



Colin Gift

Josephine "Joey" Cohen of Oroville shows her emotion at finishing the Oct. 8 swim from Alcatraz Prison to San Francisco. Cohen was one of four Colville Confederated tribal members that completed the swim in numbing water and swift currents after a week of classes and practices.

# Escape from Alcatraz

## Colville tribal women swim across frigid San Francisco Bay

Add three more Colville tribal members' names to a very short list of those who have done what no prisoner could do from Alcatraz Prison: Swim the mile-and-a-half of bone-jarring cold, shark-infested and swift water from the former prison island to San Francisco.

Lisa Edwards, Angela Rios, Joey Cohen and Shelli Martinez swam the distance Oct. 8.

They tackled the difficult swim with other Native Americans from Alaska and California as the last event of the 10th annual PATHSTAR Alcatraz Swim Week from Sept. 30 to Oct. 8.

Martinez, 31, of Omak, and Jerry Signor of Inchelium did the swim last year.

"I think I was too excited to even care about the cold," Oroville resident Cohen said. "I was so happy I did it. I was thrilled."

"You feel so accomplished when you get done," Omak resident Edwards, 27, said. "Words cannot describe how I felt."

"I had butterflies the night before," Rios, 46, of Omak, said. "I did not really sleep. I was excited."

"I lost my mom in February. I asked my mom to be with me and make sure I got across. I made it about an hour and 15 minutes. I came in with Lisa."

"I've never been in the ocean," Omak resident Edwards said. "The whole boat ride out there it was dark. It was not necessarily the cold water I feared, but what was in the cold water."

"When I was about to jump in, the adrenaline was going. About halfway across I stopped and looked around. The Golden Gate Bridge was on one side, the Bay Bridge on the other

### VIEW FROM THE SIDELINES

Al Camp

side. The sun was coming up and the moon was out."

Perhaps as amazing as the newcomers, who are cousins, conquering the swim was their agreeing to do it on five-minute notice.

Martinez, a member of the Colville Confederated Tribes Diabetes Prevention Program, was heading back this year when notified that four members of an Alaska team could not attend.

Martinez, who also is a physical activities lifestyle specialist with the tribe, phoned Edwards, Rios and Cohen and gave them just minutes to decide if they wanted to go.

"The initial thing that draws people to try this is the challenge to overcome it, new experiences and the thought that they can change their unhealthy habits to healthy habits," Martinez said.

After agreeing, the women had only a couple weeks to prepare for the event, designed to promote public awareness of diabetes and the need to exercise.

At the event, the women practiced twice a day for the first two days, then once a day in the chilly waters until the big swim.

They also attended classes to learn about good eating habits that included a strict diet with no processed or fast foods.

Exercise also included walking four to five miles a



Colin Gift

### Angela Rios of Omak swims in the shadow of Alcatraz Prison.

day, yoga, kayaking, paddle boarding and Pilates.

"We walked up and down hills, walked over the Golden Gate Bridge and through the Farmers Market," Martinez said. "Each day we did something different."

"This time around I was much more calm," Martinez said of her second time in the bay. "I had to be calm, because I invited three other tribal members. I really wanted to make sure to show that calmness and show no fear. I had done it once and I knew I could do it again."

"It's only 1.2 miles if you take a straight shot at it," she said of the swim. "If you're not a strong swimmer, you have to go with the current. Pilots on boats direct you with the current. If you are slow, you can end up swimming a mile-and-a-half to two miles."

Despite her experience, Martinez showed the first signs



PATHSTAR

Those participating in the 10th annual PATHSTAR Alcatraz Swim Week includes front row, from left, Zolina Zizi, Lisa Edwards, Shelli Martinez; middle row Joey Cohen, Clarita Seludo; back row Nancy Iverson, Angela Rios and Wichpiluta Candelaria.

of hypothermia several times during the swim, exiting with curled fingers, numb lips and slurred speech.

"I think the hardest thing is the cold, especially if you don't have a lot of body fat," the slim Martinez said of water temperatures of 58 to 60 degrees.

She, like the other swimmers, only wore a thermal cap to go with safety goggles, fins and her suit.

Swimming came naturally to Edwards, who took less than an hour to finish the swim.

"I did practice a little bit for a few days," Edwards said. "My main focus was getting my breathing down and keeping my head in cold water for at least a half hour at Omak Lake."

"Obviously, I became a better swimmer. I am learning a better lifestyle, the right portions and how much should be on your plate."

"I had not been swimming for over 20 years," Cohen said. Cohen was the first to depart and took the longest to

accomplish the swim, about an hour and 40 minutes.

"I am not a seasoned swimmer," Cohen said. "We only had a week's worth of training. We started on a Monday and the following Monday we were ready to go."

"I was confident I could do it," Cohen said. "It boosted my confidence a lot. I would love to do it again. But it was very cold."

Cohen, who said she was "old enough to know better but I did it anyway," said the week will help her lead a healthier lifestyle and get back in shape.

"They were really into recycling down there in San Francisco," Rios said of the many things she learned.

She also met with a dietician and toured Alcatraz.

"I really enjoyed, going to the school with the kids who had a garden and were out working it," Rios said.

Al Camp is the sports editor for The Chronicle. Email him at sports@omakchronicle.com.

# 'Pink Night' brightens up Okanogan

By Al Camp  
The Chronicle

OKANOGAN — A flood of pink invaded Dawson Gym on Tuesday night for Breast Cancer Awareness night.

Visiting Brewster joined with Okanogan in wearing pink to commemorate those fighting breast cancer and other cancers.

The Bears won the "Pink Night" match 25-17, 25-19 and 25-23.

Special recognition — presentation of carnations — was given to those fighting cancer.

"I know the community has given a lot to the kids and sports program, so it's nice for them to give back," Okanogan coach Jenny Hughes said. "It was nice to do something where the girls put time in and raised money that goes back into the community. The girls don't benefit anything from this financially, but they do benefit emotionally."

"In a sense, it's pay it forward. It's the same mentality. It was a fun night."

Hughes, who is fighting metastatic breast cancer, also was honored. She posted about the event on her Facebook page.

"We walked into a gym decked out with pink balloons, pink crepe paper, and pennants honoring those who have battled all types of cancer," said Brewster coach Marcy

Boesel, whose team also wore pink.

Bouncin' for Boobies volunteers had a booth set up and were selling pink items.

Official Clyde Pock got into the spirit with pink socks and shirt.

"Clyde predicted during the pre-game officials' meeting that the 'pink team' would win," Boesel said. "Raising awareness for Breast Cancer is always a gratifying experience, but this night was even more meaningful."

Both Hughes and Okanogan Athletic Director Steve Chamberlin are cancer survivors, Boesel said.

"Often during athletic events, we get lost in the moment and forget that there are people fighting much tougher battles than ours as they are literally fighting for their lives," Boesel said.

"Having both communities come together to raise awareness and money for such an important cause was a wonderful opportunity to remind us all that while athletics are an important part of our lives, they aren't the most important part."

Okanogan's c-squad worked tables, helped decorate the gym with pink confetti and balloons and passed pink purses in the crowd to collect money for Breast Cancer Awareness. So far they've raised \$675.



Al Camp/The Chronicle

### Okanogan High School players celebrate a point during match Oct. 16 against Brewster.

"We're hoping this thing will grow and keep going," Hughes said. "We're hoping to draw more people; get more involvement."

The Bulldogs, which got stronger and stronger each set with the Bears, were without front hitter/blocker Caitlyn Behymer, who sprained an ankle during practice a day earlier.

The Bulldogs (3-8, 3-8 league) head to Omak (3-8, 3-8) in a pivotal match to decide which team has an inside track to finishing fifth and for a post-

season berth.

The season wraps up Oct. 27 with playoffs to follow Oct. 30. The Top 3 teams from a bi-district playoff Nov. 3 at Freeman High School earn berths to state.

**Okanogan stats:** Vanessa VanderWeide 6 kills, 5 blocks; Kailey Harris 9 kills, 14 digs, 1 block, 1 ace; Keeley Morris 1 kill, 4 digs; Cassidy Townsend 1 kill, 1 dig; Miriam Navarro 1 kill, 15 digs; Darlene 100 percent serving, 1 ace, 6 digs; Amanda Erks 3 digs, 100 percent serving, 2 aces; Peyton Oules 12 assists, 2 aces, 2 digs.

**Brewster stats:** Brette Boesel 15/16 serving, 3 aces, 2 kills, 1 block, 1 stuff, 8 digs, 18 assists; Andie Gebbers 9/11 serving, 2 aces, 7 kills, 4 blocks, 3 stuffs, 3 digs; Jessie Hammons 3/3 serving, 1 block, 11 digs, 1 assist; Margie Brammer 10/13 serving, 2 aces, 4 kills, 4 digs, 1 assist; Marquette Miller 5/7 serving, 12 kills, 2 blocks, 4 digs; Jocelyn Reyes 13/14 serving, 1 ace, 1 block, 1 stuff, 9 digs, 1 assist; MacKenzie Harmier 8 digs; Bethany Anderson 5/6 serving; Whitney Baker 1/2 serving.

More Tuesday game summaries to be placed online at www.omakchronicle.com.

# 'Dogs boot Bears

## Okanogan goes to Omak on Tuesday

The Chronicle

OKANOGAN — Okanogan edged Brewster, 3-2, in a Caribou Trail League girls soccer match Oct. 16.

The Bulldog victory, coupled with Cashmere edging Cascade, 1-0, the same day, moved Okanogan back into second place in tightly bunched league standings.

Okanogan is second in the standings with 27 points (the Bulldogs spiked Chelan, 4-1, on Oct. 18; see more coverage in the Oct. 24 issue of *The Chronicle*).

Cashmere leads with 28 points and Cascade is third with 23 points.

The Top 2 teams in league play, which ends Oct. 27, receive first-round byes into the post-season tournament.

Against Brewster, Okanogan led, 1-0, at halftime on a goal by Mackenzie Kraemer on an assist from Bethany Schreiber.

Okanogan second half goals were by Schreiber, followed by Kailey Huner from Megan Parks.

"We controlled the ball a little more than they did, but had a tough time getting good shots on goal," Okanogan coach Dean Klepec said, noting goals came off set pieces.

Brewster second half goals were both by Chandler Smith. Veronica Arrez had an assist.

"We needed a win there in order to finish third or fourth," Brewster coach Alex Sanchez said.

The Bears (17 points) are in fourth place just ahead of Tonasket (16 points).

Okanogan (11-3, 9-3 league) is at Omak (4-9, 3-8-1-1) and Brewster (7-6, 6-6-1-0) is at Tonasket (7-6, 5-5-0-1) on Tuesday, Oct. 23.

### Manson stops Bridgeport

MANSON — Manson celebrated senior night by knocking off Bridgeport, 2-0, in the Central Washington 2B League on Oct. 15.

Bridgeport outshot Manson on goal, 18-15.

Manson finished with 10 saves to 8 saves for Bridgeport.

With the victory, the Lady Trojans moved into second place a game behind Liberty Bell.

Entiat (4-6, 3-3 league) is at Bridgeport (4-7, 0-6) on Tuesday, Oct. 23.

### Liberty Bell swats Hornets

OROVILLE — The Liberty Bell High School girls smacked Oroville, 10-0, in a league soccer match Oct. 16.

"Obviously, there were two parts in the game where Oroville lost their focus and the 'wheels' came off for a couple of 10-minute spans," Liberty Bell coach Mike Wilson said.

Freshman Aden Jones got the scoring going with two goals in the first 15 minutes. Jaqueline O'Keefe had her first of three assists.

O'Keefe, a senior, finished with four goals for Liberty Bell.

Also with goals were Ella Hall, Lauren Fitzmaurice and McKenna Barnes.

Johnnie Duguay and Tulie Budiselich both had assists.

Manson (7-4, 5-1) is at league-leading Liberty Bell (8-5, 6-0) and on Tuesday, Oct. 23.

### Tonasket edges Omak

OMAK — The Tonasket High School soccer team edged Omak, 3-2, in a league match Oct. 16.

## Chelan mauls Brewster Bears

BREWSTER — Chelan blasted past Brewster, 55-0, at the Bears' football homecoming game Oct. 19.

At Bridgeport, no officials showed up and the homecoming game against Manson was postponed.

### Caribou Trail League

Cashmere 15, Cascade 14, Tonasket 35, Omak 14, Chelan 55, Brewster 0, HC Quincy 56, Okanogan 0.

### North Central League

White Swan 41, Oroville 30, Liberty Bell 12, Lake Roosevelt 6, HC

### Northeast - South

Pateros 34, Entiat 20, Almira/Coulee-Hartline 66, Wellpinit 62.