoPro. Motivated by the tariffs Trump placed on



COMMUNITY VOICES
By BRAD BLACKBURN

China, GoPro took the large and expensive step of moving some of their manufacturing from China to Mexico. However, after all that, Trump is now threatening tariffs on Mexico.

It should be clear to the business world that Trump will throw tariff bombs at any time, for any reason, against any country. So, what is a global business supposed to do with all this uncertainty? The answer is that they are paralyzed. According to the World Bank, global investment and business confidence are at their lowest point in 4 years. Here in America, business investment recently fell to 1.3%, the lowest level of Trump's presidency.

Just a few months ago, the consensus in the financial world was that the trade war was winding down, and soon, we could all move on. But that doesn't seem likely anymore. It seems that President Trump really believes tariffs are "beautiful," and "trade wars are good and easy to win." At this point, I fear this can only end in two ways: Either our trade adversaries completely bow down to Trump, or we're going to feel some economic pain. So, which one is going to happen first?

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net.

issue an apology to those who gave their all.

Officially recognized by the United States Congress, the flag serves "as the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the Nation." according to the National League of Families website.

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



2019 Apple Award winners

The Numerica Performing Arts Center announced the winners of the first APPLE AWARDS, Wednesday, June 5 at a ceremony to honor the achievements of area high school students and programs that have demonstrated excellence or innovation in theatre. It is sponsored by Davis Arneil Law Firm.

Outstanding Lead Performance In A Musical
· Mason Atwood - How To Succeed In Business Without Really Trying, Wenatchee High School

Outstanding Lead Performance In A Play
· Nathan Hagan - Dystopia! 3 Comedic One-Acts, Cascade High School

Outstanding Supporting Performance In A Musical
· Aracely Renteria - Les Misérables School Edition, Eastmont High School

Outstanding Supporting Performance In A Play
· Emma Skylstad - Dystopia! 3 Comedic One-Acts, Cascade High School

Outstanding Ensemble Cast
· Legally Blonde The Musical, Cashmere High School

Outstanding Overall Play
· Play On, Cashmere High School

Outstanding Overall Musical
· How to Succeed In Business Without Really Trying, Wenatchee High School

Each participant was assessed by a group of volunteer evaluators known as "The Apple Academy," who have been selected to participate based on their experience and understanding of the performing arts. The evaluation criteria places value on creativity and achievement, taking into account unique resources and production challenges. The nominees and award recipients were not determined by any members of the Numerica Performing Arts Center staff or board of directors.

Additionally, each school's director(s) had the opportunity to honor two individuals of their choice with a DIRECTOR'S AWARD:
· Sarah Pinneo and Kelsea

Turner, Cascade High School
· Ani Hartwich and Korbyn Smith, Cashmere High School
· Isaiah De Los Santos and Sydney Ferari-Zimmerman, Eastmont High School
· Sylvia Hwang and Casia Logan, Wenatchee High School
Rounding out the evening, Numerica Credit Union presented the first Numerica Theatre Scholarship, a \$1,000 scholarship for a high school senior who has been positively impacted by their involvement in theatre arts. Sarah Bersch from Wenatchee High School, was recognized as the 2019 scholarship recipient. She will be attending Central Washington University in the fall.

The mission of the Apple Awards is to recognize unique talents within our communities, promote the arts to a broader audience, increase the depth of appreciation to existing audiences, and encourage the continued development of exceptional performers.

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

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Visit your hometown power hitters at the Apple Sox game. **JUNE 13**
Bring a donation of pet food to the ballpark and get \$1 off a hot dog or admission. Meet adoptable dogs from the Wenatchee Valley Humane Society. Get tips on saving energy and staying safe this summer.
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COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple Street. Call Karen Jackson, president, 782-4408.
Cashmere Food Bank, 2:30 p.m. - 4 p.m., Cashmere food distribution center, 109 "C" Railroad Avenue, for more information call Jim, 741-7551. (2nd and 4th Wed. & Saturdays.)
Tillicum Riders Drill Team, 6:30 p.m., Chelan County Fairgrounds arena. Call Cindy, 662-5984.
Cashmere Park and Recreation Committee, 6:30 p.m., City Hall. Call 782-3513. (last Wed. of each month.)
The Underground Youth Group, sixth to eighth graders., 6:30- 8:00 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 and 4th Thursdays)
Free weekly community meal, 5-7 p.m. Cashmere United Methodist Church Gym, 213 S. Division Street. For more information, please 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. 7:00 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, Aug-June).
Cashmere American Legion Auxiliary #64, 7:00 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, Aug. - June).

Friday

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8:00 p.m., 5837 Evergreen Drive. Call 782-1662.
Monitor Homemaker Club meets at Noon, location varies. Call Florence, 509-670-2414. (3rd Fri.).

Saturday

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904. (October to May)
Cashmere Food Bank, 2:30-4 p.m., Cashmere food distribution center, 109 "C" Railroad Avenue, for more information, call Jim, 741-7551. (2nd and 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. 6:00 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. Call Florence, 670-2414. (2nd and 4th Mon.)
Young Life Club, 6:30 p.m. Open to all high school age students. Call T.J. Kaapuni. 509-679-3247.
Tillicum Riders: 7:00 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2 & 4th Mon. of each month unless a holiday, then Tuesday).
Planning Committee Meeting, 5 p.m. at City Hall (1st Monday of each month).
Cashmere Fire Department, Business management, 7:00 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8:00 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, 8:00 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.)
Ministerial Association, 8:00 a.m., Epledalen lunchroom, Call 782-7600. (2nd Tues.)
Cashmere Chamber of Commerce. Noon, anyone 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
 Open: Monday, Tuesday, Wednesday, Friday, 9:00 a.m.- 6:00 p.m.
 Thursday: 11:00 a.m.- 8:00 p.m.
 Saturday, 9:00 a.m.- 1:00 p.m.
 Sunday: Closed.

Events:

Tuesday & Wednesday, **Story time Pre-K & up** 10:00-10:30 a.m.
 Wednesday: **Preschool Story time**, 10:00-10:30 a.m.
 Wednesday: **Bilingual Story time**, 4:30-5:00 p.m. (last Wed. of every month).
 Thursday: **ATLAS events**, 3:30- 5:00 p.m. (during school year)
 Friday: **Baby/Toddler Story time**, 10:30-11:00 a.m.

Cashmere Museum and Pioneer Village

Open: Saturday, 10:00 a.m.- 4:00 p.m., and Sunday Noon- 4:00 p.m.

Chelan County Historical Society board meeting, 7:00 p.m., at the Cashmere Museum, 600 Cottlets Way. Call 782-3230. (3rd Thurs.)

Regional events

Leavenworth Fish Hatchery, Daily: 8 a.m. to 3:30 p.m. Call 548-7641.
SCORE, (small business counseling), 1:00 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tue. & Thurs.)
Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. Call: 436-1601.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Cashmere

Makerspace: Duct Tape Wallets

On June 15 at 11 a.m., teens and adults are invited to Cashmere Public Library to craft a wallet using only duct tape. For more information, 782-3314 (r 23,24)

Fund Raiser for Lake Wenatchee Fire & Rescue

"Pass the Boot" free event on

Saturday, June 15, 3-4:30 p.m. at the Coles Corner 59'er Diner. Elvis will perform and the fire truck and rescue vehicles will be there for children to enjoy. Contact Jill Pepin, 509-860-3078. (er 24).

One Community, One Book

Dan Gemeinhart, author of The Remarkable Journey of Coyote Sunrise, will be at the Cashmere Public Library June 17 from 6-7:30 p.m. (r 23,24)

Help Support The Cashmere Food Bank

Staple foods like: Canned vegetables, fruit, peanut butter, tuna and beans are always appreciated.
 The Cashmere Food Distribution Center • Located at 109 "C" Railroad Ave. • Distribution times and dates have been recently changed: Wednesdays: 2nd and 4th of each month
 Saturdays: schedule follows the Wednesday distribution
For additional information please call Jim, 741-7551

This ad sponsored by the Cashmere Valley Record

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

June 13, Thursday: Stuffed pepper casserole, buttered corn, 7 layer salad, chilled apricots, whole wheat roll, dessert.
June 14, Friday: Hot dog, baked beans, coleslaw, carrot raisin salad, Oregon berries over ice cream.
June 15, Saturday and June 16, Sunday: No lunch.
June 17, Monday: Mac and cheese with bacon or ham, peas, tossed green salad, mixed berries, whole wheat roll, dessert.
June 18, Tuesday: Crunchy chicken salad, potato salad, pickled beets, fresh fruit, whole wheat roll, dessert.
June 19, Wednesday: Deluxe cheeseburger, coleslaw, apple celery salad, dessert.

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.

May 31

02:56 **Public assist**, 2015 Mission Creek Rd.
 03:54 **Assist agency**, US Hwy. 2 and Aplets Way.
 11:22 **Court order violation**, 300 Tigner Rd., Cashmere High School.
 17:25 **Public assist**, 4270 Mission Creek Rd.
 18:06 **Suspicious**, 120 Creekside Pl.
 19:57 **Theft**, 318 Peshastin St.
 22:05 **Suspicious**, 702 Pioneer Ave.

June 1

00:02 **Suspicious**, 5825 Fleming Ct.
 06:30 **Animal problem**, 7200 Blk N. Dryden Ave.
 12:35 **Hazard**, Mission Ave. & Maple St.
 14:12 **Assist agency**, 6014 Goodwin Rd.
 14:54 **Assist agency**, Woodring St. and E. Pleasant Ave.
 22:47 **Disturbance**, 5700 Wescott Dr.
 June 2
 19:58 **Traffic offense**, US Hwy. 2 and Stine Hill Rd.
 20:08 **Suspicious**, 201 Riverside Dr.
 21:03 **Public assist**, 920 Pioneer Ave.
 21:30 **Disturbance**, 420 Elberta Ave.

June 3

08:56 **Theft**, 1445 Mission Creek Rd.
 09:39 **Assist agency**, US Hwy 2. Mp 110.
 16:27 **Extra patrol**, 120 Mission Creek Rd.
 18:20 **Public assist**, 7389 Nahahum Canyon Rd.
 19:31 **Suspicious**, 104 Paton St.

June 4

14:20 **Assault**, 302 Fisher St.
 14:44 **Civil**, 3601 Red Apple Rd.
 15:33 **Theft**, 102 Titchenal Way.
 19:00 **Traffic offense**, 6240 Pioneer Dr.
 23:53 **Liquor violation**, 125 Elk View Ln., Dryden.

June 5

10:57 **Malicious mischief**, 111 S. Douglas St.
 11:20 **Accident, no injury**, 329 E. Woodin Ave.
 16:05 **Domestic disturbance**, 3605 Yaksum Canyon Rd.
 16:43 **Harass/threat**, 5126 Tigner Rd.
 21:16 **Public assist**, 3717 Bridge St., Monitor.

June 6

07:45 **Accident, no injury**, 5607 Sunset Hwy.
 15:48 **Sex offense**, 5140 Binder Rd.
 22:28 **Suspicious**, 132 Titchenal Way.

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County Commissioners

CONTINUED FROM PAGE A1

Fellow short term rental owners along with weary neighbors are looking at the county for firmer codes to be put in place.

"I hope that the county and the commissioners really look at this issue and make the hard calls to make this an equitable playing field and to get the county the dollars it deserves, the enforcement it deserves, the fire danger money it deserves and the law enforcement money it deserves to manage the huge issue of vacation rentals in Chelan County," said Steblina.

However, there was another group effort making a presence at the meeting looking at the topic from a

different perspective. A sweeping glance around the Confluence Technology conference room and there was a wave of fluorescent yellow - Short Term Rentals Alliance Group wore matching shirts that illuminated a sense of solidarity on their stance for short term rentals. The stance that the Short Term Rentals Alliance group effort is slanted away from harsher codes and penalties.

"Really just like for them to identify what the real issues are with real data," explained Zelda Holgate, media contact for Short Term Rentals Alliance group. "We consistently hear the same three issues, trash, parking and garbage but with no data. We have ordinances on the books that already address those three issues."

Huge development

CONTINUED FROM PAGE A1

amount of tourist traffic that drives by on Highway 2. The land could catch the eyes of the drivers and cause them to tap their brakes and swerve into Cashmere.

"Most of them (the tourists) are driving right by Cashmere, driving through Cashmere. There's limited reasons for people to stop. Cashmere's a beautiful setting, but there's nothing going on here. So they (the tourists) move on, they go to Wenatchee or Lake Chelan or something else," said Link. "I see this as a possibility for a really good public, private partnership."

With the influx of tourists with heavy pockets pouring in to visit the four season recreation mecca, Link thinks this property gives Cashmere an opportunity to draw in the visitors on their way to Lake Chelan or Leavenworth. Link suggested something that is similar to falling in the same realm as Pybus Market in Wenatchee.

"Almost like a Pybus Market type project. Look how successful that's become. Why can't we do the same thing right here?" said Link. "We don't want it to compete with Main Street (in downtown Cashmere), we want it to accentuate Main Street."

Link and the Schmittens see the zoning and location making this property an ideal landing spot for a hub-seq development - whether

that be a regional hotel, more restaurants, a medical/dental offices, a community center, more retail, so on.

"This zoning is fairly new and because of its location, adjacent to the city of Cashmere and it's easy to notice where it is, next to the highway, the awareness and usability to the community as a regional hub is very high," said Link.

He emphasized that the commercial area wouldn't compete with already established businesses, but rather increase business traffic as a whole for the Cashmere community. The hub would serve the purpose of complementing Cashmere, not competing.

"Next thing you know, you have more people coming into town. Which is something I think everyone wants," said Link.

The key is to find a cooperative landowner that will flow with the direction of the vision of the property to accentuate Cashmere, according to Link.

"I can help the community bring in the right developer. We kind of (want to) shepherd the right developer that becomes a good fit for the region, the community and the area itself," said Link. "I see this development potential as a way to bring Cashmere into the four seasons recreation activities and being more of apart of it rather than people just passing through onto somewhere else."

Though no public comment was permitted nor was any action taken, the public was invited to listen in on the two hour conversation weighing options for how to steward the vacation rentals. Commissioners and staff volleyed back and forth different directions to manage the short term and vacation rentals in front of the divided audience. Throughout the meeting, the commissioners used places like Manson, with codes already in place, as reference.

"(The meeting we did hear) encouraging and positive comments from the commissioners that they needed to do more investigating and research," said Holgate.

They mulled over the idea of different codes for different house sizes and registering annually. Commissioner Bob Bugert seemed to find a lot of value in going the path of making sure fire risk is minimal in overnight rentals.

"The fire and building code don't define Vacation Rentals like a bed and breakfast or lodging houses so it's kind of a gray area," said Bob Plumb, Chelan County Fire Marshal.

Despite vacation rentals and short term rentals being a gray area, the eventual codes will be black and white so making the decisions surrounding the issue difficult.

From fire risk to volume and odor from a house - each topic of concern was treaded on as the crew tried to map out management plans. Ultimately, the widespread controversy in Chelan County will take a while to gain momentum, but Chelan County commissioners are continuously brainstorming ways to mitigate the options.



Celebrate June 14 -- Flag Day

TO UNDERSTAND HOW TO HONOR THE FLAG

U.S.C 8, per the Government Publishing Office

- The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like.
- No part of the flag should ever be used as a costume or athletic uniform.
- However, a patch may be affixed to the uniform of military personnel, firemen, policemen and members of patriotic organizations.
- The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.
- The Flag Code was adopted to protect our nation's symbol of freedom and accomplishment of those who have served. If you are unfamiliar with the rules of the banner, it's possible to be unintentionally disrespectful.
- "The flag of the United States be 13 alternate stripes red and white, that the Union be 13 stars, white in a blue field, representing a new Constellation." This resolution by John Adams was adopted by the Continental Congress on June 14, 1777, placing our nation's banner in the spotlight as a respected symbol. As new
- The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.
- The flag should never touch anything beneath it, such as the ground, the floor, water or merchandise.
- The flag should never be carried flat or horizontally, but always aloft and free.
- The flag should never be used as wearing apparel, bedding or drapery.
- The flag should never be fastened, displayed, used or stored in such a manner as to permit it to be easily torn, soiled or damaged in any way.
- The flag should never be used as a covering for a ceiling.
- The flag should never be placed upon it, nor on any part of it, nor attached to it any mark, insignia, word, figure, design, picture or any drawing of any nature.
- The flag should never be used as a receptacle for receiving, holding, carrying or delivering anything.

states gained independence and entered the United States, the number of stars and stripes increased. However, in 1818, Congress enacted a law to restore the original 13 stripes and only include additional stars to symbolize incoming states. A century after enacting the Flag Resolution, the first Flag Day was observed on June 14, 1877. While Woodrow Wilson proclaimed a day of recognition for the banner in 1916, it wasn't until 1949 when regulators officially designated June 14 as Flag Day, a national day of observance. Do you know how you are going to celebrate this year? Consider sharing the occasion with your peers and loved ones.

IN THE COMMUNITY

June 14 is a day to celebrate the historic symbolism of our nation's banner.

You can do your part by donating your time or resources to benefit the occasion. Reach out to local leaders to inquire about volunteering to help raise flags throughout your community. Many businesses and public parks in your area may need help acquiring and displaying the banner. You also can offer to donate flags to ensure there are enough throughout the area. Consider hosting a community event inviting peers and neighbors to celebrate the day. Make it an event where others reflect on what the flag means to them and praise the active or retired

For the latest local news and advertising see the NCW Media websites...

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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 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.

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Find us on Facebook at Cashmere Baptist Church



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Call for activities: Pastor Charles Clarke
www.cashmerepres.org



CASHMERE UNITED METHODIST CHURCH

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Office Hours: Monday - Thursday
10:00 a.m. - 1:00 p.m.
Pastor Lilia Felicitas - Malana



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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



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Pastor Robert Gohl

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5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

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5837 Evergreen Drive • 782-1662
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Morning Worship - 11 a.m.
Evening Service - 6:00 p.m.
Pastor John Smith www.christforcashmere.org

DRYDEN

DRYDEN COMMUNITY CHURCH

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

MID-VALLEY BAPTIST CHURCH

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

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Sunday Worship 10:30 a.m.
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Wednesday 6:30 p.m. (school year)
Pastor Todd James
www.cmbiblechurch.org



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Fred Smith • 860-3997

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Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

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Pastor Lilia Felicitas - Malana

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Pastor John Romine
www.lightinthevalley.org

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Bible Adventures for kids at 10 a.m. sharp
Pastor Jorge Torres

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



Stone takes reins of Cashmere Youth Football

By AL STOVER

There is a new face running Cashmere's Youth Football program.

Matt Stone recently became the program's president, taking over from Adam Kerns, who resigned from his position in March.

Stone had played youth and high school football. He later coached youth football, both tackle and flag, for several years. He said he got into coaching when his oldest son became interested in playing football and has developed a love for coaching the game. While he enjoys being with his sons at their sporting events - whether it is football, wrestling or another activity - Stone also likes coaching and working with kids.

"I know it's going to be a lot more work," Stone said of transitioning into his role as Cashmere Youth Football president. "But all in all, it will be good."

Stone, who moved to

Cashmere last October, had originally wanted to become a volunteer coach and learned of the open president position when he contacted Kerns about the youth football program. During their conversation, Kerns informed Stone that the program needed someone to take over and he signed up.

Although Kerns resigned in March, Stone said he has received a lot of guidance from the former president during his initial weeks in the role. He noted that Kerns has contacted parents and provided him with a list of folks who coached last season. Stone said both he and Kerns have a similar mindset in emphasizing safety and making sure kids are having fun on the field.

"With Adam, I've got some big shoes to fill," Stone said. "What he's done in the last few years has made it very easy for me (to take over). He's turned this program into something and he's been great in helping me out and is willing to stick around. I'm thankful for him

and I'm glad I reached out to him."

Stone is also looking forward to meeting with Cashmere parents. He said Kerns told him numbers dropped a little bit for different reasons, one being local kids traveling to East Wenatchee to play Pop Warner football.

"I want to keep everybody in Cashmere and hopefully working with the parents and making everything as safe as possible, we can have them come to Cashmere to play instead of having people travel to East Wenatchee to play," he said.

Since he became president, Stone has participated in conference calls with North Central Washington Football with other presidents from other community football teams.

NCW Football USA Football League tackle football rules. Stone said there will be mandatory coaches meetings during the season. He added that coaches will also have to

go through a mandatory USA Football program.

Stone has been meeting with the president of Waterville Youth Football program, which recently kicked off, and the two parties have discussed coordinating a tackle football camp.

"It's been good talking to the other communities," Stone said. "I know we have to go to Omak and Okanogan. We travel and that's tough for the families, but it will be good."

Stone is also looking for sponsors and donations to help with the program. He is in the process of acquiring new jerseys for the younger team and new decals for helmets. After those are purchased, he would like to get new uniforms for the older team.

Besides parents, Stone is also working with the Cashmere Middle School football Head Coach Collin Davidson in bringing the lingo, plays and running defense plays from the CMS football team and teach them to the younger players.



PHOTO BY AL STOVER/CVR.

Matt Stone is the new Cashmere Youth Football president.

Registration for the 2019 Cashmere Youth Football season is open. Folks can visit www.ncwyouthfootball.com to register. The registration fee is \$90 per player and practices are

scheduled to begin in August.

For more information about the Cashmere Youth Football program, visit their Facebook page at www.facebook.com/cashmeryouthfootball.



PHOTO BY AL STOVER/CVR.

Coach Andrea Lyons watches the Lady Bulldogs players interact with athletes during an icebreaker exercise.



PHOTO BY AL STOVER/CVR.

During the Youth Volleyball Camp, CHS volleyball player Grace Pixton (right) demonstrates an approach to attack the net.

Lyons is the new CHS volleyball head coach

By AL STOVER

While the fall sports season is a few months away, the Cashmere High volleyball program is gearing up for the new season. With a new season, comes a new head coach, one who has a plethora of volleyball experience.

Andrea Lyons is the team's new head coach, taking over the role from former coach Juan Sanchez. Born in Colorado, Lyons has lived in Wenatchee Valley for 25 years. She played volleyball in high school, then transitioned to the collegiate level, playing for the University of San Diego. After college, Lyons coached on and off for several years

before taking a hiatus after her children were born. She returns to the sport to lead the Lady Bulldogs, who will have several returners from last year's squad, including her daughter, Izzy Lyons.

"I love the game," Coach Lyons said. "I saw the position was open and I took the opportunity to apply for it. It's been good."

The Lady Bulldogs are coming off a 2018 season where they went 6-8 overall and lost in the quarterfinals of the Caribou Trail League tournament. The team lost only two seniors - Aleah Kert and Alondra Ramirez.

One way Cashmere is preparing for their 2019 season

is with summer practices.

The team is recently hosted a Youth Volleyball Camp, June 4-6, for Cashmere youth. Coach Lyons, along with her coaching staff and team taught incoming 5-8 graders various volleyball skills and fundamentals, such as hitting, approach, technique and communication. The campers also participated in icebreaker games and drills that promoted teamwork and had a chance to watch high school players play live match scenarios.

Coach Lyons said the numbers have been good with 36 girls turning out for the Lady Bulldogs team, and along with 40 middle school athletes attending the camp. She noted

the middle school students came into camp with range of abilities.

"They're energized and excited to play," she added, regarding the players. "We're going to spend the summer getting to know each other and I'm looking forward to a good season."

Coach Lyons said she is still getting to know players and their parents. She and the CHS volleyball team will work through the summer, practicing on Mondays and Wednesdays throughout June and July. There will also be an Elite Camp from Aug. 12-15.

"I've been a parent and fan (of CHS volleyball) for many years, it's been a fun ride," Coach Lyons added. "I'm really excited to be back in it as a coach."

Cashmere girls relay teams reach new heights

By AL STOVER

All three of Cashmere High School's track girls relay teams enjoyed success during the 2019 season, culminating at the 1B/2B/1A Track and Field State Championships in May.

The team of Ali Ball, Syd Smith, Carley Diaz and Chloe Diaz finished second in the girls 4x200 meter relay in 1:45.43, a time that is second best in school history.

The girls 4x100 relay team of Ball, Chloe Diaz, Brianna Hughes and Hailley Larson placed sixth with a 50.79. During the preliminary race, the quartet set a new school record of 50.38.

The 4x400 meter relay team, consisting of the Diazs, Smith

and Larson, won the District 6 championship with a personal record of 4:05.77, which is third in CHS history. The four failed to win a state medal after being disqualified in the 4x400 meter relay. Head Coach Jeff Keyoner said no judges raised an infraction flag, but the head referee stated one of the Cashmere runners cut off another runner during the race.

While other judges questioned the call, the head referee stood by his decision.

But to borrow a phrase from singer Meat Loaf, two out of three state medals ain't bad.

Chloe Diaz, who was on all three relay teams, said she was proud of how each group performed during the season and the accolades they earned

along the way. She added that all relay runners will return next season, stronger than ever.

"After the ending we had at state, it makes us hungrier for next year," Chloe Diaz added.

Freshman Carley Diaz, who competed in two of three relays, said she learned a lot in her first year as a relay runner, as did sophomore and second-year runner Smith. The latter also acknowledged how Bulldog runners on all three relay teams improved since the start of the season, not only in relay events, but individual competitions.

During the season, Ball and Chloe Diaz run the 100 and



PHOTO BY AL STOVER/CVR.

(From left) Cashmere's Ali Ball, Chloe Diaz and Hailley Larson celebrate breaking the school record in the 4x100 as they wait for teammate Brianna Hughes.

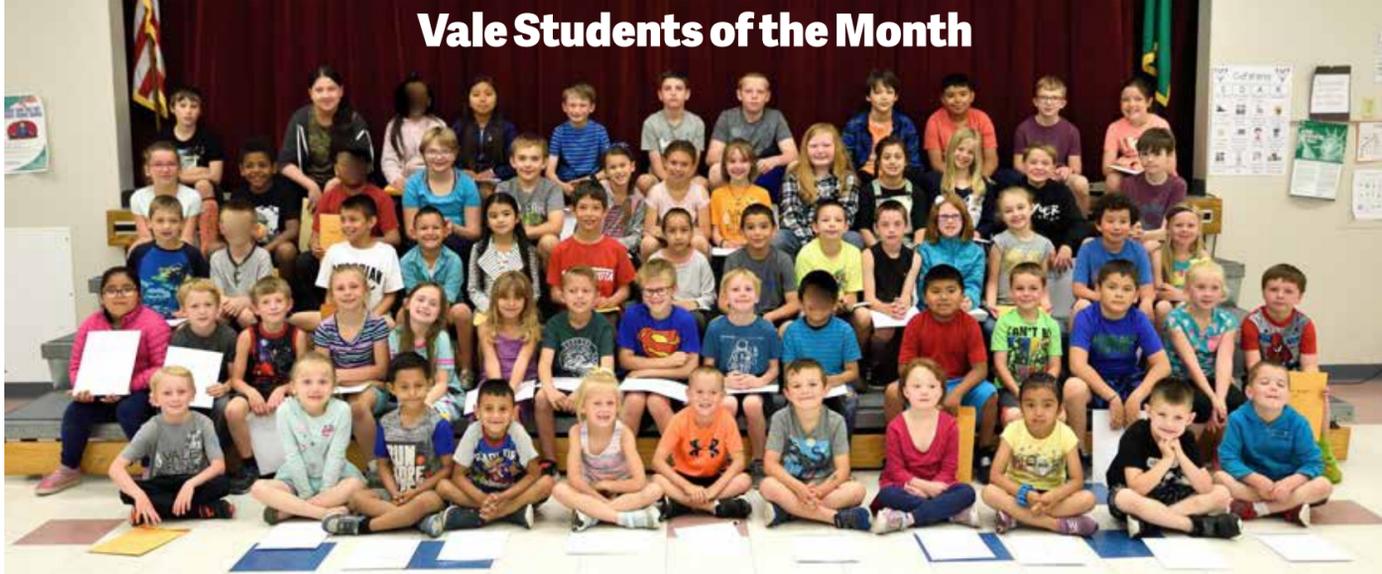


PHOTO BY AL STOVER/CVR.

Cashmere's Chloe Diaz crosses the finish line during the 4x100 preliminaries at the 1B/2B/1A State Track and Field Championships.

CONTINUED TO PAGE B2

Vale Students of the Month



May 2019 Students of the Month for Perseverance

TEACHER NAME

MAY-PERSEVERANCE

TEACHER NAME

MAY-PERSEVERANCE

Diamond Hartnell	Hadley Baker, Tate Green, Tanner Allyn
Kitchel Krieger	Anthony Mora, Juan Urrutia
Parker Scroggie	Livi Vradenburg, Sammy Rose
Bjorklund	Mason Hensley, Yosselyn Nolasco
Bryant Heidenfelder	Kloe Webber, Liam Smith
Kenoyer	Micah Six and Emily Smith
Ream	Carlos Heredia, Maxwell Miller, Nevaeh Darnell, Alisson Lopez
Avila	Yahir Sanchez and Taiden Tukey, Sebastian Oropeza
Kenoyer, K	Jeremiah Cox, Kaden Nestor, Lyla Weyer
	Brandon Pennington, Rain Duell, Jaxon Felton
	Colton Greene, Skye Butler, Cayden Begin, Jose Guerrero
	Anderson Paz Romero, Damian Reyes, Judah Rose, Mia Ochoa, Max Barragan
	Christian Arroyo, Kayden Hansbrough

Martinez	Verity Chrismer, Damani Shabazz-Pheasant, Taylor Van Winkle
Sanford	Uriah Miller, Natalie Sousley
Zanol	Lucius Hill, Kathia Luna
Bremer	Canaan Thomason, Edgar Reyna, Loretta Kain
Day	Addy Aguiqui and Brody Potter
Foster	Majestick Keyes and Kolbee Rejniak
Kruiswyk	Jasmin Dowell & Fierah Clifford
Pace	Calene Bray, Kaili Landes
Caples	David Odenrider and Evelyn Rodriguez
Couture	Grey Jacobson and Kaiden Ruiz-Cook
Donald	Kaiden Huber, Tamia Guerrero, Gabe Robertson
Griffith	Kennedy Walgren and Jance Novak
Hammond	Jayson Gonzalez and James Smith



Congratulations & Cheers to Vale Students of the Month!

**Terry & Patti Davis
Jamie R. Davis**

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Cashmere
782-1122
www.ncwrealtync.com



Vale Elementary School library open on Tuesdays during the summer

By AL STOVER

The Vale Elementary School library is once again opening its doors once a week during the summer for families.

The library will be open every Tuesday, from June 18 to Aug. 13, from 6-7 p.m. During the hour, students enrolled in the Cashmere School District can stop by the library and check out books.

Librarian Bonnie Foust said this is the third year the school is opening the library during the summer. One of the program's purposes is to help promote summer reading for children while they are out of school.

Reading Rockets, a national public media literacy initiative, explained that children who do not read during the summer can lose up to three months of reading progress, and will fall behind their peers.

Foust said the summer program will provide students

and their families a familiar place they can go. She noted that students can sometimes get scared when they venture to a building they are unfamiliar with.

"We would like the library to be a place where everyone feels comfortable," Foust added. "It's a feel-good place and we love to have people in it. There are books for everyone."

Vale is also partnering with the University of Washington and the college's Real Dawgs Read program. Students from K-8 grade will receive a Huskies Reading Journal where they will log in the number of minutes they read each day, and the books they complete. Kids who turn in their journal will receive a Huskies baseball cap.

For more information about the library's summer hours, contact Foust at bfoust@cashmere.wednet.edu.



PHOTO BY AL STOVER/CVR.

Cashmere freshman Carley Diaz raced in two relays at the 1B/2B/1A State Track and Field Championships.

Girls relay teams

CONTINUED FROM PAGE B1

200 meter dashes while Smith raced in the 800 meters. Carley Ball competed in running events and the pole vault. Ball not only claimed a share of the 4x100 record, but also broke the school record in the 200 meter dash.

"Breaking the school record is a huge payoff," Ball said. "You really get to see how your hard work has paid off."

Chloe Diaz noted the team's mindset changed as the season progressed and they wanted to send a message in how fast they can go.

The state championships was Carley Diaz's first time in a major track setting. She noted her first State Championships was scary and intimidating at first.

"In middle school, everyone did it for fun and

here is everyone is more intense," Carley Diaz said of the transition to high school track. "But it's also positive, everyone tells you 'good luck.'"

Unlike her sister, Chloe Diaz came into this season with state championship experience. In the previous year's state competition, she only competed in individual events. For this season, she was only a relay runner.

"It's definitely a different mindset," Chloe Diaz said when she compared individual and relay events. "I'm used to playing team sports like soccer and basketball, and I like relying on other runners and other teammates."

Ball said she and the other Bulldog runners have high expectations of each other, yet they also work together, depend on one another and provide encouragement during a race. Before every race, the

team comes together to pray and calm their nerves.

Chloe Diaz said relay athletes also need to be strong and focused, even when they make mistakes, like dropping the baton during the handoff.

"A team is only as strong as their weakest runner," Chloe Diaz added.

To prepare for next season, the athletes will compete in summer sports, and meet up on the track. Similar to this year, the athletes will push one another during practice and workouts.

"We're all so tight and really great friends, we text back and fourth, 'let's meet up' and go work out," Ball added.

While breaking the school record is an accomplishment it also adds pressure to break it next year.

"But that's the exciting part," Chloe Diaz added. "We know we can do this."

Evergreen Mountain Bike Alliance to hold summer skills camps

By AL STOVER

For mountain biking rookies seeking skills, or bicyclists who are looking to refresh their knowledge, the Central Evergreen Mountain Bike Alliance is holding a few beginning camps in June and July.

The skills camps are open to riders of any skill level.

One of the first events is a Beginners Youth Skills camp for ages 6-9 from June 17-21 at the Leavenworth Ski Hill.

The next is a Beginner-Intermediate Youth Skills Camp, for ages 6-12, at Squilchuck State Park from June 24-28, followed by a camp for ages 8-12 from July 22-27 at Squilchuck.

There will be an Intermediate Youth Skills Camp for ages 9-12 at the Ski Hill from July

8-12 from 9 a.m. to noon.

Instructor Kate Bonnett said this is the third year the organization is hosting the camps. She approached Evergreen three years ago and asked if they were interested in coordinating skills camps for local riders.

She explained the camp will provide skills for attendees in order to help them become better riders. Even folks with years of riding experience under their belts can learn new aspects of mountain biking to add to their repertoire. Before she started teaching the camp, Bonnett said she had to take classes on the subject matter. Although she has been mountain biking for more than 20 years, she learned "so much" from those classes.

"That's the beauty of

mountain biking, you can meet each student where they are (skillwise)," Bonnett added.

Some of the first lessons riders will learn at the camp are body positioning on the bike, breaking and moving technique. They will also learn how to push their bike forward and backwards, as well as how to navigate around corners and obstacles.

Riders will also learn how climbing and descending techniques, gear and shifting, pedal up a hill, and how to efficiently use their energy. They will also receive instruction on trail skills and cornering.

Bonnett said riders will start their lessons on flat surface. Once they become more comfortable on the ground, they will transition to the trail.

In addition to their

youth camps, Evergreen is hosting classes for adults, including their Mountain Biking Foundations class. A MTB Foundations 1 class is scheduled for June 15 at Leavenworth Ski Hill and Aug. 24 at Squilchuck State Park.

"Our whole goal is to get families involved in mountain biking, not just kids and adults" Bonnett said. "It's a family sport."

Each attendee will be responsible for supplying their own working bike and a helmet. Cost for the youth camps is \$130 for Evergreen Mountain Bike members and \$165 for non-members.

For more information about the camps or other programs, visit Evergreen's website at www.evergreenmtb.org, or contact centraleducation@evergreenmtb.org.

'Japanese-style' acupuncture penetrates Cashmere market

By KALIE DRAGO

Record Reporter

Dotted along downtown Cashmere are plenty of unique establishments, each offering their various products and services. Now there's a new kid on the block offering an alternative medicinal solution to the traditional, pharmaceutical route - Inner Peace Acupuncture, originally located in Wenatchee, and owner Lisa Jordan has moved into 101 Cottage Ave. Suite K.

Jordan invited the community to get some insight into the fresh new Cashmere business on Friday, June 6 and Saturday, June 7.

"I love the community, I love Cashmere. I love the small

town feel and the comradery," said Jordan.

Jordan wanted to relocate to be closer to her home and have a broader array of customers to service in the Valley rather than just streaming Wenatchee customers in her acupuncture shop. She is planning on weekly community clinics.

"We're going to start having a weekly community clinic acupuncture, which is seated acupuncture. People come in, sit down in an anti gravity chairs. It's discounted because you're just getting the front of the body done," said Jordan.

Her meet and greets aren't limited to just the grand open house - she is going to be offering free meet and greet sessions to educate those

interested on the acupuncture practice used at Inner Peace.

"I do a Japanese style of acupuncture, which is a little different than your traditional Chinese medicine style. It's a much gentler form of acupuncture, it's thinner needles and not as many needles," said Jordan. "I'm in the room with the patient the whole time instead of putting the needles in and walking out."

This style of acupuncture may lessen some of the mild intimidation that a few folks might have about approaching the method. Jordan was able to rattle off quickly several areas, among others, that acupuncture helps relieve.

"Acupuncture is so good for

so many different health issues. It's huge for pain, lot of studies how it helps depression and anxiety. Veterans are being covered through insurance for it now because it's really good for PTSD. It's amazing for autoimmune disorders, I could go on," said Jordan.

She has done massages for 25 years and will offer massages as well if asked, but that is not covered by insurance. Jordan confirmed that she will be offering a senior and veteran discount for her treatments.

"I think its a great way to try something different if they are not wanting to go the pharmaceutical route," said Jordan. Go to: screamingoctopus.com/about-lisa or call Lisa @509-4237095.

Dryden Community Church celebrates 100th birthday

By KALIE DRAGO

Record Reporter

Over the course of 100 years, Dryden Community Church has been a pillar in the community, long standing source for faith and an eye-catching structure from the highway between Cashmere and Leavenworth. Dryden Community Church has undergone many challenges and transitions throughout history, a natural course for a long standing church to take, however the church has only prevailed and continued to be a beacon of faith and service in the Dryden community.

"It is a warm, friendly church and I don't think it's anything we've made" said Marie Goehner, long time Dryden Community Church member. "There's a generosity and it's incredible how people have given to us."

Many community members in the Valley, whether involved with the church or not, have paused to admire the symbolic

steeple or pass the plate to a neighbor at the Harvest Dinner and can recognize the church's values that have remained solid over 100 years. The love and faith in the church isn't a product that was manufactured, but qualities that have been preserved over time.

"We're small in numbers, but big in heart and God is our focus," said Jean Dennis, Dryden Community Church member. "God's word never changes and that is really a basis for our church."

In the span between 1919 and 2019, there has been a 1963 remodel, an addition of a basement, even a transition in the primary language within the walls of the church (German to English). However, despite changes, the Dryden Community Church's legacy has remained stagnant - Church members, Sandy Reiman, Dennis and Goehner all credit this to the heart of the community and the desire to sustain and maintain that

heart.

"Christ is our foundation, script is our authority, prayer has been our power, the world has been our mission and heaven is our hope," read Goehner from the church's closing thought.

Throughout history, Dryden Community Church intertwined itself in the current culture and issues to help out and provide service.

During the Great Depression, people being crippled by limited financial means, the church had an influx of members looking to worship - despite money being scarce, the church still accommodated their congregation by adding the basement. The outreach went beyond just locally serving, but during the Korean War, the church sponsored Korean orphans. Since then, the church transitioned into making its mark across the globe - Haiti, Philippines, South America and Tonga are just some of the places the church

has funneled their mission work into.

"Missionary and serving has always been a real focus for the church," said Dennis.

Beyond the heart being what kept the church going - which is evident throughout the many years that the church has stood on the corner, welcoming visitors that trickle into Dryden - the soul is in the music that Dryden Community Church is known for.

"We used to be known up and down the Valley as the singing church," said Goehner.

So it's fitting to celebrate the 100 year birthday party, Dryden Community Church will have the Village Voices performing the first part of the three long day celebration. On June 21, Village Voices and other musical acts will take place. On June 22, there will be a barbecue and an open house. On June 23, the usual worship service and a dinner later will be the end of the birthday festivities.



Man accidentally shoots himself in the groin

By KALIE DRAGO

Record Reporter

A previously 13 time convicted felon allegedly had a firearm in his front pocket and accidentally wounded himself in his groin and thigh at his Cashmere apartment on April 5 - according to Chelan County Sheriff public records. Cameron Wilson, 27, had drugs stored in his anus as well and this was discovered when he went to the hospital to treat the gunshot wound, according to public records.

According to the incident report, Wilson had his girlfriend drive to Lincoln Park in Wenatchee to pass over the pistol to a friend. A nurse from the Central Washington Hospital reported to the dispatcher that the gunshot was self inflicted to his scrotum and thigh and that he didn't want law enforcement involved.

During a strip search at the Chelan County Regional Justice Center, another bag of marijuana fell out of his body. Authorities were listening in on Wilson's phone call, at the

correctional facility, with his girlfriend while he requested her to not cooperate with the investigation. Police also discovered meth at some point during the investigation.

Due to those sequence of events, he is charged with possession of a firearm, unlawful possession of meth, possession of a controlled substance in a correctional facility and four counts of tampering with a witness.

Wilson turned himself in on April 18, has a bond set at \$110,000 and expected in court on June 18.

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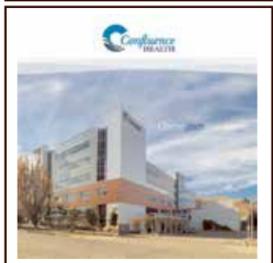
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www.threerivershospital.net
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CROSSWORD PUZZLE

THEME: SUMMER FUN

ACROSS
 1. 70s hairdo
 5. Used for Chinese cooking
 8. Part of URL
 11. * -and-slide
 12. Cone-shaped quarters
 13. Formerly known as dropsy
 15. "Les Misérables" author
 16. Hissy fit
 17. Sink hole
 18. *It varies widely in different regions
 20. One from the Magi
 21. Native American emblem
 22. Lavatory, abbr.
 23. Like #21 or #37 in this crossword
 26. Borrower's warranty
 29. Geological time period
 30. Experienced sailor
 33. Wraths
 35. Turning abstract into real
 37. Zippo
 38. Carl Jung's inner self
 39. It's considered abominable
 40. Ticks off
 42. Mightier than sword?
 43. *Popular July 4th event
 45. Climb Kilimanjaro, e.g.
 47. Bigheadedness
 48. Hawaiian veranda
 50. Vegetarian's protein source
 52. *It won't last long in the heat
 55. Canada's favorite tree
 56. UN civil aviation agency
 57. Another spelling for #54 Down, sing.
 59. Listens to #19 Down
 60. Accepted behavior
 61. Copenhagen native
 62. Flower precursor
 63. D.C. time
 64. Church part

DOWN
 1. *Bonfire residue
 2. Mess up
 3. Capital of Latvia
 4. Porto, to many English-speaking tourists
 5. Painful expression
 6. Poppy product
 7. *In need of a breeze
 8. Like Beethoven
 9. Fail to mention
 10. *A farmer's
 12. Sleeping sickness vector
 13. Hoover's middle name
 14. *Blast from past in movie watching
 19. -boots
 22. Car nut
 23. Bald eagle's nest
 24. Do like ivy
 25. Yogurt-based dip
 26. Cobbler's concern
 27. Nonsense
 28. Red Sea nation
 31. Actress Hathaway
 32. Mammoth site, e.g.
 34. *Summer castle material
 36. *Light bearer
 38. Very, in music
 40. Big fuss
 41. Kidnapper's demand
 44. Fits of shivering
 46. *Noisy insect
 48. El Pollo ____, pl.
 49. Not together
 50. Off-limits
 51. Newspaper piece
 52. Conifer
 53. Like 2016
 54. Ages and ages
 55. Flash dancers
 58. Born, in society pages

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	7	9	8			
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5	4	9			2	6

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HELP WANTED

Piano Accompanist for Cashmere United Methodist Church. This vital member of the music ministry team at CUMC will provide piano accompaniment as needed to support the worship team and worshipping congregation. Hours are from 10:30 a.m. to 12:30 p.m. 48 weeks at 2 hours weekly. This is a paid position. Position is open until filled. A complete Job Description can be found on the "Cashmere United Methodist Church" Facebook page.

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

PUBLICNOTICES

IN THE SUPERIOR COURT OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN
DENISE CARTER,
Personal Representative of the Estate of Helen Maxine Anderson,
Plaintiff,
vs.
RONALD POTTER, a single person; and JOHN DOE and JANE DOE.
Defendants.
NO. 15-2-00737-2
SUMMONS BY PUBLICATION
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3800 West Malaga Road
Malaga, WA. 98828

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 5th day of June, 2019, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Denise Carter, as Personal Representative of the Estate of Helen Maxine Anderson, and serve a copy of your answer upon the undersigned attorney for the plaintiff, Denise Carter, as Personal Representative of the Estate of Helen Maxine Anderson, at the office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The object of this action is to quiet title in the property commonly known as 3800 West Malaga Road, Malaga, Washington, to abate nuisance and to eject all persons residing thereon from the property.
DATED this 31st day of May 2019.
MURDOCK LAW FIRM, PLLC
By
EARL W. MURDOCK WSBA# 19001
Murdock Law Firm, PLLC
222-A S. Mission Street
Wenatchee, WA 98801
(509) 663-6000
Published in The Leavenworth Echo/ Cashmere Valley Record on June 5, 12, 19, 26, and July 3, 10, 2019. #85347

PUZZLE SOLUTION

7	6	3	4	1	5	8	9	2
8	1	5	2	7	9	4	3	6
2	9	4	3	6	8	7	5	1
4	5	7	9	8	6	1	2	3
9	3	2	1	5	4	6	7	8
6	8	1	7	2	3	9	4	5
1	7	6	5	9	2	3	8	4
3	2	8	6	4	7	5	1	9
5	4	9	8	3	1	2	6	7

APPLIANCES

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

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

Your ad will appear online and in the newspaper for one low price.

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**

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

GARAGE & YARD SALE

MOVING SALE ONE DAY ONLY Saturday, June 15 8 a.m. - 3 p.m. 10540 Simpson Road, Leavenworth. Furniture, tools, camping gear, misc. household items.

CLEAR SOME SPACE WITH A YARD SALE



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

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.

MOVING SALE

MOVING COOK BOOK COLLECTION FOR SALE. 402 already boxed, more to be added, excellent condition. 509-682-4709

MOVING SALE

Leavenworth: huge moving sale, on June 15, 8-4, at 12663 Prowell St. 43 years accumulation must go. Collectables and primitives. Lots of shop items, tools, ladders and other guy stuff. Yard, garden tools, pots and new cedar flower boxes. Camping tents, sleeping bags, and 1950's Coleman camp table. Canning supplies, sewing machine, fabric, quilts and craft items. Lamps, bar stools daybed, other furniture. Way too much household to list. Everything is priced for quick sale, This is the one to go to first!



NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-18-830898-SH Title Order No.: 8737760 Reference Number of Deed of Trust: Instrument No. 2399011 Parcel Number(s): 19619 / 222009520785 Grantor(s) for Recording Purposes under RCW 65.04.015: JAMES ROWE, AN UNMARRIED MAN Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Wells Fargo Bank, NA Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: WELLS FARGO BANK N.A. I. NOTICE IS HEREBY GIVEN THAT Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 6/21/2019, at 10:00 AM AT the main entrance to the Chelan County Courthouse, located at 350 Orondo St. Wenatchee, WA sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 19, BLOCK 9, COLUMBIA VISTA ADDITION, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 5 OF PLATS, PAGE 9. More commonly known as: 908 WILSON ST S, WENATCHEE, WA 98801 which is subject to that certain Deed of Trust dated 4/11/2014, recorded 4/17/2014, under Instrument No. 2399011 records of CHELAN COUNTY, Washington, from JAMES ROWE, AN UNMARRIED MAN, as grantor(s), to FIRST AMERICAN TITLE INSURANCE CO., as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. (MERS) AS NOMINEE FOR SUBURBAN MORTGAGE COMPANY OF NEW MEXICO, DBA MORTGAGE ADVISORY GROUP, IT'S SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to Wells Fargo Bank, NA, the Beneficiary, under an assignment recorded under Auditors File Number 2474393. II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/ Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$14,876.75. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$145,339.85, together with interest as provided in the Note from 1/1/2018 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 6/21/2019. The defaults referred to in Paragraph III must be cured by 6/10/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 6/10/2019 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 6/10/2019 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 7/23/2018. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Website: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-18-830898-SH. Dated: 2/14/2019 Quality Loan Service Corp. of Washington, as Trustee By: Maria Montana, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-18-830898-SH Sale Line: 916-939-0772 or Login to: <http://wa.qualityloan.com> IDSPub #0150422 5/22/2019 6/12/2019. Published in The Cashmere Valley Record/ Leavenworth Echo on May 22, and June 12, 2019 #84521.

PUBLIC NOTICES

City of Cashmere Notice of Existence of Small Works Roster & Vendor List
City of Cashmere maintains a Small Works Roster and a Vendor List of contractors and businesses who are eligible to submit proposals for various public works projects and services, or who can be contacted for non-public works purchases. The Small Works Roster is used for various projects not to exceed \$300,000, in accordance with the laws of the State of Washington, which the City of Cashmere may utilize during the year for public works projects pursuant to RCW 39.04.155. Contractors and businesses interested in applying for placement on City of Cashmere's Small Works Roster or Vendor List may do so by submitting an application. Please contact Cashmere City Hall at 509-782-3513 or visit www.cityofcashmere.org. Published in the Cashmere Valley Record/Leavenworth Echo on June 12, 2019. #83935

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of DELWIN DICK ZORNES, Deceased.
No. 19-4-00176-04
PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)

The Administrator named below has been appointed as administrator 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 Administrator or the Administrator'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 Administrator 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 June 12, 2019
/s/ William D. Zornes
William D. Zornes, Administrator

Attorney for the Administrator:
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: 19-4-00176-04
Published in The Leavenworth Echo/
Cashmere Valley Record on June 12, 19 and 26, 2019. #85389



WHAT'S HAPPENING
EVENTS
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PUBLIC NOTICES

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

In the Matter of the Estate of FRANK JEWETT Deceased
NO. 19-4-00159-04

PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)
The Co-Personal Representatives named below has been appointed as Co-Personal Representatives 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 Co-Personal Representatives or the Co-Personal Representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Co-Personal Representatives served or mailed the notice to the creditor as provided under RCW 11.40.020; or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION DATED this 29th day of May, 2019.

By
NAVONNE BELT
Co-Personal Representative
Address: 103 Falcon Ridge Rd
East Wenatchee, WA 98802
By DONAVON JEWETT
Co-Personal Representative
Address: 3030 GS Center Rd,
Ste. E
Wenatchee, WA 98801

Attorneys for Co-Personal Representatives:
JEFFERS, DANIELSON, SONN & AYLWARD, P.S.
By
Lindsey J. Weidenbach,
WSBA NO. 43523
2600 Chester Kimm Road
Wenatchee, WA 98801

CHELAN COUNTY CLERK'S OFFICE
Ms. Kim Morrison, Clerk
Chelan County Superior Court
350 Orondo Avenue, Suite 501
Wenatchee, WA 98801-2885

Published in The Leavenworth Echo/
Cashmere Valley Record on May 29,
and June 5, 12, 2019 #85219

Stool softeners, laxatives, here is the difference

Q: After I had my hip replaced, my surgeon recommended I take a stool softener for a couple of weeks to prevent constipation. Is that the same as a laxative?

Laxatives encourage movement of your stool through your intestines, helping to prevent and relieve the pain and pressure of constipation. The word laxative means "to loosen", similar to the more common words "relax" and "lax", meaning acting loose or relaxed. So, a laxative works to "loosen" your bowels, relieving constipation. Stool softeners are considered a particular type of laxative called an emollient laxative, used to lubricate the stool.

When you swallow a bite of food it starts down a series of tubes called your digestive tract. Highly acidic gastric juices are secreted by cells in the lining of your stomach, breaking down your food into a form that will eventually be absorbed into your body. Moving the mostly liquid mass of food from your stomach into your small intestine begins the process of absorbing the vital nutrients in the food that you just ate.

Your intestines are lined with special cells designed to absorb nutrients, medicines, and water. There's also a layer of very important muscles that run the entire length of your intestines that keep that mass of food and liquid moving along, and whatever is left over is eliminated as stool or feces.

The longer it takes to move through your small intestine to your rectum, the more water gets pulled out of your stool, making it smaller, harder and more painful to eliminate. An emollient can soften the stool both by pulling moisture back into the stool and by lubricating it, easing the discomfort of constipation. The most common stool softeners are docusate and mineral oil.

Docusate is a surfactant very much like a detergent or soap, and helps water to move into your stool. Although docusate doesn't directly stimulate the muscles of your intestines or increase the movement of stool, it can relieve constipation by replacing some of the water in your stool that is absorbed by your body as it moves through your intestine. Docusate is usually easy to tolerate but may occasionally cause diarrhea or stomach cramps. Unlike mineral oil, it doesn't interfere with absorption of nutrients or vitamins.

Mineral oil is a liquid refined from crude oil. It lubricates the stool but doesn't increase its water content like docusate. Mineral oil is colorless and odorless, and "baby oil" is a scented version of it. Mineral oil can interfere with your body's absorption of fat-soluble vitamins like vitamin A, D, E and K, eventually causing a deficiency and also can leak out from your



rectum. If you accidentally inhale it while trying to swallow, mineral oil can cause life-threatening irritation to your lungs. Mineral oil usually stays in your intestine where it is needed, but if you take docusate and mineral oil together, the mineral oil can be absorbed into your body and away from where it can help relieve painful elimination.

Emollient laxatives like docusate and mineral oil may turn your stool "mushy" but don't directly stimulate the muscles lining your intestine. While most people get results within 2 days, it can take up to five days for full effect.

Here are 5 Tips on Using a Stool Softener:

1. Drink enough water and fluids, especially around mealtimes.
2. This will help docusate do its job of helping move water into your stool.
3. If you are on a sodium-restricted diet, choose docusate calcium instead.
4. Docusate has two forms, sodium and calcium. If you must restrict your sodium intake, choose docusate calcium instead of docusate sodium. It can be hard to find; if you don't see it on the shelf, ask the pharmacist.
5. If you have trouble with large pills, don't buy 250mg docusate capsules.
6. The size of the capsules is hard to see through its dark bottle. Although the 250mg capsule is a better value than the 100mg because they cost the same, the 250mg capsule is HUGE and should not be cut.
7. Avoid cutting or biting docusate capsules.
8. Docusate tastes HORRIBLE, just like soap, because that's what it is. Avoid biting or cutting docusate capsules unless you like the soapy taste. The syrup is nearly as bad; it ranks consistently at the bottom of liquid taste tests and the aftertaste can linger for hours.
9. For faster results, choose a combination laxative and stool softener.
10. Docusate is often combined with a more stimulating laxative like senna or bisacodyl. Senakot-S® and Peri-Colace® are examples of combination products.

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. Your questions and comments are always welcome at www.AskDrLouise.com.*
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