

The Leavenworth Echo

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Upper Valley News Since 1904
A Ward Media Publication

 leavenworthecho.com

5 things to do this week

Five of the most captivating events of the week | A2



MAY IS NATIONAL HAMBURGER
Buy 1 Genuine Deluxe Burger GET 1 FREE Month
EZ's Burger Deluxe 1950 N Wenatchee Ave 1 coupon per car per visit

Photography Gallery to host grand opening



COURTESY OF PETER JAMES PHOTOGRAPHY

Artists Peter and iMa James pose outside the gallery.



COURTESY OF PETER JAMES PHOTOGRAPHY

The space is designed to be an experience for visitors to stay and connect with nature.

By **TAYLOR CALDWELL**
Ward Media Staff Reporter

LEAVENWORTH – Peter James Photography will hold a grand opening for the new downtown Leavenworth gallery on June 6. The gallery showcases photography from all over Washington state, including local iconic spots such as the Enchantments, Icicle Creek and Olalla Canyon. The 4,000 square foot

gallery is designed for visitors to sit and stay awhile, viewing James' nature photography displayed across the gallery's showroom, lounge, and an outdoor deck. In the lounge, visitors sit and relax with a beverage while using technology to visualize what the photography could look like in their home, or even their outdoor patio. "From the beginning, our intention was to create a more experience-

oriented business, where it's something to do rather than just being a shop...It's a great place to take a date, you know? And it's the perfect place to buy an anniversary gift for your spouse," said James. Visitors can take in the "Master Collection," of highly-detailed prints on a single panel up to eight feet wide, or the "Large as Life" Collection, in which the photographs are printed across multiple panels six to 30 feet

wide. For those looking to take a smaller piece of art with them, the gallery also offers mugs and ready-to-go mini prints for as low as \$50. "We have something for everyone here. That's important to us. It's the sweetest thing. We have young people who have been saving up for a year to buy a \$200 print, and it's their first piece of real art. Sometimes,

See **GALLERY** Page **B2**

City approves dust control, sets rates for bear-resistant garbage totes

By **TAYLOR CALDWELL**
Ward Media Staff Reporter

LEAVENWORTH – City Council addressed parking area dust problems, updated its garbage rate and fee schedule to include bear-resistant totes rates and more at its bi-monthly meeting on May 14. To manage dust problems at Waterfront Park and East Leavenworth Road Boat Launch, City Council accepted an on-call dust control services contract with Lyman Dust Control to apply lignin sulfonate to the gravel parking areas. The dust suppression agent is a non-toxic water-based polymer, which, according to Public Works Director Tom Wachholder, is considered safe for the river. In past years, the city has received complaints of dust from gravel parking areas at both locations during high-use times.

"We've had these complaints prior to my arrival in 2007, but it's definitely gotten exponentially worse with the growth of the visitor population," said Finance Director Chantell Steiner. The contract assumes the utilization of three applications totaling just over \$53,000. However, Wachholder is "cautiously optimistic" that the areas will only need two applications.

City Council also adopted changes to the city's garbage rate and fee schedule, including adding a rate for a 96-gallon, bear-resistant tote. The totes, also called Kodiak Cans, will have rates similar to existing 96-gallon totes, with an additional \$7 per container per month charge. The charge is intended to build capital for the replacement of the totes, which last about five to eight years.

"We basically created a fee that does not disincentivize folks to use the Kodiak Cans," said Wachholder. Central Paving, LLC's construction bid for the 2024 Street Maintenance Project was accepted for just under \$142,000. The project is part of the Transportation Improvement Board's (TIB) Small City Maintenance program, in which TIB originally provided \$90,000 in grant funding, and the City contributed \$10,000 through its street fund.

The project will include crack sealing, pavement repair, and fog sealing. The City elected to expand the project to include fog sealing Front Street between US 2 and Division Street and adding streets not originally included in the grant proposal, thus exceeding the \$100,000 amount.

Recently, TIB awarded an additional \$23,000, which means the City will pay just over \$28,000 for the project.

City Council also approved parking enforcement and security contracts with Pacific Security, entered an on-call transportation engineering contract with Ardurra Group, Inc., and an on-call utility engineering contract with RH2 Engineering, Inc.. Flood regulations amendments recommended by the Department of Ecology passed. The City also accepted the improvements and dedication agreed to in a 2023 Developer Extension Agreement for the Zelt Strasse stormwater infrastructure. The next City Council meeting will take place on May 28.

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

Dan Phelps, Second Grade Teacher, Retiring

By **MARLENE FARRELL**
Special to Ward Media

PESHASTIN - Dan Phelps, second grade teacher at Peshastin Dryden Elementary, will be retiring this spring after decades of teaching, with most of them in the Cascade School District. "He is an amazing teacher and individual and will be sorely missed," shared Kenny Renner-Singer, principal of Alpine Lakes Elementary. Renner-Singer's sentiment is shared by many. One day after recess, Phelps's students dive into reading skills followed by math. Short interludes—practicing a song, "Cool Ducks," and later playing a silly high

intensity game involving running and touching the ground with one's knees, elbows and even belly—are perfectly inserted to refresh young minds before returning to a lesson. There's a steady studiousness that's occurring, like when Phelps leads a discussion about "ow" sounds that can be pronounced like "owl" or more like an "o" as in "meadow." He asks the class, "What would you tell a first

grader who is wondering how to say a word with 'ow'?" Many hands raise, and the answer is perfect to Phelps, "It's ok to try one and then the other." When the students work individually on math problems, Phelps doesn't rest; he's weaving through the desks, bending his tall frame over a student's desk to discuss strategies to solve a problem, even getting down on a knee to focus on a child's work. Mutual respect and shared focus

enable learning to flourish here. Speaking of what encouraged him to become a teacher, Phelps mentioned that his mother, aunt, grandmother and great grandfather were all teachers before him. "So, was it my destiny?" he mused. Known for his thoughtful and soft-spoken character, Phelps admitted that his biggest hurdle was surviving a required education major's speech class. "Speaking in front of peers terrified me, and to this day I still find it challenging. When I finally accepted my fears and stopped beating myself up after every class presentation, I was able to move

See **DAN PHELPS** Page **B2**



Design discussions restart on hatchery's salmon life cycle trail

By **TAYLOR CALDWELL**
Ward Media Staff Reporter

LEAVENWORTH – With new momentum from recent grant funding, Cascade Fisheries, along with local and regional partners, is revisiting its decade-old designs for a Salmon Lifecycle Landscape Interpretive Trail Project at the Leavenworth National Fish Hatchery (LNFH). "The trail will take visitors on an interactive journey to discover the life of salmon, the struggles they face, and their ecological and cultural importance throughout the Columbia River Basin. The story will be shared through many perspectives, including those of our Tribal partners who have a deep connection with salmon since time immemorial," said Nicole Shepherd, Visitor Services Manager of Leavenworth Fisheries Complex. The trail is intended to be



COURTESY OF CASCADE FISHERIES

The Salmon Lifecycle Landscape Interpretive Trail Project will be located at Leavenworth National Fish Hatchery.

See **HATCHERY** Page **B2**

Inside The Echo this Week

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Letters policy

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

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.

News tips

Have an idea for a story? Call the Echo at **509-548-5286** email news@ward.media

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Services

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Classified Weekly Rates

\$15.00 for first 30 words. **10** for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!



Trivia night

Icicle Brewing will host trivia on Thursday, May 23 from 6-8 p.m.

"Join us at our taproom from 6-8 p.m.," the event page states. "Assemble your brain-trust in groups of maximum five, buy-in for \$1 per person, and let the games begin. The winning team takes home most of the cash, and second place gets a small cut."

For more information visit iciclebrewing.com.

Alphorn festival concert

The Leavenworth International Alphorn Festival Concert is on Saturday, May 25 from 4:30-6 p.m. at the Gazebo. "Join the Chamber and the Leavenworth Alphorn Association on Memorial Day Weekend as we present the annual Leavenworth International Alphorn Festival (formerly called

the Leavenworth Alphorn Celebration) in conjunction with the NW Alphorn Workshop," the event page states. "They will be joined by Alphorn players from throughout North America for a weekend of Alphorn concerts and special performances."

For more information visit leavenworthalphorns.org.

Youth woodworking class

NCW Woodshop's class Basic Woodworking for Youths will start on Tuesday, May 28 and run from 3:30-5:30 p.m.

"Basic Woodworking for Youths is an 8-week class with over 16 hours of instruction designed to crack open the door to the amazing world of woodworking," the event page states. "We will help you become skilled, safe, and confident with two of the

major tool groups." Each student will build a carrying tray.

For more information visit ncwoodshop.com.

Roaring 20's Rotaryfest

The Leavenworth Rotary will host the Roaring 20's Rotaryfest Casino Night on Sunday, May 26 from 5-10 p.m. at the Leavenworth Festhalle.

"Hey, all you cool cats. Join us at the Leavenworth Festhalle for this once-in-a-lifetime fundraising event," the event page states. "Dress up in your 20'e era costumes and dance the night away to 20's music."

"Try your hand at blackjack, craps, or the roulette wheel," the event page states. "Learn the Charleston - it's the bee's knees."



Tickets are \$50 per person. For more information visit leavenworthrotarywa.com.

The Little Mermaid Jr

The Numerica Performing Arts Center will host the Stage Kids production of The Little Mermaid JR. on Thursday, May 30 from 6:30-8:30 p.m.

"Journey "under the sea" with Ariel and her aquatic friends in Disney's The

Little Mermaid JR., adapted from Disney's Broadway production and the motion picture," the event page states. "Based on one of Hans Christian Andersen's most beloved stories, Disney's The Little Mermaid JR. is an enchanting look at the sacrifices we all make for love and acceptance."

For more information visit numericapac.org.

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.



May 11

- 0:47:46 Animal Problem, 10415 Titus Rd# C
- 9:41:34 Accident No Inj, 10174 Main St; Old Mill
- 10:38:17 Accident No Inj, 20752 Chiwawa Loop Rd
- 10:41:25 Property, 900 Front St# D; Cold Std
- 11:14:32 Assist Public, 04 Chelsie Ln.
- 11:39:56 Property, 520 Pine St# Main; Lofc
- 12:40:15 Parking/Abandon, 1000 Front St# B; Blewett
- 12:55:48 Hazard , 980 Us Hwy 2; Cashmere Val
- 13:40:31 Traffic Offense, Chumstick Hwy Mp 7
- 16:11:30 Accident Injury, Us Hwy 2 Mp 89, Lake Wenat
- 17:54:55 Traffic Offense, Us Hwy 97 Mp 181, Peshastin
- 21:04:47 Assist Public, 894 Us Hwy 2 # C; Sandys

- 21:43:20 Theft, 116 River Bend Dr; Safeway
- 23:24:34 Domestic Disturbance, 10851 Chumstick Hwy
- 01:28:56 Traffic Offense Icicle Rd Mp 1

May 12

- 1:28:56 Dui, Icicle Rd Mp 1
- 7:52:31 Alarm, 960 Us Hwy 2
- 8:09:28 Accident No Inj, 212 Commercial St
- 9:12:27 Animal Problem, 926 Commercial St; Hotel Post
- 10:39:14 Welfare Check, Us Hwy 2 & River Bend Dr
- 12:16:18 Animal Problem, Evans St & Central Ave
- 13:08:58 Atl/Atc, -120.751977, 47.548399
- 14:07:34 Traffic Offense, Us Hwy 2 Mp 98
- 14:24:46 Welfare Check, 22508 Saddle St, Plain

- 17:41:15 Suspicious, 20045 Beaver Valley Rd, Plain
- 18:40:09 Alarm, 9342 Icicle Rd

May 13

- 9:35:33 Alarm, 10065 Merry Canyon Rd
- 11:24:17 911, 10168 Main St; Peshastin
- 14:30:51 Parking/Abandon, 9110 Icicle Rd
- 15:09:19 911, 13096 Chumstick Hwy, Leave
- 21:05:29 Assist Public, 10788 Us Hwy 2, Peshastin.
- 21:19:59 Animal Problem, 21100 Cayuse St; Ponderosa
- 23:15:57 Disturbance, 423 Burke Ave; Area

May 14

- 17:03:23 Sex Offense, 10144 Main St# 1, Peshastin

- 6:03:02 Domestic Disturbance, 8839 School St, Dryden
- 7:27:11 Civil, 13688 Brae Burn Rd, Lake Wenatchee
- 8:58:15 Civil, 9424 E Leavenworth Rd
- 11:01:38 Civil, 17400 Winton Rd
- 11:26:14 911, 590 Us Hwy 2; Enzian Motor
- 15:47:58 Assist Public, 11724 River Bend Dr
- 16:38:17 Accident No Inj 920 Us Hwy 2; Village Merc
- 16:55:21 Civil, 100 Ski Blick Strasse # D2
- 18:17:03 911, 309 8th St; Posthotel
- 21:08:13 Alarm, 18512 Little Chumstick Creek

May 15

- 3:21:42 Suspicious, 820 Commercial St; Louie's
- 10:19:23 Accident No Inj, 980 Us

- Hwy 2
- 12:27:14 Parking/Abandon, 8901 Josephine Ave, Dryden
- 12:41:15 Assist Public, 11160 Meadow Dr, Lake Wenatchee
- 14:06:56 Hazard, Lake Wenatchee Hwy Mp 9
- 15:55:39 Alarm, 11775 Us Hwy 2; Gingerbread
- 16:54:01 Accident No Inj, 11724 River Bend Dr; Marson
- 19:07:54 Runaway, 22004 Stirrup Rd, Plain
- 19:39:35 911, 590 Us Hwy 2; Enzian Motor
- 23:54:43 Domestic Distur, 10851 Chumstick Hwy

May 16

- 3:46:53 Assist Agency, 6716 Campbell Rd, Peshastin
- 6:16:52 Harass/Threat, 8746 School St, Dryden
- 9:30:44 Accident No Inj, Us Hwy 2 & Dryden Ave, Dryden
- 9:51:40 Harass/Threat, 500 Pine St; Alpine Lakes
- 10:24:05 Animal Problem, 22958 Lake Wenatchee Hwy
- 20:10:14 Animal Problem, 9329 E Leavenworth Rd

For the latest local news and advertising see the Ward Media websites

leavenworthecho.com

qcherald.com

cashmerevalleyrecord.com

lakechelanmirror.com

Composting program grows with possibility of curbside pickup

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH - While Winton Manufacturing may operate on a large scale, with the capacity to compost up to 62,000 tons of waste a year, it often sources its food waste one 5-gallon bucket at a time, through the Community Compost Program.

The program allows community members throughout the valley to divert their food waste from the landfill, and have Winton Mfg. turn it into nutrient-rich compost instead. The program costs \$5 a month to participate, which includes a sealing 5-gallon bucket.

After lining it with a compostable bag, participants can fill their bucket up with organic waste such as the intuitive options, fruits and vegetables, meats, and grains, and the less-obvious, such as paper egg cartons, pizza boxes, and newspapers. On a weekly basis, community composters can bring their bags to one of nine drop-off locations.

From there, Winton Mfg. makes its frequent pickups, bringing the collection to its composting site in Cole's Corner. The organic waste gets mixed together, grinded down, and then it sits in a covered pile while millions of microbes break it down and turn it into

compost. The program has 248 Community Composters, spanning across the valley. Most recently, the program has picked up traction in Cashmere, with Cashmere Public Works offering its campus as a drop-off location.

"It seems like it's a beneficial thing. There's locals that are interested and want to support [the program]. We'll see where it goes," said Director of Operations Steve Croci.

Loves Me Flowers, a florist in Cashmere, recently partnered with Winton Mfg. to assist in the program. The shop discovered Winton Mfg. while it was searching for a more sustainable way to dispose of its green waste, and opted to participate as a commercial business.

"The floral industry is a natural industry, it's agricultural, but there is a lot of waste. So we knew that we wanted to at least find a place to have our excess greenery go," said owner Kendra Clark. "Every opportunity we try to reuse, recycle, and be sustainable."

When Cashmere residents sign up for Community Composting online, they can opt to pick up their buckets at Loves Me Flowers, rather than make the trip up to Cole's Corner. The shop also sells the Winton Mfg.'s compost

in small quantities, making it accessible for local gardeners with small projects.

In Leavenworth, Winton Mfg. has also garnered support from the city itself, beginning with contracting with Winton Mfg. to collect its yard waste from the Leavenworth Recycling Center.

Last year, the city partnered with the composting facility and Waste Loop to launch the Leavenworth Food Waste Reduction pilot project. The project assisted in helping the school district, commercial businesses, and even city staff get involved in composting. The city offers two drop-off locations for the Community

Composting Program: City Hall and the Leavenworth Recycling Center.

"We do believe that composting is, especially in a tourist community, part of being a sustainable tourist community," said City Administrator Matthew Selby. "It makes a large deal of sense for us to be composting ourselves and to support the composting program throughout our community."

Recently, Winton Mfg. approached the city about offering curbside pickup of yard waste, food waste, or comingled to residents wanting to participate in the Community Composting Program.

To gauge interest in residents, the city included questions about a pilot curbside pickup program in its solid waste survey, which is open through June 7. The survey also seeks feedback on recycling options and bear-resistant containers.

"It's information to guide future policies," said Selby.

The survey can be found at cityofleavenworth.com, under "News and Notices." Those interested in participating in the Community Compost Program can sign up at wintonmfg.com.

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

DAYTON DAYS-Col. Co. Fair Presents

R O D E O

MAY 24-25

DAYTON, WA

Friday 6 P.M. - Saturday 1 P.M.
BULL RIDING•SADDLE BRONC & MORE
Saturday PARADE 10 AM - Main Street

21st Annual
Marson & Marson

CASCADE GOLF CLASSIC

June 17th, 2024 | Kahler Mountain Club

Proceeds go toward purchasing a new hematology (blood) analyzer for Cascade Medical.

Playing spots are filling up quickly!

Reserve your spot today!

Additional Information & Registration at:
CascadeMedicalFoundation.org

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 1st & 3rd Monday of each month at 7pm via ZOOM link posted at https://leavenworthmosquitocontrol.org/notices-updates/
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.)
Ice & 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@cascade.org
IWSC 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
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 NCWLBRARIES.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., 11-6, Thurs., 10-7, Fri., 10-5 Sat., 10-2. 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.
The Peshastin Public Library is currently closed for renovations and will re-open in mid to late summer.
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.

Get rid of all that extra stuff with an ad in the Ward Media Classifieds.



Call us at 509-548-5286

Should you take a vitamin D supplement?

Over 50% of elderly Americans may be deficient in vitamin D. You are more likely to be low in vitamin D if you are over 65, are obese, have dark skin, are homebound, or live in an institution like a nursing home.

Vitamin D is often called the "Sunshine Vitamin" because our skin generates vitamin D from the ultraviolet energy of UVB rays found in direct sunlight. Unfortunately, sun exposure also increases your risk of getting skin cancer. Medical professionals recommend you cover up or use sunscreen when going out into the sun. This limits your ability to get enough vitamin D through your skin.

Years ago, I took a prescription medicine that caused my skin to turn bright red and itchy whenever I was outside in the sun for more than 15 minutes. To avoid a repeat of that unpleasant experience, I shunned being outside in direct sun and faithfully wore sunscreen. After several years, my vitamin D level dropped so low that I needed supplementation.

You can also develop a vitamin D deficiency from being unable to absorb fat-soluble vitamins like vitamins A, D, and E. This can happen after gastric bypass surgery or in people with inflammatory bowel disease. Prescription medicines like prednisone, anticonvulsants, and the weight loss drug Alli® can also

cause vitamin D deficiency by interfering with your ability to absorb vitamin D from your food.

Vitamin D is essential in maintaining the strength of your muscles and bones. A deficiency contributes to thinning bones, muscle weakness, and falls in the elderly.

According to Dr. JoAnn Manson, professor of medicine at Harvard Medical School and Brigham & Women's Hospital, there is evidence that vitamin D boosts your immune response to viral infections and calms inflammation.

The National Osteoporosis Foundation and the North American Menopause Society recommend 800 to 1000 IU daily of vitamin D for people aged 50 and older. Obese people may need 2-3 times that amount. Some researchers suggest that a more reasonable target is 1000-2000 IU per day of vitamin D.

It's challenging to get enough vitamin D just from your diet. The best source is fatty fish such as salmon, canned tuna, and sardines, with 300 units of vitamin D per 3.5-ounce serving. Another good source is fortified milk, with up to 100 units per cup of added vitamin D. The United States began adding vitamin D to milk in the 1930s to combat rickets, a vitamin D deficiency in children that causes deformed legs.

Do you need a vitamin D supplement? A simple blood

test can help determine how much vitamin D is present in your body. A healthy level is considered 20ng or above; I was deficient because my vitamin D blood test was 12ng.

One unlikely source of vitamin D is Prevagen®, a non-prescription supplement marketed for memory loss that contains 2000 IU of vitamin D in every dose. One of my patients had a vitamin D level that was too high. Despite stopping her vitamin D supplement, her level didn't fall back into the normal range. Eventually, we discovered that she was taking Prevagen®, so she switched to a version that did not include vitamin D.

Is having a low vitamin D level responsible for illness or falls? The current information does not support that assumption. Instead, low vitamin D may only be a marker for conditions that foster frailty and falling, like lack of exercise and decreased muscle mass.

Here Are 4 Tips for Getting Enough Vitamin D:

- 1. Eat vitamin D-rich foods.** Egg yolks, tuna, salmon, and fortified foods like milk, yogurt, and fortified orange juice are good sources of vitamin D. Most other foods contain minimal vitamin D unless they have been fortified.
- 2. Take 1000-2000 IU of vitamin D3 (cholecalciferol)**



Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2024 Louise Achey

3. Avoid taking the weight loss medicine Alli®. The fat-blocking action of the non-prescription weight loss medicine Alli® interferes with your ability to absorb fat-soluble vitamin D from your intestine.

4. Get outside. UVB radiation from sunlight on bare skin produces vitamin D in the body. However, getting your entire daily vitamin D from direct sun exposure is not recommended due to the increased risk of skin cancer from UVB rays. Eating fish and dairy, or taking a multivitamin or vitamin D supplement is a safer way to do it.



Life is good for this transplanted pronghorn antelope buck resting in the sun and chewing his cud on Mother's Day weekend on the Colville Reservation.

Leavenworth Women's Exchange announces annual installation dinner

LEAVENWORTH—The Leavenworth Women's Exchange has announced its upcoming annual Installation of Officers and Board of Directors dinner meeting. The event will be held on Wednesday, June 12, at 6:00 p.m. at Visconti's Italian Restaurant, located at 636 Front Street in Leavenworth.

Attendees will have the opportunity to order their meals from the restaurant's menu, and a no-host bar will be available for those who wish to enjoy a drink. The evening promises to be a relaxing and social occasion for all.

To make a reservation or for more information, interested individuals are asked to contact Claire Burlingame at 548-7142 by Wednesday, June 5.

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Gallery

Continued from page A1

those sales are the most precious, right? We just feel so honored," said James.

The gallery also features the artwork of James' wife, iMa James, which blends photographs and graphics in digital collages inspired by nature, with a magical realism style.

"Basically, both of our focus is bringing attention to the reality of the natural world... We cannot exist on this planet without a functioning ecosystem, and everything that it provides," said James.

The couple has used their art to promote environmental restoration, by making donations to both local and global organizations to plant trees. The Jameses also started a campaign called "Trees are Awesome," which helps others get involved.

"For the mini prints, we plant ten trees, the master prints, 100 trees, and the "Large as Life" prints, a thousand," said James.

The gallery opened on May 3 and saw 1,800 people in the first twelve days of opening.

"It's such a delight to share Washington, because a lot of people that come here are visiting from out of the state,

or out of the country even, and certainly out of the Valley," said James.

The grand opening will take place from 5 p.m. to 9 p.m. on June 6, at 633 Front Street, Suite C. The gallery can be spotted by its mural of a photographer snapping photos of an alpine landscape, completed by Gibbs Graphics. Light appetizers and refreshments will be provided. The gallery will also hold a drawing for a metal print.

"This is really the ideal time for locals to come check it out right before it gets too busy in the summer," said James.

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

Chelan County Sheriff's office warns of phone scam targeting school employees

NCW News Ward Media

WENATCHEE—The Chelan County Sheriff's Office has issued a warning about a phone scam targeting local school employees. According to the media release, an unknown individual has been calling various schools within Chelan County, claiming to be

from the Sheriff's Office and attempting to deceive people into giving them money.

The Sheriff's Office emphasized that they will never call to solicit money and urged the public to take measures to confirm the validity of any phone call before giving money. They also encouraged anyone who

questions the legitimacy of a phone call to report it to the Federal Trade Commission.

For more information on recognizing and reporting scams, the Sheriff's Office directed the public to visit the Federal Trade Commission's website at <https://consumer.ftc.gov/articles/phone-scams>.

For the latest local news and advertising see the Ward Media websites

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Hatchery

Continued from page A1

interactive with the salmon's physical environment, with its original design including features such as a hands-on streambed exploration area, high alpine lake, and a hydropower dam. The trail will also incorporate the indigenous history and cultural importance of salmon along the way. For example, the 2013 design included a pit house, salmon drying racks, and a fishing platform.

"We literally want people to walk the path of a scaled down Columbia River Basin, so that they go through these different ecozones, and really get a sense of what the salmon goes through on their journey," said Cascade Fisheries Executive Director Jason Lundgren.

In 2023, the organization received \$107,000 from a Planning for Recreation Access (PRA) grant through the state's Recreation and Conservation Office. With this funding, the organization plans to develop an updated final design and cost estimates by the end of the year.

While the concept will remain the same, the location at the hatchery, size, and design will differ from the original 2013 design. The location of the trail will be on roughly 4 acres of the northern portion of the LNFH grounds.

The organization began initial discussions regarding the updated design and execution earlier this spring, with members of the Yakama Nation, Colville Confederated Tribes, U.S. Fish and Wildlife Service, and Wenatchee River Institute.

A larger discussion recently occurred with more partners, including, but not limited to, Trout Unlimited, Native Plant Society, Friends of Northwest Hatcheries and the Greater Leavenworth Museum. The project will utilize Seattle-based design center Environmental Works, also a nonprofit, for the landscape design.

Lundgren and his wife were inspired to create the trail over a decade ago while attending the Wenatchee River Salmon Festival. They saw a need to incorporate more education about salmon and the natural history and life cycle of the species outside of the hatchery.

"When we would interact with these young people, I would occasionally ask, "Where does salmon come from?" And guess what they said? The hatchery," said Lundgren. "If our youth thinks that salmon only come from hatcheries, they're missing a really big and important part of the story."

With an estimated 100,000 visitors each year and easy access, the hatchery proved

to be an ideal site for both locals and tourists of all ages and abilities to learn about the salmon's life cycle in an interactive interpretive trail.

An original design was created over ten years ago but lost momentum due to various changes at the hatchery over the years and not finding the right funding fit. However, when Shepherd and Hatchery Manager Matt Maxey were hired at LNFH, they were excited about the project. When the PRA grant application opened, they encouraged Cascade Fisheries to apply.

"The trail will be free to access and accessible to all, making it an asset to the community, including school groups and teachers, Tribal members, families and tourists as a place to learn and connect with salmon and each other," said Shepherd.

Once the design is "shovel ready," Lundgren hopes to seek funding through grants and legislative appropriations. Lundgren hopes the project will be completed by 2027, but due to its early stages, an estimated time frame has not been established. Those interested in getting involved or learning more about the project can reach out to Jason@ccfeg.org.

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

Dan Phelps

Continued from page A1

forward," Phelps said. Before joining the Cascade School District (CSD), Phelps taught in his home state of Idaho and for a two-year stint at a Christian school in Guatemala where his stipend was \$75 per month. "It was beautiful, memorable, and difficult," he recalled.

Frugal from his time in Guatemala, Phelps also remembered how, when he first arrived in Leavenworth, he was wary of staying in an exorbitantly priced hotel. "I parked my car in the alley between Osborn and the district office and threw my sleeping bag down on the grass, until I was rudely soaked by the automated sprinklers. I still get razzed by some of the veteran teachers about that."

But CSD would be his new teaching "home," and he said, "I felt like I'd died and gone to heaven when I saw all the library books, student textbooks and art supplies."

While Phelps has taught several elementary grades, he said, "I have a spot in my heart for second grade. Children are curious about life, about learning. They're humble, responsive, still naturally forgiving. It's a time when they are changing so quickly. An incoming fall, second grader is so different than an exiting, spring second grader in how they think and what they can do."

Taelor Carvitto, a parent of a current second grader,

credits Phelps with helping her daughter, Sloan, grow over the school year. "Sloan has really flourished academically in your class this year," Carvitto shared to Phelps. "You have done a great job of instilling goals and work ethic in her. When she hasn't met a goal you have helped her set, she comes home ready to work toward it. And when she has met a goal, she is beaming with self-pride."

Renner-Singer, whose children also passed through Phelps's class, echoed her appreciation. "His ability to connect with children is uncanny. I joke that I am glad Dan used his powers for good. Had he said, 'Go home and kick your dad,' I would have been kicked! Instead, he used his powers to improve my kids' academic achievement and confidence. A decade later, Dan is still a topic of conversation in our house!"

Abde Elshafei is the special education resource room teacher who often collaborates with Phelps and has witnessed Phelps' exceptional teaching style in action. "The high level of student achievement in Dan's classroom is testament to his years of experience," said Elshafei. "But what I will remember most about Dan is his sense of humor. How he makes his students feel. Dan is not afraid to be silly. He is a second grade teacher after all."

"I will also remember Dan for his hard work ethic. Dan is often one of the first teachers to arrive and one of the last to leave. Dan's lessons seem

effortless, but as teachers we understand the long hours Dan puts in every day to create engaging and informative lessons for his students."

Phelps has taken his job seriously over the decades because, as he explained, "For me, it's about building a culture of learners, developing in children an age-appropriate work ethic, some grit, and then imparting foundational academic skills to ensure future success. It takes time. Growing and changing is not always easy, but children gain competence, and hopefully learn to enjoy learning along the way. If that's the case, they will rarely ever be bored in life."

Former PD principal, Tim Lawless, summed up Phelps' impact, saying, "Dan Phelps is and has always been an Educational Superhero. He honors every student individually with his undivided attention every day. What we see in this wondrous classroom are the results of days and days of kindness and love being shared liberally by a true master teacher."

Phelps will be retiring in a month after a long and satisfying career. "At the end of the year when you see how much the individual kids have grown academically and in other areas as well, and you realize you've been an integral part of it, there's a sense of accomplishment," he said. "That sense of mission, of building into people in such a direct way, is what I'll probably miss the most when I retire."

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Upper Valley Church Guide
To Place Information In The Church Guide Call 509-548-5286

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<p>CHRIST CENTER Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 christcentercashmere.com</p>	<p>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout leavenworthumc.org leavenworthumc@outlook.com</p>
<p>ST. JAMES EPISCOPAL CHURCH • 509-860-0736 • 222 Cottage Ave., Morning Prayer or Holy Eucharist. Services, 9:00 a.m. Pastor Rob Gohl</p>	<p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school). Church: 509-548-7667 Meetings: Sunday - 10 a.m.</p>
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Cascade High School Track Team Heading to State

PHOTOS COURTESY OF KEVIN FARRELL



Junior Alice Farrell running a leg of the 4x400m relay.



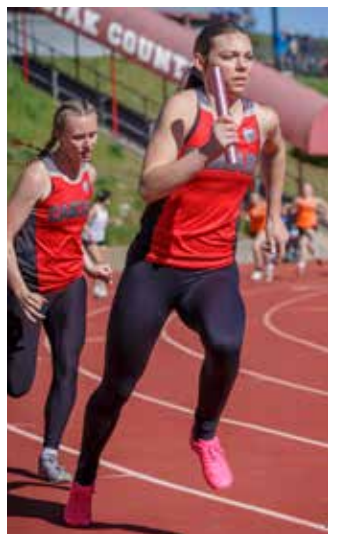
Ezra Week sprints at the end of a 100m



A successful baton handoff in the 4x100m between William Biebesheimer and Ezra Week.



Karla Cacho showing good form over a hurdle in the 300m hurdles.



Maizy Groff takes off after receiving the baton from Alice Farrell.



Sophomore Ezra Weeks gains a lot of height when he does the long jump.



Karla Cacho running the anchor leg for the 4x200m relay.

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STUDENT SPOTLIGHT

Breanna Loomis
Outstanding Achievement Senior

Breanna is a talented, hard-working, multi-faceted student. She aced all her classes, competed at the state competitions in both State Speech and Debate and FBLA, and is a core member of the school's drama program. She challenges herself with rigorous coursework, earning 40 college credits from college in the high school classes during her four years at CHS.

By MARLENE FARRELL
Special to Ward Media

CASHMERE - On Thursday, May 16 at the District Championship Meet held in Cashmere, the Cascade High School (CHS) track team gave impressive culminating performances. Thirteen CHS athletes, and a few more as alternates, earned their way to the State Track and Field Championship, held at Zaepfel Stadium in Yakima May 23rd through 25th. Yakima hosts the State meet for 1B, 2B and 1A sized schools while 2A, 3A and 4A schools have their State meet in Tacoma.

Weather was accommodating with clouds and temperatures in the 60's, while wind gusts served more advantage than disadvantage as shown by the number of personal records set.

Athletes needed to beat rivals from Cashmere, Quincy, Omak and Chelan to qualify for State, but this year, their chances were doubled because the top two in each event qualified as opposed to only one last year.

The track program has new leadership under head coach Carl Haberberger, who draws from his depth of coaching experience in track, football and Nordic skiing. "The 2024 season has been an enjoyable one," he said. "I'm proud to say that we had over sixty kids turn out and most of them finished the season. Normally there is quite a bit of attrition as the season goes along and the workouts get tough. It's a testament to our hard-working coaching staff

and the leadership of the upperclassmen that we have this many kids still liking track."

Although athletes specialize in one or more of eighteen different events, team cohesion is important to foster so teammates are mutually inspired by the hard work and determination needed to improve. Haberberger has been intentional in growing camaraderie. "Each Monday we celebrate the athletes who establish new PRs the week prior," he said. "That list takes fifteen minutes to get through. That consistent success is validation for both the athletes and the coaches. For me, this is the fuel, and I think the kids are eating it up and it's a lot of fun."

The assistant coaches help hone each athlete's unique gifts. Haberberger shared his gratitude, saying, "Jamie Campbell, jumps, Omar Stubblefield, high jump, Jackie Frank, javelin, Shiloh Merriman, throws, Janai Wallace and Bill Davies, pole vault, and James Swanson, hurdles, are awesome and I really hope they keep coaching because if they do, we will have a heck of a track team in the near future. Eric Wulfman, our distance coach, does a great job with his kids and is pretty much like having a second head coach on staff."

The athletes qualifying for State in individual events included Ezra Week in the long jump and 100m, Brayden Anderson in the 3200m, Alice Farrell in the 800m, Maizy Groff in the 400m, Karla Cacho in the 300m hurdles and Savanna Rowles in the discus.

Anderson, Farrell, Cacho, and Rowles all PR'ed in their respective events.

As for relays, Haberberger said, "There is some nice depth in the girls sprints with enough talent to make three solid relay teams." Indeed, Cascade will be sending all three relay teams (4x100m, 4x200m, and 4x400m) on the girls' side to State. The 4x400m team was in rare form and beat rival Cashmere for the first time this season. "The 4x400m team whooped up on Cashmere and now owns a top six time in the state," Haberberger praised.

The girls relay athletes include Zoie Burpee, Samantha Crossley, Elsa Swart and Karla Cacho in the 4x100m, Zoie Burpee, Samantha Crossley, Teyva Dillon and Maizy Groff in the 4x200m, and Teyva Dillon, Karla Cacho, Alice Farrell and Maizy Groff in the 4x400m. The boys 4x100m relay team is also heading to state and is made up of William Biebesheimer, Ezra Week, Eli Webb and Jonathan Young. Alternates for the relays include Cruz Martinez, Quinten Koch and Amaya Blue.

The team will travel to Yakima on Thursday, May 23rd for the first afternoon of State competition. "For Alice Farrell, Ezra Week, Maizy Groff, and Teyva Dillon, this will be their second trip," said Haberberger.

"For the rest, it will be quite the learning opportunity. State is a long stressful three-day event with lots of distractions. The key to success at State is to stay focused on what you can control and find ways to have fun and stay loose."

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Boat Slip For Sale

\$139,500

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.
808-298-1031
Seller is licensed Realtor Maui, HI

Vehicles

Campers, Trailers & RVs

Like New Tent Trailer For Sale:

2017 Rockwood 1640 LTD eight-foot tent trailer.
Queen and full beds, heated mattresses. Three-way fridge, two-burner carry-out range and BBQ. Furnace. Awning. Motorized Lift. Always garaged. \$8,000 or best offer. 509-679-4619

Windermere REAL ESTATE
Leavenworth/Lake Wenatchee Specialists
Looking for real estate in the Upper Valley?
Give us a call today!
Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898
See all available properties at windermereleavenworth.com

Legals

Public Notices

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold a public hearing on Amendments to the City of Leavenworth Code permitting conversion of existing development into condominium ownership within the City's Residential 6 and Residential 8 zoning districts, specifically Leavenworth Municipal Codes: Title 17 Subdivisions, Chapter 18.25 District Uses, and Section 14.14.085 Required Connections. The hearing will be held on June 5, 2024 at 7:00 PM in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington and via ZOOM (link available on City Calendar <https://cityofleavenworth.com/your-city-hall/calendar/>). The proposed amendments are categorically exempt from SEPA pursuant to WAC 197-11-800 (19) procedural actions. Interested citizens are encouraged to comment and/or attend the public hearing. Questions and comments may be directed to Community Development Director, Lilith Vespier at City Hall, phone 509-548-5275 or email lvespier@cityofleavenworth.com. Published in the Leavenworth Echo/Cashmere Valley Record on May 22, 2024. #7829

Public Notices

NOTICE OF CITY COUNCIL HEARING NOTICE IS HEREBY GIVEN
that the Leavenworth City Council will hold two public hearings based on the Planning Commission recommendations for (1) Cottage Housing and (2) Code Consistency on May 28, 2024 at 7:00 PM in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington and via ZOOM (<https://cityofleavenworth.com/your-city-hall/calendar/>) to take public testimony on amendments to the Leavenworth Municipal Code. The City determined that these amendments are exempt from State Environmental review pursuant to WAC 197-11-800(19). Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Community Development Director, Lilith Vespier at City Hall, phone 509-548-5275 or email lvespier@cityofleavenworth.com. Published in the Leavenworth Echo/Cashmere Valley Record Online May 15-29, 2024 and in print on May 22, 2024. #7812

Public Notices

CITY OF LEAVENWORTH
On the 14th day of May 2024, the City Council of the City of Leavenworth, Washington passed the following resolution and ordinance. A summary of the contents provides as follows:
Resolution 11-2024: A resolution of the City of Leavenworth, WA, amending rates and fees.
Ordinance 1692: An Ordinance of the City of Leavenworth, WA amending Chapter 14.24 of the LMC related to Flood Damage Prevention Standards; and Chapter 21.90 Definitions. A full copy of the resolution and ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in the Leavenworth Echo/Cashmere Valley Record on May 22, 2024 #7839

NCW NEWS
Discover the heart of North Central Washington with NCW News – your premier source for local stories, insights, and community updates.
Stay informed, stay connected.
<https://ncw.news/>

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of GARY LEONARD LEWIS Deceased.
No. 24-4-00151-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
The Administrator named below has been appointed as Administrator 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 Administrator or the Administrator'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 Administrator 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: May 8th, 2024 ADMINISTRATOR: Gaye L. McQueen
ATTORNEY FOR ADMINISTRATOR: Ben Jordan
ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices Attn: Ben Jordan
23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No. 24-4-00151-04
Overcast Law Offices By: /s/ Ben Jordan, WSBA No. 56306 Attorney for Administrator
Published in the Cashmere Valley Record/Leavenworth Echo on May 8, 15, 22, 2024. #7733

Public Notices

Notice of Intent
Icicle & Peshastin Irrigation Districts, (P.O. Box 371) 5594 Wescott Dr. Cashmere, Washington 98815-0371, will be applying Copper Sulfate to their canals to remove algae and other aquatic vegetation starting as early as May 29th, 2024 with the possibility of repeat treatments as often as every other week through Sept 15th 2024. For specific dates and locations of treatments please follow us on Facebook. Questions should be directed to the district manager at 782-2561 or DOE Central Regional Office at (509)454-7298. Published in the Leavenworth Echo/Cashmere Valley Record on May 22, 2024. #7835

Public Notices

NOTICE OF CITY COUNCIL HEARING NOTICE IS HEREBY GIVEN
that the Leavenworth City Council will conduct a public hearing on the Six-Year Transportation Improvement Plan, on Tuesday, May 28, 2024 at 7:00 PM in the City Hall Council Chambers, 700 US Highway 2, Leavenworth. The public is invited to attend said hearing and make comment. Andrea Fischer City Clerk
CITY OF LEAVENWORTH
Published in the Leavenworth Echo/Cashmere Valley Record Online May 15-29, 2024 and in print on May 22, 2024. #7815

Public Notices

BUDGET EXTENSION HEARING
The Cascade School District Board of Directors will hold a Budget Extension Hearing on Tuesday, May 28th at 6:30 pm at the District Office Board Room. The regular board meeting will follow. Any person may appear there at and be heard for or against any part of such budget. Published in the Leavenworth Echo/Cashmere Valley Record on May 15, 22, 2024. #7767

Guess Who?
I am a singer and actress born in California on May 20, 1946. I spent time at an orphanage as a child, but that didn't stop me from becoming the "Goddess of Pop," selling over 100 million records. I'm known for my unique singing voice and youthful looks.
Answer: Cher

SUDOKU
Fun By The Numbers
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

	7	4		1				
		9				8		
	5			2	7		1	
7								
	4	1				3		
					3		2	7
		7	9					
3	1	5		6				
			4	3	2			

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	2	3	4	5	6	7	8	9
6	9	8	4	3	2	7	5	1
3	1	5	7	6	8	2	4	9
4	7	2	9	5	1	6	3	8
5	6	8	1	9	3	4	2	7
9	4	1	2	7	6	3	8	5
7	3	2	5	8	4	1	9	6
8	5	3	6	2	7	9	1	4
2	7	4	8	1	9	5	6	3

ANSWER:

Public Notices **Public Notices** **Public Notices** **Public Notices** **Public Notices** **Public Notices**

TS #: 23-65994
Title Order #: 230431242-WA-MSO
NOTICE OF TRUSTEE'S SALE OF COMMERCIAL LOAN
Grantor: GRAYKEY EQUITY SEATAC LLC
LIMITED LIABILITY COMPANY
Current beneficiary of the deed of trust: EASTSIDE FUNDING, LLC
Current trustee of the deed of trust: North Star Trustee, LLC
Current mortgage servicer for the deed of trust: Eastside Funding LLC
Reference number of the deed of trust: 2578163
Parcel Number(s): 241711855010, 241711855020, 241711855030, 241711855040

I, NOTICE IS HEREBY GIVEN that the undersigned Trustee, North Star Trustee, LLC will on 4/12/2024**, at 10:00 AM at main entrance Chelan County Courthouse, 350 Orondo St, Wenatchee, WA sell at public auction to the highest and best bidder, payable at the time of sale, the following described real and personal property, situated in the County of Chelan, State of Washington, to-wit:

Please be advised that the Trustee's Sale originally scheduled for 4/12/2024 at 10:00 AM, main entrance Chelan County Courthouse, 350 Orondo St, Wenatchee, WA county of Chelan, State of Washington, is hereby continued to 6/21/2024 at 10:00 AM

UNITS A, B, AND C, OF WHITMAN TRIPLEX, A CONDOMINIUM, ACCORDING TO THE BINDING SITE PLAN 2022-017LE THEREOF RECORDED UNDER RECORDING NO. 2574905, RECORDS OF CHELAN COUNTY, WASHINGTON.

SAID LEGAL DESCRIPTION IS MORE ACCURATELY DESCRIBED AS: UNITS A, B, C AND COMMON ELEMENTS OF WHITMAN TRIPLEX, A CONDOMINIUM, ACCORDING TO THE BINDING SITE PLAN 2022-017LE THEREOF RECORDED UNDER RECORDING NO. 2574905, RECORDS OF CHELAN COUNTY, WASHINGTON; AS MORE FULLY DESCRIBED IN EXHIBIT 'A' ATTACHED HERETO AND INCORPORATED HEREIN BY THIS REFERENCE.

Commonly known as:
 113 WEST WHITMAN STREET UNITS A, B AND C
 LEAVENWORTH, WA 98826

which is subject to that certain Deed of Trust dated 1/24/2023, recorded 1/27/2023, as Instrument No. 2578163, re-recorded on 9/26/2023 under Instrument No. 2586659, records of Chelan County, Washington, from GRAYKEY EQUITY SEATAC LLC LIMITED LIABILITY COMPANY, as Grantor(s), to CASCADE TRUSTEE SERVICES, INC., as Trustee, to secure an obligation in favor of EASTSIDE FUNDING, LLC, A WASHINGTON LIMITED LIABILITY COMPANY, as Beneficiary.

II. No action commenced by the Beneficiary of the Deed of Trust 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.

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:

PAYMENT INFORMATION – COMMERCIAL LOAN		
FROM		THRU
TOTAL		
8/1/2023	12/1/2023	
\$59,698.36		
LATE CHARGE INFORMATION – COMMERCIAL LOAN		
	TOTAL	
	\$4,780.33	

PROMISSORY NOTE INFORMATION – COMMERCIAL LOAN

Note Dated:
 1/24/2023
 Note Amount:
 \$1,184,100.00
 Interest Paid To:
 6/30/2023
 Next Due Date:
 8/1/2023

IV. The sum owing on the obligation secured by the Deed of Trust is: Principal \$1,189,502.99, together with interest as provided in the note or other instrument secured from 6/30/2023, default interest, and such other costs and fees as are due under the note 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. The sale will be made without warranty, express or implied, regarding title, possession, or encumbrances on 4/12/2024. The default(s) referred to in Paragraph III must be cured by 4/1/2024, (11 days before the sale date) to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 4/1/2024 (11 days before the sale) 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 4/1/2024 (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 paying the entire principal and interest secured by the Deed of Trust, 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.

VIA written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower, Grantor and Guarantor at the following addresses:

NAME	ADDRESS
ANNIE HALL	100 N HOWARD ST STE R SPOKANE, WA, 99201
ANNIE HALL	113 WEST WHITMAN STREET UNITS A, B AND C LEAVENWORTH, WA 98826
ANNIE HALL	113 WEST WHITMAN STREET, UNIT A LEAVENWORTH, WA 98826
ANNIE HALL	113 WEST WHITMAN STREET, UNIT B LEAVENWORTH, WA 98826
ANNIE HALL	113 WEST WHITMAN STREET, UNIT C LEAVENWORTH, WA 98826
ANNIE HALL	113 WEST WHITMAN LEAVENWORTH, WA 98826

ANNIE HALL 1700 WESTLAKE AVE N. SUITE 200
 SEATTLE, WA 98109
 ANNIE HALL 1700 WESTLAKE N., SUITE 200
 SEATTLE, WA 98109
 ANNIE HALL 18606 64TH AVENUE WEST
 LYNNWOOD, WA 98037
 ANNIE HALL 732 BROADWAY #201
 TACOMA, WA 98402
 GRAYKEY EQUITY SEATAC LLC
 113 WEST WHITMAN STREET, UNIT A
 LEAVENWORTH, WA 98826
 GRAYKEY EQUITY SEATAC LLC
 113 WEST WHITMAN STREET, UNIT B
 LEAVENWORTH, WA 98826
 GRAYKEY EQUITY SEATAC LLC
 113 WEST WHITMAN STREET, UNIT C
 LEAVENWORTH, WA 98826
 GRAYKEY EQUITY SEATAC LLC
 113 WEST WHITMAN
 LEAVENWORTH, WA 98826
 GRAYKEY EQUITY SEATAC LLC LIMITED LIABILITY COMPANY
 100 N HOWARD ST STE R
 SPOKANE, WA, 99201
 GRAYKEY EQUITY SEATAC LLC LIMITED LIABILITY COMPANY
 113 WEST WHITMAN STREET UNITS A, B AND C
 LEAVENWORTH, WA 98826
 GRAYKEY EQUITY SEATAC LLC LIMITED LIABILITY COMPANY
 1700 WESTLAKE AVE N. SUITE 200
 SEATTLE, WA 98109
 GRAYKEY EQUITY SEATAC LLC LIMITED LIABILITY COMPANY
 1700 WESTLAKE N., SUITE 200
 SEATTLE, WA 98109
 GRAYKEY EQUITY SEATAC LLC LIMITED LIABILITY COMPANY
 18606 64TH AVENUE WEST
 LYNNWOOD, WA 98037
 GRAYKEY EQUITY SEATAC LLC LIMITED LIABILITY COMPANY
 732 BROADWAY #201
 TACOMA, WA 98402

by both first class and certified mail on 10/13/2023, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served 10/14/2023, 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.

VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale.

VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above described property.

IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale.

X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants and tenants. After the 20th day following the sale the purchaser has the right to evict occupants and tenants by summary proceedings under the Unlawful Detainer Act, Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060.

THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME.

You have only 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 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:

Telephone: 1-877-894HOME (1-877-894-4663)
 Web site: <http://www.dfi.wa.gov/consumers/homeownership/>
 The United States Department of Housing and Urban Development:
 Telephone: 1-800-569-4287

Web site: <http://portal.hud.gov/hudportal/HUD>
 The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys

Telephone: 1-800-606-4819 Web site: <http://www.ocla.wa.gov/>
XI. The obligation secured by the Deed of Trust being foreclosed herein was not incurred primarily for personal, family or household purposes. Pursuant to RCW 61.24.100, the subject foreclosure does not preclude any judicial or non-judicial foreclosure of any other deeds of trust, mortgage, security agreements or other security interests granted to secure this obligation. The Beneficiary hereby reserves its right to foreclosure any or all additional security.

XII. NOTICE TO GUARANTORS:

a. The Guarantors may be liable for a deficiency judgment to the extent that the sale price obtained at the Trustee's Sale is less than the debt secured by the Deed of Trust.

b. The Guarantors have the same rights to reinstate the debt, cure the default, or repay the debt under the Note and Deed of Trust as are given to the Grantor in order to avoid the Trustee's Sale.

c. The Guarantors will have no right to redeem the Real Property at the

Trustee's Sale.

d. Subject to such longer periods as provided in the Washington Deed of Trust Act, Chapter 61.24 RCW, any action brought to enforce a guaranty must be commenced within one year after the Trustee's Sale under the Deed of Trust granted to secure the debt to the Beneficiary.

e. In any action for a deficiency, the Guarantors will have the right to establish the fair value of the Real Property as of the date of the Trustee's Sale, less prior liens and encumbrances, and to limit their liability for deficiency to the difference between the debt and the greater of such fair value or the sale price paid at the Trustee's Sale, plus interest and costs.

This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation.

DATED: 05/06/2024

North Star Trustee, LLC, as Trustee
 Lisa Hackney, Vice President of Trustee Operations

Address for service:
 North Star Trustee, LLC
 6100 219th ST SW, Suite 480
 Mountlake Terrace, Washington 98043
 Trustee Phone No: (206) 866-5345
 Trustee Fax No: (206) 374-2252
 Beneficiary / Servicer Phone: 425 230-0000
 STATE OF WASHINGTON

) ss.

COUNTY OF SNOHOMISH)

I certify that I know or have satisfactory evidence that Lisa Hackney is the person who appeared before me, and said person acknowledged that (he/she) signed this instrument, on oath stated that (he/she) was authorized to execute the instrument and acknowledged it as the Vice President of Trustee Operations of North Star Trustee, LLC to be the free and voluntary act of such party for the uses and purposes mentioned in the instrument.

Dated: 05/06/2024

Kellie Barnes

NOTARY PUBLIC in and for the State of Washington,

residing at Lynnwood, WA

My commission expires 6/10/2024

EPP 38842 Pub Dates 05/22 & 06/12/2024

TS#23-65994 Exhibit "A" Legal Description

UNITS A, B, AND C, OF WHITMAN TRIPLEX, A CONDOMINIUM, ACCORDING TO THE BINDING SITE PLAN 2022-017LE THEREOF RECORDED UNDER RECORDING NO. 2574905, RECORDS OF CHELAN COUNTY, WASHINGTON.

SAID LEGAL DESCRIPTION IS MORE ACCURATELY DESCRIBED AS:

UNITS A, B, C AND COMMON ELEMENTS OF WHITMAN TRIPLEX, A CONDOMINIUM, ACCORDING TO THE BINDING SITE PLAN 2022-017LE THEREOF RECORDED UNDER RECORDING NO. 2574905, RECORDS OF CHELAN COUNTY, WASHINGTON.

Together with all the tenements, hereditaments, and appurtenances now or hereafter belonging or in any way appertaining, and together with the following, (all of which shall be deemed included in the "Property"):

(a) All land lying in streets and roads adjoining the Property, and all access rights and easements pertaining to the Property.

(b) All the lands, tenements, privileges, reversions, remainders, irrigation and water rights and stock, oil and gas rights, royalties, minerals and mineral rights, hereditaments and appurtenances belonging or in any way pertaining to the Property.

(c) All buildings, structures, improvements, fixtures and property now or hereafter attached to or used in the operation of the Property

(d) All rents, issues and profits of the Property, all existing and future leases of the Property (including extensions, renewals and subleases), all agreements for use and occupancy of the Property (all such leases and agreements whether written or oral, are hereafter referred to as the "Leases"), and all guaranties of lessees' performance under the Leases, together with the immediate and continuing right to collect and receive all of the rents, income, receipts, revenues, issues, profits and other income of any nature now or hereafter due (including any income of any nature coming due during any redemption period) under the Leases or from or arising out of the Property including minimum rents, additional rents, percentage rents, parking or common area maintenance contributions, tax and insurance contributions, deficiency rents, liquidated damages following default in any Lease, all proceeds payable under any policy of insurance covering loss of rents resulting from untenability caused by destruction or damage to the Property, all proceeds payable as a result of a lessee's exercise of an option to purchase the Property, all proceeds derived from the termination or rejection of any Lease in a bankruptcy or other insolvency proceeding, and all proceeds from any right and claims of any kind which Grantor may have against any lessee under the Leases or any occupants of the Property (all of the above are hereafter collectively referred to as the "Rents"). This subsection is subject to the right, power and authority given to the Beneficiary in the Loan Documents (as defined herein) to collect and apply the Rents.

(e) All compensation, awards, damages, rights of action and proceeds (including insurance proceeds and any interest on any of the foregoing) arising out of or relating to a taking or damaging of the Property by reason of any public or private improvement, condemnation proceeding (including change of grade), fire, earthquake or other casualty, injury or decrease in the value of the Property; all returned premiums or other payments on any insurance policies pertaining to the Property and any refunds or rebates of taxes or assessments on the Property.

(f) All permits, permit applications, plans, specifications, contracts, agreements and purchase orders pertaining or incidental to the design, construction, maintenance or management of any improvements on the Property, Grantor's rights under any payment, performance, or other bond in connection with construction of improvements on the Property, and all construction materials, supplies, and equipment delivered to the Property or intended to be used in connection with the construction of improvements on the Property wherever actually located.

Published in The Leavenworth Echo and Cashmere Valley Record May 22 and June 12, 2024. #7766

Sponsored Content

The Gap in Gum Care: Why Caring For Your Teeth's Foundation Matters



(NAPSD)—Building a great smile starts with a strong foundation. While gums are often overlooked unless they are bleeding or causing mouth pain, they are the key to good oral health, overall physical health and the best grin you can imagine.

“Adopting a healthy lifestyle includes maintaining optimal oral health. Practicing good oral care daily includes brushing teeth regularly twice a day, flossing, and using an antiseptic mouthwash,” said Nadia M. Fugate, DMD, Delta Dental of Washington's senior dental consultant. “Regular professional dental cleanings on a schedule recommended by your dentist also play a crucial role in preventing gum disease.”

More than half of all Americans suffer from gum disease, and many don't even know they have it because there isn't necessarily pain

involved. Gum disease is linked to glaucoma, heart disease, high blood pressure, pneumonia and other respiratory tract infections and more. People with gum disease have a 49% higher chance of contracting heart disease than those who don't have issues with their gums.

Per the Centers for Disease Control, 47.2% of adults aged 30 or older have a form of gum disease. It increases with age, as 70.1% of adults 65 and over have periodontal disease. That's why proper gum care and knowing the signs of gum disease are so important.

Types of gum disease

Gingivitis is a mild form of gum disease which can generally be reversed with treatment and good oral hygiene.

Periodontitis is an advanced form of gum disease which is

not reversible and can only be managed to prevent it from getting worse.

What happens if I get gum disease?

Gum disease can lead to an inflammatory response caused by buildup of bacteria on the teeth and around the gums. The buildup, commonly known as plaque and tarter, causes your gums to become swollen, painful and bleed easily.

Advanced gum disease can cause a loss of bone mass in and around the tooth socket and jawbone, which ultimately can lead to teeth becoming loose, falling out or needing to be extracted.

Ways to prevent gum disease

- Brush for two minutes, twice a day

- Floss at least once a day
- Schedule regular dental checkups and cleanings
- Have a healthy diet, limiting sugary food and drinks
- Avoid tobacco use
- Replace your toothbrush every three to four months

For more information on experiencing dental issues while traveling, visit Delta Dental of Washington's blog at www.deltadentalwa.com.



‘Bringing the community to your door’ isn't just our slogan... *It's our purpose*

Cashmere Valley Record
The Leavenworth Echo



An open letter to our Cascade Medical team members during Healthcare Week 2024

Thank you.

At Cascade Medical, our team members – whether providing direct patient care, or supporting those who do – play a critically important role in helping ensure our patients receive the best possible care. In honor of National Healthcare Week we want to pay special tribute to all our talented, compassionate, and hard-working team members who work together each day to ensure our community is a healthy one.

To our Patient Services Representatives, you are often the first face our patients see when they walk through our doors, and the first voice they hear when they dial our number. Thank you for answering all the questions, for listening, and for setting our teams up for success.

To our Laboratory and Radiology teams, who pair attention to detail with an uncommon human touch to ensure our patients receive correct results – we are grateful.

To all our providers, in all their forms... physicians, nurses, medical assistants, patient care techs and more, you truly put the “care” in health care.

To all our Clinic and Behavioral Health team members, who every day offer support and advice, celebrating big victories and engaging in challenging conversations, who honor every patient with the individual stories each one carries through our doors...we can't thank you enough.

To our Emergency and Ambulance teams, you offer care often when our patients are at their most vulnerable, when every second counts. Your commitment is inspiring.

To our Rehabilitation Services and Inpatient/Acute Care team members – you offer our patients nothing short of an opportunity to restore quality of life and movement. You help our patients reimagine how life really can be lived. We salute you.

To our Facilities, Environmental Services, Supply Chain, and Dietary teams – you are some of our unsung heroes. Thank you for so much...for making our spaces safe ones to walk into when patients need care, for making sure things actually work, for creating food that is as delicious as it is nutritious, and ensuring we have the right tools, at the right time, in just the right amount.

To our Administrative, HR, Informatics, Quality, Safety, Utilization Management, Education, Business, Accounting, Health Information Management, and IT members – thank you all for your leadership and support. For helping us when that one thing on the computer just doesn't do that one thing we need it to do. For all your efforts ensuring all those dollars and cents actually make sense. For all this and more, our caregivers could not give care without your expertise. You are appreciated.

Everyone who works at Cascade Medical plays a special role in serving our community, regardless of the role they play. Your expertise, your kindness, your care, and your commitment to every patient, every time, every day shines through. Every role is essential, every job is critical, and every one of you are valued beyond measure.

**In short – we are so grateful.
Again – thank you.**



CASCADE MEDICAL
PARTNERS IN YOUR HEALTH