



## IRMS Students win Third in the Nation in two events at TSA Nationals



**Marlene Farrell**  
Correspondent

Technology Student Association (TSA), a club for students interested in STEM, has been flourishing at Icicle River Middle School and Cascade High School for years. This spring, over thirty students participated at the state conference and competition, with many finalists and four IRMS students qualifying for Nationals.

Eighth graders Avery Houghton, Cordelia Freeland, Olivia Melton and Jewel Leroy earned first in the state in the category Community Service Video, which highlighted sustainability efforts at IRMS. They decided to take the state judges' advice and redo their video before submitting it for Nationals.

"Our team decided to remake the video in order to improve the audio quality," said Kim Gilreath, seventh grade science teacher and TSA advisor. "They worked hard to reshoot the video, make edits, and get it uploaded by the May 15th deadline."

The students and Gilreath boarded a plane on June 26th bound for Dallas, Texas for Nationals, which lasted five days. "It was great to be able to compete in person again after a two-year break because of COVID," said Gilreath. "There were more than 5000 students at Nationals from across the nation, Germany, and Turkey."

The students felt a mix of nervous anticipation and awe. "To be at the conference with thousands of



SUBMITTED PHOTO.

From left to right, Cordelia Freeland, Olivia Melton, Avery Houghton, Jewel Leroy and advisor Kim Gilreath, hold up their third place in the nation trophies right after the TSA Nationals award ceremony.

kids interested in STEM was very daunting because everyone there was smart, had big plans and had worked hard on the projects they were presenting," said Houghton.

TSA gives students opportunities to learn and practice professionalism and public speaking. The IRMS students had to present their video to a panel of judges, explaining their process and motivation.

Additionally, the girls had a chance to compete in other categories available only at the conference, including Problem Solving,

Forensics, Junior Solar Sprint and Technical Design.

"The other events were all new," said Gilreath. "They rose to the occasion, studying for the forensic science test, building a solar car and figuring out how to race it, and innovating a technical design solution for an on-the-spot challenge. The girls were fearless in their willingness to put themselves out there and show what they could do."

Houghton said, "A highlight was watching all the cars race and seeing all the interesting designs people

came up with to make their cars go faster."

The conference incorporates noncompetitive fun activities too. "The whole thing was a great experience, and me and my friends had a lot of fun," said Houghton. "My favorite things were competing in my events, going to the pool and the waterpark and being able to meet people from across the nation."

When it came time for the awards ceremony, IRMS students got to

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## Red Cross teams up with Shark Week for blood donor prizes

SUBMITTED BY BETSY ROBERTSON

Join the American Red Cross and Discovery to get your heart pumping in July! The American Red Cross and Discovery are partnering for Shark Week and invite people to dive in to help save lives by giving blood or platelets in July. The Red Cross saw a steep drop in blood and platelet donations last month, and donors are asked to make appointments now to prevent a blood shortage this summer.

In June, the Red Cross collected approximately 12% fewer blood donations than needed – one of the largest monthly blood donation shortfalls in recent years. Here in the Northwest Region, we fared better than some, with just 3% fewer donations collected than expected. But every single missed donation matters. When less people answer the call to donate, the blood supply shrinks – and that could mean blood products aren't ready for hospital staff to reach for in emergencies.

Thanks to Discovery, all who come to give blood or platelets in July will automatically be entered for a chance to win an exclusive Shark Week merchandise package that includes:

- Beach bike
- Smokeless portable fire pit
- Paddle board
- Kayak
- \$500 gift card to put toward accessories

Those who come to give July 21-24 will also receive an exclusive Shark Week T-shirt, while supplies last. Details are available at [rcblood.org/sharkweek](http://rcblood.org/sharkweek)

By making and keeping blood and platelet donation appointments in July, donors can connect with patients through a lifesaving gift. To book a time to give, download the Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org) or call 1-800-RED CROSS (1-800-733-2767).

### Upcoming blood donation opportunities in August:

Cashmere: August 3, 2022, at 12:30 p.m. - 6:30 p.m., Cashmere United Methodist Church, 213 S. Division Street.

Leavenworth: August 4, 2022, at 1 p.m. - 6 p.m., LDS - Leavenworth, 10170 Titus Road

### Blood drive safety

The Red Cross follows a high standard of safety and infection control. The Red Cross will continue to socially distance wherever possible at blood drives, donation centers and facilities. While donors are no longer required to wear a face mask, individuals may choose to continue to wear a mask for any reason. The Red Cross will also adhere to more stringent face mask requirements per state and/or local guidance, or at the request of blood drive sponsors. Donors are asked to schedule an appointment prior to arriving at a drive.

### How to donate blood

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally

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## Beta Hatch new insect farming operation

BY KIRK BECKENDORF  
Correspondent

Beta Hatch, a unique insect farming operation in Cashmere, celebrated its official grand opening in June. Beta Hatch Founder and CEO, Virginia Emery, and Governor Jay Inslee, both spoke at the ribbon cutting ceremony highlighting the innovative and sustainable methods utilized by the new agricultural enterprise.

Housed in the old Tree Top juice factory, the company's high tech flagship facility is pioneering sustainable agriculture. The building utilizes "waste" heat from the adjacent data center, while 2-inch-long mealworms, in thousands of trays reaching from floor to ceiling,

are feasting on fruit "waste" from nearby Crunch Pak. The larval stage of the insect is harvested and marketed as nutrient rich animal feed. Emery led Inslee and others on a tour of the facility showing him the inner workings of the operation and the life of mealworms, squeezing between rows of trays of wriggling beetles and viewing living samples of the different life stages of the insect.

Emery, a PhD entomologist, told the crowd that she had a crazy idea. "When I first saw this facility in 2017, I thought, this would be a great spot to grow bugs." Emery explained that the farm is North America's largest mealworm farm for animal feed. "We

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PHOTO BY KIRK BECKENDORF

Dr. Virginia Emery, Founder and CEO of Beta Hatch, (in red) along with her staff and guests cuts the ribbon of the insect farm's grand opening in Cashmere.

## Mosquito treatment begins July 19 in Horan, Confluence parks

SUBMITTED BY RACHEL HANSEN

Mosquitoes are out in force around Chelan County. Chelan PUD is encouraging park visitors to take precautions to prevent mosquito bites, or explore different areas to recreate until conditions improve.

High river flows and a late, wet spring have contributed to the increase in mosquitoes. Every year, PUD crews apply pellets to control mosquitoes in and around ponds at the Confluence State Park and Horan Natural area.

Water levels are still too high to successfully treat the area, but within two weeks, flooding is expected

to recede, and crews will have the required permitting to do the work. Mosquito treatment is tentatively scheduled to begin at 8 a.m. July 19, depending on water levels.

Chelan PUD uses a larvicide known by the brand name VectoLex CG. The pellets are safe for use around people and pets. This fast-acting product is commonly used in municipal and industrial water treatment facilities. More information about the pellets is available on the Clarke company website at [www.clarke.com](http://www.clarke.com).

Like Chelan PUD, Chelan-Douglas Health District has also received several phone calls lately from

residents concerned about mosquitoes. To avoid mosquito bites, public health officials recommend:

- Stay indoors from dusk until dawn, if possible, when mosquitoes are most active
- Wear a long-sleeve shirt, long pants and a hat when going into mosquito-infested areas, such as wetlands
- Repair or replace insect screens on doors and windows
- Use EPA-approved mosquito repellent when necessary. Read the label and follow instructions.

Take special care when using repellent on children. For more information, here are two helpful

resources: state Department of Health at <https://doh.wa.gov/community-and-environment/pests/mosquitoes> and the Centers for Disease Control at <https://www.cdc.gov/mosquitoes/index.html>.



### Inside The ECHO this week

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Dan's Market



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# Local and Regional News

## Local residents' thoughts on Roe v. Wade

By ERIN MULLINS

Reporter

On June 24, the Supreme Court overturned rights given in Roe v. Wade, upholding Dobbs v. Jackson and declaring that the constitutional right to an abortion no longer exists, leaving legislation surrounding abortion up to individual states.

While some residents and groups agree with the decision and are glad it passed, others are disappointed and worry about what it means for women. An Upper Valley resident "Susan Smith", who asked to be anonymous, got an abortion soon after Roe v. Wade originally passed because it was not the right time in her life to have a baby.

Although Smith mourned the recent Supreme Court decision for a few days, it doesn't mean getting an abortion was easy, yet she does not regret it and sees abortion as a medical procedure.

"There was a loss... [but] I don't regret it at all," she said. "In the last two weeks, I have been reflecting on it much more. I felt like it was the right decision for someone who wasn't prepared to have a child. I wasn't ready for a child."

Eventually, when she was more settled down, Smith married and raised a child herself, which she says was a wonderful experience in part because it was the right time.

"[Raising her] was fabulous. She was so talented. She got involved in ski team at a very young age and played basketball, soccer," Smith said. "It was great, she is so wonderful."

On July 8, President Biden issued an executive order designed to ensure access to abortion medication and emergency contraception, but how the order gets implemented is yet to be seen.

The executive order will not be favored by everyone. Gene Helsel, pastor at King's Cross Church in Wenatchee, said that the Sunday after the Supreme Court ruling, his church rejoiced.

"Last Sunday, for the first

time in my twenty-seven-year history as a pastor in the Wenatchee Valley, we began our Sunday morning worship service with three increasingly loud 'hip-hip-hoorays' for God's mercy to our country," Helsel said.

Abortion is now banned in at least ten states, with more expected to follow. Thirteen states had "trigger laws" on the books which were put in place to ban abortion in the case that Roe v. Wade was overturned, but some have been blocked in the courts. Twenty-one states have restricted or are expected to restrict abortion and nine states are uncertain. Abortion is protected in 21 states.

Washington is expanding access to abortion. Governor Inslee announced that the Washington State Patrol is prohibited from cooperating with other states who are investigating out-of-state abortions. State law prohibits anyone from penalizing, prosecuting, or taking any adverse action against patients exercising their reproductive rights.

Helsel doesn't agree that abortion shouldn't have legal consequences and thinks that people who give or get abortions should face legal consequences, but with certain distinctions.

"Not every taking of life is the same. Our legal system recognizes the difference between first-degree and second-degree murder," he said. "I believe that abortion providers, because of their deceitful propaganda and their actual taking of life are the most culpable."

Helsel said that he thinks abortion should not be legalized and access to Plan B, the "morning after pill" that helps to prevent pregnancy if taken within five days of sex, should be restricted. He said that rape and the health of the mother are very different situations when it comes to abortion and if a mother is likely to die, then doctors should "do everything in their power to preserve life."

Taking Plan B is not the

same pill that is used to induce an abortion once someone is pregnant. Dr. Mara Merritt, family practice physician at Cascade Medical Center, said that Plan B prevents conception while a medication abortion stops the growth of a pregnancy. Emergency contraception pills work to stop the release of an egg from the ovary. If an egg is fertilized, Plan B may prevent it from attaching to the womb, but it will not end a pregnancy.

"Plan B doesn't work if you are already pregnant. It only works at preventing pregnancy," Dr. Merritt said.

Dr. Merritt said that she thinks abortion should be available to women and even though society may think some reasons for abortion are more legitimate, her job as a doctor is not to judge patients for their reasons for getting abortions and instead to provide support and compassion.

She said that what type of abortion a woman may get depends on their point in pregnancy. Before ten weeks of pregnancy, they are likely to get a medication abortion. Women who are further along in their pregnancies or have different preferences will get a suction procedure.

When her patient is pregnant, Merritt asks a woman if the pregnancy is planned or unplanned. She presents and discusses all options with her patients, keeping the baby, adoption, and abortion.

Sharon Tveten, a Leavenworth resident for 22 years who now lives here part time, is pro-life. Tveten says that it is easy for infants to get adopted but it is much harder to get older children adopted because everyone wants to adopt babies.

She has adopted eight children herself from disadvantaged backgrounds. Originally, Tveten tried to adopt locally, but since she already had seven biological children, she had too many children to legally foster in Washington. Instead, she adopted internationally from

Latvia and Haiti.

Even though adoption was expensive financially and took time, she said raising her kids has been worthwhile. She said that one of her adopted children just graduated high school and that the child is going to go to college after serving a mission for her church, The Church of Jesus Christ of Latter-day Saints.

"Her friends back in the country have already dropped out of high school, a couple of them are pregnant already, it would have been a very different situation [if she hadn't been adopted]," Tveten said.

Although Tveten is pro-life, she said that in the case of rape or the life of the mother, woman should be able to "take something to prevent pregnancy or help them to not carry the baby." She also acknowledges that a woman getting an unsafe abortion is a legitimate concern and says that women need birth control and access to counseling.

However, Tveten believes that an unborn child has a spirit from conception and should be respected as a person. She said that when she had a miscarriage in her first trimester, she felt the loss of a human. Tveten said that she loves all her children, including one who is a member of the LGBTQ community, and lets them decide for themselves what their religious beliefs are.

Adoption is not always an easy option. Some children can be difficult to adopt, Tveten said. Her family adopted a boy who had severe emotional and behavior issues. The child eventually decided to go back to live with his biological father. He wasn't forced out of the family, but she said the adoption was "so challenging."

For a low-income woman, the cost of medical care can be a concern. Tveten tried to adopt a baby girl from Florida and paid for the mother's medical care. The mother had high blood pressure, making the birth difficult, and eventually decided to keep

the baby. Tveten said that she found out after the fact that the woman had previously given birth to a child who had died due to the fact that the woman did not receive care for her high blood pressure.

On the other side of the spectrum, medical care is a concern for Dr. Merritt as well. In states where abortion is illegal, she is worried that women who cannot afford to travel out of state will not have access to abortion. She does not think that there are enough social programs for low-income women and children. In Washington, abortion is usually provided by a separate clinic, Merritt said.

In Chelan County, the Planned Parenthood at 900 Ferry St. in Wenatchee provides abortions for the region. Paul Dillion, Vice President of Public Affairs

for Planned Parenthood in Washington, said that the facility provides medication abortions but does not provide surgical abortions. Dillion said that Roe v. Wade being overturned is concerning because it opens the doors for other restrictions on things like contraception and marriage equality.

He said that abortion services aren't the only thing that Planned Parenthood provides. The clinic also provides birth control, STD testing and services, behavioral health, gender-affirming care and men's health care, he said.

"[Planned Parenthood] is here. We are not going anywhere... We won't be threatened or intimidated. We are going to keep providing the care that the community needs no matter what," Dillon said.



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## State Senator Brad Hawkins enjoys family time over the summer

By ERIN MULLINS

Reporter

State Senator Brad Hawkins, who has been serving District 12 as a senator since 2017 and was re-elected in 2020, has been enjoying a summer in the Wenatchee Valley with his family. Hawkins first served in state government in the Washington State House of Representatives from 2013 to 2017. Hawkins grew up in Wenatchee and graduated from Wenatchee High School. He went to Central Washington University for his undergraduate degree and George Washington University in Washington, D.C. for his master's degree in Public Administration. After graduation, he returned to the Wenatchee Valley, and he now lives with his wife and two children in East Wenatchee.

**1.) Do you and your family have any fun plans this summer?**

Yes, it's been a busy summer so far for our family. Our boys, Tyler, and Luke are 12 and 14 and they have been very involved in youth baseball and swimming. Family time so far this summer has mostly consisted of baseball tournaments and swim meets. My wife Shawna and I plan to slip away for a couple days when the kids go off to a camp the same week.

I'm also planning on going to Eugene, Oregon, with my older son Luke later this summer. He is also a runner, and we plan to watch some of the World Track & Field Championships in the new \$200 million track stadium that Nike built at the University of Oregon. We can't wait!

**2.) What is your favorite summer activity?**

My favorite activity at all times of the year is to spend quality time with my family. My wife Shawna is a teacher, so she has a couple months off in the summer. My legislative schedule is much more manageable in the summer too, so we have been trying to maximize time with the kids while they are young (and don't yet get embarrassed by us).

**3.) What do you and your kids love to do during the summer?**

Summer is a very special time in our area, so we enjoy being active and being outdoors. We also enjoy watching movies, either at the theater or at home, or especially when the weather is hot and we need a rest. Our favorite movie so far this summer, of course, was Top Gun Maverick. I've seen it twice. It's amazing.

Summer, however, often causes me concern as a legislator because our region has been affected so significantly in past years with wildfires. This has led to much of my legislative work, a close partnership with the state DNR, and can keep me very busy during some summer weeks. I know we are all hoping for a more moderate summer in terms of wildfire. The unusually cool spring could really help us.

**4.) What is your favorite summer meal?**

I really enjoy breakfast, probably way too much since the COVID pandemic. I usually start the morning with black tea, milk, creamer, and Splenda

(my wife doesn't approve of the Splenda). It's a weird mix, but somehow, I can't live without it. In the mid-morning, I often make some big pancakes that fulfill me until later in the afternoon. That's probably a good thing too because I've probably consumed enough calories for two meals.

**5. How did you spend summer as a kid?**

Summer was great for me as a boy. I was raised in Wenatchee and had a terrific time, riding my bike on the new loop trail, tubing with friends in the Columbia River, and training for Wenatchee High School cross country. I rarely remember smoke-filled skies during my summer years as a child in Wenatchee, so things have really changed, unfortunately.

**6. Did you imagine serving in government as a kid?**

My father Buell was always very involved in our community and later in public service as a Chelan County commissioner. I greatly admired his commitment, so that inspired me to serve. I also helped state Representative Dale Foreman and worked as a Washington State Senate intern in college. I enjoyed that very much and found it both challenging and rewarding, so I knew serving in government someday could be a possibility for me.

**7. Being a state senator, what are your interactions in the community like in your everyday life?**

I love our community and its people and have always felt a strong connection. My thought

is that these positions exist to serve the people who elect you, and that includes everyone in the district, regardless of their political philosophy. I think people understand that this is my approach, so my interactions are positive. I also work very hard to be a good communicator, and this first involves being a good listener.

**8. What are you looking forward to about your children's futures?**

My wife and I often wonder what the future will bring for our kids. They are terrific kids, but very different. What we emphasize most for them is for them to "be you" and be passionate about the things you care about, whatever those may be. We emphasize hard work and kindness in our

family. These two qualities can take people far in life and help make the world a bit better.

**9. What was it like going to Central Washington University?**

Central Washington University as an undergrad was great to me. I didn't want to be in Seattle and my brother had attended WSU. I was competitive in cross country, but wasn't quite fast enough for Division I, so I competed in cross country and track for Central, which was great. I also met my wife there while attending school. I went on to complete my master's degree at George Washington University in Washington, D.C. I went from one Washington to the other. That too was a terrific experience and help me learn and grow.

**10. What was it like growing up in the Wenatchee Valley and why did you decide to come back?**

I loved growing up in Wenatchee and always wanted to come back. Some people say, "Other than apples, children are our number one export," but I never wanted that to be me. My goal was always to go away, learn a lot, and return with the knowledge to raise a family here and help my community. Having been married to my wife Shawna for 20 years now, two terrific kids, multiple dogs, and service on school boards and the legislature, I am grateful. I try to bring all this experience with me to Olympia to help our community and its families.





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The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time 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 Publisher@leavenworthecho.com or Reporter@leavenworthecho.com

**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.

**Contact the listed organizations or events for updates.**

**COMMUNITY CALENDAR**

**Wednesday**

**Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.**  
**Leavenworth Rotary Club, Zoom meetings, Noon.** For more information email, President, Mike Worden, 509-470-4610  
**Alpine Water District: District meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.**

**Thursday**

**Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for Zoom meeting information. (1st & 3rd Thurs.)**  
**Leavenworth Lions Club, For more info. email President Anita Wilkie at leavenworthlionsclubbwa@gmail.com**  
**Peshastin Community Council meeting, 7 p.m.** Peshastin Memorial Hall. (2nd Thurs.)  
**The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (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.)**  
**Leavenworth Farmers Market, Thursdays, 4-7 p.m., at the Cascade School District offices. 330 Evans St. Info@cascaedmarkets.org**

**Friday**

**Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us**

**Saturday**

**Old favorites music at the Leavenworth Senior Center, 423 Evans St. No cover charge, 1-3 p.m. Call Steve, 509-548-7048. (2nd and 4th Saturdays).**

**Monday**

**Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30-8:00 p.m. Call Terri 509-393-8271 for more information.**  
**Leavenworth Mosquito District board meeting 7 p.m., via ZOOM link posted at leavenworthmosquitodistrict.com or call 509-548-5904 (1st and 3rd Mondays).**  
**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, Meetings at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage only is \$7 (no outside food please). Check-in begins at 11:30 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon.,monthly).**

**Tuesday**

**Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)**  
**Icicle & Peshastin Irrigation Districts Meeting Current meeting time 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)**  
**Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)**  
**Cascade Education Foundation. Contact: CEF@cascade.org**  
**LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)**  
**Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons.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.)**

**NCW Libraries**

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.  
**Leavenworth Public Library.** Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org  
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**Peshastin Public Library.** Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org  
Open Tues., 10-1:30; and 2:30-7, Wed., 11-1:30, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10:00-2:00. Closed Sun. and Mon.

**Other events**

**The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Daily 11 a.m.- 4 p.m. Please check our Facebook page or our website at www.leavenworthmuseum.org for updates and information.**  
**Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.**

**Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.**  
Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

**MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY**

**AA Meetings:**  
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946  
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939  
509-548-1627, 548-4522, 664-6469, 206-719-3379  
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin  
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.  
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.  
**Alanon Meetings, call 509-548-7939**  
Monday, 7 p.m., United Methodist Church, 418 Evans St.  
**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.**

**Leavenworth**

**Crafternoons at the libraries**

Join us for arts and crafts at the Leavenworth and Peshastin Libraries. All ages welcome Tuesdays, 3:30-5 p.m., 509-548-7923 or Peshastin, 509-548-7821. Remember to get a parking pass from the library to park in the designated parking spaces.

**Peshastin**

**Peshastin Library's Ice Cream Social**

Enjoy cake, pie, ice cream, punch, and coffee on the library lawn, Saturday, July 30, 7-9 p.m. The Saddle Rockers featuring Jac Tiechner, Dave Notter, Chris Rader, Bruce McWhirter, and Megan Cleary will be performing a lively blend of bluegrass, country swing and vintage rock. Children can

ride the auxiliary fire truck thanks to the Peshastin Fire Department. A bouncy castle on the front lawn for children along with games and the traditional Cake Spin. Used book sale throughout the evening. Come and support the Peshastin Library.

**Cashmere**

**Cashmere Library events**

Wednesday July 13, 1 p.m., STEAM Zone- 3D Print/LEGO time for all ages. 2 p.m., How to Draw Animals with Eric Brooks (Zoom) for elementary and above. Thursday July 13: 9:30 a.m., Zoom Storytime 10:30 a.m. for babies and preschoolers Library Storytime- Let's go on Safari for preschoolers and elementary aged kids. Saturday July 16: 11 .m., Crafternoons at the Library, arts and crafts drop in for all ages.

**Regional**

**Cascadia Conservation District meeting**

The Cascadia Conservation District Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, July 15, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the district office, 509-436-1601.

**Lake Chelan Rodeo**

Chelan Rustlers Saddle Club and Aces Wild Pro Rodeo partner once again to bring another year of rodeo excitement to the Chelan Valley on July 15 & 16. The Lake Chelan Rodeo Parade will be riding through town on Thursday, July 14 at 7 pm. Tickets can be purchased at https://www.chelansaddleclub.org by selecting "Purchase Tickets Now".



**Leavenworth Rotary Club names new president**

PHOTO BY CAROL FORHAN

Joel Walinkski current 2021-22 president, passes on a plaque with a handshake to new incoming President Mike Worden during the installation at Red-Tail Canyon Farm.



**Sheriff/Fire/EMS**

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

**July 1**

- 13:43 Agency Assist, 321 9th St., Der Hinterhof
- 14:44 Diversion, 2889 Ingalls Creek Rd., Peshastin
- 15:55 Public Assist, Smith Brook trailhead, Lake Wenatchee
- 16:40 Agency Assist, US Hwy. 2 MP 101
- 17:28 Public Assist, 435 Pinedrop Ln., Lake Wenatchee
- 17:46 Alarm, 565 US Hwy. 2, Icicle Resort
- 20:22 Court Order Violation, 186 Dempsey Rd.
- 20:30 Parking/ Abandoned Vehicle, 8360 Jefferies St., Peshastin
- 20:32 Animal Problem, 9020 E. Leavenworth Rd.
- 22:39 Property, Leavenworth KOA

**July 2**

- 00:47 Noise Complaint, 12463 Shore St. area
- 01:46 Noise Complaint, 12728 Wilson St.
- 07:36 Animal Problem, 17810 Nason Ridge Rd., Lake Wenatchee
- 12:25 Fireworks, Merry Canyon, and Moon Canyon Rd.
- 13:48 Public Assist, 15361 US Hwy. 2, 59er Diner, Lake Wenatchee
- 15:27 Injury Accident, US Hwy. 2 and Chumstick Hwy.
- 16:38 Harassment/ Threat, 211 14th St., Das Thrift Haus
- 17:07 Marine, Wenatchee River Headwaters, Lake Wenatchee
- 18:23 Welfare Check, Chumstick Hwy. and North Rd.
- 18:46 Attempt to Locate/ Contact, 5300 block Icicle Rd.
- 20:31 Traffic Offense, 9th St. and US Hwy. 2
- 20:32 Fireworks, 15 Karl Rd., Lake Wenatchee
- 21:50 Welfare Check, 3925 Old Blewett Rd., Peshastin
- 23:45 Animal Problem, 7801 Blewett Rd., Peshastin

**July 3**

- 00:31 Assault, 221 8th St., Ducks and Drakes
- 01:20 Diversion, 227 Old Mill Ln., Lake Wenatchee
- 01:31 Welfare Check, Park Ave., and Cherry St.
- 03:29 Trespassing, 505 US Hwy. 2, Icicle Village
- 10:21 Agency Assist, Chumstick Hwy., MP 5
- 14:25 Harassment/ Threat, 935 Front St., Icicle Brewing
- 14:38 Theft, 5538 Campbell Rd.,

- Peshastin
- 17:19 Lewd Conduct, 211 14th St., Das Thrift Haus
- 17:35 Public Assist, 435 Pinedrop Ln., Lake Wenatchee
- 18:44 Prowler, 10400 block Titus Rd.
- 18:48 Alarm, 9101 Icicle Rd.
- 23:02 Noise Complaint, Ski Hill Dr., and Ranger Rd.

**July 4**

- 00:50 Prowler, 9501 Jeske Rd.
- 00:57 Suspicious Circumstance, 10860 US Hwy. 2, River Riders
- 01:01 Noise Complaint, 505 US Hwy. 2, Icicle Village
- 02:51 Assault, 1250 US Hwy. 2, McDonald's
- 06:19 Malicious Mischief, 694 US Hwy. 2
- 06:26 Noise Complaint, 202 Commercial St.
- 07:23 Theft, 807 Front St.
- 08:42 Theft, 100 Ward Strasse
- 12:16 Harassment/ Threat, 36 Cowin Ln.
- 13:11 Agency Assist, 5500 block Icicle Rd.
- 13:16 Trespassing, 22616 Corral St., Plain
- 15:35 Welfare Check, 7550 US Hwy. 97
- 15:57 Traffic Offense, Front St., and US Hwy. 2
- 16:16 Fireworks, 12625 Wilson St.
- 16:32 Property, 321 9th St. Loge
- 17:00 Welfare Check, 820 Front St., Gazebo Park
- 20:52 Fireworks, 11610 Eagle Creek Rd.
- 21:27 Fireworks, 12700 block Chumstick Hwy.
- 21:55 Fireworks, 9501 Jeske Rd., Big Y, Peshastin
- 22:31 Suspicious Circumstance, 106 Fir St.

**July 5**

- 10:00 Vehicle Prowl, 12790 Fish Hatchery Rd.
- 13:14 Alarm, 920 Front St., Wok About Grill
- 14:56 Welfare Check, 9th, and Front St.
- 16:32 Welfare Check, 9800 block E. Leavenworth Rd.
- 17:36 Trespassing, 11855 Sproemberg Canyon Rd.

**July 6**

- 04:37 Malicious Mischief, 719 Front St.
- 05:56 Burglary, 220 9th St.
- 12:22 Malicious Mischief, 309 8th St., Post Hotel
- 12:33 Suspicious Circumstance, 585 US Hwy. 2, Icicle Quick Stop

- 13:52 Animal Problem, 23400 Lake Wenatchee Hwy.
- 13:56 Agency Assist, 8447 Lake St., Peshastin
- 14:09 Property, US Hwy. 2, and River Bend Dr.
- 14:29 Theft, 217 8th St. Renaissance Hotel
- 15:40 Welfare Check, 12th, and Front St.
- 17:03 Public Assist, 10560 Eagle Creek Rd.
- 17:50 Theft, 21213 Stetson Rd., Plain
- 18:19 9500 Pakaswa Rd., Peshastin
- 18:38 Property, Front, and 12th St.
- 19:22 Drugs, 200 Ward Strasse
- 22:25 Civil Dispute, 435 Pinedrop Ln., Lake Wenatchee

**July 7**

- 00:38 Fireworks, 10666 Chumstick Hwy.
- 05:57 Juvenile Problem, 236 Mine St.
- 06:39 Trespassing, 17810 Nason Ridge Rd., Lake Wenatchee
- 07:45 Trespassing, 116 River Bend Dr., Safeway
- 09:11 Trespassing, 36 Amas Pl, Peshastin
- 09:37 Suspicious Circumstance, US Hwy. 2, MP 90, Lake Wenatchee
- 10:19 Attempt to Locate/ Contact, 20700 Club House Dr.
- 11:16 Welfare Check, Winton Rd. and Merritt Winton, Lake Wenatchee
- 11:24 Theft, 2544 Sumac Ln, Lake Wenatchee
- 12:06 Attempt to Locate/ Contact, 22750 Lake Wenatchee Hwy.
- 12:43 Property, 300 Enchantment Park Way
- 14:25 Theft, Sugarloaf Lookout, Leavenworth Forest Service
- 14:55 Welfare Check, 100 Ward Strasse
- 15:13 Extra Patrol, 3343 Allen Ln., Peshastin
- 16:09 Attempt to Locate/ Contact, 435 Pinedrop Ln., Lake Wenatchee
- 16:15 Theft, 990 US Hwy. 2 Park & Ride
- 16:32 Suspicious Circumstance, Ruby Creek, Peshastin
- 17:50 Domestic Disturbance, 9700 North Rd., Peshastin
- 18:16 Property, River Rd., Plain
- 18:45 Attempt to Locate/ Contact, 8355 1/2 Lake St., Peshastin
- 19:16 Noise, 111 Turkey Point Ln. area
- 19:42 Attempt to Locate/ Contact, 11823 Shugart Flats Rd., Plain
- 22:16 Suspicious Circumstance, 1001 Front St.



OBITUARY

Dolores R. Voelker



December 9, 1936 - July 2, 2022

Dolores Voelker passed away July 2, 2022 in Olathe, KS. Funeral mass will be celebrated at Holy Trinity Catholic Church's Stone Chapel in Lenexa, KS at 10:30 a.m., on July 9, 2022. Burial will be at Holy Cross Cemetery, 7200 N. Wall St. Spokane, WA. 99208 at noon, July 16, 2022. See full obituary at [www.porterfuneralhome.com](http://www.porterfuneralhome.com)

TSA Nationals

CONTINUED FROM PAGE A1

step on stage not once, but twice, to receive trophies. "Not only did they win third place for their Community Service Video, but Olivia Melton and Cordelia Freeland also placed third for Technical Design," said Gilreath.

"At the awards ceremony, it is amazing to hear all the different events offered through TSA," she continued. "Washington state made the top ten in many events both for high school and middle school. We were surprised and elated to win third place in two of our events!"

Houghton, speaking of

hearing their names called for winning third for Community Service Video, said, "It was just kind of so crazy that this video, that we had been working on for months and had so many troubles with, went far. It was a great experience being up there and knowing that we worked hard for this."

The students felt elation and also gratitude for the opportunity and for the mentoring provided by advisors like Gilreath. "I want to say thank you for this wonderful trip and this amazing experience that we would not be able to do without Mrs. Gilreath. She's an amazing teacher," said Houghton.

For advisors, working with

passionate, smart students through TSA, is rewarding. "The best part of being a TSA advisor is seeing all the amazing students highlighted through the TSA program and knowing you were a part of making the experiences possible for our students," said Gilreath.

It will be exciting to watch as these students continue to hone STEM skills through TSA and to see the next crop of middle schoolers that will gain these experiences thanks to teachers like Gilreath.

Beta Hatch

CONTINUED FROM PAGE A1

can harvest 365 days of the year. So, in a given month we have more harvests than most farmers in their entire lifetime." A mealworm's life cycle includes eggs, pupa, larva, and the adult beetle. Beta Hatch harvest the larva stage, which is a small 2-inch-long worm-like form. Rudolph explained that the Cashmere facility will primarily be used to raise mealworm eggs which will be shipped to other facilities, that will grow the insects to the larval stage.

Governor Inslee described Cashmere as becoming an intellectual center and compared Beta Hatch to Microsoft and Amazon, in terms of their high-tech enterprise and scientific innovation. He predicted that spin offs will occur resulting in additional high-tech companies and new forms of agriculture in Chelan County.

Backed by vertical layers of stacked insect trays reaching to the top of the building, Emery explained that annually

the one-acre footprint of Beta Hatch will be able to produce as much protein as 5000 acres of soybeans, and only use 2% of the amount of water required by a soybean crop. The food used to feed the insects, waste products from the fruit industry, is purchased locally from Crunch Pak and travels less than 2 miles, another sustainability component of the enterprise according to Emery.

The insect poop produced from the operation is called frass. Emery joked "That frass happens here.", especially during the pandemic. She praised her staff for handling the frass very well. Full of nutrients, the frass is marketed as a soil amendment and fertilizer. Emery stated that over 100 acres of experimental field trials are being conducted in hops, apple, pear, and other tree fruits to determine the efficacy of the frass when used in orchards. She indicated that the use of frass would help to make those crops more sustainable.

According to Emery, the company has more demand for their products than they have supply, and they plan

to start building two new facilities in the Wenatchee area this summer. Beta Hatch is also seeking to expand the use of their product into the commercial fish farming industry. Currently those operations catch wild fish to feed the farmed fish. Emery explained that for every pound of mealworms they produce to feed fish, will eliminate 1 pound of wild fish that is harvested. Inslee suggested that there will be global demand for the Beta Hatch sustainable products due to forecasted shortages in water, land and being short of a livable climate. These shortages will produce enormous demands for efficient and sustainable food producing technologies.

According to Emery the Cashmere facility is a demonstration of what is possible "when biotechnology and engineering come together to solve the problems of the future." We have a mission to create year-round jobs. We are so glad to be in the city of Cashmere and bring jobs back into this old building. The company has about 45

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**Obituary & Memorial Policies**

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

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

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

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

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

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TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

**CASHMERE**

**CASHMERE BAPTIST CHURCH**  
 103 Aplets Way • 509-782-2869  
 Sunday School, all ages, 9 a.m. Worship 10 a.m.  
 Bible Study, Wed., 6:30 p.m.  
 Pastor Bob Bauer  
 Find us on Facebook at Cashmere Baptist Church

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

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

**CHRIST CENTER**  
 Sunday Worship Service at 10 am  
 5800 Kimber Rd., Cashmere  
 509-782-2825  
[christcentercashmere.com](http://christcentercashmere.com)

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

**ST. JAMES EPISCOPAL CHURCH**  
 • 509-860-0736 222 Cottage Ave.,  
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**DRYDEN COMMUNITY CHURCH**  
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 10:30 a.m., Worship Service

**CORNERSTONE BIBLE CHURCH**  
 Leavenworth Grange Hall  
 621 Front St. • 251-635-3435  
 Sunday Worship 10 a.m.

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

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

**MONITOR**

**MONITOR UNITED METHODIST CHURCH**  
 3799 Fairview Canyon • 509-782-2601  
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 Pastor Lilia Felicitas-Malana

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 8455 Main Street • 509-548-7517  
 Sunday Worship 10 a.m. • Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)

**NEW LIFE FOURSQUARE CHURCH**  
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 Pastors, Darryl and Mindy Wall  
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THE LEAVENWORTH ECHO • JULY 13, 2022

## CHS Cross Country up and running for the summer with aspirations to win state

BY: ERIN MULLINS  
Reporter

Cascade Cross Country is practicing over the summer for the upcoming fall season, with the first practice held June 21. The team is meeting Tuesday and Thursday mornings to run over the summer, and they recently got back from a team cross country camp in Mazama.

"I think we definitely have a very good shot at winning league [for guys and girls] and then we'll get a chance to go to state. Our boys got third last year so we're hopeful and our girls got tenth last year," Massey said. "I think we have a chance of winning state for boys and girls, it's within the realm of possibility but it's tough. It's very tough. There are so many things that can happen, like injuries."

Massey said that returning runners will be faster this year for both boys and girls. Last year, when the girls team got tenth at state, then freshman Caroline Menna, who was running very well early in the season, had a foot injury and could not run postseason meets, but she should race state this year, he said.

He hopes that Menna and other fast girl runners on the team will help the team to grow stronger, even with the loss of graduated superstar Lauren Muscutt. He said that it is hard to definitely predict what the rest of the league will look like this year with the past two years of COVID.

After two years of restrictions, things are finally getting back to normal. Massey said that there is a good energy coming out of COVID and the team doesn't have to worry about the season getting cancelled. During the start of the pandemic, the 2020 season was delayed until spring of 2021 with classes held online during the fall.

In the spring of 2021, classes were held hybrid with a short "2020" season with state being contested as individual time trials on the track and results aggregated. The state meet was put together by the Washington State Cross



PHOTO BY ERIN MULLINS

Country Coaches Association instead of the WIAA, which normally hosts state meets. Masks were required during school and training runs and only allowed off during competition.

In fall of 2021, cross country was pretty much back to normal, and classes were in person, albeit with reduced participation from some teams, but runners had to wear masks at school and on the bus, but not while training and competing.

Cross Country recently got back from their overnight team camp which was July 5-7 at assistant coach Eric Bard's family owned Mazama cabin. Rising senior Quentin Farrell really enjoyed the camp.

"The main part about [team] camp, at least for me, was being able to hang out with friends and it was tons of fun," Quentin said. "Most of the time we just sat in a circle of chairs that people brought and were

chatting. It was pretty epic."

Quentin said that the team played capture the flag a couple times and he spent a lot of time playing cards with friends. He said for him the runs were hard but manageable but for some the runs were easy. He said they went for a shorter run the first day, a longer run the second day and a hilly trail run the third day.

About 10 runners are going individually to White Pass Cross Country Camp July 17-22 to enjoy running with their teammates, those from other teams and to take on the mountain challenge, a camp wide uphill race.

Quentin Farrell and his sister, rising sophomore Alice Farrell, are planning to go to White Pass Cross Country Camp this year. Quentin and Alice said they have never gone to the camp before. Alice said that she is looking forward to the camp and likes the sport.

"All the people who do it

are really fun people to hang out with. They make the sport really fun," Alice said. "I like running, it's pretty fun. I like it because you are not sitting around, and you are going places."

Quentin said that running is good because it is good training, and you get faster but that he also likes walking since it is relaxing. Both Quentin and Alice said that the team is "really good" and is going to do well this year. In addition to the team doing well, they are both hoping to improve individually. Quentin said that his high school career has passed by fast, and he is disappointed that this is his final year of sports.

Haakon Scheibler, (pronounced Hawk-n-ohn) rising senior and co-captain of the boys' team, said that the team is trying to run as much as possible outside of school. He said people train outside of designated practices and meet

up to run a lot. Scheibler is also hopeful about the team's chances this year.

"I think that our chances could be good. We got third last year. We did lose our best senior, but we have some others to replace him who for various reasons couldn't run last year," he said. "I think if we run over the summer, we should win league and state as well."

Scheibler said that he hopes to improve in his final season but doesn't want to take things so seriously that he puts too much pressure on himself. He said that he is going to train more this summer and hopes to run with the team at state. Last season, Scheibler was the team's seventh runner at state. Alice competed at the state meet as well as the girls fifth runner.

Scheibler said that the team's coaches are "really good" and that Mr. Massey, along with the assistant coaches, are very

knowledgeable and serious about the sport. During a race, he said that it is mentally tough to stay patient and run fast the whole time but that eventually you settle into the pace.

Cross Country is difficult because it is an effort-based sport, Scheibler said.

"Your results are directly determined by how much effort you put in," he said. "In other sports, you may not have to exert that much effort. In cross country, your results are linear with how much effort you put in."

When you are tired, it can be hard to get through a difficult practice session, Alice said. The time commitment is difficult as well, Quentin added, since he has other hobbies that he likes to pursue. Despite his other interests, he thinks cross country is well worth the time. Both Quentin and Alice agree that everyone should join cross country.

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## Kevin Waters wanted for burglary

BY: ERIN MULLINS  
Reporter

Kevin Waters is wanted by Chelan County Sheriff's Office for numerous burglaries to vacation cabins, residences, and businesses, including the Leavenworth Ski Hill, according to Chelan County Sheriff's Office. Several burglaries occurred in the Lake Wenatchee area at summer cabins.

Waters is 33 years old, male, 5'11, approximately 185lbs with blue eyes and blonde hair. He is known to change his hair color and wear heavy eyeliner and wear a handgun on his hip. He is known to drive a blue 1997 Subaru Legacy with primer gray front fenders and stickers in the rear window on a regular basis.

If the public sees Waters, they should call RiverCom at 509-663-9911 or 911 and tell them as much information as they can safely witness, said Sergeant Brian Lewis. Lewis said that although Waters is not wanted for violent crimes, he is known to carry a gun and be unpredictable and the public should not try to detain him or talk to him.

The reason that Waters wears makeup is not known, said Lewis. It is unclear whether the makeup was intended as a disguise or as personal attire. Previously, a deputy initiated a traffic stop to detain Waters. Waters did not yield and fled. In accordance with current Washington state law the deputy did not pursue Waters.

The property that Waters has stolen exceeds \$50,000 in value including firearms. Deputies and Detectives have obtained several search warrants for different locations and vehicles

which have resulted in the recovery of some of the stolen property. Waters is wanted for Possession of Stolen Property 1st degree and Trafficking Stolen Property 2nd degree.

Waters is known to have been recently living in various camps in the Lake Wenatchee and Fish Lake area. His whereabouts are currently unknown. Lewis recommended that if people have property in the Lake Wenatchee area that they have not recently visited that they go to check in on the residence to make sure it is secure, and nothing is missing.

Some people who own second homes sometimes do not realize their home has been burglarized until it is too late, Lewis said.

"We did have one cabin that was broken into earlier this spring," he said. "And when it was discovered, it had been broken into, it had been a couple of months and there was some serious water damage from the weather. Which just made things even worse for the homeowner, unfortunately. So, they lost some property and had to deal with some damage to the house."

Lewis recommends that homeowners install cameras which can be monitored remotely via Wi-Fi and alert you when something has happened to your house, even if you are not near the residence. He said the cameras can also help to develop suspect information.

If a burglary is happening while a resident is in their home, they should call 911 immediately and do everything they can to protect themselves, Lewis said. He said that he cannot give general advice on the exact steps the homeowners

should take after calling 911, whether they should leave the residence or stay, as it is a case-by-case basis and tactics should be taken that are the safest for the situation.

Lewis said that he could not get into Water's motives for the crimes at this time. Investigations are still ongoing, and the police department is asking for the public's help if they know where he is camped out, currently living, or see his vehicle.

In Leavenworth, businesses have been broken into or vandalized recently, but it is unclear whether it is connected to Waters. UV MEND Foodbank had a rock thrown in their window without anything stolen and the city pool was vandalized on July 3. Leavenworth Rocks was recently broken into with cash and jewelry stolen.

Becky Bates Driscoll announced the break in in a Facebook post. Driscoll said that she hoped the suspect goes through drug court and not criminal court and stated that the individual was in custody. However, as of press time, Waters is still at large and has not been listed as detained.

Driscoll declined to identify the suspect publicly in a response to a comment asking about the break in. In the post, Driscoll states that she is opening Leavenworth Rocks the week of August 13 and is proud to run it as a continuation of Mainz Haus of Rock, which was owned by George and Karen Mainz.

"Karen has become a dear friend to me. She has built a landmark business and we are proud to continue with it as locally owned and operated," she said.



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**Announcements**

**Lost & Found**

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

**Leavenworth/Cashmere**  
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or  
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509-682-2213  
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**Quad City Herald**  
509-689-2507  
or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)

**Deadline Noon on Friday for the next week's papers**

**Wanted**



**Looking for Volunteers with Lake Chelan Waterfront Access**  
Lake Chelan Research Institute (LCRI) seeks eight to ten waterfront locations to establish long-term trends in nearshore water temperature. Changes in nearshore temperature are a key factor in growth of attached algae. We currently lack temperature trends in the nearshore environment of Lake Chelan and are initiating collection of that data so we can understand what role temperature may play regarding increased algae growth. Involvement of waterfront homeowners is crucial to the success of the work. Support for this study is provided by the Icicle Fund (see <https://iciclefund.org/> and <https://iciclefund.org/recent-awards>) The institute's mission includes collecting water quality data regularly; understanding the processes that control, and assess trends in Lake Chelan's water quality, benefiting residents, tourism, and environmental science for years to come. If interested, please contact Phil Long at 509-531-2987 or [phillong@nwi.net](mailto:phillong@nwi.net). More information is available at <https://lakechelanresearchinstitute.com> and [KeepItBlueLakeChelan.org](http://KeepItBlueLakeChelan.org)  
Keep It Blue—Lake Chelan!

**Employment**

**Help Wanted**

**2 Transitional - Kinder Para Positions**  
**2 One-on-One Special Education Para Positions**

Applications may be obtained on the district website, [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the district office at 509-689-3418. These positions are open until filled.

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Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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

**Mansfield School District is seeking a Special Education Teacher-Director, K-12 Art Teacher and a Para-Professional for the 2022-23 school year.**  
To view job descriptions and download application, access our website at [www.mansfield.wednet.edu](http://www.mansfield.wednet.edu). We are an equal opportunity employer. If you have any questions, please contact us at 509-683-1012.

**Night-Shift Custodian**  
Applications may be obtained on the district website: [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the District Office @ 509-689-3418  
This position is open until filled.

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

- Substitute Bus Drivers (start paid training for next fall).

For additional information please call (509)548-6039 Fast Track application process and information can be found on our website at [www.cascadesed.org](http://www.cascadesed.org)

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**ALL OCCASIONS Greeting Cards ONLY**  
.50 per card.  
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3 bedroom, 2 bath home, downtown Chelan. \$2,800/ month. 1 year lease.  
Call Joe, 253-334-1439.

**Legals**

**Public Notices**

**2022-2023 Budget Hearing/Meeting to Adopt**  
The Cascade School District Board of Directors will hold a hearing on the 2022-2023 budget prior to the scheduled board meeting on Monday, July 18, 2022. The Hearing will begin at 6:00 pm in person (zoom option) with the regular board meeting to follow at 7 pm. 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 July 6, and 13, 2022. # 4280

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
In re the Estate of DONALD DEAN SLECHTA AMENDED NOTICE TO CREDITORS  
Deceased.  
NO. 22-4-00315-04  
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: July 13, 2022  
Personal Representative: Dennis O. Webb  
5882 Wohlers Road  
Cashmere, WA 98815  
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. 22-4-00315-04  
DATED this 8th day of July 2022.  
LAW OFFICE OF KYLE D. FLICK, P.S.  
By/ S/ KYLE D. FLICK  
KYLE D. FLICK, WSBA #14963  
Attorney for Estate  
Published in The Cashmere Valley Record/Leavenworth Echo on July 13, 20, and 27, 2022. #4351

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- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)



Public Notices

Public Notices

NOTICE OF TRUSTEE'S SALE

Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-22-897633-BF Title Order No.: 220009862-WA-MSW Reference Number of Deed of Trust: Instrument No. 2223928 Parcel Number(s): 231913625010 Grantor(s) for Recording Purposes under RCW 65.04.015: BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4 Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Specialized Loan Servicing, LLC I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 8/12/2022, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 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: THE WEST 130 FEET IN WIDTH OF LOT 1, IROQUOIS FARMS, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 2 OF PLATS, PAGE 16, LYING NORTHERLY OF THE WENATCHEE RECLAMATION DISTRICT CANAL RIGHT OF WAY. More commonly known as: 2599 EASY ST, MONITOR, WA 98801 Subject to that certain Deed of Trust dated 3/29/2006, recorded 3/31/2006, under Instrument No. 2223928 records of CHELAN County, Washington, from BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE, as grantor(s), to FIRST AMERICAN TITLE, as original trustee, to secure an obligation in favor of NEW CENTURY MORTGAGE CORPORATION, as original beneficiary, the beneficial interest in which was subsequently assigned to Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4, the Beneficiary, under an assignment recorded under Auditors File Number 2356278 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: \$24,277.17. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$303,099.31, together with interest as provided in the Note from 11/1/2020 on, and such other costs, fees, and charges as are due under the Note, Deed of Trust, or other instrument secured, and as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 8/12/2022. The defaults referred to in Paragraph III must be cured by 8/1/2022 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 8/1/2022 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 8/1/2022 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 2/28/2022. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You may be eligible for mediation. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: [http://www.dfi.wa.gov/consumers/homeownership/post\\_purchase\\_counselors\\_foreclosure.htm](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/foia/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-22-897633-BF. Dated: 4/8/2022 Quality Loan Service Corp. of Washington, as Trustee By: Tianah Schrock, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202. Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-897633-BF Sale Line: 800-280-2832 or Login to: <http://wa.qualityloan.com> IDSPub #0177802 7/13/2022 8/3/2022. Published in The Cashmere Valley Record/Leavenworth Echo on July 13, and August 3, 2022. #3892

# Motion sickness remedies

Several years ago, my husband's cousin and wife invited us to join them on a 1-day cruise in Alaska. It was viewing Aialik Glacier, the largest tidewater glacier in Kenai Fjords National Park. Lunch was on board the ship, and a lovely salmon and crab dinner at Fox Island awaited us on the way back.

We arrived at 9 a.m., at the boat terminal through pouring rain, wind gusts nearly knocked us over, and a temperature of 49 degrees Fahrenheit. The captain canceled the cruise due to the weather, thank heavens. I wouldn't have enjoyed being tossed about on the boat because I get seasick.

Acupressure helps ease motion sickness for some people. Wearing an elastic band around your wrist activates a particular pressure point, relieving nausea and discomfort. To give this medication-free approach a try, look for Sea Bands®.

Ginger can be an effective motion sickness remedy. For best results, take 500mg to 1000mg of powdered root every 4-6 hours. Fresh ginger root, capsules of ground ginger, or small chunks of sweetened, crystallized ginger also work. My favorite form is crystallized ginger, which weighs twice as much as powdered ginger.

I used to weigh pieces of crystallized ginger with my



little apothecary scale left over from pharmacy school. The best results were achieved with chunks about the size of a full-strength aspirin tablet. Ginger ale, ginger tea, and gum didn't have enough ginger to provide me reliable relief.

Dramamine® for motion sickness is a popular non-prescription remedy but watch out: it has two different formulations, the original one and a "less drowsy" formula.

The original version of Dramamine® contains dimenhydrinate, a close cousin of diphenhydramine or Benadryl®. Both dimenhydrinate and diphenhydramine can prevent motion sickness. Unfortunately, they also make you drowsy and need to be taken frequently.

The last time I took Dramamine® was on a flight home from Orlando to Seattle. After crossing 3 time zones going westbound, I lost track of time, and it wore off right when I needed it.

Meclizine is my most reliable motion sickness remedy. You can buy it 3 ways: Bonine®, Dramamine® Less Drowsy Formula, and generic meclizine tablets. I recommend the 25mg chewable meclizine tablets unless your doctor advises you to take the 12.5mg tablets instead.

I never leave home without my chewable meclizine for motion sickness. It's inexpensive,

is available as chewable flavored tablets, and rarely causes drowsiness. Best of all, one dose lasts 24 hours.

For more relief, try adding ginger or acupressure to meclizine. Avoid adding dimenhydrinate (the original Dramamine®) to meclizine or Benadryl® (diphenhydramine). Their combination can cause drowsiness, dry mouth, and constipation.

If taking meclizine or dimenhydrinate with ginger doesn't help your motion sickness, ask your doctor about a prescription for scopolamine patches. Scopolamine is a patch (Transderm-Scop®) you wear behind your ear, lasting 2-3 days. Scopolamine patches are more potent at relieving motion sickness than non-prescription medicines, but they also cause more side effects.

Scopolamine can cause fatigue, blurred vision, dry mouth, constipation, and urinary retention. Talk to your medical provider about whether scopolamine would be a safe choice for you, especially if you have constipation.

Here are 5 Tips for Mastering Motion Sickness:

**1. Be prepared.** Motion sickness medicine takes a while to work and is most effective taken as a preventative. You should take or apply motion-sickness remedies at least 30 minutes before experiencing the motion of a boat, car, or plane.

If you take a short-acting nausea medicine like ginger or dimenhydrinate (Dramamine® Original Formula), remember to

bring another dose with you. If your outing is delayed, you'll be able to take another dose before the first one wears off.

**2. Face forward.** If possible, sit facing forward on cars, trains, boats, and roller coasters.

**3. Keep cool.** Seek out areas where you can get fresh air or a cool breeze on your face. Getting too warm always makes my motion sickness worse, so I wear layers to avoid getting overheated.

**4. Choose meclizine over dimenhydrinate.**

There are two formulas of Dramamine®: Original Formula and Less Drowsy Formula. They sit side by side on the pharmacy shelf, and it's easy to confuse one with the other.

I recommend meclizine, the generic version of Bonine® and Dramamine® Less Drowsy Formula. Meclizine is just as effective and costs less than those brand-name products.

**5. Meclizine works for dogs, too.**

For most dogs, the dose of meclizine is 25mg once daily. If your dog is smaller than 25 pounds or already takes medication, check with your veterinarian first.

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



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- THEME: ANNUAL TRADITIONS
- ACROSS
1. Verdant
  5. Vietnamese neighbor
  8. "Before" prefix
  11. Curved molding
  12. "It rings at midnight on Christmas Eve at church"
  13. Yarn store unit
  15. Relating to armpit
  16. Criminal's surprise
  17. Nephew's sister
  18. "4th of July spectacle"
  20. 1952 Olympics host
  21. 1,000 kilograms
  22. Meat sauce
  23. Vacation location
  26. French painter of "La Danse" fame
  30. Menu words (2 words)
  31. Lean
  34. Wine valley
  35. Impertinent
  37. "Annual Assumption tradition blesses it"
  38. #2 Down, pl.
  39. Highest volcano in Europe
  40. Puppies
  42. Bit of binary code
  43. Dean's official residence
  44. Small stream
  47. Wine quality
  48. Bilbo Baggins' land
  50. Windsor family's sport
  52. "Popular New Year's libation"
  56. Stored by bees
  57. \_\_\_-de-camp
  58. "On the \_\_\_" by Jack Kerouac
  59. Make laugh
  60. Tear
  61. Tibetan priest
  62. Woolen cap
- DOWN
1. Bakery serving
  2. Tangelo
  3. Scorch
  4. Regarding this point
  5. "Live and \_\_\_"
  6. Description for twins
  7. Auto pioneer
  8. Banana remnant
  9. Puerto \_\_\_
  10. Compass bearing
  12. "Jane Eyre" author
  13. Pig part
  14. "Action under mistletoe"
  19. Like a damaged apple, possibly
  22. Jam container
  23. Torn down
  24. Fill with optimism
  25. Sweating room
  26. "Thanksgiving's main event?"
  27. Beauty parlor
  28. Chiropractor's concern
  29. Painting holder
  32. Light gray
  33. "Wow!"
  36. "Birthday cake decorations"
  38. Seize the throne
  40. Kind of humor
  41. Ready
  44. Deteriorate
  46. Just about
  48. Jumped aside
  49. Lacked
  50. Type of cotton
  51. Female gamete
  52. "Valentine's Day tradition"
  53. "New Year's resolution weight or savings target"
  54. One in a roster
  55. Red-encased cheese
  56. "Graduation flyer"

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# The Washington Outdoors Report



PHOTO BY JOHN KRUSE.

The mountains are calling but be prepared.



PHOTO BY JOHN KRUSE.

Always wear a life jacket while kayaking.

## Playing it Safe Outdoors

By JOHN KRUSE

The wilderness and waters here in Washington offer a wonderful playground for outdoors recreation but far too many people underestimate the dangers out there, turning a fun day of enjoying nature into a crisis or tragedy.

In the past month there have been three accidents in Central Washington leading to deaths in each instance. Could some of them have been prevented? There is reason to believe so and sometimes, it really comes down to playing it safe and knowing your limitations before you put yourself into a situation you can't get out of. Here is a rundown of these recent incidents.

### Climbing Accident - July 4 - Icicle Buttress near Leavenworth

A 44-year-old man from Vancouver, Washington was climbing with a female partner when they were caught in a sudden, violent rainstorm. The two attempted to descend the rocky face but the male climber fell some 100 feet and died from the injuries he sustained when he did. Sergeant Jason Reinfeld is in charge of Emergency Management and Search and Rescue Operations for the Chelan County Sheriff's Office. He speculated the two climbers didn't anticipate the magnitude of the storm. Reinfeld also said it appeared

a rope anchor appeared to have popped out of the rocks as the victim descended, leading to the fall.

### Kayak Accident - June 28 - Lake Chelan

An 18-year-old Redmond man launched his kayak from Twenty-Five-Mile State Park around 10:30 a.m. while vacationing with his family. He was last seen a few miles up lake from the park. His family alerted authorities when he did not return. Chelan County Sheriff's Deputies responded to the scene and searched by boat and air but could not locate the kayaker, who was diabetic. They did however, find his kayak. When they did, Sergeant Reinfeld said they found he had not taken his insulin medication with him and he was not wearing his life jacket, which was left in the boat. The young man has not been located.

### Kayak Accident - June 25 - Little Wenatchee River

Two experienced kayakers put in at a bridge crossing on the Little Wenatchee River. Where they put in was relatively calm but two hundred yards downstream around a corner there was a severe set of rapids and a waterfall. Both kayakers were thrown out of their kayaks. One of the men made it to shore, the other, a 41-year-old man from Des Moines, lost his life jacket and was swept over the waterfall. As of July 6, his

body has not been recovered due to high flowing waters.

Sergeant Reinfeld talked about the importance of knowing the river in detail that you are going to paddle. He said this set of rapids and waterfall was not visible from the road and he does not know if they scouted the whitewater from the bank before entering it or if they entered it blind. It is always a good practice to scout rapids ahead to determine if they are passable and to formulate a plan to navigate them.

Asked about other water safety issues unrelated to this incident, Sergeant Reinfeld stressed the importance of always wearing a life jacket while in a watercraft. He also said that while being tethered to a Stand-Up-Paddleboard is a good idea on a lake it might not be on a river if the tether or paddleboard gets hung up on a snag or structure.

### Alpine Lakes/Enchantments Rescues

While I was on the phone with Sergeant Reinfeld, he was coordinating a rescue mission in the Enchantments portion of the Alpine Lakes Wilderness. A hiker had slipped on snow and slid into a tree. The hiker was unable to move and with the weather in the area bad, a ground team was hiking in with supplies to help them weather the night (the day hikers had none) until a helicopter could reach them the next day.

Reinfeld said the first year of the Covid pandemic was a record year for search and rescues and they remain very busy. He explained that almost all of those who needed to be rescued in the mountains or woods underestimated their skills, their level of fitness, and the time they needed to do the hike they were on (especially in the Enchantments). Many of them did not research the conditions in advance through websites like the Washington Trail Association's Trip Reports page and were not aware of how fast the weather can change in the Cascades.

As far as parting tips go, Reinfeld said it's always good to have a way to communicate besides a cell phone. Both Spot and Garmin make portable devices you can take with you that operate off a satellite. If you get into trouble, you can simply text the nearest 911 call center and ask for help. Sergeant Reinfeld also said hikers should be prepared to spend the night in the woods if things go wrong with the appropriate clothing and survival supplies and to always let someone know where you are going and when you expect to be back. Consider these lessons learned on the water and in the high country.

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

# To protect the grid and meet climate goals, we need the Lower Snake River dams

KIRK HUDSON

General Manager of Chelan County PUD

RICH WALLEN

CEO and General Manager of Grant County PUD

GARY IVORY

General Manager of Douglas County PUD

The headlines in recent weeks have been startling: Extreme heat and energy shortfalls in much of the country could lead to power outages this summer across the Midwest, Texas and California, and another active wildfire season in the West will pose even more reliability risks for the power system.

The nation's power grid is under incredible pressure. Growing electricity demand, climate change and carbon-reduction policies are increasing the risk of blackouts. As states phase out fossil fuels, the Northwest Power, and Conservation Council reports that at least 3,500 additional megawatts of renewable resources are needed by 2027 to meet the region's energy needs and reduce emissions.

Despite all this, U.S. Senator Patty Murray and Governor Jay Inslee recently released a draft report which suggests

a willingness to remove a critical source of carbon-free energy from the power grid.

The draft Murray-Inslee report examines the potential impacts of breaching four hydroelectric dams on the Lower Snake River and suggests the dams' energy generation could be replaced by alternative technologies.

We strongly disagree. We believe this conclusion was based on questionable baseline assumptions and does not adequately address future challenges associated with plans to retire fossil fuel generation in the West.

The draft report lacks independent engineering, cost-benefit, and fish-benefit analysis. As public utility districts that own and operate five dams on the Columbia River, all of which meet or exceed every federal and state standard to protect salmon, we do not want this deeply flawed draft report used to make decisions about the future of hydropower - decisions that could cost billions of taxpayer dollars, increase power rates, have negligible benefits, and further strain the electricity grid.

The Lower Snake River dams are significant sources of carbon-free electricity for

the northwest. They provide 1,000 megawatts of energy, and up to 3,033 megawatts of capacity. That's enough energy to power a city the size of Seattle.

Here in North Central Washington, our customer-owned utilities produce reliable, carbon-free hydropower, which, like the power from the Lower Snake River dams, is used to balance the grid and fill in the gaps inherent with wind and solar. Our dams operate within the same power system as those on the Lower Snake River.

That system has worked as designed during the extreme weather events of recent years, keeping the lights on, and protecting the health and safety of vulnerable populations. According to the Bonneville Power Administration, the Lower Snake River dams played an important role during last year's deep freeze and heat dome events. Removing the dams would put the region at a very high risk of blackouts during these types of weather events.

Simply put: There are no commercially available technologies that can be deployed at the scale necessary to replace the clean, renewable

energy and capacity provided by hydropower. Technologies such as batteries have limited ability to back up wind and solar for short periods of time - generally for one to four hours. But for storage to provide reliable capacity during extreme weather events, when wind and solar are not generating, it must have a fleetwide duration of 100-1000 hours.

We recognize Sen. Murray and Gov. Inslee's long-standing efforts to achieve progress on the big issues of salmon recovery and clean energy. In our role as hydropower operators, we stand ready to support the pursuit of a carbon-free grid that electrifies transportation, buildings, appliances, and many other sectors. But it is counterproductive to frustrate these goals by removing hydropower capacity.

It is essential that policymakers fully understand the vital role the Lower Snake River dams play in meeting the region's energy supply needs and carbon reduction goals. We hope they consider that removing the dams could have public safety, electric reliability, and cost consequences for millions of people across the Northwest.

## Red Cross

CONTINUED FROM PAGE A1

good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before

arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

### Amplify Your Impact - Volunteer

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood

donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position, visit <https://redcross.org/volunteertoday>.

About the American Red Cross: The American Red Cross shelters, feeds and provides comfort to victims of disasters;

supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit [redcross.org](http://redcross.org) or [CruzRojAmericana.org](http://CruzRojAmericana.org), or visit us on Twitter at @RedCross.

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