

The Leavenworth Echo

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Upper Valley News Since 1904

A Ward Media Publication

 leavenworthecho.com



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New doughnut shop opens in Leavenworth

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Leavenworth Adventure Park seeks changes to conditional use permit

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH – After seven months of operation, Leavenworth Adventure Park (LAP) is requesting an amendment to its conditional use permit regarding parking, noise, and hours of operation.

“Most businesses do not require a conditional use permit, so it’s a nonissue. They just make changes and talk it over, but this one is different,” said Community Development Director Lilith Vespier.

The conditional use permit was approved by a hearing examiner in 2019, after pushback from community members who feared the proposed adventure park would bring excess noise and traffic to town. The approval was elevated to Chelan County Superior Court in 2020 by the Friends of Leavenworth, a group who greatly opposed the project, but the judge sided with the hearing examiner’s decision. The permit was amended once in 2021 to accommodate changes to the design layout.

“We’re under some conditions that no other business is under and we’re really asking for

just to be able to operate like any other business in town,” said General Manager John Sutherland.

Under the conditional use permit, LAP must require ticketed parking for employees and patrons, and also provide a parking study in the first and third year of operation. The park is also required to submit a noise study, and hours of operation must end by 8 p.m. According to LAP’s letter to the city, it’s also prohibited from having live music.

In terms of parking, the park is requesting to no longer require ticketed parking, claiming the system is time-consuming and counterproductive. In the letter, the LAP reported experiencing technical



Leavenworth Adventure Park sits at the entrance of Tumwater Canyon, on the corner of Highway 2 and Icicle Road. COURTESY OF LEAVENWORTH ADVENTURE PARK

difficulties with the ticket kiosk in the first few months of operation, leading to using staff and observation to manage parking, which turned out to be more effective, according to Sutherland. However, some residents expressed frustration that the park was not abiding by the ticket requirement, which was set in place to ensure patrons were parking in the lot only for their allotted time.

Also included were the results of its first required study on Oct. 14, which showed parking below occupancy.

The study reported 322 actual vehicle trips versus the estimated 448 trips, with higher vehicle occupancies and arrivals by foot than originally anticipated.

“We’ve operated through the busiest seasons, which is spring and summer and now December, and so we kind of know what the worst of it’s going to be,” said Sutherland.

The letter reported receiving three complaints about parking from residents, all of which were before the LAP switched to an entirely

reservation-based system.

The park also seeks relief from a required noise study, due to only receiving two complaints of noise, one of which was identified as coming from the public pool, not the park. However, Sutherland disclosed, LAP is still going through with a noise study.

“We’re going to wait actually until the comment period is over to see where the concerns are coming from,

See ADVENTURE PARK Page B3

Cascade school counselor gets selected to present at statewide conference

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH – Meche Grace, a school counselor from Cascade School District, has been selected to present at the Washington School Counselor Association Conference this March. Grace will be presenting on how small group intervention can help students where they may be falling behind.

Grace’s presentation will focus on a framework called multi-tier systems of support (MTSS). MTSS was adopted by the Cascade School District to identify and address the mental well-being, academic, and behavioral needs of each student. The framework is divided into three tiers: Tier I provides universal support to all students, Tier II provides targeted support for students who need additional help, and Tier III refers to special education support.

Grace works with elementary students on behavioral and social-emotional learning at both Tier I and II levels. For Tier I, Grace teaches bi-weekly classes to all students on coping skills like breathing exercises, or awareness skills, such as how to swim safely in rivers or pools.

However, the presentation’s focal point will be Tier II intervention, and how Grace uses small student groups to effectively help students who need special support.

“The idea is that we scaffold, or sort of like a ladder, to help students where they’re at. A student can be academically completely on target, and then need some additional support, let’s say, making and keeping friends, or struggling with a change in their home life or in the family system. That’s where small group interventions can come into play, and where a school counselor can really help,” said Grace.

While the MTSS framework is widely adopted by schools across the state, Grace’s small group interventions are somewhat unique to her schools.

“My principals have been incredibly supportive in allowing me to create my own programming with classroom lessons and small groups,” said Grace.

To create the groups, teachers spend the first five to six weeks of school looking for behavioral patterns that may be impacting their ability to learn in the classroom.

“I consult with my principal and the teachers and I try to look at their sort of presenting issues. Meaning, is it anxiety or emotional based? Is it sort of inward or outward behaviors? Is it more like problems with self image or negative self-talk, or is it more problems socially?” said Grace.

A group will typically comprise five to six kids with similar needs, and will meet with Grace once a week, or once every other week, for four to six weeks. Each group focuses on a social-emotional or behavioral challenge that is specific to the group.

For example, the grit group will work on a challenging puzzle together and discuss what it feels like to not give up. A friendship group can help kids who are new to the school or may be struggling to build connections. A peer helper group has students supporting each other at recess, and brainstorming solutions to social problems.

See COUNSELOR Page B2

Cascade High School Introduces State-of-the-Art Anatomage Table

By MARLENE FARRELL
For Ward Media

LEAVENWORTH – The health sciences department at Cascade High School (CHS) received a “gift” this December with the early arrival of a digital touchscreen anatomy table made by the company Anatomage. This table, about seven feet in length, can bring to life anatomy

and physiology concepts that vastly surpass anything a skeleton model or textbook images can do.

The table is fully interactive and comes loaded with 3D cadavers derived from five real human bodies. Additionally, students have access to 1,600 case study examples, helping them visualize various medical

See ANATOMAGE TABLE Page B3



Teacher Jon Betz, left, and students Adi Castanada and Valeria Oropeza explore the features of CHS’s new Anatomage table. MARLENE FARRELL FOR WARD MEDIA

Local broadband carrier battles through data loss



COURTESY OF FACEBOOK

Someone wants email for Christmas this season.

By MIKE MALTAIS
Ward Media Staff Reporter

WENATCHEE – A broadband internet provider that serves many customers in at least five Eastern Washington/Columbia Basin counties has been trying to resolve a data loss incident since Dec. 19, when a power loss damaged some of its equipment.

LocalTel, a high-speed fiber provider headquartered in East

Wenatchee, advised customers on its Facebook site that “system outages began when a mistake was made by a vendor maintaining our power systems.”

The fiber provider assured users that no hacking or fire occurred in its facilities.

LocalTel said that power was restored minutes later but not without consequences.

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Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

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The Whistle



The Ongoing Whistle

By Rhona Baron

The Whistle opens the year with a quick look back at hot topics of 2023, as well as predictions for 2024. Thanks for journeying with us and for letting us know how much you appreciate and support The Whistle!

2023 was a year of continued code changes to build density in Leavenworth's neighborhoods along with significant determinations of "non significance" for large development projects. It was also a year of contradictions.

For instance, recall that Leavenworth is rated third worst in WA State for the condition of our streets. While a study shared at a council meeting last spring determined that almost ten million dollars was required over the course of multiple years to repair and replace roads, our alleys became the focus of the council's attention. Never mind that alleys also require an estimated million plus dollars in improvements.

The city council, under the guidance of the mayor's appointed planning commission, changed code to turn alleys into main access routes in all residential areas. This means that you can mosey up to a front door of a residence on an alley. Read "The Pothole Whistle" and "The Heads Up Whistle" on our site LWhistle.com for more information. In an update, the City recently received a large grant for street repairs. That was a holiday gift for which to be thankful.

In terms of successfully diversifying housing in Leavenworth, an enormously important goal, some progress was made. It began with a "Determination of Non Significance" (the minimum allowable assessment) given by Leavenworth's City Development Services

Director to begin construction of Leavenworth Meadows a quarter mile out the Chumstick. Originally projected to house approximately 650 people in various sized rental units, this fall, Development Services upped the allowed population. Approximately 800 new voting, workforce oriented residents will be living out the Chumstick. Or not.

Given that 40 percent of dwellings in town are now owned by non-residents, rental units could tumble the same direction. We also find it contradictory that none of the units are designated affordable. Yet impacts to sewer, water and traffic will be absorbed by all. Read "The Glowing Whistle" and "The Elephant Whistle" at LWhistle.com.

Last summer, we witnessed the importance of the community pool. Almost one hundred citizens attended the July 25 council session regarding a land swap with developer Thomas Lin, who proposed that he own a portion of Lion's Club Park, including the current pool, in trade for the car wash site on the east edge of town. Due to public comment, Mayor Florea's proposed deal to sign a "letter of intent" with Lin was rejected. Read "The Pool Swap Whistle" at LWhistle.com.

Another piece of good news was delivered last month at a council meeting where the planning commission presented a thoughtful plan to limit the amount of b and b's in our neighborhoods. A majority of the council voted in favor, resulting in two, not three bedrooms open to lodgers, and a cap at four percent of the housing stock. We consider this a highlight after several years of the topic sitting mostly dormant on the annual docket. Read "The Heads Up Whistle" for background.

This column tends to focus

on land use and neighborhoods, therefore, we understand we are not describing everything critical to running a city, including the downtown, finances, public works, the environment, recreation and more. In the coming year our focus will expand.

Hot topics for 2024 are predicted to be downtown parking, including the use of "the pit" space. The pit is currently under review by council to become limited parking mixed with affordable housing and perhaps retail. In addition, we predict a push to accelerate density beyond what is legally required by the state. Related code changes are currently being explored by the planning commission.

There will also be an opportunity for me and other council members to participate in the River Recreation Management Plan for the Icicle and Wenatchee Rivers. This plan is noteworthy in its comprehensive approach to managing a heavily used natural resource and the diversity of stakeholders who participated in developing the plan. Here's hoping this project can serve as a model for how to find balance among many competing interests.

To open the year, I'll unpack what's at the top of my personal list. Engagement and transparency. At the training session for newly elected officials in December, I was struck by the keynote address by Denny Heck, Washington's Lt. Governor. He spoke of an erosion of trust toward government. He talked about a distressing lack of engagement from citizens. While not specific to Leavenworth, addressing the culture we create as political figures is crucial. So don't be surprised if I stop you to talk or encourage you to comment for the public record. I believe in listening to the wisdom of this community. In fact, consider it another way to whistle. I pledge to hear you!



ForWARD Thinking

Strategies to make New Year's resolutions stick

As we welcome the dawn of another year, our thoughts naturally gravitate toward setting resolutions—those promises we make to ourselves in pursuit of personal betterment. New Year's resolutions symbolize hope, ambition, and a fresh start, encapsulating our desire for positive change and growth.



By Terry Ward

In the wake of festivities and celebrations, it's a tradition for many to jot down resolutions. Whether it's aiming for a healthier lifestyle, seeking career advancements, fostering stronger relationships, or simply striving for more self-care, these aspirations echo our determination to embrace the opportunities a new year presents.

While resolutions are crafted with the best intentions, statistics reveal that maintaining them can be a challenging feat. Studies suggest that only a fraction of individuals actually adhere to their resolutions throughout the year. Why is this the case? One explanation might be the overly ambitious nature of some resolutions. Often, we set goals that are far-reaching without breaking them down into achievable steps. For instance, vowing to exercise daily might seem admirable, but a more feasible approach could involve starting with manageable workouts and gradually building up.

The pressure of sticking to resolutions can create undue stress. Embracing change takes time, and setbacks are a natural part of the process. Instead of being disheartened by momentary lapses, it's crucial to acknowledge these as opportunities for learning and readjustment.

So, how can we transform our resolutions into tangible achievements? The answer might lie in a shift of perspective.

1. Focus on setting realistic and specific goals. Outline clear, achievable milestones that contribute to the larger resolution. This approach enables us to track progress and celebrate small victories along the way.

2. Accountability plays a pivotal role. Sharing resolutions with friends, family, or support groups can provide encouragement and motivation. Additionally, keeping a journal or utilizing apps to monitor progress can enhance accountability and serve as a reminder of our commitments.

3. Cultivating resilience is key. Acknowledging setbacks as temporary hurdles rather than failures can fortify our resolve. Practicing self-compassion and flexibility allows us to bounce back and continue our pursuit of the resolution.

Finally, let's remember that resolutions need not be confined to personal goals. Embracing resolutions that foster community engagement, environmental consciousness, or philanthropy can contribute to a more profound sense of fulfillment and societal impact.

As we embark on this new chapter, let's approach our resolutions with a sense of optimism and pragmatism. Each day offers a chance for renewal, growth, and transformation. May this year be marked not only by the resolutions we set but by the resilience and determination with which we pursue them.

Here's to a resolute and rewarding journey in 2024!

Terry Ward is the CEO of Ward Media and the publisher of the Cashmere Valley Record, Lake Chelan Mirror, The Leavenworth Echo, Quad City Herald, and the Wenatchee Business Journal. He can be reached at terry@ward.media.

WENATCHEE WILD

VS CAY GAMES DAY WED 1/3 6 PM

VS STAR WARS NIGHT SAT 1/6 6 PM

VS YOUTH HOCKEY NIGHT SUN 1/14 4 PM

VS BAY GAMES DAY TUE 1/16 6 PM

VS GUNS & HOSES SAT 1/20 6 PM

VS AMERICANS WED 1/24 6 PM

VS SEATTLE FRI 1/26 7 PM

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Community Calendar

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.
Alpine Water District, meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.
Senior Center, Lunch, noon, \$8 per meal. RSVP 509-548-6666.
Ukulele Circle, 5:30- 6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet music.
Cascade Medical Board, 4th Wednesday of every month (with a couple exceptions), September 27, October 25, November 15, and December 20, 5:30 p.m.

Thursday

Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office, For information contact Tony Sandoval, 509-664-6801 or email: tony.sandoval@co.chelan.wa.us
Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.
Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call UVMEND, 509-548-0408 for more information.
Leavenworth Mosquito District board meeting, 7 p.m. via ZOOM link posted at <https://leavenworthmosquitocontrol.org/activity-calendar.html> or contact Jenny 509-548-5904 (1st and 3rd Mon.)
Cascade School board meetings, 7 p.m., Agenda can be found at <https://www.cascadesd.org/Page/166>. (2nd & 4th Mon.)
Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)
Icicle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Cascade Education Foundation, Contact: CEF@casceduc.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)
Senior Center, Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: leavenworthseniors@gmail.com
Music, call Steve, 509-548-7048. (1st and 3rd Tues.)
Greater Leavenworth Museum board meeting 5-7 p.m. Everyone is invited as a guest. Contact info@leavenworthmuseum.org for meeting information. (1st Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online leavenworth@ncwlibraries.org
Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.
Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or peshastin@ncwlibraries.org Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10 a.m.-2 p.m. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, is open daily from 11-4, except Thanksgiving and Christmas. Check their Facebook page or website at leavenworthmuseum.org for updates and information.
Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

Meeting Schedules For AA, Alanon, Celebrate Recovery

AA Meetings:
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth Alanon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Alanon Meetings, Call 509-548-7939
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

Crafting your brand: The importance of a consistent presence

In last month's article, we explored the transformative power of marketing as an investment rather than a cost, emphasizing the significance of a well-structured marketing plan as the cornerstone for sustainable growth. As we delve deeper into this journey, the next critical step is defining your business identity. Why is your business unique, and how does it stand out among competitors? This foundational knowledge not only brings clarity to your business but also forms the bedrock for effective communication with your target audience.

Once you've established your identity, the spotlight turns to creating awareness around your brand and business. Awareness campaigns play a pivotal role in fostering recognition and connecting with your audience on a deeper level. However, it's not just about being known; it's about securing a prime spot in the minds of your customers.

This is where the concept of "Top of Mind Awareness" (TOMA) comes into play. Top of Mind Awareness refers to the ability of a brand to be the first one that comes to mind when a customer thinks about a particular product or service. Achieving TOMA means consistently occupying a prominent space in the minds of your audience. It's not merely about having a presence; it's about being the go-to option when a need arises.

Consistency is the key to building and maintaining Top of Mind Awareness. Regularly engaging with your audience through various channels, be it social media, email campaigns, digital or print advertising, reinforces your brand presence. The more frequently your audience encounters your brand, the more likely they will remember and choose you when making purchasing decisions.

Imagine your brand as a familiar face in a crowded



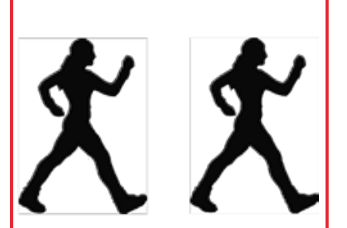
By AMY YALEY
COO of Ward Media

room — the more often that face appears, the more likely it is to be recognized and remembered. Consistent visibility builds trust, familiarity, and a sense of reliability among your audience.

At Ward Media, we understand the importance of Top of Mind Awareness when it comes to brand building. With decades of combined experience, our team is dedicated to crafting, tailoring, and launching awareness campaigns that go beyond mere visibility. We create awareness that resonates with your audience, ensuring that your brand not only stands out but remains at the forefront of their minds.

As you embark on your marketing journey this year, remember that brand awareness goes beyond being recognized; it's about being remembered. Cultivate Top of Mind Awareness through consistent, strategic engagement, and let the team

at Ward Media guide you in creating a customized plan that aligns with the unique identity of your business. Our expertise is your success.



Adult Social Walking Program

at Leavenworth Festhalle
(enter on Front Street)

Monday – Thursday
7:15am – 9am

Starting Monday, January 8, 2024, residents are invited to participate in the 6th annual adults-only winter exercise program. There is no charge, all you need to bring is your smile and a pair of dry walking shoes. Free on-street parking until 9am. Unfortunately, we cannot accommodate children at this time.

For more information, please call Sharon Waters (509) 548-7939.



Chelan County Sheriff's Report

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.



December 21

14:24 Scam, 900 Front St #C
14:43 Vehicle Theft, 8734 Schol St, Dryden
17:16 Accident No Inj, 11756 Us Hwy 2, Jerry's Auto
19:47 Assist Public, 100 Ward Strasse
20:50 Weapons Violation, 104 Towhee Ln, Peshastin
19:02 Parking/Abandon, 1329 Us Hwy 2, Dan's Food Market3

December 22

00:53 Disturbance, 120 Center St
00:55 Suspicious, 1505 Alensee Strasse
10:37 Property, 907 Front St; Kris Kringle
17:46 Harass/Threat, Chumstick Hwy Mp 2
17:58 Assisit Public, Sherbourne St & Us Hwy 2
18:02 Suspicious, 12688 Chumstick Hwy
20:38 Assist Public, 8115 Depot Rd, Dryden

December 23

10:58 Accident No Inj, Us Hwy 2 & Ski Hill Dr
12:08 Domestic Disturbance, 185 Us Hwy 2
14:19 Extra Patrol, 10100 Blk Main St, Peshastin
15:15 Parking/Abandon, 220 Us Hwy 2
18:11 Traffic Offense, Us Hwy 2 & Icicle Rd

18:27 Accident No Inj Pine St & Summit Ave

December 24

12:15 Animal Proble, Evans St & Central Ave
15:15 Suspicious, 1001 Front St
15:37 Harass/Threat, 920 Us Hwy 2; Village Mercantile
15:59 Civil, 709 Front St; Munchen Haus
18:16 Malicious Mischief, 1000 B Front St
19:13 Property, 820 Front St; Gazebo Park

December 25

10:27 911, 505 Us Hwy 2; Icicle Villa
21:05 Weapons Violation, Ingalls Ln & Allen Ln, Peshastin

December 26

09:35 911, 309 8th St; Post Hotel
10:52 Accident No Inj, E Leavenworth Rd Mp 1
12:29 Assist Agency, 3969 Us Hwy 97, Peshastin
13:39 Accident No Inj, 700 Us Hwy 2
16:31 911, 197 Swiftwater Ln
18:012 Property, 810 Commercial St
19:25 Traffic Offense, 585 Us Hwy 2

December 27

08:17 Parking/ Abandon, 100 Ward Strasse

12:06 Suspicious, 11687 Sunitich Canyon Rd
14:35 Hazard, 323 Price Ave
15:07 Court Order Violation, 9966 Lee St
18:34 Vehicle Theft, 200blk Evans St
21:46 Dui, Us Hwy 2 & Dryden Ave; Dryden
22:39 911, 8282 Us Hwy 2
22:51 Alarm, 829 Front St# B; Mozart's

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ATHLETE OF THE WEEK



Nora Garcia Basketball Junior

Nora brings intensity to each game. She works hard. She is leading the team in points and rebounds. She is competitive and wants success for the team.

Kodiaks Scoreboard

GIRLS BASKETBALL	
Dec. 28:	Dec. 28: Cascade 11, Kittitas 65; loss
BOYS BASKETBALL	
Dec. 28:	Cascade 49, Kittitas 68; Loss

Kodiaks Schedule

GIRLS BASKETBALL	
Jan. 5:	Cascade vs. Chelan, Home at 5:45 p.m.
Jan. 9:	Cascade vs. Omak, Away at 5:45 p.m.
BOYS BASKETBALL	
Jan. 5:	Cascade vs. Chelan, Home at 7:15 p.m.
Jan. 9:	Cascade vs. Omak, Away at 7:15 p.m.

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Washington Outdoors Report

A New Puppy...oh Boy!

By JOHN KRUSE
Special to Ward Media

I freely admit it, I love dogs, always have, especially if they are bird hunting dogs. I hunted as a teen solo but once I got my own dog as an adult (a golden retriever named Gracie), I got hooked on hunting with four-legged companions who really make a difference in the quality of your hunt when it comes to finding, flushing or pointing, and then retrieving birds such as pheasant, quail, ducks and geese.

Gracie was a fine all-round, albeit fair-weather flusher and retriever. My second dog was Sage, a yellow lab who was a good hunter but had a horrible penchant for barking as loud as he could the first 30 minutes of any drive and then barking again if you slowed below 35 miles per hour (since he always assumed we were about to arrive at our hunting destination). Both dogs lived

good lives and then came along my third dog, an English springer spaniel named Georgia. She was kind of a rescue dog. I got her when she was 13-months old and while she was house broken, she had a whole host of bad habits I was never able to break. Throw in the fact she had zero retrieving instinct and her performance as a bird hunting dog was limited to quail and pheasant in steep canyons. Give her a duck to retrieve and she would swim around the pond for 15 minutes, ignoring the duck. Give her a pheasant in open country and it was off to the races. Having said that, we did manage to bag a few birds over the years.

I lost Georgia to cancer a year and a half ago and recently decided it was time for a new dog. This time I did my homework and chose an AKC registered English springer spaniel available from a breeder in Twin Falls, Idaho. Jim, the owner of New Day

Springers, told me the dog I wanted was very athletic, very driven, and like his father, would probably have a great retrieving instinct.

I picked the pup just before Thanksgiving at the tender age of eight weeks old and named him Sam, as in "Yosemite Sam". It was the youngest pup I had ever owned. I was worried about the separation between his mother and him but I shouldn't have. He took to me immediately. What I didn't anticipate (or remember) though, were the growing pains of having a new puppy. Where do I start?

I guess the potty training would be a good place because a five weeks later we still haven't quite solved that riddle. He does not go potty in his crate or at night sleeping with me but he seems to take great pleasure in going outside, being praised for doing his business during the day, and then coming back inside to do some more

business (both Number One and Number Two) within a few minutes of being in the house. It's to the point that I was literally going through a roll of



COURTESY OF JOHN KRUSE
Yosemite Sam

paper towels a day cleaning up after his mishaps. And I'm not entirely sure he realizes they are mishaps despite my efforts to educate him otherwise. Then again, perhaps he's just mischievous!

Then there is the biting. I forgot how sharp puppy teeth are and how often they are driven to chew on things, especially hands and toes! The good news? We are starting to get this issue under control thanks to a handy spray bottle that squirts him with water whenever he begins to nibble on me.

With the biting comes the scratching. Who knew a puppy could have such sharp claws. Of course, Sam likes to be held but unfortunately, he also likes to put his paw on your face and more often than not I look like I've been in a pocket knife fight and lost.

Oh, and don't let me get started on having nice things. The first day I set up the Christmas tree he bit

through the electrical cord, which meant I had no lights on my tree this year. He also takes great joy pushing the tree around the living room, as well as his water dish, food dish, bed, toys, etc. Another nice thing I no longer have is a beautiful wooden duck decoy. Sam managed to snatch it off a shelf and turn its duck bill into a well chewed on sparrow beak. Ugg!

Having said all that, I do love the pup. The obedience training is coming along well. Okay, more or less well. He does well on basic commands inside the house. Not so much yet outside the house. Sam does love to go for car rides and he literally hasn't met a person he doesn't like. Better still, he likes to retrieve the training dummies I throw for him. With any luck, I may have the beginnings of a decent hunting dog come spring. That's assuming of course I don't go crazy trying to potty train him this winter. Wish me luck!

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

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Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com

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Fill up on healthy eating pointers

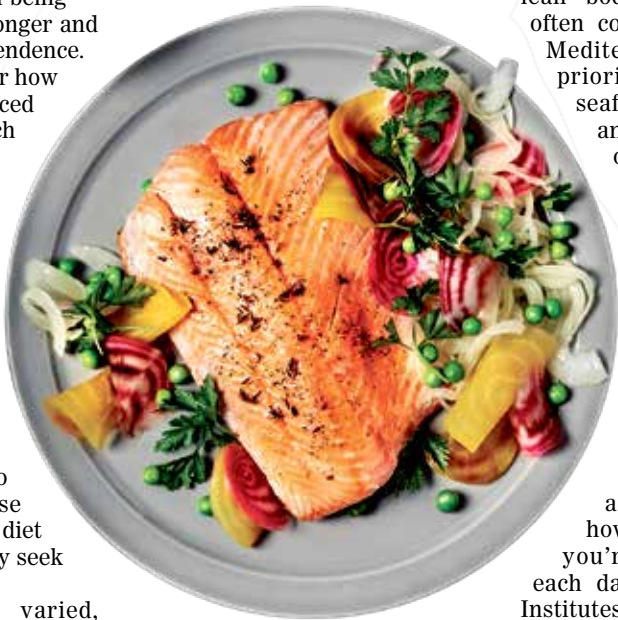
Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- Eat colorful, varied, nutritionally dense foods. Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.
- Choose fiber-rich foods. Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people

maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

- Note how you feel after eating. Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or



METRO CREATIVE

ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- Explore the Mediterranean diet. While you should avoid fad diets that often produce short-term but unsustainable results, a

Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and “good” fats like olive oil.

- Control portion sizes. Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.



How to begin the day in a positive frame of mind

METRO CREATIVE

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the “Law of Attraction,” which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

Begin the night before

Certain mental health experts suggest clearing the

mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

Take a technology pause

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting

information at the outset of the day can adversely affect your mood. Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

Recognize the good people are doing

When you open your eyes and focus on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

Focus on gratitude

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when so many are not able.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.

Lake Chelan
WINTER FEST 2024

January 12-21

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Carrier

Continued from page A1

"A number of our servers were damaged when the power was restored," LocalTel reported.

The damage caused data loss that included emails, phone service, internet, television, and more.

Comments on LocalTel's Facebook page covered a range of services lost, together with queries as to when and if some or all the data will be restored.

"Wiped out most of the saved programs on my DVR," wrote one user.

Another noted, "Didn't realize how many important messages we get by email."

LocalTel counts more than 113,000 people who use its services along with the more than 37,000 households served. As businesses rely more and more on the internet to connect with customers and process orders, the loss of that critical line of communication translates into lost revenue, particularly during the high-traffic holiday season.

The service outage also affects "those of us who have our VoIP phone system through LocalTel," another post said.

VoIP or Voice over Internet Protocol is a technology that allows users to make voice

calls using a broadband Internet connection instead of a regular—or analog—phone line.

Patient users had time to inject a note of humor in their Facebook posts. One, borrowing from the title of a popular 1993 animated movie dubbed LocalTel's challenge "The Nightmare Before Christmas."

Another posted a revised Christmas wish list, crossing out such big-ticket items as a new bike, and Tyco train set and replacing those with "my NWI email."

LocalTel posted that while its NWI email administrators have made progress and new emails are now flowing into email boxes, some issues remain.

"Emails before Dec. 19 are being removed by our mail vendor so they can be repaired and redelivered," the LocalTel post said. "There are over 10 million emails, so that process will take days and unfortunately will be slowed further by the holidays."

LocalTel predicts the old emails to be progressively available over the next 30 days.

"New emails dated Dec. 20 and newer are currently queued and being processed for delivery to your email inbox," LocalTel said.

One user inquired "is there a way to have a redundant mail service physically separated

but ones that mirror each other?"

Network redundancy uses multiple paths for traffic so that data can keep flowing even in the event of a failure and there provides more reliability. The concept is that if one device fails, another can automatically take over.

"We are fully committed to learning from this incident," said LocalTel. "Measures are being taken to bolster our systems, preventing such occurrences in the future."

Serving Columbia Basin since 1982, LocalTel began as a ComputerLand franchise with seven employees. It now numbers a staff of more than 100.

State expands broadband

The 2021 Infrastructure Investment and Jobs Act allotted \$42.5 billion for broadband internet access as part of the Broadband Equity, Access, and Deployment Program to establish broadband access throughout the country. The act allocates the funding to individual states. The U.S. Treasury Department announced last June that Washington State will receive \$195.7 million.

State law mandates that the State Broadband Office provide access for all Washington businesses and residences to broadband service with a minimum 150 megabits-per-

second (Mbps) download and upload speeds by 2028.

11.8 million households and businesses nationwide are considered either unserved or underserved. Unserved locations are those where providers only offer internet speeds below 25 Mbps downstream and 3 Mbps upstream. Underserved locations are those where providers offer internet speeds below 100 Mbps downstream and 20 Mbps upstream.

On the county level groups like the Broadband Action Team in Okanogan County and the Chelan County Broadband Action Team are comprised of and working with stakeholder groups to identify the unserved underserved in their respective areas.

In the City of Brewster, Okanogan County, for example, Zipy Fiber of Kirkland held a ribbon cutting last October to celebrate the completion of its high-speed fiber optic cable project begun in 2021 in its first NCW target city.

Last November the Chelan County PUD commissioners discussed that county's fiber network expansion project, also begun in 2021, which, when completed by 2026, will provide connectivity to roughly 42,000 homes and businesses.

Mike Maltais: 360-333-8483 or michael@ward.media

Anatomege Table

Continued from page A1

conditions. Image clarity allows for magnification of details as small as 0.2 mm.

A 3D cadaver can be peeled away to reveal only the system of current focus. For example, with a touch of a finger, the circulatory system can be isolated for students to study the map of blood vessels showing blood flow directionality. Or, they can examine the heart, zoom in, rotate, and watch how different heart rhythms affect the heart's pulsations.

The Anatomege table was immediately installed in the classroom of Jon Betz, who teaches health, intro to health career exploration, and sports medicine classes.

On a recent afternoon, Betz gave a demonstration to a few students; together they investigated "Carl," a 38-year-old man who died of a spinal tumor. When Betz gave the students a chance to control the table, it came easy to them as the table's functionality is like a touchscreen computer on a larger scale.

Enthusiasm was apparent as students took turns and had the images reinforce some of their current knowledge, such as the names of specific bones and muscles.

"I plan to use it almost daily, especially in Sports Medicine II," Betz said.

CHS's course guide describes the Sports Medicine II class, saying, "students gain a greater understanding of the structure and function of the human body as it relates to rehabilitation of injury and illness." Betz will be able to incorporate the Anatomege table into the bulk of such lessons.

While eight students can stand around the table, Betz will also display the contents on the large classroom screen so the whole class can follow along during a lesson. Individual students will use the table during breakout sessions and can be tested one at a time with quizzes and an end of the semester summative.

Students who have been hesitant about anatomy in the past, due to the smell and visceral aspects of pig heart dissection, can grow more comfortable with the sanitized anatomy of a digital cadaver. This can lead to a growth in curiosity about health science careers, which is beneficial because medical facilities top the industries with job openings in Washington State, and there is a high demand for registered nurses, medical assistants, and radiology and lab technicians.

All of the health science classes fall under the umbrella of the Career and Technical Education (CTE). Kirk Sunitsch, CTE director, spoke enthusiastically about these classes, not only in terms of access to technology like the Anatomege table, but also the career connection opportunities.

That includes visits from healthcare workers to Betz's classes to present information about career paths. Students in the Sports Medicine II class can also earn internship hours if they serve as athletic trainers at sport events, and they receive clinical experience with job shadowing that has included physical therapy, radiology, and nursing at Cascade Medical, as well as other local PT clinics and dental offices.

Students have a chance to further their involvement in health science through membership in the CHS's relatively new chapter of the Washington Career and Technical Sports Medicine Association (WCTSMA).

"Two years ago, we had four students go to the WCTSMA competition, and last year we had seventeen," explained Betz, showing the growth of the club.

One of the categories of the annual competition includes anatomy and physiology testing as hosted by Anatomege.

Sunitsch and Betz deserve credit for the arrival of this valuable resource; they wrote the grant that covered the \$80,000 cost. The grant came from the Office of the Superintendent of Public Instruction via a grant program established to promote expanded offerings in health science. Priority was given to small schools "that have a plan for recruitment and retention of underrepresented populations in the health science pathway."

Funds could be used for purchases that "improve curriculum and upgrade technology and equipment to meet industry standards."

Meleah Butruille, faculty member at Wenatchee Valley College's nursing program and member of the CTE advisory board, wrote a letter of support, as did Pat Songer, COO of Cascade Medical.

Songer's letter stated, "Adding the Anatomege table to CHS's resources is a testament to the school's commitment to providing top-tier, experiential learning for its students. This piece of equipment will not only enhance the educational experience but also provide a solid foundation of practical knowledge and skills... By supporting the education of these aspiring professionals, we are collectively nurturing a workforce that will be ready to face the challenges of modern healthcare."

"We were really surprised to get the table so quickly," said Sunitsch. Betz had known about the digital anatomy tables for a while and included it in the department's four-year plan, thinking it would happen someday, but this grant opportunity had a turnaround time of only three months.

Getting to implement its use immediately is gratifying, and Betz knows he's just explored the tip of the iceberg, adding, "It's almost overwhelming the extent of the options."

New doughnut shop opens in Leavenworth



TAYLOR CALDWELL / WARD MEDIA

Sara Jones (left) and Desiree Stein (right) opened Shake Your Doughnut mid-December.

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH - Leavenworth now has a doughnut shop downtown. Shake Your Doughnut had its soft-opening on Dec. 13, serving classic and creative-style doughnuts, milkshakes, and coffee. A grand-opening is planned for the first week of January.

Shake Your Doughnut is located in the basement of 217 9th Street, where Pika Provisions used to exist. While it may be a little hard to find, owners Desiree Stein and Sara Jones say it hasn't stopped them from consistently selling out in the first few weeks of operating.

"It's that love of a good doughnut. It's like the all American food, and yet Washington State has a dearth of like, the doughnut shop. So I was like, 'All right, good. I guess we tapped in!'" said Jones.

Stein started Shake Your Doughnut as a food truck on the West side a couple years before the pandemic, which had a lot of success.

"We would have two and three hour lines," said Stein.

Stein and her husband split their time between the West Side and Plain, but when the pandemic hit, they decided to settle into Plain full-time. Because Leavenworth doesn't allow food trucks, the business sat dormant for a few years, until Stein met Jones.

"Sara and I are super compatible. She's very even keeled. I'm super distracted by shiny objects and feathery lamps, and so it was a good partnership," said Stein.

Stein told Jones about her idea to bring back Shake Your Doughnut as a brick and mortar store, and Jones was on board. Jones was a dental hygienist by trade, but in college, she managed a Dunkin Donuts, which involved making doughnuts every night.

"I loved it. It just didn't pay the bills, [as] the manager at Dunkin Donuts, but I love the donut culture. I love making them. It's really creative," said Jones.

The doughnuts at Shake



TAYLOR CALDWELL / WARD MEDIA

The shop serves mini-doughnuts, doughnut holes, and bars, which span from candy toppings to classic maple or Bavarian cream.

Your Doughnut aren't fried like the ones Stein used to serve in the food truck. Instead, Stein and Jones wanted to serve slightly healthier classic and creative doughnuts that locals could keep coming back for.

"We're here first and

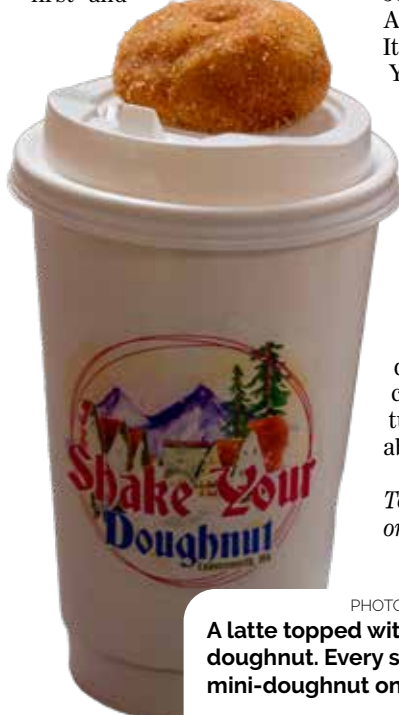


PHOTO BY TAYLOR CALDWELL / WARD MEDIA

A latte topped with the shop's original mini-doughnut. Every specialty drink comes with a mini-doughnut on top.

foremost for locals. Someplace where we could go in the morning and get doughnuts and coffee," said Stein.

Shake Your Doughnut offers a local's discount, and is fundraising for Cascade School District teachers. Stein and Jones are also planning to open Art of the Board in a few weeks. It will be next door to Shake Your Doughnut, and will serve fondue, paninis, charcuterie, and beer and wine.

The Art of the Board space is filled with unique art and couches for people to settle in and stay awhile. Stein and Jones hope that the location in the basement will attract locals.

"This will be very different, like chill out, get comfortable [vibe]. We're not turning tables here. This is about community," said Stein.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

Adventure Park

Continued from page A1

and then put our monitors in those neighborhoods," said Sutherland.

LAP is also requesting to have live music and extend closing time from 8 p.m. to 10 p.m. According to Sutherland, they would likely continue to close attractions at 8 p.m., but

use the extended time to host events until 10 p.m.

"We have a third floor room that is kind of an event space and we would like to be able to use that space for live music if we choose to, inside. It just seems crazy that we can't have live music in an indoor space or live non-mic'd acoustic music outside," said Sutherland.

The public notice for LAP's

application was posted on Dec. 20, and is open to initial public comment until 5 p.m. on Jan. 4. The notice caused some opposition on Facebook in addition to official comments made to Vespier's office.

"I know a lot of them are saying 'No, don't do it,' but they're not telling us what bothers them, or how it might or might not work," said

Vespier.

The initial comment deadline will shape the staff report and public hearing timing. However, Vespier encourages public comments all the way up until the decision.

"Public comments that give us those suggestions of where would the right balance be for the request would be great. That's the kind of public

every-other-week time in the classroom...Whenever she's at school, she's in the hall. She's not staying in her office," said Ross.

The small groups are the part of Grace's work she gets the most enjoyment from, which is why she's hoping to share it with other counselors at the conference.

"My goal is to share what I have done, but in the same vein, as how I run my small groups, I am not saying that I'm the expert. It's much more

comment that's really helpful. One that says, 'Yeah, we don't like it, but if you're going to do it, maybe we can mitigate XYZ, or I'm extra concerned with this item,'" said Vespier.

Sutherland is hopeful that the changes will be approved by the hearing examiner after public consideration.

"I've had many people that were opposed to the project

actually come in. Enjoy the park, realize that it's a good thing. And it's fun. And it's not what they expected it to be...I've been thanked by at least one business out here at the west edge of town because it has brought business to them," said Sutherland.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

Counselor

Continued from page A1

"Sometimes it takes a little bit longer to form as a group and to build cohesion, but then once we have the group going, it's really, really effective."

Each group's success relies on the vulnerability of the students to share what they're seeing and feeling. Because of this, students are able to build deep connections with each other.

"It can be incredibly

powerful to have a different group of peers who can know you and you get to know them and feel supported by that you can then connect with outside of that group time," said Grace.

According to Grace, the behavioral changes aren't always immediately visible by adults, but the students report being happier and satisfied with the work they put in at the groups, and ask if they can keep doing it.

Because of Grace's

continual presence in the

classroom for Tier I learning, participation in Tier II groups isn't stigmatized. When Emily Ross, Principal of Peshastin-Dryden Elementary, told the parents of a student seeking social help about the friendship group, they were already familiar with Grace's work.

"Their response was, 'Oh my gosh, our student loves Mrs. Grace. This is going to be fantastic.' That's just from that student [knowing] Mrs. Grace just from her that

about like, hey, here's what I do. Here's what's worked. What has worked for all of you? And then actually sort of having the session itself run like small groups, so they get that experience as a participant in a small group," said Grace.

The Washington School Counselor Association Conference is March 6 - 8, 2024. Grace's session is titled, "Implement Effective Small Groups - MTSS & Tier II Intervention."

"I'm really grateful for her. The way that she jumps in both feet in the deep end, is amazing. I think that her experience, working in different schools at different levels, will definitely help her as she goes to present at this conference. I think that she's going to do a great job. I learn from her everyday that she's at school, so I'm excited for her," said Ross.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

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Employment

Help Wanted

HELP WANTED
To build a pergola from a pergola kit. Cement footings already in ground. Located 4.5 miles past airport. Bonus if done quickly and securely. Contact Rebekah Near at The Ark of Chelan, LLC, 509-682-1233. Or text at 360-840-0326.

Help Wanted

Parking Enforcement Officer
The City of Leavenworth, an equal opportunity employer, is accepting applications for a Parking Enforcement Officer. This position is full-time, 40 hours per week (4, 10-hour workdays) Thursday through Sunday, with a starting pay of \$4,564 - \$5,140 per month; (6-month probationary period). Benefits includes paid vacation, holidays and sick leave and includes full family health, vision, dental insurance coverage, per the Teamsters bargaining unit contract. Requirements: Minimum 18 years of age and WA State driver's license with record acceptable to the City; position will require a pre-employment physical evaluation. Individual must be able to work weekends and holidays. Seeking an individual that will support and assist the City of Leavenworth with parking and traffic control. This position performs a variety of code enforcement duties focused on directing vehicle and pedestrian traffic, enforcing City parking ordinances, parking related state statutes, and coordinating with other city departments and outside agencies as needed. This position holds no arrest powers. Please review the full job description and application requirements on the City's website: <https://cityofleavenworth.com/employment/> or request information by contacting us at (509) 548-5275. First review of applications will be on 01/05/2024. Position will remain open until filled. The City of Leavenworth is an equal opportunity employer.

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Bernese Mountain Dog Puppies, AKC, smart, docile, affectionate, good with kids and older people. Good in cold and hot weather, apartments or homes. All shots and wormed, w/w/o papers. \$1500. (509)675-1767

Corgi Puppies, AKC, smart and sassy, Classic fun and courageous Pembroke welsh corgis ready now. Crate trained, all shots and wormed. Local, family raised with many happy families. \$1500. (719) 309 8864

Real Estate

Rentals

Remodeled one bedroom apartment. Washer/ dryer hookup. W/S/G paid. Excellent location in Chelan. Walk to City Park. \$1,090/ month, plus deposits. No Pets. 509-682-5108.

Bridgeport, Wa. Joseph Cove Apartments Accepting applications for a three bedroom Apartment with central air, washer dryer hook ups, must be income eligible. For more information call Shannon at 509-322-3560 TTY 711.

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Legals

Public Notices

Chelan County Mosquito District No 1;
Braeburn Mosquito Control District is seeking coverage under the Washington State Department of Ecology Aquatic Mosquito Control NPDES and State Waste Discharge General Permit. The proposed project applies to the following geographical area: Brae Burn Mosquito Control District. The permit allows the discharge of a specific list of pesticides for mosquito control provided permit conditions are met, however, the pesticides anticipated for use are: Bacillus thuringiensis israelensis (Bti) and Bacillus sphaericus (H-a5b), (S)-Methoprene, Larviciding Oil (mineral oil), Pyrethrins a (botanical insecticide), Prallethrin, and Sumthrin. Ecology has made a SEPA determination of non-significance with the adoption of an existing environmental document for this proposal. Any person desiring to present their views to Ecology regarding this application may do so in writing within thirty days of the last date of publication of this notice. Comments must be submitted to Ecology. Comments can be submitted to: Department of Ecology, Water Quality Program, Attn: Aquatic Pesticide Permit Manager, P.O. Box 47696, Olympia, WA 98504-7696
Published in the Leavenworth Echo/Cashmere Valley Record on January 3, 10, 2024. #6974

Public Notices

Public Notices

SUPERIOR COURT, STATE OF WASHINGTON, COUNTY OF CHELAN NUMERICA CREDIT UNION, Plaintiffs, v. JUSTIN T. STUFFLEBEAM individually and any marital community of JUSTIN T. STUFFLEBEAM and JANE DOE STUFFLEBEAM, husband and wife, Defendants. NO. 23-2-00597-04
SUMMONS BY PUBLICATION
The State of Washington to the said Justin T. Stufflebeam and Jane Doe Stufflebeam: You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 6th day of December, 2023, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Numerica Credit Union, and serve a copy of your answer upon the undersigned attorneys' for plaintiff Numerica Credit Union, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. This is an action to recover on a Complaint for Monies Due and for defendants failure to pay. Dated this 14th day of November, 2023.
PHILLABAUM, LEDLIN, MATTHEWS & SHELDON, PLLC
/s/ Benjamin D. Phillabaum
By: BENJAMIN D. PHILLABAUM, WSBA# 48089 1235 N. Post, Ste 100, Spokane, WA 99201
Published in the Cashmere Valley Record / Leavenworth Echo on December 6, 13, 20, 27, 2023 January 3, 10, 2024. #6821

Public Notices

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In re the Estate of HARRY P. MILTNER, JR. Deceased. NO. 23-4-00436-04
NOTICE TO CREDITORS
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided 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: January 3, 2024
Personal Representative: David Ormiston
Attorney for the Personal Representative: Kyle D. Flick
Address for Mailing or Service: 222 South Mission Street, Wenatchee, WA 98801
Court of probate proceedings and cause number: Chelan County Superior Court, Cause No. 23-4-00436-04
DATED this 22nd day of December 2023.
LAW OFFICE OF KYLE D. FLICK, P.S.
By KYLE D. FLICK, WSBA #14963
Attorney for Estate
Published in the Leavenworth Echo/Cashmere Valley Record on January 3, 10, 17, 2024. #6976

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Public Notices

NOTICE OF TRUSTEE'S SALE
Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 450 Seattle, WA 98104 Trustee Sale No.: WA-23-969012-BF Title Order No.: 8787477 Reference Number of Deed of Trust: Instrument No. 2221006 Parcel Number(s): 31271 / 241827730060, 31270 / 24182773005 Grantor(s) for Recording Purposes under RCW 65.04.015: RICHARD E. BEEBE AND BONNIE R. BEEBE, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): HSBC Bank USA, National Association as Trustee for Wells Fargo Home Equity Asset-Backed Securities 2006-1 Trust, Home Equity Asset-Backed Certificates, Series 2006-1 Current Trustee of the Deed of Trust: QUALITY LOAN SERVICE CORPORATION Current Loan Mortgage Servicer of the Deed of Trust: Wells Fargo Bank, N.A. NOTICE IS HEREBY GIVEN THAT QUALITY LOAN SERVICE CORPORATION, the undersigned Trustee, will on 4/19/2024, 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: Parcel A: Lot 1, Block 8, Plat of North Dryden, Chelan County, Washington, according to the plat thereof recorded in Volume 3 of Plats, Page 52, Except those portions deeded to State of Washington for highway purposes under deeds recorded March 20, 1957, under Auditor's No. 518811 and July 12, 1943, under auditor's No. 349230. Parcel B: Lot 2, Block 8, Plat of North Dryden, Chelan County, Washington, according to the plat

Public Notices

thereof recorded in Volume 3 of Plats, Page 52, Except that portion deeded to State of Washington for highway purposes under deed recorded March 20, 1957, under Auditor's No. 518811. More commonly known as: 8830 SCHOOL ST, DRYDEN, WA 98821 Subject to that certain Deed of Trust dated 2/8/2006, recorded 2/17/2006, under Instrument No. 2221006 records of CHELAN County, Washington, from RICHARD E. BEEBE AND BONNIE R. BEEBE, HUSBAND AND WIFE, as grantor(s), to NORTHWEST TRUSTEE SERVICES, LLC, as original trustee, to secure an obligation in favor of WELLS FARGO BANK, N.A., as original beneficiary, the beneficial interest in which was subsequently assigned to HSBC Bank USA, National Association as Trustee for Wells Fargo Home Equity Asset-Backed Securities 2006-1 Trust, Home Equity Asset-Backed Certificates, Series 2006-1, the Beneficiary, under an assignment recorded under Auditors File Number 2509594 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: \$15,385.34. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$74,570.65, together with interest as provided in the Note from 10/1/2022 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

Public Notices

without warranty, expressed or implied, regarding title, possession or encumbrances on 4/19/2024. The defaults referred to in Paragraph III must be cured by 4/8/2024 (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 4/8/2024 (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 4/8/2024 (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 11/13/2023. 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.

Public Notices

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 until 90 calendar days BEFORE the date of sale listed in this Notice of Trustee Sale to be referred to mediation. If this is an amended Notice of Trustee Sale providing a 45-day notice of the sale, mediation must be requested no later than 25 calendar days BEFORE the date of sale listed in this amended Notice of Trustee Sale. 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

Public Notices

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&searchst ate=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 noteholder's rights against the real property only. The Trustee's Sale Number is WA-23-969012-BF. Dated: 12/14/2023 QUALITY LOAN SERVICE CORPORATION, as Trustee By: Tianah Schrock, Assistant Secretary Trustee's Address: QUALITY LOAN SERVICE CORPORATION 108 1st Ave South, Suite 450, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-23-969012-BF Sale Line: 916-939-0772 or Login to: <http://www.qualityloan.com> IDSPub #0189974 12/20/2023 12/27/2023 1/3/2024 Published in the Cashmere Valley Record/ Leavenworth Echo on December 20, 27, 2023 and January 3, 2024. #6945

Kid Scoop

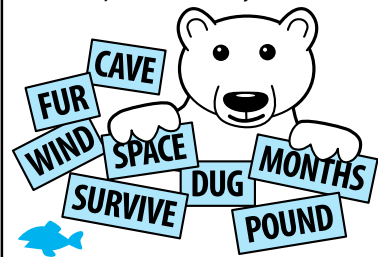
THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Kid Scoop Together Life of a Polar Bear Cub

This little cub has taken some of the words out of this article. Can you find where each one belongs? Have a parent check your work.



A polar bear starts its life in a den or ice _____ that its mother _____ into the snow.

The den protects the mother and the cubs from _____, cold and predators. The den stays warm inside as heat from the mother bear warms the tight _____ and the frozen walls trap the warm air.

A polar bear cub weighs only about one _____ when it is born and are about 12 to 14 inches long.

These little guys grow up to be BIG. A male polar bear can grow to be 1,200 pounds. A female about 650 pounds.

They start to get _____ at about eight weeks. They stay in the den drinking mama bear's nutritious milk for about three to four _____.

Young polar bears stay with their mothers until they are around 30 months old. By then, they have learned how to _____ in the cold and find food on their own.

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Kid Scoop VOCABULARY BUILDERS

This week's word: **THERMAL**
The adjective **thermal** means relating to or saving heat.

The **thermal** layer in Jane's jacket helped her stay warm while skiing.

Try to use the word **thermal** in a sentence today when talking with your friends and family members.

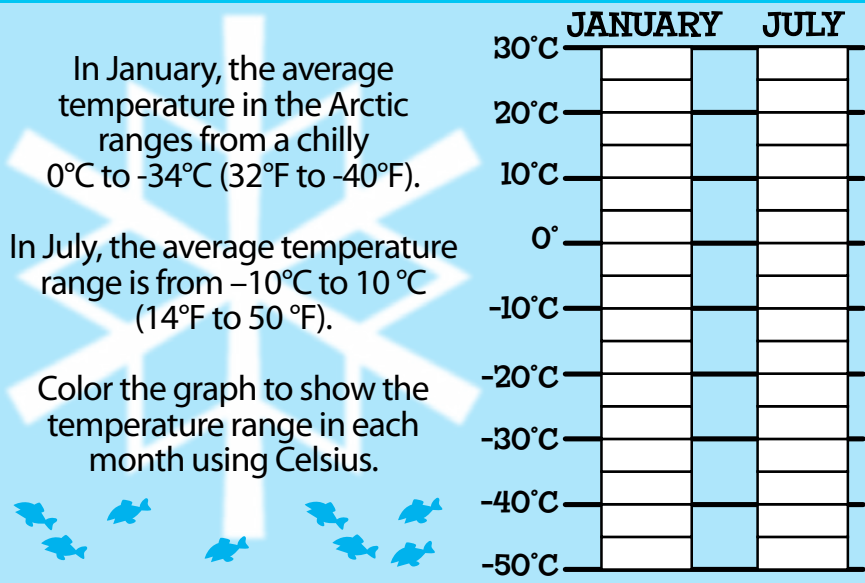
POLAR BEARS

Big and white, fluffy and furry, these are adjectives that describe a polar bear! Can you think of other adjectives that would describe this animal?



Polar bears love fish! How many fish can you catch on this page?

Average Temperatures in the Arctic



Polar Bear Fur Is NOT White!

Each hair shaft is transparent with a hollow core that scatters and reflects visible light, much like what happens with ice and snow, giving it a bright white appearance.

How Polar Bears Stay Warm

Polar bears live on ice near the North Pole in the Arctic, which is covered in ice and surrounded by very cold water. But that doesn't bother a polar bear.

In each box, write the letter that comes before the letter at the bottom of each box to find a couple of cool ways these fluffy fellows stay warm.

	A		A		D
G	B	U	B	O	E
G	V	S			

Polar Bear Paws

Polar bear paws can grow to be 12 inches across (31 centimeters) and help distribute weight when treading on thin ice.

When swimming, their broad forepaws act like large paddles and the hind paws serve as rudders for steering.

Black footpads on the bottom of each paw are covered by small, soft bumps known as papillae. Papillae grip the ice and keep the bear from slipping. Tufts of fur between their toes and footpads may help with purchase as well as can their claws.

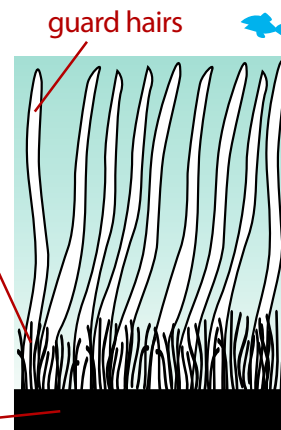


Very Special Fur

Polar bears have two types of fur: long oily guard hairs and short insulating hairs.

The long, oily guard hairs are tiny, hollow tubes that trap warmth and hold it close to the skin. Their oily surface keeps polar bears dry.

Under the guard hairs is a layer of dense, short, soft hairs that trap heat close to the skin, like thermal underwear.



START →

What's another name for a polar bear's layer of fat? The letters along the correct ice path reveal the answer.

Extra! Extra!

Verbs and Adjectives
Look through the newspaper and find five **adjectives** that describe a polar bear. Then find five **verbs** that describe how a polar bear moves. Write one or more sentences about a polar bear using your adjectives and verbs.

Standards Link: Research: Use the newspaper to locate information.

Write the answer here: L E

Kid Scoop Puzzler

Polar Bear True or False

These statements are either all true or all false. Check your answers by adding up the numbers next to each of your answers. If the total is 33, you've got it right!

Polar bear young are called cubs.
 TRUE (10)
 FALSE (8)

Polar bear cubs are born without hair and are blind and deaf.
 TRUE (16)
 FALSE (7)

A polar bear's nose can smell a seal on the ice 20 miles away!
 TRUE (5)
 FALSE (9)

Polar bear skin is black.
 TRUE (2)
 FALSE (12)

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

- REFLECTS
- FOOTPADS
- THERMAL
- HOLLOW
- ARCTIC
- POLAR BEARS
- LAYER
- WHITE
- GUARD HAIRS
- DENSE
- TUFTS
- OILY
- PAWS

Find the words in the puzzle. How many of them can you find on this page?

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

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.



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