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Leavenworth Summer Theater Celebrates 25th Anniversary

By KALIE DRAGO
NCW MEDIA REPORTER

The Leavenworth Summer Theater has been a constant in Leavenworth summers since 1994. This season, founders John and Susan Wagner, are celebrating the 25th anniversary of the theater program.

A Leavenworth community staple, the theater has been flocked by locals, tourists and returning faces. According to Leavenworth Summer Theater executive director, Susan Huffman, the audience average is over 20,000 visitors.

But despite its success, the local performance powerhouse did face obstacles before evolving into a beloved centerpiece for the Leavenworth arts and music community. The theater faced difficulties in its first season. Some are results from natural forces, Leavenworth fires, and others stemmed from frustrating circumstances like empty audience seats.

“We (John and Susan Wagner) were actually very discouraged after the first summer, because even before the fires, we were only averaging about 10 people a night in the audience for our first show, *Hansel & Gretel*,” John and Susan Wagner, founders, said. “We thought we were done. But our business partner, Bill Weis, our main financial backer, wanted to give it one more shot so we agreed to try again at the Hatchery with *The Sound of Music*.”

The theater’s first year was produced in the IRMS Commons, however the second season, with *The Sound of Music*, was performed outdoors at Hatchery Park. The Sound of Music and the scenic outdoor venue remained core features of the theater as the years unfolded to achieve a flourishing growth from the original 10 person audience.

Sound of Music is a continuous performance for the program that remains popular, even among the returning audience members. Despite familiarity with the Von Trapp family, the musical continues to be welcomed

back warmly.

“The vast majority of Sound of Music performances sell out year after year, and it has developed its own following with strong word-of-mouth support,” the Wagners said. “The natural ambience of the Ski Hill Amphitheater is also a big part of the show’s continued success.”

The “Bavarian Village” setting magnifies the attraction to the performances. The musicals unfold beneath a picturesque foreground that illuminates the magical quality of the theater. The overlap of the Leavenworth idyllic scenery and the vibrant musical numbers harmonize



John and Susan Wagner

to create an unequivocal performance for the audience.

However, talent both on stage and off, is the foundation for the theater’s success and high ratings. Rather than a particular starry night performance or a standing ovation, Huffman circles back to the people involved in the program when it comes to the highlights of LST over the years. She said, it’s the people, always the people.

“The talented actors on stage, the creative directors that have a vision and bring it to life, the children who learn new skills and give joy to so many as they bring young energy to the performance,” Huffman said “And without a doubt the skilled leaders on the Board of Directors who have helped guide Leavenworth Summer Theater over the years to become such a terrific and well-run nonprofit organization.”

The theater has a collective force of thespian talent, including both local and surrounding area. Both young,

fresh faces and seasoned veteran actors gravitate towards the theater’s stage.

“The young students who are cast in shows and the young musicians who play in our orchestra pits are an integral and special part of who we are,” Huffman said. “We celebrate them and are proud to contribute to their growth and opportunities.”

The secret to keeping up seemingly effortless performances for 25 years isn’t just the ability to hit a high note or never stuttering over a line - it’s the underlying teamwork.

“The year we did *Camelot* at the Festhalle, I was in the audience waiting to watch the performance, when a staff member ran over and frantically informed me that the pianist hadn’t shown up,” Susan Wagner, music director, said. “I drove home, grabbed the score, drove back, ran backstage, and played the show.”

Wagner said this was just one small example of the ways everyone pitches in to help each other because the show must go on.

The theater doesn’t limit its helping hand within the program, but also the community as well. In an effort to support local students and schools, the Leavenworth Summer Theater allows music booster clubs to raise funds by selling concessions at both the Ski Hill Amphitheater and the Hatchery Park Stage.

“The funds raised at concessions allows the boosters to offer expanded music education and special opportunities that would not be available under normal circumstances,” said Huffman. “Supporting the next generation of arts and music is important to Leavenworth Summer Theater.”

The Leavenworth Summer Theater has been intertwined with the community throughout its 25 years, with locals returning each summer to watch the performances. For the 25th anniversary season, there are 39 performances for 2018: 20 performances of *The Sound of Music*, 12 performances of *My Fair Lady* and seven performances of *Little Women*.

Current Chelan PUD Commissioner Randy Smith wants to stay on board



Randy and Donna Smith

By GARY BÉGIN

CASHMERE – Chelan Public Utility District Commissioner Randy Smith, who is a retired orchardist from here, has decided to run for reelection. NCW Media Managing Editor Gary Bégin was able to catch up with the super busy Smith and pose a few questions about his reasons for running for office again. His answers follow:

NCW Media: How long have you been on the Board and why do you want to remain?

Randy Smith: I’ve been on the board for 12 years and have found the position to be a tremendous opportunity to provide policy guidance for delivering the services to our county residents that we all take for granted, electricity, water, and for a limited group, waste water. Also to help lay out the roadmap for the next essential utility service, fiber optics, to reach the maximum number of people possible in Chelan County. All of these utility services are continually a work in progress, and I’d like to be there for the next six years to help ensure that we “stay the course” in how we are providing all of these for our customer/owners.

NCW Media: Why is bitcoin and block chain technology regulation so important to our electric grid?

Smith: While I do not pretend to understand how bitcoin really works, what I do know is that we have to get our policies regarding large installations right to protect our Chelan County residents. We understand that bitcoin can consume a HUGE amount of electricity, and could leave literally overnight leaving stranded infrastructure that costs millions of dollars to install. Those policies need to include the right price for the electricity and the right amount of upfront payment from the operators for infrastructure improvements, to ensure that we don’t get stuck with those costs if they leave.

NCW Media: What projects have you completed and/or started as a PUD Commissioner that you are proud to point to?

Smith: Several years ago in 2013, the Commission and Senior Management embarked on a very large outreach during our Strategic Planning Process. We had several thousand Chelan County residents engaged in this process. What came out of that process is nothing short of astounding ... we would not have done many of these things without the public input: Free day use passes at our parks operated by the State Parks system; A slow sustainable buildout of our fiber optics network; The creation of a “Hydro Research Institute”. One that

were in the process of doing, and was reaffirmed by the public was to pay down our debt. We have now paid down nearly 50% of our debt from over a billion dollars eight years ago, to a little over \$500 million today... and more reductions are planned. Lastly, and maybe most importantly, was how our customers were looking to the future and saying, “reinvest in our assets”, meaning, make sure that our dams and other facilities were ready to go for another 50-100 years. We are in the beginning stages of a very large reinvestment in our dams and facilities.

NCW Media: What has been the best practice in keeping our power rates so low?

Smith: Making sure that we are operating efficiently and our outside power sales are key components of keeping our rates low. As long as we can continue to sell nearly 80% of the power we produce to others, we will continue to keep lower our rates here locally. Our customer/owners currently enjoy nearly 40% discount off their actual power costs because of these sales.

NCW Media: Are there plans for more power production in general and especially for those aforementioned new technologies?

Smith: With our current large production of electricity, there are no immediate plans for additional power production. However, if there was customer demand for the new technologies, we would always listen.

NCW Media: If you had one paragraph to educate the public about the purpose of the PUD, in your vision, what would you say?

Smith: PUD’s are publicly owned not for profit utilities dedicated to the belief that local decision making can produce the best results and lowest costs possible that our customers want in their utility services. We are not driven to produce profits for shareholders, only the lowest cost, most reliable, most customer friendly utility possible. The decision makers (Commissioners) are locally elected and held accountable at the ballot box for those decisions.

NCW Media: Why are you a better choice than your opponent?

Smith: I always choose to talk about what I see as my strengths, and then let the voters make their decision about who is best qualified. I’m a good listener, team player, knowledgeable of the issues, highly experienced in financial affairs and always try to make decisions with my eyes on the future of our utility. Maybe

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Cashmere City Council mulls request for recycling rate increase by Waste Management, other issues

By KALIE DRAGO
STAFF REPORTER

The Cashmere City Council congregated at its usual 6 p.m. in City Hall to discuss a variety of town business shifting from future plans for Cashmere to the progress of town maintenance. Tree trimming, Waste Management’s policy on clean recycling and even the passage of the Washington Voting Rights Act were all topics that surfaced in Monday’s meeting.

Shortly after the meeting began, Councilman Dave Erickson brought up the recent July finalization of the Washington Voting Rights Act and his foreshadowing for Cashmere City Council’s future overlap with the act.

“It applies to all jurisdictions over 1,000 people so it applies to us - I thought it might be something we would want to add as a future council agenda item for discussion so we can be proactive and approach,” Erickson said.

“If we’re proactive with this approach, if the city gets sued because of the Voting Rights at least we can show we’ve taken steps to start a process.”

This suggestion was merely



Mayor Jim Fletcher

a forecast of the possible future impact the Washington Voting Rights Act might have on Cashmere government and citizens. The council then went on to funnel into areas of concern and projects that currently are impacting Cashmere locals.

The completion of 2018 Cashmere

BST Project for Cashmere streets, 2018 Pavement Preservation Overlay Project and Public Works Building Re-Roof Project were addressed in the meeting. A collective murmur of approval rippled from the table, as the Council members addressed the outcome of the Small Works Roster Construction projects.

“I drove around to each one of these on Saturday and they all look really good,” Councilman Daniel Scott said. “I especially like that Fisher, that came out really nice.”

However, despite the enthusiasm about the completed projects, there was a degree of hesitation about the Waste Management’s letter requesting a recycling rate increase. Several inconsistencies, flaws and general uncertainty filtered out from the letter.

The members vocally deconstructed the request to find an abundance of questions left unanswered and possible negative outcomes. They also suggested proactive solutions needed from Waste Management, such as educating citizens on recycling.

“I looked through the letter and

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The truth about radio talk shows

Most folks feel that radio is “sexier” than print media, but if they only knew the truth about radio talk shows. What really goes on behind the scenes? Are you actually listening to who you think you are? Was that really Jay Inslee or Dino Rossi or a hybrid named Dino Inslee found sleeping in the park?

No one actually checks the reporters to make sure they are really interviewing the real Inslee or Rossi, but of course they are big names and their voices would be easily discernible. What about small town movers and shakers?

I have a friend in that biz, aka the dark side.

Once she invited me to join her on an interview taped at the subject’s location. (Her show was always taped and then aired later.) Anyways, the topic for the week was “How cities should handle your tax money?”

We drove around for a bit, stopped and had breakfast, then drove around some more. I said to her, “I thought the interview was scheduled for an hour ago?”

She said that was just what the boss at the station wanted to hear as an excuse for leaving the place so early, but we can stop anytime and almost

anywhere to do the interview, she said, kinda surprising me.

About 10 minutes later she stops at the little Kiwanis Park in downtown Wenatchee right between Key Bank and The Cook’s Corner diner.

I kept quiet and watched her do her magic.

Close your eyes and imagine - Ceasar “Salad” Chavez might really be ... Luis Montoya.

“Hey buddy, hey you! Want some Night Train Express?” (Cheap red wine). The guy said sure thing lady, what’s the catch?

“I just need you to say a few words into this tape recorder, okay?”

The guy said again, sure thing lady, but I want to see the bottle before I say a word.

With that, she reached into her large overcoat and pulled out a flask-sized bottle of the old poison. She then said into the recorder: “Good morning listeners. Today we’ll be talking to a friend of the famous labor organizer Caesar “Salad” Chavez, Luis Montoya, head of the Seattle to Chelan Taxpayer Alliance.”

She then stopped the tape and asked the old grizzly guy if he could take a few sips to steel his nerves first and then talk to her a bit. He said sure thing

lady. He said his name wasn’t Luis Montoya, but for some red wine, he’d play along. He also said he never knew Chavez, but that was a minor point, according to my friend in radio.

“Please call me Kathy.”

Sure thing lay –er, Kathy, he said.

The tape came back on and she looked at him and said, “Luis, please tell my listeners what your group is all about?”

After years of consultation and observation of the best practices as followed in a variety of municipalities, we agree that cities should spend taxpayer money on more and better social services.

“Can you be more specific Luis?”

Sure thing Kathy. It is great that some non-profits feed us and house us and others even clothe us, but we feel as a group and individually that it just isn’t enough. That’s why we think we are entitled to more taxpayer moolah.

“Moolah as in milk Luis?”

Milk and moolah are two different dogs in two different fights and we ain’t talking bovine here so get yer mind outta the trough. Moolah is money, gelt, greenbacks... cash. We feel the city ought to build a 50-room, pet friendly, drink and drug friendly apartment complex. Of course it needs to be rent free and have free internet and huge televisions



in every room and a free cell phone for each apartment. It would also be preferable if it were on the river so we could fish while we drug and drink.

“Aren’t you missing the refrigerator full of beer and wine in the community room too?”

You musta been reading my mind. The fridge is also where the free diabetic insulin will be maintained and my favorite, bleu cheese.

“Then the Ritz, Townhouse and Saltine crackers must be in the pantry?”

That’s right, crackers of all types in the fridge and pantry along with the usual food stamp staples: tuna fish, hotdogs, sardines, beef jerky ... you know, staples.

“I forgot to ask why the apartments have to be pet

friendly?”
Well Kathy, it is a known fact that when a member of our group employs a dog in their act, folks pity the animal and reward its keeper. Of course the mutt gets a few scraps and the actor another quart of firewater. Many of us use the same dog while the other shift takes a break so the animals eat pretty well. What’s not to love?

“Thanks for listening, be sure to tune in next week when I interview Luis Fara Khan, half brother of that Nation of Islam guy. This is Kathy faux Gifford signing off.”

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

Save Alpine Lakes

ANN CROSBY
LEAVENWORTH

The DPEIS is a start, but only the beginning, of exploring the complexities that occur when a shared public Wilderness Area is proposed to provide and serve as an on-demand reservoir system, in effect becoming a public water utility in order to build new private homes downstream.

The five Alternatives would dramatically change eight lakes within the Alpine Lakes Wilderness Area and the streams they feed – causing fluctuating water levels, dead zones along the shore and negative impacts on the riparian ecosystems downstream. The proposed projects in the five Alternatives are unprecedented in the National Wilderness

System. Underlying all these complexities is the more fundamental question of whether it would be cheaper and more sustainable to adopt conservation measures rather than further damming and diverting the Alpine Wilderness lakes.

There are many procedural issues, fundamental legal issues, historic and existing water storage rights, and conservation issues that must be addressed but are not considered in the DPEIS.

For example there is little or no consideration of fundamental legal issues arising from federal wilderness law, from state water law, from the protections of the Wilderness Act, from the land management role and authority of the U.S. Forest

Service on these National Forest lands, from the National Environmental Policy Act (NEPA), from the Endangered Species Act, and finally from the total lack of legal precedent of turning a protected wilderness area into an on-demand public utility.

Until these deficiencies and inadequacies are thoroughly researched and transparently presented in a revised DPEIS, this current DPEIS (released May 30, 2018) is a useless document and a useless expense of public funds. It does not begin to provide the extensive information needed to consider the legality or environmental consequences of the five Alternatives. It does not begin to consider the enormous consequences of plundering protected, wild public lands for



the sheer economic benefit of a few private parties.

We urge that a Revised Draft PEIS that addresses all the above issues should be released for public comment.

We further recommend

that instead of draining these protected, beautiful alpine lakes which thousands of visitors enjoy and contribute to our economies – that we adopt reasonable conservation alternatives instead.

Ironies

BILL COWLES
PESHASTIN

The list is long of activities that require a photo ID for normal everyday activities. The only absence is for voting. The democrats oppose photo ID for voting because they benefit from this voter fraud.

CNN breaking news - No matter what happens we will twist it to make president Trump look bad.

The hysterical leftists say that allowing a foreign country like Russia to interfere in our elections is the end of our republic, but we should allow undocumented illegal immigrants to vote in our elections with no photo ID.

Leftist Bill Maher says he hopes for a recession to get rid of Trump and is sorry if that hurts people. So liberals want America to fail just so they can blame Trump. What is good for America is bad for the democrat party and what is bad for America is good for the democrat party.

Many democrats are espousing socialism/communism for our country. Why can't they see what socialism/communism is doing right now in Venezuela?

Ruth Bader Ginsburg just

woke up and said “where’s Kennedy?”

Rosie O'Donnell came out of her cave and saw her shadow, which means we will have seven more years of Trump.

Breaking - Obama was just seen at a Subaru dealership trying to buy a Legacy.

All of the democrats are going nuts over Trump talking to Putin. You'd think that Trump gave Russia 20% of our uranium. OH, thats right, Hillary Clinton did just that.

Remember when colluding with Russia was cool? Obama says to Medvedev “after my election I'll have more flexibility.”

A guy named his white jeep “Elizabeth Warren “because it says it’s white but claims it’s a cherokee.

I remember when president Barack Hussien Obama did the wave with communist dictator Raul Castro and the left wing media cheered.

When interviewed communist democratic candidate Ocasio-Cortez was asked “socialism has not worked in Russia, China, North Korea, Venezuela or anywhere else, why do you think it will work here & now. She replied “Uhhh, it’s different this time“

The democrat leader Pelosi said that 24 million people will die if Obamacare is repealed. Since only 11 million people have Obamacare are they advocating killing 13 million people?

If president Trump deleted all of his subpoenaed emails, wiped his server with bleachbit, and destroyed all of his phones with a hammer would the leftist media suddenly lose interest and declare him innocent?

Democrats falsely claim that women do the same job for less money than men. Then why do companies hire men to do the same job for more money?

Each ISIS attack now is a reaction to Trumps policies, but all ISIS attacks during Obamas’ term were due to climate change and a plea for jobs.

If Muslims want to run away from a Muslim country , does that mean they are Islamophobic?

If liberals don't believe in biological gender, then why did they march for womens rights? All they have to do is to look below their belts to see what they really are.

How did the Russians get Debbie Wasserman Shultz and the DNC to steal the primary from Bernie Sanders? How did Russia get Donna Barzile

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• NO worries! We are preparing our Fall and Winter guide soon!

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Call for information on any of these items. 509-548-5286

COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple Street. Call Karen Jackson, president, 782-4408.

Cashmere Food Bank, 3:30 p.m.-5:00 p.m., Cashmere food distribution center, 109 "C" Railroad Avenue, for more information call Jim, 741-7551. (2nd and 4th Wed. & Thurs.)

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, 3:00- 4:30 p.m. Caregivers of those with memory loss. Meet at The Henry Building, 120 Cottage Ave., Carmen Gamble, 509-393-0789. (2nd & 4th Thurs.)

Cashmere Food Bank, 3:30- 5:00 p.m., Cashmere food distribution center, 109 "C" Railroad Avenue, Call Jim, 741-7551. (2nd & 4th Wed. & Thurs.)

Free Weekly Community Meal, 5:00 -7:00 p.m., Cashmere United Methodist Church Gym, 213 S. Division Street. For information call, 782-3811.

Cashmere Sportsmen's Gun Club, 6:30 p.m.- 10:00 p.m., Shooting range on Turkey Shoot Road. Call Brian, 782-3099.

American Legion Post 64, 7:00 p.m., American Legion Hall, 401 Sunset Highway. Call Commander Don Thomas, 548-5893. (1st Thurs.)

American Lady's Legion, 7:00 p.m., American Legion Hall, 401 Sunset Highway. Call President, Linda Ingraham, 679-0243 (1st Thurs.)

Al-Anon Family Group Meeting, 7:00- 8:00 p.m., for families and friends of alcoholics. Cashmere Presbyterian Church, 303 Maple Street.

Friday

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8:00 p.m., 5837 Evergreen Drive. Call 782-1662.

Saturday

No events Scheduled.

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.

Boy Scouts, 7:00 p.m. Boy Scout building, 201 Riverside Drive. Call Scoutmaster, Jim, 783-3513.

Tillicum Riders: 7:00 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)

Cashmere City Council, 7:00 p.m. City Hall boardroom. Call 782-3513. (2nd and 4th Mon.)

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, 7:00 p.m., School District Office. Call 782-3355. (4th Mon. in April, May, July, Sept., Oct.)

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., Epeladalen 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.)

Monitor Homemakers, Noon. location varies. Call Florence, 663-1570. (2nd Tues.)

Buns, Books and Tea, Peshastin Book Club, Peshastin Library. Call Kathy, 548-4807. (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.

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.)

Master Gardener Clinic, 1:00 - 4:00 p.m., WSU Chelan/Douglas County Master Gardener Plant Clinic, 1100 N. Western Ave., Wenatchee. Call 667-6540. (April to October)

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

Looking for Graduates of Leavenworth HS, 1945 to 1963

The ninth annual GOOFY reunion will be held on Wednesday, Sept. 5, 2018 from 11:00 am to 4:00 p.m., eat at noon, in shelter #2 at Walla Walla Park in Wenatchee.

We are looking for you from the Leavenworth High School Classes of 1945 to 1963, we extend a hearty invitation to you and your spouse or friend, to join us.

Call 509- 220- 9737 for more information. (e 34)

Special Education Services

The Cashmere school district is seeking children from birth to age 21 who aren't enrolled in school that may need special education services. Three separate services are being offered: Family Resource Coordinator, Leah Harris, will be scheduling individual appointments for children birth to age three.

For more information or to schedule an appointment for children birth to age three: please call 664-3781. A free Child Find screening is scheduled on Thursday, August 30, 2018, for children ages three to five. A translator will be available to assist Spanish speaking families.

For more information or to schedule an appointment for children ages three to five: please call 782-2710.

Family or care givers of any child between birth and age 21 that would like information about their child's development conditions are encouraged to contact Cashmere Student Support Services to schedule an appointment: 101 Pioneer Avenue, Cashmere, WA 98815, (509)-782-2710.

Leavenworth

Lake Wenatchee annual sale

Save the date for the 24th annual Fire & Rescue yard and bake sale, Sept. 1 from 9 to 4 and Sept. 2 9 to 1 at Fire

AA MEETING SCHEDULE

Information numbers for AA:

509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-219-3379

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., United Church of Christ, 8455 Main Street, Peshastin

Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Thursday, noon, Kristalls Restaurant, 280 US-Hwy.2, Leavenworth

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

Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.

August 23, Thursday: Salisbury Steak, Potatoes & Gravy, Broccoli, Tossed vegetable Salad, fruit cocktail, WW Bread, Dessert

August 24, Friday: Cheeseburger, Baked Beans, Potato Salad, Cuke & Tomato Salad, Watermelon, Dessert

August 27, Monday: BBQ Beef Sandwich, Broccoli Salad, Green Salad, Peaches, Dessert

August 28, Tuesday: Tuesday: Beef Stroganoff, Green Beans, Green Salad, WW Roll, Fruited Jello

August 29, Wednesday: White Bean Chicken Chili, Pasta Veggie Salad, Melon Slices, WW Roll, Dessert

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

Station 93, 19015 Beaver Valley Road (next to Beaver Valley School in Plain), all sales by donation except for Silent Auction items, no early sales. (e33, 34)

Cascade Medical Foundation's Annual Home and Garden Tour

Will be held Saturday, September 15 from Noon - 5:00, featuring 5 Leavenworth homes. Tickets for the Tour are \$20 and may be purchased on the Foundation website CascadeMedicalFoundation.org, at each home on the day of the Tour, and at the Thursday Farmer's Markets on Sept. 6 and 13.

They are also available at Plain Hardware, with all proceeds going toward new equipment for the Cascade Hospital Lab.

Tickets may also be used to receive 2-for-1 wine tastings at the Wine Cellar. (e 34, 35)

Looking for Graduates of Leavenworth HS, 1945 to 1963

The ninth annual GOOFY reunion will be held on Wednesday, Sept. 5, 2018 from 11:00 am to 4:00 p.m., eat at noon, in shelter #2 at Walla Walla Park in Wenatchee.

We are looking for you from the Leavenworth High School Classes of 1945 to 1963, we extend a hearty invitation to you and your spouse or friend, to join us. Call 509-220-9737 for more information. (e 34, 35)

Leavenworth Lions Club Community Breakfast

The Leavenworth Lions Club is holding their community breakfast Saturday, August 25, 7:30 a.m. to 11 a.m., in the Lions Club Park. Only \$7 for adults, \$3.50 for children 4-10, free for children under 4, free for active military with ID.

Purchase a Punch Card for \$39 from any Lion member or at the breakfasts. It is good for six adult breakfasts.

Free parking for breakfast is next door at the City Hall lot. (e 34)

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.

Cashmere

August 13

00:20 Hazard, 4467 Brisky Canyon Rd, Cascade.

10:24 Domestic disturbance, 5240 N Cashmere Rd.

11:53 Assist public, 5903 Sunset Highway.

13:18 Court order violation, 8051 Depot Rd, Dryden.

16:22 Civil, 915 Pioneer Ave.

17:31 Assist public, 8051 Depot Rd, Dryden.

21:03 Welfare check, 8600 Dryden Frontage Rd.

August 14

01:40 Suspicious, 104 Cottage Ave, Ardetta.

11:01 Court order violation, 8051 Depot Rd., Dryden.

11:16 Animal problem, 4544 Old Monitor Rd.

12:22 Vehicle theft, 8190 Brender Canyon Rd.

17:51 Burglary, 4802 Brisky Canyon Rd., Cascade.

19:11 Suspicious, Mission Creek Rd., MP 1.

August 15

07:38 Theft, 203 E, Parkhill St.

August 16

03:54 Warrant, 106 Titchenal Way, Chevron.

04:24 Accident, no injury, 102 Titchenal Way, BJ's.

14:06 Parking/abandon, 6490 Pioneer Dr.

18:37 Fraud/forgery, 216 Riverside Dr.

21:51 Juvenile problem, Cottage Ave. & Woodring St.

August 17

05:05 Hazard, 5607 Sunset Hwy.

11:29 Domestic disturbance, 301 Sullivan St., #8.

12:59 Parking/abandon, N. Dryden Rd. & US Hwy 2.

21:55 Suspicious, 115 E. Pleasant Ave.

August 18

17:26 Suspicious, 97 Riverfront Dr.

20:24 Assist agency, Cottage Ave.

22:00 Noise, Mission Creek Rd., MP 1.

23:11 Noise, Skyline Dr. & Glen St.

August 19

02:04 Animal problem, 6823 Dryden Ave., Dryden.

11:07 Suspicious, 115 E. Pleasant Ave., #3.

Current Chelan PUD Commissioner Randy Smith wants to stay on board

CONTINUED FROM PAGE A1

most importantly is that my 12 years of experience gives me the insights to how to best move our utility forward in a rapidly changing world.

NCW Media: Is selling power to other areas of the state a profitable venture?

Smith: The very short answer is YES. With the addition of wind and solar power as a mandate for utilities at the state level, the profitability has been diminished, but we are working to get recognition of our "renewable" hydro in the near future which should enhance our prices.

NCW Media: Tell the readers about the PUD partial ownership of alternative power source such as the windfarm.

Smith: Chelan PUD owns 8 megawatts of phase 1 of the 9 Canyons Wind Farm near the Tri-Cities. That was purchased nearly 20 years ago when wind power was in its infancy. To put that in perspective, we use around 210 megawatts to serve Chelan County residents, so this represents about 4% of our usage. Our utility has always attempted to be supportive of the exploration of energy

generation research, and this ownership is part of that seeing just how it would work in our regional energy supply.

NCW Media: What are your goals if elected to another term?

Smith: If reelected, this will be my last term. In looking at the next 6 years, we have many opportunities ahead of us. We are doing major rehabilitation of Rock Island Dam, which should be just about complete during that time. We are working to modernize the Columbia River Treaty (With Canada) which expires In 2024, and if negotiated well, could enhance our revenues for many years into the future. Maybe most importantly we are In the beginning stages of putting together our application to the Federal Energy Regulatory Commission for the relicensing of Rock Island Dam. Our current license expires in 2028. These licenses normally for 50 years in duration, so the requirements within them we have to live with for that time period. This will be an exciting time to utilize the experience I have gained over the past 12 years to provide input into all of the above items for the benefit of the people of Chelan County.

Open Enrollment & Friends

200 Titchenal Rd. #2, Cashmere (in the old Tree Top bldg.) traciandfriendschildcare.com 782-2800

Childcare • Preschool After School Care Ages 3yrs to 4th Grade

CASHMERE MAILING HOUSE, LLC and Bonded Warehouse Storage & Shipping for Wineries

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509-782-1581 Jayne@cashmeremailing.com 203 Mission Ave, Room #110 - Cashmere

Don't Forget the Trinity

Does one have to believe in the Trinity to be considered a Christian?
My answer: Yes.
In a time where doctrine is an unpopular topic of discussion in churches, the unfortunate result is that we have shelved one of the most fundamental beliefs of Biblical Christianity. In doing so, we have left people ignorant and given them permission to deny or reject the doctrine of the Trinity all the while still be considered a Christian.
As theologian Dr. James White states, the Trinity is indeed “forgotten” by most.
Why the Trinity is so essential in Christianity and necessary for the Christian to believe is because this is how God has revealed Himself. Through the pages of the Bible, God has revealed his nature to be triune. For an individual (or group) to dismiss it as unimportant, or reject it entirely puts them outside the realm of historic Christian orthodoxy.

Admittedly, the Trinity can be hard to understand and even the most dedicated, Bible-loving believers at times get confused at its definition. Let me start off by saying, that the Christian believes in one eternal and true God. We are Biblical monotheists (belief in one God). Deuteronomy 6:4 says, “Hear, O Israel: The LORD our God, the LORD is one”. That truth has been and will always be precious to the church.

However, where Christianity diverges from other



A WALK WITH PASTOR JOHN SMITH

monotheistic religions (like Judaism and Islam) is that this One God possesses a triune nature, meaning that there is one essence that exists in three distinct persons. These persons are Father, Son, and Holy Spirit and they are coequal, coeternal and unchanging in their character.
It is an important distinction to be made, especially when misunderstandings abound. Christians don't believe in three gods or that God manifests himself in three persons rather there is one being existing in three distinct persons.
And we get our Trinitarianism from the Bible. Contrary to some who like to believe there was a secret shadowy council, akin to the Illuminati, that conjured up Trinitarianism to keep political power and subjugate poor helpless people, that is

simply not the case. In fact, those individuals who say such things are ignorant of church history.
No, the Roman Emperor Constantine didn't invent the Trinity, nor did a select group of bishops in 325 A.D. convene and make up a doctrine to preserve their positions. Rather what happened in what is called the Council of Nicaea is that it reaffirmed what the Bible teaches: God's nature is triune and Jesus is Deity.
So why is all this important? Because any denial does damage to the doctrine of Christ itself, the gospel and makes the Bible a convoluted mess of contradictions.
Without the Trinity the Bible contradicts itself. In the Old Testament you have clear statements that there is only one God (Deut. 6:4, Isa. 43:10) while in the New Testament, you have three distinct persons called God—The Father, The Son (Jesus) and the Holy Spirit. Understanding that God is

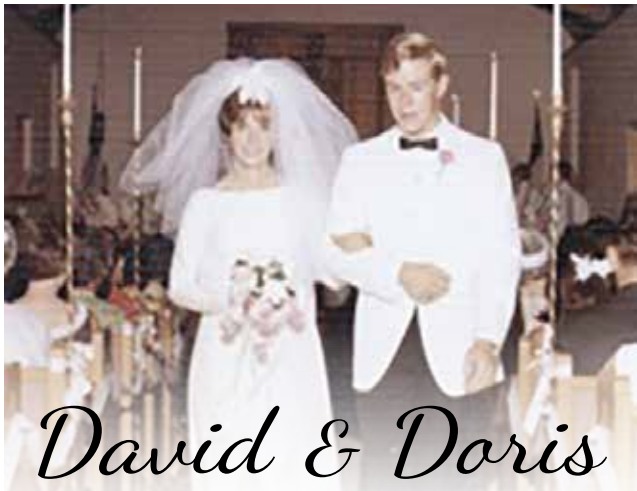
triune helps us reconcile the Old and New Testament and brings to light that God is a god of loving relationship in the interaction within the Godhead and with us.

Secondly, at the very center of the doctrine of the Trinity is the person of Jesus Christ. The New Testament is replete with texts concerning the deity of Jesus and one, in particular, I want to highlight is found in John 20:28 where Thomas looks to the resurrected Christ and says, “My Lord and my God!”.
What is so striking is that Thomas calls Jesus “God”, which for a monotheistic Jew would be unthinkable and blasphemous. But he does and Jesus doesn't rebuke Thomas for blasphemy, instead receives his worship, affirming that Christ is indeed God in the flesh (Jn. 20:29).

The very gospel is Trinitarian. The Bible adamantly declares that “God saves” and each member of the Godhead plays a part in the salvation of people. God the Father willed for salvation to happen according to his own purpose and grace (2 Tim. 1:8-9). God the Son came in the person and work of Jesus, dying for our sins and brings new life (2 Tim. 1:10). And finally, the person of the Holy Spirit dwells within us and helps us live in light of the gospel (2 Tim. 1:14).

Although the Trinity is a great mystery and a difficult doctrine to comprehend, it must be believed, defended and rejoiced in. The Trinity is who God is and how he works.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.



David & Doris Nierman Celebrate Golden Anniversary

A celebration of their 50th anniversary will be held at the Highlander Golf Club in East Wenatchee at 6 p.m., August 25 with dinner for family and the wedding party. It will be hosted by Elizabeth Nierman, Douglas and Andrew Nierman.

The Groom's parents are Fred and Esther Nierman, her parents are Oliver and Cecil Rayfield. David and Doris were married on July 26, 1968 at Grace Lutheran Church in Cashmere. Joel Nierman, deceased, was best man, and was brother of groom, John Rayfield, Chad Darlington, were the groomsmen. Other wedding attendants were; Gigi Gault Matchley, Maid of Honor, Ellen Ross, niece of bride, Kathy Noland. Children and spouses' are Elizabeth (Tory) Schmidt of Wenatchee, Douglas (Marit) Nierman of Walla Walla. Andrew (Tisha) Nierman of Seattle

They have 4 grandchildren, Dane Schmidt, William Schmidt, Gwyneth Nierman, Jens Nierman.

David and Doris have lived in Pullman, Twisp, and currently reside in Dryden for 47 years. They have been orchardists, and have a family farm for 99 years.

They are affiliated with Faith Lutheran Church, and volunteered at school activities, Book Group, leadership positions in ELCA, David served on school board for PD, and 2 local fruit warehouse boards. We attribute being married for 50 years to a supportive family and common interests. We value education and family traditions. We did activities with our children including fishing, traveling, and music.

Both graduated from PD, and WSU with a bachelor of science. Doris also graduated from WVC with an AA degree, and WSU with a Bachelor of Arts in Business Administration. They are also members of the Wenatchee Valley Symphony and the Wenatchee and Cashmere Museums. David is a past board member of the Leavenworth Golf Club.



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 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

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

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 • 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
Pastor, Andy Robinson
Pastor, Joyce Williams
Ian Ross, Director of Operations
Steffanie Haney, High School Director
christcentercashmere.com

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

GRACE LUTHERAN CHURCH
Vine & Elberta Streets • 860-0736
Worship 10:30 a.m.
Rev. Rob Gohl

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

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

DRYDEN

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

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

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

COMMUNITY UNITED METHODIST
418 Evans St. • Leavenworth
509-548-5619
Rev. Matt Gorman
www.leavenworthumc.org
leavenworthumc@outlook.com

CORNERSTONE BIBLE CHURCH
Leavenworth Grange Hall • 621 Front St.
548-0748 • Sunday Worship 10 a.m.
Weekly Bible Study / Fellowship Groups
Monday & Wednesday 6:30 p.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. with coffee following
www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street • 290-0686
Sunday School, 9:45 a.m. • Worship, 11 a.m.
Pastor, Michael Brownell
email: mkb3123@gmail.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 9:00 a.m.
Lead Pastor, Andy Dayton
Pastor to Children & Families, Becky Goodman
www.LCN.org

OUR LADY OF THE ASSUMPTION
145 Wheeler Street • Parish Office: 548-5119
Daily Mass • Tuesday & Thursday 8:30 a.m.
Saturday Vigil 5 p.m. • Sunday Mass - 10:30 a.m.
Spanish Mass • Saturday, 7 p.m.
Fr. Miguel Gonzales

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

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

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor, John Romine
www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD
School and Lake Streets • 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.
Ministry night • Wednesday, 6:30 p.m.
Pastors Darryl & Mindy Wall
newlifeleavenworth@gmail.com
FP Page: newlifeleavenworth.com



PHOTOS BILL FORHAN/NCW MEDIA.

Pictured is one of the five tractor trailers mid delivery a section of the new 59er Diner.



The new building was put in its new location Wednesday, August 15 and construction workers began building the 59er Diner Thursday, August, 16.

59er Diner makes its grand entrance back in Leavenworth

By KALIE DRAGO
NCW MEDIA REPORTER

Notorious for the variety of frothy milkshake flavors, from tropical coconut to traditional, thick chocolate - 59er Diner is a roadside treat that tourists and locals alike have slammed their brakes to stop and indulge their sweet tooth. The jukebox humming an Elvis melody and vinyl booths gives the customers a sliver of the past to pair with their meal - a time capsule doubling as a diner. But since June 2016, 59er Diner is not only well known due to the All-American cuisine and retro spirit, but also associated with the ill fated fire that destroyed its Lake Wenatchee location.

Owner Joe Cannata wasted little time moving towards a

new beginning for the beloved diner. Reacting quickly, he didn't hesitate to begin the construction process to rebuild.

"The week that the building burned I was on the phone with the company that wound up delivering it in the end," Cannata said. "It takes time to build, it takes time to plan, it takes time for architecture, it takes time for all of that."

While suspended in limbo waiting for the rebuild, the diner worked out of a food truck. The food truck was a temporary relief for those desperate to quench their shake craving and also doubled as an unsuspecting platform for patrons to stop and express what 59er Diner meant to them.

"I got these conversations all the time: 'we miss you so

much', 'how are you doing?', just conversations about the general well being of me, the Flos at the diner and the diner itself," Cannata said. "And then you would hear stories of how much the diner meant to people."

For a restaurant that remains frozen in the glory days, there is high anticipation for the future of the new 59'er Diner. The new 59er was constructed in Atlanta, GA and was transported across the country by five tractor trailers.

On Wednesday, August 15, the tractor trailers traveled through town to its drop off location. As the new diner ambled through, Leavenworth's streets had almost a parade esque atmosphere. Locals gathered on the corners, congregated

outside of Leavenworth familiar businesses, like Dan's Market, and gave the diner a hearty welcome back. Cannata came along not as the owner but as Elvis. As the town waved and greeted the diner on the route to its future home, Cannata was moved by the reaction.

"There was definitely a lot of times Elvis was crying behind his sunglasses," Cannata said. "And its because that's the way this town is, that's the people and that's the community of this town. To be able to feel this town's sense of community, showering its love and be a part of it is just wonderful. It's what this town does, it's what this town is good at. When someone is down they'll come out to pick you up and I think yesterday was the town picking me up and

celebrating the new beginning."

Local patrons are highly anticipating the revival of the landmark restaurant. After two years of either dutifully trekking to the Cashmere location or patiently standing in line outside the food truck, customers are eager to eat their Wet Fries in the Leavenworth 59er Diner. When asked what qualities make 59er Diner so legendary amongst customers and locals, Cannata gave a simplistic and singular answer: Soul. The retro and vibrant high energy tack onto the claim to fame milkshakes, but Cannata says the restaurant's popularity attributes to a quality beyond that.

"I could be a restaurant guy and say I have the perfect atmosphere but that's not what

it is, it's the people, it's the feeling you get in your heart when you go there - you just feel good there," Cannata said. "Somehow it fits with the 50's theme because back in the 50's life was simpler. I think the 59er Diner becomes that, it becomes a little simple place to stop on the way to wherever you're going. It's simple, it's easy and it's happy and that transcends everything else."

Beer starting at \$1.25, the promise of 'BREAKFAST ALL DAY!', Flo sliding a Cadillac burger on a warm plate across the table and the soul - the signature elements of 59er Diner will be present in the new building. The new building began being constructed in its location on Thursday, August 16.

Elder Speak: A platform for timeless advice

By KALIE DRAGO
NCW MEDIA REPORTER

Nana, grandma, gramps, grandpa; regardless of the pet name, September 9th is the universal holiday, Grandparent's Day. It's a day to celebrate the wise advice, the secret recipe and always sneaking that extra bite of dessert mom said no to, that grandparents have shared over the years.

The Ripple Foundation is celebrating Grandparent's Day by hosting the fourth annual Elder's Speak: Connecting Generations on Sunday, September 9 at the Snowy Owl Theatre.

The community event, Elder Speak, helps bridge the gap that can stretch and strain between generations.

The program began on Grandparent's Day in 2015 and has continued its tradition of celebrating the seasoned members of the community.

Generational differences can dilute the similarities the youth share with their elders and Elder's Speak is a way to align the generations despite the difference in age.

"Wisdom is being lost in our society. Elders are an important part of the fabric in our community," Theresa D. Litzenberger, Ripple Foundation staff member, said.

Heavily concentrated on the individual stories, Elder's Speak gives the elders an opportunity to vocalize sage advice to share with their younger counterparts in the audience.

The question and answer

period also gives the younger generations dispersed in the crowd a chance to engage and tailor questions to fit their own personal problems. Litzenberger said that last year a teen, whose parents

had divorced, asked about navigating relationships.

"Younger generations go through day to day life, often we don't have a clue what's the next step," Litzenberger said. "Sometimes we need that



support of what is the next step."

Several local elders that have long-time been immersed in the community are chosen to be honored.

The elders will share life stories and the wisdom that fermented from their personal experiences.

Elders are chosen on comfortability speaking in front of an audience, individuals who can speak from the heart and those who have experiences that can inspire others.

Past elders have included prominent community leaders, such as Wilfred Woods, former publisher of The Wenatchee World. This year's headliners will be Otto Ross, Dennis Carper, Jane Hensel, and Pat Moyer. With a wide array of

backgrounds, hobbies and former occupations, there will be a variety of past lives to revel in and no shortage of anecdotes to share.

"By being heard, elders understand their value and worth in our community," Litzenberger said.

Starting at 2 p.m., Elder's Speak is expected to last until 4 p.m. with snacks and wine to conclude the night.

Admission is by donation and the proceeds benefit The Ripple Foundation and Mountain Meadows Senior Living.

The Elder's Speak program is a reminder that wise advice has no expiration date and rehashing the glory days never taste stale, no matter how many times the story has been told.

New Mirror reporter: From the big city to Chelan

By DIANA PIÑON
NCW MEDIA REPORTER

CHELAN – Hello everybody, my name is Diana Piñon and I am the new reporter for the Lake Chelan Mirror.

I have been in town for a month now and I absolutely love it. I moved away from my home in Everett to start my career in journalism. I am glad I was given the opportunity to come down to this beautiful town and do what I love.

I began my college career at Everett Community College in the Journalism and Media Communication Program where I joined The Clipper, the student news organization. I soon fell in love with storytelling. From EvCC I transferred over to Washington State University Everett into the Integrated Strategic Communications Program. In this program I was introduced to public relations and marketing, while these subjects were interesting to



COURTESY PHOTO.

Diana graduated May 12 and became the first one in her family with a B.A.

explore, my heart was still in journalism. During my senior year at WSU Everett, I was the social media intern for the Northwest Innovation Resource Center. After four long years, I graduated

back in May with my B.A. in Communications.

I am also fluent in Spanish since it was my first language. I enjoy being outdoors and exploring new things around me.

I always knew that writing for the community felt right to me and this is why I am here today.

For any story suggestions feel free to email me at lmeditor@gmail.com or call me at (509)682-2213 or (425) 361-5214.

Editor's Note: Diana's area of coverage includes Entiat, Manson and Chelan Falls besides Chelan proper. NCW Media welcomes Diana to our family of family-owned community newspapers that include the Leavenworth Echo, Cashmere Valley Record, Quad City Herald and the Wenatchee Business Journal besides the Lake Chelan Mirror.



Want to ensure the transition from summer to school goes smoothly for your family? Check out these six tips:

1. Make a smooth transition. Been sleeping in all summer? Now's the time to get your body back into the routine of early mornings. Start slowly, setting the alarm earlier until you reach the time you'll be waking up for the school year. Parents can assist younger kids with this transition.

2. Get the right education tools. From highlighters to USB drives to loose-leaf paper, be sure you have a comprehensive list of all the school supplies and education tools you'll need for a successful year ahead. As far as tech tools like graphing calculators are concerned, opt for those that are jam packed with all the latest features. For example, the Casio fx-CG50 offers the ability to draw three dimensional graphs, such as planes, cylinders and spheres, and view them from various angles in order to better analyze their shape. It also features a cross-section option and a special zoom function for in-depth analysis.

3. Organize your agenda. Make sure everyone is ready for the busy year ahead. Plan your children's participation in after school activities. Then, display relevant items on a calendar

where the whole family can see it to ensure no one misses a club meeting, rehearsal or team practice.

4. De-stress. The hectic back-to-school season can create tension and stress. Encourage hobbies that help students unwind as the school year gets back into full swing. For beginners of music, check out new tools that can make the learning process fun and easy, such as Casio's LK-265 keyboard, which features an LCD display that shows both music notation and correct hand positioning.

5. Get healthy. Crowded classrooms are a good place to pick up germs.

Keep kids healthy with a daily multivitamin, plenty of fresh fruits and veggies and lots of sleep. Regular exercise is also an immunity booster, so encourage kids to get active.

6. Adapt to new school resources. Families aren't the only ones getting ready for back to school. Districts are incorporating the latest tech into classroom learning. Such tools include Casio LampFree Projectors, an eco-friendly technology that gives educators the ability to control the projector from a smartphone or tablet, expanding their ability to create and deliver dynamic lesson plans.

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Notification of Public Risk: Rabid Bat Found in Cashmere Neighborhood

CHELAN-DOUGLAS HEALTH DISTRICT NEWS RELEASE

CHELAN COUNTY — A rabid bat was found near Meadow Sweet Place in Cashmere, WA on August 10, 2018. Animal Control delivered the dead bat to Chelan-Douglas Health District who turned it over to the Washington State Lab for testing.

It is unknown if anyone (or any pets) touched or were exposed to the rabid bat. Touching the rabid bat, may expose a person or pet to rabies.

Chelan-Douglas Health District asks that you contact your local health jurisdiction if you or someone you know (or any pets), came in contact with the bat. For any Chelan-Douglas residents, please call 509-886-6400 Monday through Thursday 8:00 a.m. to 5:00 p.m.

Anyone who touches or has contact with a rabid bat is at risk of getting rabies and should seek medical evaluation immediately.

Public Health receives numerous reports of people exposed to bats every year.

Notificación de Riesgo al Público: Murciélago Rabioso fue Encontrado en un Barrio de Cashmere

DISTRITO DE SALUD DE LOS CONDADOS CHELAN Y DOUGLAS COMUNICADO DE PRENSA

CONDADO DE CHELAN – Un murciélago rabioso fue encontrado cerca de Meadow Sweet Place en Cashmere, WA el 10 de agosto de 2018.

El Control de Animales entregó el murciélago muerto al Distrito de Salud de los Condados Chelan y Douglas quien lo envió al Laboratorio Estatal de Washington para ser analizado.

Se desconoce si alguien (o alguna mascota) estuvo en contacto o estuvo expuesto al murciélago rabioso. Tocar al murciélago rabioso puede exponer a una persona o mascota a la rabia.

El Distrito de Salud de los Condados Chelan y Douglas le pide que se contacte con su Departamento de Salud local si usted o alguien que usted conoce (o cualquier mascota), estuvo en contacto con el murciélago rabioso.

Para cualquier residente de los Condados Chelan y Douglas, llame al 509-886-6400 de lunes a jueves de 8:00 a.m. a 5:00 p.m. Cualquier persona que toque o tenga contacto con un murciélago rabioso corre el riesgo de contraer la rabia y debe buscar una evaluación médica de inmediato.

El Departamento de Salud Pública recibe numerosos informes de personas expuestas a murciélagos cada año.

Labor Day means extra cop patrols

BY KALIE DRAGO NCW MEDIA REPORTER

The thrill of having Monday off, the lingering effects from the post-work happy hour cocktail and the bad habit of speeding around tourists that slow to an infuriating speed to ogle the mountain side - safety hazards on the road amplify during holiday weekends, including upcoming Labor Day.

In an effort to keep drivers safe during the deadliest time of the year on state roadways, there will be an increase in DUI patrols between August 17 and September 3.

According to a news release, Washington Traffic Safety Commission Region 12 Task Force, police departments and sheriff's offices from several counties, including Chelan, and Washington State Patrol will be joining the emphasis patrols.

The law enforcement agencies are concentrating on drivers impaired by alcohol, marijuana and other drugs.

"We can't do DUI checkpoints in Washington state so Washington Traffic Safety Commission helps fund emphasis patrols for local agencies," said Chief Jason Reinfield.

"Extra deputies, troopers and officers will be patrolling for the sole purpose to take impaired drivers off the road."

Drink responsibly is the fine, bolded print at the end of catchy wine cooler commercials and an ominous warning on a sign at a local bar - but there seems to be an underlying and underestimated component that isn't just in liquid form for DUI suspects.

According to a Washington Traffic Safety Commission report, poly-drug use, which is two or more drugs or a combination of alcohol and drugs, is the most common form of driver impairment.

Since 2012, poly-drug impaired drivers in fatal crashed have increased by about 15 percent every year.

Statistics and numbers stack to reveal that drivers impaired are involved in nearly half of Washington traffic deaths.

In the WTSC report, there was a statewide roadside survey included that revealed drivers between ages 15-20 admitted to driving after marijuana use.

The results also revealed that more than half of the young drivers believed marijuana improved their driving abilities.

"This is an especially dangerous belief, if for example, a driver uses marijuana to compensate for the consumption of another substance that impairs driving ability, such as alcohol," said Staci Hoff, PhD, Research Director for WTSC, in the report.

"The deadly consequence of combining these two particular substances is very apparent in all our fatal crash data."

Regardless of party favors, whether they can be purchased in a dispensary or a liquor store, driving impaired can result in fatal consequences.

Campfires Banned on DNR-Protected Lands Across Eastern Washington

Hot and dry weather continues

SUBMITTED BY JANET PEARCE

OLYMPIA – As of Friday, August 17, campfires are banned on all lands protected from wildfire by the Department of Natural Resources (DNR) east of the Cascades.

This ban joins many other jurisdictions that have also prohibited campfires.

"We've had 47 wildfires started by campfires this year," said Commissioner of Public Lands Hilary Franz.

"With nine active large wildfires in eastern Washington and a long season still ahead of us, it's imperative that we're doing all we can to minimize additional risk."

Some western Washington

Cashmere City Council mulls request for recycling rate increase by Waste Management, other issues

CONTINUED FROM PAGE A1

there are a number of things they called exclusions in the letter which are not exclusions in the pamphlet that they sent out a couple months ago. They talk about wanting clean recycling but they're not doing a very good job educating me on what clean recycling is," Scott said. "Waste Management needs to educate us as citizens what we should be putting in those cans."

Councilman Chris Carlson clipped onto this point by addressing the Contamination Service Charge and the possibility of fining citizens. This gathered momentum from other council members as they debated the economic attachment to recycling and weighing the costs.

"And then they want to charge you service charge for contaminated recycle" Carlson said. "And what's that going to be?"


Questions regarding when Waste Management wants to implement the rate increase also rose in conversation.

The council members settled on tabling the request until they receive more clarification, more education and more information.

Later in the meeting, the council branched off into discussing Guy's Tree Care for a Tree Trimming Project scheduled for Pioneer and Cottage Avenue.

The budget allots a section of funds for trimming trees in town. This uniform procedure was done by an arborist who is now retired, so the city has chosen a new contractor. According to the council, this contractor can get twice as much done and the town's guys will do the brush.

The conclusion was that this year twice as much will get done. As of Monday, the contractor was expected to start Wednesday, August 15



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Recursos Adicionales:
Distrito de Salud de los Condados Chelan y Douglas
Departamento de Salud del Estado de Washington
Centros de Control y Prevención de Enfermedades

from the office with a cooler full of beer and boat in tow.

The surge of temporary freedom from the 9-5 leads to celebrating in the form of BBQ and sangria by the water. However, Washington Traffic Safety Commission and the police forces on patrol are keen on keeping the celebrations and roadway activity from overlapping.

"These tragedies are completely preventable," said Darrin Grondel, director of the Washington Traffic Safety Commission, in the report. "As a community, we can end DUI-related deaths."

■TERI MILLER RECIPE

We are harvesting peaches and nectarines and they are super delicious. In case you are new to the area and love peaches please stop in at our fruit stand and taste tree ripened peaches and nectarines. You will be glad you did. Peaches and nectarines are cousins and can be used interchangeably in recipes and pair with blueberries, blackberries, raspberries or cherries. If you want to make a delicious quick and easy pie try my pie recipe this week.

Rustic Peach Pie

4 cups sliced fresh peaches

Juice of one lemon

1/2 cup flour

1 cup sugar

1/2 teaspoon cinnamon

One 9 inch pie crust

1 tablespoon half and half

1 tablespoon sugar

Directions

Place peaches in a large bowl and add lemon juice. Toss gently. Add flour, sugar and ground cinnamon to a small bowl and mix. Add flour mixture to peaches and gently mix.

Roll piecrust to a 12 inch circle on a baking mat and place on a baking sheet. Don't stress over the shape. It doesn't have to be perfect.

Gently pour peaches in center of crust and spread out leaving approximately a 2 inch border.

Fold edges of crust over the filling. Lightly brush the edges of the crust with half and half and sprinkle with sugar.

Bake in a 375 preheated oven for 55 minutes or until crust is brown and the filling is bubbly.

Remove from oven and cool before slicing. Extra special with a scoop of vanilla ice cream.

QUOTE: "Make pie not war."
- *Unknown author*

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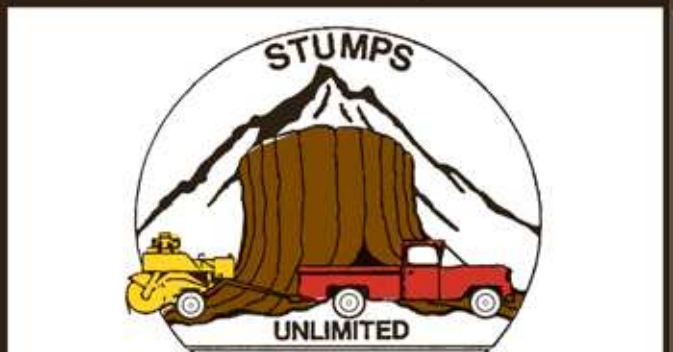
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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

Six simple tips to prevent a fall

BPT) — Overwhelmingly, people say that they want to stay independent and in their own home as they age. One way to ensure they can is to learn about fall risks and make changes to reduce their chances of falling. Because, while one in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

"The misconception is that falls are a normal part of aging, but this is untrue," says Kathleen Cameron, senior director at the National Council on Aging's Center for Healthy Aging. "Just because you're getting older doesn't mean you'll inevitably fall at some point. There are proven ways to prevent falls, so older adults can live healthy, safely and independently."

Every 11 seconds an older adult is seen in an emergency room for a fall-related injury, reports the National Council on Aging. To prevent falls, follow these six simple steps. For additional advice about preventing falls, visit www.ncoa.org/FallsTips.

Step 1: Find a good balance and exercise program

As you age, it's important to maintain balance, strength and flexibility. Contact your local senior center or Area Agency on Aging for information on programs that can help you

achieve these goals. Review your options and find one that appeals to you. Better yet, join with a friend to make it more fun and keep each other accountable.

Step 2: Talk to your health care provider

Have an open conversation with your health care provider about your fall concerns. Share your history of falls and ask for an assessment of your risk of falling again so you can come up with a plan proactively.

Step 3: Review medications with the pharmacist

Some medications have side effects that can make it more likely for you to fall. First, always take medications as prescribed. Second, make sure you know the risks and take precautions when necessary.

Step 4: Get vision and hearing checked annually.

Your eyes and ears are key for keeping you safely on your feet. Getting your vision and hearing checked each year by a health care professional is important, so you can update vision prescriptions and take any necessary measures to correct hearing loss.



BPT One in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

Step 5: Secure your home

To keep your home safe you need to remove any tripping hazards like loose rugs or free cords. You should also increase lighting to improve visibility indoors and outdoors. Pay particular attention to stairs and

consider installing grab bars or railings.

Step 6: Talk with family members

Falls affect all demographics and various ages. Talk with family members about your risks and concerns.

Enlist their help as needed to secure your home and keep you safe.

"A few simple steps can dramatically reduce your risk for falling no matter your age," says Cameron. "By being proactive, you can live healthy and independently for longer."

Keep your family safe

Get rid of unused prescription opioids

(BPT) — Want to help keep your family and community safe?

Get rid of any unused prescription opioids that may be in cabinets, drawers or anywhere else you store medicine.

What are opioids?

Prescription opioids are powerful, pain-reducing medicines. You can find them in pill forms, syrups or even prescription patches. Commonly prescribed opioids include hydrocodone, morphine and oxycodone.

But they also can cause overdose deaths. Every day, 115 Americans die from opioid overdoses, according to the Centers for Disease Control and Prevention.

Why leftover opioids are dangerous

The United States is battling an opioid crisis. A study published in the Journal of the American Medical Association found that up to 71 percent of opioid tablets prescribed after surgery went unused. Trouble with opioids can start at home, where unused medicines are stored in cabinets or drawers and are ingested

either intentionally or unintentionally by people who do not have a medical need for these prescriptions.

"We're facing a public health tragedy right in our own backyards; opioid addiction and overdose affect communities across America," explained U.S. Food and Drug Administration (FDA) Commissioner Dr. Scott Gottlieb. "We know that people fighting addiction often began by accessing prescription opioids from a friend or family member. It's critical we all do our part in safely disposing of these medicines once they're no longer needed as part of our effort to ending this crisis."

Protect your family and your community

Make sure your medicines do not get into the wrong hands. According to data from the National Survey on Drug Use and Health, half of people who misused prescription opioids got them from a friend or family member.

Unused opioids can also pose a risk to kids. Even child-resistant containers cannot completely prevent a child from taking medicines prescribed to someone else.

Emergency departments see thousands of patients for opioid overdose and addiction each year, according to data from the Nationwide Emergency Department Sample. As more opioids are being prescribed to adults, the risk of both accidental and intentional exposure increases for children and adolescents. Grandparents, neighbors and others who take care of children should make sure they have disposed of any unused medicines. Opioids also can be harmful to pets." In the last two decades, the FDA has received heartbreaking reports of accidental exposure to powerful prescription pain medicines such as fentanyl patches — most of them in children under 2 years old," added FDA Center for Drug Evaluation and Research Director Dr. Janet Woodcock. "That's why disposing of unneeded medicines is such an important step in keeping your family safe."

Disposing of unused medicines can help turn the tide on the devastating opioid crisis affecting so many American families. Proper disposal of unused prescription opioids saves lives. Learn more at www.fda.gov/DrugDisposal.



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Helping you understand total knee replacement

(BPT) — Total Knee Arthroplasty (TKA), often referred to as knee replacement surgery, can sound like an intimidating and worrisome procedure, especially for those who aren't familiar with advances in knee replacement implants. Knee replacement surgery is a viable option because it can help alleviate pain and improve mobility by replacing damaged bone. Many patients discover they are able to get their mobility back after surgery and return to doing the things they love.

According to the Centers for Disease Control and Prevention, about 43.5% of adults with doctor-diagnosed arthritis have limitations in their usual activities due to their arthritis (1).

Osteoarthritis is the most common form of arthritis. Knee replacement surgery is a common approach to treating osteoarthritis of the knee - a disease where cartilage covering the bones wears down over time, leaving them to rub against each other and causing pain and reduced motion.

Even though TKA is a common procedure performed more than 600,000 times each year in the U.S. alone (2), many have misconceptions about knee replacement surgery. Two of the most common fears people express are how painful the procedure and recovery will be, and whether they will regain their mobility afterward.

In part, advancements in knee replacement implants such as the ATTUNE Knee from DePuy Synthes can help alleviate some of these



BPT

Knee replacement surgery is a viable option because it can help alleviate pain and improve mobility by replacing damaged bone.

concerns. Because it was designed to work in harmony with a patient's knee muscles and ligaments, the ATTUNE Knee can help increase stability and reduce pain, thereby helping patients get back to living life and pursuing passions sooner (3,4).

"I've been using the ATTUNE Knee in my practice for about three years," said Dr. Sarkis Bedikian, orthopaedic surgeon, MidAmerica Orthopaedics. "With the improvements in technology that the ATTUNE Knee delivers, my patients have had less pain and swelling after surgery,

allowing them to recover quicker so they can get back to life quicker."

Just as important as the choice of implant, is a focused rehabilitation protocol. "I tell my patients to expect pain after surgery. They know that they need to listen to their physical therapist and work hard at rehab," said Dr. Bedikian. "The benefit I have seen with the ATTUNE Knee is that the rehab activities that used to take my patients three months, now take about six weeks."

In fact, in a clinical study, physical therapists noted that ATTUNE Knee

patients had significantly greater range of motion than other knee replacement patients, both at two and six weeks post-surgery (5).

"Before surgery simple tasks like sleeping, visiting friends, and even using the restroom are difficult and significantly impact quality of life," said Dr. Bedikian. "After surgery, it's rewarding when my patients tell me they are happy and are able to get back to their activities with less or no pain."

Choosing the right knee replacement is an essential part in helping patients get back to the activities they love sooner.

It's important to know that the performance of knee replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have these surgeries. Only an orthopedic surgeon can determine if knee replacement is necessary based on an individual patient's condition.

Knee replacement surgery is not always the answer, but for those wishing to learn more, www.ATTUNEknee.com has resources to learn about TKAs and hear from patients who have faced similar situations.

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Four simple ways to tune up your nutrition and live healthier longer

(BPT) — Just about everyone feels like they could use a little extra pep in their day, that surge of energy to get things done and enjoy their favorite activities. This is especially true as we age. However, very few people actually feel as if they have the energy they need. The stress of modern life, poor sleep habits, consuming processed foods and less than optimal digestion are triggering a perfect storm for a human energy crisis.

There are several simple ways to tune up your nutrition and lifestyle habits so you can feel better than ever. A great place to start is with your diet.

"A healthy diet that is rich in plant foods, whole grains and lean proteins is always the starting point in reaching optimal health," says Dr. Jacob Teitelbaum, an author and internist. "At the same time, as we get older, it's important to understand how our bodies change, and what we need to do to help our bodies get what they need to keep our systems running well."

"However, despite our best efforts," Teitelbaum explains, "it is very difficult for us to get all of the nutrients we need from food alone. Sometimes nutritional supplements may be needed to fill nutrient gaps."

In addition to movement and a healthy diet, Teitelbaum shares things people in their 50s and 60s need to know to optimize their health and feel good.

- 1. Your digestive system changes as you age, so make sure it's getting support.**
A healthy digestive tract is crucial for overall health. As we age, our digestive systems often need more support in order to properly break down food and absorb the nutrients our bodies need to function optimally, according to a study published in Oncotarget.
To get the most nutrition from the food you eat, Dr. Teitelbaum recommends talking to your doctor about adding a plant-based enzyme supplement to your regimen to support your digestive health. GI Digest, for example, is a comprehensive digestive enzyme formula designed to assist in the proper digestion of proteins, fats, starch, dairy and gluten.
- 2. Small things can make a big difference for heart health.**
Getting an adequate supply of omega-3 fatty acids along with vitamin D, also known as the sunshine vitamin, may support cardiovascular health. Because vitamin D is best absorbed in the body when taken with a fat source, Dr. Teitelbaum suggests talking to your doctor about a supplement that has a combination of omega-3 fatty acids and vitamin D, like Fish Oil EPA/DHA Plus D. Also, be sure to talk to your doctor about other heart-healthy habits you can incorporate into your life, because things like daily walks, reducing stress and increasing your fruit and vegetable intake can all support heart health.
- 3. Is your energy lagging? It may be a simple deficiency.**
As we age, we tend to accept at face value that having less energy just comes with the territory. Sometimes the solution is a simple matter of meeting our bodies' nutritional needs. For example, one mineral that helps the body convert nutrients into energy is magnesium. When levels get low, it can interfere with your body's ability to access its energy stores, causing the body to work harder, as shown in a study published in the Journal of Nutrition.
To support your body's metabolic function, a supplement like Magnesium Glycinate contains 100 mg of magnesium in an easy-to-swallow tablet.
In addition, vitamin B12 is a nutrient that helps your body convert food into energy; however, as we age, our bodies can begin to have trouble absorbing enough B12. To support your body's energy needs, ask your doctor about taking Methyl B12 Plus, a great-tasting lozenge that rapidly dissolves in the mouth.
If your energy levels are lagging, Dr. Teitelbaum says, it's important to talk to your doctor, so together, you can uncover the root causes, and he or she can make recommendations.

SEE **NUTRITION** ON PAGE B4



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Good gut gone bad: The C. diff Invasion

(BPT) — Trillions of bacteria, viruses and other tiny organisms — called “microbes” — live inside our bodies and make up a community known as the microbiome. The diversity of microbes is like a rainforest in our gut, helping us digest food and keep diseases at bay. Like bulldozing a rainforest, taking antibiotics can sometimes destroy that microbial landscape and allow dangerous bacteria like Clostridium difficile to take over.

Clostridium difficile, or C. diff, can lead to a life-threatening form of diarrhea. And that is not all; patients often become isolated because of their symptoms, with families taking on huge emotional and financial burdens trying to care for their loved ones.

While treatment with more antibiotics may clear C. diff infections in many patients, others find themselves stuck in recurring cycles of antibiotics, illness and more antibiotics. About half a million C. diff infections occur in the U.S. each year, killing more than 20,000 patients annually. The illness has even been labeled an “urgent health threat” by the Centers for Disease Control.

If you are suffering from C. diff, you are not alone.

There is good news. Scientists are developing a whole new category of non-antibiotic drugs that are de-



BPT
Taking antibiotics can sometimes destroy that microbial landscape and allow dangerous bacteria like Clostridium difficile to take over.

signed to stop the disease cycle and prevent recurrence. One such drug under investigation in clinical trials, called RBX2660 (formulated by Rebiotix Inc.), aims to restore the

beneficial microbes in the gut to a healthier state to potentially stop reinfection. RBX2660 is designed to be administered to patients in one easy treatment, replacing the mi-

crobial “rainforest” lost to antibiotic treatment.

Clinical trials like those using RBX2660 will be key to understanding this new type of therapy and

potentially providing patients and doctors with more options to combat C. diff.

“Clinical trials can be a tool for you to find more C. diff treatment choices,” says Nancy Caralla, founder of The C. Diff Foundation. Caralla, a nurse who is a survivor of the disease, was inspired by her near-death experience to start the foundation to support C. diff patients around the world.

The group works to educate patients about seeking clinical trials to treat or prevent their infections. “Become an advocate for your own healthcare,” advises Caralla. “Start by asking your physician about clinical trials in progress. Help (your doctor) help you to help others. You aren’t out of options.”

If you’re an adult being treated for C. diff infection or know someone who might be suffering from the disease, consider participating in the clinical trial (<https://rebiotix.com/punched3/clinical-trial-page/>) at sites throughout the U.S. and Canada to help further the development of the RBX2660 drug.

If you are confirmed to be a candidate and decide to participate, the cost of your study drug and study-related tests are paid for by the study sponsor. You may also be eligible for compensation when completing required study visits and phone calls.

Prediabetes and high blood pressure can be managed: What to know

(StatePoint) — Even as chronic diseases like prediabetes and high blood pressure touch more and more Americans, physicians are urging patients to keep in mind that early detection is key, and that chronic disease can often be managed with lifestyle changes.

“To confront our increasing chronic disease burden, patients must be aware of their risk for type 2 diabetes and hypertension,” says Barbara L. McAneny, M.D., president of the American Medical Association (AMA). “To prevent both of these chronic diseases, awareness and action are key.”

As part of the effort to empower Americans to confront chronic disease, the AMA offers the following guidance.

Prediabetes

While prediabetes — the precursor to type 2 diabetes — has serious health implications, people who are at risk can take steps to reverse the condition and prevent or delay type 2 diabetes through lifestyle changes like weight loss, healthy eating and increased physical activity. Unfortunately, not everyone is even aware they are at risk. Eighty-four million people in the U.S. are living with prediabetes, and of those that have it, 90 percent are unaware, according to the Centers for Disease Control and Prevention (CDC).

The AMA urges patients to find out their risk by taking a one-minute online test at DoIHavePrediabetes.org. In addition to the risk test, the site contains other resources and links. Developed as part of a first-of-its-kind joint national prediabetes awareness

campaign launched in 2016 by the AMA, Ad Council, CDC and the American Diabetes Association, the campaign has helped hundreds of thousands of Americans learn their risk of developing type 2 diabetes. The campaign website also features lifestyle tips and links to CDC’s National Diabetes Prevention Program, which connects visitors to a registry of CDC-recognized programs across the country.

Hypertension

“With nearly half of all adults in the U.S. now living with high blood pressure and at increased risk of heart attack and stroke, more Americans should be monitoring their blood pressure levels and taking quick action to get their high blood pressure, also known as hypertension, under control,” says Dr. McAneny.

Unfortunately, there are often no signs or symptoms of high blood pressure, which is why it is often referred to as the “silent killer.” If left untreated, the condition damages the blood vessels and increases the risk for heart attack, stroke and other serious conditions.

To help understand and manage your blood pressure numbers, visit LowerYourHBP.org, a site launched by the American Heart Association, American Stroke Association, and the AMA in partnership with the Ad Council. The site helps raise awareness of the life-altering consequences of uncontrolled high blood pressure and motivates people to work with their doctors on developing and committing to a treatment plan.

By being proactive, you can take control of your health.

Do you know how that new supplement will affect your existing medication regimen?

(BPT) — Mahatma Gandhi once famously said, “It is health that is real wealth and not pieces of gold and silver.” If you count yourself as a believer in this statement, your health is more important to you than any material possession and you do your best to protect it every single day.

That’s why you eat right, exercise regularly and support your total health with supplements. But did you realize that, if you are already taking medications for an existing condition, the supplements you mix with these medications could actually be hindering your overall health instead of helping it? It’s an all-too-common occurrence and one many people are unaware of.

“Nutrient deficiencies and diagnosed health conditions often require the use of vitamins and prescription medications, but they can interact. It is critical that users understand potential interactions,” said Michael Roizen, M.D., chief wellness officer, Cleveland Clinic and Persona medical advisory board chair.

Research from Persona, the leading personalized nutrition brand combining smart science, data and

the highest quality supplements, shows that nearly 40 percent of survey participants — those already taking vitamins alongside prescription medications — did not know vitamins and supplements can impact the effectiveness of their medications.

Forty-five percent assumed they didn’t need to tell their doctor before they started taking a new vitamin or supplement. This eliminated the possibility for doctors to warn them of potential negative effects of the two interacting.

Examples of common negative reactions

The market is flush with myriad medication and dietary supplement solutions and while many will not interact with each other, those that do cannot be ignored.

One common area for a negative reaction is with those who take a blood pressure medication and combine it with an iron supplement. In many cases taking the supplement two hours before or after the medication can decrease its absorption rate significantly, making the prescription med less successful.

People who take a synthetic thyroid hormone should also be wary of taking their medication in conjunction with any

supplement containing soy, iron or calcium. Taking both the medication and supplement within four hours of one another will decrease the absorption rate and effectiveness of the thyroid hormone.

Identifying situations where the pairing is successful

Combining a supplement and a medication isn’t always a hindrance; it can be successful as well. For example, if you are taking a statin, you will want to add Coenzyme Q10 (CoQ10) because the average blood concentration of CoQ10 in blood plasma decreases.

In another instance, if you take medication to treat allergies or inflammation, adding a vitamin D and calcium supplement will support bone health and calcium absorption.

Finding the right supplement solutions for you

With so many supplement options available, it can be difficult to determine which choices are right for you, and if you are already taking

a medication, choosing the proper supplement becomes even more important.

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New technology promotes healthy aging in place

(BPT) — As millions of baby boomers reach their golden years, they're changing the world yet again, this time by driving a booming market in senior-friendly aging-in-place technologies. From simple wearable devices to high-tech monitoring systems, the list of gadgets designed to help aging boomers stay independent is extensive and growing.

Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

Here's a look at a few of the innovative technologies that are revolutionizing aging, and the benefits they provide.

Digital solutions for staying in touchIt's easy nowadays to take using smart phones or other digital technology for granted. But for many seniors, it has never been an integral part of their lives, meaning they can be left out of the family communications loop. Filling that gap are products like GrandPad, powered by Consumer Cellular. It's a touchscreen-based tablet with simplified apps that let older users easily make voice or video calls, send and receive email, share photos, stream music and enjoy other recreational activities such as digital games.

GrandPad also offers comprehensive security, operating on a closed private network to guard against



Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

online scams, and can be managed by a designated family administrator for added personalization and protection. Plus, it's offered by Consumer Cellular, a provider with a long history of serving the senior market.

Fall alerts can be lifesaversWearable devices that monitor and track health are becoming

more popular among all ages. However, for seniors, especially those without a caretaker in the home, they can be lifesaving. With just the press of a button, help can be summoned for a wide range of emergency situations.

The most valuable types of these personal emergency response devices include accurate fall detec-

tion; falls are a leading cause of death for adults age 65 and older. Devices can automatically alert 911 or a close family member the moment a fall has been detected. This is especially valuable for aging-in-place situations where stairs are present.

Smarter access to healthcare and medications As their mobility

declines, it may become more difficult for seniors to make it to the doctor's office. In response, many providers now offer video consultation for those who cannot come in for an appointment. This technology is ideal for those suffering from minor ailments that do not necessarily require an in-person visit.

In addition, for many seniors, medication regimens can become difficult to follow, and the misuse of prescribed medications can lead to negative health consequences. One technology on the rise, especially for those without assistance in the home, is the automated pill counter designed to alert and properly dispense all medications that need to be taken.

In-home tracking for safetyPlacing activity sensors throughout the house is becoming a more and more popular way to monitor loved ones who are living unassisted. Sensors can be placed in multiple discreet locations, like doors, cabinets, windows or beds to track movement around the house and report back to a caretaker or family member.

If the sensors haven't tracked movement in an expected amount of time, alerts can be set up to ensure a designated family member, caretaker or friend is notified to check in on the senior. Tracking and monitoring systems run the gamut from units that are integrated with a full in-home security system, to simple free-standing versions that are less costly and more mobile, but may also be less sensitive.

Q: Nasal Sprays

Being allergic to something can be just an occasional annoyance, like my ragweed allergy which torments me every August, but for others it's an ongoing source of misery.

Developing an allergy to something important to you can even change the course of your life. Forty-one years ago, my friend Steve graduated from pharmacy school in the class one year behind mine.

After years of dedicated study, his lifelong dream of taking care of small animals as a veterinarian was crushed to pieces when he developed a life-threatening allergy to dogs and cats within his very first year of practice.

After a couple of near-death anaphylactic experiences despite trying every antihistamine and desensitizing treatment available at the time, Steve reluctantly decided to give up the world of veterinary medicine and eventually became a pharmacist, a career that doesn't include daily exposure to pet dander.

Your allergy may be occasional or seasonal like my allergy to ragweed or it may be year-round or chronic, triggered by grass, mold or pet dander and can range from mild and uncomfortable to the violent and life-threatening, like my friend Steve.

Allergic reactions that target the nose are called allergic rhinitis, and can show up as sinus pressure, nasal congestion, runny nose or sneezing. Allergic rhinitis can be occasional (seasonal) or year-round

(chronic). Luckily, there are several types of nasal sprays available without a prescription that can help relieve the symptoms of allergic rhinitis, including saline, decongestant, and anti-inflammatory nose sprays and drops.

Saline nose drops or spray can help liquefy mucus and relieve stuffiness.

You can make your own saline by adding ½ teaspoonful salt to 1 cup of distilled water or boiled tap water. I like to add a pinch of baking soda to make it less likely to sting when you use it. Decongestant nose drops and sprays such as Afrin® (naphazoline) and Neo-Synephrine® (phenylephrine) relieve nasal congestion by rapidly shrinking the blood vessels in your nose, which reduces swelling.

There's a catch, however; they tend to stop working after a few days of continuous use, which is called rebound. Some people can use them intermittently for months and manage to avoid getting rebound stuffiness, while others get rebound after only a few days.

If you have high blood pressure or a heart condition, you should avoid decongestant nose sprays completely, as the blood vessel constriction they create can increase your blood pressure.

One type of nasal spray contains anti-inflammatory medicines that work similarly to prednisone and are very effective for allergic rhinitis.

These steroid nose sprays

Getting the most out of nasal sprays:

1. The most effective remedy for allergic rhinitis is one of the prescription-strength nasal sprays available without a prescription (OTC). You'll have even more choices soon, as Nasonex® will become available OTC within the next few months.

2. Most steroid nasal sprays should be shaken well before using them. To avoid irritating the delicate tissue that separates your nostrils, called the septum, always angle the tip of the sprayer away from that middle tissue. Breathe in gently as you spray. Snorting can carry the medicine up and down your throat instead of the lining of your nose where it is needed.

3. Decongestant nasal sprays are not as effective

for allergies as steroid nasal sprays and tend to stop working after only a few days of continuous use. They also can increase your blood pressure. However, they can be useful in stopping a nosebleed because of how they constrict the blood vessels in your nose.

4. In infants and small children saline nose drops to relieve stuffiness are much safer than decongestants and just as effective. Put 1-2 drops of saline in each nostril, wait 15 minutes and then use a small bulb syringe to suck out the liquefied goo.

5. Any of these nose sprays can be used in addition to other ones, as long as you wait at least 30 minutes between them.

are one of the most effective ways to treat allergic symptoms, especially those that involve the nose like sneezing, sniffing and stuffiness. Nasacort AQ® (triamcinolone), Flonase Allergy Relief® (fluticasone), Rhinocort® (budesonide) were prescription-only for years, but are available without one. Soon they will be joined by Nasonex® (mometasone). Nasalacrom® nasal spray is a unique type of anti-inflammatory agent that calms allergy symptoms by stopping the reaction before

it gets going.

It works best if you start using it several weeks BEFORE you are around whatever you're allergic to, and needs to be used 3-4 times daily for best effect.

Dr. Louise Achey, Doctor of Pharmacy is a 39-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www.AskDrLouise.com.*

Ask...

Dr. Louise



Eating: Nutrition

CONTINUED FROM PAGE B2

4. Feed your body with real, whole foods.

Food processing destroys most of the vitamins, minerals and other key nutrients the body needs to function optimally. Dr. Teitelbaum says the best thing you can do is cut the sugar from your diet and slowly add whole foods. Though most adults should be eating at least 1.5 cups of fruit and two cups of vegetables per day, a mere 9 percent actually meet that target, according to the Centers for Disease Control and Prevention.

It may sound like a tall order to work all those fruit and veggie servings into your diet, but break down the daily goal into smaller parts and it may feel more attainable. For example, just take the simple step of adding one extra serving of fruits and veggies to each meal. Slice some banana on your morning cereal, opt for the steamed veggies with your entree, snack on veg-

gies and hummus, and close the meal with fresh berries. Supplementing with a high-quality multivitamin can also help fill the gaps in your diet. Dr. Teitelbaum recommends Ultra Preventive X as a daily multivitamin that can help provide the nutrients you need in their most usable forms for the body.

To address your needs and support your health, always talk to your healthcare practitioner about adding nutritional supplements to your daily routine. To discover new ways to use nutrition to tune up your health, visit the Douglas Labs website and watch the videos at www.douglaslabs.com/tune-up-teitelbaum/.

Dr. Teitelbaum has been retained as a medical consultant in advising Douglas Laboratories.

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CROSSWORD PUZZLE

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THEME: ENGINEERING 101

ACROSS

1. Monument to Buddha
6. "Slippery" tree
9. No-win situation
13. "Relating to unit of electrical resistance"
14. Actress Thompson
15. Garlic mayo
16. Capital of Morocco
17. Anthem author
18. City-like
19. "Biologically inspired"
21. "Electricity-producing device"
23. "___ la la!"
24. Restaurant handout
25. Army bed
28. Rudolf Hess, e.g.
30. "Unit of electric current flow"
35. Avian wader
37. Rock opera version of "La Bohème"
39. First President to resign
40. Julia Louis-Dreyfus' HBO role
41. Lock of hair
43. Keyboard key, pl.
44. Trojan War epic
46. Like traditional storytelling
47. Every which way
48. Door frame part
50. Like Mohave
52. Farm pen
53. Experience emotion
55. Bert and Ernie, e.g.
57. "___ breaker"
61. "Amount of mass in a unit of volume"
65. Bruce Wayne's Batman, e.g.
66. Step on it
68. Core of personnel
69. Marked ski run
70. Opposite of yang
71. Like a neon sign
72. Pouches
73. English course
74. Necessities

DOWN

1. Acidic kind of apple
2. Bangkok native
3. Rounded elevation
4. Baby grand
5. Director's order
6. Lodge fellows
7. Wrangler alternative
8. Noncommittal response
9. Inside scoop
10. RBG's garb
11. Having wings
12. Headly and intoxicating
15. Keats' "season of mists and mellow fruitfulness"
20. "Pie display"
22. Nurses' org.
24. Rock component
25. "Engineering relating to roads and bridges"
26. Plural of obelus
27. Make a logical connection
29. "273.15 Celsius, or absolute ___"
31. Mediterranean sandwich component
32. SAT and ACT
33. "Automatically moving mechanism"
34. Glorify
36. Quarrel
38. Ivan the Terrible, e.g.
42. Slip 'N
45. Deactivate a bomb
49. Oahu greeting gift
51. Classic yo-yo maker
54. Ethanol, a.k.a. ___ alcohol
56. Missouri River tributary
57. A and B, e.g.
58. Pelvic bones
59. "CISC alternative"
60. A. L. Webber musical
61. Fender-bender damage
62. "Run a vehicle's engine when not in motion"
63. Walked on
64. Evergreens
67. Junior's junior

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CROSSWORD PUZZLE

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36. Quarrel
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60. A. L. Webber musical
61. Fender-bender damage
62. "Run a vehicle's engine when not in motion"
63. Walked on
64. Evergreens
67. Junior's junior

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

HELP WANTED

Brewster School District is accepting applications for the following positons

Job Title:
 1- Site Director 21st Century Learning Center (After-school and Summer School) assigned to Schools.

1- Site Coordinator 21st Century Community Learning Center (After-school and Summer School) assigned to Boys and Girls Club
Supervisor: 21st CCLC Program Director/Supervintendent
Closing Date: Open Until Filled
Starting Date: Sept 2018

Job Description:
 The successful candidates will manage the day to day operations of the BEARS afterschool and summer school programs.
Qualifications:
 • Two or more years of experience working in public school classroom or out-of-school time educational setting
 • Has experience supervising staff
 • Demonstrate knowledge of the 21st CCLC evaluation process (collect, analyze, and utilize data)
 • Demonstrate strong oral and written communication skills
 • Demonstrates strong organization and record keeping skills
 • Can work collaboratively with a large group of diverse people, including volunteers

Preferred Qualifications:
 • Experience working in a 21st Century Community Learning Grants
 • Bilingual in Spanish Preferred

Salary: 3-4 hours/ day, 4 days/ week. \$30/ hour

Brewster School District is an Equal Opportunity Employer.

Applications for positions may be obtained on the district's website www.brewsterbears.org under employment or by contacting the district office 509-689-3418.

WORK WANTED

Experience caregiver with excellent references. Compassionate, dependable and honest. CNA license. Live in or out. \$15 per hour, negotiable. 509-689-2113.

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Leavenworth
Cashmere
509-548-5286
classifieds@leavenworthecho.com
 Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com
 All Classified Ads go in all of our newspapers

ANTIQUES & COLLECTIBLES

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Leavenworth
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classifieds@leavenworthecho.com
 Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com
 All Classified Ads go in all of our newspapers

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Large moving/ remodeling garage sale. Vanities, windows, light fixtures, cabinets, furniture, clothes, appliances, knickknacks, antiques, saddles and horse tack, Yamaha TW200 Dual Sport motorcycle, and more. All must go! September 1, 2, and 3 (Labor Day Weekend) from 9 a.m. to 4 p.m. 122 Golden Lane, Brewster. Follow signs from Old Highway 97.

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PUBLIC NOTICES

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN NO. 18-2-00697-04

SUMMONS BY PUBLICATION
DANIEL C. JONES,
 an individual, Plaintiff
 vs.

ALPINE ACRES, Inc., a nonexistent corporation; THE UNKNOWN SHAREHOLDERS AT LAW OF ALPINE ACRES, Inc., a nonexistent corporation; AND ALSO All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein,

Defendants
 THE STATE OF WASHINGTON TO:

Alpine Acres, Inc., a nonexistent corporation, the Unknown Shareholders at Law of Alpine Acres, Inc., a nonexistent corporation, and also All persons or Parties Unknown Claiming Any Right, Title, Estate, or Lien, or Interest in the Real Estate Described in the Complaint herein.

YOU ARE HEREBY SUMMONED to appear within sixty (60) days after the date of the first publication of this Summons, to-wit, within sixty (60) days after the 8th day of August, 2018, and defend the above-entitled action in the above-entitled Court, and answer the Complaint of the Plaintiff, Daniel C. Jones, an individual, and serve a copy of your Answer upon the undersigned attorneys of the Plaintiff, at their 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 Plaintiff in real estate in Chelan County, Washington, described as:

LOT 24, BLOCK 2, ALPINE ACRES, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 7 OF PLATS, PAGES 33 AND 34.

against the claim of the Defendants and any one of them. DATED this 26th day of July, 2018.DAVIS, ARNEIL LAW FIRM, LLP
 Attorneys for Plaintiffs

By: /s/ Steve D. Smith
 STEVE D. SMITH
 WBSA No. 16613
 617 Washington Street
 Wenatchee, WA 98801
 Published in The Leavenworth Echo/ Cashmere Valley Record on August 8 15, 22, 29 and September 5 and 12, 2018. #82721

NOTICE OF TRUSTEE'S SALE
 Pursuant to the Revised Code of Washington 61.24, et seq.Trustee Sale No.: WA-16-745761-BB Title Order No.: 160230538-WA-MSO Reference Number of Deed of Trust: Instrument No. 2260978 Parcel Number(s): 232028721045 Grantor(s) for Recording Purposes under RCW 65.04.015: JAMES S. SISSONS, JR AND TRISHIA J. SISSONS, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): TIAA, FSB, FORMERLY KNOWN AS EVERBANK Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington, Servicer of the Deed of Trust: Bank of America, N.A. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 9/21/2018, at 9:00 AM AT the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 7, NORTHWOOD BINDING SITE PLAN NO. 99-02WE, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME SP-17 OF PLATS, PAGES 90-91. More commonly known as: 1904 NORTHWOOD ROAD, WENATCHEE, WA 98801 which is subject to that certain Deed of Trust dated 7/12/2007, recorded 7/18/2007, under Instrument No. 2260978 records of CHELAN County, Washington, reformed to include the corrected legal description pursuant to a Default Judgment entered 4/4/2018, recorded 5/1/2018, as Instrument No. 2477053 records of CHELAN County Washington, from JAMES S. SISSONS, JR AND TRISHIA J. SISSONS, HUSBAND AND WIFE, as grantor(s), to WILLIAM L. BISHOP, JR. BISHOP, LYNCH & WHITE P.S., as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR WEBSTER BANK, N.A., ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to TIAA, FSB, FORMERLY KNOWN AS EVERBANK, the Beneficiary, under an assignment recorded under Auditors File Number 2378375. 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

PUBLIC NOTICES

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: \$189,101.59. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$197,941.93, together with interest as provided in the Note from 12/1/2008 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 9/21/2018. The defaults referred to in Paragraph III must be cured by 9/10/2018 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 9/10/2018 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 9/10/2018 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 10/13/2016. 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 Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal

PUBLIC NOTICES

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-16-745761-BB. Dated: 6/15/2018 Quality Loan Service Corp. of Washington, as Trustee By: Rebecca A. Baker, Assistant Vice President Trustee's Mailing Address: Quality Loan Service Corp. of Washington 411 Ivy Street, San Diego, CA 92101 Trustee's Physical 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-16-745761-BB Sale Line: 800-280-2832 or Login to: <http://wa.qualityloan.com> IDSPub #0141841 8/22/2018 9/12/2018. Published in the Leavenworth Echo / Cashmere Valley Record on August 22 and September 12, 2018. # 0082389

In the Superior Court of the state of Washington COUNTY OF CHELAN
 Myron D. Hawkes and Judith J. Hawkes, husband and wife, Plaintiff,
 Chelan Associates, a Partnership Defendants.
No. 18-2-00640-04
SUMMONS BY PUBLICATION (60 DAYS)
 The State of Washington, To: Chelan Associates, a Partnership

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 15th day of August, 2018, and defend the above entitled action in the above entitled court, and answer the complaint of the Plaintiff and serve a copy of your answer upon the undersigned attorney for the Plaintiff at his 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 being an action to Quiet Title, Judgement of Adverse Possession under R.C.W. 7.28.070 and Declaratory Judgement for an unrecorded real estate contract dated July 27, 1970 between Chelan Associates, as seller, and Myron D. Hawkes and Judith J. Hawkes, his wife, as purchasers for real property located in Chelan County, State of Washington, and legally described as follows: Lot 127, Plat of Rivera Chelan No. 1, as recorded in Vol. 7, Pages 10-14, of plats, records of Chelan County, Washington.

Signed: /s/Jay Carey

Jay Carey, Attorney
 WBSA # 4928
 420 North Macleod Avenue
 Arlington, WA. 98223.

Published in the Leavenworth Echo/ Cashmere Valley Record on August 15, 22, 29, and September 5, 12, 19. #82761


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