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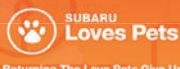


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We need to fully recharge, just like our cellphones

I woke up early and my cellphone's battery sat at 20%. I'd forgotten to charge it the night before. I use an older iPhone, so its battery isn't what it used to be.

After a quick scroll through social media and a skim of my messages, that familiar alert popped up: "Battery at 10%." I sighed, got out of my chair, plugged it in, and went about my morning.

Minutes later, I heard it ring. Without thinking, I jumped up, unplugged it, and answered the call. The conversation carried on until my phone — predictably — started gasping for power again. I ended the call with the words: "Sorry, I have to go — my phone's almost dead."

And truth be told, I was drained, too.

I went back to bed, took a short nap, got back up, and noticed my phone had climbed to 50%. It felt like a fresh start, until another call came in and I was right back where I began — a phone on the verge of dying, and a person who was struggling to keep up.

We are, in so many ways, like our devices. If we give ourselves the time to fully recharge — a proper night's sleep, a day off without guilt, a quiet moment to relax — we can get through the day's challenges without sputtering to a halt. But far too often, we run half-charged, hoping our reserves will hold. And life has a way of draining the battery faster than we expect.

With two young children, 60-plus music shows a year, a newsroom to manage, and two

magazines to produce (my wife and I own our own bimonthly magazine), fatigue can be my constant companion.

It's easy to think "I can push through." But living on "low power mode" isn't sustainable — for a phone or for a human.

When we don't rest, it's not just our bodies that suffer. Our mental clarity dims. Our patience shortens. Our cognitive skills stall - we become reactive instead of intentional. And perhaps most importantly, our connections — to our families, our work, our communities — lose some of their spark.

The truth is, a phone can't charge while it's constantly in use. Neither can we. Unplugging isn't laziness. It's maintenance.

So maybe tonight, instead of one more chore, one more email, or one more mindless scroll, we plug in — and stay plugged in — long enough to see that little battery icon hit 100%. Tomorrow will thank us.

Because in the end, phones and people have this in common: a full charge doesn't just help us work better. It helps us live better.

Special note to Okanogan, Ferry county readers

North Okanogan County and Ferry County residents, you are receiving a sampling of "The Good Life" magazine. If you have enjoyed this complimentary copy and would like to subscribe for yourself or for a friend, please contact The Omak-Okanogan County Chronicle at 509-826-1110. Annual subscription rate is \$45, (that's \$3.75 per month), you can't even get a cup of coffee at this price!

— Brock Hires is editor of *The Good Life* magazine. He can be reached at tgl@omakchronicle.com.



BROCK HIRES



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Managing director Travis Wellman is a native of Republic and has been with Stonerose Fossils since 2008. He's proud of the group's reputation and plans to increase the public area and display spaces in their downtown headquarters.

Story by Susan Lagsdin
Photos by Mike Irwin
Good Life Contributors

Every year about 5,000 people eagerly seek traces of past life in a corner of the Eocene-era lakebed that once covered about nine square miles of today's Republic, Washington.

Travis Wellman is the managing director of the town's non-profit Stonerose Fossils, the only public paleontology dig in the state. His own wide reading in the field is matched by years of what he'd call "hands-on, brains-on" learning with expert mentors, and he happily answers hundreds of questions each week.

"Can I find a dinosaur?" "Will there be any arrowheads?" "Is this a bug or a flower?" The first two questions ("probably not") may lead to a quick tutorial on time. This site, popularly called Boot Hill, is 50 million years old; dinosaurs roved about 200 million years ago and human hunters didn't arrive in what's now Ferry County until around 11,000 years ago.

The third question, the one that leads new citizen scientists from evidence to inference? That's where Travis and his staff excel. It's their enthusiasm and considerable knowledge that creates adventure out of what might be a frustrating clamber on a rocky

hillside.

When visitors return their digging tools and day passes to the interpretive center, they also bring in their "finds," possible fossils from the mudstone shale digging site ¼ mile away. There's always someone on hand to help analyze them, and that's where the learning begins.

That dark carbonaceous imprint seen between thin layers of prehistoric lake mud? It could be a nut, a seed, a leaf, or — most sought after for their rarity — some remnant of the animal kingdom. A tiny insect nibbled on a leaf in a very, very long-ago summer. Or a lone mayfly was consumed by fish as it drifted mudward, and only one wing remains. A row of dots, possibly insect eggs, on a blade of grass could signal the presence of damselflies.

Exceptional fossils are retained by Stonerose for their scientific value, and any other three can go home with the finder. The rest return to a rubble pile or, blending pure science and pure industry, they're donated in bulk to the City of Republic for road repairs.

Travis and his staff, though they don't have college degrees in paleontology, are proud to work at a site that has fascinated locals, tourists, thousands of school children, and of course scientists, since its inception in 1989.

Academic paleontologists, whose budgets

may preclude weeks of digging, regularly draw on Stonerose's trove of fossils for their



Families and field trips mean lots of kids are finding fossils. Here, a Spokane teenager hunts hopefully at a shale outcropping. "Citizen scientists" are a boon to paleontologists who value the quality and quantity of evidence gained at the site.

research. Travis said, “Three to four papers a year are published based on our digs, and we find usually one new species a year.” The curator of Seattle’s Burke Museum was a founder; scientists at universities in British Columbia, Georgia and Arizona, and at the Smithsonian, are a few notable collaborators.

Travis said that occasionally Stonerose’s “citizen scientist” visitors walk away with no fossils of their own, but most people find something.

There’s suspense. One partially flaked-away, quarter-inch thin piece of mud shale looked promising. But to keep chiseling and break it? Or to glue the broken piece back on and leave it? They carefully split it – and found a rare, intact dragonfly.

There are near misses. An almost complete 15-inch fish skeleton prompted digging up hundreds of pounds of rock based on “it was just over here.” All they found was a tail tip, no head. And an intact bird wing fossil on a broken shard caused great excitement, but in days of searching the site no one could find anything remotely connected to it.

And there are really good finds. A second grader discovers a new plant species, so her last name becomes part of its Latin label, *belgardia*. A mom begs Travis to let her “plant” a fossil so her toddler can find it. He agrees, she does, and the child immediately discovers two more on his own, of greater significance. A middle-aged hobbyist from Kettle Falls regularly hauls in boxes of shards from the Boot Hill site; she’s discovered over 800 rare fossils.

Often the first person to see these found fossils is local and part-time employee Thursby Curtis, 19, and he’s hooked on Stonerose. “On the grade school field trip we took here, I remember I was a little bit more interested in what was going on than



These are all fossilized sprigs of dawn redwood, a deciduous conifer. Plant life drifted toward the lake bottom. Animal life is more rarely fossilized because those carcasses, from insects to bats, were likely eaten en route by aquatic animals.



Shelters at the hillside site offer a shady place to chisel apart thin layers of sediment and hope for the best. It’s most fun in the cool of the day, but a Stonerose permit allows visitors to get an early start, take a break, and later keep on digging.

NEXT PAGE



the other kids.” He’s trying to figure out how to meld his future business administration degree with a love of Republic, and of fossils.

Now an administrator, Travis still loves the thrill of the hunt, using advanced skills honed over the years. Active in his own community of Republic, he sees himself primarily not as a collector, but as a connector. At work at Stonerose, he’s an educator, a liaison between the public and the scientific community.

“The best thing is the relationships – there are dozens of regulars, and I’ll go up and dig with them.” Travis said, “A lot of people return year after year. Our members’ event at the site is like a family reunion.”

He added, “It’s embarrassing to admit, but what first drew me to this job wasn’t a love of fossils, it was a big scholarship to Spokane Community College from AmeriCorps. But I kept coming back year after year.” He was the operations manager for eight years before becoming the director.

Travis has been learning the whole time. “I had to host some paleobotany graduate students a while back, and I was really intimidated. But then I discovered I’d done a whole lot more quality field work than any of them had, just by working here.”

IF YOU GO...

Enjoy the journey, whether Stonerose is right down the road from you or a two-day getaway. The drive to Tonasket through the Okanogan Highlands with its rifts, escarpments and flood scars is like moving through the pages of a geology textbook. Then, the turn east toward Republic, another 40 miles, brings a rich tapestry of timber and old west ranch land.

Stonerose is open 5-6 days a week, never on Mondays, from 8 a.m. to 4 p.m. May through October. The distinctive souvenir tee shirt is a gift shop favorite. Though the exquisite flower at the center is an Eocene-era mallow, the organization’s name

came from a famous find, the earliest known fossil of an apple leaf, a member of the rose family. “Ah! Yes, rosehips look like apples,” exclaimed this interviewer. “Exactly,” said Travis. “You may find you’ll be looking at plants a little

bit differently after today.”

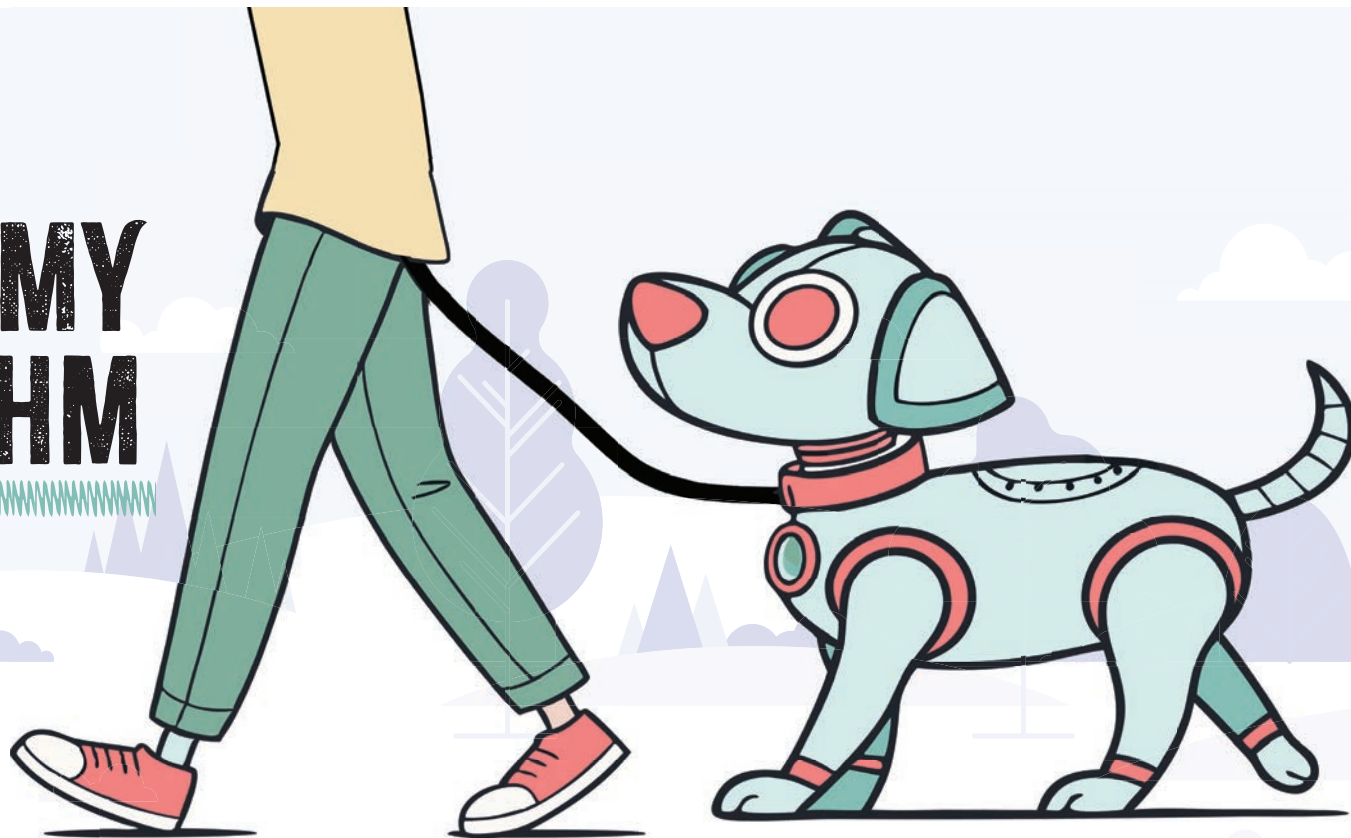
The air-conditioned headquarters is in the middle of downtown, and it’s just a short walk or drive to the dig site on the town’s north end. Tools and a day pass are inexpensive; information and ca-

maraderie are free. The website of (officially) The Stonerose Interpretive Center and Eocene Fossil Site is stonerosefossils.org. It offers deep background on fossils, on the center’s founding and on its value to the scientific community.



Stonerose employee Thursby Curtis was a fan of fossils early on, and he says he loves helping people learn about their newly-acquired prehistoric finds. The tray of mudshale pieces in front of him is a classroom in itself.

ME AND MY ALGORITHM



Story by Susan Sampson
Good Life Contributor

For years, I've been just a number to the folks who count: To the United States Government, Social Security Administration, and IRS, I'm 542-XX-XXXX. I am 6822XXX to the University of Washington, and 5XXX to the Washington State Bar Association, which also has my fingerprints. I'm the number plus the photo behind my US passport and my Washington State Driver's License. But in recent years, I am more than a number and a face: I am the target of algorithms.

Algorithms are computer programs that users like social media, vendors of goods, and politicians, employ to try to find me, to ask me for money, to sell me goods, or to sell me a bill of goods. The algorithms that analyze me the most are Facebook.com and Amazon.com.

I look at Facebook primarily to keep up with the social lives of my grandsons. However, I am also the member of the Siuslaw High School Alumni Association and member of a group called "You Know You Are From Florence, Oregon, When...;" and I make very

modest donations to certain politicians, environmental, and nonprofit organizations. That's enough to make me a target of dozens of lists. My email lights up with requests for money from those who have purchased the algorithm from Facebook or Amazon, to find me, who think my computer profile is exactly the one they have been looking for.

Sometimes Facebook's algorithm gets it wrong. Probably considering my name and my donations, it thinks I'm Black. Certain prominent Americans like Edith Sampson, who was an ambassador to the UN and to NATO, were Black. Ralph Sampson, who is a Nasmith Hall of Fame basketball player, is Black. A Black friend who grew up in Texas in the 1940s and 1950s told me that many of his friends and relatives chose their babies' names from the Bible. Samson appears in the Book of Judges. Frankly, Sampson sounds like a slave name that would be assigned to a physically powerful man. No prominent white Sampsons come to mind.

My ancestry is northern European, according both to family lore and to 23&Me.com. Compared to the world's

population, I look pale. My family name was assigned at Ellis Island, where Grandpa Elias Halmesaari from Finland became "Sam's Son." (Two of his brothers were renamed "Holmes.") Nevertheless, no doubt based upon my algorithm, I have been invited to join the Congressional Black Caucus Political Action Committee. I'm honored that they'd invite me. However, I have to decline. On the off chance I wanted to go into politics, I wouldn't want somebody to accuse me of falsely trying to pass for Black. On the other hand, it's tempting to sign up just to mess with my algorithm.

Amazon's algorithm has every right to be confused about who I am. Let me say at the outset that I love shopping on Amazon. With the exception of my years in the Seattle area, I've lived in commercial backwaters my whole life. Online, it's a treat for me to be able to shop for goods I'd find in a major New York department store or art gallery. I can find an Elsa Peretti necklace from Tiffany's or a Corita Kent serigraphs, for example-- not that I can afford some of the treasures I find.

Amazon offers to sell me goods related to items I have

already purchased—if I buy a garden bench, it offers me 16 more benches—and also offers me "related items that I might be interested in." That's the algorithm at work. However, the collection of goods I have purchased from Amazon defies categorization. My shopping history through the past couple of years shows purchases of yellow lawyer's tablets, rat-sized snap traps, cornhole toy, creatine supplements for weight-lifters, damping grease for joysticks, pickled pork hocks, glow-in-the-dark military compass, liver-of-sulfur jeweler's compound, zaatar spice with hyssop and sumac, UV flashlight for spotting scorpions or bedbugs, a book about the history of fly fishing, men's Irish sweater, women's sweats in size short, lids for cat food cans, Legos in a 260 piece set, bakery boxes with transparent lids, and Kindle ebooks of poetry, history, biography, memoir, romance, mystery, botany, meditation, and horror stories. And annually, software for Turbo Tax.

I don't have to try to confuse Amazon's algorithm about what to sell me. It has already found a simple solution. It just offers to sell me everything.

The Artist's Way: following a clear path



Story by Susan Lagsdin
Photos by Mike Irwin
Good Life Contributors

This woman is not afraid to trust her instincts. Literature and science first drew Natalie Dotzauer to Central Washington University as a freshman, but it was a sculpture class, a purely random arts elective, which shaped her future.

The Wenatchee installation artist remembers the key moment that led to years of mining her creativity, learning new skills and a creating art and arts experiences. “I was hooked when I saw the advanced class pour bronze,” she said. “I stayed in the department for four years after that, taking every class I possibly could.” She graduated with a B.A. in art with a focus on sculpture.

Soon after, on a long sojourn to San Francisco with her partner, Tanner, she took a cemetery maintenance job. As much as she loved the tools, the big machinery, the solitude and the scenery, on her breaks she kept going back to her artist’s sketchbook.

Eventually her passion won out over any full-time job. “I walked into the office of the graduate program at California School of the Arts,” Natalie said, “and asked the director why I should apply to their grad school.” He became a strong advocate for her acceptance and her eventual MFA in painting and drawing.

After living in the Bay Area, she and Tanner moved back up to North Central Washington in 2004, and a seldom-taken road

led them from a short stay in Cashmere to Thorp, in the Kittitas Valley, for nine productive years.

Thorp in those years was an artist’s idyll: tiny town, college friends, grant money, cheap land, family nearby, creative collaboration and derelict buildings aplenty. Natalie opened a printmaking studio and became a key member of the Thorp’s Pioneer Square-connected PUNCH Gallery, now evolved to PUNCH Projects.

Then, on a visit to CWU, Natalie said, “I told the director of the art department that the building looked like a ghost town and asked him what he planned to do about it.” She got an adjunct job, pronto. That, plus part-time teaching in Yakima, public-school projects and other interim art gigs (including arranging displays at Macy’s) kept her on the road.

In 2014, when Wenatchee Valley College’s Scott Bailey called to ask if she knew anyone interested in a teaching position, Natalie said, “How about me?” The answer was yes. Though there was work and society enough, the Dotzauer family, now including a toddler son, was ready to leave Thorp behind.

She’s been used well in her 11 years at WVC, helping develop not only programs but facilities like the sculpture and printmaking studios and the MAC gallery shows. Curriculum and staff changes often mean new classes for her, so she’s grateful for the extensive range of art disciplines she studied in college, which she enhances by attending workshops around the country.

That pan-media perspective also helps her create her own personal art installations, which she says for her are poignant, personal and about the past. Whether Natalie’s embroidering *You May Already Be a Winner* on multiple tiny silk cushions, constructing the corner of a full-sized rooftop for a gallery exhibit, pouring plaster castings of the bricks on Wenatchee historic buildings or



SUBMITTED PHOTO

Inspired by a vintage postcard gleaned from the baseboard of a restoration project, “Framework” re-uses remodeling detritus and includes Natalie’s handmade wallpaper.

printing original wallpaper, she is using all of her art muscles.

Natalie makes not only art but art situations. “I enjoy creating environments where people are confronted with new ideas and ways of being, art events or happenings that are about engaging with the creative process,” she said. The ongoing habit of collaboration started in grad school, grew with the PUNCH years and Ellensburg’s Gallery One summer camps and now continues in projects around the region.

New directions always hold an appeal, and in Natalie’s estimation settling down for a while isn’t the same as “settling.” Of the big change to living in Wenatchee, she said, “It was a bold move to uproot our happy ecosystem in pursuit of different

opportunities. We just wanted to find out who we were as educators and artists.” She eventually became a tenured professor; Tanner teaches social studies at Wenatchee High School.

Their tidy low-profile brick house near downtown with its well-managed bedroom-sized studio belies the fact that installation art is often messy and sometimes unwieldy. Natalie’s a user of tools, master of multiples, collector of cast-offs — always with an eye for the old and usable.

That helps explain why she rarely has one major artwork in pieces or in progress. When an invitation to exhibit or a public project with a friend arises, she’ll riffle through her art journal or class experiments, find what



MIKE IRWIN PHOTO

The multi-layered artwork behind Natalie is entitled “The Bow, The Drop, the Trophy and the Knot.” It’s an homage both to antique wallpaper motifs and to the artist’s love of coffee.

moved her most and – here’s where her crafter/builder/science brain adds an assist – she’ll figure how to best bring it to life and incorporate it into the place or space.

Natalie’s serendipitous choice of a fill-in elective 30 years ago was the first step of a serious artist who’s matured into a mentor and guide. She’s adamant about the value of her chosen path: “I see making art as a connection to something larger. Art is a communicator, a lens, a breath, a beating pulse to our thoughts.

We need to use our art to speak, reflect and expose.”

She teaches her students that “with art — if you can think it, you can say it.”



SUBMITTED PHOTO

This piece, entitled “At Rest,” commemorates the comfort of walking up to a home with a front porch light on. The door ultimately rested on a huge, soft pillow.

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Bringing History Forward

SUE BLANCHARD

THE TIN HAT MAN... Cultivating a Legend One Seed at a Time

Story by Sue Blanchard
Good Life Contributor

September begins the season of harvests, and I was reminded that Robert Lewis Stevenson, famed author of the adventure *Treasure Island*, penned the sage advice, “Don’t judge each day by the harvest you reap, but by the seed you plant.” His words are especially apropos for all of us who live in the hills and valleys of North Central Washington, where a single seed dropped in dirt and covered in the darkness of soil is a trusting testament to nature’s gift germinating and growing in our care. The task of sowing one’s hopes and dreams requires inspiration and dedication, and there is one character written into the annals of American folklore who truly embodied these attributes~ a legend who was both tall tale and a true-to-life person! Let’s capture a moment in history and share the life and lore of the rag-tag man who was fortuitously born to celebrate our nation’s September harvests.

Born the 26th of September, 1774, John Chapman was 18 years old when, in 1792, he left his home in Massachusetts to become a barefoot vagabond in tattered clothing and a tin pot hat, carrying a knapsack on his back ~ a knapsack full of as many seeds as he could stuff in! Okay, you are probably thinking I’m

embellishing a character of folklore, like Paul Bunyan or Bigfoot, or a caricature brought to life by Walt Disney in an animated film narrated by Dennis Day. Actually, this is the descriptive of the real-life John Chapman, and Americans truly do celebrate his birthday, especially in his adopted Hoosier hometown and

final resting place of Fort Wayne, Indiana. For whether fact or fable, the two personas are intertwined in the life and adventures of John Chapman himself, better known by his most appropriate nickname (and Walt Disney film title)~ *Johnny Appleseed!*

Before we proceed, I must adjust a small detail balanced

between fact and fable: There are those who attest that Johnny Appleseed did *not* wear a tin pot for a hat... he wore a tin hat that doubled as a cooking pot! In either case, all agree he was indeed an eccentrically frugal man of practical means from head to shoeless toe!

As the folk hero of our youth who planted orchards across the American frontier, tossing apple seeds hither and yon, the roads Johnny Appleseed took were not always straight ~ clamoring up mountainsides, following dusty trails and floating waterways as a committed lifelong wandering vagabond. But John Chapman’s mind and mission followed a truer course, for he was a real-life 1800’s nurseryman who planted apple orchards across the American frontier with purpose and commitment. In spite of his simple life in shambled attire, he was innately a strategic businessman who predicted in his wanderings where settlers would move next and planted apple trees years in advance.

Why was his legacy strategic, much less heroic? Consider that America in the 1800’s was immigrating and expanding westward.

Remember Horace Greeley, the newspaper editor and founder of the New York Tribune commanding the nation to ‘Go west young man!’? Long before Abraham



Lincoln's Homestead Act, earlier frontier law and land grant deeds allowed settlers to lay claim to 100 acres for a homestead, but only by planting 50 apple (or fruit) trees on the land. Settlers needed a "crop", and saplings provided the proof that they were willing to remain on and 'prove up' the land they claimed. Chapman offered 2-3 year old saplings from his plantings for about 6 cents each, or simply traded them to cash strapped frontiersmen for cast-off clothing, helping settlers of Pennsylvania, Ohio, Illinois, and Ontario as well as the northern counties of West Virginia to secure their homesteads and grow a sustainable crop.

Planting apple seeds was Johnny's lifelong obsession. Let's pause for a teachable moment for a simple lesson in pomology (the science of growing fruits). When an apple grows on a tree it begins much like us - born of two contributing parents. Simply illustrated, one parent (the seed) is the *flowering parent* and the other is the *pollen parent* (pollinating the flower by a bee or the wind). A sapling grown from a seed (and not grafted onto a root stock) will not produce an apple identical to the variety of the original seed; it will result in an apple variety that is a blend of both 'seed and pollen' parents ~ with unique characteristics all its own.

With that in mind, Johnny's trees did not produce the 'sweet eating apples' we think of today. Seed tree apples like the ones Johnny Appleseed planted and shared were nicknamed 'spitters' (one bite and you'd spit it out!) because they were more acidic with a high tannin content - and good for little but making *hard cider*! Actually, this result-of-nature served Johnny and early homesteaders ever so well. Ever since colonial times, hard cider was an essential staple of the American dinner table. In those pioneering days, water sources and milk were typically unsanitary. Hard cider was a most trusted beverage, despite the

primitive methods in which it was made; and due to its fermentation, it could be stored longer. Hard cider was 'on tap' alongside whiskey and rum in local taverns, and children drank it, too! Adds a new twist to the adage 'an apple a day'!

The fabled image is of Johnny Appleseed randomly spreading apple seeds everywhere he went. In truth, from the discarded seeds he collected from cider presses, he planted nurseries of saplings, rather than orchards, built fences around them to protect them from livestock and wildlife, left the nurseries in the care of a neighbor who sold trees on shares, and returned every year or two to tend the nursery. As the story goes, in 1819 Chapman was nearly killed in an accident in Ohio. One morning, he was picking his crops in a tree when he fell and caught his neck in the fork of the branches. Shortly after he fell, eight year old John White found him struggling. White cut the tree down, saving Chapman's life; and the legend lived on.

John actually became an icon while still living, due to his kind and generous ways, his leadership in conservation, reverence for nature, and the symbolic importance that he attributed to apples. The story of his life's work and the tales he generated spread in the years after his death (winter of 1871 of pneumonia). A colorful chronicle of John Chapman's life written for *Harper's New Monthly Magazine* propelled the legend of Johnny Appleseed into America's popular culture, becoming both a real and fictional character emblemizing the American pioneer spirit.

America's longest living apple tree was planted in 1647 by Dutch colonial Peter Stuyvesant in his Manhattan (N.Y.) orchard, and was still bearing fruit when struck by a derailed train in 1866. Like that tree, today's John Chapman, who is the original John Chapman's great, great, great, great grandnephew, owns some small orchards near Ath-

ens, Georgia. There is a claim that at least one of the trees in these orchards is descended from the stock that Johnny Appleseed planted. The modern Mr. Chapman carries on his namesake's legacy by donating apple seeds.

Each fall, on the third full weekend in September, the town of Fort Wayne, Indiana celebrates the birthday and legacy of Johnny Appleseed, their adopted Hoosier patron saint, with a two-day festival, recreating life in the 1800's with period foods, costumes, crafts, demonstrations and entertainment. Visitors can enjoy activities like apple pressing, blacksmithing and even a Civil War re-enactment in tribute to his life and legacy.

In retrospect, it is said that there are three Apples that changed the world: Eve's fate-

ful bite in the Garden of Eden, Newton's falling apple, revealing that gravitational forces exist between objects and people, and Steve Jobs' Apple, placing handheld widows to the world in our palms.

In our own lives, we don't need to be of biblical proportion, a world renowned scientist or a Silicon Valley entrepreneur to become a legend in someone's life. We need only be as visionary as a humble, tattered vagabond with a tin hat on his head and a passion to plant seed after seed of hope, inspiration and opportunity for others - like a Johnny Appleseed. As one Chinese philosopher so simply observed, "To see things in a seed is *genzus*."



Virtual Visit to Ferry County

Story by Linda Reid
Photos by Ken Reid
Good Life Contributors

My first time in Ferry County was a family trip from Seattle to visit some of my Dad's Eastern Washington relatives. They planned a day at Lake Roosevelt National Recreation Area for boating and picnicking. I was a teenager at the time and my memory does not serve me well as to exactly where we were, but I do remember I was invited to water ski on the Lake before lunch. I had a smooth start on the skis, meaning I was able to get up without falling on my face. The water was calm and I was feeling confident...until the wind suddenly came up and the waves immediately got choppy. I tried to look cool, calm, and collected, but was just really trying to stay vertical. Finally, my Dad's cousin slowed down and I dropped into the water close to shore.

I usually pull up that memory when I am near Lake Roosevelt, but now when I'm in Ferry County, I prefer to just enjoy the breathtaking scenery of this unique part of the State. The sense of place I find when I am there is spaciousness.

Unless you are one of the approximate 7,500 residents of Ferry County, you might not know some of these interesting facts:

- Ferry County is sometimes described as one of the last frontiers of the American West.
- The name Ferry County came from Washington State's first governor, Elisha P. Ferry.
- This new county was originally part of Stevens County and was created in 1899.
- Ferry County shares its northern boundary with Canada and its eastern boundary with the Columbia River. The south half of the County falls within the boundaries of the Colville Confederated Tribes.

- The Colville National Forest mostly covers the north half of the county.

- Highway 20 is designated a National Scenic Byway which bisects the County from East to West.

- Ferry County covers 2,257 square miles with 54 of those square miles being covered by water.

- The Kettle River Range provides a rugged mountain environment. Mining and logging have been the dominating industries for Ferry County.

- Republic is the largest city, the County Seat, and home to the

Ferry County Fairgrounds. This year (August 29-31) was a celebration of 80 years of County Fair tradition!

- In Ferry County recreational pursuits are popular in all four seasons, which makes service and hospitality important to the region's economy and development.

Through the eye of Ken's camera lens, we would like to serve as your tour guides and show you this surprisingly diverse landscape as you travel through Ferry County with us. We hope it inspires you to make an in-person visit of your own.



A peaceful and calm look at Lake Roosevelt just behind the top of Coulee Dam on a beautiful October day.



Lake Roosevelt viewed just behind Coulee Dam. (Photo taken from the road which drops down to Spring Canyon Campground.)



The marina at Seven Bays in the Lake Roosevelt National Recreation Area has a large picnic area and a beach as well as a campground.



Spring Canyon Campground and picnic area are just a few miles up the road from Grand Coulee. The view is panoramic, and in early October the summer campers and picnickers are scarce!



Sherman Pass has an elevation of 5,575 feet and is the highest mountain pass in the state maintained year-round. It is part of State Route 20 with a 35-mile stretch named the Sherman Pass Scenic Byway. Summer provides an array of wild-flowers and even into late spring (when this picture was taken) there is still snow on the higher ridges.



At Seven Bays Marina assorted sizes of houseboats are available to rent. Lake Roosevelt is a large enough lake that it makes a shared vacation with family or friends a memorable adventure! Reserve early!



This is the ferry dock at Keller Ferry Campground in the Lake Roosevelt National Recreation Area.



The Republic Brewing Company is a friendly place to enjoy craft beer or handmade soda in a relaxed taproom. It is family owned and operated. (Downtown Republic)

Back-to-School **BLUES** for Pets

Story by
Shawna Bais, DVM
Good Life Contributor

As summer is winding down and many families are gearing up for a new school year, pets can find themselves facing sudden changes in their daily routines. While back to school is an exciting time for kids, it can be a source of anxiety and stress for pets. After a summer filled with long, playful summer days, cuddles, and lots of attention, the sudden decrease in activity can trigger confusion, stress or possibly separation anxiety for pets. Some potential signs of anxiety and stress in pets range from subtle symptoms such as withdrawal, lethargy, not eating as well to more obvious signs such as excessive barking, digging, chewing, pacing, or inappropriate elimination.

It is important for pet owners to recognize how schedule changes can impact pet's mental well-being and take steps to help their pet adjust to help prevent these behavioral changes. Fortunately, with a few thoughtful strategies, you can help your pet transition into this new routine.

First of all, before school starts, begin to introduce your pet to

the new routine by slowly changing their schedule, so that when the new schedule fully takes effect, the transition will not be as abrupt. Remember that consistency builds comfort. Begin feeding, walking, and playing with your pet at times that will align with the new school routine. This will help your pet adjust to the change without feeling overwhelmed when it does happen.

Practice short departures in the weeks leading up to school so your pet gets used to being alone. Gradually increase the time your pet is alone during the day.

Since boredom is a big contributor of stress and anxiety in pets, try to increase mental stimulation activities into your pet's daily routine. You could hide treats or toys around the house, use puzzle feeders, and play music or videos to help reduce the feelings of loneliness.

Be sure to give them quality time in the mornings and evenings when everyone is home. For dogs, walks provide not only physical exercise but also mental stimulation. Try to do slightly longer walks to help your dog burn off energy. Play games with your cat. Spend time in the evening cuddling and giving them

emotional reassurance.

If your pet struggles with loneliness, consider having another pet for them to play with or enrolling them in pet daycare a few times a week. Daycare can provide socialization and playtime which can help ease stress and boredom. Or if that is not the right fit, consider a pet sitter who can come to your home to give your pet attention and company.

Make sure to keep departures and arrivals as low-key as possible since pets pick up on their owners' emotions. Avoid acting sad at goodbyes, and be calm and assuring when you get home. This can help avoid anxiety and make the transition less stressful.

Use safe, vet-recommended

calming products such as Feliway or Adaptil which are pheromone diffusers or collars that may help soothe your pet. Ask your veterinarian if you feel your pet could benefit from one of these supplements.

Back to school blues can be an exciting yet challenging time for everyone, especially your pets, but by recognizing the signs of anxiety and taking proactive steps, you can help your pets adjust to a quieter home and still feel safe and secure. Remember, your pet relies on you for comfort and security, so be patient and compassionate. If you're concerned about your pet's behavior or need advice, please call your veterinarian for guidance.

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Shawna Bais, DVM



The Real Secret Behind ACHIEVEMENT AND FLOURISHING

It's not just talent. Maybe not just grit. It most probably is not just good teaching.

The real secret ingredient behind human flourishing and achievement and being our best — whether in school, at work, or in life — is the web of relationships that hold us up.

John and I were reminded of this again just the other morning, sitting at Weeds, a little Cashmere eatery. Somebody had left a deck of happiness cards on the table.

One card asked: "Do you belong to a club that meets once a week?" The back of the card surprised me. It said belonging to a club that meets at least once a week boosts well-being more than doubling your salary! Could connection and relationships matter more than cold, hard cash? And I don't think it's just about clubs.

It's teachers, friends, family, neighbors and supportive relationships of all kinds.

The numbers back it up in every area of life:

- A Gallup study of over 1 million students found that those who strongly agreed with the statement "At least one teacher at my school makes me feel excited about the future" were more than twice as likely to be engaged in school.

- The CDC reports that students who feel connected to at least one caring adult — teacher, coach, grandparent — have better grades, better mental health, and are less likely to engage in risky behaviors.

- Harvard's long-running Study of Adult Development — over 80 years and counting — concluded: "Good relationships keep us happier and healthier."



"You can't teach a child you don't love."
— Dr. James Comer, Yale Child Study Center

"Relationships aren't just icing on the cake. They are the cake."
— Dr. Robert Pianta, University of Virginia

Period."

But here's the abbreviated fictional story that really brings this message home for me.

Mrs. Thompson, a 5th-grade teacher, thought she loved all her students the same — until she met Teddy.

Teddy was slumped in his seat, withdrawn, messy, unpleasant. It wasn't until Mrs. Thompson read his school file that she understood why:

- First grade: "Teddy is a bright child."
- Second grade: "Teddy's mother is very ill."
- Third grade: "Teddy's mother died."

- Fourth grade: "Teddy is withdrawn."

That Christmas, Teddy gave her a beat-up rhinestone bracelet and a half-used bottle of perfume. Mrs. Thompson put them on right there in front of the class.

"You smell just like my mom used to," Teddy said. That moment changed everything.

Mrs. Thompson began believing in Teddy, encouraging him, showing up for him. And he changed too. Years later, she sat at his wedding, in the place reserved for the mother of the groom. Teddy had become Dr. Theodore Stoddard.

That's not just a sweet story. It embodies important truth. It's also a real-world example of what psychologists call the Pygmalion Effect.

The Pygmalion Effect says people rise — or fall — to meet the expectations others hold for them. If you've never read that research, it's time you did. It's incredible how students flowered when teachers believed they were gifted and going to bloom.

Yes, there's been debate about how big the effect is. Some researchers say it's strongest with younger kids, or when the adult doesn't already know the child well. But in classrooms, homes, and workplaces, the principle holds: We grow best when we know someone believes in us.

As we head into a new school year this September, I want to offer a reminder — especially to teachers, parents, grandparents, and community leaders because we sometimes get lost in strategy and metrics and believe we can't do it because we're not therapists:

The most effective classrooms, the healthiest communities, the most resilient workplaces — they all share a sense of belonging and care and a desire to bring out the best.

Yes, set the expectations. Also remember the deeper curriculum. And please, please do smile a whole lot before Christmas. (The teachers out there will get this.)

How might we all move up to the Good Life in both happiness and achievement by remembering the power we have to bring out the best in each other by being in supportive relationships?

FUN STUFF

WHAT TO DO AROUND HERE FOR THE NEXT MONTH

SEPT. 1

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

SEPT. 2

Makerspace studio will be at 3:30 p.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

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

SEPT. 4

The Chelan County Fair runs through Sept. 7 at the Chelan County Fairgrounds, 5700 Wescott Drive, Cashmere. Admission charged. Information: chelancountyfair.com.

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

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.

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

Larry Knudson will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

The Okanogan County Fair runs through Sept. 7 at the Okanogan County Fairgrounds, 175 Rodeo Trail, Okanogan. Admission charged. Information: okanogancounty.org.

SEPT. 5

The Chelan County Fair runs through Sept. 7 at the Chelan County Fairgrounds, 5700 Wescott Drive, Cashmere. Admission charged. Information: chelancountyfair.com.

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 Okanogan County Fair runs through Sept. 7 at the Okanogan County Fairgrounds, 175 Rodeo Trail, Okanogan. Admission charged. Information: okanogancounty.org.

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

formation: ncwlibraries.org.

SEPT. 6

The Chelan County Fair runs through Sept. 7 at the Chelan County Fairgrounds, 5700 Wescott Drive, Cashmere. Admission charged. Information: chelancountyfair.com.

The Okanogan County Fair runs through Sept. 7 at the Okanogan County Fairgrounds, 175 Rodeo Trail, Okanogan. Admission charged. Information: okanogancounty.org.

Motors and Mocktails is planned from 4-6 p.m. on Main Street in downtown Omak. Information: omakchamber.com.

SEPT. 7

The Chelan County Fair

runs through Sept. 7 at the Chelan County Fairgrounds, 5700 Wescott Drive, Cashmere. Admission charged. Information: chelancountyfair.com.

The Okanogan County Fair runs through Sept. 7 at the Okanogan County Fairgrounds, 175 Rodeo Trail, Okanogan. Admission charged. Information: okanogancounty.org.

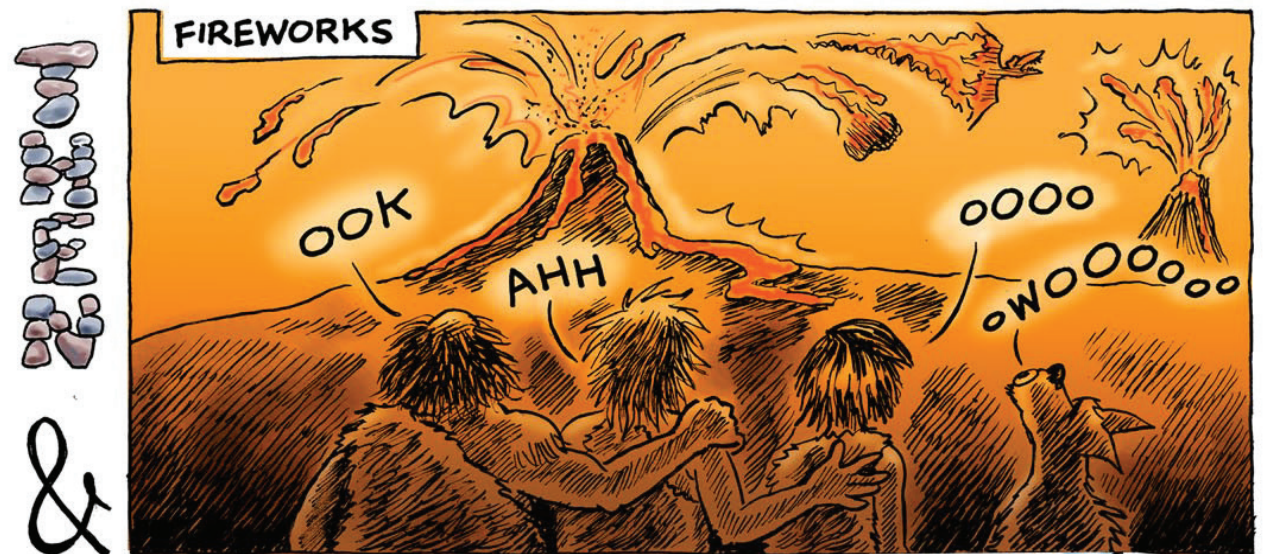
SEPT. 8

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

SEPT. 9

Taking Off Pounds Sensibly

NEXT PAGE



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

SEPT. 10

Chamber Business After Hours is planned at 5 p.m. at VIP Insurance, 2 N. Main St., Omak. Information: omakchamber.com.

SEPT. 11

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

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.

Karen and Gil will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

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

SEPT. 12

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.

Bill Price will perform at 7 p.m. at the Republic Brewing Co., 26 N. Clark Ave., Republic. Information: republicbrew.com.

SEPT. 13

Piano Men: Generations will perform at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

The Second Saturday Book Club meets at 1 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

The 50th annual Winthrop Vintage Wheels car show begins 8 a.m. at 202 Riverside Ave., Winthrop. Information: See "Winthrop Washington" on Facebook.

SEPT. 15

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

SEPT. 16

Makerspace studio will be at 3:30 p.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

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

The Omak Chamber of Commerce meets at noon at Magoo's Family Restaurant, 24 N. Main St., Omak. Information: omakchamber.com.

SEPT. 17

An Evening with Jake Shimabukuro is planned at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

SEPT. 18

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

are welcome.

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.

Reed Engle and Friends will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

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

SEPT. 19

Wenatchee Community Concert Association is planned at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.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 Omak Public Library, 30 S. Ash St.

Information: ncwlibraries.org.

SEPT. 20

Brass Against will perform at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

SEPT. 21

ABRA CADABRA - A tribute to ABBA - will perform at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

SEPT. 22

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

SEPT. 23

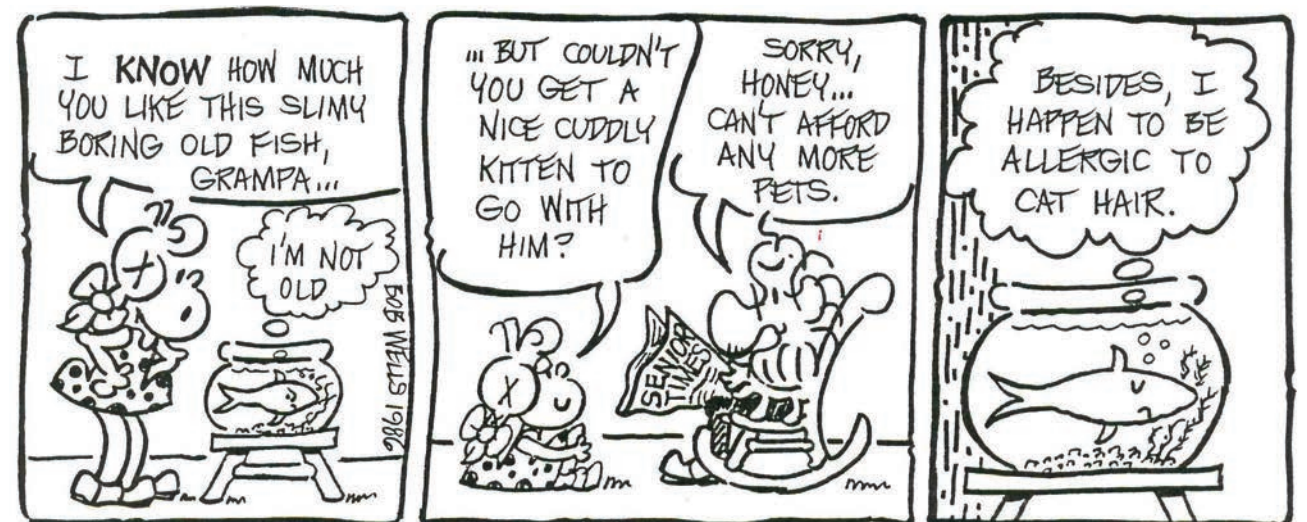
Taking Off Pounds Sensibly (TOPS) weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

SEPT. 25

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

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

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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.

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

SEPT. 26

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.

SEPT. 27

The Wenatchee Valley Symphony Orchestra will perform

at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

SEPT. 28

Grand Kyiv Ballet is planned at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

SEPT. 29

Makerspace studio will be at 3:30 p.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

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

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

Calendar of events policy: The Good Life publishes free notices of non-commercial events open to the general public. Announcements may be e-mailed to tgl@omakchronicle.com. All events are subject to change.



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