



Swimmers OF THE WEEK
Community | A2

Officials plan to kill 450K invasive owls that are endangering native owls
Community | A2



Cashmere Valley Record

A Ward Media Publication

Serving the Cashmere Valley since 1907
Volume 117 • No. 29

July 17, 2024

cashmerevalleyrecord.com
Single Copy \$1.00

Cashmere Council delays building inspector decision, approves road project

By **Kirk Beckendorf**
Special to Ward Media

CASHMERE — In a meeting marked by postponed decisions and infrastructure approvals, the Cashmere City Council grappled with issues ranging from building inspections to tree removal during their July 8 meeting.

In the absence of Mayor Jim Fletcher, Council member Chris Carlson presided over the brief session.

The council unanimously voted to postpone a decision on awarding a contract to BLADES Code Services for building inspections. Council members sought clarification on billing details, particularly concerning travel expenses from the company's

Ephrata location. The need for a contract inspector arose following the resignation of the city's Permit Specialist, Tammy Miller.

In infrastructure news, the council approved a \$17,334 bid from Quality Paving for an asphalt overlay project on East Prospect Street. The bid was the lowest among five submitted proposals. Council member John Perry

expressed concerns about the recent removal of trees on Division Street in front of an apartment construction site. When Perry inquired about the reason for the removal, Director of Operations Steve Croci referred him to discuss the matter with the mayor.

The council also addressed the potential sale of the current library building once operations relocate to

the Riverside Center. While Mayor Fletcher had suggested obtaining an official appraisal, Council member Jeff Johnson proposed seeking free market analyses from local realtors as an alternative.

In other business, the council approved the surplus of an unused recycling trailer and excess items from the Riverside Center.

NCW Libraries seeks community input for Cashmere Library redesign after relocation



The current Cashmere Library is slated for relocation. A sign points to the Riverside Center and Park, foreshadowing the library's future home.

Cashmere Valley Record
Ward Media

CASHMERE — NCW Libraries has announced plans for a community town hall event on August 7 to discuss the relocation of the Cashmere Library to the Cashmere Riverside Center.

The event, scheduled for 6:00 p.m. at the Riverside Center, will allow community members to provide feedback on potential changes to the interior library space. An interior designer from Library Forward, a firm specializing in library spaces, will give a presentation, after which

participants can explore and vote on design concepts.

"Our goal is to reach as many members of the community as possible, both current library users and non-library users," said Lisa Lawless, Cashmere Librarian. "We hope to hear from the community how they want to engage with the library and what will serve their needs."

Additional engagement opportunities include pop-up events at local businesses and online surveys. These efforts are part of NCW Libraries' Reimagining Spaces project, a multi-year initiative to redesign interiors across their five-county system.



The Cashmere Riverside Center, the future site of the Cashmere Library, stands ready to welcome the community. This larger facility will house the redesigned library space following community input and renovations.

The redesign will happen in coordination with the library's move to its new permanent home at the Riverside Center. "We've been really excited to get the project started in Cashmere because we have such a beautiful building to work with and the community is already so invested in its library," says Tim Dillman, NCW Libraries Executive Assistant. "The city saw an opportunity to better maximize the community's use of the space by relocating the library and we're fortunate that the timing aligns with our Reimagining Spaces project which will allow the library to apply the funds our Board

of Trustees set aside for Cashmere to update the space and allow it to serve the community even better."

Design plans are set to begin in September, following the two-month community engagement period. NCW Libraries aims to complete the redesign and relocation by Spring 2025.

The town hall event is free and open to all community members. For more information about the Cashmere Library community engagement and the Reimagining Spaces project, interested parties can visit ncwlibraries.org/reimagining-spaces.

Cashmere Public Library introduces new art forms to community members, hosting a woodburning workshop



Locals Joyce Price (left) and Karen Hendin (right) show off their smoking works of art with wide smiles.

By **Will Nilles**
Ward Media Staff Reporter

CASHMERE—As part of its constant mission of broadening local horizons, Cashmere Public Library (CPL) hosted a free woodburning workshop for teens and adults, aimed at getting community members interested in new creative outlets.

The workshop provided participants with handheld wood burners (cord-powered devices that can sear designs into wood like red-hot pencils) and free blank wooden coasters, ready to be transformed into unique works of art. After a quick safety introduction, participants began working on their own freestyle coasters, creating an assortment of smokey designs.

Cashmere librarians, Ashley Harrod and Lisa Lawless, expressed their satisfaction with the workshop's turnout and participation.

"Everybody that came, it was their first experience learning how to woodburn, so it was a really good introduction to this type of art," Lawless shared with excitement for all of CPL's programs. "So, I'm happy to bring something to the community for free to introduce a new skill, and that's kind of what our goal is at the library, to bring activities and programs that open up people's world and connect them to vital resources."

Lawless explained that one of her favorite parts about doing art activities with community members is the wide range of creativity each person brings to the library.

"It's so surprising how varied everyone's art is. There are no mistakes in art, and it's so true. One person was just doodling, and it turned out beautiful, and another person was working on a scene, and that turned out great too, someone

Local astronomers explore the depths of the cosmos on the shores of Lake Wenatchee

By **Taylor Caldwell**
Ward Media Staff Reporter

LAKE WENATCHEE—Lake Wenatchee State Park's astronomy program is bringing the cosmos closer to the community by offering free, guided viewings throughout the summer.

"I believe this series has potential to grow our valley's population of astronomers into a community, to help connect ourselves with our natural heritage, to learn more and appreciate the cosmos that surround us," said Paul Thomas, Lake Wenatchee State Park Ranger and astronomy program founder.

The astronomy program holds a series of gatherings throughout the summer, with each night guided by either Thomas or another volunteer astronomer. Each event is subject to what is visible in the night sky on that given night, leading to a wide variety of possibilities.

"If the moon is high and bright, we may have a lunar program and learn about our brilliant moon. Later in the summer, when the planets are above horizon at a decent hour we will take



Viewers gather on the shore of Lake Wenatchee to explore the night sky.

COURTESY OF PAUL THOMAS / LAKE WENATCHEE STATE PARK

See **ASTRONOMERS** Page **B2**

See **LIBRARY** Page **B2**

Inside The Record this Week

5 Things to do This Week.....	A2	Community Calendar.....	A3	Sheriff Report.....	A3
Business Directory.....	A3	Classifieds.....	B3	Swimmers of the Week.....	A2
Church Guide.....	B2	Kid Scoop.....	B4	Advertising Flyers.....	Safeway



\$1.00
Phone:
509-548-5286

www.cashmerevalleyrecord.com

Cashmere Valley Record

© Ward Media, LLC 2024



WARD MEDIA

On the Internet

Website:
www.cashmerevalleyrecord.com
E-mail:
news@ward.media

Office hours

Hours: 9 a.m. - 5 p.m. except weekends, or call 509-548-5286

Contact information

CEO & Publisher

Terry Ward

509-731-3284
terry@ward.media

COO & Co-Owner

Amy M. Yaley

509-731-3321
amy@ward.media

Multimedia Sales Manager

Sherrie Harlow

253-255-5920
sherrie@ward.media

Reporter

Quinn Propst

quinn@ward.media

Will Nilles

will@ward.media

Circulation

509-293-6780

Deadlines

Calendar Listings:	Noon, Friday
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	5:00 p.m., Thur.
Legal Notices:	Noon Friday
Classified Ads:	Noon Friday

Subscriptions

Print and online (yearly)	\$45.00
Online-only Subscription	
12 Months	\$45.00
6 Months	\$22.50
3 Months	\$12.50
1 Month	\$5.00
1 Week	\$1.50

The Cashmere Valley Record does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.



© Ward Media, LLC prints on recycled newspaper with soy ink. Please recycle.

Letters policy

The Cashmere Valley Record 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 nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to letters@ward.media.

Corrections

The Cashmere Valley Record 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 Record at 509-548-5286 email news@ward.media

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-293-6780 or by emailing classifieds@leavenworthcho.com.

Legal Advertising

Legal ads can be placed during normal business hours by calling 509-293-6780 or by emailing legals@ward.media

Obituaries

Obituaries can be placed during normal business hours by calling 509-548-5286 or by emailing obits@ward.media

Services

Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

Cashmere Valley Record (USPS 092-600) is published every Wednesday by Ward Media LLC, 29 S. Wenatchee Ave., Suite A, Wenatchee, WA 98801
Telephone: 509-548-5286
Periodical postage paid at Leavenworth, Wash. (and additional mailing offices)
Postmaster: Send address corrections to: Cashmere Valley Record 131 S. Apple Blossom Drive #109, Chelan, WA 98816

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!



"Beauty and the Beast"

Leavenworth Summer Theater will present Disney's "Beauty and the Beast" on Friday, July 19 from 8-10 p.m. "Step into the enchanted world of Broadway's classic Disney's "Beauty and the Beast", one of the most beloved musicals of all time," the event page states. "Performed at our scenic Ski Hill Amphitheater."

For more information visit leavenworthsummertheater.org.

Outdoor Summer Concert Series

The band Pretty Little Feet will perform at Lincoln Rock State Park as part of their Outdoor Summer Concert Series on Friday, July 19 from

7-9 p.m. "Pretty Little Feet are an acoustic duo from Bellingham with over twenty years of performing experience," the event page states. "Members Matt Novak and Allegra Ziffle play old-time song and tune, a wide-ranging repertoire of selections from the traditional canon and artists from the bygone days of radio up to the present, as well as their own originals."

For more information visit parks.ua.gov.

The Kevin Jones Band

Icicle Ridge Winery will host live music by The Kevin Jones Band on Saturday, July 20 from 6-9 p.m. "Enjoy amazing live music this summer, starting the last

weekend in June," the event page states. "We have reserved the stage here on the lawn for your summer entertainment. There is no cover, just come and hang out."

For more information visit icicleridgewinery.com.

Cashmere Writers Group

The Cashmere Writers Group will meet at the Cashmere Library on Monday, July 22 from 4-6 p.m. "If you love to write, are a budding author, or just enjoy creative writing this is for you," the event page states. "Join like-minded people to discuss, share, and write. Find your

community here. Led by Lance Brender. All levels welcome."

For more information visit ncwlibraries.org.

Gnomestastic Storytime

The Cashmere Library will host Gnomestastic Storytime on

Thursday, July 25 from 11 a.m. to 12 p.m. "We have a special Gnome your Home - Storytime," the event page states. "Join us for Gnome stories, games, action songs, and more - plus a fun gnome craft at the end."

For more information visit ncwlibraries.org.

Cashmere Public Library cooks up unique musical experiences for local kids with an 'instrument petting zoo'



WILL NILLES/WARD MEDIA

(from left to right) Nancy, David, Lisa, Tim, and Kathy play the Beatles' "Octopus's Garden" as smiling kids keep the beat with their rhythm sticks.

By: WILL NILLES
Ward Media Staff Reporter

CASHMERE—As a way of expanding young minds and escaping the blisteringly hot July afternoon, the Cashmere Public Library (CPL) held a special interactive story time accompanied by local musicians and a variety of fun instruments for kids to learn about and explore. The event fits into the CPL's much larger mission to introduce kids to new experiences and help them make connections to new passions and skills.

Branch Librarian Lisa Lawless led the story time with a collection of fun interactive songs, providing participants with egg shakers and sticks to keep the rhythm. Lawless explained her aims for the unique story time and expressed her excitement about its success.

"My goal was to introduce a variety of instruments to kids and families, and just kind of let them experience the different sounds that come out of the instruments and be able to explore these different sounds," she said after the event, speaking over the chaotic yet lively noise of kids playing with and exploring the instruments displayed by local musicians. "It was really fun, and we filled up our rug."

A handful of local musicians brought in their instruments to play along with Lawless and the kids as they sang and danced

across the library's reading rug. Amongst the musicians were David and Nancy Martin, a couple from the Peshastin area who showcased a guitar, two ukuleles, a mandolin, and a fascinating combination of a banjo and ukulele, referred to as a banjolele. Along with their fun collection of string instruments, David Martin also brought with him a long and rich history in music.

"I started playing the trumpet when I was in fifth grade, and my dad was a part-time professional musician playing saxophone in dance bands back in the early 60s," Martin shared as he reflected on his life playing music. "But then at that point, rock'n'roll came out, and so I got interested in rock'n'roll, and [my dad] said, 'if you want to play that hillbilly music,' because everything with a guitar was hillbilly music to him, 'you have to get your own [guitar].' And so I earned my first guitar from Sears and Roebuck in the 1960s," Martin chuckled nostalgically.

Martin commented on his eagerness to participate in the musical story time, focusing on the importance of sharing music with children early on.

"Watching little kids get excited about music is always a fun thing, because you can see the spark start very early on," he explained. "And music or an instrument is something that you can carry with you all your life versus sports...

music, you can do the rest of your life."

Local ukulele player, Kathy DeFazio, also attended the event, playing her sweet stringed instrument alongside volunteer ukulele teacher, Tim Morrison. DeFazio showed off a couple of unique instruments, including a handmade kalimba, an African instrument with simple metal keys that make a beautiful sound when tapped, and a penny whistle, a traditional little Irish flute. Much like David Martin, Kathy also shares deep roots in music, connecting all the way back to her family.

"I'm Italian, and Italians always say [music] is imprinted on the Italian soul. So there was music all around the house, and my mom always had a piano in the house. And when you come to family gatherings, there was always some point where somebody would start singing, and then everybody would start singing... so, yeah, music has always been there in my family," she remembered, happy to continue passing down her traditions of music to the younger generations.

Librarian Lawless filled the story time with a wide variety of songs and books, starting with a story by Helen Hancocks about jazz legend, Ella Fitzgerald and her friendship with singer, Marilyn Monroe, titled, Ella: Queen of Jazz. Between each story, Lawless and her volunteer musicians led their group of smiling kids in fun interactive



WILL NILLES/WARD MEDIA

Ukulele teacher, Tim Morrison blows notes out of his trumpet as a curious young musician experiments with the instrument's valves.

songs, including the Beatles' feel-good classic, "Octopus's Garden".

"My other goal was to make sure that this was an active story hour just so that kids wouldn't just be listening, they would be participating in the stories and the songs," Lawless shared, satisfied with the story time's positive participation. "I think about all the different senses. You've got your sight and your smell and your hearing and tactile touch... I think we hit a lot of those senses today."

After storytime had wrapped up, the participating kids were given the opportunity to approach volunteer musicians and get an up-close look at their instruments. Strumming

away at strings and pressing notes on the trumpet, those participating were able to grab a closer perspective of expensive and unique instruments they may otherwise not have seen until much later on in life. These early experiences help connect children to healthier creative outlets, ingraining a deeper understanding of art and culture into their lives, and hopefully igniting sparks of imagination within their developing minds.

For more information about Cashmere Public Library, NCW Libraries, and their exciting community events, visit ncwlibraries.org.

Will Nilles: (509) 731-3211 or will@ward.media

Community Foundation launches community-driven grant program

NCW News
Ward Media

WENATCHEE -- The Community Foundation of North Central Washington (CFNCW) has launched a new grant program that provides unrestricted funding to charitable organizations in specific geographic regions.

The Legacy Funds Grant program, which replaces the Regional Impact Grant program that ended in 2023, is now accepting applications from charitable organizations in Cashmere, Chelan Valley, Upper Valley, and Wenatchee Valley. The deadline for submissions is August 15.

"We have a Local Advisory Board for each Legacy Fund

that has received training on how Community Foundation grants are reviewed and evaluated" said Jennifer Short, director of community grants at the foundation. "Each LAB also includes a foundation Trustee and staff to help direct and guide the process. We're looking forward to including more community members in our grant-making process as they understand their community's critical needs and enrichment opportunities best."

These LABs, representing a diverse cross-section of each community, will review applications and award grants within their respective areas. The boards include a mix of long-time and newer residents, working and

retired individuals and other community members.

The Foundation reports that the Legacy Funds were established by donors, some through wills or bequests, others by living donors, who directed their gifts to support specific communities. This new grant-making approach aims to fulfill donor wishes while leveraging local knowledge for greater impact.

Charitable agencies in Okanogan County will have to wait until Spring 2025 to apply, while applications for other areas will open in Fall 2024.

The CFNCW encourages interested organizations to visit their website for more information and to submit applications.

Swimmers OF THE WEEK

Louise Hoff,
10 years

This weeks female swimmer of the week is Louise Hoff. She is a new team member this year. During tryouts she wasn't sure she wanted to join the team, we are sure glad she did! She is learning a lot and improving every day. Louise asks a lot of questions so that she gets it right. We are very proud of her effort.

Robert Miller,
5 years

This weeks male swimmer of the week is our youngest team member Robert Miller age 5. His improvement has skyrocketed in the first 4 weeks. He barely could swim 25 yards on the first day and now in the last swim meet he swam a 100 yard individual medley! Robert has 3 older siblings on the team to be his role models.

Way to go Swimmers!

<https://wokaboutgrill.net>

ALWAYS FRESH HEALTHY FOOD AT

WOK ABOUT GRILL

MONGOLIAN BARBECUE

Link Transit secures \$4.5 Million federal grant for electric bus fleet

NCW News
Ward Media

WENATCHEE — Link Transit has been awarded a \$4.5 million federal grant to support the electrification of its entire fixed-route urban fleet.

The funding, part of the Federal Transit Administration's Low and No Emission Bus and Bus Facility program will enable Link Transit to phase out older gas-powered cutaway buses that have exceeded their useful life.

"This award allows Link to achieve 100 percent electrification on our urban fixed-route fleet," said Link

Transit CEO Nick Covey. "The purchase of five new battery-electric vehicles brings Link's fixed-route electric fleet to 37 buses, moving us closer to our goal of electrifying the rural routes in our 3,500-square-mile service area."

The grant is part of a larger \$1.5 billion federal investment supporting 117 public transportation improvement projects across 47 states. Over the past three years, the Federal Transit Administration has allocated nearly \$5 billion to replace and modernize transit buses nationwide.

Given the 16-month delivery timeline, Link Transit expects

the new electric buses to be on Wenatchee Valley roads by February 2026.

The funding aligns with the Biden administration's

push for zero-emission public transportation by 2050. Approximately 80% of the buses funded through this initiative will operate on zero

and low-emission technology.

This federal support is provided through the Bipartisan Infrastructure Law, which provides \$5.6 billion

through 2026 for the Low-No-Emission program and nearly \$2 billion for the Grants for Buses and Bus Facilities program.

Community Calendar

Wednesday

Cashmere Rotary Club, meets at Cashmere Presbyterian Church hall, noon. President Mark Shorb. 509-885-0676.

Mission Creek Community Club, meets every month, 7 p.m. (1st and 3rd Wed.).

Cashmere Food Bank, open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464

Ukulele Circle, Join the Ukulele Circle, 5:30 - 6:30 p.m. every Wednesday, at the Peshastin Library. Please come 15 minutes early to tune and get the sheet music.

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Cashmere Sportsman Assoc., (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.

Cashmere American Legion Post #64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August - June)

Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August - June)

Sunday

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

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)

Tillicum Riders, 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)

Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.))

Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.))

Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)

Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)

Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info, visit www.cashmere.wednet.edu

Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.

Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Icicle & Peshastin Irrigation Districts, Current meeting time 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)

Peshastin Water District, meets at 4:30 p.m. Contact: Steve Keene for meeting location, 509-548-5266. (2nd Tues.)

Cashmere Chamber of Commerce, Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location, 509-782-7404. (3rd Tues.)

The Chelan County Cemetery District #2, (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Cashmere Public Library: 509-782-3314
You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).

Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2.

Closed Sun. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org

Cashmere Museum and Pioneer Village

Call for more information 509-782-3230

Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cottlets Way. Call Nicky 509-782-3230. (3rd Thurs.)

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Officials plan to kill 450K invasive owls that are endangering native owls

By KYLE MELNICK
The Washington Post

To save one vulnerable owl species, the federal government has a contentious plan: killing hundreds of thousands of another owl species.

The U.S. Fish and Wildlife Service said its proposal, released last week, might be the only way to save the spotted owl, whose population has rapidly decreased in recent decades due to competition over food and shelter from an invasive owl species. Shooting roughly 450,000 barred owls over three decades could help spotted owls in the Pacific Northwest rebound, the agency said.

The plan has divided wildlife advocates, with some accusing the agency of being reckless while others say the massive owl hunt is necessary to save a species that's being crowded out.

Robin Bown, a biologist for the Fish and Wildlife Service, said settling on the plan wasn't easy.

"We don't usually get into this job with this in mind,"

Bown told The Washington Post of killing animals. "But we also see the need to protect. And we have a legal responsibility to do what we can to keep our native and endangered species still existing on this Earth."

The Fish and Wildlife Service said in December 2020 that northern spotted owls should be reclassified to an endangered species after their population dropped by about 75 percent in two decades. Some areas where about 200 spotted owls lived in the early 2000s now contain two or three of the birds, Bown said.

Wildlife officials considered several options to preserve spotted owls, but said they wouldn't be effective. Sterilizing barred owls would take at least a decade before a significant population decline; caging them would be expensive and difficult; and relocation wasn't an option since wildlife officials on the East Coast said they don't have room for the birds.

Killing the barred owls will make the largest impact, the Fish and Wildlife Service said. The agency has at least 30



COURTESY OF CAROLYN VAN HOUTEN/THE WASHINGTON POST

The barred owl, left, is considered a threat to the northern spotted owl, right, by the federal government.

days to decide if it will proceed with the plan to shoot the owls, which would only be the latest project to kill invasive species in hopes of protecting other animals. Federal and state agencies have also killed Burmese pythons, feral hogs, nutria rodents and barn owls.

Bown said people trained in firearms would walk through forests in the dead of night with shotguns, flashlights and megaphones to replicate a barred owl call in hopes of attracting them. Once an owl

has settled on a nearby tree, the shooters must identify it through the bar-shaped spots on its brown-and-white feathers and its call, which is known to sound like: "Who cooks for you? Who cooks for y'all?"

If the shooter is within about 100 feet of the owl and has a clear shot, they can shoot. The carcasses could be buried on-site or used for research, Bown said. Officials said they'd

See OWLS Page B2

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.



July 5

- 0:14:05 Noise, 5795 Kimber Rd# A.
- 1:16:15 Fireworks, 117 Aplets Way
- 11:49:24 Assist Agency, 100 Evergreen Dr
- 13:53:19 Civil, 5710 Goodwin Rd
- 16:55:05 Domestic Distur, 115 E Pleasant Ave
- 23:07:25 Fireworks, Mission Creek Rd & Coates

July 6

- 14:42:47 Hazard, 3898 Old Monitor Rd; Anjou
- 16:19:17 911, 817 Pioneer Ave
- 16:58:44 Assist Public, 4741 Red Apple Rd# 2
- 23:43:02 Accident No Inj, Evergreen Dr & Pioneer Ave

July 8

- 6:33:02 Welfare Check, 6375 Hay Canyon Rd
- 9:46:01 Welfare Check, 105 Chase Ave
- 11:24:48 Suspicious, 115 S Douglas St
- 11:37:47 Assist Agency, 917 Pioneer Ave
- 13:39:37 Civil, 115 S Douglas St
- 13:46:12 Missing Person, 40 Elk View Ln, Dryden
- 14:23:01 Civil, 127 Riverfront Dr
- 20:12:06 Welfare Check, 104 Cedar St
- 20:13:38 Accident No Inj, 117 Mission Ave; Liberty Orchards

July 9

- 8:33:08 Traffic Offense, 102 Titchenal Way; Bjs

- 10:16:11 Burglary, 5700 Sunset Hwy
- 10:26:22 Assist Public, 860 Mission Creek Rd
- 11:04:31 Traffic Offense, 91 S Douglas St
- 11:40:59 Graffiti, 300 Tigner Rd
- 12:43:08 Suspicious, 209 Elberta Ave
- 17:02:07 Assist Public, 8681 N Dryden Rd, Dryden
- 19:09:02 Drugs, 102 Titchenal Way; Bjs
- 19:10:44 Trespass, 103 Aplets Way
- 19:34:14 Traffic Offense, 5600blk Tigner Rd
- 22:48:35 Runaway, 4870 Mission Creek Rd
- 23:36:33 Parking/Abandon, 917 Pioneer Ave

July 10

- 0:17:37 Harass/Threat, 4620 Old Monitor Rd, Monitor
- 2:50:19 Alarm, 5736 Vale Rd; Happy Crops
- 13:45:46 Scam, 7572 Olalla Canyon Rd
- 14:39:56 Assist Agency, 302 Fisher St# 110

July 11

- 13:13:30 Assist Agency, oblk Hay Canyon Rd
- 16:55:23 Assist Agency, 7900 Stine Hill Rd# C3
- 17:28:34 Welfare Check, 5736 Vale Rd; Happy Crops
- 18:07:52 Suspicious, 8175 Williams Canyon Rd
- 19:40:27 Parking/Abandon, 4911 Sels Motel Rd

BUSINESS & SERVICE DIRECTORY

ADD YOUR BUSINESS OR SERVICE TO THIS DIRECTORY:
509-731-3321

Complete Excavating Service

- Power & Water Systems
- Dump Truck & Dozer
- Drainfield Repair
- Free Estimates
- Septic Systems
- Road Grading

(509) 548-3489
Leavenworth, WA

Upper Valley EXCAVATING
Licensed - Bonded - Insured

Quick 'n Easy Residential Stump Removal

STUMPS

UNLIMITED

10817 North Road, Leavenworth • (509) 548-8222
Kim & Rosalie Kozelisky
Licensed, Bonded, Insured • Cont. #UPPERVE200PI

Tumwater Drilling and Pump Inc.

"Water Treatment Systems Built to Your Individual Problem"

Free Water Analysis/Estimates

Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

Tumwater Drilling & Pump, Inc.
Or. Reg. #TUMWADP943RR

509-548-5361
www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

LeafFilter GUTTER PROTECTION

CALL TODAY FOR A FREE INSPECTION!
1-888-360-1582

20% OFF + **10% OFF**
Your Entire Purchase* Seniors + Military

++ We offer financing that fits your budget!

* See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year. †Subject to credit approval. Call for details. AR 366520923 AZ ROC 344027 CA 1035795 CT HIC 0671530 FL CRC056678 IA C127220 ID BCE-S1604 LA 559544 MA 176447 MD MHIC 11225 MI 262300173 MI 262300318 MI 262300328 MI 262300329 MI 262300330 MI 262300331 MN IR731804 MT 226192 ND 47304 NE 50145-22 50145-23 NJ 13VH09953900 NM 408693 NV 86990 NY H-16114 H-32225 OR 218294 PA 179643 069383 RI CC-41354 TN 10381 UT 10783658-3501 VA 2705169445 WA LEAFFNW222Z WV WV056912

Be prepared before the next power outage.

It's not just a generator. It's a power move.

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 888-674-7053 to schedule your free quote!

GENERAC

*Terms and Conditions apply.

SPEIDEL BENTSEN LLP
ATTORNEYS AT LAW | EST. 1986

Agribusiness
(509) 662-1211

7 North Wenatchee Avenue, Wenatchee
www.SpeidelBentsen.com

Russell J. Speidel David J. Bentsen

We provide excellent legal services in orchard sales and acquisitions, water rights, and agribusiness.

Find the best qualified local employee ... with the Ward Media Classifieds.

Call us at
WARD MEDIA 509-548-5286

WA company aims to bridge healthcare gap in rural areas

By **QUINN PROPST**
Ward Media Staff Reporter

LEAVENWORTH – Dopl Technologies is on a mission to improve healthcare access in rural underserved areas of Washington state and beyond.

The Bothell-based software company provides diagnostic imaging through collaborations with Cascade Medical in Leavenworth and other rural medical centers in the state.

The company was founded in 2022 by computer scientist Ryan James and physicians Stephen Seslar and Wayne Monsky.

“Dopl’s mission is equal access to healthcare,” Dopl CEO James said. We believe that no matter what you look like, where you live, or what you believe in, you should have the same level of access to healthcare as everyone else.”

“The problem that we’re solving is, the further you get from the big city, the less access you have to specialists who can perform certain types of procedures,” James said. “So whether it’s an ultrasound, or whether it’s a minimally invasive procedure when you live in a rural area, your local hospital likely won’t have a specialist who can perform these procedures on you, and so you are more at risk of not getting diagnosed. You’re more at risk of not receiving treatment, and as a result, rural areas tend to have higher mortality rates than urban areas.”

Dopl is a platform for telerobotic procedures that enables specialists to perform robotic procedures over the Internet.

A telerobotic ultrasound is when a remote sonographer controls a robotic arm that’s holding an ultrasound probe to scan a patient who is in a

different location. This enables them to diagnose a whole host of diseases so that patients in rural areas have better access to diagnostic care, James said.

The company is starting with telerobotic ultrasound and will expand to other types of procedures in the future.

Currently, Dopl provides a sonographer who travels to Leavenworth one day a week. Once the company gets FDA approval, it will take the next step and provide telerobotic ultrasound diagnostic imaging.

Cascade Medical COO Pat Songer said Dopl’s ultrasound services help make diagnostic imaging more accessible and convenient for their patients.

Songer said that the Leavenworth facility does not have the patient volume to sustain a Monday through Friday sonographer.

Previously, patients had to travel to Wenatchee for imaging. Traveling from Leavenworth to Wenatchee may not seem too bad, but patients coming from further areas of the district, like Plain, would have a longer drive. He said there is often a delay in scheduling as well because of the volume of patients needing ultrasounds in Wenatchee.

Songer said Dopl helps Cascade Medical to provide the level of care that patients deserve.

“So we’d like to provide services in rural America or especially to rural Washingtonians the same way you would receive services in a large city, and this is, you know, through innovative ways of doing that, this is a great opportunity for us to be able to take some of those steps forward in doing that,” he said.

“It’s just a great service for us to offer in rural America to reduce barriers to care,” Songer said.

How it works

In the future, if a patient in a rural community needs an ultrasound, they would come to their local hospital. A medical assistant would then position the patient on the bed and guide the robotic ultrasound into position.

The patient would be able to view and communicate via real-time video with the sonographer, who would be located a few hundred miles away. The sonographer would then guide the robotic ultrasound just as they would if they were there in the room. The sonogram images would then be sent to the corresponding specialist, who would communicate the results to the patient’s primary care doctor.

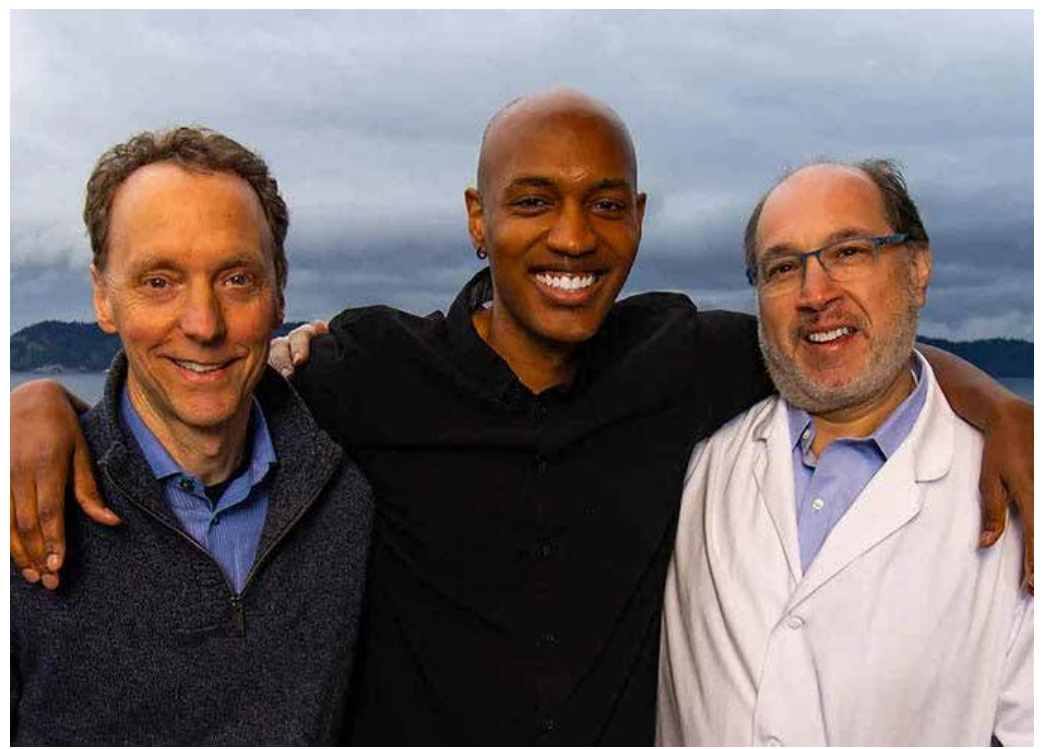
How it began

Dopl CEO James said all three founders have their own stories about what inspired their passion for providing care to the underserved.

James grew up in Kalamazoo, Michigan. At that time, it had one of the highest black infant mortality rates in the nation. His father moved the family there specifically to address that issue.

“He did it by leading these community-wide efforts that brought care into black communities,” James said. “And that resulted in Kalamazoo going from one of the highest black infant mortality rates in the nation to one of the lowest.”

“And that has always shaped my perspective and inspired and motivated me because it so clearly demonstrated that health outcomes aren’t about what you look like,” James said. “They’re not about where you live. They’re not about anything other than the systems around you that do



COURTESY OF DOPL TECHNOLOGIES

Dopl Technologies co-founders Stephen Seslar, Ryan James, and Wayne Monsky, started the company in 2022 to improve healthcare access in rural Washington.

or do not support you. And we have this opportunity to restructure our current healthcare system to support everybody. And that’s what drives me every day.”

Seslar is a pediatric cardiologist who performs a procedure that involves putting a catheter inside the heart to help cure heart rhythm disturbances.

Seslar’s inspiration began around 2015 when his parents retired and moved to rural Vermont. They started getting older and having health issues. As the family’s only physician, they reached out to him to sort through the challenges of getting care in rural communities, he said.

“And that was my first personal experience, sort of dealing with how hard it is to get all sorts of different care

in rural areas,” Seslar said. “And so my initial motivation was thinking about procedures and you know, how can we do some of this specialty care that we provide through procedures out in rural areas?”

This made Seslar think about how his patients often travel long distances to see him from Montana or Alaska or areas in Eastern Washington because they do not have access to specialists in their communities.

“So one of the things that has become more and more exciting to me as we went down the ultrasound route is how ultrasound has become, to some extent, the dominant first-line imaging for just about everything,” Seslar said.

Ultrasound can diagnose a whole host of issues, from abdominal conditions such as

a problem with the gallbladder, appendix, or colon to heart problems, thyroid issues, and even problems with muscles and joints. It is also used for obstetrics and gynecology. Seslar said ultrasound is an incredibly versatile diagnostic tool.

“And so by setting up sort of this capability, and then being able to connect the robot, to any one of a number of different types of trained sonographers, whether they’re heart sonographers, or abdominal sonographers, or OB sonographers, we can now unleash a whole range of different things that they now can access in a rural hospital that would have been challenging before,” Seslar said.

Quinn Propst: 509-731-3590 or quinn@ward.media.

Costco is raising membership fees. Don't worry, hot dogs cost the same

By **ANDREW JEONG**
The Washington Post

Costco shoppers will see their membership fees go up for the first time since 2017, the company said Wednesday, betting the move will boost profits without turning off its loyal customer base.

Starting Sept. 1, Costco Gold Star, Business and Business add-on members in the United States and Canada must pay \$65 for annual memberships, up from \$60.

Executive members will have to pay \$130, a \$10-per-year increase. The move will

affect 52 million members, “a little over half of which are Executive,” Costco said in a news release. Executive members are offered up to \$1,000 in rewards for their purchases. The maximum rewards will increase to \$1,250 with the fee hike, the company said.

The fee increase comes despite Costco defending its image as a place to find low-priced bulk goods in an economy struggling with inflation. On an earnings call in late May, Gary Millerchip, the company’s chief financial officer, told investors that

Costco’s hotdog-soda combo would continue to be sold at \$1.50 - a price that hasn’t changed since the 1980s - a move that won widespread acclaim.

Millerchip also said on the May call that he was not ruling out a membership fee increase, adding that Costco considers raising membership fees every five years or so.

“Despite inflation, Costco has kept prices low,” said Felipe Caro, a professor at the UCLA Anderson School of Management. “But the membership fee eventually had to go up, and it makes sense

to do it now when customers really notice its value. Costco’s stock price went up after the announcement, so the market agrees that it was the right decision at the right time.”

Costco’s shares rose more than 2.5 percent after the announcement.

The company posted net income of \$1.68 billion in the 12-week period ending May 12. That figure incorporates the \$1.12 billion in membership fees it took in during the quarter. Costco earned nearly \$4.6 billion in annual membership fees in the fiscal year that ended in early September, an 8 percent

increase from the previous year.

However, the extra fees could hurt Costco’s ability to attract new customers and retain relatively newer members who may not be as loyal as longtime customers, according to Dinesh Gauri, a professor of marketing at the University of Arkansas.

“I do not think they have provided any other offering or new services ... to shoppers to justify the fees increase,” he said. Shoppers who are not loyal or who joined recently may consider buying at rivals such as Sam’s Club, Gauri added.

Sam’s Club, a wholesaler like Costco, raised membership fees in 2022. It now charges \$50 for a basic membership and \$110 for a Plus membership, up from \$45 and \$100, respectively.

Customers could also switch to rivals that do not require memberships, such as Target and Kroger, according to Gauri. These companies have “stepped up their game” in recent years, he added, while offering what he views as stronger pickup and delivery options than Costco.

“If anyone does not need membership, they may not miss much,” he said.

NEVER WORRY ABOUT POWER OUTAGES AGAIN.

Proudly manufactured in the USA

Gain peace-of-mind with the most powerful line of home standby generators.

When choosing a standby generator, check the specifications closely. Only Briggs & Stratton PowerProtect™ generators feature NGMax™ technology, delivering up to 12% more power on natural gas than the competition. For homes with natural gas, Briggs & Stratton is the ideal choice.

Industry-Leading Comprehensive Warranty for Years of Worry-Free Performance

Standard Warranty of 7 YEARS \$849 Value

BRIGGS & STRATTON ENERGY SOLUTIONS

Call 1-877-597-7536

Summer starts here!

NORTHWEST SWAG WORKS

APPAREL & PROMOTIONAL PRODUCTS

White glove service so you can focus on your business.

509-731-3624

NCW NEWS

The NCW News network provides timely, accurate, local news stories that are accessible at any time. Readers can access news from across North Central Washington and from our network of community newspapers, Lake Chelan Mirror, Leavenworth Echo, Cashmere Valley Record, Quad City Herald, and the Wenatchee Business Journal.

www.ncw.news



COURTESY OF WENATCHEE VALLEY SUPER OVAL
An impressive collection of 96 bikes were given away to local kids in the hopes of giving back to the community.

Wenatchee Valley Super Oval showcases local youth racers in fun-filled kids night

By: **WILL NILLES**
Ward Media Staff Reporter

EAST WENATCHEE—The Wenatchee Valley Super Oval (WVSO) hosted a kids' night centered on local youth racers and race fans. All kids under 12 were invited for free entry and to sign up for a massive bike giveaway raffle.

Despite the scorching July 6 heat, crowds gathered to cheer on local kids as they faced off in various youth racing divisions, including the Knutson Bandoleros and the B&T Towing Youth Roadrunners.

General Manager of the Super Oval, Jeremy Anders, commented on the event with satisfaction.

"It went really well, we had a giveaway of 96 bikes total, so that was a good response there," he shared, slightly disappointed about the extremely high temperatures but overall thrilled with the night's performances. "I'm sure the heat killed us as far as attendance, it was definitely the hottest race of the year. But, we're kind of used to that sometimes. Other than that,

the night was really good. We had really, really good racing action on the track and a lot of happy, smiling kids."

Anders was especially excited for the results of the Bandoleros Division in which his son, Matthew, won 1st place.

"So the Bandolero Division, those kids are seven to 14 years old. The reason we call it Bandolero is because the race car is called a Bandolero car. It's an actual factory built race car that weighs about 750 pounds, and they have a 35 horsepower motor in them, and they'll hit speeds of about 55 to 60 miles per hour," Anders explained, making note of their thorough safety precautions. "But, they're in full containment racing seats, they've got race gear. They're wearing more safety gear than you would on a football field and they're strapped in there pretty tight."

Anders then explained the details of the Youth Roadrunner Division, describing it as "kind of a branch off of [the] adult division."

"Those kids are 12 to 16 years old, and they're racing your standard everyday four-



COURTESY OF WENATCHEE VALLEY SUPER OVAL
Matthew Anders poses with his 1st place trophy in front of his victorious #21 Bandolero car.

cylinder cars that you have on the streets, but they've been modified to have roll cages in them. They're racing four-cylinder Honda Civics or Toyota Celicas... things like that, the smaller four-cylinder cars."

As Anders explains, the event is one of the Super Oval's big community nights meant



COURTESY OF WENATCHEE VALLEY SUPER OVAL
Winner of the Youth Roadrunner Division, Makenna Lutz, soaks up her victory alongside her fan club.

to foster a fun and affordable atmosphere for families.

"It's one of our big giveaway nights of the year," he said. "We have 18 events a year, but this is one of those events that we just like to make affordable for families to get in, give kids something to go away with, and just make sure everybody has a good time.

Following this fun

community night in which a whopping 96 free bikes were given away, the WVSO is holding one of their biggest and fastest races of the year, the Thunder in the Valley event. With drivers coming in from every corner of Washington as well as British Columbia, Oregon, Idaho, and Montana, this open-wheel race is set to showcase the year's fastest

cars. Thunder in the Valley is set to occur on Saturday, July 13, with open practices being held Friday afternoon.

For more information on upcoming events, and to see in-depth race results, visit wvso.com.

Will Nilles: (509) 731-3211 or will@ward.media

18 little things to cool you down on a hot vacation

By **ANDREA SACHS, HANNAH SAMPSON**
The Washington Post

With record-high temperatures and extended heat waves, you might be tempted to change your outdoor vacation plans for an air-conditioned building tour or a resort pool hop.

As we've seen over the past few summers, extreme heat is no joke. To reduce the health risks, you should adopt such common practices as seeking shade, staying hydrated (but not overhydrated) and avoiding the hottest period of the day.

"I think of it like a barbecue," said Jonathan Bar, assistant professor of clinical emergency medicine at the University of Pennsylvania's Perelman School of Medicine. "It's time and temperature. You don't want to barbecue yourself."

Besides minding your exposure to the sun, you'll want to acquire some accessories beyond a water flask. With many more hot days ahead, we compiled 18 items with a high cool factor.

Portable fan

There's nothing like a cool breeze in your face - even if you have to create that breeze yourself. Tote a fan along, whether it's an old-school paper version, a battery-operated number that fits in the palm of your hand or a fancier, pricier gadget that wraps around your neck.

A superior water bottle

If you are traveling light, choose a collapsible bottle that pops up or rolls out. For longer outings, a model with double insulation will keep beverages cold from sunup to sundown.

Bar said unless strenuous exercise is on your itinerary, you do not need to drink beverages spiked with electrolytes or extra vitamins. "Your kidneys are pretty smart," he said. "They know how much sodium and potassium you need."

Cooling towel

Anyone who has visited a theme park in summer has probably noticed a fashion trend: thin, damp towels draped around flushed necks. Take the hint from those who brave the Florida heat

in August and soak, wring or snap the fabric to take a bite out of the heat. Re-wet for a refresh.

Prickly Heat cooling powder

If hot temps irritate your skin, sprinkle Snake Brand's Prickly Heat powder on the affected areas and you can almost hear your body's largest organ sigh with relief. The main ingredients - talc, menthol, camphor - soothe itchy rashes and bumps and prevent future epidermal meltdowns.

Facial mist

Face spray works like ocean spray. The dewy drops draw out the heat in your cheeks, chin and forehead, or wherever you spritz. Evian makes a version, as do cosmetic companies and the old-guard apothecary Thayers, which infuses its mist with witch hazel.

UV umbrella

A UV umbrella offers movable shade while blocking harmful rays from beaming down on you. Unlike your clothing, go for black, which absorbs heat, and choose an SPF of at least 50.

Thigh chafe stick

To prevent rubbing and irritated skin, smear an anti-chafing stick on the insides of both upper legs. The moisturizing balm creates a defense barrier, so that when your thighs meet again, they won't cause any friction.

Thigh Society cooling shorts

If Spanx and the anti-chafing stick collaborated on a fashion line, they'd create the cooling short. The high-tech, wicking fabric pulls heat away and helps cool the body without adding extra bulk or unseemly seams.

Cooler bag

Tote a small insulated bag to keep snacks (and maybe your cooling towel, when you aren't using it) at refreshing temps. You can freeze a small bottle of water to serve as an ice pack - and drink it once melted. One Post colleague said she packs her bag full of "cold fruit for my kids, which also keeps them hydrated."

Cross-body bag

Sure, backpacks keep your hands free and store a lot of stuff. But in summer, they also "trap too much heat," one colleague points out. Pick an

option that drapes a little more loosely but still travels well, like a cross-body bag or hip pack.

Moisture-wicking socks

If your vacation will be active - or if athleisure is just your go-to wardrobe - pick clothes designed to dry quickly and keep sweat away from your skin. Sweat-wicking socks tout the added benefit of reducing the risk of blisters.

All-linen clothes

Listen to science - and several of our Post colleagues: Linen is the way to go if athletic wear isn't in the dress code. On a molecular level, fabric experts say, linen beats cotton at moisture removal and airflow.

Protective hat

Bar, the physician, favors a "boonie," which has a wide brim that protects everything above the neck. Some styles come with vents and a tail flap that covers the neck. You can also try a bucket hat; just pull it down low to protect any protruding parts from burning.

Camp shirt

The more rugged relative of the Cuban guayabera is ideal for steamy settings because of its boxy, breezy fit that lets air stream through like a screened-in porch. Choose an option with vents to maximize the effect.

Aloe vera gel

Spent too much time in the sun? A bottle of aloe vera gel - especially when chilled - can provide relief from a burn. But an ounce of sun prevention is better than a pound of goopy cure. Make sure to use a strong sunblock and save the aloe for later.

Neck coolers

If a towel won't cut the heat, a cooling tube around the back of your neck might do the trick. It starts out frozen, so it'll be good and cold.

Instant cold packs

Used for medical purposes like swelling reduction or postpartum relief, instant cooling packs don't require refrigeration and can provide some temporary chill.

Baby wipes

Carry a resealable packet of baby wipes or face towelettes for swiping away sweat and grime. You'll feel as refreshed as if you had splashed around in a fountain, but without getting dripping wet (or breaking the law).

Natalie B. Compton contributed to this report.

CI Information Management

Shred with Confidence and Convenience

CI Information Management is your local choice for secure shredding and media destruction services.

- ✔ One-Time Purge Shredding
- ✔ Recurring, On-Site Shredding Services
- ✔ Media Destruction
- ✔ On-Site Hard Drive Destruction
- ✔ Product Destruction

ci-infomanagement.com
509.586.6090

CI Information Management is a social enterprise of Columbia Ability Alliance, a non-profit dedicated to supporting and empowering individuals with unique abilities and life barriers. By utilizing our services, you're helping support programs for individuals in need. To learn more visit, columbiaabilityalliance.com.

columbia ABILITY ALLIANCE

Natalie B. Compton contributed to this report.

Astronomers

Continued from page A1

a glance at Jupiter and the Galilean Moons, or Saturn and its stunning rings," said Thomas.

The presenters often choose which part of the topic they are most excited and passionate to talk about, which Thomas says is highly contagious amongst the viewers.

"The most gratifying moments are when visitors look through a telescope and exclaim loudly at what remarkable objects we can see. Children will think it's cool to see Saturn, but when adults see Saturn and its rings for the first time they will often be breath taken. I have had multiple occasions where people want to hug me because they have lived their whole life up to this point without seeing Saturn, and it wasn't until a camping trip at Lake Wenatchee where they finally did," said Thomas.

Thomas created the program three years ago, out of his own growing passion for astronomy. He started with a laser, pointing out constellations and discussing how to navigate the celestial sphere for small gatherings. Now, the evenings attract anywhere from 40 to 80 people, with its largest gathering hosting over 100 viewers. The program has also moved beyond the laser pointer, acquiring a six inch Cassegrain telescope with a solar filter, and a 16-inch Dobsonian telescope. The Dobsonian telescope has a video camera placed in the eyepiece, which helps those

who may have trouble viewing through a telescope, such as youth, elderly, or disabled viewers.

"We can also dive deeper than ever with the new 16-inch telescope, say, into another galaxy cluster 50 million light years away, and start talking about the structure of our universe," said Thomas.

Some of Thomas's favorite viewing moments have been viewing these galaxy clusters at such distances, such as the Virgo Cluster.

"Just think, those are galaxies 50 million light years away. The light that is reaching your eye in the telescope took 50 million years to get to Earth and meet your eye," said Thomas.

Currently, the program takes place during the busy camping season at Lake Wenatchee, between the months of June and August. However, Thomas's dream for the program would be to expand it beyond the season, and cater more specifically to the local community.

"I'd imagine this would have a more specific structure to the series where every series builds on each other. This program may be beyond the scope of my current position, where I may not be able to provide the time. However, this may be perfectly suited for a local Astronomical Society to do," said Thomas.

Lake Wenatchee State Park also offers the occasional Sidewalk Astronomy event, where volunteers wanting to practice with their telescope will put together an impromptu viewing experience. The park

rangers have also expanded beyond the traditional visitor gatherings, offering youth astronomy programming to schools such as Beaver Valley Elementary, and viewing the sun's sunspots at Leavenworth's Earth Day fair.

"There is so much interest in the cosmos. Attending the Earth Day fair opened my eyes, and I was met with many people that have telescopes or are just interested to learn more, either about light pollution or astronomy. There just hasn't been a place for people with such an interest to gather and grow, until now," said Thomas.

The program will take place at the South Beach of Lake Wenatchee on July 27 from 10:30 to 11:30 p.m., Aug. 10 from 10 p.m to 11 p.m., and Aug 24 and Sept. 1 from 9:30 p.m. to 10:30 p.m.

The program is free, but parking requires a Discover Pass. There is no cap on attendance, but the park requests visitors RSVP by calling the park office at (509) 763-3101. Visitors should arrive ten minutes before, avoid using white light, and avoid pointing headlights towards the beach while parking. Weather-appropriate clothing and bug spray are also advised.

Thomas is also seeking more volunteer astronomers. Those interested can contact Thomas at paul.tomas@parks.wa.gov or (509) 630-8324. More information about the program can be found at <https://parks.wa.gov/find-activity/event-calendar/astronomy-program>.

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

Living With Lactose Intolerance



STOCK PHOTO

Q: Several months ago, I started feeling "bloating" when finishing a meal. Sometimes, I suffered from abdominal cramping and diarrhea as well. After cutting out milk and dairy products, I got much better. I've drank milk all my life without any problems. What's going on?

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

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

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

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

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

Many people with lactase deficiency can tolerate foods containing lactose as long as they avoid getting too much at a time. For best results, reduce the serving size of dairy products and space them out throughout the day.

Foods with the highest lactose concentrations include milk, ice cream, flavored

commercial yogurts, and cottage cheese. A one-cup serving of cow milk contains between 9-14 grams of lactose. Goat milk has a similar amount of lactose, about 11-12 grams.

A half-cup serving of cottage cheese contains less than half the lactose in a cup of milk. Other cheeses contain much less lactose, barely 1 gram per serving.

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

Lactose is also used in the pharmaceutical and supplement industry as an inert powder to add volume to medicines and supplements. Many supplement capsules contain about 400 mg of lactose, the amount found in 2 teaspoonfuls of milk.

Most lactose-intolerant people can tolerate up to 12 grams of lactose if it's distributed throughout the day, so the amount of lactose inside a pill is unlikely to cause problems.

Commercial lactase enzyme supplements from bacteria or yeast can help you digest dairy products. One popular lactase supplement is Lact-Aid®. It is available as tablets to be taken at meals, drops you can add to milk, and milk with lactase.

Most groceries offer lactase-supplemented milk as non-fat, skim, 2%, and whole milk. In addition to the extra lactase enzyme, Lact-Aid® milk has less than one-third of the lactose of standard milk.

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

At least two studies have found normal lactase levels in people experiencing severe intestinal upset after drinking milk. Instead of lactase deficiency, you could have



Ask... Dr. Louise

trouble digesting other types of carbohydrates like fructose or sorbitol.

Another possibility is developing a sensitivity to the protein found in milk. Switching to goat milk or cheeses could help if you react to cow-sourced milk.

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

1. Choose dairy with less lactose.

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

2. Spread your lactose intake over the day.

Avoid more than one serving of dairy at a time.

3. Try a lactase supplement.

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

4. Drink lactase-supplemented milk.

DOUBLE-CHECK THE LABEL. It's easy to confuse acidophilus milk with lactase-supplemented milk. Acidophilus milk has no added lactase and contains the same amount of lactose as standard milk.

5. Try a dairy substitute.

Plant-based lactose-free milk-like product options include soy, almond, hazelnut, coconut, and other nuts.

Dr. Louise Achey, Doctor of Pharmacy, is a 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

Library

Continued from page A1

else drew a big insect, and we were just impressed with what everyone came up with, and it was all their first experience with woodburning which goes to show you, everybody's got talent," Lawless said with a happy chuckle.

The handheld woodburning kits were provided through NCW Libraries, which supplies regional libraries with a constant rotation of materials for fun activities. After the

success of the woodburning workshop, multiple participants have asked for CPL to hold another woodburning program in the future, prompting Lawless and Harrod to look forward to requesting the handheld kits for a second workshop.

Amongst its plethora of weekly activities, ranging from more art workshops to kids' read-aloud, CPL is preparing for its big move down the road to the updated Riverside Center. On August 7, CPL will hold a town hall presentation to inform locals

about the library's future and ask for public input relating to design direction and space organization. The town hall will be held right at the Riverside Center, allowing community members to get a firsthand look at the Library's new and improved location.

Visit newlibraries.org for more information about Cashmere Public Library, its many fun activities, and its anticipated relocation.

Will Nilles: (509) 731-3211 or will@ward.media

Upper Valley Church Guide

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

Cashmere	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 509-782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke • www.cashmerekpres.org</p> <p>CASHMERE COMMUNITY CHURCH 213 S Division St - 509-782-3811 Worship Service at 11:00 AM, Sunday Office Hours: Mon-Thurs, • 10 AM to 1 PM • Pastor Lilia Felicitas-Malana</p> <p>CHRIST CENTER Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 christcentercashmere.com</p> <p>ST. JAMES EPISCOPAL CHURCH • 509-860-0736 • 222 Cottage Ave., 9 am Formation of Faith, 10 am Worship. Combined service with Grace Lutheran Church. Pastor Rob Gohl</p> </div> <div style="width: 45%; text-align: center;"> <p>Leavenworth</p> <p>CASCADE MOUNTAIN BIBLE CHURCH Office: 509-548-4331 • 11025 Chumstick Hwy. • Please join us Sunday mornings, 9 a.m., Sunday School, 10:30 a.m., Worship Service</p> <p>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout leavenworthumc@outlook.com</p> <p>FAITH LUTHERAN CHURCH - ELCA "Reconciling in Christ Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jensen, Pastor https://www.ficleavenworth.com</p> <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509-470-7745 Sunday Worship: 11 a.m. www.leavenworthbaptist.com Email: info@leavenworthbaptist.com</p> <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derosssett Worship Pastor-Jacob Mitchell www.LCN.org</p> <p>SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 509-548-4345 Saturday Services • Bible Study 9:30 a.m. • Worship 11 a.m. 509-860-3997</p> <p>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</p> </div> </div>
Dryden	<p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 509-782-2935 Sunday Worship at 11 am. • Prayer Meeting Wed. at 6 pm. Pastor Bill Clem</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 509-782-2616 Worship Service, 10 a.m., • Sunday School, 9 a.m. • Pastor Mike Moore www.midvalleybaptist.org</p>
Peshastin	<p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • Sunday Worship 10 a.m. • Pastor John Romine www.lightinthevalley.org</p> <p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall newlifeleavenworth@gmail.com FB page: www.newlifeleavenworth</p>
Plain	<p>PLAIN COMMUNITY CHURCH Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org facebook.com/plaincommunitychurch office@plaincommunitychurch.org</p>
Monitor	<p>UNITED METHODIST CHURCH 3799 Fairview Canyon - 509-782-2601 Worship Service at 9:00 AM, Sunday</p>

Owls

Continued from page A3

aim to kill about 15,000 barred owls per year, starting as early as this fall.

The plan calls for recruiting environmental organizations, conservation groups, landowners, timber industry workers, tribes and state and local government agencies to help kill barred owls. The shooters must show documentation of training and experience in identifying owls and using firearms to participate, the Fish and Wildlife Service said.

Bridget Moran, a field supervisor in the Fish and Wildlife Service's Bend, Ore., office, said she's confident in the operation after the agency experimented with a similar plan between 2013 and 2021 in California, Oregon and Washington. Spotted owl populations stabilized in areas where barred owls were killed, the agency said, but they continued to decline in regions where barred owls were left alone.

Barred owls began migrating from the eastern United States to west of the Mississippi River in the 1950s, according to the Fish and Wildlife Service. The agency said humans probably

paved the way for barred owls to migrate as they learned to suppress forest fires and they planted trees in the Great Plains and Canada's boreal forest. The owls settled in British Columbia, Canada, before moving south to Washington and Oregon in the 1970s, when they interacted with native spotted owls, the Fish and Wildlife Service said.

The owls look similar: They're brown and have small beaks. Barred owls are a bit heavier and longer than spotted owls, but they quickly disrupted their counterpart's nests in old-growth forests, ate their food sources - flying squirrels, salamanders, woodrats, voles and mice - and sometimes killed them, according to the Fish and Wildlife Service.

When the northern spotted owl was listed as threatened on the Endangered Species Act in 1990, wildlife officials listed the barred owl as a potential threat to their population, Bown said. The barred owl population continued to increase in the Pacific Northwest until the invasive species and habitat loss were identified as spotted owls' primary threats in 2008, Bown said.

However, some animal welfare advocates still consider the agency's plan to

be misguided.

Animal Wellness Action, an animal welfare nonprofit, said 135 wildlife organizations have signed its letter to Interior Secretary Deb Haaland, asking for the plan to be revoked. Wayne Pacelle, the group's founder, said he thinks barred owls will continue heading west after the project, allowing their populations there to rebound. He said the agency is "trying to play God."

Claire Catania, the executive director of Birds Connect Seattle, a bird conservation group, said she thinks the Fish and Wildlife Service's plan is necessary. While the spotted owl was once an iconic species in Washington, Catania said, most of the state's new residents have only seen barred owls.

"We are deeply saddened that it has come to this point," Catania told The Post.

Moran, the Fish and Wildlife Service field supervisor, said she wants Pacific Northwest residents to have the chance to appreciate both owl species.

"This isn't at all about one owl versus another," Moran said. "This is about having spotted owls. If we do nothing, we will have only barred owls. If we do something, we'll have both."

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Puzzle answers, recipes, videos and more at www.kidscoop.com

© 2024 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 40, No. 33

Kid Scoop Together

THE NICE LIST

Work with a family member to make a list of nice things you do to help others over the next week. If you run out of lines to fill in, that's awesome!

Introducing the STAR of today's Kid Scoop page... YOU!

This week's *Kid Scoop* page stars the one and only YOU! Complete the page and then hang it in your room so that you can remind yourself every day of how wonderful you are!

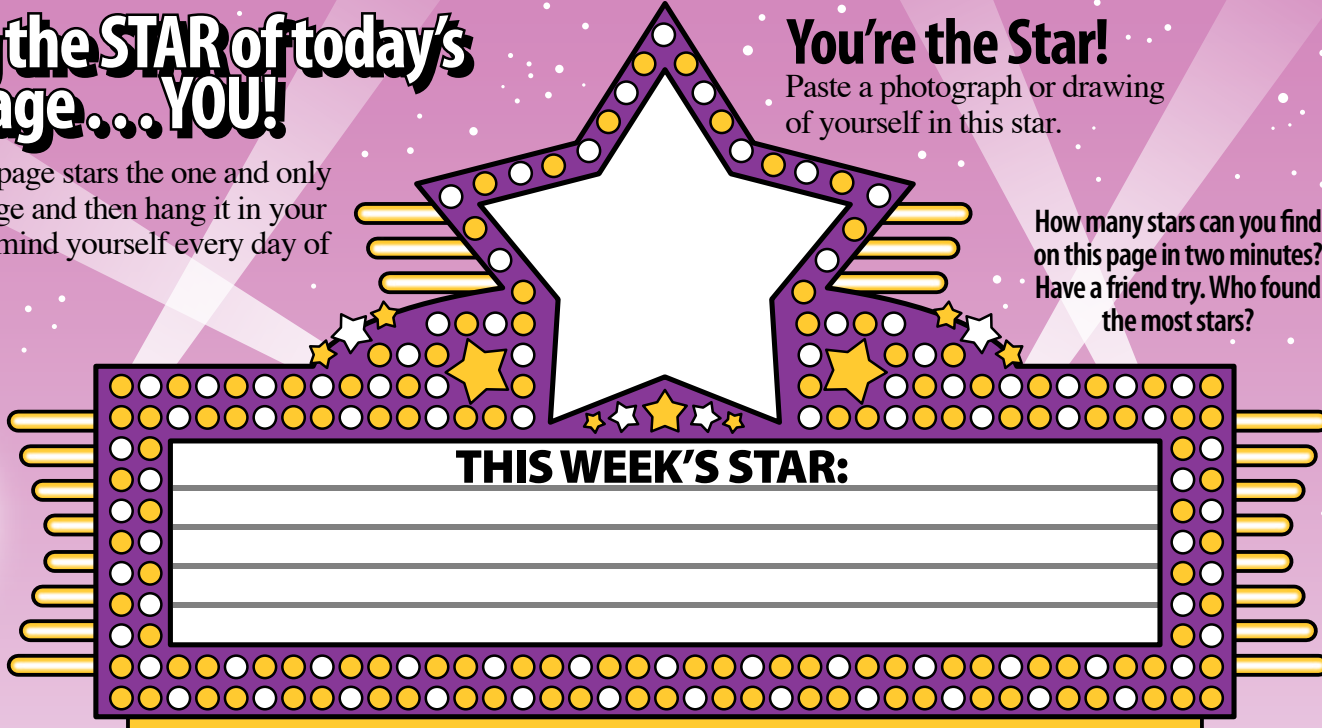
You're the Star!

Paste a photograph or drawing of yourself in this star.

How many stars can you find on this page in two minutes? Have a friend try. Who found the most stars?

Your Name in Lights!

Cut out letters from today's newspaper to spell your name on the theater sign.



THIS WEEK'S STAR:

Step Into Stardom

For many decades, famous movie stars have put their handprints and footprints in wet cement in front of Hollywood's Chinese Theater in California. After the cement dries, the prints are left for visitors to see.

Wait! Who got in the wet cement? Match these prints to the silly star wannabes.

Standards Link: Students recognize similarities and differences.

The Amazing ME!

Look through the newspaper for adjectives that describe you. Paste them under your name on the sign.

Give Yourself a Hand!

Trace one of your hands on a piece of paper. Cut it out and ask friends and family to write something on the hand that says what's special about YOU! Paste it on this page.

Standards Link: Health: Recognize personal characteristics that contribute to self-esteem.

When You Depend Upon a Star

Wishes made on stars may not always come true. But when you look at what you do every day, you'll find that you are a star who can be depended upon.

Fill in this calendar to show your weekly responsibilities. The idea stars at right can help.



Extra! Extra!

Before and After

Look through the newspaper for words that start with each letter in your name. Use the words to write a poem about YOU! Start each line of the poem with a letter in your name.

Example:
M magical
I intelligent
A awesome

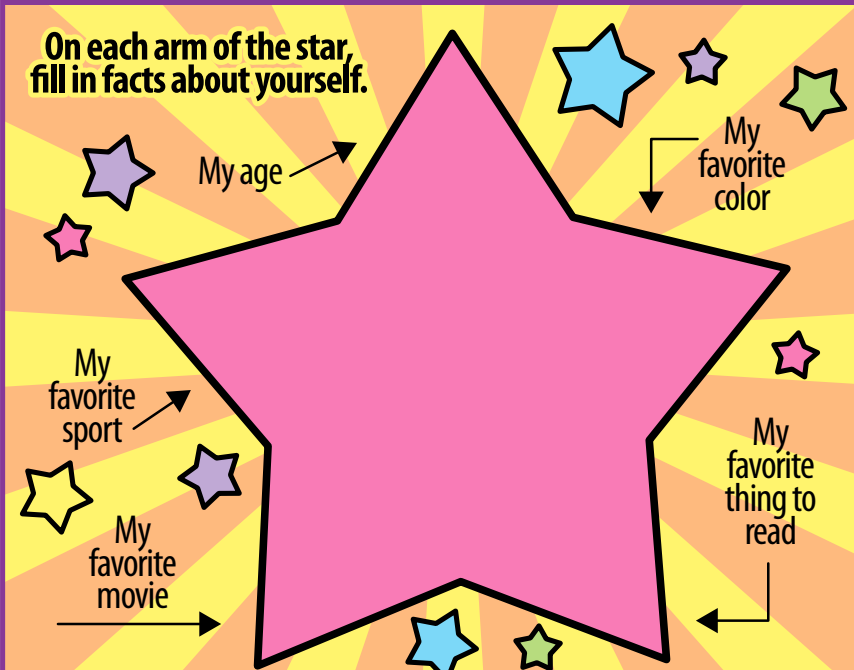
Standards Link: Follow simple written directions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Standards Link: Follow simple written directions.

The Star Facts

On each arm of the star, fill in facts about yourself.



Standards Link: Health: Recognize personal characteristics that contribute to self-esteem.

Double Double Word Search

- CALENDAR
- CEMENT
- HAND
- HELP
- HOLLYWOOD
- IDEA
- MOVIE
- POEM
- PRINT
- SIGN
- SPELL
- STAR
- THEATER
- WAIT
- WISHES

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

J D O O W Y L L O H
 P W R A D N E L A C
 K O N Y W S T A R E
 P M E G Z E I V O M
 S R L M I H D B T E
 P T I J A S E I P N
 E M U N H I A L G T
 L H D Y T W O I P N
 L Y T H E A T E R Q

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



With hundreds of topics, every **Kid Scoop** printable activity pack features six-to-seven pages of high-interest extra learning activities for home and school! Get your free sample today at:

kidscoop.com/activity-pages/

Kid Scoop VOCABULARY BUILDERS

This week's word: **FAMOUS**

The adjective **famous** means something or someone who is very well-known.

Walt Disney became **famous** after the creation of Mickey Mouse.

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

MEDIA PARTNER



WARD MEDIA

EXPLORE THE WORLD WITH YOUR LOCAL LIBRARY.



AT YOUR LIBRARY

- Storytimes
- After school events & activities
- Check out books, comics, movies, & more



NCWLIBRARIES.ORG

- Free homework help
- Britannica Library
- Stream books, comics, movies, & more