



LEAVENWORTH WELCOMES LEAVENWORTH FAMILY REUNION

PHOTO COURTESY OF GREATER LEAVENWORTH MUSEUM.
Civil War Veteran



PHOTO COURTESY OF CITY OF LEAVENWORTH

Captain Charles Frederick Leavenworth

HISTORY SUBMITTED BY JOHN LEAVENWORTH, PRESIDENT AND CAROL FORHAN, LEAVENWORTH ECHO

The ancestors of Captain Charles Frederick Leavenworth who platted our town of Leavenworth had a wonderful reunion with about 45 family members attending from across the U.S. including Washington, Oregon, Florida, Michigan, and Texas. Gathering for 3 days at the Enzian Inn was a time of catching up with family, sharing stories, displaying family heirlooms like oil paintings of famous family members such as General Henry Leavenworth (founder of Ft. Leavenworth, KS), brass buttons, and silver spoons made by other historic family members, the family coat of arms, the Leavenworth family star and quilt, newspaper clippings of significant events pertaining to the family. Many of the family members enjoyed what the Bavarian Village of

Leavenworth has to offer including a Leavenworth Proclamation Day presented to the family from Leavenworth Mayor Florea on July 30. Other events such as touring area wineries, a picnic in Lions Club Park, rafting the river, a private tour of the Greater Leavenworth Museum, Leavenworth Summer Theater's Sound of Music, and simply shopping the downtown area were all of interest to the families, and led to shared experiences to fondly remember for the future gatherings. Charles Frederick Leavenworth was born in Rochester, New York, on October 2, 1845, died 1909. His first occupation was a freight clerk in the New York Central railroad office. At the age of fifteen years, he ran away to enlist in the army in the New York infantry, but he returned home soon after and completed his education at Rochester High School. He had many adventures from New York to Nebraska to Washington State. He was a business entrepreneur starting businesses in California and Washington. He went into the milling

business and built the first steam flour mill in Modesto. In 1883 he came to Washington, settling at Tacoma. In 1884 he went to Port Hadlock, where he built a large sawmill, but afterwards sold that out, and returning to Tacoma, with Messrs. W.D. Taylor and H.B. Thomas buying out the Watson sawmill. That was sold in 1885, and Mr. Leavenworth then went to Gray's Harbor, where he built the Cosmopolis mill, the largest sawmill on Gray's Harbor. That he sold out in 1888, and he then settled in Olympia. In 1888 he built the Olympia and Gray's Harbor Electric Company's telephone line in the same year he bought out the McKenny drug store in Olympia city and became president of the newly organized Pacific Drug Company and bought out the Wisdom drug store in Portland and formed the Wisdom Drug Company in that city, as president. Leavenworth, WA was founded as a division point for the Great Northern Railway Line's Cascade division in 1892. Capt. Leavenworth formed the

Okanogan (the name of the county at that time) Investment Company and surveyed the townsite, which they platted [and took his name]. He never lived in Leavenworth nor did any of his descendants. He married Katherine "Kate" Medora Mead of Warren, PA in Sonoma, CA., on March 29, 1873, at the home of Dr. Chauncey Leavenworth. He then went to the San Joaquin valley and settled at Modesto, where he built and operated the gas and water works, staying there for seven years. She died in California 1897, bearing no children. She was born about 1841 to John Mead and Evaline Gilson (King) Mead. He married a second time to Carrie Bell Russell in Portland, OR, April 13, 1902, who bore him a daughter, Catherine and a son, Joe. Carrie died December 2, 1915, in California and was buried beside Charles in Jacksonville, OR. Carrie was born in 1874 in Washington state (possibly Walla Walla) to

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Community Foundation of NCW awards \$402,000 in grants to NCW Nonprofits

SUBMITTED BY JENNIFER DOLGE

The Community Foundation of NCW has awarded \$402,000 in Regional Impact Grants (RIG) to nonprofits addressing community needs and enhancing the quality of life in Chelan, Douglas, and Okanogan counties. The RIG provided core operating and project-specific support on a quarterly basis (from July 2021 to June 2022) for nonprofits through two funding levels (\$4,000 or \$10,000) depending on the size of the organization and the scope of their project or request. There were 55 grants awarded to organizations improving NCW communities through vital health and human services, affordable housing, environmental stewardship, youth and elder support, and enriching arts and cultural experiences.

Throughout the year, the Foundation received more grant requests than funding available – but, through the Partners in Giving fund, \$40,000 in additional grants were able to be awarded.

“Our Partners in Giving provide unrestricted gifts to the Foundation that allow the Board of Trustees additional resources to support grants, scholarships or leverage time-sensitive opportunities” said Beth Stipe, the Foundation’s executive director. “Those flexible dollars allow us to make a greater impact in our region, and we are incredibly grateful for those donors that entrust us to make good use of their generous gifts.”

This year, the RIG is returning to an annual cycle opening August 1 and due September 15th. While the application process remains unchanged, the maximum funding request will be based on an organization’s budget size in effort to award a balanced number of grants with the funding available.

“We’re continually working to improve our grantmaking program to make the greatest impact in the region with limited resources,” said Claire Oatey, Director of Community Grants. “For 2022, we will return to an annual grant program but with some new parameters to help ensure a more equitable distribution of the dollars we have available.”

For more information about the RIG and apply, visit <https://cfncw.org/regionalimpactgrant/>.

2021 Regional Impact Grant Awards

Chelan County Mountain Rescue Association: Volunteer organization of experienced climbers dedicated to saving lives through search, rescue, emergency medical care, and mountain safety education in Chelan County and surrounding areas. (\$4,000)

Chelan Valley Community Nurse: A nurse and bilingual/bicultural Community Health Worker to make free nursing visits to vulnerable adults living at home. The focus is on safety, continuity of care,

CONTINUED TO PAGE B4



GOOD GROWS HERE

Chelan County Sheriff, deputies host National Night Out

By: MATTHEW OCKINGA
Correspondent

CASHMERE – The blare of sirens. The flashing of red and white lights. The uniform.

These symbols of law enforcement cause various reactions among the public. Often, people live in a headline world concerning the police. Reactions and stereotypes can dominate. Yet while no entity is beyond reproach, officers local and nationwide want to remind the people they serve that everyone is on the same side.

“We’re trying to get out there so hopefully people can see us in hopefully a non-threatening environment,” said Nigel Hunter, Sheriff’s Deputy for Chelan County. “In our view it makes us do the job better because we actually really want

to see a positive outcome as opposed to just being mercenaries hired to come in and serve a public that may or may not connect with them.”

Hunter was one of several law enforcement members present for a local celebration of National Night Out, on August 2 at Cashmere Riverside Park. Held across all 50 states, U.S. territories military bases worldwide on the first Tuesday of August, National Night Out is a large-scale effort to build relationships between law enforcement and citizens. The movement was founded in August of 1984 by a police officer in the western suburbs of Philadelphia, Pennsylvania. Locally, the COVID-19 pandemic has canceled the gathering but it’s back on this year and other



PHOTO BY MATTHEW OCKINGA

Children gather around to visit, eat and play with the Chelan County Sheriffs, and deputies at the park during the yearly event.

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Inside The ECHO this week

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Dan’s Market



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Hessburg, Burnett lead in commissioner, and sheriff races

WENATCHEE - These are the Chelan County Primary Election results as of Friday, August 4. Another count will be release on Monday, August 8. Voter turnout was 42.13%. The election will be certified on August 16. For Statewide Election results in major races go to: <https://results.vote.wa.gov/results/20220802/default.htm> Top two vote getters listed.

Candidate	Vote	Vote %
FEDERAL		
United States U.S. Senator		
*Multi-county race. Results include only Chelan County.		
Tiffany Smiley (Prefers Republican Party)	9,981	47.71%
Patty Murray (Prefers Democratic Party)	8,490	40.58%
CONGRESSIONAL		
Congressional District 8 U.S. Representative		
*Multi-county race. Results include only Chelan County.		
Kim Schrier (Prefers Democratic Party)	8,728	41.93%
Jesse Jensen (Prefers Republican Party)	4,548	21.85%
STATE EXECUTIVE		
Washington State Secretary of State		
*Multi-county race. Results include only Chelan County.		
Bob Hagglund (Prefers Republican Party)	4,309	21.95%
Steve Hobbs (Prefers Democratic Party)	6,021	30.67%
Legislative District 12 State Representative Pos. 1		
*Multi-county race. Results include only Chelan County.		
Keith W. Goehner (Prefers Republican Party)	14,062	96.03%
Legislative District 12 State Representative Pos. 2		
*Multi-county race. Results include only Chelan County.		
Robert K Amenn (Prefers Republican Party)	1,417	8.91%
Mike Steele (Prefers Republican Party)	14,074	88.46%
Chelan County Assessor		
Deanna C Walter (Prefers Republican Party)	13,682	97.31%
Chelan County Clerk		
Sandra Arechiga (Prefers Independent Party)	8,908	47.09%
Marty (Martin) Young (Prefers Republican Party)	6,112	32.31%
Chelan County Commissioners District No. 2		
Anne Hessburg (Prefers Independent Party)	3,901	46.75%
Shon D. Smith (Prefers Republican Party)	3,583	42.94%
Chelan County Coroner		
Wayne E. Harris (Prefers Republican Party)	13,851	98.3%
Chelan County Prosecuting Attorney		
Robert W. Sealby (Prefers Republican Party)	13,439	97.83%
Chelan County Sheriff		
Mike Morrison (Prefers Republican Party)	8,432	44.47%
Brian Burnett (Prefers Republican Party)	10,364	54.65%
Chelan County Treasurer		
David E Griffiths (Prefers Republican Party)	13,272	97.88%
129 Precinct Committee Officer - Democratic		
Susan G Butruille	68	69.39%
Celeste April Peterson	30	30.61%
154 Precinct Committee Officer - Republican		
Patti Tyrrell	164	75.58%
Jovon R Genereux Thompson	53	24.42%
174 Precinct Committee Officer - Democratic		
George-Thomas Rohrich	17	23.29%
Judy Phelps	56	76.71%



FILE PHOTO.

Sheriff Brian Burnett



FILE PHOTO.

Anne Hessburg



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Elder Speak Journey to Wisdom Event

SUBMITTED BY THERESA D-LITZENBERGER

Come to the Elder Speak Journey to Wisdom Event on September 18 from 4-6 pm for two hours of film, stories, wisdom, and discussion at Snowy Owl Theater in Leavenworth. In person, you enjoy refreshments before and after the program, and if you

are watching from home, you can join online with this link: <https://youtu.be/OoLhoVLB9fo>

Bev Baugh, Randy Lewis, Jan Cook Mack, and Ed Baugh each share an experience from their life and the wisdom they gained from it. Following their talk, the audience can ask questions of the Elders deepening everyone's understanding of the wisdom

shared. This provides us all a chance to reflect and investigate our own experiences that guide and inform our lives.

This family friendly event is for anyone 5 to 109 years old.

For more information go to www.theripplefoundation.org and look at the Elder Speak Program.



Family Reunion

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Joseph H. Russell and Mildred (Holland) Russell.

Daughter Catherine was born December 26, 1902, and died March 7, 1989, in Douglas County, OR (probably Roseburg). She married Robert Leon Matthews June 6, 1943, in The Dalles, Wasco, OR. They had one son Henry

Alan Matthews born on April 14, 1944 and died same day. They had a daughter Elizabeth Anne Matthews born April 28, 1931, in Roseburg, OR and died September 27, 1991, in Roseburg, OR;

she married (unknown first name) Massey as attested to her last name at time of her burial. "I have not been able to find any information about said husband or if there were any children"

says John Leavenworth. She and her family are buried in Roseburg Memorial Garden, Roseburg, OR.

Son Joseph "Joe" G. (probably Gideon) Leavenworth was born 1904 in Oregon (probably Roseburg) and died September 2, 1924, in Pasig, Philippines while serving in the U.S. Army. He is buried in the National Cemetery in San Francisco, CA.



PART TO FULL-TIME REPORTER NEEDED

NCW Media Newspapers is looking for a part to full-time reporter to join their team.

This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This job is based in Leavenworth, WA.

Applicants would cover Leavenworth and Cashmere areas each week, and for the monthly Wenatchee Business Journal publication.

Responsibilities would include:

- Writing about local events.
- Photographing sporting events for the local schools.
- Uploading content once a week to the web.

For the Wenatchee Business Journal:

- Compiling a list of new businesses/bankruptcies and property listings each month.
- Keeping up with people, interviewing new local businesses and community members
- And may have other assigned duties.

Candidate would need to have reliable transportation. Pay will be based on experience.

Email your resume and writing examples to publisher@leavenworthecho.com or call for an interview 509-548-5286. 10-5 p.m. weekdays. EOE

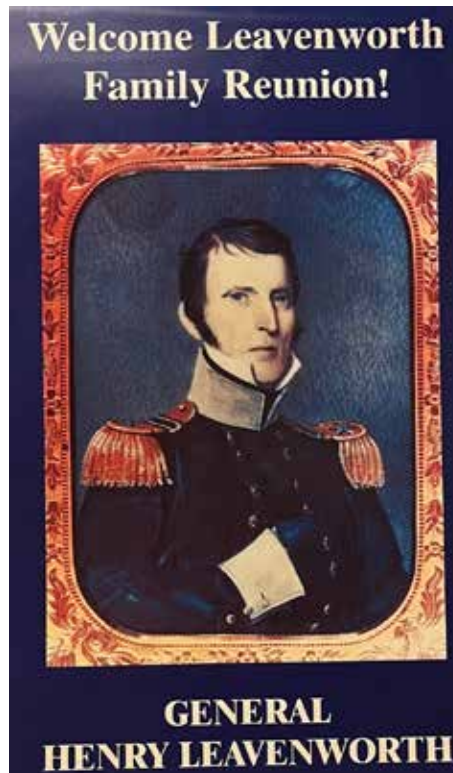


PHOTO BY CAROL FORHAN

Some Leavenworth memorabilia displayed at the reunion.



FILE PHOTO.

Grave stone of Captain Charles in Jacksonville, OR.

Community

OBITUARY

Carolyn A. Wilson

December 24, 1949 - July 24, 2022

Carolyn Ann Wilson-Craig, aka "Nanners", was born to the late Lawrence "Doc" and Lila Elaine Wilson on December 24, 1949 in Whittier, California. Carolyn was raised in Rio Vista, California and moved to Morton, Washington in the late 60's with her first and only husband. In 1969 she and her husband delivered their only child, Shannon Allena Craig, into the world.

Carolyn graduated with a degree in Education from Pacific Lutheran University, in Tacoma in 1981. In 1989, Carolyn earned a Master's Degree in Education at the University of California, in Davis, CA. In 1998, Carolyn moved to Leavenworth, Washington to be closer to her daughter and her family. Carolyn had different careers through her years and touched the lives of so many, but her pride and joy was

her family. She was a teacher, a volleyball coach, a college level referee, and a Police Officer for both the Rio Vista Police Department and the Tuolumne Band of Me-Wuk Indians (where she earned her the nickname "Sarge").

In her later years, outside of her family time, Carolyn followed her two great loves, city government and theater. Until her passing, she was an active City Councilwoman in Leavenworth and Assistant Director for Leavenworth Summer Theater. Throughout her life, her Native American heritage was a passion she also loved to share. Anyone who knew Carolyn adored her loving, positive, and carefree ways. She was truly loved by all and a pillar in her community. Family was everything to Carolyn. She spent much of her free time with her daughter, grandchildren, and great-grandchildren.



Carolyn is survived by her daughter Shannon Allen (Steve Allen) of Leavenworth, WA; her grandchildren Missy McCarthy (Aaron Jones) of Wenatchee, WA, Michael Allen (Emma Allen) of Colorado Springs, CO., and Lucas Allen of Seattle, WA; her great-grandchildren Caiden and Lillia of Wenatchee, WA; and her sister Diana Lacy (Craig Lacy) and many nieces and nephews of Rio Vista, CA. She is preceded by and now dancing in heaven with her mother, father, and two brothers Larry (Butch) Wilson and Curtis Wilson.

OBITUARY

Carmen Louise Bossenbrock

May 29, 1928 – July 31, 2022

Carmen Louise Bossenbrock, 94, a lifetime Dryden resident and orchardist, passed away at her home on Sunday, July 31, 2022.

Carmen was born on May 29, 1928, in Wenatchee, as the daughter of Garrett and Olive Irene (Orcutt) Bossenbrock. She was raised and schooled in Dryden and graduated from the Dryden High School in 1947. She continued her education at WSU and later transferred colleges to Stanford University where she graduated as a Physical Therapist in 1953.

Carmen was a pioneer in the Wenatchee Valley medical field, specializing in patients with Polio. She worked at Deaconess Hospital and later at Central Washington Hospital. She became the head of Physical Therapy until retirement.

She was also the owner, manager, and loved to be in her pear orchard at Dryden.

Carmen was an active

longtime member of the Wenatchee Rotary Club. She was one of the first women in the club and served as the Club Photographer for many years. She was also a longtime member of the Dryden Improvement Club.

Carmen enjoyed her friends especially Camilla Wicks and the talents her violin friend shared. After a concert, Carmen met Camilla and sent a box of Anjou pears from her orchard with Camilla and they instantly became fast friends.

She followed the men and women's Seattle Storm and Gonzaga Basketball teams – she never missed a game.

Carmen is survived by her family of friends and family including Alice Nieman of Dryden. She was preceded in death by her parents and brother, William "Bill" Bossenbrock.

Viewing Visitation will be held on Monday, August 8, 2022 from 3pm-8pm located at Heritage Memorial Chapel, 19



Rock Island Rd, East Wenatchee. A Graveside Service will be held on Tuesday, August 9, 2022 at 11:00am located at Cashmere Cemetery.

You are invited to view Carmen's Online Tribute at www.HeritageMemorialChapel.com where you can share a memory or condolence. Friends who wish may make memorial donations in her name to the Dryden Improvement Club or Rotary International Polio Plus Fund. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee and Cashmere.

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

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Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

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Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE UNITED METHODIST CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m.
until further notice.
Pastor Lilia Felicitas-Malana

CHRIST CENTER
Sunday Worship Service at 10 am
5800 Kimber Rd., Cashmere
509-782-2825
christcentercashmere.com

GRACE LUTHERAN CHURCH
• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
9:30 a.m. for the summer, rotating services with St. James Episcopal.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 222 Cottage Ave.,
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DRYDEN COMMUNITY CHURCH
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• Worship 10:45 a.m.
Pastor Steve Bergland

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Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

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SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997

SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

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www.lightinthevalley.org

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Community

Do you see God?



A WALK WITH PASTOR

John Smith

“The heavens declare the glory of God and the sky above proclaim his handiwork.” (Psalm 19:1).

Recently, images from the James Webb telescope have been retrieved, which are extraordinary. Pictures of magnificent star clusters, brilliant spiral galaxies, and scenes from the outer reaches of known space are so surreal that they make us all pause and wonder about the cosmos above us.

When I saw the images, I couldn't help but think that it must be hard to be an Atheist. With all of creation testifying about the existence of God, and now, with pictures from the James Webb telescope, to desperately cling to Atheism seems to be an incredible leap of faith beyond reason. As C.H. Spurgeon once said, “Atheism is a strange thing. Even the devils never fell into that vice, for the devils believe and tremble.”

Yet, Atheism claims to be backed by science. There is not enough evidence to prove that God exists. The Atheist asserts that the Bible, ancient and full of miraculous stories, is a book written by people who didn't have Darwin to explain the theory of evolution, nor did they have the modern discoveries of microbiology. Therefore, the Bible cannot be trusted, and Christians who hold to a biblical view of Creationism

reject the scientific evidence before them. However, it is the exact opposite. The Atheist is a rejector of proof, not the Christian. If we were to read further in Psalm 19, we would read this, “Day after day they [the heavens and sky] pour forth speech; night after night they display knowledge.” (Psalm 19:2). Here, creation is thundering about reality all around and there, the Atheist has their fingers in their eyes and their eyes closed, saying over and over, “I am not listening!”

The lack of evidence is not the Atheist's problem. The problem is the will. The Atheist will not acknowledge the evidence and submit to it as fact. Why would a belief system that prides itself on its pursuit of knowledge and evidence reject the copious amount of it in front of them? The answer is they are in love with their sin. Romans 1:18-19 says, “... by their unrighteousness suppress the truth. For what can be known about God is plain to them because God has shown them.”

In the verse quoted above, this concept of suppression is active, volitional, and requires an incredible amount of effort. Think of a beach ball floating in a pool. To keep that inflated ball underwater, you must hold it down. The deeper it goes into the water, the more exertion you need to keep it submerged. Furthermore, the ball is constantly moving, attempting to surface, so you must be actively pressing against it at all times. The knowledge of God is the same way, it is popping up everywhere, and because people are in their sin, they intentionally suppress that knowledge lest they have to deal with the reality. However, the more they suppress,

the more the knowledge of God surfaces and the more frustrated they become. This may be anecdotal, but I have never met an Atheist full of joy or peace; instead, they are full of cynicism and have a caustic personality.

For an Atheist to acknowledge God's existence, they have to recognize everything that comes with it. With God comes the knowledge of man, sin, and redemption. Moreover, to acknowledge God is also to recognize that there is an authority over us and that all of us will be held accountable. Since God exists and He is the Creator, all of us will have to answer to Him regardless of whether we believe in Him or not.

The images from the James Webb telescope are but another example of the reality of God. Only God can paint such vivid displays of colors, lights, nebulas, and swirling galaxies. Only God could reveal Himself in such a powerful way to the naked eye.

God is real, and all one needs to do is to open their eyes and see Him.

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



Lactose Intolerant

Q: *My stomach gets upset after I eat meals, sometimes with cramping and diarrhea. When I stopped drinking milk and eating dairy products, I got better. I've drank milk all my life without any problems. What's going on?*

Dairy products like milk, ice cream, yogurt, and cheese contain lactose or milk sugar. To digest lactose, we need the help of a particular enzyme called lactase. Without the help of lactase in your small intestine, milk sugar will create gas. This triggers abdominal pain, flatulence, and diarrhea.

When we are very young, our bodies make plenty of lactase. The ability to produce lactase starts decreasing after the age of 5. With less and less lactase enzyme available, at some point, you can lose the ability to digest lactose. This results in stomach distress and diarrhea whenever you eat dairy products.

Not everyone loses the ability to make lactase as they mature. In genetic populations with domesticated cows and other milk-producing animals, adults who regularly consume milk products generate enough lactase to digest the lactose they get in their diet.

Interestingly, it's estimated that only 7 to 20% of Caucasian adults are lactase deficient. In comparison, nearly 90% of adults in Native American and some Asian populations have lactase deficiency. Within other genetic groups, lactase deficiency is estimated to affect 65 to 75% of African American adults and 50% of adult Hispanics.

If you suspect you are lactose intolerant, what can you do?

Many people with a lactase deficiency can tolerate foods containing lactose as long as

they avoid getting too much at a time. For best results, reduce the serving size of dairy products and space them out throughout the day.

Foods with the highest lactose concentrations include milk, ice cream, flavored commercial yogurts, and cottage cheese. A one-cup serving of cow milk contains between 9-14 grams of lactose. Goat milk has a similar amount of lactose, about 11-12 grams. A one-half cup serving of cottage cheese contains less than half of the lactose in a cup of milk. Other cheeses contain much less lactose, with barely 1 gram per serving.

Live-culture yogurt without additives is well tolerated by most lactose deficient people because it naturally contains lactase. In contrast, many commercial low-fat yogurts contain more lactose per serving than a glass of milk.

Lactose is also used in the pharmaceutical and supplement industry as an inert powder to add volume to medicines and supplements. Many supplement capsules contain about 400 mg of lactose, the amount found in 2 teaspoonfuls of milk. Most lactose intolerant people can tolerate up to 12 grams of lactose if it's distributed throughout the day, so the amount of lactose within a capsule is unlikely to cause problems.

Commercial lactase enzyme supplements from bacteria or yeast can help you digest dairy products. One popular lactase supplement is Lact-Aid®. It is available as tablets to be taken at meals, drops you can add to milk, and milk with lactase. Most groceries offer lactase-supplemented milk as non-fat, skim, 2%, and whole milk. In addition to the extra lactase enzyme, Lact-Aid® milk has less than one-third of the lactose of standard milk.

Suppose you have decreased your lactose intake and are taking an enzyme replacement but don't notice an improvement in your intestinal distress. This suggests that your issue might not be lactose deficiency after all.

At least two studies have reported finding normal lactase levels in people experiencing severe intestinal



Ask...
Dr. Louise

upset after drinking milk. Instead of lactase deficiency, you could have trouble digesting other types of carbohydrates like fructose or sorbitol. Another possibility is developing a sensitivity to the protein found in milk. Switching to goat milk or cheeses could help if you react to cow-sourced milk.

Here are 5 Tips on Dealing with Intolerance to Dairy Products:

1. Choose dairy with less lactose.

Minimize your intake of cow or goat milk. Except for cottage cheese, most cheeses have far less lactose than milk or commercial yogurts.

2. Spread your lactose intake over the day.

Avoid more than one serving of dairy at a time.

3 Try a lactase supplement.

Lact-Aid® is available as drops or tablets. You can take supplemental lactase at any meal containing dairy products or add the drops directly to your milk.

4. Drink lactase-supplemented milk.

Warning: don't confuse acidophilus milk with lactase-supplemented milk. Acidophilus milk has no added lactase and contains the same amount of lactose as standard milk.

5. Try a dairy substitute. Plant-based lactose-free milk-like product options include soy, almond, hazelnut, coconut, and other nuts.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2022 Louise Achey



LEAVENWORTH ROTARY NEWS



“The little Club with the Big Heart”

The past year has been very busy for the Leavenworth Rotary Club

International Projects

\$1,000 - Guatemala Literacy Project - textbooks and computer labs in rural Guatemala - our club has supported this work for +20 years.

\$1,000 - ShelterBox

\$1,319 - Ship Surplus Medical Supplies to Project Cure to distribute to places in need around the world

\$2,500 - Tanzania Water Project – Engineers without Borders

\$1,000 - PolioPlus

\$500 - Mommy Sue's Children – a community school in Bellevue, Haiti

\$500 Project Cure – a donation to pay for shipment of medical supplies to places in need

\$1,000 - Lyton, BC – Fire Relief

\$1,500.00 - ShelterBox to support the organizations work in Ukraine.

We continue to support the following Youth Programs

\$131 - for T-Shirts Sponsor Interact Club at Cascade High School

\$2,700 - Leavenworth YMCA Camp - This will allow 6 Leavenworth students to attend summer camp & needed repairs to lodging facilities

Exchange Student Program

Due to COVID Foreign Exchange was not held

Outbound 2022-23 & Inbound 2022-23 scheduled - \$600

Scholarships

\$4,050 – Three High School Seniors Scholarship

Local Projects

\$6,120 - Cascade Medical for purchase of 3 Automated external defibrillators (AEDs) are portable, life-saving devices designed to treat people experiencing sudden cardiac arrest

\$1,000 - For purchase of winter coats and boots-Alpine Lakes PTO

\$2,000 - Weekend Food Mission- Leavenworth Methodist Church

\$250 - Paint & Repair “Leavenworth Welcome Sign”

\$11,384 - Beaver Valley Soccer Pitch

\$20,000 - Wenatchee River Institute for New Outdoor Classroom

Ongoing projects

Free Clinic - \$1,200/year - Community Cupboard Food Bank - \$1,200/year

Guatemala Literacy Project - \$1,000 (for 20th year) -

Ship surplus medical supplies to Project C.U.R.E.

We want to say “thank you” to the Leavenworth and Upper Valley for your support

Night Out

CONTINUED FROM PAGE A1

communities in the area hosted the events. National Night Out activities include demonstrations, cookouts, youth events and more, all aimed to break down the wall between the two parties.

“There used to be old-school beat cops walking around seeing people and that's kind of gone by the wayside,” Hunter said. “Especially in this area with vehicles and being so rural and spread out, so this is a good opportunity for us to be present, get all the toys out, let everybody see where the taxpayer dollars are going, what we utilize them for, engage with people and just give them an update on stuff.”

At the Riverside Park event, barbecue smoke wafted through the crowd as country music blared on a sunny summer's evening while participants enjoyed shaved ice.

Many officers connected with people whom they've known for years. Hunter estimated that about 80 percent of his department lives in Chelan County while the rest live in Douglas County. He feels this is an important factor in serving the area.

“That's what's great about being in a community like this that's small, is you've got people that live in these areas, and they're recognized pretty easily,” Hunter said.

Adam Musgrove is the Chief of Patrol for Chelan County Sheriff's Office. He acknowledged that across the U.S., anti-police sentiment and public hostility has grown especially in recent years. Yet largely in North Central Washington, he and his officers have a different experience.

“We feel very supported by our community out here,” he said. “And I know that not everybody feels that around, so

we're very lucky to live in the community that we do and it's our opportunity to give back and kind of show you what it's like to work in our profession.”

Besides real-life police officers to talk to, the public had a chance to see many of the vehicles of the trade. Included among those was a bulky SWAT Team MRAP (mine-resistant ambush protection) vehicle that kids found particularly fascinating. Other sights included a K-9 unit, fire truck and patrol cars from Cashmere, a helicopter and a Zodiac boat. Also at Riverside Park were members from Ballard Ambulance who Musgrove described as our “first responder family.”

The event had a relaxed feel to it, especially toward the end as officers played a game of catch with the kids. Local sponsors donated many items to be raffled off for the children.

In previous years, the local National Night Out for Chelan County was held primarily in Wenatchee. This summer, Cashmere hosted the event to give a smaller town the chance to mingle with law enforcement. Musgrove floated the possibility of other more intimate communities like Leavenworth or Chelan as potential locations in the coming years. Wherever the National Night Out goes, he hopes that people understand that the police exist for them.

“It's our opportunity to relate to the community and just show them that there's more to us than just showing up to bad scenes and what not,” Musgrove said. “My favorite part of my job is meeting the community. It's the part of the job that we don't get to see a lot of on their good days, so we get to get out here and communicate on a good day where everybody's happy and smiling, that's probably the best part of our job.”



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

Puzzle Solution

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Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our Local Newspapers and Online at NCWMARKET.COM for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror**
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers.

It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

LIVE, LAUGH, LEARN PRESCHOOL

OPENING
September 13, 2022
Tuesday, Wednesday, Thursday 8am - 12pm
Breakfast and snack will be served.
13 years experience!
Full Preschool Curriculum.
Please call for more information and any questions you may have.
509-679-6109
Jodi Jones

Employment

Help Wanted

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following positions:

- 2 Bilingual Elementary School Secretaries

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Help Wanted

NCW Media Newspapers is looking for a full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This job is based in Leavenworth, WA. Applicants would be covering the Bavarian Village of Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published once a month. Responsibilities would include:

- Writing about local events.
- Photographing sporting events for the local schools.
- Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month.

Keeping up with people, interviewing local businesses and community members other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an interview 509-548-5286. 10-5 p.m. weekdays. EOE

PATEROS SCHOOL DISTRICT ROUTE BUS DRIVER

Pateros School District has an immediate opening for a permanent part time route bus driver. Monday - Friday, 3 hours per day split between the morning and afternoon route, 6:30-8:00 a.m., 2:30-3:45 p.m. \$23.02/hour. Class B CDL with "S" endorsement (passenger and air brakes) required. Must favorably pass a WSP/FBI background check. Position description available online. First review of applications is 08/17/22. Applications received after the initial review will be reviewed upon receipt. Position open until a qualified applicant is hired.

Applications are processed through Fast Track. Link available at www.pateros.org under District Office, Employment. Questions: employment@pateros.org or 923-2751x4. EOE

Windermere REAL ESTATE
Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Give us a call today!

Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

See all available properties at windermereleavenworth.com

Help Wanted

INTERPATH LABORATORY

Now Hiring!
Phlebotomist
Interpath Laboratory in partnership with Family Health Centers in Brewster, WA is seeking candidates to join their team. On the job training is provided for those that have a positive attitude and commitment to serving on a high functioning team. Contact Elizabeth Ramirez at EMRamirez@Interpathlab.com Or 509-293-5454

WE OFFER!

- Laboratory discounts for in house testing
- Medical with In-Network & Custom Network discounts (No- cost for employee only coverage)
- 401(K) discretionary employer match
- Paid Time Off

Help Wanted

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following positions:

- Icicle River Middle School Assistant Cross Country Coach
- Cascade High School Wrestling Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Advertise 548-5286 or 782-3781

Help Wanted

Looking for a great local employee?
It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR
Leavenworth Echo
Cashmere Record
509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Work Wanted

Bus Driver/ Operator Full-time Organization: Okanogan County Transit Authority (TranGO)

TranGO is looking for transit drivers; full-time (36 plus hours per week) positions are based in Okanogan. These positions are hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position.

E-mail your completed application to financehr@okanogantransit.com mail it to TranGO, PO Box 507, Okanogan, WA 98840, or drop it off at 303 S 2nd Avenue, S., Suite A, Okanogan.

Application Deadline: Application review will begin August 18, 2022, review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Work Wanted

THE SLINGERS CAD of Wenatchee

Material Placement
We Place the Material for you!
Rock Bark Sand Soil Dump Truck Service

No more wheelbarrows, shovels or rakes! FREE ESTIMATES
Cell: 509-393-1244
Office: 509-885-2269
tcslingers.com
Landscape Supply Yard
1869 1/2 S. Wenatchee Ave. Wenatchee

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds.
Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only? Call Lake Chelan Mirror Quad City Herald
509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record**
509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

General Merchandise

Confidence All-Season tires, size 225-55zr17, 50% tread for \$100. Free- tires mounted on Ford Escort rims. Call Gordon 509-470-2375

WHAT'S HAPPENING EVENTS

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available



www.leavenworthecho.com
www.cashmerevalleyrecord.com

AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Garage & Yard Sale

CLEAR SOME SPACE WITH A



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

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only?
Deadline Friday at Noon for all papers

Lake Chelan Mirror
Quad City Herald
Call: 509-682-2213

Leavenworth Cashmere
Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price!

General Merchandise


ALL OCCASIONS Greeting Cards ONLY
.50 per card.
Special Leavenworth Cards
now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

Example sayings are:
Wish you were here with me in Leavenworth.

"Special Friends"
Or I miss you.

Happy Birthday from Leavenworth!

Stop in The Leavenworth Echo office
215-14th St.
Open 10-5 weekdays.
509-548-5286



Legals

Public Notices

Chelan County Mosquito Control District #3 will hold their Annual Meeting Monday, August 15, 2022 at 4:00 p.m. The meeting will be held at the LWFD Station #91, 21696 Lake Wenatchee Highway Leavenworth, WA 98826 Published in The Leavenworth Echo/Cashmere Valley Record on July 27 and August 3, and 10, 2022. #4246.

Public Notices

NOTICE OF APPLICATION AND PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make decision on a Conditional Use Permit Application. Hearing will be held at 10:00 am, Wednesday, September 21, 2022, online via Zoom, Meeting ID: 914 5732 9412, Passcode: 222444; Or the call-in phone number: 1-253-215-8782.

CUP2022-013: On July 15, 2022 a Conditional Use Permit application was submitted by Alison Miller (owner) and determined complete on August 2, 2022. The applicant is requesting to utilize an existing, one-bedroom Accessory Dwelling unit as a Bed & Breakfast (B&B), pursuant to LMC 18.52.120. The project is located at 337 Prospect Street, within the Residential Multi-Family zoning district; Assessor's parcel number 241701680105. The public is encouraged to attend via zoom and to submit written comments prior to the hearing. The comment period begins on August 10, 2022 and ends on August 24, 2022. It is a right of any person to comment on the application, receive notice of and participate in any hearings, and request a copy of the decision once made, and a statement of any appeal rights. Materials may be viewed by appointment only at City Hall, or on the City's Public Portal at <https://bit.ly/2RMadlw>; Search LUA2022-025, address, or use the interactive map. Questions may be directed to Nichole Perry, Development Services, phone 509-548-5275 or email asstplanner@cityofleavenworth.com Published in The Leavenworth Echo/Cashmere Valley Record on August 10, 2022. #4432

Place your Help Wanted and find the best qualified local employee



- Place your ad 24/7 at ncwmarket.com
- Email: classifieds@leavenworthecho.com
- Call 548-5286

Upgrading your 'ride'? we can help you sell your old one



- Place your ad 24/7 at NCWMARKET.COM
- Email: classifieds@leavenworthecho.com
- Call 548-5286 or 782-3781

Public Notices

NOTICE OF TRUSTEE'S SALE

Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-21-891743-BB Title Order No.: 200080665-WA-MSW Reference Number of Deed of Trust: Instrument No. 2258178 Parcel Number(s): 222008805006 Grantor(s) for Recording Purposes under RCW 65.04.015: CHRISTINE R WILLSEY, A SINGLE WOMAN Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Wilmington Savings Fund Society, FSB, d/b/a Christiana Trust, not individually but as trustee for Premium Mortgage Acquisition Trust Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Selene Finance, LP I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 9/9/2022, at 10:00 AM At the main entrance to the Chelan County Courthouse, located at 350 Orondo St, Wenatchee, WA sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: APARTMENT NO. 3, OF THE RACQUET CLUB, A CONDOMINIUM, ACCORDING TO THE DECLARATION THEREOF, RECORDED UNDER AUDITOR'S FILE NO. 788373 AND AMENDMENTS RECORDED THEREAFTER, RECORDS OF CHELAN COUNTY, WASHINGTON, SURVEY MAP AND PLANS FOR THE RACQUET CLUB, RECORDED UNDER AUDITOR'S FILE NO. 788372, IN VOLUME 9 OF CONDOMINIUMS, PAGES 22 THROUGH 26, RECORDS OF CHELAN COUNTY, WASHINGTON. More commonly known as: 1815 NUMBER 2 CANYON RD #3, WENATCHEE, WA 98801 Subject to that certain Deed of Trust dated 6/11/2007, recorded 6/15/2007, under Instrument No. 2258178 records of CHELAN County, Washington, from CHRISTINE R WILLSEY, A SINGLE WOMAN, as grantor(s), to FIDELITY NATIONAL TITLE, as original trustee, to secure an obligation in favor of NATIONSTAR MORTGAGE LLC, as original beneficiary, the beneficial interest in which was subsequently assigned to Wilmington Savings Fund Society, FSB, d/b/a Christiana Trust, not individually but as trustee for Premium Mortgage Acquisition Trust, the Beneficiary, under an assignment recorded under Auditors File Number 2515278 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$28,882.30. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$124,961.55, together with interest as provided in the Note from 12/1/2019 on, and such other costs, fees, and charges as are due under the Note, Deed of Trust, or other instrument secured, and 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 8/9/2022. The defaults referred to in Paragraph III must be cured by 8/29/2022 (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 8/29/2022 (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 8/29/2022 (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 8/26/2020. 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 may be eligible for mediation. 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=dcfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-21-891743-BB. Dated: 5/4/2022 Quality Loan Service Corp. of Washington, as Trustee By: Jeff Stenman, President Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-21-891743-BB Sale Line: 916-939-0772 or Login to: <http://wa.qualityloan.com> IDSPub #0178349 8/10/2022 8/31/2022 Published in The Cashmere Valley Record/Leavenworth Echo on August 10, and 31, 2022. #4026

Address Changing?

Call the Circulation Department today so you don't miss a single issue of your Local Community Newspaper or our monthly publication, the Wenatchee Business Journal!

509-293-6780 or email circulation@lakechelanmirror.com



131 S. Apple Blossom Drive, Ste. 109 in the Chelan Business Center - Chelan

SUDOKU PUZZLE

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THEME: BACK TO SCHOOL

1	2	3	4	5	6	7	8	9	10	11	12
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1. Beginning of a computer class?
2. Sometimes it's enough
3. Wild ox of India
4. On spouse's side
5. Infamous Baby Face
6. A long way off
7. Network at 30 Rock
8. Wispy clouds
9. Yemen's neighbor
10. _____ receiver
11. The Tramp's spaghetti-slurping companion
12. Limit, to some
15. Bovine milk dispensers
20. Increasing
24. Reverberate
26. Scent, usually pleasant
27. Malaysia native
29. "Keep _____ and Carry On"
31. "One at high school reunion
32. Small Asian ungulate
33. September edition, e.g.
34. "Dry-erase marker predecessor
36. Toy construction set
37. Having the know-how
42. Lament for the dead
45. When one is not oneself (2 words)
49. Joker to Batman, e.g.
51. "Do this in Math class
54. "Do this in Speech class
56. Subatomic particle
57. Sable and beaver, e.g.
58. "Type of exam
59. Like SNL
60. "Grader's suggestion
61. City in Sweden
62. "A day _____ and a dollar short"
63. Some special effects, acr.
65. Fall behind
67. Type of Christmas lights

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The Washington Outdoors Report



PHOTO BY JOHN KRUSE.

A gondola car on the Wallowa Lake Tramway



PHOTO BY JOHN KRUSE.

Deer at the Zumwalt Prairie Preserve

Wallowa County Fun

By JOHN KRUSE

Bordering Washington and Idaho, Northeast Oregon's Wallowa County offers all sorts of outdoors fun. I visited there this week and had a fulfilling day and a half of outdoor recreation. I started off visiting with Brad Snook at the Sports Corral in Joseph to get a fishing report for Wallowa Lake, a beautiful body of water that sits in a glacial moraine.

Snook reported the trout fishing was going well. Rainbow trout are stocked on a regular basis and anglers were catching a good number of 12 to 13-inch trout along with the occasional 17 to 19-inch fish. Wallowa Lake is also a well-known kokanee salmon fishery. In fact, the world record kokanee, a 9.67-pound land-locked salmon, was caught here in 2010. Not long after that the population of large kokanee crashed, replaced by a huge number of small fish. Over time though, the kokanee have been getting bigger and Snook reported that a seven-pound salmon had been caught earlier this year. Snook cautioned August is generally a tough month to fish for kokanee but the fact that there are a few giants

swimming in the water bodes well for another potential record fish in the future.

I also spoke with Rob Lamb at the Joseph Fly Shoppe. He confirmed Snook's reports about the trout fishing at Wallowa Lake and said dry fly anglers were having some magnificent days, catching and releasing up to 30 trout per outing, at the south end of the lake where the Wallowa River flows in.

After dinner in town, I drove some 30 miles to the Zumwalt Prairie Preserve. Managed by the Nature Conservancy, this 33,000-acre property is known for the native prairie grasses as well as wildlife that live here. In addition to deer and elk, there are also coyotes, badgers and other animals along with a wide variety of bird species. I enjoyed a serene hike amongst the prairie grass, not hearing any man-made sound at all, just crickets and a gentle breeze blowing through the bunchgrass. As for the wildlife, they didn't come out until sunset but when they did, I got to see deer and a small group of elk to include a spike bull that was only a hundred yards away.

After a restful night's sleep, I went on a pleasant hike at the State Heritage Site just south of town. The trail meandered

through a meadow and around a scenic pond with the Wallowa Mountains serving as a backdrop. After eating fresh fruit and a flank steak breakfast burrito at the Kokanee Inn it was off to the Wallowa Lake Tramway to meet with the General Manager and co-owner, Mike Lockhart. The two of us entered an enclosed gondola car and traveled close to two miles over 15 minutes, gaining 3700 feet in elevation until we reached the top of 8200-foot-tall Mount Howard. We took a seat at The Summit Grill, which Mike says is the highest elevation café in the Northwest next to the tramway. It's an open-air restaurant styled after European cafés in the Alps and the offerings off the menu are surprisingly affordable. The two of us chatted about the many upgrades made to the Tramway in recent years and how popular this tramway is, with some 30,000 visitors a year. The reason for the popularity, besides the unique way to get to the summit, becomes obvious upon your arrival. On a clear day you can see well into the three states of Oregon, Idaho, and Washington, enjoying views of Wallowa Lake below and the magnificent Wallowa Mountains and Eagle Cap Wilderness to the south and

west. A well maintained 2.5-mile-long trail system with interpretive signage looping around the summit allows you to enjoy the views from different viewpoints. It's definitely a bucket list experience! You can find out more details about the tramway at www.wallowalaketramway.com.

As for where to stay, I would highly recommend the Kokanee Inn. Located on Main Street in Joseph, the well-appointed inn has eight rooms and lots of sitting and dining areas both indoors and outside. The breakfasts are amazing, the beds are comfortable, and the amenities include the free use of a cruiser bike for guests to cycle around town or down to the lake. The owners have lots of knowledge about where to bicycle and hike and will help you find the perfect outing. In addition to this great bed & breakfast, there are a number of other lodging and camping options in the area to include the very popular Wallowa Lake State Park. Find out more details at www.wallowacountychamber.com and www.kokaneeinn.com.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Foundation Grants

CONTINUED FROM PAGE 1

and prevention of adverse health incidents. (\$4,000)

Lake Chelan Arts Council: Supporting the visual and performing arts in the Chelan Valley through art classes and exhibits, Picture This 3rd Grade Art, Legacy Portraits at Heritage Heights, and the annual Lake Chelan Arts Festival. (\$4000)

Mountain Sprouts Children's Community: Early childhood education for children ages 18 months - 7 years old, in an outdoor preschool setting in two locations in Leavenworth. (\$4,000)

Small Miracles: Partnering with school districts & USDA Summer Lunch Program to serve meals for children in Wenatchee, East Wenatchee, Rock Island, Monitor and Cashmere each summer. (\$4,000)

Sustainable NCW: Promoting a culture of environmental stewardship and social sustainability in NCW through education, presentations, Waste Wizard recycling tool, and Earth Day Fair. (\$4,000)

Team Naturaleza: Engaging multicultural community in informal natural science education, Leave No Trace ethics, and healthier lifestyles through bilingual nature walks and field studies co-led by scientists and trusted Latino community members. (\$4,000)

Upper Valley Connection: Enriching the lives

of the special needs community through theater camp, arts programming, choir, sports, and other social programs. (\$4,000)

Chelan Douglas Child Services Association: Launching the "Imagination Library" in Chelan & Douglas counties which provides free, high quality, age-appropriate books to ANY child who signs up from birth up until age 5. Books are mailed to each child monthly at no cost to the family. (\$10,000)

Indigenous Roots & Reparation Foundation: Newly formed Indigenous-led nonprofit focused on programs to preserve indigenous culture, empower native people, and raise awareness through education, and a long-term goal of Land Back for cultural center in NCW. (\$4,000)

Greater Leavenworth Museum: Promoting and preserving the heritage and history of the Upper Wenatchee Valley. Working to expand the P'Squosa (Wenatchi) First Peoples Exhibit, Spanish translations of all exhibits, collecting oral histories of elders, and outreach for new downtown location including walking history tours. (\$10,000)

Planned Parenthood of Greater WA and North Idaho: Mobile clinics for Latinx farmworkers near Wenatchee & Brewster: screening for diabetes, hypertension, and STI; first aid for burns, allergies, and skin conditions; and COVID

boosters. Education on heat exhaustion & distribution of care bags. (\$10,000)

SAGE: (Safety, Advocacy, Growth, Empowerment) Domestic Violence Services, Sexual Assault Services, Crime Victims Trauma and Assistance Services, and a Child Advocacy Center. This grant will support adding an additional Child Forensic Room (set of interview rooms with recording equipment) due to the steep uptick in Child Forensic Interviews. (\$10,000)

TEAMS Learning Center: Full-time and part-time, drop-in, nonprofit child development center with adult instruction in the field of early childhood education. Locations in Wenatchee and Cashmere. (\$10,000)

Thrive Chelan Valley: Food2Schools provides weekend meals to food insecure students in the Chelan and Manson School Districts, as well as the Thrive Teen Center. Over 6,800 bags of food were served in 2021 and they project over 7,000 bags in 2022. (\$10,000)

Upper Valley MEND: Community Harvest gleaned program provides fresh food to emergency food providers in Chelan & Douglas counties, beyond Upper Valley. (\$10,000)

Waste Loop: Inspiring and transforming local waste streams into sustainable new resources in the greater

Leavenworth area. Grant funds will support new Community Composting Program to divert organic waste out of the landfill. (\$10,000)

Wenatchee River Institute: Year-round environmental education opportunities for youth and adults on the Wenatchee River Institute campus in Leavenworth and through the Traveling Naturalist program in low-income schools throughout NCW. (\$10,000)

Wenatchee Valley Humane Society: Serves all animals and residents of Chelan and Douglas County through education, protection, and pet adoptions. (\$10,000)

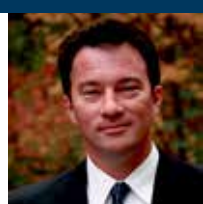
Women's Resource Center of NCW: The Bruce Transitional Housing Program provides 2 years of housing to homeless families with children. (\$10,000)

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$148 million in assets through 600+ individual funds and has awarded over \$46 million in grants and scholarships.

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