



WA company aims to bridge healthcare gap in rural areas
Community | **A4**

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



City moves forward with purchase of car wash property



Taylor Caldwell / Ward Media
The former Cascade Quick Lube and Car Wash property will be converted to municipal use following the \$1.9 million purchase by the City of Leavenworth.

By Taylor Caldwell
Ward Media Staff Reporter

LEAVENWORTH – The City of Leavenworth will be purchasing the former Cascade Quick Lube and Car Wash property for \$1.9 million. The city has been considering acquiring the property, located at 1451 U.S. Highway 2, for municipal purposes since at least 2018. However, it chose not to pursue it further based on a known contamination site across the highway, formerly known as Glacier Park. The Glacier Park site was impacted by petroleum contamination and has received

cleanup efforts since the 1990s. A 2023 space needs assessment indicated that the property would be needed for a public works campus, as well as to add capacity for a future expansion of the wastewater treatment plant. The city then pursued a Toxics Cleanup Integrated Planning Grant (IPG) with the Department of Ecology (DOE). “The grant from the Department of Ecology was a key aspect of this acquisition,” said City Administrator Matthew Selby in a press release. “Knowing that the property is uncontaminated made the decision to acquire this strategic parcel an easy one for the

City Council.” In October 2023, the city was awarded a \$200,000 IPG from DOE to perform due diligence and plan the property’s possible acquisition. The same month, the city commissioned Newmark Valuation and Advisory, which appraised the property at \$2.16 million. After conducting two phases of Environmental Site Assessments and a Hazardous Materials Survey this spring, the city found no environmental constraints on the property and proposed the purchase to the City Council, which approved the \$1.9 million purchase from Willkommen LLC during its meeting on July 9. The city anticipates an August closing date for the acquisition.

According to Selby, the first step with the property may be to fill the immediate need for parking department office space. “It’s not a plan yet, but it’s an idea, is actually to move [the] parking [department] into the car wash building. That will free up where parking took over office space that was unoccupied by some public works staff. It’ll give us a little more room over there,” said Selby, during the meeting.

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

COURTESY OF GLADE BROSI

Glade Brosi and his son Wendell harvesting Bartlett pears from their Leavenworth orchard, which Brosi and his wife, Andrea, bought last year.



Roots of Abundance: Pear orcharding in Leavenworth faces an uncertain future

This is the third and final article in a series about the pear industry in Leavenworth. The first two installments, with thanks to the Leavenworth Public Library, the Greater Leavenworth Museum, and the Washington Historical Society, provided a brief origin story and general history of the tree fruit business in the Upper Wenatchee Valley and an examination of the two major waves of migration for work in the orchards amid the industry’s intensive growth in the middle decades of the 20th century. This last installment examines the uncertain future of commercial orcharding in Leavenworth.

By Caroline Menna
Ward Media Intern

LEAVENWORTH – Most think of Leavenworth as a Bavarian-themed village nestled in scenic beauty with a lively festival and outdoor culture. Yet, for generations, another equally compelling way of life has thrived here: pear orcharding. The pear industry in the Upper Wenatchee Valley, however, faces both challenges and opportunities, driven by development pressures, changing climate conditions, labor costs, technological advancements, and evolving market demands.

Leavenworth’s history with pear orchards dates back over a century. The region’s unique microclimate, with its warm days, cool nights, and fertile soils, has long provided an ideal environment for growing premium pears. Varieties like Bartlett and Anjou have flourished, helping the local economy and shaping the community’s agricultural identity.

For many families in Leavenworth, pear orcharding is more than a

livelihood, it is a way of life passed down through generations. “My grandfather began his orchards in 1929 [after moving to Leavenworth from North Dakota], and we’re still farming some of the trees he planted,” conveys Todd McDevitt, a third-generation orchardist who farms 85 acres of pears on the North Road, on which “six McDevitt families now live.”

And the orchards continue to pull people to the Upper Wenatchee Valley seeking opportunity. Kentucky native and agronomist (the science of soil management and crop production) Glade Brosi and his wife, Andrea, “farm just under fifty acres,” having purchased “the Chumstick orchard above the reindeer farm” last year and leasing three others. “I didn’t grow up on a farm,” Brosi reveals, “but my grandparents had a farm, and I’ve always been drawn to agriculture. Since moving out here over a decade ago, I knew I wanted to be an orchardist. And pears have had more steady returns [than apples or cherries], which allowed it to be something we, as smaller, family farmers, could approach economically.”

Brosi also noted that while “the established workforce infrastructure and orcharding culture is a great help to new pear farmers, significant headwinds also exist. It’s very, very difficult to buy an orchard and begin a business. Even though my wife and I have [over a dozen] years in the industry and a bunch of great connections and resources, it’s not easy. Land prices and the cost of labor and inputs versus return for product makes it almost untenable. In addition to those economics, as a farmer I work with, Troy Davis puts it: ‘the problem with farming is that we do it outside.’”

See **PEARS** Page **B2**

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

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



COURTESY OF PAUL THOMAS / LAKE WENATCHEE STATE PARK

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

Cascade School District receives state support for special education funding

By Taylor Caldwell
Ward Media Staff Reporter

LEAVENWORTH – Cascade School District (CSD) will be reimbursed \$111,000 by the state for special education expenses accrued during the 2023-2024 school year. “We have students who need interpreters, we have students who need breathing tubes, we have students who need nursing care, we have students who need a teacher of

the deaf to come out, we have students who need paraeducator support. We have students who need a lot of things, and this is the way the state is able to reimburse us for some of those costs,” CSD Superintendent Tracey Edou said during a CSD Board meeting. The reimbursement was awarded through the Washington Office of Superintendent of Public Instruction’s (OSPI) Safety Net Funding, which assists school districts with special education expenses that incur beyond

state and federal allocations. “The idea is, sometimes you have to spend more than your allocation, because a child needs additional support. And so the state provides a safety net in order to help you meet those needs, even if you don’t receive the funding for it initially,” said Edou. The grant is considered competitive and complicated, and the district hadn’t applied for it since Edou joined the district. To ensure success on its first application, CSD focused

on the additional support spent for six students. Edou estimates the reimbursement covers about five percent of the district’s special education expenses. “It’s helping us a lot, because this year we’ve had to go into our savings, which is why we have savings. But it’s going to reduce the amount of savings that we need to dip into in order to meet our expenses this year,” said Edou to Ward Media. CSD plans to apply for the grant

again next year, with the help of Educational Service District 112 (ESD). “ESD 112 actually is in cooperation with our local ESD, which is 171. They help districts with special education services, and they actually are experts on that. So, I expect our success to even go up next year with their help,” said Edou. Taylor Caldwell: 509-433-7276 or taylor@ward.media

Inside The Echo this Week

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1 Month

\$5.⁰⁰

1 Week

\$1.⁵⁰

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Letters policy

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

Corrections

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

News tips

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

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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!

Moths: Welcome to the Night

The Wenatchee River Institute will host the event Moths: Welcome to the Night with Entomologist David Droppers on Friday, July 19 from 8:30-10:30 p.m.

"Moths are so much more than those "boring" brown things you see in your closet, or those things that "fly in your hair"," the event page states. "They have dazzling patterns, fascinating life histories, and hold a diversity that puts butterflies to shame. The best part – the show is happening in your backyard."

For more information visit wenatcheeriverinstitute.org.

"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.

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.

Flowers for Wolves

Silvara Cellars will host live music by Flowers for Wolves on Saturday, July 20 from 1:30-4:30 p.m.

"Gear up for more than just a concert," the event page states. "You'll find a mix of fresh originals and cool covers that span all sorts of genres and eras, all served up with a dash of acoustic charm and a lively spirit."

For more information visit silvarawine.com.

Live music by Sergio Cuevas

The München Haus will host live music by Sergio Cuevas on Thursday, July 25 from 6-9 p.m.

"Sergio studied at Cornish College of the Arts and received a degree in jazz performance while also performing weekly in Seattle on the local jazz scene," the event page states. "In 2005, he moved back to Leavenworth where he continues to perform just about every night of the week."

For more information visit munchenhaus.com.

5 THINGS TO DO THIS WEEK



City Council postpones decision on allowing condominiums in residential zones

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH – After a heated debate, an ordinance to allow condominiums in residential zoning, intended to increase the amount of smaller dwelling units available for a lower purchase price, was tabled by City Council for further discussion.

"Honestly, if we need to meet and discuss this further in the coming weeks, if that means we'll ultimately get this across the finish line, I'm 100% supportive of this, but if this is just kicking the can down the road, I'm very disappointed," said Councilmember Anne Hessburg.

The proposed ordinance would allow condominiums, or the individual sale of dwellings on a shared parcel of land, also referred to as common interest ownership, in the RL6 and RL8 zones. Currently, condominiums are allowed in multifamily and commercial zoning.

Currently, one ADU per single-family structure is permitted under LMC 18.36.035. Under the proposed ordinance, a single-family dwelling with an ADU, or a duplex that meets building and fire separation requirements, could sell the units individually as condominiums rather than rent them, under a binding site plan.

As it stands, the change in ordinance would not change what is allowed to be built in the single-family zone, but allow for it to be owned rather than rented. The property would be managed through an Owner's Association and Board, which is responsible for maintaining common areas and exteriors. The board can be composed of unit owners, other people, or an agent.

Because property owners could convert existing units into condominiums, City Councilmember Zeke Reister brought up the risk of displacement to renters, and wanted to see protections in place before approving the ordinance. City staff confirmed that renters may be displaced, but the likelihood of a low-income renter getting displaced was unlikely, due to

expensive retrofitting.

"Condo units are required to be built with fire separation, and for this reason, many of the existing older structures, duplexes and multifamily dwellings in the residential zoning districts are not likely to be retrofitted to meet these building and fire codes," said Senior Planner Maggie Boles.

Council members also questioned affordability, and feared developers would take advantage of building and selling more units, attracting high-income buyers from the west side.

"Why wouldn't you come over here [from the west side], and buy this thing for 650 square feet for \$400,000 if you've got that for a second home?" said Reister.

Councilmember Rhona Baron added that she would like to see more vegetation requirements for the condominiums moving forward. Under state law, the city may use a binding site plan to ensure the ADUs meet zoning requirements. However, it is not allowed to impose restrictions or requirements, such as vegetation, that are more restrictive than those for principal units.

Councilmember Clint Strand was supportive of the idea, but skeptical of the unintended consequences. Strand proposed bringing in a realtor to explain the potential effects.

"How are [real estate companies] not absolutely licking their chops and revving up their patented marketing machine to go to the west side and say, 'Retirees, guess what? You don't have to worry about shoveling snow...you have an HOA,'" said Strand.

Hessburg pushed back on that idea, stating that would be the case for a large condominium development, but this situation would likely be a joint ownership of the land between a single-family home and an ADU.

Hessburg made a case for residential condominiums creating a lower barrier of entry into the housing market through allowing ownership of smaller units.

"This is about our middle income people who don't have an opportunity to get into our market because there aren't enough tools in place for them to have that opportunity. And this creates a really great additional tool for them to access," said Hessburg.

During the July 9 public hearing, six members of the public testified both in-person and by written comment in support of the ordinance, including Upper Valley MEND's Executive Director Kaylin Bettinger and CSD Superintendent Tracey Edou.

The ordinance would allow UV MEND to sell the units of a duplex project as affordable condominiums, rather than rent them. Despite the skepticism of the ordinance, nearly all council members were in support of the advantage it would lend to UV MEND.

"Many of MEND's own renters have expressed their hopes of being able to purchase a home one day through our program. We would like to expand our housing stock to give them that opportunity," said Bettinger.

Edou shared her observations of fewer families and staff members living within school district boundaries, and how smaller unit ownership could help establish young professionals in the community.

"One thing I think about is, if we have a young Kindergarten teacher, just starting out their professional career, where are they going to live? And the answer is Wenatchee, and that's a shame, because they're serving our community," said Edou.

Three written comments were submitted against the adoption, which included Residents Coalition of Chelan County (RC3) and Planning Commissioner Brian Praye. While RC3 saw merit in the initiative, it requested more tenant protections, as well as language clarification to prevent out-of-scale development projects. Other opposing opinions feared density pressures on public utilities and losing the look and feel of single-family zones.

"Families want houses with yards for kids and pets and space for a garden, not condos. Investors want condos," wrote Praye.

For condominium conversion on existing units, the building's look, density, or function would not change, only the ownership. Once a property is converted into condominium units, it would not be able to expand or change unless permitted in city regulations. ADUs would also be required to be built in accordance with zoning requirements.

Many City Council members stated they did not know enough to make a decision, stating they needed further discussion and more public engagement. Reister called the matter rushed.

"At the Community Engagement I had a table to talk about this. We had the two Planning Commission meetings to talk about this. We had the special Planning Commission meeting on May 22 to talk about this. So there have been a lot of opportunities for public engagement," said Boles.

The City Council also discussed residential condominiums over a study session on June 11. The item had been recommended by the Housing Action Plan in 2021 and placed on the Planning Commission Docket for 2024.

Although the change is up for consideration now, the city will eventually have to allow up to two additional ADUs on single-family lots, and may not prohibit the sale of the ADUs as condominiums, in accordance with state law. According to EHB 1337, all GMA-planning local governments, regardless of population size, must revise their regulations to conform with the new requirements within six months after their periodic comprehensive plan update, which will occur in June 2026 for Leavenworth. The city will have until the end of 2026 to adopt the changes.

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

Icicle Creek project makes progress

CAROLINE MENNA/WARD MEDIA

Construction progresses on the \$9 million COIC Improvement Project along Icicle Creek, set to transform the century-old irrigation system into a modern, enclosed pipeline, enhancing water efficiency and environmental stewardship.



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Community Calendar

Wednesday

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

Thursday

Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com
Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.
Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

Friday

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

Monday

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

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)
Icicle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Cascade Education Foundation, Contact: CEF@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.).
The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)
Senior Center, Exercise, 11 a.m-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: leavenworthseniors@gmail.com
Greater Leavenworth Museum board meeting 5-7 p.m. Everyone is invited as a guest. Contact info@leavenworthmuseum.org for meeting information. (1st Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-6, Thurs.,10-7, Fri., 10-5 Sat.,10-2. Closed Sun. and Mon.

Other events

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

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

Meeting Schedules For AA, Alanon, Celebrate Recovery

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

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BUSINESS, REAL ESTATE,
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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.

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

1:32:25 Fireworks, North Rd & Anderson Canyon
7:52:46 Civil, 9255 Foster Rd; Bjs Food A
9:48:57 Welfare Check, 940 Us Hwy 2 # B
12:17:57 Assist Public, Dorothy Ln & Merry Canyon
16:18:23 Harass/Threat, 116 River Bend Dr; Safeway
16:33:07 Traffic Offense, 585 Us Hwy 2; Icicle Quick
2:00:08 Animal Problem, 13688 Chumstick Hwy; Area
2:31:16 Alarm, 321 Whitman St.
21:46:22 Noise, E Leavenworth Rd & Prusik
22:23:21 Fireworks, Evans St & Ski Hill Dr
22:26:49 Animal Problem, 3849 Old Blewett Rd, Peshatin

Merry Canyon Rd
12:51:33 Harass/Threat, 8278 Us Hwy 2; Area Tienda
13:11:00 Burglary, 14905 Chumstick Hwy
13:35:01 Assist Public, 17174 Chumstick Hwy
17:54:47 Suicide Threat, 17458 Us Hwy 2; Nason Creek
18:31:20 Welfare Check, 9588 E Leavenworth Rd
21:05:17 Theft, 116 River Bend Dr; Safeway
21:17:55 Atl/Atc, 15263 N Shore Dr# A; Ymca
23:12:41 Assist Public, 690 Us Hwy 2; Linderhof Mo

July 8

0:38:13 Assist Public, Icicle Rd Mp 4
2:00:49 Animal Problem, 11687 Sunitsch Canyon Rd,
4:49:18 Alarm, 817 Commercial St; Cascade
9:22:10 Extra Patrol, 9th St & Commercial St. Le
10:08:35 Assist Public, 11734 Us Hwy 2;Safehaven A
12:47:21 Assist Agency, 8571 Pine St, Peshastin
12:53:51 Assist Public, 10851 Chumstick Hwy

14:15:54 Parking/Abandon, 301 Ward Strasse; Hampton Inn
14:36:40 Traffic Offense, 1320 Us Hwy 2; Cascade Aut
15:55:54 Theft, 510 Cone St# A
16:08:38 Water Rescue, 12364 Meacham Rd, Plain
16:15:04 Accident Unk, 18500blk Camp 12 Rd, Plain
20:01:17 Traffic Offense, Hill St & Twisted Cliff Ln
23:09:39 911, 309 8th St; Posthotel

11:55:11 Civil, 186 Dempsey Rd
12:36:34 Domestic Distur, 9825 Duncan Rd# Ofc; Alp! 6
14:58:35 Welfare Check, 306 Cascade St
15:45:02 Assist Public, 22724 Lake Wenatchee Hwy
15:50:16 Alarm, 200 8th St; Los Camperos,
17:39:13 Atl/Atc, 22704 Saddle St, Plain

July 11

1:40:43 Atl/Atc, 330 Prospect St# 3
8:01:50 Suspicious, 16690 River Rd, Plain
21:14:39 Assist Public, Snow Lakes Trailhead
21:39:42 Property, 585 Us Hwy 2; Icicle Quick
22:49:02 Welfare Check, 200 Ward Strasse; Willkomm
22:54:22 Trespass, 12820 Wheeler St
23:12:22 Suspicious, 1410 Dempsey Rd
23:29:43 Alarm, 7375 Icicle Rd; Sleeping Lady
23:34:33 Accident Injury, 8400blk Dempsey Rd
23:42:42 Assist Public, 11645 North Rd; Amtrak

July 9

6:50:35 Alarm, 18632 Beaver Valley Rd; Ju
12:30:32 Property, oblk Front St, Leave
17:09:34 Parking/Abandon, 301 Ward Strasse; Hampton
18:35:56 Lewd Conduct, 10195 Titus Rd; Icicle Riv
20:39:29 911, 308 Zelt Strasse; Pine Vil
21:12:15 Harass/Threat, 15361 Us Hwy 2; 59er Diner
21:19:58 Property, Icicle Rd Mp 1

July 10

9:27:05 Suspicious, 116 River Bend Dr; Safeway

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GENERAC

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

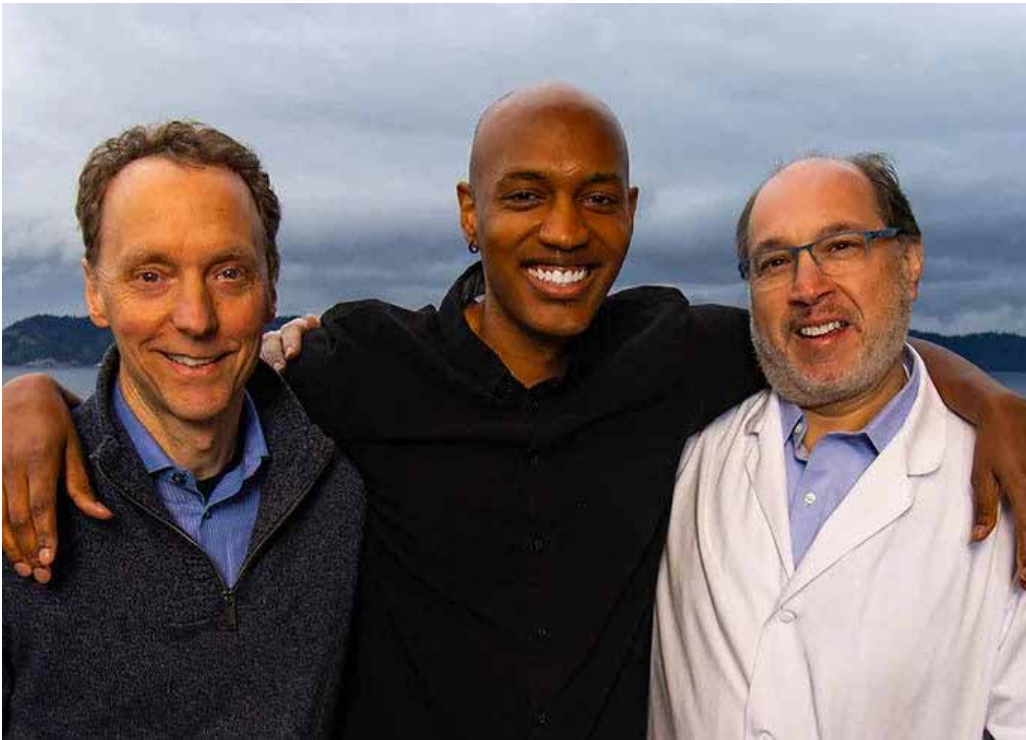
In the future, if a patient in a rural community needs an ultrasound, they would come to their local hospital. A medical assistant would then position the patient on the bed and guide the robotic ultrasound into position.

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



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.

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 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 out 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.

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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

See 18 THINGS Page B1

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Officials plan to kill 45OK 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 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 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



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.

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."

How to find a contractor who won't rip you off

By NATALIE DELGADILLO
Special to The Washington Post

Four months into a kitchen remodel that was supposed to take three weeks, your contractor stops answering the phone. No one has shown up in days. You've already paid almost the full amount of money budgeted for the project, and you're living in a cloud of dust and debris without a working stove.

It's a more common scenario than homeowners might think.

"Contractors are like anything: There are some good ones and there are some bad ones, and you're really just trying to mitigate your risk," says Amir Gibbs, a Maryland attorney who specializes in construction litigation at the Gibbs Law Firm.

But it's not always obvious how to mitigate risk - especially if you've never hired a general contractor before. Here are some factors to consider before you let anybody take a hammer to your walls.

Make sure their paperwork is in order

Let's start with the basics: Every contractor you consider hiring should be licensed, insured and in good corporate standing with your state. This increases the chances that you're working with a legitimate company and offers you additional recourse in some states in case things go wrong. (In Maryland, for example, residents can seek compensation through the Home Builder Guaranty Fund if they work with a registered

builder and things go badly.)

It's important to note that different states require different types of licenses, and different licenses are also required for certain kinds of work. This means you'll have to do a little research. There are guides online that break down license requirements state by state, and most states have online portals where you can look up your contractor's license status and check to see whether their business is in good standing.

Any contract you receive will probably have the contractor's business name, license number and information about insurance, but "you don't necessarily want to take their word for it," Gibbs says. It's reasonable to ask to see physical proof of insurance and to double-check their licenses with information from your state.

Research the contractor's past work and reputation

Online reviews are, of course, the most obvious way to do this, and a company's online reputation does matter, multiple lawyers say. But it shouldn't be the end-all and be-all of your research.

"I don't put that much stock in reviews," says Peter Viteznik, a construction litigation attorney at Kilmer, Voorhees & Laurick in Oregon. "If I had friends hiring a contractor, I'm telling them to call three recent references."

Gibbs emphasizes that you should call references with a list of specific questions. "Ask about the quality of the work, find out about the

homeowner's experience working with the contractor. Did the project remain on budget? Did they complete the project on time? Did they have any disputes, and if so, how were they resolved?"

Gibbs also says to make sure the references provided cover projects similar to what you want done - in other words, make sure you're comparing apples to apples.

"All builds aren't the same. You don't want them to gain their experience with you," he says. "Somebody has to be number one, but it doesn't have to be you."

Look for lawsuits

Even more than online reviews and references, a company's history of lawsuits can be enlightening.

In most places, you can look up the company or owner's name in your local courts' public case search online. If the court electronically files documents, you may even be able to read the specifics of the suits. (Often, companies are operating in more than one jurisdiction, so do some research and look them up in as many as feels reasonable to you.)

States will also have regulatory bodies that you can call to ask questions about any claims or lawsuits; Maryland, for example, has the Home Improvement Commission, and Oregon has the Construction Contractors Board.

"I would also tell you to contact consumer affairs at the county level and state level to see if you can get any information from them," says Andrew Cole, a principal at

Stein Sperling in Maryland who specializes in construction litigation.

A single claim or lawsuit doesn't necessarily mean you should blacklist a company, Gibbs says, but it's something you can inquire about further with the contractor.

Read the contract

Even after you've done your due diligence and decided to hire someone, the vetting isn't quite done.

First of all, make sure there's a signed contract in place before anybody starts working on your home. "Sometimes people engage contractors on a handshake or some sort of invoice that's going to be pretty scant in detail," Gibbs says.

Then, read the entire contract, top to bottom. The most crucial thing to have in writing is an agreed upon payment schedule, multiple lawyers say. What deposit are you expected to put down for the work, when is payment due, and at what intervals of the project? Viteznik stresses that you should never have paid the contractor more of the total price than the percentage of the project they've completed.

"If you get into a dispute the first thing I ask is, 'Okay, how much have you paid?'" Viteznik says. "Most people say, 'It's a \$50,000 kitchen remodel and

they're 10 percent done and I've paid \$60,000 because there was a change order."

Something else to have in writing: The agreed-upon timeline for the project, broken down week-by-week.

Cole of Stein Sperling also suggests homeowners read carefully about the dispute resolution process in the contract, in case anything goes wrong. Some contracts give homeowners only a limited window of time after work is complete to notify the contractor about problems; others require that disputes be resolved via arbitration rather than in court. Cole says he's also seen contracts that say the homeowner's final payment functions as a kind of waiver of any further claims about issues with the work. It's important to be aware of exactly what the contract requires, and if there's anything in the contract (or not in the contract) that makes you uncomfortable, negotiate a change in the language, Cole and other lawyers say.

And remember to take a look at the warranty policy - about a year or two is standard, and no warranty is "not great," says Gibbs.

If you're hiring for a significant project costing tens of thousands of dollars, it might be smart to hire a lawyer to look over the contract for you. "Lawyers cost too much, I know," Viteznik says. But

for significant transactions, he says it's worth paying for a couple hours of a lawyer's time.

Know your subcontractors

Contractors will usually engage with subs for certain parts of the project such as carpentry, electrical or plumbing. You should inquire with your contractor about who the subcontractors are and ask what kind of relationship the company has with that specific sub (long-standing relationships with experienced, licensed subs are best).

Also, you should always be absolutely sure that when you pay the contractor, the contractor is paying the subs for their work. If they don't, you'll be responsible for it.

"The fact that you paid the contractor doesn't get you off," says Viteznik. "You still owe the subs, and you may have to pay twice."

Subcontractors who don't get paid could put a lien on your home, so it's important to make sure the contractor you engage is trustworthy. When you pay your contractor, they should give you a lien waiver that states they're paying the subs and the subs waive the right to put a lien on your home, Cole says. "If you can't get that, you should at least confirm payment by email with the sub," he says.

Natalie Delgadillo is a reporter and editor living in D.C.

18 things

Continued from page A4

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.

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Living With Lactose Intolerance

Q: Several months ago, I started feeling “bloated” 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 lactase 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 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.

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



STOCK PHOTO

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.

Astronomers

Continued from page A1

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 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

Pears

Continued from page A1

“In 2023, we lost \$1,000 an acre,” continued Brosi. “The cold snap this past January caused us to lose all of our crop for 2024. So, we are not going to pick any fruit this year. That’s two years in a row of poor or no return. If we have that for a third year, that’ll be all she wrote.”

The Brosis’ start encapsulates the perils new farmers often face, which do not necessarily affect legacy orchardists the same way. As Brosi tells it: “There are some outstanding growers in our region that outperform everybody else.” Nonetheless, the future of pear orcharding in Leavenworth is not without its uncertainties for all farmers.

Development has and will significantly impact the industry. Urban expansion and zoning changes are converting agricultural land into residential and commercial properties, reducing the available land for pear orchards. As McDevitt bluntly states: “Land is worth a whole lot more with a house on it than with an orchard on it.”

Climate change also poses a threat to traditional farming practices. Warmer temperatures, altered precipitation patterns, and increased pest pressures impact pear yields and quality.

In response to these challenges, Leavenworth’s orchardists are increasingly turning to innovation. Advances in agricultural technology may offer some solutions to enhance productivity and sustainability. “Soil sampling allows us to make more informed farming decisions,” confirms McDevitt. Another area of focus is the development of “new pear varieties that are more resistant to the industry’s biggest pest, psylla, and disease, fire blight.”

Market dynamics are also influencing the future of pear orcharding in Leavenworth. Consumers are increasingly seeking locally sourced, organic produce, and are more aware of the environmental impact of their food choices. This trend presents an opportunity for Leavenworth’s pear growers to differentiate their products and capture premium markets.

Yet, there is no denying that



















Leavenworth’s orchardists are looking at an uncertain future, with both McDevitt and Brosi unsure as to whether pears will still be commercially grown here twenty years from now. “It’s a difficult time for agriculture,” McDevitt averred. “No one in Washington is making money right now.” Brosi concurred: “I hope to stay in pear farming and agriculture, but it’s risky, and I have an obligation to my family. If the orchards don’t make a profit, we can’t keep going.”

Fortunately for Brosi, McDevitt, and other pear farmers in the Upper Valley, the land they own is ever increasing in value as Leavenworth’s footprint expands. That said, McDevitt optimistically affirmed that “we’re going to try [to keep going] by getting resourceful and creative. We’ll definitely give it our best shot.”

Caroline Menna is an intern for Ward Media and a rising senior (Class of 2025) at Cascade High School. She will serve as Editor-in-Chief of the Cascade High School Publications Group for the 2024-2025 academic year.

Upper Valley Church Guide

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

Cashmere	Leavenworth
 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	 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
 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	 LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m.Sunday Service, Pastor Jo Dene Romeijn-Stout Leavenworthumc.org leavenworthumc@outlook.com
 CHRIST CENTER Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 christcentercashmere.com	 CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school). Church: 509-548-7667 Meetings: Sunday - 10 a.m.
 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	 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.fclcleavenworth.com
Dryden	
 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	 FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. www.leavenworthbaptist.com Email: info@leavenworthbaptist.com
 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.midvalley baptist.org	 LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossett Worship Pastor-Jacob Mitchell www.LCN.org
Peshastin	
 LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org	 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
 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.com	 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
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 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	 UNITED METHODIST CHURCH 3799 Fairview Canyon - 509-782-2601 Worship Service at 9:00 AM, Sunday Pastor Lilia Felicitas-Malana



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Quad City Herald

qualifications, application and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an

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's Resident Agent who is also 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 17, 2024 Personal Representative: JESSICA APFEL RUETZ Attorneys for the Personal Representative: David A. Kazemba, WSBA # 48049 Address for Mailing or Service – Overcast Law Offices Attn: David A. Kazemba 23 S Wenatchee Ave., Suite 320 Wenatchee, WA 98801 (509) 663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 24-4-00237-04 Presented by: OVERCAST LAW OFFICES By: David A. Kazemba, WSBA No. 48049 Attorney for the Personal Representative Published in the Leavenworth Echo/Cashmere Valley Record on July 17, 24, 31, 2024. #313

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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!

Your Name in Lights!

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

THIS WEEK'S STAR:

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?

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Standards Link: Follow simple written directions.

Make my bed.

Walk the dog.

Bring in the mail.

Clean my room.

Take out the trash.

Pay attention in class.

Get to school on time.

Set the table.

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.

The Star Facts

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

My age

My favorite color

My favorite sport

My favorite movie

My favorite thing to read

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.



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!

1.

2.

3.

4.

5.

6.

7.


8.

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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.

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- After school events & activities
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- Britannica Library
- Stream books, comics, movies, & more