CASHMERE VALLEY





JULY 4, 2018 · VOLUME 111, NO. 27 SINGLE COPY \$1.00

Fun times at the 40th annual Founders' Days



Cashmere Jr. Misses wave to the crowd behind the royalty float.

PHOTO BY KYRA PLANETZ/CVR.



Cashmere Royalty Queen Madison Scherman (right) and Princess Lizzy Carney (left) wave to the crowd atop the Cashmere float during the Founders' Days parade.

By Kyra Planetz

Cashmere's own hometown festival, Founders' Days, was held for the 40th year during the June 23 weekend. Locals and tourists enjoyed the two-day event which featured a variety of activities. The event was filled with tons of food and celebration as adults and children alike found a multitude of fun.

Most of the action took place on Saturday, June 23, at Riverside Park. The venue featured street vendors, live musical performances, a car show, kids zone, helicopter rides and of course, the ping-pong ball drop. Children flocked to the bouncy house and obstacle course, lined up to receive a balloon animal from L-Bow the Clown and checked out books from the Community Bookmobile. Adults enjoyed watching local bands perform and checked out retro cars on display. The ping-pong ball drop

began at 5 p.m. when hundreds of kids lined up to chase the balls falling from the sky. Three "special" balls, adorned with glitter, were mixed in with the regular ones dropped from the helicopter; children that found these received a brand-new bicycle. Cashmere Royalty, Queen Madison Scherman and Princess Lizzy Carney, rode in the helicopter and dropped the balls. The girls said being able to participate in the pingpong ball drop was their favorite activity of the event.

Families could cool off from the heat, which reached almost 90 degrees that day, by visiting local restaurants or touring the Cashmere Museum and Pioneer Village. The entire museum was open to the public all day for free in order to help locals and tourists learn about Cashmere's history.

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Miller wants to be your **Chelan** Commissioner

The Tillicum Riders trot by on horseback during the Founders' Days parade.



PHOTO BY KYRA PLANETZ/CVR Kinley Townsend (front), 4, and brother Briggin Townsend (back), 6, contemplate which book to check out after receiving library cards in the Community Bookmobile during Founders' Days.

Democratic candidates vie for U.S. Congress, meet voters in Cashmere





PHOTO BY GARY BÉGIN/NCW MEDIA

PHOTO BY KYRA PLANETZ/CVR.

Zach Miller speaks to members of the Wenatchee Business Network in June. Miller is running as an independent and hails from Plain. He is an ordained pastor as well as the assistant director for the Tall Timber Christian retreat at 27875 White River Road in Leavenworth. See a future edition of the paper for the full interview.



Jason Rittereiser shakes hands with a constituent at the NCW United Candidate Round Robin forum on Thursday, June 14.



PHOTO BY KYBA PLANETZ/CVB Dr. Shannon Hader answers constituents' guestions at the NCW United Candidate Round Robin event on Thursday,

By Kyra Planetz

CASHMERE: - After Republican Congressman Dave Reichert announced in 2017 he would not be seeking re-election this November, several Democrats filed for candidacy hoping to turn our district in a new direction. Three of these candidates met with constituents at Cashmere Riverside Center Thursday, June 14. The event, titled Candidate Round Robin, was an informal forum that hosted Eighth District candidates Dr.

Shannon Hader, Jason Rittereiser and Dr. Kim Schrier. North Central Washington (NCW) United, sponsored and organized the event.

PHOTO BY KYRA PLANETZ/CVR

NCW United was created in response to the 2016 presidential election. The organization's mission seeks to "inform, understand, protect and persuade, through a supportive and action-oriented community." The Candidate Round Robin was created with the idea to get local people informed and interested in making a change to our district which ultimately

influences the federal government. The event was organized in a way that almost everyone had a chance to ask questions of each candidate.

Over 100 constituents from across Chelan County attended the Candidate Round Robin. The event began with a speech from Cascade High School's 2017-2018 Junior Class President D'Andre Vasquez. Vasquez said he came to the event to represent his student body as well as be a voice for

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201 Cottage Ave. Cashmere, WA 98815 Phone: 509-782-3781

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COMMUNITY VOICES

JULY 4, 2018

CASHMERE VALLEY FCORD

©2018 NCW Media Inc. 201 Cottage Ave, Suite 4 Cashmere, WA 98815 Phone: 509-782-3781

Office hours

Cashmere 9 a.m. - 5 p.m. Monday-Friday Leavenworth 9 a.m. - 5 p.m. Monday-Friday

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> Circulation 509-689-2507 1-509-293-6780

Cashmere Valley Record (USPS 092-600) is published every Wednesday by NCW Media Inc., 201 Cottage Ave., Suite 4 Cashmere, WA 98815 Telephone: 509-782-3781 . Fax: 509-782-9074 Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39. Leavenworth, WA 98826-0039

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286 or emailing classifieds@leavenworthecho.com.

Weekly rates: \$12.00 for first 30 words 50¢ each additional 5 words (over 30) Borders, bold words, headlines, logos and photos subject to additional charges.

Subscriptions

In Chelan County (yearly) - \$33 In State (yearly) - \$34



scandal involving the top echelons of our BILL FORHAN PUBLISHER

Watching the opening of the Congressional testimony of Deputy Attorney General Rod Rosenstein only confirms to me the depth of the problem in Washington. From the very beginning of the hearing Congressional Democrats protested the hearings. Representative Democrat Jerrold Nadler saying, "when President Trump ... was ripping children out of the arms of their mothers ... where was the emergency hearing on that issue?'

political smokescreen

to avoid the real

government.

The reality is Democrats are growing increasingly concerned that tolerance for abuse of American citizens under their watch is gaining strength and could ultimately spell disaster for their hoped for "Blue wave" in the midterms.

Let's review. The Inspector General confirmed that Hillary Clinton exercised gross negligence in her handling of classified information during her term as Secretary of State.

American citizens have gone to jail for their careless handling of classified documents.

Liberals screaming shut down ICE,

Justice is supposed to be blind and equally applied to all citizens. Politicians and government employees aren't entitled to a "get

out of jail free" card because they hold a high political office. American citizens are not their subjects. American citizens are their bosses and they owe their jobs and their allegiance to the American citizens.

Clinton supporters wanted her to be the first woman President. Much like they wanted Obama to be the first black President. Trouble is those are not the primary qualifications for holding the top job in the country.

Many of the supporters of Hillary and Obama were willing to look the other way when issues were raised about their qualifications. And let's be honest, Republicans did not elect an opponent to run against President Obama that had commandingly better qualifications.

The Republican candidates have had more mav experience in the operation of our government, but they

demonstrated little or no leadership. They were either unwilling or unable to confront Obama on his proposals to insure all Americans for \$2,500 less than they were paying for insurance through the private market.

It is troubling that members of the FBI were providing cover for Hillary during the campaign. It is true that they have the right to vote for whomever they choose to support personally, but when their efforts cross over the line of failing to prosecute someone who has committed a crime because "she might be our new boss." They have tipped the scales of justice.

Add to that the fact that they were so personally repulsed by the Republican choice that they were willing to take steps to defeat him by attacking his character with untrue stories of his depravity.

Failing at that they engaged in unreasonable and illegal search activities in a effort to find out if he was guilty of a crime, any crime, so they could push for his impeachment.

Now Democrats are clinging to the story of ripping children from their mother's arms in an effort to build resistance to President Trump. They are calling for the elimination of ICE – Immigration and Customs



Enforcement Agency. In other words, they want to remove any effort to enforce our borders.

During his testimony before Congress Rosenstein said he was not personally responsible for the actions of the individual agents under him. If that is the case, it is clear he did not exercise any supervision of his staff. Proving once again that in government service no one is accountable for the work they do.

We are witnessing the worst scandal of our history. When will the insanity of the far left end?

I have said for decades that term limits are within the power of the electorate. In other words, if they are in - vote them out. In most cases we won't be any worse off.

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



The trade war is here

After months of tough talk, the trade war is on. We've officially imposed tariffs, and the world has retaliated. We are feeling the impacts right here in the Wenatchee Valley as our apples were hit with tariffs by both Mexico and India. Similar stories are

playing out all over America. This looks like the start of something the financial world has feared since Trump won the Presidency. So why

isn't the stock market freaking out?

The most obvious reason for the calm stock market is the strong economy. It's hard for the markets to tank when the economic numbers are so solid. However, I also think the markets are understanding Trump a little better. With Trump, everything is a

sales pitch or a negotiation. He's gone from saying China

was "raping our country," to recently tweeting that there

There will be riots in the streets

A 2-part diatribe

Because of many recent Trump Administration policies, I predict there will be riots in the streets of America. Family separation of immigrants is just part of the issue.

liberal Democrats, so who cares. All the major cities will

have riots, but not so in the quiet little country towns like Wenatchee where conservatism reigns supreme. Any

were "too many jobs lost in China." Just a few weeks ago, his Treasury Secretary announced that "the trade war is on hold." But now we've enacted \$50 billion in tariffs on China.

So, Trump's words don't reflect what is true, or even what he really believes. When he tweeted that "trade wars are good and easy to win," he was just bluffing that he's silly enough to think that. I'm not a fan of that strategy; I'd prefer that my adversaries see me as serious and knowledgeable. But he is clearly trying to negotiate. I think the markets are taking solace in that realization.

left, you are being crushed by all three branches of government. That should all change with the mid-term elections, but only if the Democrats motivate their base and vote enough Republicans out of office.

If they don't vote then they have no excuse to continue whining.

closets

However, I worry that the markets are ignoring a couple risks. First, this is a very delicate situation with high stakes. Even if this is all a negotiation and neither side wants a major trade war, it's not hard to imagine things spiraling out of control – which is the worst-case scenario.

Even if Trump plays this perfectly, and a year from now we have the greatest trade deal in the history of the universe with China, there's still the question of how much damage could be done to the economy until that time. Trump has started trade fights not only with China, but also with Mexico, Canada,

Because so many of the extreme Whites live in the rural areas, they will be happy to ride busses and caravan cars into the inner cities to confront the left.

Wherever there is a major college, you can also bet even more riots will happen. Even if those campuses are in the

Japan, and Europe. In other words: All of our major trading partners. That uncertainty has to paralyze our business world to some degree.

However, a little uncertainty is a lot better than an all-out trade war. The markets are still betting that it won't get too nasty. Thankfully, our economy is strong right now, so unless things get too crazy, I think we'll be okay.

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

or Cuba where votes actually don't count.

In reality I am being far too prejudicial against liberals who live in the country and conservatives that live in the cities. I am generalizing because that is exactly what President Trump is doing when he bans Muslims from specific countries from traveling to the United States. Republican Now the dominated Supreme Court has sided with the travel ban. The millions of Democrats who failed to vote in 2016 can only blame themselves. Those who hated Hillary had better learn to embrace the right wing, because of your "hatred" of her. we have Trump.



COMMUNITY VOICES By Brad Blackburn

Out of State (yearly) - \$36.50 Senior (65+ yearly in county) - \$31

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

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

On the Internet

website: www.cashmerevallevrecord.com e-mail: record@cashmerevallevrecord.com advertising e-mail: echoads@leavenworthecho.com

News tips

Have an idea for a story? Call the Record at 509-782-3781

Services

Back Issues are available up to one year after publication for a small fee. Photo Reprints are available for most photos taken by staff.

Deadlines

Calendar Listings	5 p.m., Thurs.
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	Noon, Friday
Legal Notices:	5 p.m., Friday
Classified Ads:	Noon, Monday



Here is the shame of it all: No one cares on the right wing because the riots will only take place in urban areas and as all good right wingers know, urban areas are filled with extreme,

Candidates available for your questions at Rocky Reach Dam BBQ event

Come get to know your candidates at the "Hands Across the River BBQ". Hosted by Douglas and Chelan County Republican Parties.

WHO - We have invited Republican Candidates and some Non-Partisan candidates from the US Senate, Congressional, State Legislative, County Commissioner, County Sheriff, Judicial Candidates, etc. Now is a great time to get to know them, ask them your questions and learn more about them before the ballots come out in the mail!

BBQ WHAT with candidates from a variety of campaign races, a chance to bring your whole family, have some fun, children can play on the toys and enjoy some great food!

WHEN - Tuesday, July 10th at 4-8 p.m.

WHERE - Rocky Reach Dam, 6151 US HWY 97A

WHY - To learn more about candidates, so they can hear your issues, and you can learn any other information about the upcoming election you might have questions on!

RSVP, To please eventbrite.com/e/ visit: douglas-chelan-handsacross-the-river-free-bbqopen-to-the-public-tickets-47367885621?aff=efbeventtix or go to our Facebook Page: facebook.com/ DouglasCountyRepublicans

sentient being who lives anywhere in America will form an opinion and downplay Trump's tyrannical

right-sided GOP and NCW MEDIA complacent the reverse is also true - urban liberals will overplay these same policies.

Folks in Detroit, Miami, Seattle, Los Angeles, Portland, Boston, Houston, etc., will riot, especially if they are Black and Latino, while the rural Whites will remain silent with a tacit understanding that their man Trump is, indeed, doing their bidding vis-a-vis immigration and SCOTUS appointees.

What's not to love - if you are right you are winning. If you are

Violence, that is rioting, may backfire and cause even more of the right APPLES wing and even GOP TO APPLES moderates (like myself) policies if they are GARY BÉGIN to come out of their

> to stop the so-called MANAGING predicted "Blue Wave" EDITOR from ever reaching fruition.

I fail in my predictive efforts if I don't state the obvious. The extreme right may also riot in favor of Trump policies or at least against the left rioters. That means Skinheads, Nazis, White Supremacists, so-called Tea Party, etc., will also be out in those same urban streets bashing the leftists with sticks and stones and perhaps even guns.

country, the students will riot as they did during the Vietnam War.

Our country elected a man whose main campaign advisor. Steven Bannon, advocated the complete "deconstruction" of the status quo. Guess what folks, he is getting his way.

If you don't vote, I used to think, "well, that is your prerogative." Now I think those who don't vote may very well just shut the heck up because they have become part of the problem.

Either side with or side against, but take a side and make your stand. It is patently false to say your vote just doesn't matter. If that's how you really feel then move to Russia, China, North Korea

You lazy no accounts have caused your own demise.

As the saying goes, you made your bed, now lie in it.

End of Part 1.

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

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NCW Media. Sonnenschein auf Dirth 2018-2019 & Winter Edition Is Coming.... Fall

• New business in Leavenworth and would like more information about getting into the Sonnenschein?

• Did you miss the deadline or did not have time to get your ad to us?

• Do you need to make changes to your current ad in the Sonnenschein?

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

> Call Carol 548-5286 or email ad manager: Carol@Leavenworthecho.com Send in your Fall & Winter guide Events to our editor, at Editor@Leavenworthecho.com

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COMMUNITY BULLETIN	Community	<u>What:</u> Items pertaining to local events that are free or minimum charge. For two weeks only (space limited).	to advertise	Mention that you are a non-profit event for a discount.
BOARD	News and	Where: Email to: editor@leavenworthecho.com or editor@cashmerevalleyrecord.com	your News	If your group is not a non-profit group you can now be listed for a small fee.
	Events	Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com	and Events:	Call for information on any of these items. 509-548-5286

Cashmere

Poetry Fun With Kenn Nesbitt

Experience funny poetry, learn where to find poetry in the library, and collaborate to write a new funny poem from scratch with author and poet Kenn Nesbitt. For kids Pre-K and up. Tuesday, July 10, 3 p.m. at Cashmere Public Library, 300 Woodring St. Free. (er27)

Leavenworth

Senior Center Book Sale

A book sale in support of the Leavenworth Senior Center will be held on Saturday, July

7 from 9 a.m. to 4 p.m. The cost of books will be by donation. We will accept book donations until July 6. Books remaining after the sale will be donated to the Friends of the Library. (e26,27)

Ponderosa 4-H Club Breakfast

The Ponderosa 4-H Club is holding their 62nd annual Chuckwagon Pancake Breakfast fundraiser. Sausage, eggs, drink. On July 4, 7 to 11:30 a.m. at Lions Club Park. Tickets at event, \$6 adults, \$4 12 and under. (e26,27)

Bilingual Library Program

Join bilingual Librarian,

Aina Spicer, at the library for

COMMUNITY CALENDAR

Wednesday, July 04 please call for confirmation

- 8:30 a.m.- 10:30 a.m., Play and Learn Group, Peshastin HeadStart. Call Cheby, 548-7614.
- 9:00 a.m.- 6:00 p.m., Cashmere Public Library hours.
- 10:00 a.m.- 10:30 a.m., Preschool Storytime, Cashmere Public Library. Noon, Cashmere Rotary Club. Cashmere Presbyterian Church. 303 Maple Street, Karen Jackson president,
- 6:30 p.m., Tillicum Riders Drill Team, Chelan County Fairgrounds arena. Call Cindy, 662-5984
- 6:30 p.m.- 8:00 p.m., The Underground, youth group for sixth to eighth graders. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

Thursday, July 05

11:00 a.m.- 8:00 p.m., Cashmere Public Library Hours. 4:00 p.m., Knights of Veritas.

- 5:00 p.m.- 7:00 p.m., Free weekly Community meal, Cashmere United Methodist Church Gym, 213 S. Division Street.
- 6:30 p.m.- 10:00 p.m., Cashmere Sportsmen's Gun Club. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.
- 7:00 p.m.- 8:00 p.m., Al-Anon Family Group Meeting for families and friends of alcoholics. Cashmere Presbyterian Church, 303 Maple Street. All are welcome.

Friday, July 06

- 9:00 a.m.- 6:00 p.m., Cashmere Public Library hours. 10:30 a.m.- 11:00 p.m., Baby/Toddler Story time, Cashmere Public
- Library
- 2:30 p.m., Bilingual Family Crafts and Activities.
- 6:30 p.m.- 8:00 p.m., Evergreen Baptist Church Youth Group (ages 13-20), 5837 Evergreen Drive. Call 782-1662.

Saturday, July 07

9:00 a.m.- 1:00 p.m., Cashmere Public Library hours.

Sunday, July 08

Check the Church page for local services times.

Cashmere Public Library closed.

6:00 p.m., The Underground, youth group for high schoolers. Christ Center, 206 Vine Street. Call Steffanie, 782-2825

Monday, July 09

9:00 a.m.- 6:00 p.m., Cashmere Public Library. 6:30 p.m. Young Life Club, open to all high school age students. Call

a fun program in English and Spanish. This program features stories, games, puppets and hands-on activities. Tuesday, July 10 at 4 p.m. at the Leavenworth Library. 548-7923. (er27)

Historical Railroad and Mill Tour

The Upper Valley Museum is sponsoring the Historical Railroad and Mill Tour along the Wenatchee River on Saturday, July 14. The tour begins at the Upper Valley Museum, 347 Division Street, at 10 am. The tour is 1-2 hours, mostly on a dirt trail, one small hill and sidewalks and is about two miles long. There is a donation fee of \$5. Wear good walking shoes. Call 548-0728 for more information. (e27,28)

Lake Wenatchee

Register For Summer Camp

Register your child now for a fun and exciting week of summer camp at Camp Zanika Lache on Lake Wenatchee. There are lots of fun activities, such as boating, fishing, rafting, arts & crafts, canoeing, high ropes course, low ropes course, cook outs, hiking, kayaking and more. There are still some openings available so be sure to register soon by registering online at www. zanika.net. Youth entering into first through 12th grade. One week sessions. Theresa Samuelsen or Alexis Blessing, 663-1609. (er25,26,27)

Regional

Wenatchee Area **Genealogical Society**

Wenatchee The Area Genealogical Society will meet at 2 p.m., Monday, July 9, at the Douglas County PUD Auditorium, 1151 Valley Mall Parkway, East Wenatchee. Local genealogist and educator Anne Livingston will present the program, "DNA Essentials." For more information, call 782-4046. Free and open to the public. (er26,27)



PHOTO BY KYRA PLANETZ/CVR. Dancers from Agave Azul Mexican Restaurant twirl their skirts during the Founders' Days parade.



PHOTO BY KYBA PLANETZ/CVB

Rick Wood (left) receives the Viewer's Choice Award at the Founders' Days car show while posing alongside his 49' Ford F1 pickup and grandson Alec Wood (right).



T.J. Kaapuni. 509-679-3247

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

7:00 p.m. Cashmere City Council, City Hall boardroom. Call 782-3513.

Tuesday, July 10

8:00 a.m., I.P.I.D. Meeting, Anthony Jantzer - 782-2561, Wescott Dr., Cashmere.

9:00 a.m.- 6:00 p.m., Cashmere Public Library.

Noon, Monitor Homemakers, location varies. Call Florence, 663-1570.

2:00 p.m., Puppet show.

Ongoing events

- Cashmere Public Library: Monday-Friday, 9:00 a.m.- 6:00 p.m., Saturday, 9:00 a.m.- 1:00 p.m. Sunday: closed.
- Baby/toddler Storytime 10:00 a.m.-10:30 a.m.. Other Storytimes call 782-3314.
- Cashmere Museum and Pioneer Village: Monday-Saturday, 10:00 a.m.- 4:00 p.m., Sunday, Noon- 4:00 p.m.

Regional events

- 8 a.m. to 3:30 p.m., Daily: Leavenworth Fish Hatchery. Call 548-7641
- 1:00 p.m.- 4 p.m. SCORE (small business counseling), Wenatchee Chamber of Commerce. Call for appointment, 888-2900.(Tue. & Thurs.)
- 1:00 p.m.- 4:00 p.m., Master Gardener Clinic, WSU Chelan/Douglas County Master Gardener Plant Clinic, 1100 N. Western Ave., Wenatchee. Call 667-6540.
- 3:30 p.m., Cascadia Conservation District Board Meeting, in the Upstairs Conference Room at the Wenatchee World Building, 14 N. Mission St., Wenatchee. Call the District at 436-1601.
- Aging and Adult Services Board Meeting: First Thursday of each month, call 886-0700.

Some meetings or events may be rescheduled. Please check with the organization about the time

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.

Founders' Days

CONTINUED FROM PAGE 1

"By having a communityoriented event, we not only celebrate our present by having people come together, talk and enjoy themselves but it also allows people to engage with the past in a way that hopefully helps them understand pioneers aren't that much different than we are today," Museum Director Lexie Palmer-Gapper said.

To end the celebration, the Crunch Pak Grand Parade was held at 7 p.m. on Saturday. Floats featuring town royalty from across the state paraded down the streets as the queens and princesses danced to music.

Volunteers from Crunch Pak handed out packets of apples and performers from Agave Azul Mexican Restaurant twirled in traditional Mexican dresses. Folks on horseback trotted down the streets while volunteers tossed out candy to eager child on-lookers.

This year's Founders' Days Festival seemed to bring excitement to both those who come every year and to those who newly experienced the celebration. Planning for next year's event will begin in a few short months. The Cashmere Chamber of Commerce is always finding ways to out do themselves so the 2019 event is sure to be a another special memory for the whole town.



PHOTO BY KYRA PLANETZ/CVR

Children race to pick up ping-pong balls during the famous helicopter drop at Founders' Days celebration.



SENIOR CENTER MENUS & EVENTS

Leavenworth Senior Center, 423 Evans St., Leavenworth

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

- July 05, Thursday: Spaghetti & meat, sauce, Caesar salad, peaches, garlic bread, & dessert.
- July 06, Friday: Chicken chow mein, rice, tossed veggie salad, tropical fruit, egg roll, & dessert.
- July 09, Monday: Beef Stroganoff, peas, Greek salad, fruit salad, WW bread or roll, & dessert.
- July 10, Tuesday: Country fried steak, potatoes and gravy, corn, carrot raisin salad, peaches, WW bread or roll, & dessert.
- July 11, Wednesday: Baked ham, scalloped potatoes, sugar snap peas, tossed veggie salad, pineapple rings, WW bread or roll, & dessert.

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



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.

Monday, June 25

2:49 a.m. **Trespass** 115 E Pleasant Ave. #13 7:14 a.m. Warrant Hay Canyon Rd. and Vale Rd. 11:17 a.m. **119** Cottage Ave; Doane's Valley Pharmacy

Tuesday, June 26

- 9:25 a.m. Suspicious person/activity 4330 Eels Rd.
- 9:51 a.m. Suspicious person/activity Hay Canyon Rd. Milepost 1 5:49 p.m. Court order
- violation 215 Perry St. 7:16 p.m. Parking/
- abandoned vehicle 3949 Selfs Motel Rd.

7:46 p.m. Trespass 7638 Olalla Canyon Rd.

Wednesday, June 27

- 12:07 a.m. Noise 10 Block Tanager Ln.
- 10:15 a.m. Graffiti 120 Cottage
- 11:07 a.m. Graffiti 118 Cottage Ave.
- 11:20 a.m. Theft 200 Blue Star Way
- 201 Aplets Way; Jerry's Auto
- 3:47 p.m. Graffiti 100 Maple St.

9:17 a.m. Graffiti 300 Woodring St; Cashmere

Public Library

Ave.

- 1:08 p.m. No injury accident
- Supply

8:41 p.m. Traffic offense Goodwin Rd. and US Hwy 2

COMMUNITY VOICES

Repentance is neccessary

A WALK

WITH

PASTOR

JOHN

SMITH

There is a word that is not often heard in many churches today. In fact, some churches avoid it all together. "Repent"

Ask yourself when is the last time you listened to a sermon, studied or even heard mentioned of the doctrine of repentance? If the state of contemporary church culture rings true, it has probably been some time since you heard the call to "repent and believe the gospel" (Mark. 1:15).

Over a hundred years ago William Booth, founder of the Salvation Army warned that this day would come when he said,

"The chief danger that confronts the coming century will be religion without the Holy Ghost, Christianity without Christ, forgiveness without repentance, salvation without regeneration, politics without God, heaven without hell."

What exactly is repentance? The English word "repent" in our Bibles is translated from the Greek word metanoeo which means to turn or change our minds. This changed mind leads to a change in direction. In essence to perform a complete 180 in your life. In the Christian sense, repentance means turning your back on your old life which was in love with your sin and turn to the Christ who can save you from your sins. This radical turn of the whole person toward a Godoriented life is a vital element in saving faith and necessary to communicate when sharing the gospel.

Repentance is legitimately feeling sorry for sinning against a Holy God. This contrition or "godly sorrow" (2 Cor. 7:10) manifests when we realize how much we have offended God by our sin, the price it took to forgive us and the heartfelt conviction to "cease to do evil" (Isa. 1:16). There is an apparent brokenness

when we recognize what our life is like outside of Christ that is brought about by the conviction of the Holy Spirit. If there is no conviction, a sense of brokenness or even a remorse for sinning against God then that is not repentance but "worldly sorrow" which leads to death (2 Cor. 7:10).

Why don't we talk about this more often? I believe it is because 1) we are ignorant of the doctrine itself and 2) we don't like to make people feel uncomfortable. To call someone to repent is to expose that the lifestyle they are living in is not what God wants and needs to change. Some might consider that activity as judgmental or unloving but all one has to do is look at the ministry of Jesus and see how often he called people to repent. It was because Jesus loved people that he urged them to turn away from their sins and it is not loving to not call people to repent, it is the opposite of love and disobedient to Jesus.

Repentance was a central part of Jesus' message. "Repent" was his first public command recorded in the

gospel of Mark (Mk. 1:15). It was a point of discussion around the dinner table (Luke 5:35). And finally, it was his very last commission given to his disciples where he said, "repentance and forgiveness of sins will be proclaimed in all nations..." (Lk. 24:47). It is necessary for a sinner to turn from their ways because salvation is much more than just believing intellectually that God saves but living a life toward Him.

The result of undervaluing repentance and not making it a crucial element in our gospel presentations has been disastrous for the church. Scores of people believe themselves to be comfortable in their faith while at the same time content clinging to the world because no one had bothered to tell them "friendship with the world is enmity with God" (Jas. 4:4) and that they should repent.

Even though repentance isn't what gets you saved (because salvation is by grace alone through faith alone), however a person repents or has a changed mind about their sin because they are saved.

The command of Christ to make a heartfelt and sincere turn from their sin to him may seem extreme to us who are accustomed to politically correct and unoffensive language. Yet, the call to repent is necessary for all of us to hear so that "our sins may be blotted out, that times of refreshing may come from the presence of the Lord" (Acts. 3:19-20).

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





PHOTO BY KYRA PLANETZ/CVF Mersister princesses dance to "Under The Sea" while rehearsing for The Little Mermaid Jr. Friday, June 22.



Ursula played by Erin Ames (right) and her eel minions played by Nicoleta Bard (center) and Galya Olsen (left) plot Ariel's fate during The Little Mermaid Jr. dress rehearsal Friday, June 22.



PHOTO BY KYRA PLANETZ/CVR

Ariel played by Sarah Valen (left) and King Triton played by Christopher Voorhies (right) rehearse their scene for The Little Mermaid Jr. Friday, June 22.

> Upper Valley Connection, an organization that provides specially-abled children and adults with unique opportunities to showcase their individual talents, produced and directed Disney's The Little Mermaid Jr. Actors of all ages rehearsed their performance one final time last Friday morning, June 22, at Cashmere Middle School and performed at opening night later that evening. For more information about the organization visit uppervalleyconnection.org.



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onorina the lives of residents in the Valley for over 100 years

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



LEAVENWORTH

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.

OUR LADY OF THE ASSUMPTION

Spanish Mass - Saturday, 7 p.m.

SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 548-4345

Fr. Miguel Gonzales

Saturday Services

SPIRIT LIFE CENTER

Fred Smith • 860-3997

PPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

LEAVENWORTH

COMMUNITY UNITED METHODIST 418 Evans Street - 548-5619 Worship and Sunday School for children at 10 a.m. Nursery provided. **Pastor Denise Roberts** www.leavenworthumc.org

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Church: 548-7667 Meetings: Sunday - 10:00 a.m. For any other information: 868-2620

FAITH LUTHERAN CHURCH - ELCA

Reconciling Works Congregation 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org

LEAVENWORTH CHURCH OF THE NAZARENE

Sunday Worship 9:00 a.m. Lead Pastor: Andy Dayton www.LCN.org

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.

10170 Titus Rd. (across from middle school)

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

111 Ski Hill Drive • 548-5292 Pastor to Children & Families: Becky Goodman

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. Paster 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 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. - 206 Vine Underground Junior High, Wednesdays, 6:30 p.m. - 206 Vine Steve Haney, Lead Pastor Andy Robinson, Pastor **CHRIST**CENTER Joyce Williams, Pastor Ian Ross, Director of Operations Steffanie Haney, High School Director christcentercashmere.com • (509) 782-2825

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. Pastor Robert Gohl

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 Convalescent Center Fr. Miguel Gonzales

CASHMERE

ST. JAMES EPISCOPAL CHURCH

5th Sunday Morning Prayer 9 a.m.

Deacon Carol Forhan - 670-1723

Vicar Rob Gohl - Cell - 860-0736

222 Cottage Ave. • 782-1590

Holy Eucharist 9 a.m.

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.midvalley baptist.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



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

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517

Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD

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



CASHMERE VALLEY RECORD

July 4, 2018

PHOTO BY KYRA PLANETZ/CVR. The Cascade High School 2017-2018 Junior Class President, D'Andre Vasquez, spoke on behalf of his student body about the relationship between young adults and politics at the NCW United event on Thursday, June 14.





Dr. Kim Schrier (right) discusses the opioid epidemic with constituent Shelley English (left) during the Candidate Round Robin forum on Thursday, June 14.

Democratic candidates CONTINUED FROM PAGE 1

young people. He encouraged the audience to make decisions that would in turn benefit future generations of voters.

"It is up to you to decide how you will provide our future innovators and workers with awareness, advocacy and education," Vasquez said.

After Vasquez's speech, the audience gathered into three groups and had 20 minutes to talk with each candidate who rotated throughout the groups. The candidates discussed pressing issues with constituents such as climate change, health care, opioids, immigration, gun control, affordable housing, the "Me Too" movement and regulating the Trump Administration.

Each candidate seemed to be motivated by the 2016

presidential election and its aftermath, much like NCW United. Hader, Rittereiser and Schrier all expressed a disdain for our country's — and state's — political climate and hoped

to make changes if elected. "As a human being I'm so saddened by what's happening in our country," Schrier said, "We really deserve better, we deserve representatives who will stand up for what's best for the nearly of the district."

the people of the district." As a millennial, Rittereiser expressed the importance of young people voting and being elected into office. Because they are the future of our country, he seemed to believe the younger generation should be highly involved in political decision making.

"Its time for the next generation of leaders to step up and take on our greatest challenges," Rittereiser said,

"If our generation got to pick the make up of congress it'd look a lot different than where we're currently at."

All of the candidates, as well as constituents, also seemed to enjoy the style of the event. It allowed them to get down to the issues, meet district voters and discuss topics in a more informal way than traditional forums.

"I don't think 30 second sound bites serve as well in determining the future of our country. This was a good way to rapidly get a little bit more depth in with the voters and to mix it up a little bit," Hader said.

The primary election for congressional district eight will be held Tuesday, August 7, with the general election on Tuesday, November 6. For information about candidates or voting visit weiapplets.sos. wa.gov/myvote.



Judge from Cashmere runs for re-election, helps create drug court



PHOTO BY KYRA PLANETZ/CVR

Judge Kristin Ferrera (left) discussing Chelan County Superior Court's new drug court program with Councilor Kameon Smith (right) and the rest of Cashmere City Council on Monday, May 14.

By Kyra Planetz

Following Chelan County Superior Court Judge Alicia Nakata's retirement in 2017, Judge Kristin Ferrera of Cashmere was sworn into office in January of 2018. Since then, Ferrera has gained much experience in criminal law cases to add to her extensive resume. Running against Charles Steinberg, Ferrera will vie for Chelan County Superior Court Judge position three in the upcoming primary election this November.

Before becoming a judge, Ferrera worked in law for nearly a decade; most recently she practiced civil litigation Jeffers, at Danielson, Sonn & Aylward Law Firm in Wenatchee. She has experience with employment, family, construction and agricultural law as well as civil rights defense. Ferrera is the only candidate in our county running for a Superior Court Judgeship with judicial experience and she hopes this will benefit her re-election.

"I'm a neutral person who walks into a situation and tries to look at it from all sides and hear everyone before making a decision," Ferrera said, "people want to know that they've been heard and I really do think that they feel that when they walk out of my courtroom."

Ferrera has been busy this year not only presiding over cases but was also instrumental in creating a drug court in Chelan county. At their meeting last month, on May 14, Ferrera told Cashmere City Council the majority of criminal cases she sees involve some type of drug use, mainly methamphetamines and opioids. The drug court begins tomorrow, June 7, and follows the national model which is practiced around the state and across the country.

"We are hoping that this drug court is going to combat some of the problems that we're seeing with addiction in our community," Ferrera said.

Participants of this program will spend a minimum of one to two years completing courses in order to graduate from drug court and avoid a conviction on their record as well as jail-time. Those eligible are people with a drug addiction who commit minor crimes, such as petty theft, not violent offenders. Participants that qualify will not only undergo drug treatment but must complete steps for getting proper housing, employment and their GED. The drug court is by no means an "easy way out," Ferrera said, those who don't meet requirements during the long process face sanctions, the most severe results in removal from the

program. But the Chelan County Superior Court, including Ferrera, believe the drug court will eliminate repeat offenders.

"We're helping them achieve life skills in addition to staying clean," Ferrera said, "It's for people who really struggle with wanting to get clean, but if they don't have those skills to actually be successful in life then there's a chance they might come back [to court]."

With the experience she will gain presiding over the drug court, Ferrera hopes to be re-elected this year in order to maintain consistency for participants in the program. She believes it is important for Cashmere citizens to vote in the upcoming election as many folks will eventually end up in the Superior Court whether for a civil case, such as divorce and custody hearings, or a crime. Ferrera maintains people want a fair and honest judge when attending their court date and seems to truly appreciate the community in which she lives.

"I love it here. Having lived in other places and traveled around, there is really no better place than Cashmere, in my mind," Ferrera said.

For more information about the election visit co.chelan. wa.us/elections.



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Opioid prevention campaign kicks off in Washington

Initiative shines light on the risks of prescription opioid addiction and overdose

OLYMPIA -- The Washington State Department of Health will launch a statewide campaign this summer to warn about the dangers of opioid prescriptions. doh. wa.gov/YouandYourFamily/ InjuryandViolencePrevention/ OpioidOverdosePrevention.

Since 2000, over 10,000 people in Washington have died from an opioid overdose and there have been more than 17,697 opioid overdose hospitalizations.

This crisis is tragically affecting our family members, friends and communities. We need to do everything we can to make sure people understand that prescription opioids can quickly lead to dependence, addiction, and deadly overdose, says Dr. Kathy Lofy, state health officer.

Through compelling personal accounts, the campaign helps make everyone aware of the risks and dangers of prescription opioids and delivers a thought-provoking message: It only takes a little to lose a lot.

With funding from the Centers for Disease Control and Prevention (CDC), the campaign will focus on the hardest hit and most rural counties. Sign up for the DOH blog,Public Health Connection medium.com/wadepthealth. After hours and on weekends, call 360-236-4440.

of the Week

Starla Anderson, age 10

This is Starla's first year on the swim team. She tries very hard at each practice and never complains. She is improving and getting stronger everyday.

> Congratulations Starla!

Easton Risdon, age 14

Easton applies the coaches advice on stroke improvement and his strokes have improved a lot because of it.

> Congratulations Easton!!







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MED/ SURG RN Full-time/ Night Shift

Three Rivers Hospital is in need of a Med/ Surg RN to perform general nursing duties in an setting with acute care adequate supervision. Current WA State RN license and must have current BLS/ CPR and obtain ACLS certification within one year. Rotatincludes ing days and some weekends.

Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Anita Fisk, Director of Human Resources PO Box 577 Brewster, WA 98812 (509) 689-2517 x 3343 <u>www.</u> threerivershospital.net <u>afisk@trhospital.net</u> EOE



Wapato Point is recruiting for **Seasonal Housekeepers** Flexible shifts. \$13/ hour Link Bus passes available Application packets are located on our website at <u>www.wapatopoint.com</u>. For questions, please call 509-687-9511, x307

PATEROS SCHOOL DISTRICT POSITION OPENINGS

Application deadline for both positions is noon 7/11/2018. Positions open until filled. Appli cation instructions and complete position de scriptions available online at <u>www.pateros.org</u> or from the district office Monday- Thursday, 8:00 - 4:00, 509-923-2751x4. EOE

Business/ Technology Teacher

This 1 FTE positon commences in the 2018-19 school year. Required: WA State Teaching Certificate with appropriate endorsements applicable to the position, pass background check. Salary is dependent on experience and education.



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PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of Roberta May Diesen Deceased. No. 18-4-00183-04

PUBLIC Notices

CITY OF LEAVENWORTH

On the 26th day of June, 2018, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:

Ordinance 1568: An ordinance of the City of Leavenworth, Washington amending chapter 2.04 City Council.

A copy of the full text of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/ City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on July 4, 2018. #82435

CITY OF LEAVENWORTH Notice is hereby given pursuant to RCW 36.70B.170 and RCW 36.70B.200 that the Leavenworth City Council will conduct a public hearing for approval of a Development Agreement by Resolution with Aasgard, LLC for the installation/ upgrade of an existing sewer line to parcel numbers 241701730010 and 241701730005 located within County Shop Road, on Tuesday, July 10, 2018 at 6:45 p.m. at the Leavenworth City Hall, 700 US Highway 2. The public is invited to attend said hearing and make comment.

Chantell R. Steiner Finance Director/City Clerk City of Leavenworth Published in The Leavenworth Echo/ Cashmere Valley Record on July 4, 2018. #82436

Superior Court Of Washington

For Chelan County

In the Matter of the Estate

Marion E. Robinson, Deceased. No. 18-4-00187-04 Probate Notice To Creditors

RCW 11.40.030

representative personal The named below has been ap-pointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mail-ing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were com-The claim must be menced presented within the later of:

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

Conservation Groups Move One Step Closer to Saving Nason Ridge for Fish, Wildlife and People

Fundraising campaign now underway to ensure permanent protection of Nason Ridge Trail and the fish and wildlife of Lake Wenatchee, the Wenatchee River and Nason Creek.

Western Rivers Conservancy news release

LAKE WENATCHEE — In a crucial next-step in the effort to conserve a forested mountainside above Lake Wenatchee and Nason Creek, Western Rivers Conservancy successfully purchased the popular Nason Ridge property from the Weyerhaeuser Company.

The highly visible property was slated for timber harvest and includes much of the 22-mile Nason Ridge Trail, as well as crosscountry ski trails and over two miles of Nason Creek, a critical salmon spawning stream and a key source of cold water for the Wenatchee River.

"Conserving Nason Ridge will be a tremendous win for the Wenatchee River's fish, for wildlife and for everyone who lives, visits and recreates in these mountains," said Western Rivers Conservancy's president, Sue Doroff. "It's a special spot, and we're glad we could step in and negotiate a deal with Weyerhaeuser that will allow for permanent protection of this important property."

The desire to conserve Nason Ridge, which spans 3,714 acres, is deeply rooted in the local community. Wenatchee-based Chelan-Douglas Land Trust has been trying to protect the property for years and is now working in partnership with WRC to raise \$1 million to fund the permanent protection of the property. This crucial phase of the project is now underway.

"We aren't finished yet," said Curt Soper, executive director of Chelan-Douglas Land Trust. "We have to raise \$1 million in private gifts to fund permanent conservation of Nason Ridge. So we need everyone's support."

WRC will own the land until it identifies a long-term steward that shares WRC's conservation vision for the parcel. During its ownership, WRC will allow public access just as Weyerhaeuser has done for years.

"Weyerhaeuser has been a member of the Wenatchee community for decades and we're pleased we could work out a solution with Western Rivers Conservancy that will meet the needs of all involved," said Scott Dahlquist, Weyerhaeuser's senior director of real estate.

ABOUT THE PROJECT PARTNERS

Western Rivers Conservancy acquires prime river lands along the West's best rivers and streams to conserve habitat, protect key sources of cold water and provide public access for all to enjoy. It is the West's only organization dedicated exclusively to saving rivers through land acquisition—an approach that is effective, tangible and permanent. Its motto is "Sometimes to save a river, you have to buy it." In Washington, WRC has conserved dozens of miles of river land along the Hoh, Skagit, Columbia, Big Sheep Creek and Icicle Creek. It created Robe Canyon Historic Park on the South Fork Stillaguamish and recently protected a critical hillside above Nason Creek, upstream of the Nason Ridge property. WRC has protected hundreds of miles of frontage on other great rivers around the West, including the John Day, North Umpqua Klamath, Gunnison, Salmon, Yampa, Snake and Madison. To learn more, please visit westernrivers.org.

Chelan-Douglas Land Trust works with local organizations, businesses, and individuals to protect what we all hold dear: beautiful natural areas, a strong economy, clean air and water, abundant wildlife, and the freedom to enjoy it all. The Chelan-Douglas Land Trust started in 1985 as a volunteer organization made up of Wenatchee Valley residents with a vision of a healthy and prosperous future for Chelan and Douglas Counties. Since then it has grown to over 2,500 members committed to preserving the region's natural areas. Learn more at cdlandtrust.org.

Part-time Route Driver

Part-time route bus driver commences with the 2018-19 school year. Monday -Friday, 3-4 hours per day split between the morning and afternoon route. This is a union position. You must have a Class B CDL with "S" endorsement (passenger and air brakes), a clean driving record and pass backaround check. Training is available. Salary DOE

Find the Best Qualified Local Employee in our Classifieds Ads. Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon Lake Chelan Mirror 682-2213 mirrorads@ lakechelanmirror.com Leavenworth/ Cashmere 509-548-5286 classifieds@ leavenworthecho.com Deadline Tuesday at noon Quad City Herald 509-689-2507 heraldads@qcherald.com All Classified Ads go in all of our newspapers



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Puppies born Mother's Pictures available. Day. grandson of Sire is American Grand Champion. Doggy door ready; shake will sit and Pets. \$1,650/ Leave (253)message at Delivery after 927-0333. July 8.



GARAGE & YARD SALE

Lake Wenatchee Rec. Club's 14th annual flea market, Saturday, July 7, 9-4. Sunday, July 8, 9 to noon. All public buyers and sellers welome. No booth charge, rental tables available. 14400 Chiwawa Loop Road. 509-679-5517

See your classifieds on-line at no extra charge www.ncwmarket.com Probate Notice To Creditors (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of:

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

Date of First Publication: June 27, 2018

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Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 18-4-00183-04 Published in The Leavenworth Echo/ Cashmere Valley Record on June 27, and July 4, and 11, 2018. #082378



This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: June 20, 2018

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Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 18-4-00187-04

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Published in the Leavenworth Echo/ Cashmere Valley Record on June 20, 27 and July 4, 2018. #82333.



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LIFE & HEALTH



PAGE 8

Last month, Clarence, one of my patients asked me, " What do you think about the medicine Metanx®?""I'm not familiar with it. Is it a supplement?"

"No, you need a prescription for it. It helps nerve pain in diabetes. Metanx®, contains only one ingredient: Lmethylfolate, a close cousin to folic acid. Although folic acid is considered a B vitamin, L-methylfolate is not classified as either a vitamin or food supplement. Instead, it's considered a medical food. Medical foods are products designed to address a disease that creates a nutritional deficiency that cannot be fixed by eating a normal diet. When something more is needed to address a nutritional disease than eating a normal diet, the Food and Drug Administration (FDA) created a special category for them: a medical food.

Medical foods started as special formulas designed for infants with certain metabolic genetic diseases. Some babies needed special nutrients added to their formula, while other babies couldn't safely

consume certain dietary substances, so their formula was designed without the troublesome nutrient. For example, if you are born with phenylketonuria, you cannot safely process phenylalanine. To help you avoid accidentally ingesting it, any foods containing phenylalanine are required to have a warning added to the list of ingredients to alert those with phenylketonuria to avoid consuming it. To be classified as a medical food by the FDA, a product must meet several criteria. First, its nutrients must be in a specific formulation instead of their natural state. Next, it must be designed to be taken either as a pill or liquid by mouth or in a tube feeding as treatment for a medical condition that has distinct dietary needs. Finally, although it is intended to be used by patients getting ongoing treatment supervised by a medical provider, it doesn't require

a prescription. Medical foods were originally specialized infant formulas for certain genetic diseases or for infants needing a ketogenic diet to prevent seizures, but in recent years other products have crept in under this category, attracted by the lack of regulation required by the FDA.

Prescription and nonprescription (over the counter) medicines must show the FDA that they are both safe and effective before they get permission to market a new product. Food supplements have to put disclaimers on their labels including, "This statement has not been evaluated by the Food and Drug Administration," and "This product is not intended to diagnose, treat, cure, or prevent disease." Food supplement manufacturers are allowed to use statements describing how the product supports certain organs or body functions. Medical foods are very different. They seem more "official" "trustworthy" because or they are often sold only by prescription and they can be marketed as a treatment for a specific disease state. The truth is they are less trustworthy than medications or food supplements because they don't have to be registered with the FDA.

Some examples of medical food products include Metanx® and Cerefolin NAC which contain L-methylfolate. which is similar to folic acid. Metanx® is a oneingredient product targeting diabetics with neuropathy and Cerefolin NAC® is marketed for memory loss and combines vitamin B12 and N-acetylcysteine with Lmethylfolate.

Limbrel® contains flavonoids with antioxidant properties and is marketed people with osteoarthritis to improve joint movement and mobility; however, there

is no clear evidence that osteoarthritis is associated with any specific nutritional deficiency. Axona® is marketed as memory booster for Alzheimer's dementia. It contains ketone bodies which the manufacturer claims may function as an "alternative energy source" instead of glucose to improve brain functioning and memory. There isn't any clear evidence to support this, but because it is marketed as a medical food, they don't have to provide any proof to anyone that it works. Here Are 5 Key Facts

About Medical Foods: 1. Medical foods are products designed to address diseases that create a nutritional deficiency that cannot be fixed by eating a normal diet.

2. There is very little evidence that singleagent vitamin/nutritional supplements can improve dementia and diabetic neuropathy as well as eating whole foods like spinach, broccoli and other fruits and vegetables.



3. Medical foods are allowed to be marketed for a particular disease, yet they don't have to show any proof that they're safe or effective.

4. Medical foods do NOT require a prescription, but are supposed to be used only under the supervision of a physician.

5. Medical foods can expensive. Many be medical food products cost \$60 or more per month, with the manufacturer advising you try them for 4-6 months before expecting any noticeable benefit.

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. 2018 Louise Acheu



Dr. Said vies for U.S. Senate despite Cantwell incumbency

BY GARY BÉGIN

The Wenatchee Business Journal interviewed Dr. Mohammad Said recently about his uphill task to win the Democratic primary for United States Senate against longtime incumbent Maria Cantwell.

The following are his answers to a variety of questions:

CVR: Tell the readers about yourself as much as you care to:

Said: Elected Experience: Precinct Committee for Grant County. State Delegate-Convention Democratic several times. National Platform Committee 1988. Former Vice Chair-Democratic Central Committee - Grant County. State Committeeman Grant County 2018. Other Professional Experience: Expert in healthcare, holding one of the highest medical degrees in the US. Expert of US-Arab/ Muslim relations. Facebook Dr. Mohammad Said & drsaid. netdrsaid.net. Education: M.D. with honors, PhD with honors, MPH, Specialist in Internal Medicine, Family Practice, Geriatric. Preventive & Alternative Medicine, Former Asst. Clinical Professor at VA in Fargo, North Dakota.



CVR: Can you get along with Republicans in D.C. in order to make real changes

Said: Yes, after all we are all Americans and our country is on top priority regardless of parties.

CVR: Do you have any public elected office experience or is this your first go at political office.

Said: I have been Present Committee Officer for 71 in Grant County for over 30 years, I was elected as a committeeman representing Grant County in the Democratic Central Committee for the las two years.

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Community Service: Volunteer for 14 years at Washington State correction facilities and other local, county, and state.

CVR: If elected, how will you be different than Maria Cantwell?

Said: I will be different in several areas:

• Foreign policy, particularly to Israel as our unconditional support for Israel caused the birth of Osama Bin Laden and terrorist attack of 911. Our invasion of Iraq engineered by the Pro-Israeli Zionist Jews so called Neo Conservatives, caused the birth of ISIL. We have spent trillions of dollars in those wars for nothing. We need to finance our Infrastructure.

• We have to reign in the military and not treat them as a sacred cow, we need to save that money.

• I call to change the Second Amendment of the Constitution to make it a privilege and not a right to bear arms.

• I am In favor of cutting foreign aid, particularly to countries who do not need it such as Israel. Former President Obama, before leaving office, gave Israel \$38 billion from our tax payers in the next 10 years. His reasoning if he didn't limit the amount. Congress would have given them more. Nobody in Congress dare to question Israel and its treatment to the Palestinians, the native people. When it comes to Iran we are super power, and when it comes to Israel we are a Banana Republic.

CVR: You are running against other Dems so I take it you are of a different "wing" of the Party?

Said: I am like most Americans in the middle progressive on some issues, and conservative on others. As I am pro-life, pro-family, and pro-traditional marriage between a man and woman.

CVR: What is the biggest issue Washington needs help with in D.C.

Said: I wanted Washington State to be a hub for business from overseas, particularly from the oil rich countries of the Middle East. I want to make Seattle competitor with other international cities such as London, Paris, etc. I want to revive the international airport at Grant County that flights directly from Seattle to Dubai makes a stop in its way back and forth. We have a tremendous agricultural in Eastern Washington which is a bread basket.

CVR: Are you prepared to impeach Trump or will you allow the status quo to remain?

Said: I will allow the status quo to remain, and let Trump be defeated by the voter's next election.

CVR: What about the American Embassy in Jerusalem?

Said: It is the most ridiculous thing that happened in my lifetime. In June 6, 1967. 51 years ago, my beloved

city Jerusalem fell under the Israeli control, the same day I graduated as a Doctor from University of Granada in Spain. Transferring the American Embassy is fomenting a religious war between 1.7 billion Muslims and the 12 million Jews, unfortunately the tremendous influence, particularly In the United States, keep them holding on the Palestinian land as Israel has become an apartheid State.

CVR: How best do we deal with N. Korea?

Said: If North Korea comes down it is because of the economy, as we see the tremendous difference between North Korea and South Korea, I am in favor of sanctions until North Korea gives up its nuclear arms. Unfortunately we have one country in the Middle East which has nuclear weapons at the Dimona nuclear facility in the Nagev Desert, but nobody talks about it, it is Israel.

CVR: Are tariffs going to hurt or help our economy

Said: Some might hurt and others might help. I am in favor of free trade provided it's a fair one.

CVR: Are there specific national, state &/or regional issues you want to change, fix or remain the same

Said: I feel Canada Is our greatest ally, I do not have any specific changes at this time.

CVR: How do you feel about DACA.

Said: I am in favor of Amnesty for immediate family of those who were born in the U.S. To institute a guest worker program where Latinos come and work the land, leaving their families' behind, giving them enough time to go back and visit

CVR: If you are new to politics, what caused you to throw your hat into the ring?

Said: I am not new in politics, I ran for public office before as a way to express my views regardless of ethics, religion, background in accordance with the first amendment of the Constitution

CVR: Feel free to make additional comments.

Said: What motivated me to file for U.S. Senate on May 15, was exactly 70 years ago I was expelled with my family from the Port city of Haifa Palestine, which Is now part of Israel along with 700,000 Palestinians who remained refugees, to make room for people who claimed to have that promised land by God over 4,000 years ago. For the Palestinians it was called Al-Nakba or the catastrophe, most of those who occupied the land was with the help of Great Britain, and if we accept their reasoning as the famous English historian Arnold Toynbee, who said that we have to divided the whole world again, as nobody can claim he had this land or that even centuries ago. It has been always politics and not Prophecy or anything of that nature. The Palestinians still in Palestine, where their numbers are equal to the Jews and there is nowhere to go. The Israeli Jews can come to U.S. as they have dual citizenship. They have tremendous power in this county, through news media, the financial institutions, Hollywood and entertainment Industry, the banks, Congress and White House. For them the U.S. is truly the

Promised Land.

Editor's Note: NCW Media does not endorse any candidate for any office. These *interviews are merely a way* to allow candidates a venue to explain their points of view to local voters.

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