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# July: The perfect time of year to 'Just do it'

**T**here's something special about July in North Central Washington — a perfect blend of sunshine, warmth, and natural beauty that simply invites you to get out and explore.

If you've been putting off that road trip, delaying your camping plans, or just waiting for the "right time" to visit a nearby town or valley, now is the moment to stop waiting and start doing.

This month offers some of the most ideal weather you'll find all year. Daytime temperatures typically settle in the 80s and 90s, with long, sunny days that stretch into beautiful, warm evenings. It's the kind of weather that beckons you to the lake for a swim, a boat ride, picnic on the shore, or a late-night backyard barbecue.

It's perfect for hiking or bicycling in the hills, or simply sitting outside, reading a good book and soaking up the summer vibes.

But the weather isn't the only reason July is unbeatable. The scenery across our region is alive and vibrant — wildflowers bloom in bursts of color, orchards and vineyards flourish, and the landscapes reveal their summer glory.

This is the time when the Co-

lumbia, Methow and Okanogan rivers sparkle and hillsides still glow green

What's more, there's so much to do here in North Central Washington, and most of it is just a short drive away.

Take a tour of one of our local dams, where you can learn about the engineering marvels that power our communities. Cruise a scenic loop drive through rolling hills and ghost towns. Explore a nearby state park or camp under the stars and connect with nature.

And if you're a fan of wine, July is an ideal time to visit one of the many vineyards in our region. Sip on award-winning wines while taking in panoramic views — a perfect blend of relaxation and discovery.

Too often, we put off the things we really want to do, waiting for the right day, the right company, or just the right mood. But this year, let's change that.

Let the warmth of summer and the beauty of our region inspire you to take that trip, try that new activity, and explore that place you've heard all about.

The opportunities are here. The weather is perfect. The only thing left to do is get out there and do it.

— Brock Hires is editor of *The Good Life* magazine. He can be reached at [tgl@omakchronicle.com](mailto:tgl@omakchronicle.com).



**BROCK  
HIRES**



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# Well-bred, gentle older home seeks good family

Story by Susan Lagsdin  
Photos by Mike Irwin  
*Good Life Contributors*

Becky Peltz and Jim Gartner had never thought about living full time in Wenatchee. And they never dreamed of buying a home here. But they are so glad they did.

Semi-retired from long careers in the Seattle area, they were already familiar with the area in 2021, and they've explored it more in the four years they've lived here. They played outdoors as much as they liked, made friends with their neighbors, enjoyed a slower pace and had a considerably less complicated commute to work.

But now they're both feeling the pull of west side family. Becky said, "Our daughter recently got married, and I want to be there for her when they start a family." And, "My mom's 90," said Jim, "and my brothers get to see her every week. I want more time with her while I've got it." Reasons enough to pull up stakes and head back home. Home may well be Mount Vernon, halfway between the twin pulls.

But they do love their place on Monroe Street, and they know that a new owner will too. Its solidity and classic good looks caught their attention immediately when they started house-shopping in 2021, and the big changes they've made since then have been good for them and for the house.

But no, moving here was never a long-held impossible dream that they're loath to give up. It was actually much simpler than that.

In 2020, Covid sent them indoors for work (Becky) and into early retirement (Jim). The cabin they owned in Plain, a long-time vacation spot, became not a second home but a first home.

"We lived at the Plain cabin for months during Covid, and so we'd go into Wenatchee to shop and drive around," Becky said. "And we were really surprised at how much we liked it!"

The neighborhoods closest to downtown intrigued them, with the variety of older homes, trees, sidewalks and quiet streets. In a perfect position for a quick move, they moved quickly and soon bought the Tudor-style house on Monroe Street in 2021.

The previous owners had maintained the house well. Built in 1928, it's rock-sturdy and faced in stucco. In recent years it gained an expanse of tile flooring on the main level, new kitchen cupboards and bath fixtures and a clean, well-lighted basement area.

Jim, with a lifelong career in home construction, knew not only to update the wiring but to retrofit the house for seasonal weather. "That first winter, you could stand by the kitchen window and feel the cold air rushing in," he said.

Eschewing the beige vinyl windows in stock locally, Jim chose

high-quality fiberglass Marvin windows with the same panes as the originals, in a bold black. Insulated blinds, an efficient gas fireplace and eventually a mini-split HVAC unit (innocuously placed above the front door) were the solutions to too-cold, as well as too-hot.

The biggest change they made was in response to deep snow. "We went to open the back door after a big snowfall and it was up to here," Jim said, gesturing waist high. Thus came the steeply pitched back extension that mimics the old Tudor roof line but adds a deep, protected patio area to the rear of the house.

Other additions came in due course. Jim had yet to take his current post-retirement job as a driver for Link Transit and had free time and talent. Becky worked then, as now, from her



Becky and Jim obeyed an important rule of remodeling: do it for yourself, not just for re-sale. Most of the additions for their domestic comfort and pleasure were made early on.

home office, teaching a programming course for the University of Washington after a 40-year career in software development. Becky was happy with her proj-



This cozy living room shows how the couple outsmarted Wenatchee's extreme temperatures with a gas fireplace, honeycomb shades, top-quality windows and (not shown) a mini-split HVAC system.

ect manager role. “I’d just point to things and Jim would build them,” she said.

They soon took on the very spare and bare back yard. They kept the back lawn but removed an above-ground pool to create a beachy-vibe sitting area, then created another with a firepit and sun umbrella in the lee of the stucco-ed garage.

They built a separate pavilion to cover a big hot tub. And to accommodate a few choice fowl, they created what may be the cutest chicken lodging in town, a coop and small mesh pen discreetly set in a side yard.

The interior configuration has changed the least. The main floor living area has two bedrooms and a bath on one side, and a long stretch of living room, dining space, then kitchen on the other. Now, the street-side room is an office with a daybed and the other is the principal bedroom. The finished downstairs has lots of possibilities with its storage rooms and a bedroom, bath and sitting area. A guestroom? A craft room? As an office? For TV watching?

The most dramatic change



Jim said the sun’s just right for morning coffee in this corner of the front garden, and it’s a cool retreat on summer evenings. The shape and style of the 1928 Tudor-style home are echoed throughout the neighborhood.

came to the front of the house with its chic and sleek fencing, which allowed widening the gravel drive and creating a private outdoor living area. The yard is minimalist and somehow opulent at the same time, with a tidy synthetic lawn and few



The downstairs level has guest quarters in addition to two storage/work rooms. For a vintage house, Becky said, theirs has a surprising amount of usable space that future owners will adapt to suit their needs.

plantings besides a rose garden, an homage to Becky’s mom.

In the late 1920s and 30s, their Tudor-style house possibly housed a full-sized family with attic space and basement doing double duty. It could do so again. But this house in its current iteration — same footprint, different use of the 1700 square feet — suits these two retirees perfectly. It would be a palace for a single, perfect for roommates, and it would probably love to have kids playing in it.

The Monroe Street house is listed for sale by local realtor Emily Niles with Properties Nw Of Gig Harbor, so Becky and Jim should soon be back with their westside family. They’ve changed towns before and can

do it again; they also know how to find a good house and are unafraid of fixups.

But until a new owner comes along, they plan to comfortably enjoy the summer in a home that’s just about perfect — except for its distance from loved ones, with a mountain range in between.



The addition of this fence and gate added contemporary visual verve to the house. Within the new front yard are a small patio, planters, a rose garden, and (made of synthetic turf) a strip of year-round green lawn.

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# LIFE IS A LAUGHING MATTER

## WHEN A FUNNY WOMAN FINDS THE STAGE



**Story by Susan Lagsdin**  
*Good Life Contributor*

Laine Heikel oversees major construction projects for the Chelan County PUD, this year the dismantling and development of the utility's former downtown Wenatchee site. It's a full-time, full-bore job and dead serious.

She's also got a serious nighttime hobby that needs no hard hat, but it does need nerves of steel. She's a stand-up comedian.

There's a backstory. Born and raised here, Laine had professional degrees, solid jobs, a husband and two kids, and she found herself miserable. 2018 was a turning point year for her — it signaled the end of a nasty, protracted divorce and it was also the year she got brave.

"I figured if I could get through that OK, then I could do anything," said Laine.

At 36, and with impending freedom, she wanted to sing, to do art, to rediscover joy. Mostly she wanted to try stand-up comedy. She'd been writing with her sister Jill ("The funniest woman I know," Laine said) and had worked up material about being kids in East Wenatchee.

When she cold-called local comedy guru Alex Haley about

breaking into the craft, he invited her to an open mic at the former gallery and talent hotspot, RadarStation. With her growing-up-local jokes and a bit about a 30-day vegan diet, she hit the stage. Laine got laughs, and she loved it.

For seven years, while Wenatchee's comedy audience grew and reputations took root, she studied the art, gathered material and practiced. And she's still with the open mic/writing group that first challenged and encouraged her: Alex, Loren Malloy, Jason Sims, Holly Thrope, Michael Lee Miller, Adam Eagle and Brian Higgins. Laine said, "It's been great to widen the circle of hometown creatives, to bounce ideas off each other and work on making each other better."

Laine said she's performed at dozens of open mics around town and has several paid professional gigs to her credit. "Comedy thrives in darkness," she quipped. "The drunker the room, the funnier you can be." Reading the room (toning it down or punching it up) comes naturally now, though open mics still feel easier than a gig like a daytime business luncheon or an award ceremony. Tough venues.

Stand-up is tough wherever you

do it: Don't ramble. Land on the beat. Remember the punchline. Even for a public speaker or an actor, those few minutes under the lights may seem nightmarish, and seasoned comics like Laine — and presumably her pro favorites like Steve Martin, Pete Holmes, Robin Williams and Tina Fey — need to battle self-doubt and overthinking a joke. But, she said, the tension is always worth the laughs.

"It's such a rush to see those big smiles and hear the belly laughs when you deliver the perfect punchline," she said. "Even better is when people come up to me on the street and quote back from a funny bit."

Laine explained that every comic learns to deal with the occasional flop, the flubbed line. "There's a moment when you and the audience are just looking at each other and the big egg you laid," she said. "I simply look down at the floor as if it was an actual thing, make light of it, and move on."

She was deep into that contentious divorce when she first started doing stand-up comedy, and Laine described a particularly dicey moment back then, on stage at RadarStation.

The venue was dim and the crowd rowdy, and as she started

Stand-up comic Laine Heikel captures ideas in her journal and tries out the best bits first at home, then with her local comedy group. Lively nights at microphones around Wenatchee balance her serious day job as a senior project manager for the Chelan County P.U.D.

into one bawdy bit she looked out into the audience and saw the court-appointed custody supervisor she'd been in negotiations with. She froze for a second, thought what-the-hell and kept going.

Aha! Seems he was a fellow comic, and those folks delight in hearing off-beat and spot-on humor. (The real punchline? In the eventual divorce she got both the kids.)

Married again happily and doing productive work, and with her comedy career on an uptick, Laine recently took a song-and-dance ensemble role in the 2025 Apple Blossom musical "Catch Me If You Can."

That was her first tentative foray into a stage production since eighth grade, and "I can't wait to go out for more theater around town!" she said.

Bring it on. Laine has proved she's brave enough to try just about anything, and that's no joke.



# RECLAIMING OURSELVES AS — *"We the People"*

"How, exactly, do we resolve dilemmas that tempt us to choose either this or that and instead hold the tension long enough to let a "third thing" emerge?" Parker Palmer, *Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit*

As fireworks light up the sky, grilled burgers and picnics are shared, and people line the streets for parades around the country, July stirs in me something deeper than just a fun day.

It raises timeless questions about what it means to be free, to belong, and to live the "good life" in a nation of immense diversity and shared promise. This year, as we celebrate the 4th of July, it's worth asking: how are we doing—not just as individuals, but as a community, as a democracy?

In recent years, many have felt a kind of soul-weariness about the state of our nation. The shouting matches, the polarization, the mistrust—it's easy to despair. But educator and author Parker J. Palmer offers us a different lens through which to see our collective life.

In Palmer's powerful book *Healing the Heart of Democracy* (updated in 2024), he writes, "Democracy is not so much about politics as it is about the human heart—the capacity to hold tension, to see truth in competing points of view, and to stay present in the midst of conflict." I love that! That gives me a lot to work on right there.

Democracy isn't just a system of government according to Palmer. It's a way of living together. It's built on certain habits of the heart—those inner convictions and values that shape how we relate to others: for example, respect, compassion, listening, and humility.



True freedom in my book doesn't mean "I get to do whatever I want." It means we are free to choose the common good—to build communities where all can flourish. That might mean choosing to listen before reacting. It might mean asking not just what benefits me, but what benefits us. It might mean investing in local schools, showing up at town hall meetings, planting a garden, or caring for a neighbor who thinks—and votes—differently. Bottom line... the good life is a shared life.

Palmer goes so far as to suggest that we think of democracy as a spiritual practice! As a way of opening our hearts to each other. He suggests five habits of the heart that can help heal our public life:

1. **WE ARE ALL IN THIS TOGETHER** – that's my own caps added.

No matter our differences, we share a common humanity and a common destiny. From wildfires to water shortages, from economic uncertainty to caring for elders,

our well-being is tied up with each other's.

2. We must develop an appreciation of the value of "otherness."

True community does not require sameness. My husband and I aren't even always on the "same page". And it's made some times tough in our marriage, but absolutely better. Our differences have ultimately been "a blessing". Strong communities thrive on diversity—of race, thought, religion, and culture.

3. We must cultivate the capacity to hold tension creatively. This is probably the hardest one. Democracy is not about erasing differences but holding them long enough to find a greater truth. That takes patience, courage, and a willingness to be changed. I have seen it work, however, with groups who seemed like they could never work it out. The final product was better than any could have done alone.

4. We must generate a sense of personal voice and agency.

Our voices matter. Even when

we feel like we just want others to figure it out when life gets complicated. We need to remember that we shape the world we live in. Sometimes we leave it to others to even do the voting and just wait and see who others choose. We need to change that and consider that we do indeed have a part in shaping the world we live in.

5. We must strengthen our capacity to create community. This is where my commitment especially lies. Real community doesn't just happen. It's built, slowly, through relationships, shared meals, honest conversations, and acts of service. It includes going to those community meals, volunteering to help, showing up vulnerably and with humility in conversations.

This Fourth of July, imagine trading the red-blue divide for something deeper. Bigger. Better. The American experiment has always been messy, contested, and unfinished. But it has also always been held together by everyday people who choose to show up.

Consider the veterans who build homes for other veterans. The teachers who stay late to mentor kids. The neighbors who disagree about politics but still share tomatoes from their gardens. That's the heart of democracy. That's the good life! Connected, big, meaningful.

How might it be for us to do some real patriotic work this July, as we light our sparklers and sing "America The Beautiful", to also light something within—a real commitment to live from the heart; to care more, to judge less, to listen longer, to act on behalf of one another...and move up to the Good Life as "we the people"?

And if you feel like it's just too much, Parker urges us to just keep walking and talking.

# Bringing History Forward

SUE BLANCHARD



## AMERICA *of thee I Sing!*

Story by Sue Blanchard  
Good Life Contributor

The Fourth of July celebrates America's birth and national history in a full-color display of red-white-and blue flags, banners, ceremonies and barbeques, with night-sky fireworks bursting on air to musical medleys that strum their patriotic tempos on our heartstrings! They sing of a sweet land of liberty, letting freedom ring, our Pilgrim's pride, the dawn's early light, and the amber waves and purple majesties that are the heartlands of our American spirit and pride. Let's journey back in time to the distant beat of fife and drum and discover the fascinating events in America's history that inspired and created the lyrics and melodies of our nation's most iconic anthems, ballads and songs.

It is 1755, during the French and Indian War, when colonial settlers joined the British to fight the French over territory that would become the Ohio River Valley. When a contingent of raw, battle-worn colonial reinforcements arrived in their rag-tag uniforms in Albany, New York, the well-attired British "Red Coats" stopped snickering just long enough to pen some foolish verses to an old English tune to taunt the Colonials with this now familiar song:

"Yankee Doodle came to town riding on a pony, Stuck a feather in his cap and called it macaroni."

The term *Yankee* (of unknown origin) was uncomplimentary, *Doodle* meant do-little or silly and *macaroni* (not pasta) was a fop or dandy. The song was used by British troops to mock the colonists, portraying them as simpletons. Well, Yankee Doodlers - who's more the fool? Read on!

We have marched forward to April 18, 1775, a mere day before the opening volley of "the shot heard 'round the world" ~ the first armed conflict of the American Revolutionary War and our colonial militia's fight for independence from British rule.

As British troops marched from Boston toward Lexington and Concord to aid in capturing John Hancock and Samuel Adams and seize the colonists' stockpile of arms and munitions, they kept in lively step to the time-worn tune of *Yankee Doodle*. Although they did not realize it on that day, ahead of them on the road they diligently marched was a *real Yankee Doodle*... and he was readily mounted on his pony! And you might well recall, as Paul Harvey would extol, 'the rest of the story'... the famous *Midnight Ride of Paul Revere* and his warning "The British are coming!"

In a complete turnabout of "the spoils of war" the colonial Yankees made the song their own and sang it back to the defeated British troops as they fled. When Cornwallis surrendered his army of some 8,000 men to George Washington at Yorktown in 1781, an American band played *Yankee Doodle* with

full accompaniment. At war's end, the song that once mocked our colonial patriots became their own unofficial national anthem!

*"There was Captain Washington, upon a slapping stallion, Giving orders to his men - I guess there was a million."*



The origin of America's first patriotic song, "The Liberty Song" (1768) dates back to when colonists first wrote ballads to express their dissatisfaction over tea and taxation, turning their tunes into preludes of action and tossing crates of taxed British tea into Boston Harbor ~ the Boston Tea Party!

It is illuminating to learn that most of America's original patriotic music owes its origins to its conflicts and six main wars: the American Revolution, the French and Indian War, War of 1812, Mexican-American War, the Civil War, and Spanish-American War.

The history of our own National Anthem, *The Star Spangled Banner*, is an iconic example of a song born of battle. Frances Scott Key, upon witnessing the sight of a ragged Old Glory still flying high over Fort McHenry the morning after the British bombardment of Baltimore during the War of 1812, was inspired to compose a poem of all he witnessed in that dawn's early light. The melody used for his song was actually the popular British tune of a London social club!

On March 3, 1931, over 100 years later, Frances Scott Key's poem was officially recognized as the United States' National Anthem, in spite of the citizenry having made Key's song America's own long before federal law made it official. The original 30'x 42' Star-Spangled Banner flag with its 15 stars and 15 stripes is among the most treasured artifacts in the Smithsonian's National Museum of American History in Washington, D.C.

During the seventh inning stretch of the 1918 World Series in Chicago, in a show of patriotism in the midst of World War I, the military band at the stadium began playing the national anthem. The baseball fans spontaneously began to sing along, until the entire stadium was filled with song. We can thank



The original Fort McHenry garrison flag, 30 feet by 42 feet, officially known as the Star-Spangled Banner, is permanently displayed at the Smithsonian's National Museum of National History in Washington D.C.

the Cubs for inspiring the ritual of singing our anthem before sporting events!

Jimi Hendrix's unforgettable electric-guitar rendition of our anthem at Woodstock in 1969 is reflective of a time when the U.S. was embroiled in Viet Nam anti-war sentiment- his rendition interspersed with sounds that mimicked sirens and strains of Taps. In juxtaposition, Whitney Houston's 1991 Super Bowl XXV halftime performance honored our troops in the Gulf War and topped the Billboard charts once more in the wake of 9/11.

Perhaps no other war in our country's history produced as

many patriotic songs as the Civil War- in both Blue and Gray renditions! The Confederates of Gray adopted the folk song *Dixie* as its inspirational battle hymn ~ a ballad actually composed by a New Hampshire northerner. The Union Army of Blue adopted the "Battle Hymn of the Republic", which originated as a Southern Gospel Hymn in Charleston, South Carolina. So it seems both the North and the South ironically gifted each other their own iconic anthems!

The *Battle Hymn of the Republic* was written by Juliet Ward Howe, an avid abolitionist who experienced first hand the skirmish between Confederate

and Union troops in nearby Virginia, and heard the troops go into battle. When she visited Wash, DC in Nov 18, 1861, she was inspired to pen a poem that began, "Mine eyes have seen the glory..." Published in Feb. 1862 in the *Atlantic Monthly*, her poem was set to the melody of an old Methodist hymn, and properly became *The Battle Hymn of the Republic* ~ the marching song of Union Army regiments. It became one of Winston Churchill's favorite songs and was sung by Andy Williams at the funeral of Robert F. Kennedy.

Traveling on to 1893, Katharine Lee Bates, a 33-year-old English professor at Wellesley College in Massachusetts, was journeying cross county to Colorado Springs. Awed and inspired by the geological wonders of her train ride ~ the wheat fields of America's heartland, the vast views of the Great Plains and the purple majesty of the Rocky Mountains ~ her visions of America from the pinnacle of Pikes Peak inspired the poetic words she penned in her hotel room that evening, "*Oh beautiful for spacious skies, for amber waves of grain...*" the lyrics of *America the Beautiful*. Two years later in 1895, on a ferry boat trip from Coney Island to his home in New York City, Samuel A. Ward, a renowned church organist and choir master, was similarly moved and inspired to set Katherine Bates' published poem to music. And another song of praise was added to America's Songbook.

It was the administration of John F. Kennedy that promoted efforts to have *America the Beautiful* gain legal status as a national anthem (equal to *The Star Spangled Banner*!) Viewers may also remember, during the first taping of the David Letterman Show following the 9/11 attacks of 2001, CBS news-



The Colorado Rockies chose the purple color of their team uniform from the lyrics of *America the Beautiful*.

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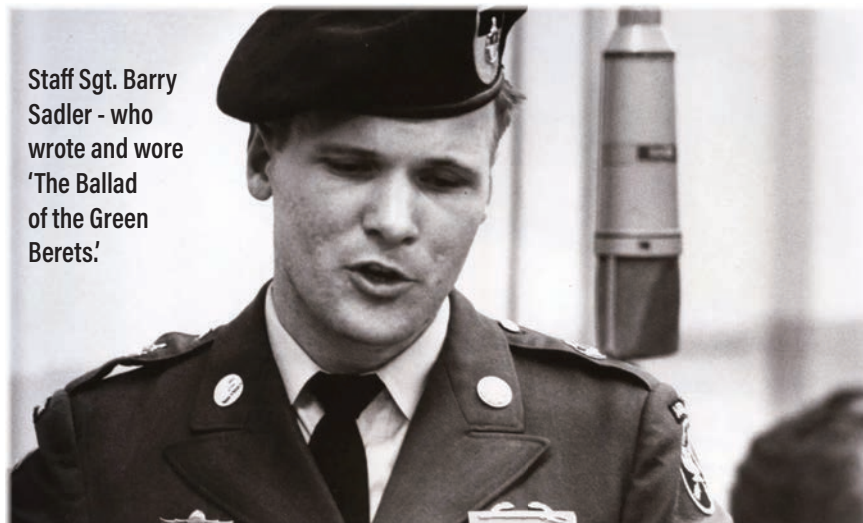


man Dan Rather, seated beside grief-stricken David Letterman and Regis Philbin, tearfully reciting *America the Beautiful*.

The Spanish-American War of 1898 ~ the war of Commodore Dewey, 'Remember the Maine' and Theodore Roosevelt's Rough Riders~ was the same year in which John Philip Sousa, conductor of the Marine Band who served under five presidents, composed the "Official March of the United States of America", *The Stars and Stripes Forever!* And here is how history and a military march played as one in saving civilian lives!

At the tum of the 19th century, America's "talkie" movie theaters and Ringling Bros. and Barnum & Bailey circuses were crowd-pleasing venues offering the greatest shows on earth for American entertainment. Everyone of every age gathered in front of the original big screens and under the three ring Big Top tents. Little did the public know that theater and circus staff shared a secret 911 code in those early days before public address systems: ***"If there is an emergency, the theater organizer or circus band is to alert personnel to evacuate the audiences by playing "The Stars and Stripes Forever!"*** Back in the day, it was the public's marching order to *Get Out!*

On July 6, 1944, a fire broke out during a matinee circus per-



Staff Sgt. Barry Sadler - who wrote and wore 'The Ballad of the Green Berets.'

formance in Hartford, Connecticut attended by an estimated 7,000 spectators.

Spreading rapidly through the waterproofed gasoline-and-paraffin-coated Big Top, flames reached 100 feet in height. Survivors included The Flying Wallendas, actor Charles Nelson Reilly, and renowned circus clown Emmett Kelly. Though the band played on, it was a day the clowns cried.

Perhaps the grandest song of our own lifetimes earning our salutes on the Fourth of July is *God Bless America*. In the fall of 1938, as fascism and a second world war threatened Europe, composer Irving Berlin decided the nation needed a song of peace. He recalled an unpublished version of a song that he had written years earlier and set aside in a trunk, took it out and shaped it into a 'second national

anthem.' The stars were aligned when Kate Smith, "The First Lady of Radio", asked Berlin to write her a patriotic song to honor our veterans. America's heart-warming anthem *God Bless America* was heard nation-wide for the first time on November 11, 1938, in honor of the 20th anniversary of the Armistice (1918), sung by Kate Smith on her CBS radio show broadcast from the New York World's Fair!

From that first performance 87 years ago, up until Lee Greenwood's *God Bless the USA*., no song so embraced America's spirit, raising our nation's patriotism at the onset of WWII to as high a volume as Kate Smith's resonant voice. Smith and Berlin, in support of the war effort and American charities would both forgo their rights and royalties, donating their earnings

to good causes, and selling \$600 million worth of war bonds in two round-the-clock marathons! It is not surprising that Smith's timeless recording of *God Bless America* was among the first songs named to the Library of Congress' National Recorded Song Registry.

It has been more than 40 years since Lee Greenwood, on a bus in 1983, wrote *God Bless the USA*. Released in 1984, it has been hailed as one of the most recognizable patriotic songs in America. Performed by military bands across the nation and adopted by the National Guard of Tennessee, where Greenwood now resides, it was part of President Ronald Reagan's 1984 campaign, played for the nation after the 9/11 attack, throughout the Gulf War and for Hurricane Katrina. It was even performed by an Air Force Band as part of Wenatchee's Apple Blossom Festival entertainment in Memorial Park.

*America's Songbook* is meant to be sung by many voices, for the ballads, songs and anthems on its time-worn pages are composed from her history ~ *our history* ~ with lyrics penned by those who experienced the fight to preserve our freedoms and triumphant crescendos of melodies that rose and fell with our nation's victories and challenges.

Whether singing a folksong about Davy Crockett, a refrain of Dixieland, hoping Johnny comes marching home, saluting the Ballad of the Green Berets, or reverencing an anthem of amber waves and shining seas, America's patriotic songs praise the passions of duty, sacrifice and honor that are imprinted on our heritage.

This Fourth of July, as fireworks illuminate its finale, may we remember to *God Bless America*, stand beside her, salute the Grand Old Flag, rejoice in our sweet land of liberty and, united in one voice, hear the bells of our freedoms ring.



# Puttering...

Essays by  
Susan Sampson  
Good Life  
Contributor

In 1952 Ruth Krauss had a children's book published. It was called *A Hole Is To Dig*. I never heard of the book back then and I still hadn't heard of it twenty years later when my boys were picture-book age, or even 50 years later when my grandsons approached the age for picture books. However, when I heard the title, I thought it was charming. I loved the idea of defining a hole by its function, "A hole is when you step in it,



you go down," she wrote, and "A hole is for a mouse to live in."

It's easy to think of comparable ideas. A wing is to fly. A fly is to buzz.

A spoon is to scoop. A spoon is to slurp. A coin is to toss, a bridge is to cross, a principle is to stand on. But my favorite: A garden is to putter.

After the heavy work of early spring, turning over the soil, spreading the mulch, pruning out the winter kill; after

the roses, peonies and irises of spring are bloomed out, along comes a less strenuous time in the garden. The beans and tomatoes should be growing but they don't require much attention. "Grow!" I command them. The late summer flowers like gladiolas, cosmos, and zinnias, and the wild sunflowers, aren't blooming yet. (The snapdragons are an exception; they pop up now wherever they want to grow and show off.)

For now, it's just time to putter. A gardener I know advises, "Walk through the garden with a cup of coffee every morning. Walk through the garden every

evening with a glass of wine." So, for now, following her advice, I drift through the garden, brushing aphids off a rosebud, pulling out a little clump of crabgrass along the way, just enjoying.

Right now, I won't even think of harvesting vegetables, processing the loganberries into jelly, or turning off the irrigation and blowing out the lines in preparation for winter. For now I'm happy to just putter, weeding out the occasional Russian Thistles (tumbleweeds) while the seedlings are still tender and easy to remove, it's minimal work, probably not necessary to do just yet, it's just puttering.

## TERROIR AND MY PEPPER PLANTS

Story by  
Susan Sampson  
Good Life  
Contributor

Ultimately, this essay is about Chimayo red chile peppers. But a round-about route takes us there.

We start with "terroir." Say "ter-war". It means the unique flavor imbued in wine, arising out of the distinctive environment in which wine grapes are grown. The term is used mostly to describe French wines. I learned the term from Wenatchee attorney Lee Lewis, in a paper he wrote as a college undergraduate. Lewis wrote about the terroir of Washington wines, but he didn't stop at wines. He attributed a terroir to the Chinook salmon run in the Columbia River.

I wondered if terroir would be detectable in other produce from North Central Washington, such as in our Walla Walla sweet onions, potatoes from Grant County, or winter soft white wheat headed to a bakery or to an Asian noodle factory. My friend Merry Roy assured me that terroir is conspicuous in carrots. They can be bland, bitter, or sweet, depending on where they are grown.

I came across the idea of terroir most recently in an article about Chimayo chile peppers from New Mexico. Supposedly, they are one of the best-tasting chiles in the world, so good in part because of where they are grown. The Chimayo area lies within a valley in the Sangre de Cristo Mountains at an elevation of 6,075 feet.

I shopped for whole Chimayo peppers but found only seeds or chile powder for sale. I've had good results from planting peppers in my garden, so I thought I'd try Chimayos. I bought a package that held 22 seeds, half of which I sent to my sister in Arizona. Her climate would be closer to New Mexico's than would be ours in North Central Washington.

The seeds looked immature to me, but I plunged ahead, planting them in potting soil in little seed cups resting on a heating pad, exposed them to grow lights, and covered them with a plastic dome to retain soil moisture. I've used that system with other peppers

that germinated so fast they seemed to be jumping out of the ground.

After two weeks, two plants germinated, opening up two cotyledons, or "seed leaves." After three weeks they developed two sets of true leaves and were ready for more mollycoddling in larger pots.

I look forward to their blooming and setting fruit, and to my harvesting and tasting them. However, I am faced with a quandary. How will I know how they are supposed to taste? I could get a wonderful pepper that was just plain wrong. Consider what happened in the 1890s, when Americans imported European sheet music for stately dances like the quadrille or cotillion. Somehow, the music got played too fast and became ragtime. I could grow the cotillion or quadrille of peppers and get the peppers of ragtime instead. I won't know if the local terroir is as good for peppers as that in New Mexico unless I go to Chimayo to find out.

# Osoyoos

## Canada's warmest welcome

**Story by Linda Reid**  
**Photos by Ken Reid**  
*Good Life Contributor*

Lake Osoyoos is likely a place you know of or have been to if you reside in North Central Washington. This lovely lake straddles the border between the Okanogan Valley in the U.S. and the Okanagan Valley in British Columbia. (Note the slight spelling difference.) We have only been there twice before, once in the summer and once in late October, so we decided to revisit this peaceful place again to experience the seasonal beauty of spring. We had two days of almost perfect weather in which to explore the treasures of Osoyoos that we had not discovered before. Ken's photos (I readily admit) will show you what my words try to tell you. Please join us

for a short tour of what will be in-store for you if you decide to cross the border for a subtle change of scenery.

Speaking of crossing the international boundary between our countries, the title of our story is taken from a sign we saw in Osoyoos. It was a foretelling of what we encountered wherever we roamed.

We thought we might not be as welcomed in Canada as we have experienced in the past because of political dissonance that has arisen between us. However, as we talked to our Canadian neighbors, wherever we were: our hotel, restaurants, stores, museums, wineries, art galleries, walks along the lakeshore, the visitor center, and even the hotel hot tub, there was a common thread running between us. There was agreement that no

political rhetoric, trade disagreements, disputes, or divergencies would ever get in the way of the friendship between Canadians and Americans. Some Canadians we spoke with were a little hesitant to cross over their southern border, however, they generously extended to us "Canada's Warmest Welcome."

Since I am your tour guide, I will start with my favorite experience, our visit to the Nk'Mip (pronounced "Inkameep") Desert Cultural Centre (NDCC). This award-winning Cultural Centre which was opened in 2007 is vital to sharing and preserving the Syilx culture of these Indigenous, Okanagan people. Much of what we saw took place on the walking trails that meandered through a replicated Syilx Native village with outdoor metal sculptures

that helped bring it to life. It was fascinating to see the summer and winter living quarters for the Osoyoos Indian Band who lived on this land. The self-guided tour provided interesting information about plants, animals, and the Indigenous peoples' daily lives and traditions in this semi-arid shrubland (referred to as the only desert area in Canada). When we finally moved to the inside of the Centre, we watched two very creative short films that increased our appreciation for this unique habitat and even more so, for the people who lived on this land. The NDCC's relationship with the Royal BC Museum is helpful in their ongoing quest to acquire cultural artifacts and artwork to expand this exhibit. The Indigenous people of this land are waiting for these sacred belongings "to be



Lake Osoyoos straddles the U.S./Canadian border. The surrounding vicinity's scenic beauty has the distinction of being the only desert area in Canada.



The peninsula, extending nearly across the width of Lake Osoyoos, is a popular Provincial Park with camping and day-use areas for swimming and boating.



We learned many things on our visit here, for example, “unceded land” is land that was never formally surrendered (by treaty or legal agreement) by Indigenous people who originally occupied it. This is an important concept relevant in discussions about their land rights and historical injustices.

sung and danced home.”

After a full and fascinating morning here, we drove by the beautiful resort on this same piece of land to enjoy a little wine-tasting and the Nk'Mip Cellars. It has the distinction of being the first Native-owned and operated winery in North America. Our local host was welcoming and knowledgeable, and the quality of wines we tasted was impressive.

As we explored other sights around Lake Osoyoos, Ken was able to capture some of the beauty of this land and its unique sense of place. In the native language the word “kana” means “place of” and the word “gan” means “water.” “Kanagan” is interpreted as “place of water.” Lake Osoyoos is not the only lake in the Okanagan Valley. Just a few miles up in the surrounding mountains is Spotted Lake, which seemed particularly interesting, since it was referred to as a “geologic wonder.” The

overlook, parking, and access to it were all anticlimactic, but the Lake itself was awe-inspiring. This is a sacred Lake to the Syilx people and is a protected cultural heritage site belonging to and cared for by the Syilx Nation. It is not accessible to the public, but is preserved as a sacred, medicine lake used for physical and spiritual healing. The minerals in the water form circles of varying sizes, which cover most of the lake and become more



Homes for winter were underground for protection from the elements



These metal sculptures in the reconstructed Osoyoos Indian Band village help visitors imagine what life was like for them. They are one of seven Bands that are part of the Syilx people whose habitat is the Okanagan Valley. The Syilx people include Washington's Colville Confederated Tribes. “In our blood flows the history of our people.”

pronounced when the water level lowers in the summer. Surprisingly, the number of circles on the lake is 365.

The town of Osoyoos, on the lakeshore, is enjoyable to explore with its museum of local archives, the Visitor Centre, art galleries, diverse shops, and its incomparable hardware store. The surrounding scenery is a visual panorama of mountains, shrub step, orchards (growing apples, peaches, cherries, and pears), as well as its renowned wine grapes. The micro-climate provides all that is needed for a fertile growing season. Fruit stands abound, offering fruit in season and preserves and a wide variety of local honeys year-round.

There are many reasons to visit this scenic, historic region. We

hope you will want to take advantage of its proximity to NCW and its warmth, both in climate and hospitality. It is indeed a place to find “the good life.”



Nk'Mip Cellars has the distinction of being the first Native owned and operated winery in North America. It is a memorable sensory experience. Taste, aromas, and beauty for the eyes are plentiful in this impressive winery.



Tepees were used for summer shelters. (R) a view from the inside of a reconstructed tepee, used for housing in the summer.



Awe-inspiring Spotted Lake is a sacred place to the Syilx people who have lived in this area for thousands of years. It is considered a “geologic wonder.” “Every inch of this land is sacred.”

# Staying PAWSITIVELY COOL



**Story by**  
**Shawna Bais, DVM**  
*Good Life Contributor*

Hot summer days can be tough on pets and humans alike. Every year, we see pets suffering from the scorching heat in summer, but there are things we can do to keep them safe. Here are some tips to help protect your furry friend from the heat.

First, try to keep your pets indoors when it's hot outside. If you can't, make sure they have plenty of shade and cool water. Pets love to play outside, but they can easily get dehydrated or overheated. You can also set up some kiddie pools or sprinklers to let them cool off and have some fun.

If you take your dog for walks or runs, be careful of the asphalt. Asphalt, sand, and metal surfaces can get really hot in the summer and can burn your dog's paws. Dogs are also closer to the ground, so the hot asphalt reflects heat back at them. To protect your dog's feet, walk in the morning or evening when it's cooler. You can also try walking on other surfaces like grass. Remember, if the surface is too hot for your bare foot, it's too hot

for your dog's feet. You can also put on some protective booties to help keep their feet cool. Your pet's pads can be soft and sensitive after swimming, so be extra careful not to walk on the hot pavement after a swim. If you see any signs of burned pads like limping, licking, chewing, missing part of the pad, blisters, or redness, take your dog to the vet.

Never leave your pet in a hot car. The temperature inside a car can rise 20 to 40 degrees higher than the outside temperature in just 15 minutes. That's enough time for a dog to die from heat stroke. So, while it's hot outside, keep your pets at home where they are safe and comfortable.

Hot weather can affect dogs of any age, breed, or gender but brachycephalic breeds (those with short noses) like English and French Bulldogs, Pugs, Boston Terriers, and others are especially susceptible. Older or overweight pets, and those with heart or lung issues, should also stay cool in an air-conditioned place as they cannot tolerate excessive heat and have a higher risk of heat stroke.

Make sure you are educated on the symptoms of heat stroke such as acting restless, panting

heavily, having a rapid heartbeat, fever, drooling, red gums, vomiting, diarrhea, seizures, or losing consciousness. Heat stroke can cause serious organ damage and even death. Unfortunately, the mortality rate of heat stroke in dogs is estimated to be around 50%. When it comes to heat stroke, every second counts. Here are the immediate steps to take if you suspect your dog is overheating:

- Move them to a shady spot: Take your dog out of the sun and into a cool, shaded place.
- Give them some cool water: Make sure they have access to cool water, but not ice-cold water. Don't force them to drink if

they're not interested.

- Wet their paws. Use cool water to wet their paws. This can help lower their body temperature. You can also place a cool, damp cloth around their head and neck to help lower their body temperature.

If your dog's symptoms don't improve or if they have severe reactions like seizures or become unresponsive, it's important to get them to a veterinarian right away. Time is of the essence, and professional care can be life-saving.

So, while you enjoy the summer sun, make sure your furry friends stay safe and happy and protected from the heat.

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Shawna Bais, DVM

# FUN STUFF

## WHAT TO DO AROUND HERE FOR THE NEXT MONTH

### JULY 1

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

**Preschool story time** is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

**STEAM story time** is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

### JULY 2

**The Raveling Toad Show** will perform at 6 p.m. at Taber's Taste of Summer, 33349 Highway 97, Oroville. Information: 509-476-0202.

### JULY 3

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St.

**Bingo will be played** at 6 p.m. at the American Legion Post No. 97, 102 E. Main St., Brewster. Information: gregwagg@yahoo.com.

**Open microphone** is planned at 7:30 p.m. at After Hours, 647 S. Second Ave., Okanogan. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

**The Sagebrush Gypsies** will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

**Baby and toddler fun time** is planned at 10 a.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**STEAM Thursday** is planned at 3:30 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

### JULY 4

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Karaoke is planned** at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

### JULY 5

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Massy Ferguson will perform** at 7 p.m. at the Republic

Brewing Co., 26 N. Clark Ave., Republic. Admission charged. Information: republicbrew.com.

**The Full Uplift will perform** at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

### JULY 7

**The Omak writing group** meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

### JULY 8

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

**Preschool story time** is

planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

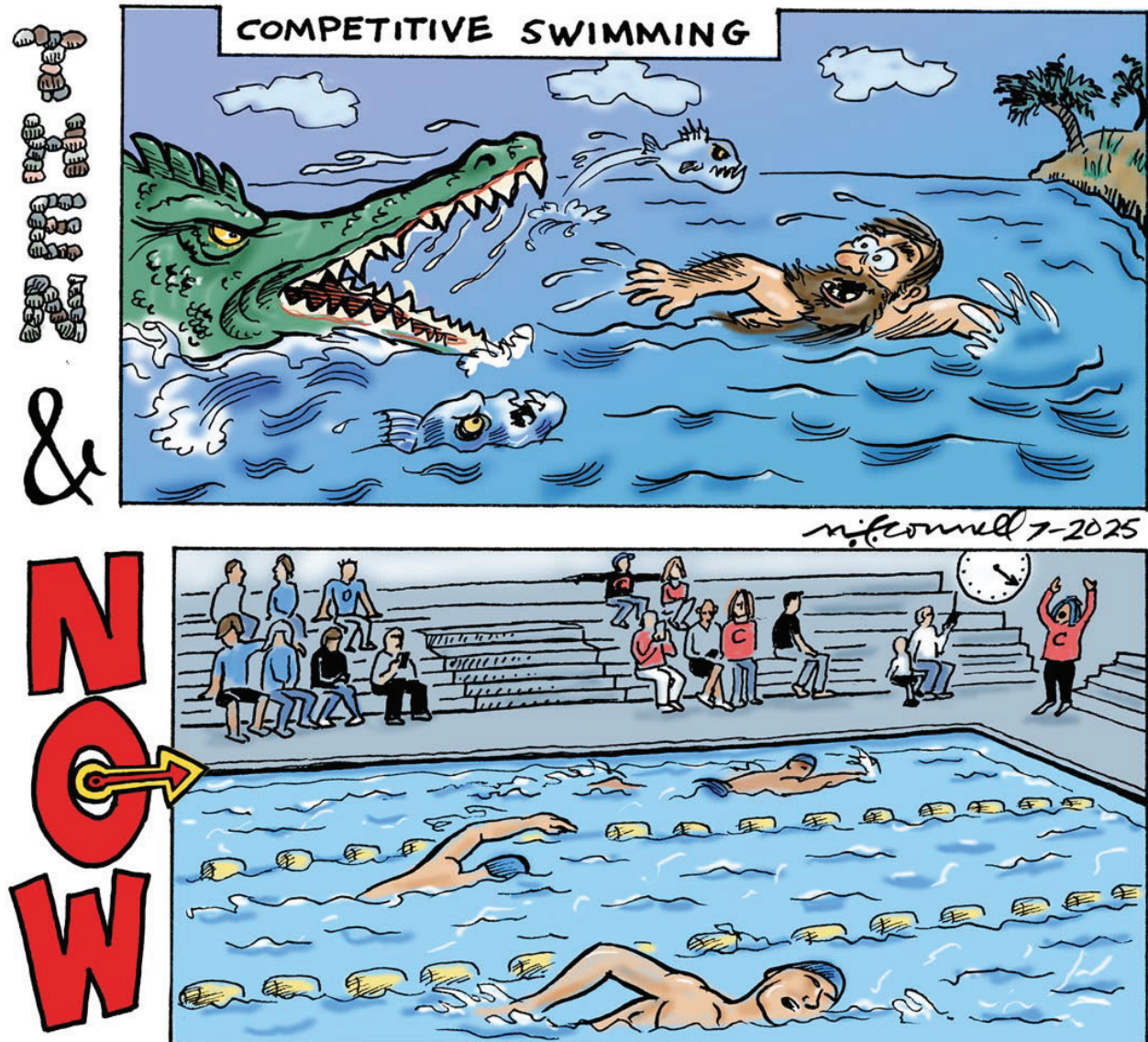
### JULY 10

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St.

**Bingo will be played** at 6 p.m. at the American Legion Post No. 97, 102 E. Main St., Brewster. Information: gregwagg@yahoo.com.

**Open microphone** is planned at 7:30 p.m. at After Hours, 647 S. Second Ave., Okanogan. Admission is by do-

NEXT PAGE



nation. Information: See "After Hours Okanogan" on Facebook.

**The band pH Factor** will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

**Baby and toddler fun time** is planned at 10 a.m. at the at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**Magic the Gathering:** For beginners is planned at 3:30 p.m. at the at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**STEAM Thursday** is planned at 3:30 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

## JULY 11

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Karaoke is planned** at 7 p.m. at After Hours, 647 S. Second Ave. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

**STEAM Fridays** is planned at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

## JULY 12

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Thunder Fuzz will perform** at 8 p.m. at the Wagon Wheel Bar and Grill, 1454 Old Highway 97, Malott. Information: 509-429-9768.

**Karaoke is planned** at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

## JULY 14

The Omak writing group

meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

## JULY 15

**Leavenworth Summer Theater** presents Rodgers and Hammerstein's "Carousel" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

**Preschool story time** is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

**STEAM story time** is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

## JULY 16

**The Okanogan Valley Chapter** of the Backcountry Horsemen meet at 6 p.m. at the Tonasket Senior Center, 22 Fifth St. Information: baldhills-mules@hotmail.com

## JULY 17

**Leavenworth Summer Theater** presents "The Sound

of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St.

**Bingo will be played** at 6 p.m. at the American Legion Post No. 97, 102 E. Main St.,



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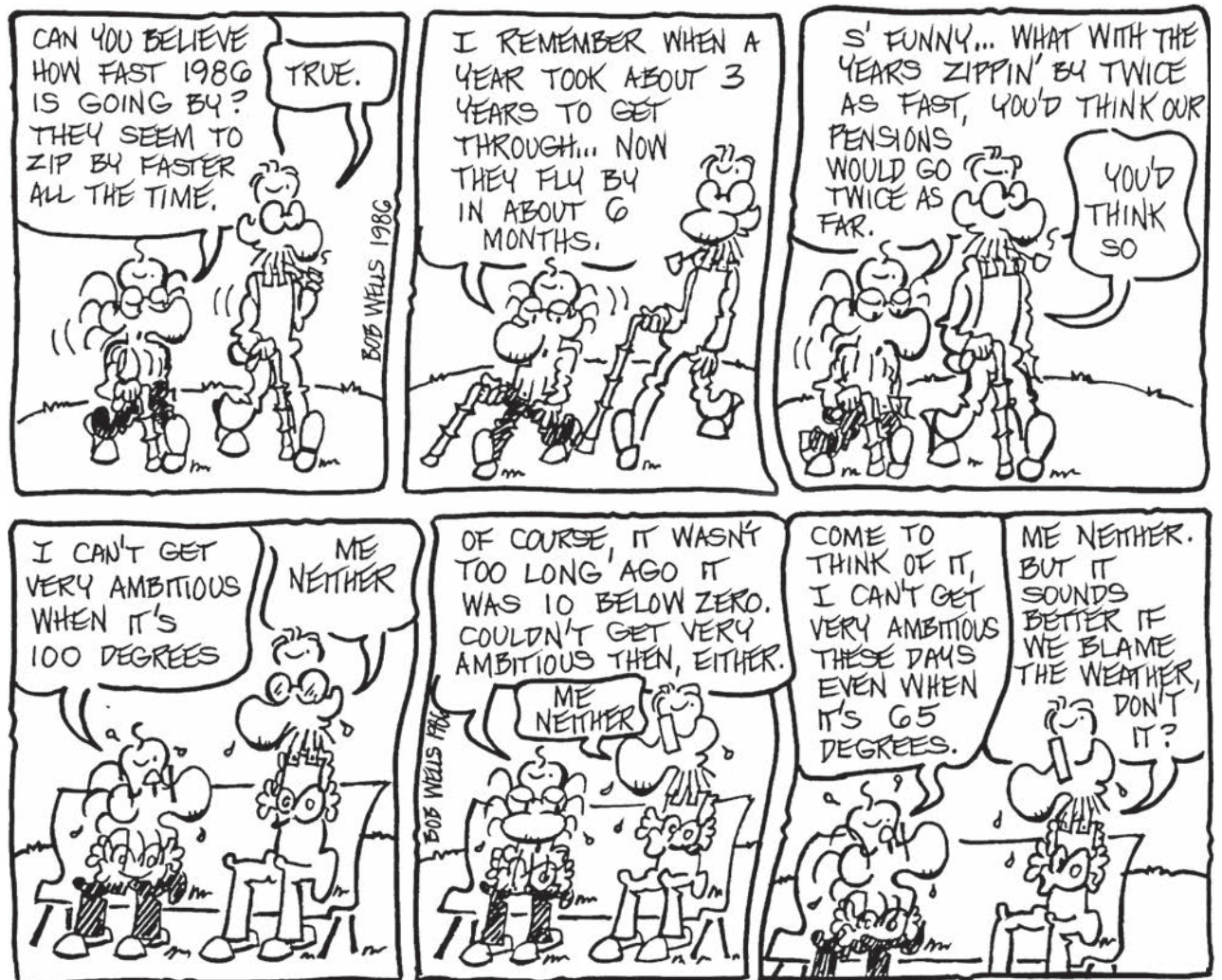
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BY BOB WELLS



Brewster. Information: greg-wagg@yahoo.com.

**Open microphone** is planned at 7:30 p.m. at After Hours, 647 S. Second Ave., Okanogan. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

**Baby and toddler fun time** is planned at 10 a.m. at the at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**Magic the Gathering:** For beginners is planned at 3:30 p.m. at the at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**STEAM Thursday** is planned at 3:30 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

## JULY 18

**Leavenworth Summer Theater** presents Rodgers and Hammerstein's "Carousel" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Karaoke is planned** at 7 p.m. at After Hours, 647 S. Second Ave. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

**The Omak Lego Club** meets 3:30 p.m. at the at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**The 38th annual Winthrop Rhythm and Blues Festival** runs through July 20 at 19190 Highway 20, Winthrop. Admission charged. Information:

winthropbluesfestival.org.

**Karaoke is planned** at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

## JULY 19

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**The 38th annual Winthrop Rhythm and Blues Festival** runs through July 20 at 19190 Highway 20, Winthrop. Admission charged. Information: winthropbluesfestival.org.

## JULY 20

**The 38th annual Winthrop Rhythm and Blues Festival** runs through July 20 at 19190 Highway 20, Winthrop. Admission charged. Information: winthropbluesfestival.org.

## JULY 21

**The Omak writing group** meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

## JULY 22

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information:

509-557-8099.

**Preschool story time** is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

**STEAM story time** is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

## JULY 23

**The Raveling Toad Show** will perform at 6 p.m. at Taber's Taste of Summer, 33349 Highway 97, Oroville. Information: 509-476-0202.

**A caregiver support group** meets at 1:30 p.m. in the Mid-Valley Hospital Conference Room G, 800 Jasmine St., Omak. Information: 509-713-3390.

## JULY 24

**Leavenworth Summer Theater** presents Rodgers and Hammerstein's "Carousel" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St.

**Bingo will be played** at 6 p.m. at the American Legion Post No. 97, 102 E. Main St., Brewster. Information: greg-wagg@yahoo.com.

**Open microphone** is planned at 7:30 p.m. at After

Hours, 647 S. Second Ave., Okanogan. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

**The Raveling Toad Show** will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

**Baby and toddler fun time** is planned at 10 a.m. at the at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**Magic the Gathering:** For beginners is planned at 3:30 p.m. at the at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**STEAM Thursday** is planned at 3:30 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

## JULY 25

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Karaoke is planned** at 7 p.m. at After Hours, 647 S. Second Ave. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

**STEAM Fridays** is planned at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information:

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tion: ncwlibraries.org.

**Omak Library Book Club** meets at 4:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**Karaoke is planned** at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweet-riveronline.square.site.

## JULY 26

**Cruz Contreras and the Black Lillies** will perform at 7 p.m. at the Republic Brewing Co., 26 N. Clark Ave., Republic. Admission charged. Information: republicbrew.com.

## JULY 28

The Omak writing group meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

## JULY 29

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

**Preschool story time** is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

**STEAM story time** is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

## JULY 30

**Leavenworth Summer Theater** presents "The Little

Mermaid" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

## JULY 31

**Leavenworth Summer Theater** presents "The Sound of Music" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

**Taking Off Pounds Sensibly (TOPS)** weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St.

**Bingo will be played** at 6 p.m. at the American Legion Post No. 97, 102 E. Main St., Brewster. Information: gregwagg@yahoo.com.

**Open microphone** is planned at 7:30 p.m. at After Hours, 647 S. Second Ave., Okanogan. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

**Hippies on Vacation** will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

**Baby and toddler fun time** is planned at 10 a.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

**STEAM Thursday** is planned at 3:30 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

## LAUGH A LITTLE

# Hot weather, cool jokes

**What do you call a snowman in July?**

*A puddle.*

**Why did the sun go to school?**

*To get a little brighter!*

**Why do bananas use sunscreen**

*Because they peel!*

**Why did the ice cream truck break down?**

*Because of the rocky road.*

**How do you know the ocean is friendly in the summer?**

*It waves!*

**What did the beach say to the tide when it came in?**

*Long time, no sea!*

**How does the sun greet summer vacationers?**

*With a heat wave.*

**What's a popsicle's favorite sport?**

*Ice hockey—until it melts.*

**What do you call a dog on the beach in the summer?**

*A hot dog.*

**Why did the tomato turn red at the picnic?**

*Because it saw the salad dressing.*

**Why did the watermelon and cantaloupe get married?**

*Because they cantaloupe without each other!*

**What did one flip-flop say to the other?**

*"Stop following me."*

**Why don't oysters share their pearls in the summer?**

*Because they're a little shellfish.*

**Why did the popsicle go to therapy?**

*It had a meltdown.*

**What do you call a lazy watermelon?**

*A melon-choly fruit.*

**Why did the hamburger go to the gym?**

*To get better buns.*

## Good Life submission guidelines

**Tell us about you:** Whether you are sending us stories or photo submissions through US Mail or email, please include your full name, phone number, email and mailing address.

**Story/photo submissions:** The Good Life publishes reader-submitted stories and photos free of charge. For any photos you submit, please identify the people in the picture (from left to right, front row to back row), city, state and year the photo was taken. We reserve the right to use your submissions in any section of our magazine, website and/or social media pages.

**Returns:** We cannot return unsolicited materials. Please email high-resolution (300 dpi minimum) JPEG files to [tgl@omakchronicle.com](mailto:tgl@omakchronicle.com), or mail high-quality photo prints to The Good Life, PO Box 553, Omak, WA 98841.

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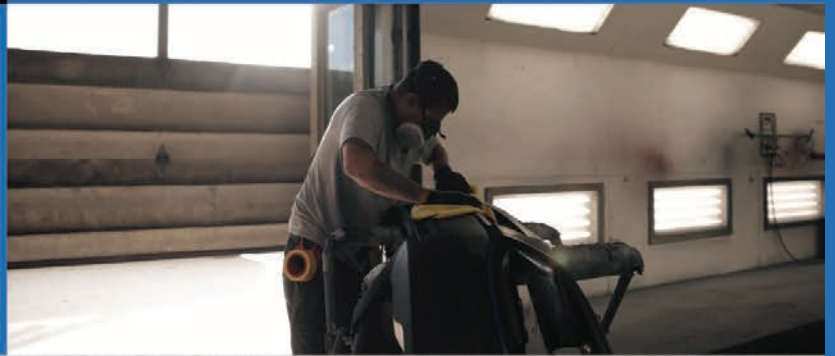
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