

Cashmere Valley Record

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Local broadband carrier battles through data loss

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. “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

See **CARRIER** Page **B2**



COURTESY OF FACEBOOK

Someone wants email for Christmas this season.



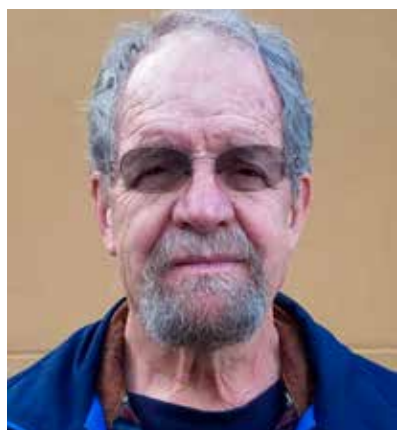
Bob Adamson



Kathi Nash



Randy Pollock



Wade Nash

Cascade Medical Foundation welcomes four new board members and unveils 2024 slate of officers

Ward Media | Cashmere Valley Record

LEAVENWORTH - The Cascade Medical Foundation four new board members and announced a fresh slate of officers for the upcoming year. The addition of these new board members brings a diverse blend of business acumen and experience in public education to the volunteer-based panel, which now comprises 20 dedicated members. Randy Pollock, a retired grocery industry executive residing in Plain since 2018, alongside his wife Elizabeth, has actively participated in the Lake Wenatchee Fire & Rescue Auxiliary. Intrigued by the Foundation’s work, Pollock stepped forward to serve a three-year term on the Cascade Medical Foundation Board. Joining Pollock are Kathi and Wade Nash of Leavenworth, along with Bob Adamson of Plain. The Nashes, both having previously served six-year terms on the Foundation board, bring in extensive experience. Kathi, a retired school teacher, and Wade, a retired small business owner, return after a bylaw-required one-year hiatus. Similarly, Adamson, a retired school principal, re-enters the board after the mandated hiatus and will also serve as a “member at large” on the Foundation’s executive committee for 2024, replacing Vangie Schasse, who concluded six years of dedicated service and is stepping down from the board. In the upcoming term, the 2024 executive committee will be led by Chairperson Shannon Keller and Vice Chairperson Shari Campbell, completing their two-year officer posts. Treasurer Strode Weaver, Secretary Dana Wilson, and Ann MacPherson, the other at-large

member, have been re-elected to their respective one-year positions. Other board members are: Rich Adamson, Vito Fedor, Julie French, Bob Jennings, Terri Judy, Carol Kasper, Bob Keller, Rex McMillian, Kathy Montgomery, Ted Montgomery and Aileen Yost. The Cascade Medical Foundation’s mission revolves around supporting Cascade Medical’s provision of quality healthcare to the community. The Foundation orchestrates several prominent fundraising events, including the Marson and Marson Cascade Golf Classic scheduled for June 17 at Kahler Mountain Club, the upcoming Jive Time in the Cascades big band concert on Sep. 21 at the Leavenworth Festschalle, and a series of popular Benevolent Night events in collaboration with local restaurants. 2023’s fundraising efforts facilitated the establishment of a cardiac rehabilitation center at Cascade Medical, poised to open its doors in January. Previous campaigns have successfully funded critical medical initiatives such as a mobile health clinic, 3D mammography, ambulance safety equipment, and community AEDs. The ongoing campaign aims to replace an aging blood analyzer in the lab. Additionally, the Foundation is introducing an education fund to provide training opportunities for Cascade Medical employees, established in memory of former Cascade Medical CEO and CMF Board Member Mark Judy, who passed away in March 2023. Since its inception in 1992, the Foundation has contributed over \$1.9 million towards the acquisition of vital medical equipment for Cascade Medical. For more information, visit cascadermedicalfoundation.org.

Rocky Pond Winery opens wedding and event venue

Ward Media | Cashmere Valley Record

ORONDO – Rocky Pond Winery in Orondo revealed the grand opening of Milestone Events at Rocky Pond Vineyards, marking an expansion into the events industry. Situated amidst the picturesque beauty of Orondo, this new venture boasts a luxurious event venue overlooking the evolving blocks of the winery’s acclaimed grapevines and the panoramic vistas of the Columbia River Valley. Milestone Events at Rocky Pond Vineyards introduces an array of elegant spaces tailored to accommodate various events and celebrations. Its offerings include a charming pavilion and a versatile amphitheater equipped with a stage designed to provide an inviting setting for corporate retreats, weddings, birthdays, and other milestone occasions. Overseeing the venue’s operations for sales and event management is Columbia Hospitality. The property, enveloped by meticulously groomed gardens, sprawling vineyards, and rolling hills, aims to seamlessly blend the allure of Washington’s wine country with opulent amenities. Guests will have the privilege of crafting their special moments in collaboration with a seasoned team of event planners renowned for their expertise. “Rocky Pond has always been

rooted in excellence and celebrating the beauty and abundance of Washington’s wine-growing region,” said owner Michelle Dufenhorst. “Milestone Events represents an escape from the mundane, and it is our mission to create a tranquil space for families, colleagues and loved ones to connect. Whether it’s a wedding, special celebration or corporate retreat, our unwavering commitment to hospitality ensures that every guest receives the same

See **WINERY** Page **B2**

Quick Read

Rocky Pond Winery in Orondo expands into events with Milestone Events at Rocky Pond Vineyards. This lavish venue overlooks evolving grapevines and the Columbia River Valley, offering elegant spaces for weddings, retreats, and celebrations. Columbia Hospitality manages the site, blending wine country allure with opulent amenities. Owner Michelle Dufenhorst emphasizes creating tranquil spaces for connections, offering personalized experiences and wine pairings. Accommodating up to 200 guests, the venue promises unforgettable experiences in Washington’s scenic landscape.



COURTESY OF MILESTONE EVENTS AT ROCKY POND VINEYARDS
Milestone Events at Rocky Pond Vineyards surrounded by the stunning Columbia River Valley.

Inside The Record this Week

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Confluence Health names Brian Barry as Chief Ambulatory and Clinic Network Officer

Ward Media / Cashmere Valley Record

WENATCHEE – Confluence Health has appointed Brian Barry to the position of Chief Ambulatory and Clinic Network Officer. The newly created role, set within the executive leadership team alongside the Chief Executive Officer, Chief Nursing Officer, Chief Financial Officer, and others, is geared toward reshaping outpatient service lines in alignment with Confluence Health's ongoing commitment to revamp primary care and uphold its mission of "Local care by and for our community."

Barry joins Confluence Health after his recent tenure as the chief operating officer at MultiCare Medical Associates in Tacoma. His experience in steering a large medical group comprising more than 600 physicians and advanced practice providers across South Puget Sound has been marked by a focus on setting and maintaining standards for access, quality, safety, and operational workflows. Barry's leadership also emphasized the delivery of excellent service and care, accumulated over his 22-year tenure in various healthcare leadership roles, rendering his expertise expansive and diverse.

"We are excited to have Brian Barry join us as our first chief ambulatory and clinic network officer," remarked Dr. Andrew Jones, chief executive officer of Confluence Health. "Along with an impressive amount of experience and a legacy of success, we look forward to the passion and commitment he brings to this new role."

Barry, a father of two adult children pursuing a college education, looks forward to joining Confluence Health. Beyond his professional pursuits, he nurtures hobbies



Brian Barry

in snow skiing, hiking, soccer, and exploring the Pacific Northwest alongside his wife and their two rescue dogs. His professional focus remains steadfastly aimed at enhancing performance across quality and access to care. He is especially passionate about population healthcare management, value-based care models, and effectuating positive changes in community health and financial operations.

"It is a privilege to join the exceptional leadership

team at Confluence Health," commented Barry. "We have an incredible opportunity to further advance local care by building on our dedication towards enabling pride in our work, focusing on local sustainability, and ensuring access for all while continuing our commitment to excellent care and service. I am excited to join such a dynamic organization that provides such comprehensive medical care to the North Central Washington community."

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.

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WED 1/3 6 PM

STAR WARS NIGHT

SAT 1/6 6 PM

YOUTH HOCKEY NIGHT

SUN 1/14 4 PM

TUE 1/16 6 PM

GUNS & HOSES

SAT 1/20 6 PM

WED 1/24 6 PM

SUPERHEROES & Princesses

FRI 1/26 7 PM

Community Calendar

Wednesday

Cashmere Rotary Club, meets at Cashmere Presbyterian Church hall, noon. President Mark Shorb. 509-885-0676.
Mission Creek Community Club, meets every month, 7 p.m. (1st and 3rd Wed.).
Cashmere Food Bank, open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464
Ukulele Circle, Join the Ukulele Circle, 5:30 - 6:30 p.m. every Wednesday, at the Peshastin Library. Please come 15 minutes early to tune and get the sheet music.

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Cashmere Sportsman Assoc., (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.
Cashmere American Legion Post #64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August - June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August - June).

Sunday

CHURCH: See the church page for local service times and events.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)
Tillicum Riders, 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
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

Icicle & Peshastin Irrigation Districts, Current meeting time 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Peshastin Water District, meets at 4:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)
Cashmere Chamber of Commerce, Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)
The Chelan County Cemetery District #2, (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Cashmere Public Library: 509-782-3314
You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).
Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org
Cashmere Museum and Pioneer Village
Call for more information 509-782-3230
Chelan County Historical Society Board meets, 7 p.m.,
Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Crafting your brand: The importance of a consistent presence



By AMY YALEY
 COO of Ward Media

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 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.

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

09:47 Assist Public, Malaga Alcoa Hwy & Lower Hwy
 12:15 Fraud/Forgery, 306 River St
 12:52 Malicious Mischief, 205 Riverfront Dr
 12:43 Diversion, 306 River St
 14:44 Suspicious, 3624 Searles Rd, Malaga
 15:47 Theft, 130 Titchenal Wy, Martin's Iga
 16:07 Harass.Threat, 6229 Flowery Divide Rd
 17:13 Assist Public, 213 S. Division St
 20:39 Parking/Abandon, 115 Beverly Ln, Malaga
 22:45 Parking Abandon, 9201 Nahahum Canyon Rd
 09:47 Domestic Disturbance, 304 Chapel St

December 22

03:29 Domestic Disturbance, 124 W Pleasant Ave
 08:58 Trespass, 117 Aplets Way
 14:22 Welfare Check, 2968 Riviera Blvd
 16:24 Suspicious, 5243 Malaga Alcoa Hwy

December 23

03:55 Suicide Threat, 304 Chapel St
 10:45 Runaway, 5885 Pioneer Dr
 11:00 Disturbance, Maple St & Cottage Ave
 11:38 Civil, 917 Pioneer Ave #A204
 12:04 Hazard, 5607 Sunset Hwy
 19:32 Traffic Offense, 1421 Malaga Alcoa Hwy
 13:23 Theft, 6125 Hay Canyon Rd. #2

December 24

12:22 Civil 917 Pioneer Ave# A204
 12:50 Welfare Check, Paton St & Sunset Hwy
 16:24 Alarm, 100 Apple Annie Ave, Apple Annie's
 19:38 Welfare Check, Joe Miller Rd & Hamlin Rd
 19:41 Assist Agency, 209 Perry St
 21:00 Domestic Disturbance, 208 Cottage Ave
 21:33 Assist Public, Us Hwy 2 & Main St

December 25

00:25 Weapons Violation, Ranch Creek Rd & Anglers, Peshastin
 00:53 Accident No Inj, Main St & Allyn Ln, Monitor
 01:22 Noise, 3145 Main St
 15:25 Burglary, 4677 Mission Creek Rd
 15:48 Weapons Violation, 7215 Tarpiscan Rd, Malaga
 17:00 Disturbance, 229 Cottage Ave
 21:29 Assist Agency, 5550 Pine Flats Loop Rd
 20:17 Fireworks, Pioneer Ave & Orchid St

December 26

10:26 Graffiti, 315 Elberta Ave
 11:27 Assist Agency, Bnsf Xing 084470p
 17:51 Civil, 58 Tibbets View Ln

December 27

05:53 Parking/Abandon 3677 Malaga Alcoa Hwy, Malaga
 14:48 Theft, 501 Cottage Ave
 14:52 Sex Offense, 817 Pioneer Ave
 15:32 Court Order Violation, 107 Birch St

Confluence Health appoints Dr. James Murray as Chief Medical Officer



Dr. James Murray

Ward Media | Cashmere Valley Record

WENATCHEE - Confluence Health unveiled its new Chief Medical Officer (CMO), Dr. James Murray, following approval by the Confluence Health Board. Dr. Murray, who has been serving as interim CMO since late July 2023, succeeds Dr. Jason Lake, the former CMO.

In this pivotal role, Dr. Murray will play a critical part in ensuring the delivery of safe and effective healthcare, aligning with Confluence Health's commitment to providing community-centered care. His responsibilities encompass operational leadership, collaboration with medical staff, and overseeing the healthcare system's operational aspects.

"Dr. Murray brings many years of experience to this position, not only in medicine and healthcare leadership but in understanding our community and its needs," remarked Dr. Jennifer Jorgensen, president of the Wenatchee Valley Medical Group, the largest physician group affiliated with Confluence Health. "We are excited to have him take on this important role."

Boasting board certification from the American Board of Internal Medicine, Dr. Murray commenced his journey with what would later become Confluence Health in 2005 as a hospitalist. His professional background includes a residency in internal medicine

at Grand Rapids Medical Education and Research, Michigan, as well as an internship in general surgery at Portsmouth Naval Hospital in Portsmouth, Virginia. He attained his medical degree from Loyola University.

With a focus on critical care and medical education, Dr. Murray most recently held roles as the medical director for inpatient medicine and the core medical director for specialty and ancillary medicine for Confluence Health.

"I am in full support of the Confluence Health Board's selection and know that Dr. Murray's years of leadership experience and the respect he has earned among his colleagues will make him an excellent CMO," commented Dr. Andrew Jones, CEO of Confluence Health. "During his time as interim CMO, Dr. Murray has already ably stepped into the role and come rapidly up to speed on the challenges and opportunities we have. The executive leadership team has valued his input and insights and we want to congratulate and welcome him as he officially assumes the CMO role."

Dr. Murray assumes the role of CMO equipped with extensive expertise, a deep understanding of the community's healthcare needs, and a proven track record in healthcare leadership, signaling a promising trajectory for Confluence Health under his guidance.

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ATHLETE OF THE WEEK



Ellie Bessonette Cashmere Girls Basketball Senior

In a remarkable showcase of skill and determination, Ellie Bessonette dominated the December 28th game against Zillah at the Sun Dome in Yakima. The sophomore sensation displayed an outstanding performance, securing an impressive 19 points, snatching 18 rebounds, and contributing 3 steals. Her exceptional athleticism and unwavering commitment to the game make Ellie Bessonette a true standout, earning her the well-deserved title of Athlete of the Week.

Bulldog Scoreboard



GIRLS BASKETBALL	
Dec. 28:	Cashmere 44, Zillah 50; Loss
Dec. 29	Cashmere 56, Mabton 51; Win
BOYS BASKETBALL	
Dec. 28:	Cashmere 58, Naches 64; Loss
Dec. 29	Cashmere 63, Granger 49; Win

Sports Schedule

GIRLS BASKETBALL	
Jan. 8:	Cashmere vs. Chelan, Away 7:30 p.m.
Jan. 10:	Cashmere vs. Quincy, Home 7:15 p.m.
BOYS BASKETBALL	
Jan. 8:	Cashmere vs. Chelan, Away 7:30 p.m.
Jan. 10:	Cashmere vs. Quincy, Home 7:15 p.m.
GIRLS WRESTLING	
Jan. 5:	Cashmere Away at Connell, 10 a.m.
BOYS WRESTLING	
Jan. 3:	Cashmere Away at Wapato, 5 p.m.
Jan. 6:	Cashmere Away at Sultan, 9:45 a.m.
Jan. 8	Cashmere Home Exhibition Japan National Team, 6 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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5 New Year's resolutions to benefit the brain

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.

1. Get moving: Exercise does the body good and even positively affects the brain. The American Academy

of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.

2. Start a new hobby. When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm

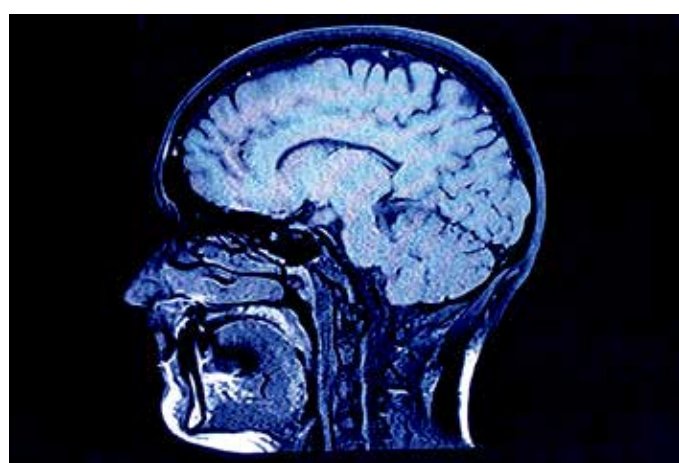
this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.

3. Make more time for fun. Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking

time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

4. Practice mindfulness more often. Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

5. Eat a better diet. The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important

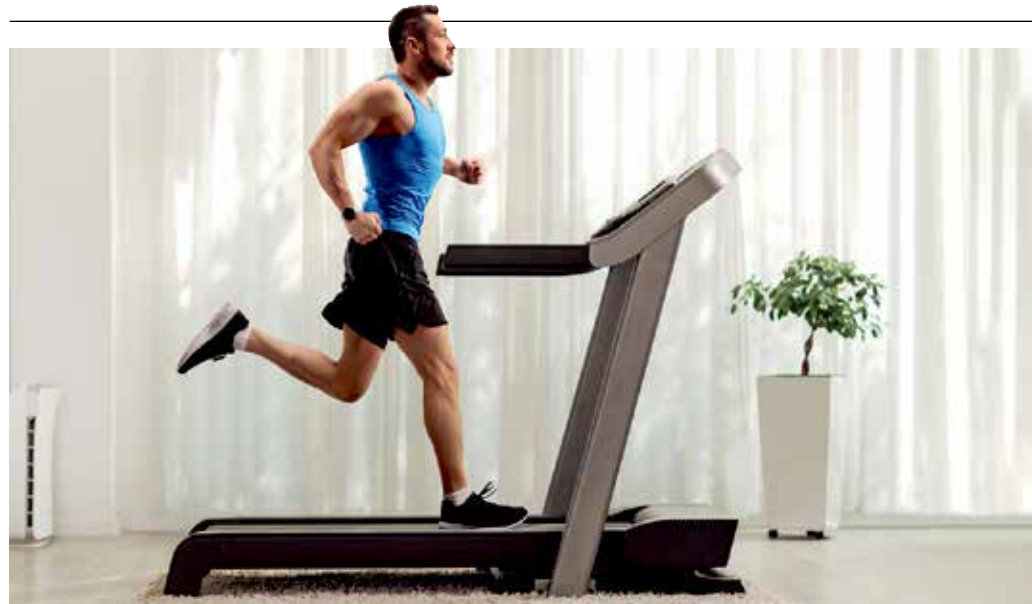


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for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at

Deakin University School of Medicine in Australia.

By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.



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Physical activity is a key component of a healthy lifestyle, and an effective fitness regimen is one that combines strength training with cardiovascular exercise.

Recommendations from the U.S. Department of Health and Human Services urge adults

to get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Aerobic activity includes cardiovascular exercises like hiking, running, dancing, cycling, or other activities that increase the heart rate and improve

cardiorespiratory fitness.

Though cardiovascular exercise is often discussed in terms of its heart healthy benefits, the Cleveland Clinic reports that aerobic activities benefit various parts of the body, including the heart but also the brain, the joints, skin, and muscles.

How cardio benefits your body

Cardio and your heart

Routine cardiovascular exercise leads to a decrease in resting blood pressure and heart rate. That's beneficial for the heart because it ensures the heart does not have to work unnecessarily hard. Cardiovascular exercise also improves good cholesterol levels and lowers blood fats, each of which also helps to improve heart health.

Cardio and your brain

The Alzheimer's Society reports that studies have shown that exercise that increases heart rate in middle-aged or older adults has led to improvements in thinking and memory and lower rates of dementia. The Cleveland Clinic notes that cardio also decreases stroke risk by increasing blood flow to the brain.

Cardio and your joints

Osteoporosis is a condition in which bones become brittle and fragile from a loss of tissue. That tissue loss can be a side effect of aging, but even though the National Osteoporosis Foundation estimates that half of all women over 50 will develop osteoporosis, older adults are not helpless against the condition. The Cleveland Clinic notes that cardiovascular exercise can help fight osteoporosis and reduce risk for hip fractures. It's also important to note that men are not immune to osteoporosis, which has long been considered a more significant concern for women than men. Though women's risk for osteoporosis is greater than men's, UC San Diego Health reports that between 20 and 25 percent of all hip fractures occur in men.

Cardio and your skin

Physical activity increases circulation, which the Cleveland Clinic reports leads to clearer, healthier skin. Cardio promotes better blood flow to the skin cells on the face, which can reduce signs of aging and improve complexion.

Cardio and your muscles

Cardio increases oxygen supply to the entire body, and the Cleveland Clinic notes that allows muscles throughout the body to work harder and more efficiently. In addition, routine cardiovascular exercise allows muscles to adapt to an increased workload, which can improve daily life by making routine physical activities easier.

Cardiovascular exercise is a key component of an effective fitness regimen. By committing to cardio, adults can benefit various parts of their bodies.

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Exercising when you have high blood pressure

Hypertension, also known as high blood pressure, is a serious medical condition and a risk factor for cardiovascular disease. The National Library of Medicine National Center for Biotechnology Information offers that hypertension is responsible for the majority of cardiovascular mortality. Hypertension is associated with an inactive lifestyle, so becoming more active can prevent or even reverse a hypertension diagnosis.

Hypertension is blood pressure that is 140 or higher on the systolic (upper) number and 90 or higher on the diastolic (lower) number. Exercise can help lower high blood pressure and may provide an energy boost and relieve stress.

For people adopting a more active lifestyle after a hypertension diagnosis, it is preferential to start off gradually. WebMD says in the event of hypertension, any activity that enables one to breathe harder and make the heart beat a little faster can be sufficient; it is not necessary to purchase a gym membership, but doing so may provide the motivation some need to commit to a workout regimen. Activities like swimming, jogging, brisk walking, biking,



METRO CREATIVE

or doing rigorous yard work also can help lower blood pressure.

The American Heart Association says for most people, 150 minutes per week of moderate-intensity physical activity is recommended. This amount of exercise can be broken up any way a person desires, like 30 minutes per day, though the U.S. Department of Health and Human Services advises exercising over the course of several days each

week. People should make time for stretching and muscle-strengthening as well. Regular physical activity can lower blood pressure by anywhere from five to eight mm Hg. By keeping active, a person can prevent blood pressure from creeping up again.

Exercise is a vital component of addressing hypertension. After receiving such a diagnosis, individuals can work with their physicians to devise a safe and effective fitness regimen.

Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

- **Break it up.** The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-

training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

- **Employ the buddy system.** The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

- **Schedule exercise time.** Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a

workout, and once results start to manifest you may be more motivated to stay the course.

- **Identify what progress may look like.** It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.



METRO CREATIVE



Historical events from January 1924

The month of January has been home to many historical events over the years. Here's a look at some that helped to shape the world in January 1924.

- Millionaire oil broker Courtland S. Dines is shot in the abdomen at his home on January 1. When police arrived on the scene, they found alcohol on the premises, causing a scandal during the Prohibition era.
- Flooding causes the water level of the Seine to rise in Paris, forcing the closure of railway stations on January 2.
- The exiled King Ferdinand is granted permission to return to Sofia by the Bulgarian government on January 2, prompting an immediate objection to the move by the Kingdom of Yugoslavia.
- On January 3, the governor of the Mexican state of Yucatán, Felipe Carrillo Puerto, is executed by rebels fighting for General Adolfo de la Huerta. de la Huerta was attempting to overthrow the government of President Alvaro Obregón, and Carrillo and three of his brothers were among 11 people killed by the rebels.
- The automobile manufacturer Walter P. Chrysler introduces his first car, the Chrysler Six Model B-70 sedan, on January 5 at the 24th Annual New York Automobile Show.
- Turkish President Mustafa Kemal Atatürk survives a bomb attack at his home on January 6. A visitor to the president's home asked to see him and then threw the bomb when Atatürk appeared.
- The British submarine HMS L24 sinks during a training exercise on

January 10. The sub collided with the battleship HMS Resolution, and all 43 crew members aboard perish in the accident.

- Bengali activist for Indian independence Gopinath Saha shoots and kills Englishman Ernest Day, a civilian, in Calcutta on January 12. Saha believed he was shooting Calcutta police commissioner Charles Tegart, who was helping to lead the fight against the independence movement. Saha is arrested and subsequently tried and sentenced to death.
- The SMS Berlin embarks on a two-month tour of the North Atlantic Ocean on January 15. It is the first German Navy warship since the end of World War One to depart on an overseas voyage.
- On January 16, Argentine engineer Raúl Pateras Pescara breaks his own record for helicopter flight. Pescara keeps his model 2F aloft in the air for eight minutes and 13.8 seconds at an altitude of around 15 feet near Paris.
- Ailing Russian leader Leon Trotsky is rumored to have been arrested on January 18. Despite the rumors, Trotsky is ultimately revealed to have been traveling to the Black Sea in an effort to overcome his illness.
- Richard Connell's short story "The Most Dangerous Game" appears in the weekly magazine Collier's on January 19. The story's theme of the hunter who becomes the hunted has since been adapted for countless stories.
- Following a stroke, semi-retired leader and founder of the Soviet Union Vladimir Lenin dies on

January 21 at his estate in Gorki.

- On January 23, Britain and the United States sign a treaty that allows American authorities to search British ships suspected of rum-running.
- Oil tycoon Edward L. Doheny testifies on January 24 that he lent Senator Albert B. Fall \$100,000. Doheny's admission exacerbates the Teapot Dome Scandal that enveloped the administration of United States President Warren G. Harding.
- The first Winter Olympics open in Chamonix, France, on January 25.
- Prince Regent Hirohito marries Princess Nagako in an elaborate royal wedding in Tokyo on January 26. Within two years, Hirohito would become the 124th Emperor of Japan, a position he would retain, despite controversy, until his death in 1989.
- Lenin is laid to rest in a state funeral in Moscow's Red Square on January 27. Mourners brave frigid conditions, as the temperature drops to -35 F during the funeral.
- Benito Mussolini addresses 10,000 Blackshirts in the Palazzo Venezia in Rome on January 28. Mussolini predicts complete victory for the Fascists as he campaigns for a general election in Italy.
- On January 31, within weeks of his wife's death, Prussian state executioner Paul Späthe dresses in formal evening wear and lights 45 candles. Each candle signifies a person Späthe had beheaded, and once each candle is lit, Späthe takes his own life with a revolver.

Winery

Continued from page A1

meticulous attention as our award-winning wines. We handle each event with the utmost care so guests can share life's most precious moments with the ones they love, surrounded by the beauty of the Northwest."

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Milestone Events at Rocky Pond Vineyards features two outdoor venues located on expansive grounds with a dedicated planning and culinary staff to design high-end, ultra-premium events in Chelan's wine country.

Carrier

Continued from page A1

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, Ziplay 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



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PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-877-765-1117. You will need to have your zip code to connect to the right provider.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & amp; Military Discounts. Call 1-888-360-1582.

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.

For Sale

Pets

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.

Windermere Real Estate/NCW
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Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898
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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

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

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

