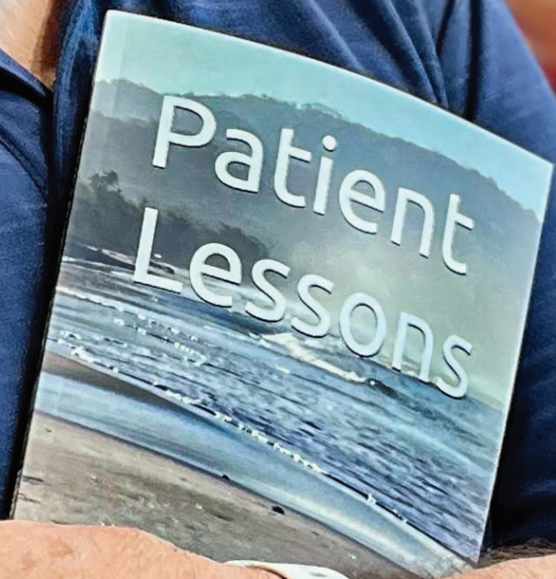


THE Good Life[®]

CELEBRATING GOOD LIFE IN THE HEART OF THE VALLEY

ONE MEMORY
AT A TIME

A BOOK OF ESSAYS
BY JOHN GALLANIS



Price: \$5

www.omakchronicle.com



AUGUST 2025

CASCADE
AUTOCENTER



TAKE ADVANTAGE
OF YOUR **COSTCO**
MEMBERSHIP
TODAY!

- ✓ NO ADDITIONAL COST
- ✓ NO HIDDEN FEES



CHEVROLET



SUBARU

COSTCO
AUTO PROGRAM

COSTCO
AUTO PROGRAM

Call (509) 672-6123 to Receive Your Discount or
Visit: cascadeautocenter.com



The Husky Car & Truck Museum is a must-visit for gearheads, beautifully tucked away on Highway 21 between Curlew and Malo in Ferry County, WA. This museum offers more than just cars—it's a window into early 20th-century farming and logging life in this rugged corner of Washington. It's a rare gem for both automotive enthusiasts and history lovers.

STAMPEDE MUSEUM

OUT OF THE PAST AND INTO THE PRESENT!

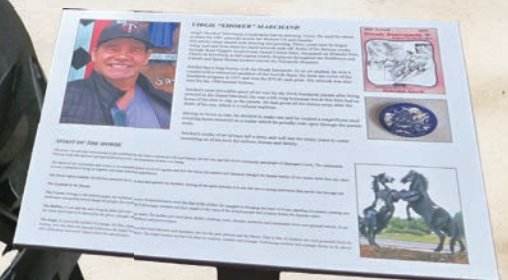


Open Stampede Week
August 4th-10th
10 a.m.-5 p.m. daily

**IF THE NEON LIGHT IS ON,
WE ARE OPEN!**

Just off Omak Ave.,
next to the Omak Visitor
Information Center
410 E. 2nd St., Omak

**New historical markers
located throughout the
Omak Stampede Grounds!**



Late summer means county fair season

County fair season is just about here, and for many in North Central Washington, it all starts in Waterville.

The NCW Fair — or just "The Waterville Fair," as many locals call it — kicks off Aug. 21-24 and really marks the beginning of fair season across the region.

I remember attending that fair as a kid, performing music with my guitar and even shaking hands with a few touring country singers who stopped in to play the small-town stage.

The memories stick. The unmistakable smell of fair food: greasy cheeseburgers sizzling on a griddle, piles of curly fries drenched in salt and ketchup, and cones of ice cream cold enough to make your teeth hurt.

Not long after, Republic in Ferry County hosts its own celebration with the Ferry County Fair (Labor Day weekend).

Tucked away in a beautiful mountain town, this fair may be small in size, but it's big in charm.

One of the fairgrounds' stand-out attractions is its historic carousel — the kind that still brings a sparkle to kids' eyes and maybe a few nostalgic tears to grown-ups who remember riding it decades ago.

Add in horse races, exhibits, and plenty of homegrown talent on the stage, and you've got yourself a weekend to remember.

Then, as September rolls in, we get the Chelan and Okanogan County Fairs — both packed with animals, exhibits, food and family fun.

But beyond the rides, cotton candy, and grandstand shows, fairs are still rooted in agriculture and youth.

4-H and FFA kids have spent months — even years — raising animals and preparing projects to showcase and sell.

The livestock market sales aren't just events; they're investments in the future of farming and ranching in our region.

So get out there. Watch a rodeo. Eat something fried. Cheer on a neighbor's child in the show ring. Shop from a local vendor.

County fairs are more than a tradition — they're a celebration of rural life and the communities that keep it going.

There's no better time to show up, show support, and make some memories.

Bring your family, meet old friends, make new ones, and celebrate the hard work, heritage and heart of rural Washington living.

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



BROCK
HIRES



» **CONTENTS**

4 OLD TIME, UPSCALE DOWNTOWN RE-DO

Couple revitalize downtown Wenatchee building.

6 GETTING IT DOWN: ONE MEMORY AT A TIME

Writer John Gallanis self-publishes a book of collected essays.

7 JUNE DARLING'S...

Sit a Spell: What Porches teach us.

8 BRINGING HISTORY FORWARD

The things you could order from the Sears Roebuck & Co. catalogue.

11 CARS & HOT AUGUST NIGHTS

Learning to drive; a major rite of passage

12 THE COAST

Visiting the beautiful coast of Washington State.

14 KEEP YOUR PAWS OFF:

Xylitol toxicity in dogs.

» **ON THE COVER**

John Gallanis never thought of himself as a writer, but with encouragement from his wife and later his supportive friends, he pulled dramatic and inspiring vignettes from his long career as a doctor into his first book of essays, entitled *Patient Lessons*.

THE
Good Life

(USPS 25684)

Year 19, Number 8

August 2025

The Good Life is published monthly by Omak
Okanogan County Chronicle (dba The Good

Life) 618 Okoma Drive Omak, WA 98841.
Periodicals postage paid at Omak, WA and
additional offices. POSTMASTER: Send
address changes to The Good Life,
PO Box 553, Omak, WA 98841.

OFFICE: Mon. - Thur. | 9 a.m. - 4 p.m.

PHONE: 509-826-1110

EMAIL: tgl@omakchronicle.com

OWNERS: Thomas & Ann Mullen
PUBLISHER: Teresa Myers
EDITOR: Brock Hires
PRODUCTION: Julie Bock
COVER PHOTO: Mike Irwin

ADVERTISING: For information about
advertising, contact Teresa Myers at
509-826-1110 or tmyers@omakchronicle.com

TO SUBSCRIBE: For \$45 you can have 12

issues of The Good Life mailed to you or a
friend. (\$75 for 24 months) Pay by phone or
send payment to:
The Good Life subscription services
P.O. Box 553, Omak, WA 98841

BUY A COPY of The Good Life at Safeway
stores, Martin's Market Place (Cashmere),
Brewster Marketplace (Brewster), Gene's
Harvest Foods (Omak) and The Omak-
Okanogan County Chronicle (Omak).

Old Time, Upscale DOWNTOWN RE-DO

Story by Susan Lagsdin
Photos by Mike Irwin
Good Life Contributors

They say change is good. And if that's true, then 24 North Wenatchee Avenue, the Miller Building, may be the best old structure in all downtown. Historians and local fact-checkers say it's been continuously occupied since it was built in 1910, longer than any other on the street, and the owners, Curt and Kathy Gavin, keep finding artifacts that support speculation on a variety of uses from basement to roof.

"Some people say the main floor retail space was possibly a drive-through buggy repair service," said Curt. "There's a deck there strong enough for horses." It has held a dressmaker, a doctor's office, a flower shop, a men's shoe store, a land brokerage, a music store and more.

The Gavins, whose teamwear and accessories business, GPA Embroidery, anchored that space for 23 years, recently retired their enterprise and have reconfigured the area to accommodate three new retail tenants. That smart move won them the Wenatchee Downtown Association's 2025 Vitality and Development Award.

The new storefronts are most visible to passers-by, but the Gavins have already made important improvements to the less conspicuous upstairs level, which has its own history of providing housing. For those earlier efforts



Kathy and Curt Gavin enjoy the mix of downtown living just outside their spacious treetop-level apartment on Wenatchee Avenue. Remodeling the antique building has been Curt's primary job, making an easy commute.

they were presented with a Preservation and Renovation Award in 2020.

The Clemens Hotel, in 1934 renamed the Clemens Apartments, covered the whole second floor and featured 19 rooms, each with a corner sink, a single light bulb, one electrical outlet—and for fire safety, rooftop access via a ladder in a small courtyard (more like an airshaft). The rooms were 12 x 15, or 180 square feet, about the size of a modern dining area. Men and women each had a designated toilet room, and there was one bathing room.

In the late 1960s, that top floor was blocked off, the windows covered and stairs removed. Then it lay derelict, attracting vermin and mischief, like thieves who stole the old sinks for their metal.

GPA Embroidery was the one rental tenant at the street level in

2007 when the building's owner, discouraged by the bid for the badly leaking roof, sold it to Curt and Kathy. Ten years later, the couple decided to move from their East Wenatchee home and re-create the dormant 5,000 square feet of former upstairs living quarters into an owners' apartment and three smaller rental units.

Curt, whose previous long career was in home construction, first needed to deconstruct the derelict apartment units.

The initial job was clearing debris. Pigeons had flown into small spaces but needed clearance to fly out again, so hundreds of their desiccated carcasses came out of crevices. He and his helpers scraped off layers of wallpaper and pulled old plaster and lathe from the walls (33 tons of it, by

dump-run count), saving the nails in buckets. They also removed hundreds of feet of antique conduit, wire and pipes.

They pulled up more carefully all the floorboards and stored the undamaged ones in a narrow, 32-foot-long box in what is now the living room. Curt recalled, "It took 57 days to lay down each of those boards again – they weren't all the same length, and some of the three-and-a-half-inch tongue and groove had shrunk from water damage. But my brother Chris said, 'The history is on the floor, man. You gotta keep it. It's a million-dollar floor.'"

In respect for the building's long life, Curt also preserved original walls and halls as much as possible and kept the casement windows intact. Now, visitors see



Hundreds of people have lived in the building's top floor apartments since it was built in 1910, so the trove of everyday antiques that Curt found under floorboards and in the walls, from basement to rooftop, is extensive.

old brass room numbers, original doors and wavy glass in addition to colorful boards and brick and plaster walls. And much of what Curt found in the walls and between joists has fueled great stories, with room for speculation.

Curt's work continued on the complex reconstruction, including moving stairwells and re-shaping hallways, and the Gavins were able to move into the big apartment on the building's street side, in 2021.

Amenities in their two-bedroom, two-bath apartment home include a building-wide, open-plan living area with a huge dining space, a 6 x15 foot closet just for Kathy, and down a short hallway Curt's in-home workroom, jammed with tools and in-progress projects.

A tip of the hat to history is a private four-walled courtyard off the foyer, one of the airshafts that long ago housed a small shed with bathtub and shower. Now it has comfortable patio furniture and serves in lieu of a balcony or deck.

Their entrance foyer is large enough to easily fit the parlor grand piano that once entertained guests at the 1910 Chewawa Hotel, which stood two blocks south where Centennial Park is now. The piano's current owners, the Bagdon family, are friends of Kathy and offered it to her on permanent loan.

Once he and Kathy settled in,



Theft and vandalism during the building's dormant years meant only a few original room sinks survived, all needing extensive refurbishing. In a bathroom that's both vintage and modern, these two lovelies live on.

(Right) Old painted floorboards were pulled up, many ruined, but the usable 3,500 linear feet were scraped, scrubbed, stored and then artfully repositioned throughout the owners' apartment and three rental suites.



Curt turned his focus back to running the busy embroidery business downstairs and finishing the three nightly rental units on that upstairs floor. The first tenants were family; Kathy's mother and father occupied the largest one for a while.

By 2023 GPA closed its doors and the dream of owning and managing income-producing property became real. The Gavin Suites became available on Airbnb, and interest in renting them has grown ever since.

Both Curt and Kathy grew up with open space around them, she on 88 acres in East Wenatchee,

and he with years of camping vacations. Although they've adjusted to the bustle and hum of downtown Wenatchee and enjoy the proximity of community activities, sometimes they think of country silence, distant horizon lines and total privacy.

The Gavin's two kids are grown, they made a smart investment of time as well as capital, and they have no entangling alliances to keep them downtown. The big question of 'stay or go' doesn't come up every day, but when it does, the choices are intriguing.

"We have a lot of flexibility now," said Curt. "Anytime we want

to, we can use the three suites for our own friends or family. And we can rent out our own apartment if we want to just travel for a while. Or if we decide to move."

Change is good. For the Gavins in particular, it's been very good.



This nightly rental suite is private, cozy and comfortable. It doesn't purport to be a serene country retreat; guests value that fact that the room with its long history is at the epicenter of a vibrant, growing city.

AGENT 509
REAL ESTATE

DEBBIE RADER SENSENEY
LICENSED BROKER | REALTOR
509.293.1408
Each office is independently owned and operated.

WESTERN RANCH BUILDINGS LLC
STEEL & POST FRAME BUILDING CONTRACTORS
WESTERB984CF

Sold and erected by an independent locally owned builder.

Your building can be customized just the way you want!

NFBA
NATIONAL FRAME BUILDING ASSOCIATION

BUILDING SINCE 1976

(509) 884-0555
www.westernbuildings.com
1107 Walla Walla Avenue
Wenatchee, WA 98801

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • AGRICULTURAL

GETTING IT DOWN

One Memory at a Time

Once John Gallanis gained confidence (winning an award for his first essay helped immeasurably), he went on to study the craft in earnest. He found that reading work aloud for an audience and workshopping with other writers are both good ways to improve.



Story by Susan Lagsdin

Photo by Mike Irwin

Good Life Contributor

Some writers write because they just can't not write. Some writers spin stories in third grade and complete master's programs in the craft. Some still yearn to publish one first book while others tap a marketing formula that sells thousands.

John Gallanis is none of those writers.

As a young engineering major, math and science were his forte; words were merely functional. Then, working as a doctor for 32 years, he said he seldom wrote more than professional notations (subjective and objective observation, assessment and plan) about his patients.

But he also had vivid, meaningful memories from those interactions. When he retired, he moved to East Wenatchee stymied by the coming-of-age question: "If I'm not a doctor, who am I?" His wife Terri perceptively persuaded him to write down those years of remembered encounters as short memoirs.

On a longshot, he mailed his firstborn essay, Crackers and Cheese, an emergency room thriller, into the 2018 Write On The River Writing Competition. "Weeks later, they called and noti-

fied me that I'd won third place in nonfiction," he said. "And my new identity was established." (Lest he miss the cosmic hint, two entries in two succeeding years also placed in the competition.)

At age 67, in the top half of his life, John was able to say with pride, "I am a writer." And last fall he self-published his first book of collected essays, Patient Lessons.

That reinvention echoed an equally dramatic decision in John's younger years.

His sterling math skills had set him on an engineering path at West Point, but midway through, he realized he wanted to be a doctor instead. "I had been trained to kill hundreds of enemy soldiers in combat—at great expense to the U.S. Government," John said. "and my tactical officer wanted to know why in the world I would want to save men...one at a time."

He did finish out his military obligations, but as a doctor. Assigned to army bases, he also treated patients in Appalachia and inner-city St. Louis. He worked as a MD for several years at a large Seattle clinic, and then in 1984 John was proud to open his own private practice in internal medicine.

As a doctor, John learned something about life and death every day. Those years encompassed grisly violence, pitiful self-neglect, unexpected recoveries and lovely

last moments of peace. One man declined continuing hospice care in favor of gleefully attending the World Series. One woman's hazardously high blood pressure plummeted to normal with one touch of the hand and a reassuring word.

The written remembrances hold more than a smattering of redemption. John was constantly confronted with the frailties and foibles of the human body, but the overriding theme of his stories is the equal strength of the human spirit. That, and the strong belief that he himself was in many instances a conduit for the work of a higher power.

John knew that although he had ideas aplenty, he needed to brush up on writing basics. As he started studying, attending conferences and joining local writing groups, he found that workshopping with others and reading aloud are excellent ways for a writer to find their voice. And he's held fast to the most basic of precepts: Write What You Know.

"I went all the way from 'Oh, that's how em-dashes work,'" John said, "to 'How can I grab my reader in the first paragraph?' 'What's the turning point of my story?'" He thinks the hardest part of writing is the endless editing, proofing, reediting and doing it again.

But he stays with it, currently creating a second book that con-

tinues to mine those life and death moments in his career. It may help that he works in his home office on a vintage pew, one rescued from the remodeled Providence Hospital chapel in Seattle where every morning before entering the fray John would strengthen himself spiritually.

Perhaps because this art form is so new to him, John's pithy memoirs have an edge of dry humor and lack pretentious language. They "show the work" in the best sense. Near the start of Pink Snow (guess why the title) is a typical can't-stop-here passage:

The ski slopes are crowded this weekend. I'm heading down toward the lodge for a break and a hot chocolate, and I follow just behind a young man who is skiing fast but not recklessly. I watch as he approaches a lip of snow that seems to beckon him to jump and "catch air." He springs up into the blue sky.

John doesn't need to sell books. He's not seeking a big-name agent or editor, and he's happy with the exposure and occasional applause he gets from the Pybus Market Bookfest, local bookstores and reading at open mics around town.

He's a writer who's content that his early life work—now his later life work—is known to those who care to share the experiences with him.



Sit a Spell:

WHAT PORCHES TEACH US ABOUT PRESENCE, HEALING, AND GOOD LIFE

August on my grandmother's porch in Bean Station, Tennessee was a place where you could hear cicadas singing. It was where politics got straightened out while you drank iced tea out of wide-mouthed Mason Ball jars and passed babies around. Sometimes folks started singing old hymns in close harmony. Porches were magical places where a lot of healing happened.

I do have some thoughts on why porches, and their like, heal us which I'm going to try out on you.

A porch is a safe place. You can do your own thing on a porch. You can swing or talk or look around. You can just sit and try to figure a problem out. Or fan yourself.

You can move the conversation all around wherever you want to go. Or just saying nothing. Nobody expects anything of you. You don't have an appointment. You've got no place to be any time soon or you would not be sitting on the porch.

When you bob your head around like something might be bothering you a bit, nobody in their right mind is going to offer you advice without letting thoughts settle for a while.

The people who sit on porches are like tai chi-ers. Slow, gentle. Porch sitting is most probably a spiritual art of some sort. Sit. Breathe. Look. Listen.

Maybe you notice the breeze. Maybe you count the creaks in the rocking chair. You just be there.

And "being there," I'm beginning to think might just be the most underrated superpower we have as humans.

But there's something about the porch set up itself. If you're on a porch, you can easily escape if things go sideways. They are not indoors nor outdoors. They



"The front porch is a place where time slows down, the breeze always seems cooler, and the stories never really end."

— Rick Bragg, Pulitzer winning Southern writer

are neither fully private nor quite public. The porch eases itself out there offering a come on in – no commitment kind of invitation. They have long been places for soft landings after hard days.

Porches are the places where grandmamas hold court. It's where someone leaves a pie when they don't know what to say after your husband dies. It's where kids hang out until dark hoping to catch a lightnin' bug. And when life totally beats you down, the porch is the place to sit and let things sort themselves out.

As Faulkner once put it: "A porch ain't made for rushing. It's where you sit and let the day explain itself to you."

Several years ago, someone told a story that stuck with all of us who heard it. She said that when her husband's good friend died,

her own husband simply went over and sat on the porch with the grieving widow. He didn't say anything. The woman later said it was the best thing anyone did for her. Just sat. Saying nothing.

I don't know exactly what sitting on the porch, especially when we do it together, activates in us. Comfort. Peace. Connection. Deep relaxation. Available to all.

Nobodies can sit on a porch. You don't need cleverness. No graduate degree. You just need presence.

Porch sitting reminds me of the powerful revolutionary mental health approach created by a psychiatrist in Zimbabwe. The doctor chose grandmothers—wise, ordinary, salt-of-the-earth women to sit on benches in the community and offer what's called kufungisi care.

In Shona, kufungisi means "thinking too much." The grandmothers sit on the bench and listen. They listen to the thinking-too-much-people who pour out their hearts.

The grandmothers offer a warm presence, an open heart, a nonjudgmental ear. According to research, the grandmothers did better than psychiatrists in helping others. The results were published in the Journal of the American Medical Association, one of the most prestigious peer-reviewed journals globally.

In a world where everyone's rushing and scrolling and trying to say something smart, the act of quietly being with someone is one of the wildest things left to do.

I believe there is deep purpose and powerful medicine just waiting for those willing to be porch people. Some of us aren't as spry as we used to be. Knees creak, memories fade, energy dips. But we can still rock in a chair. We can still sit on a porch or something like it.

I'll offer some take-it-or-leave-it porch suggestions in case you are a newbie, see the potential, and plan to embark before the summer passes you by:

1. No phones, unless you're showing a grandkid's picture.
2. Silence is not a problem. It's a friend. Let it in.
3. You don't have to fix the person across from you. You just be with them.

How will you know if you're doing it right? You'll leave with a softer heart, a fuller spirit, and maybe a mosquito bite or two. At least that's what happens in the South... and on the deck of the family cabin at Lake Wenatchee.

How might we move up to The Good Life together by practicing a little summer porch time?

Bringing History Forward

SUE BLANCHARD

One Big Wish in the Turn of a Page

Story by Sue Blanchard
Good Life Contributor

On an August afternoon, when it was just too hot to remain outside with our Hula Hoops and Silly Putty, mom would adjust the Venetian blinds, sit my sister and me on the davenport with homemade Tupperware popsicles in hand, and spread a big book across our laps to share and read for quiet time. Even when we were too young to actually read most of the words in the book, there were pictures to point to and so many things to wish for in that big picture book. Although not famously authored by the Brothers Grimm (*Hansel and Gretel* -1812), Hans Christian Andersen (*The Ugly Duckling* -1843) or Lewis Carroll (*Alice in Wonderland* -1865), our picture book was most certainly the family favorite and almost as old! What was this big book that we enjoyed so much in our early childhood and beyond? Let's begin by simply saying it was written by a man named Richard in 1888, and here is how his life and book became an American legend.

The year is 1886. Richard is a 23-year-old railroad station master in the small Minnesota town of Redwood Falls, living modestly, sleeping in a loft at night at the station, and doing chores to pay for his room and board and help support his widowed mother and sisters. Since his depot duties were not time consuming, he looked for other ways to make money after hours ~ selling coal and lumber and shipping venison purchased from Native American tribes.

One day, the local jeweler of Redwood Falls refused to accept an unsolicited shipment of gold watches from a Chicago manufacturer. Rather than have the railroad pay the return shipment, Richard obtained permission to dispose of the unwanted watches himself and purchased them for \$12 each. Since railroads and their passengers, as well as farmers and merchants, had to run on time and adjust to the new-fangled concept of time zones, Richard offered the watches to other station agents at \$14 each, pointing out that they could resell them to passers-by and passengers for a tidy profit. His entrepreneurial spirit led him to start a mail order watch business. Within six months, Richard had netted \$5,000 and felt confident in moving his business enterprise to Minneapolis, placing advertisements in farm publications and mailing flyers to potential clients, near and far.

It was clear from the beginning that our Richard, whose full name was *Richard Warren Sears*, had a gifted talent for writing promotional copy, taking a personal approach in his ads, speaking directly to rural and small town communities and persuading them to purchase by mail order with a personal guarantee of money-back satisfaction and service. His 1888 mailers promoting watches and jewelry expanded into catalog offerings of an ever widening range of products. Sears' first employee, an expert watch repairman named *Alvah Curtis Roebuck*, soon became his partner

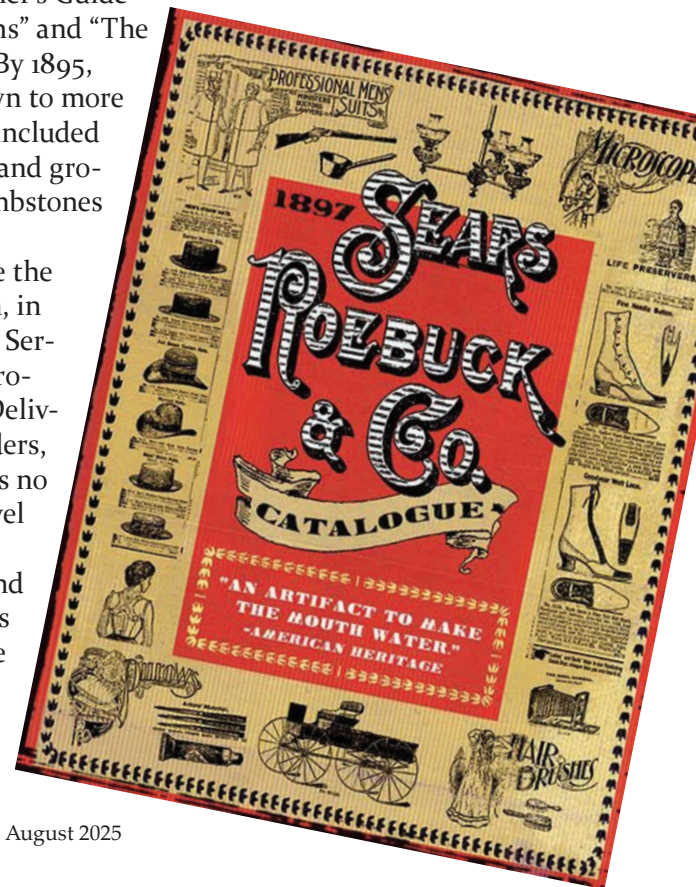
and co founder of their new joint enterprise ~ ***Sears, Roebuck and Company!*** This was during the era when Henry Ford was building his first car in his shed at home, gold was being discovered in the Klondike, America's first subway opened in Boston and America was singing "There'll be a Hot Time in the Old Town Tonight!"

The ***Sears, Roebuck & Co. Catalogue***, the big book mama placed on our laps, was first published in 1893. Reflecting the growth beyond the company's initial focus, the 1894 catalog expanded to include sewing machines, clothing, silk stockings, sporting goods, musical instruments, firearms, bicycles and baby buggies ~ even live baby chicks and singing canaries! Already more than 300 pages, the catalog earned the subtitles of the "Consumer's Guide" and "Book of Bargains" and "The Great Price Maker". By 1895, the catalog had grown to more than 500 pages and included stoves, refrigerators and groceries, furniture, tombstones and barber chairs!

Sears truly became the farmer's friend when, in 1896, the U.S. Postal Service began its new program of Rural Free Delivery. With homesteaders, farmers and ranchers no longer having to travel to distant towns to retrieve their mail and posted goods, a Sears catalog could now be placed in an apple box nailed to a post at the farmer's front

gate, with delivery, return and customer satisfaction guaranteed on every item ordered. That was Sears' trusted brand and reputation!

By 1897, the catalog's fifth edition displayed nearly 800 pages of merchandise and was mailed to more than 300,000 homes nationwide. Sears was America's mail order shopping bonanza, a full century before Amazon, with coast to coast distribution to not only major cities, but reaching out to and across rural middle-America as well. By combining volume buying with the utilization of the country's railroad and postal delivery routes, the Sears Catalog was a godsend to rural consumers, providing a convenient and affordable alternative to the limited inventories of higher-priced



products stocked in small town mercantiles, simply advertising “Everything and more than a general store!”

Richard Sears was a marketing genius. For example, he intentionally made the Sears Roebuck catalog a little shorter and narrower than the competition’s Montgomery Ward catalog on the theory that it would naturally get stacked on top. At its peak, the Sears catalog offered over 100,000 items on 1,555 pages and weighed four pounds. Today, those pages provide us a snapshot of American life in the first decade of the 20th century, from sheep-shearing machines and cream separators to telephones and china cabinets. By 1907, Sears and Roebuck were selling the then equivalent of \$1.3 billion worth of merchandise to American families every year, with one-fifth of Americans subscribing to their catalog! Anyone anywhere in the country could order a copy for free, look through it, and then have anything their heart desired delivered directly to their doorstep.

Let’s reflect that at the turn of the century most American families were still living in multi-generational housing ~ like the Walton family chronicled by John Boy. This observation gave Richard Sears an inspirational idea: “Why should newlyweds move into old homes filled with old things when they could move into new homes and fill them with new things from Sears?” So it was in 1908 that the catalog company that sold America everything under the sun began offering what just might be its most audacious product line ever: Yep... “*The house that came in the mail!*”

From 1908 to 1940, the Sears Modern Home Program offered complete mail-order houses that would come to be called “kit homes.” Customers could select from more than 40 different models and countless styles, order custom blueprints, get a quote, send in a money order and a few weeks later everything they needed would arrive in a train car, its door secured with a small red



wax seal (just like the seal on the back of a Victorian letter). This seal was to be broken on arrival by the new owner, who would open up their boxcar to find over 10,000 pieces of precut and numbered lumber, 20,000 cedar shakes, cabinetry, windows, doors and doorknobs, and almost everything else needed to build the home... 27 gallons of paint and varnish and 75 pounds of nails included! Sears promised that, working without a carpenter and only rudimentary skills, a person could finish their Sears mail-order home in less than 90 days! You could upgrade for an attached plumbed-in bathroom or a stand-alone outhouse; after all, what would a Sears catalog be without a companion outhouse!

The program was a merchandising hit, particularly at the end of WWI. Sears would go on to sell and ship some 75,000 homes across the country, giving Americans their first taste of 20th century domestic life. From modest and cozy cabins to expansive mansions, each was an empty house ready to be filled with stuff ~ ideally, stuff from Sears!

Sears as an entity was so popular with the populace that its brands became America’s iconic necessities - ones we grew up with for generations. Sears once claimed that 50% of American homes had an appliance made by Kenmore, Sears’ signature brand. Did you realize that Coldspot,

Kenmore, Craftsman, Die Hard, Allstate, Lands End, the Discover Card (with its cash-back rewards system) and Caldwell Banker (the nation’s oldest real estate company) were each brands launched and offered by Sears? Or that Hoover and Panasonic manufactured Kenmore vacuums, Frigidaire and Whirlpool made Kenmore refrigerators, LG produced Sears’ washers and dryers, and GE made Kenmore dishwashers? Major brands found added value and profits in partnering with Sears.

Many of us can recall and reminisce about going through a Sears catalog with a marker (and even a crayon!), circling the items we wished for, entering their item numbers, quantity, color and size on the order forms included within the catalog, mailing the form and waiting for the package to arrive COD on our doorstep. From corsets to quack cures, houses to hubcaps, barbecues to baby carriages, buckshot to blacksmithing tools, ponies to pianos, seed crops and silverware to vacuums and valances, customers sought and bought everything they needed and more. Women outside upscale cityscapes used the illustrated clothing designs and their accessories to keep abreast of current fashions trends, replicating their styles at home with their Sears-purchased sewing machines - Simplicity, Butterick and McCall’s patterns also available in the catalog.

Truly, the 1930’s through the 70’s were Sears’ most golden years, with 315 million catalogs distributed yearly, coast to coast. It was amazing to learn that in its heyday, Sears was not only the largest retailer, but also the largest employer in the United States, with *one out of every 204* working Americans employed by Sears - my own maternal grandmother proudly included!

Far more than the *Big Book* of our adulthoods with its 1,500 pages featuring more than 100,000 items, it was the fairy-tale *Wish Book* of our childhoods, passed on to our own children. Anyone remember *Toughskins* jeans and the guarantee that your child would grow out of them before the reinforced knees wore out? Did you wear Sears’ mid-rise bell-bottom jeans of the 70’s or their slimming polyester *stirrup pants* of the 80’s?

Today’s alphabetical generations may never understand what a Sears Roebuck Catalog meant to us all those many years ago; it was a brand, a service, a bargain and a guarantee that was ever-present for the milestones in our lives ~ family photos, back to school clothes, our first set of tools, new whitewall tires, our OshKosh B’Gosh and much more galore! For those who attest that Bitcoin and the Internet are the epitomes of purchasing, it is of considerable value to note that the industry of catalogs and mail ordering is worth approximately **\$100 billion dollars!**

In the annals of American consumerism, the historical impact of Sears Roebuck and Co. holds a greater value than any currency saved or earned, for their ideas and ideals democratized retail in America, providing working families affordable labor-saving conveniences that otherwise would have been out of reach, and gifting customers of every age a lasting legacy:

For the little girl sitting on a davenport with a ‘big book’ on her lap, Richard Sears transformed the American dream... *making wishes and wish books come true, one page at a time.*



Cars & Hot August Nights

Story by Susan Sampson
Good Life Contributor

It's a major rite of passage: my eldest grandson just got his driver's license. He is welcomed to the great American car culture! But his car culture won't be the same as mine.

In Oregon, we could get learner's permits at age 15, and that's the first thing we did when we came of age. My cousin Patty turned 15 in January, my friend Curt in March, but I wasn't eligible until June, so I just rode along with them. We went up and down Uncle John's tortuous driveway. We drove and up and down a half mile of straight pavement on the Munsel Lake Road in a '57 Ford Fairlane until we mastered that straight-of-way. When I finally turned 15, I practiced on a Dodge Polara station wagon the size of an aircraft carrier with a push-button transmission.

We were the age of the teenagers in the movie *American Graffiti* who cruised in cars and listed to Wolfman Jack broadcasting rock and roll. However, if anybody cruised in my small town, I missed it. Kids didn't have cars, the radio music was all country and western from KUGN in Eugene, Oregon, and where do you cruise anyway, if your whole town

is only five blocks long?

Boy drivers "blew out the carbon." That meant driving fast and hard, in theory to burn off the gunk that accumulated when the carburetor sloshed gasoline onto the cylinders and onto the pistons and rings. Really, it was an excuse for speeding.

Those boys really knew how to clean a car. As a teen, my husband Jerry had use of a Cadillac Sedan de Ville that he cleaned with all the attention and precision he'd give to brushing his teeth. He'd clean the undersides of the wiper blades and clean the windshield with Bon Ami. As a future pilot, he'd say that you can't see to fly into the sun with dirty windows. He wiped the inside edges of the doors and door frames. He might go out on Saturday night, and he wouldn't want his date getting dirty getting in and out of his car.

Back then, an automatic transmission wasn't a given; you had to learn how drive manual transmission, "To drive a stick."

I was six years old when my mother learned to drive a stick. I sat in the back seat terrified while she tried to stop and start on a hill without sliding backwards. Later, I lived in Seattle, the hilliest city on the west coast north of San Francisco, and mastered handling those hills with the stick.

Fortunately, I knew how to drive a stick when I became "Cocaine Katy." I was a middle-aged woman with grown sons when I became the unlikely "mule" who would offer money and accept drugs in a sting operation conducted in Renton by the South King County Narcotics Task Force. I would drive an unmarked police car, a Chevy Camaro with expired Wyoming plates, to the site of the sting. On the day of the sting, the head of the task force thought to ask me whether I knew how to drive a stick. "Of course," I told him, "I'm from Oregon."

Still, there was a problem. I'm short. I climbed into the Camaro and rolled the seat forward as far as it would go, but I couldn't reach the pedals. I found a jacket in the back seat and rolled it into a bolster behind me so I could reach the pedals to drive.

The bust came off as planned—the narcs said that the dealer was an amateur who hadn't been to drug dealer school yet, and by the end of the day, he was telling everything he knew to the police. (My older son was totally envious of my being part of that adventure. My younger son had better sense.)

When August rolled around, it was time for "Hot August Nights," a car show that was famous in

Reno and Sparks, Nevada. It inspired similar displays everywhere, like East Wenatchee's "Classy Chassis" show. There, I heard a woman there rhapsodizing over a '57 Chev like the one her teen-age boyfriend had driven. "I wonder if it's the same one?" she asked. Her husband sneered. "I don't know, are your footprints still on the headliner?"

Those cars of the 1950s, '60s, and '70s" were truly horrible. They got maybe 12 miles per gallon. They broke down. I had failed starters, throw-out bearings, alternators, butterfly valves, even a voltage regulator that stranded me in a busy intersection on a dark and rainy night. Luckily for my grandson, cars don't even use some of those parts anymore.

Like a '60s boy, my grandson still has to clean the car, but now uses more products than ever: Ammonia-free auto window wash for tinted windows, vinyl cleaner, leather cleaner, and my favorite—spray foam for tires that makes them look new and wet. But he won't be blowing out the carbon. His insurance company monitors his driving electronically, and if he drives irresponsibly, that's reported to the great data bank in the cloud, and he loses his driving privileges.

Soleil

*Now offering charm, luxury,
and quality customer service*

Story by Samantha Vedders
Special to the Good Life

WENATCHEE — Soleil, a women's clothing and accessories boutique, celebrated its soft opening on May 1 at 330 N. Wenatchee Ave. in Wenatchee.

Owners Sherrill and Alek Rini say that the boutique offers name-brand items, new products every week, and an overall comfortable shopping experience for ladies.

Though the shop may be one of the more hidden gems of the valley, it offers charm, luxury, and most importantly, quality customer service.

"I feel like we're different from other stores here in Wenatchee because I care deeply about customer service," Sherrill says. "It's a safe space to relax, chat, and just enjoy some retail therapy."

Alek, a property flipper and builder, says he acquired the commercial building in the downtown area as a surprise for his wife. He hopes the boutique will see more visitors once the Wenatchee Valley YMCA, which recently broke ground across the street, is up and running.

Sherrill, who is originally from Hawaii, explained that finding designer items in the valley can be a struggle; which is what inspired her to open for business.

"We offer designer brands, colorful clothing, and plenty of different textures that other stores don't," Sherrill said. "I'd call it more of a California style."

Soleil's target consumers are typically women ranging from

their early 20's to early 50's, Sherrill added; but the clothes can be made for anyone and any body type, with new products coming in every week.

Additionally, the boutique is open Monday through Wednesday by appointment, which allows for a more intimate shopping experience.

"Anyone can book a private appointment, there are no restrictions," Sherrill explained. "We have groups of gals who love to come in to chat, enjoy a glass of champagne, and just try on clothes."

Providing a secure environment to browse is of utmost importance in Soleil.

"It's not just clothes that I'm selling, but a good feeling," Sherrill stated.

Those interested in the Soleil shopping experience can find high-end clothing items and accessories, local products such as hand lotions and fragrances, and more.

"I love to bring back items that I find interesting from my travels, as well as incorporate several local items here in the boutique," Sherrill said.

Though there is no current plan for a grand opening of the shop, Soleil is open from noon to 4 p.m. Thursdays, noon to 6 p.m. Fridays, 11 a.m. to 4 p.m. Saturday through Sunday, or by appointment.

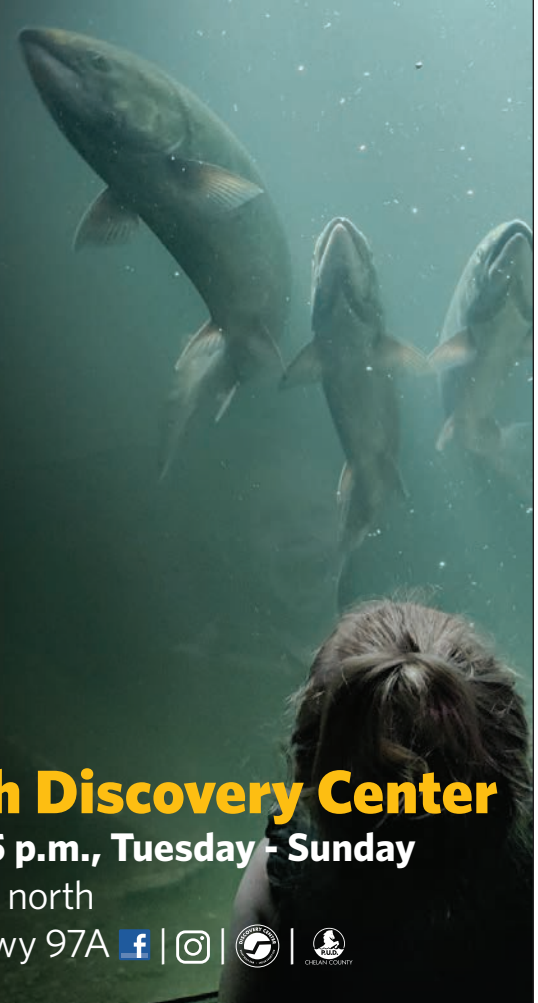
To book a private shopping experience, call (808) 483-0385, or send a message via Instagram @soleilwenatchee or Facebook at <https://www.facebook.com/soleilwenatchee>.



Soleil owners Alek and Sherrill Rini care about quality customer service that makes for a comfortable shopping experience.

More than a

MUSEUM



Rocky Reach Discovery Center
Open 9:30 a.m. – 5 p.m., Tuesday - Sunday
Located seven miles north
of Wenatchee on Hwy 97A



THE COAST

Story by Linda Reid
Photos by Ken & Kimberly Reid
Good Life Contributor

Since I was born, raised, and lived in Western Washington for 87 percent of my life, whenever anyone said, “We’re going to the coast,” I knew with certainty that they meant somewhere with a beach that looked out at the open Pacific Ocean. The State Department of Ecology reports that Washington State has 157 miles of coast where land meets the open Pacific, places such as: Ocean Shores, Kalaloch, Moclips, La Push, or the Long Beach Peninsula.

After moving to Eastern Washington in 2016, people that we met who had always lived East of the Cascades would often say they were “going to the coast for a few days.” I would ask, “What, part of the coast?” The usual reply was, “Seattle.” I was surprised and quick to correct them by saying, “Seattle is NOT on the coast!” For the first few years I kept this up until I finally gave up, still certain I was correct and they were wrong.

Before writing this, I did a little research on the Washington Coast and discovered a new perspective. If

you include the Puget Sound shoreline and all the bays and islands, the total shorelines connected to the Pacific Ocean add up to 3,000 miles! This makes these Salish Sea waters one of the largest estuaries in the United States. So...no one was “wrong” about the coast’s definition, but this story is about one of those coastal places that looks out at the open Pacific Ocean. Its name is La Push.

La Push is about a 4-hour drive from Seattle and lies 14 miles southwest of Forks on the Olympic Peninsula. It makes up the Quileute Indian Reservation, only a small fraction of their ancestral lands, and is surrounded by the Olympic National Park. The Quileute Tribe, which is federally recognized, has lived on these lands since time immemorial. “Their existence is a testament to their resilience and enduring presence in the region.”

The name “La Push” comes from the French word “La Bouche,” meaning “mouth,” and refers to the place where the Quillayute River empties into the Pacific Ocean. Because the lower village sits only about 20 feet above sea level, the Tribe launched a major relocation effort to address threats of sea level

rise and tsunamis. In 2022 their K-12 school was successfully relocated to higher ground as part of this long-term project.

Here is some more background information about the Quileute Tribe and their unique piece of coastal land.

- Historically, tribal members carved canoes of all sizes and used them to hunt whales and seals.

- The climate here on the West side of the Olympic Mountains is temperate, oceanic, and wet, with proximity to the Hoh Rain Forest, one of the most important temperate rain forests, protected by its status within the Olympic National Park.

- The Treaty of Olympia, which was signed by the Quileute Tribe, Quinault Tribe and Hoh Tribe, occurred in 1856.

- Following an Executive Order in 1889 granting the Tribe a one square mile Reservation for their 252 inhabitants, there was an arson fire that destroyed the village.

- In 1907 the Quillayute Neddles National Wildlife Refuge was established off the coast of La Push,

which was one of the earliest refuges to protect sea birds.

- La Push has the distinction of having the Western-most Zip code in the contiguous U.S.

- The Tribe is dedicated to preserving their cultural heritage, practices, knowledge, and unique language. They have a book, “Raven Tales” featuring the trickster Raven whose stories are similar to Coyote that comes from the East side of the Cascades. “Raven Tales” explains how things came to be in the world. Raven receives credit for bringing light to the native people and causing the tides so they can harvest clams and other shellfish. The lessons taught through these stories exemplify the virtues of generosity, work ethic, and being true to yourself.

The beaches at La Push are what make this area such a popular destination. The coastline is dramatic, especially at the Second Beach, which requires some moderate hiking, with step-climbing. The end of this trail provides many rewards for the hiker: the stunning coastline with untouched wilderness and



Little James Island is a permanent reminder of the breathtaking beauty of Washington’s Pacific beaches, especially at sunset



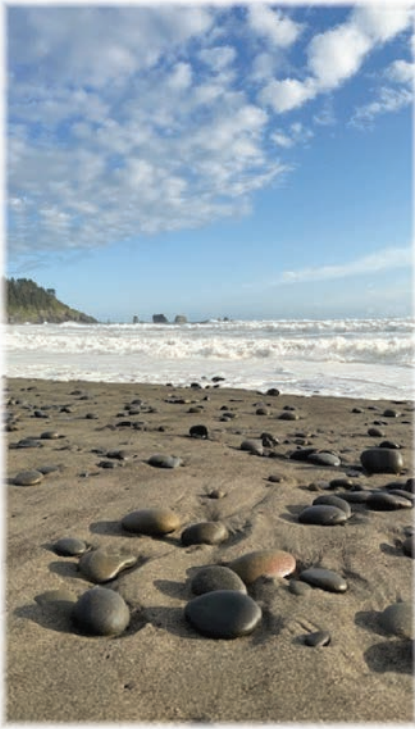
First Beach at La Push with its sea stacks, breakers, and driftwood was a welcoming sight as we settled into our beach cabin at Oceanside Resort on the Quileute Reservation. Sea stacks are remnants of headlands that eroded their softer soil over millions of years, leaving these statues that are a tribute to the power of the waves.



First Beach at La Push is where trees go to become driftwood.

vast ocean landscapes, towering sea stacks, tide pools, and wildlife-viewing (such as whales, herring, smelt, crabs, sea lions, seals, river otters, and sea birds, including pelicans). Second Beach features a rocky cape at the beach's north end, with a natural sea arch. Other beaches like First Beach and Rialto Beach can be visited without a hike, but Second Beach is our family's favorite.

Our family stayed at the beach-front cabins at the Oceanside Resort, which is owned by the Tribe. We spent a long weekend with our three generations taking time to



Sand, rocks, ocean, and clouds bring peace and tranquility to beach walkers.

connect with each other in a natural environment. It was a relaxing get away, a rejuvenating adventure, and a chance to breathe in the Pacific Ocean's fresh salty air while embracing the wildness of the Coast. For our family, and others staying in nearby beach cabins, everyone on the beach looked like they were enjoying "the good life" as much as we were.

The Good Life would like to acknowledge The Quileute Tribal Council for their contributions and approval of this article, with special thanks to Emily Foster.



Looking out from within a large, hollowed out driftwood tree toward the headland between La Push First and Second Beach



Fires are allowed on the beach if you have the required permit.



James Island (on the left) stands 160 feet high and is a natural defensive fortress. This is a sacred site to the Tribe that is off limits to the public.



Our grandson Sam couldn't resist climbing this beach rock.



Our time together around the dinner table was a time to share the experiences of the day.



KEEP YOUR PAWS OFF:

Xylitol Toxicity in Dogs

Story by
Shawna Bais, DVM
Good Life Contributor

Xylitol is a naturally occurring substance that is a commonly used sugar substitute but unfortunately it can be quite toxic to dogs. Xylitol is found in various products ranging from sugar-free foods like gum, candy, peanut butter, breath mints, cough syrup, gummy vitamins, and toothpaste etc. Xylitol is also found in some prescription human medications, especially flavored tablets or liquids. The exact amount of xylitol in products varies and can even vary between flavors of the same brand. Although it has been used as a sugar substitute for decades, its popularity has increased dramatically in the last decade due to its low glycemic index and dental plaque fighting properties. Xylitol is used in reduced sugar, low sugar, and “no sugar added” foods.

Xylitol is extremely toxic to dogs. Even small amounts of xylitol can cause hypoglycemia (low blood sugar), seizures, liver failure, or even death. Cats, ferrets, and horses do not appear to be at risk from ingestion of xylitol.

When dogs eat xylitol, it is quickly absorbed into the bloodstream, causing the pancreas to release insulin, resulting in a

rapid increase in insulin levels in the blood. Insulin is a hormone normally secreted to regulate the amount of sugar in the bloodstream. However, this large release of insulin is 3-7 times larger than the amount of insulin that would normally be needed to metabolize regular sugar. This causes very low blood sugar (hypoglycemia) to develop within 30-60 minutes to 2 hours after ingestion of xylitol. Xylitol can also cause damage to the liver from larger ingestions, which can be more serious or even fatal in some circumstances.

The clinical signs will depend on the amount of xylitol ingested but may include:

- Lethargy
- Disorientation
- Incoordination or stumbling
- Tremors
- Vomiting
- Seizures
- Coma

Dogs that ingest enough xylitol to develop liver failure may or may not show signs of hypoglycemia first.

If you know or suspect your dog consumed a product containing xylitol, contact your veterinarian immediately. Make sure to bring the packaging with you to help your veterinarian approximate how much xylitol was consumed.

There is no specific test that can detect xylitol after ingestion. A diagnosis is made based on the history of exposure, clinical signs, and specific blood work parameters, such as your dog's blood sugar and liver enzyme levels. Since xylitol is rapidly absorbed after ingestion, your veterinarian likely will not induce vomiting unless the ingestion was less than 30 minutes prior and no signs of low blood sugar have started.

The main treatment methods for xylitol toxicities involve stabilizing blood sugar and electrolyte levels, as well as managing liver injury. Blood glucose and electrolyte levels are closely monitored during treatment, and dogs may be hospitalized for a minimum of 12-24 hours.

Liver enzyme values are often rechecked three days after the initial exposure. As with all poisoning cases, early intervention is key to successful treatment. Most dogs that are aggressively treated for hypoglycemia after ingestion of xylitol recover and have a good prognosis. Dogs that develop liver injury may have a more guarded prognosis.

As with many things, prevention is key. Check product labels for xylitol. If you use products containing xylitol, make sure they are stored safely out of reach of all pets in the home, especially dogs. Do not share any food with your pets that may contain xylitol. When brushing your pets' teeth, only use toothpaste intended for dogs, never one made for human use.

Paws & Claws
Veterinary Hospital
Compassionate care with a personal touch



**Complete Medical,
Surgical and Dental Care**

2484 SE 4th St.
East Wenatchee WA, 98802

Please call for an appointment
509-888-7297





Shawna Bais, DVM

FUN STUFF

WHAT TO DO AROUND HERE FOR THE NEXT MONTH

AUGUST 1

Leavenworth Summer Theater presents "Carousel" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

The 19th annual Brewster King Salmon Derby runs through Aug. 3. Information: brewsterkingsalmonderby.com.

AUGUST 2

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

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

Leavenworth Summer Theater presents "The Little Mermaid" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

Big Sax Daddy will perform at 3:30 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

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

The 19th annual Brewster King Salmon Derby runs through Aug. 3. Information: brewsterkingsalmonderby.com.

AUGUST 3

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee

Ave. Tickets and information: numericapac.org.

Beau Warren will perform at 4 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

The 19th annual Brewster King Salmon Derby runs through Aug. 3. Information: brewsterkingsalmonderby.com.

AUGUST 4

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

The Omak writing group meets at 3:30 p.m. at the Omak

Public Library, 30 S. Ash St. Information: ncwlibraries.org.

AUGUST 5

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

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.

The Oroville Police Department will host National Night Out from 6-10 p.m. in Prince Heritage Park, Fifth Ave. and Highway 97. Events include youth activities, vendors, music and more. Information: 509-476-2913.

AUGUST 6

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Short Shakespeareans of Wenatchee runs through Aug. 9 at the Numerica Performing Arts Center, 123 N. Wenatchee

NEXT PAGE





Ave. Tickets and information: numericapac.org.

AUGUST 7

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Short Shakespeareans of Wenatchee runs through Aug. 9 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Leavenworth Summer Theater presents "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. 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.

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

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 Omak Western and Native Art Show runs from 10 a.m. to 6 p.m. at the Omak Elks Club, 110 S. Ash St. Information: 509-994-5606 or 509-961-5234.

The Stampede Museum is open from 10 a.m. to 5 p.m. next to the Omak Visitor Information Center, 410 E. Second St. Information: 509-429-1659.

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

The Omak Stampede and World-Famous Suicide Race

continues through Aug. 10. Admission charged. Tickets and information: omakstampede.org

AUGUST 8

Short Shakespeareans of Wenatchee runs through Aug. 9 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

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

A quilt and fiber art show is planned from 9 a.m. to 5 p.m. at the Town Toyota Center, 1300 Walla Walla Ave., Wenatchee. Admission charged. Information: towntoyotacenter.com.

The Omak Western and Native Art Show runs from 10 a.m. to 6 p.m. at the Omak Elks Club, 110 S. Ash St. Information: 509-994-5606 or 509-961-5234.

TeenLevel up your craft game is at noon at the Oroville Public Library, 1276 Main St. Information: ncwlibraries.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 Stampede Museum is open from 10 a.m. to 5 p.m. next to the Omak Visitor Information Center, 410 E. Second St. Information: 509-429-1659.

The Omak Stampede and World-Famous Suicide Race continues through Aug. 10. Admission charged. Tickets and information: omakstampede.org

The Night Riders will perform at 9:30 p.m. at the Omak Stampede Grounds. Information: omakstampede.org.

AUGUST 9

Short Shakespeareans of Wenatchee runs through Aug. 9 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Dirty Rotten Scoundrels:

ELI ELDERBERRY

BY BOB WELLS



Admission charged. Tickets and information: omakstampede.org
The Night Riders will perform at 9:30 p.m. at the Omak Stampede Grounds. Information: omakstampede.org.

AUGUST 10

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Owen Barnhart will perform at 3:30 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

The Omak Western and Native Art Show runs from 10 a.m. to 2 p.m. at the Omak Elks Club, 110 S. Ash St. Information: 509-994-5606 or 509-961-5234.

The Stampede Museum is open from 10 a.m. to 5 p.m. next to the Omak Visitor Information Center, 410 E. Second St. Information: 509-429-1659.

The Omak Stampede and World-Famous Suicide Race continues through Aug. 10. Admission charged. Tickets and information: omakstampede.org

AUGUST 11

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Aaron Lewis and the State-liners will perform at 7 p.m. at the Town Toyota Center, 1300 Walla Walla Ave., Wenatchee.

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

AUGUST 12

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

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.

AUGUST 13

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Chamber Business After Hours is planned at 5 p.m. in the Miller Professional Building, 208 S. Main St., Omak. Information: omakchamber.com.

AUGUST 14

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

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. 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.

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.

AUGUST 15

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

Leavenworth Summer Theater presents "Carousel"

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

Alli Paige will perform at 4 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.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.

AUGUST 16

Dirty Rotten Scoundrels: The Musical runs through Aug. 16 at the Numerica Performing Arts Center, 123 N. Wenatchee Ave. Tickets and information: numericapac.org.

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

Leavenworth Summer Theater presents "The Little Mermaid" at 10701 Skill Hill Drive, Leavenworth. Admission charged. Information: leavenworthsummertheater.org.

Whiskey Trail Band will perform at 6 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Admission charged. Information: chelanridgewinery.com.

NEXT PAGE



Wellness Place

compassionate cancer support

North Central Washington

CANCER HEROES

Presenting Sponsors

Confluence HEALTH

WENATCHEE VALLEY MEDICAL GROUP

Affiliated Physicians of Confluence Health

Red-Carpet Dinner, Awards, and Live Entertainment

SAT, SEPT. 6

Wenatchee Convention Center

Tickets, Nominations, and Information:

bit.ly/ncw-cancer-heroes-2025

SEPTTECH

SEPTIC AND CONSTRUCTION

509-557-0172

SCAN ME

FULL RANGE SEPTIC SERVICES INCLUDING:

• Septic Installation • Emergency Services

• Septic Service/Maintenance

• Water/Sewer/Drain Services

• Camera Inspections • Permitting Services

• Tank/Drainfield Locating

• Underground Utility Installation

www.septtechsepticandconstruction.com

Licensed, Bonded, Insured SEPTESC760KF

STORAGE UNITS WITH OFFICE SPACE FOR LEASE!

Start Your Business Here!

FLEXIBLE UNITS AVAILABLE NOW!

Tenant improvements to suit tenants!

Rents starting at \$560 per month.

STAMPEDE BUSINESS SUITES & STORAGE LLC

For more info call

Reid at 509-679-4127

omakofficewarehouse.com

616 Enterprise Drive, Omak

(Just off Engh Rd.)



AUGUST 17

Melany Peterson will perform at 4 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

AUGUST 18

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

AUGUST 19

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.

Okanogan City Council meets at 7 p.m. in City Hall, 120 N. Third Ave. Information: okanogancity.com.

AUGUST 21

The NCW Fair run through Aug. 24 at the Douglas County Fairgrounds, 601 N. Monroe St., Waterville. Tickets and information: ncwfair.org.

Ginuwine With The Ying Yang Twins will perform at 7:30 p.m. at the NCW Fair, 601 N. Monroe St., Waterville. Tickets and information: ncwfair.org.

Leavenworth Summer Theater presents "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. 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 Af-

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

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

AUGUST 22

The NCW Fair run through Aug. 24 at the Douglas County Fairgrounds, 601 N. Monroe St., Waterville. Tickets and information: ncwfair.org.

Josh Turner will perform at 7 p.m. at the NCW Fair, 601 N. Monroe St., Waterville. Tickets and information: ncwfair.org.

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

Petty Theft will perform at 4 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.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.

AUGUST 23

The NCW Fair run through Aug. 24 at the Douglas County Fairgrounds, 601 N. Monroe St., Waterville. Tickets and information: ncwfair.org.

Joy Ride will perform at 6 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

AUGUST 24

The NCW Fair run through Aug. 24 at the Douglas County Fairgrounds, 601 N. Monroe St., Waterville. Tickets and information: ncwfair.org.

Chris Frue will perform at 4 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

AUGUST 25

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

AUGUST 26

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.

Level up your nature knowledge with the Okanogan Conservation District is at 3:30 p.m. at the Oroville Public Library, 1276 Main St. Information: ncwlibraries.org.

AUGUST 27

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

AUGUST 28

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. 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.

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

AUGUST 29

Leavenworth Summer

Theater presents "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.

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

The Ferry County Fair runs through Aug. 31 at the Ferry County Fairgrounds, 12 Fairgrounds Road. Admission charged. Information: ferrycountytfair.com.

AUGUST 30

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

The Ferry County Fair runs through Aug. 31 at the Ferry County Fairgrounds, 12 Fairgrounds Road. Admission charged. Information: ferrycountytfair.com.

Gin-Gin will perform at 3:30 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

AUGUST 31

The Ferry County Fair runs through Aug. 31 at the Ferry County Fairgrounds, 12 Fairgrounds Road. Admission charged. Information: ferrycountytfair.com.

Big Sax Daddy will perform at 4 p.m. at Chelan Ridge Winery, 900 Swartout Road, Manson. Information: chelanridgewinery.com.

Good Life submission guidelines

Fun Stuff 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. Be sure to include "Fun Stuff" in the subject line. All events are subject to change.

91st Annual
OMAK STEAMPEDE

AND WORLD-FAMOUS SUICIDE RACE

August 7-10, 2025



Amber Kennison



509-826-1983 • 800-933-6625
OMAKSTEAMPEDE.ORG





**BLOSSOM
CREEK**

by Cogir

Blossom Creek by Cogir

Offering Memory Care

1740 Madison St Wenatchee WA, 98801

BlossomCreekbyCogir.com

Call For More Information at

(509) 253-5622



**BLOSSOM
VALLEY**

by Cogir

Blossom Valley by Cogir

Offering Assisted Living

1701 Orchard Ave Wenatchee WA, 98801

BlossomValleybyCogir.com

Call For More Information at

(509) 972-6595



**CALL TODAY ABOUT SPECIAL OFFERS AND
AVAILABILITY FOR YOUR SPECIFIC CARE NEEDS!**