

# Methow Valley News

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## Junior high will pilot new sex-ed curriculum

### 'Get Real' involves parents in the lessons

BY RALPH SCHWARTZ

Students in grades 6 through 8 at Liberty Bell Junior-Senior High School will learn a new sex-education curriculum this year — one that gets high marks from the state's education office.

If school leaders are satisfied with the results, the Get Real middle school curriculum may be adopted more permanently.

Superintendent Tom Venable made the decision to "field test" the curriculum in 2019-20, after speaking informally with all five school board members. Lessons will begin as early as next month.

The board liked what they heard about Get Real in a presentation on Sept. 11 from Keri Moore, a health educator at Room One.

"I was really amazed at the amount of fact-based information," said board member Judith Hardmeyer-Wright, who once taught sex education. She said she thought parents would appreciate the role the curriculum asks them to play in their children's education: the

school presents the facts, while parents instill the values.

#### Abstinence stressed

The middle-school curriculum teaches that abstinence is the healthiest option for students at that age. It also teaches that contraceptives should be used correctly and consistently, to prevent pregnancy and sexually transmitted infections.

The state requires schools that teach sex education to teach both abstinence and contraception.

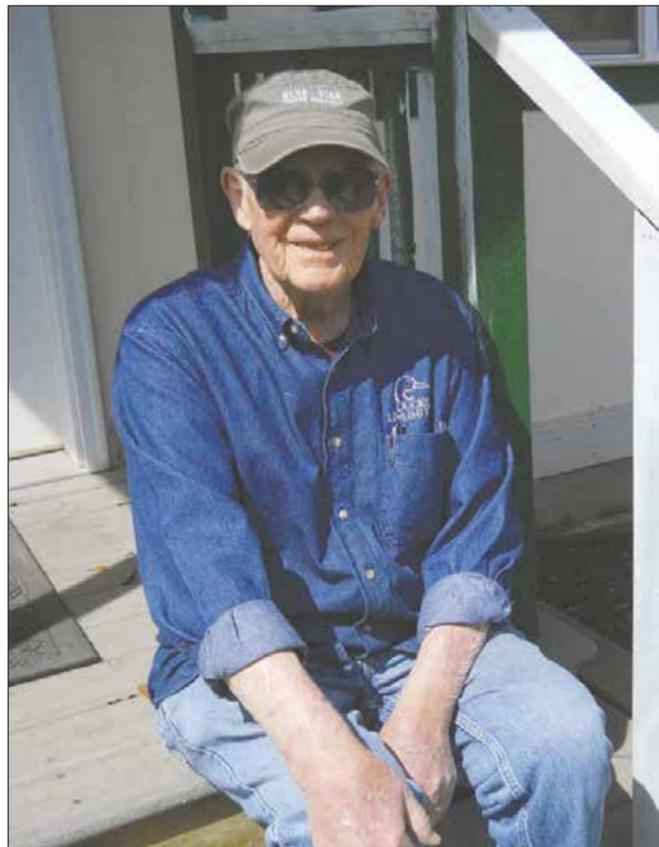
The 27 separate lessons that make up the curriculum — nine for each grade level — devote a lot of time to communication and healthy relationships. Students are asked to act out situations in order to get comfortable saying "no" to someone they like.

"The idea of teaching consent is extremely important," Moore said.

#### IN BRIEF

Parents have an opportunity to learn about the Get Real curriculum at 7 p.m. on Tuesday, Oct. 8, at the Liberty Bell High School library.

See **JR. HIGH, A3**



Ken Westman

Photo courtesy of Lynn Northcott

## Leaving a Methow legacy

### Ken Westman made a wealth of contributions to the valley's way of life

BY ASHLEY LODATO

Ken Westman knew well the value of community in a meaningful life, and nowhere is that more in evidence than in the people he touched, in the place that he loved.

Throughout his life, but particularly later on during his Methow Valley years, Ken made a difference in people's lives, and his legacy can be found in the many Methow Valley community organizations and residents that are stronger for having known him.

Ken died at home — as was his

wish — on July 26, after a long illness.

Born in Bellingham in 1935, Ken enrolled in Boeing's drafting school on Harbor Island immediately after graduating from Seattle's Ballard High School in 1953, and worked for Boeing for the next five years, as well as spending two years on active duty with the U.S. Army.

An explorer with an entrepreneurial spirit, Ken forged a career that spanned varied skill sets and geography, working, at different times, as a commercial fisherman in the North Pacific and the

#### IN BRIEF

A celebration of life will be held on Sept. 29, at 2 p.m. at the Winthrop Barn. Light refreshments will be served.

See **WESTMAN, A2**

## MORE CLASSICS



Photo by Steve Mitchell

The Pacific Northwest Chapter of the Classic Car Club of America brought their beautifully restored autos to the Methow Valley last weekend, staying at Sun Mountain Lodge.

## Did Twisp spring a leak?

### One-third of town's water unaccounted for

BY RALPH SCHWARTZ

Almost one-third of the water pumped out of Twisp's wells is not reaching customers, according to a report from the town's Public Works Department.

The report, presented to the Twisp

Town Council on Sept. 10, shows the town has lost 32% of its water so far in 2019, after accounting for water taken from hydrants to fight structure fires. The most likely suspects for the water loss are undetected leaks in the town's water system. Additionally, some of the loss may be due to faulty water meters that aren't recording water use correctly, Public Works Director Andrew Denham said.

The proportion of water that is unaccounted for should decrease by the end of the year because water loss peaks during irrigation season, Denham said.

"Hopefully, by the end of this (year), the final numbers will be closer to 25 to 28%," he said.

Even so, 2019 is shaping up to be the worst year for water loss during his five

See **LEAK, A2**

## Highly moto-vated

### Dirt bike school for women fills a niche

BY ASHLEY AHEARN

Donni Reddington has been drawn to motorcycles since she was a little girl.

#### LEARN MORE

skoolofmoto.com

Her uncles built a dirt bike track at her grandfather's place near Tacoma and would ride 1970s Hondas and Yamahas over homemade jumps. Little Donni was too short to ride the bikes so her grandfather bought an old lawnmower from a neighbor and together they converted it into a go kart. Reddington says she got "totally into the engine thing."

When her legs were long enough, Reddington was finally able to ride her uncles' dirt bikes.

"My sisters and I would go rip around on their track. We'd get 6 inches of air and think we were so rad," she said.

Now, Reddington is helping other women get that same feeling. Last year she launched Skool of Moto, a dirt bike school for women in Mazama, and has been teaching group riding clinics and giving private lessons all summer.

"I knew there was a niche and a need," Reddington said. "There's a lot of hesitancy. Women have fear. I want to give them the opportunity to overcome that fear."

Reddington keeps the size of her clinics small — no more than five participants per clinic — and spends time going over the mechanics of the bike, trail safety and etiquette as well as foundational dirt biking techniques before taking participants out on the trails.

Skool of Moto provides dirt bikes — Beta 125RRS four-stroke carbureted bikes — some of which have been lowered to fit shorter riders. Participants are also welcome to bring their own.



Photo by Ashley Ahearn

Jenn Chesney came from Bend, Oregon, to take a workshop with the Skool of Moto. "I wanted to refresh my skills and support a women's dirt bike business," she said.

The weekend clinics are based out of the Mazama Ranch House and include lodging, yoga, wine and most meals.

#### Supportive environment

On a recent misty Sunday morning, Reddington lined up the dirt bikes and checked them over before clinic partic-

ipants arrived for a day of riding. The group planned to ride from the Mazama Ranch out for a tour of Goat Peak on a mix of dirt roads and single track trails.

Jenn Chesney came from Bend, Oregon, for the clinic. Chesney has been

See **MOTO, A2**

#### ADDRESS LABEL

THURS.	FRI.	SAT.	SUN.	MON.	TUES.
Sept. 19	Sept. 20	Sept. 21	Sept. 22	Sept. 23	Sept. 24
71°	72°	73°	67°	73°	69°
47°	46°	52°	47°	49°	44°
Mostly Sunny	Sun & Clouds	Clouds & Sun	Cloudy, Showers	Showers Possible	Partly Sunny

WEATHER DATA BASED ON ACCUWEATHER.COM FORECAST FOR TWISP

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Photo courtesy of Donni Reddington

**Skool of Moto students with their teacher near Goat Peak. From left, Jenn Chesney, Angie Hopkins, Rachel Spence, Pamela Farrington and Donni Reddington.**

## WESTMAN

From Page A1

Bering Sea; a tavern owner; a tugboat crew member; and, fatefully, a one-time gig as a chauffeur. The tugboat owner wanted to visit friends in Mazama, but could no longer drive. Ken agreed to drive him, in exchange for an all-expenses paid trip to the Methow Valley.

The Methow Valley in the late 1960s looked good enough to Ken to plant some roots in east of the Cascades, although he didn't retire from commercial fishing until 1990. Shortly after his initial visit to the Methow Valley, Ken purchased 33 acres of land along Highway 20 and two years later added 13 acres along Wolf Creek Road, including what is now Brown's Farm.

Fortuitously, single mother of four Elaine Button lived right across the road, where Woodstone Pizzeria at Wesola Polana is located today. It was Elaine who suggested that they purchase a truckload of day-old Holstein bull calves at auction, raise them, and split the profits.

### A personal partnership

That successful business venture led to an even more successful personal one; they married in 1972, enjoyed Elaine's children and a host of adopted children and grandchildren, and remained devoted to each other until Elaine's death in 2009.

Ken and Elaine were kindred entrepreneurial spirits, engaging in numerous commercial ventures in the Methow Valley: the Westar Retreat Center (1988), the Farmer's Exchange Building (1993), and the Winthrop Forest Service complex, which they purchased from Washington State University in 1993 and then upgraded and sold it to the U.S. Forest Service to keep jobs in the valley.

In 2000, Ken and Elaine were instrumental in developing The Country Clinic (now Confluence Health's Winthrop Clinic) with Dr. Ann Diamond. Winthrop needed its own medical clinic,

Elaine realized, so she and Ken bought and helped Diamond develop the property, carrying the low-interest loan themselves.

Ken's volunteer service to the Methow Valley community was legendary. He participated on the Winthrop Westernization and Architecture Committee, the Winthrop Barn board, served a term as an Okanogan County District 6 Fire Commissioner, spent five years on the Okanogan County Development Council, 17 years on the Okanogan County Electric Co-op board, and four years on the board of Room One. He was appointed to the Mazama Advisory Committee and chaired the Communications District Board for years. In 2014, he served as Grand Marshal for the Winthrop '49er Days along with Grand Lady Lois McLean.

He was a member of Kiwanis, an early booster of the future Winthrop River Walk, and supported valley nonprofit organizations that elevated social services, the arts, recreation, women's rights, the environment, literacy and education. He was a founding member of Methow At Home and up until his final weeks provided weekly respite for a caregiver for a client with Alzheimer's Disease.

### Ongoing contributions

Ken left a legacy in the Methow Valley, some of the fruits of which he did not live to harvest, such as the future new Winthrop library. An avid user of the Carnegie Library in Ballard as a child, Ken was an ardent supporter of the Winthrop Library, often bringing back books for the children's section from his travels and writing checks whenever the librarian needed something for youth users. He was the first adviser to Friends of the Winthrop Library (FOWL), which is dedicated to building a new library. Says FOWL board president Shannon Huffman Polson, "Among other forms of support, Ken came in with generous financial support to help us hire a director and cover her position for the first year, and was committed to the

long-term success of the project."

Ken's name remains on the library board roster, says Polson, "with the deepest respect, admiration and fondness for his life, his legacy, and his support of our new library as a keystone to the future of our community." Ken will be remembered in the children's section of the future library.

Ken was widely known and dearly loved throughout the Methow Valley, embodying the principles of what he called "neighboring" — the things folks do to take care of one another in a tight community. Says part-time resident Cathy Davis, who bought a West Chewuch home from Ken and Elaine in 1994, "He was a 'gentleman-in-chief' in the valley, with his deep knowledge and care for all that was going on." Davis adds that Ken shared with her that "after all his many years of being a businessperson, he found his heart once he started getting involved with our local nonprofits, and how those were his more rewarding years."

Ken's sense of "neighboring" was unerring, says neighbor and friend Linda DuLac. "Ken was very generous with his time and also made his equipment available. During the long Carlton Complex Fire power outage, Ken let all of us shower and fill our water jugs, as he was one of the few that had a whole house generator. He was a big part of us feeling safe and loved while we looked out for each other."

### Friend and neighbor

But Ken was "more than a good neighbor," continues DuLac, "he was a great friend. Books, fishing, nature, dogs, people, gardening, bird identification, sports, politics — you name it, we discussed it. He had a way of quietly listening and then giving his take on the situation, and his advice was most often spot on."

DuLac speaks of a sense of humor that all who spent time with Ken experienced. "What we miss the most is that subtle chuckle he had," she says, noting

## MOTO

From Page A1

motorcycling for 15 years but wanted to sharpen her off-road skills and support a women-run business.

"This is a really unique concept in a sport that doesn't have a lot of women in it. It's a great entry into that world," she said, as she wheeled her Yamaha XT 250 out of the barn. "Working in an all-women environment comes with different dynamics. Everyone is supportive of one another, even if we have different skill levels."

Rachel Spence came from Seattle to

participate in the workshop. She said she was nervous and intimidated at the idea, but her friend talked her into it.

"Having a solid teacher and a group of cool women seemed like a great environment to try something scary," she said. And, Spence added, she hasn't been disappointed.

"It's been good. I was definitely shaking a bit but we did all the drills before we went out on the trails and to see it all come together — and to survive — was really cool," Spence said.

Reddington plans to offer more clinics next year, as well as private lessons. Her dream is to find a property in the Methow Valley where she could build

a track, like her uncles once did, surrounded by yurts and a bathhouse for her guests.

Reddington has worked as a nurse for the past 18 years and acknowledges that motorcycling and dirt biking are dangerous sports, but she said many accidents can be prevented with the right riding techniques and safety precautions.

Reddington's goal with Skool of Moto is to empower, teach and inspire women to be safer and better riders. "I'm not gonna push them to do something they're not comfortable doing," she said. "We're about boosting women's confidence."



File photo by Laurelle Walsh

**Ken Westman was Grand Marshal for Winthrop '49er Days in 2014, sharing honors with Grand Lady Lois McLean.**

explains Classroom in Bloom executive director Kim Romain-Bondi, "and he helped build this greenhouse with his ingenuity and thoughtful ideas about the importance of kids growing their own food."

### Lasting investment

Ken's investment in children is most apparent at Little Star Montessori School, whose recent capital campaign and school expansion were made possible only through Ken's sale of the property at an extremely favorable rate. "Ken was the honorary co-chair of our capital campaign, along with Gaye Pigott, and sold us the land where our new building and expanded playground now sit," says school director Dani Reynaud. "The Little Star expansion wouldn't have happened without him."

In tribute, says Reynaud, Little Star has planted a beautiful flowering pear tree for Ken on its new playground, with a leaf plaque that reads "Ken Westman: thank you for helping us build a place for all children to shine."

Ken's tree, says Reynaud, "stands strong and green, with

limbs outstretched toward the sun."

Ken is survived by his brothers John Westman (Debbie) and James Westman (Rosefay); his sisters Marilyn Westman (Terra) and MaryAnn DeFrees; his stepchildren Cindy Putnam, Candy LaRoche (Dan), Wendy Lundine (Donald); his adopted grandchildren Paula Young (Mark), and Bill Westman; his grandchildren Jenny, DJ, Becky LaRoche, Andy and Robin Button. He was preceded in death by his wife, Elaine; his mother and father, Hannes and Lenore Westman; his stepson Jack Button; and his adopted grandchild Julie Weston.

Ken's faithful Boston Terrier, Snoopy, has been adopted by an active and loving Methow Valley family who knew Ken well.

The community is invited to a celebration of life for Ken on Sept. 29, at 2 p.m. at the Winthrop Barn. Light refreshments will be served. In keeping with Ken's community's spirit and wishes for a new Winthrop library, contributions can be sent to the Ken Westman Memorial Fund, C/O FOWL, PO Box 592, Winthrop, WA 98862.

## LEAK

From Page A1

years with the town, Denham said. Water loss is more typically around 20% of the total water taken from the town's wells.

Years ago, before Denham's term in Public Works, the town would show 40% or greater water loss, the director said. Still, a loss around 25% warrants investigation. The state Department of Health asks

municipalities to keep water loss below 10%, or 20% for jurisdictions with less than 500 connections. If municipalities can reduce their losses, they can continue to grow in population without needing to go through the uncertain process of seeking more water rights.

### Not over limit

The unusually large amount of lost water does not threaten to push Twisp over its water-rights limit, Denham said. The town

## Almost one-third of the water pumped out of Twisp's wells is not reaching customers

worked out a deal four years ago with the state Department of Ecology to acquire additional water rights from the Methow Valley Irrigation District.

By definition, the lost water does not mean higher water bills for residents or businesses. All

of that water is unaccounted for because it isn't reaching customers' meters.

Twisp officials began looking for possible leaks in the system with a check of TwispWorks, the town's biggest single customer, on Sept. 11.

"The compound didn't show any leakage," Denham said on Friday (Sept. 13).

So, what exactly might account for Twisp's lost water?

Leaks in water mains that aren't catastrophic can go undetected. Evergreen Rural Water of Washington was to visit Twisp on Wednesday (Sept. 18) with special equipment to check more systemwide for leaks, Denham said. Evergreen Rural Water provides services to small municipalities at no cost.

The town has been replacing old water mains, including this year on Canyon Street, but several water mains are still in place that have been in service since 1939 or 1949, Denham said.

Older meters that no longer record water use correctly could also be responsible for the water loss. While meters are gradually being replaced around town, Denham said he is seeking funding to replace all of them "sooner, rather than 10 or 12 years from now."

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# Candidates' forum at Grange on Oct. 2

The Twisp Valley Grange will host a candidates' forum on Oct. 2 for all local offices that are being contested in the November general election. Doors will open at 5:45 p.m. and the forum will begin at 6:15 p.m., continuing until 8:15 p.m. All candidates will answer written questions collected from the audience.

Ballots for the Nov. 5 general election will be mailed to voters on Oct. 17. Here's a roundup of candidates who are in contested races:

- Town of Twisp – Mayor, four-year term, incumbent Soo Ing-Moody, Vern Nations; Position No. 3, four-year term, incumbent Alan Caswell, Leone

C. Edson; Position No. 4, four-year short and full term, incumbent Mark Easton, Kevin K. Hickman.

- Methow Valley School District – District 5 at large, four-year term, incumbent Frank Kline, Leverett Hubbard.
- Okanogan County Fire District No. 6 – Commissioner, Position No. 2, six-year term,

**IF YOU GO**  
**Date:** Oct. 2  
**Time:** 6:15 – 8:15 p.m.  
**Where:** Twisp Valley Grange

incumbent Darold Brandenburg, Ken Doran.  
 For more information, call (206) 999-1898.

# Public meeting on North Cascades Grizzly Restoration Plan set for October in Okanogan

The National Park Service (NPS) and the U.S. Fish and Wildlife Service (USFWS) will host a public meeting on the draft North Cascades Ecosystem Grizzly Bear Restoration Plan/Environmental Impact Statement (EIS) on Oct. 7 at the Okanogan County Fairgrounds Agriplex.

**IF YOU GO**  
**Date:** Oct. 7  
**Time:** 5:30 – 8:30 p.m.  
**Where:** Okanogan County Fairgrounds Agriplex

Doors open at 5 p.m., and the comment period will be from 5:30-8:30 p.m. Meeting participants will have an opportunity, through a lottery system, to provide up to two minutes of oral comment on the record.

The draft EIS is open for comment through Oct. 24. The public is invited to view the draft EIS and make comments online at [parkplanning.nps.gov/grizzlydeis](http://parkplanning.nps.gov/grizzlydeis). Written comments will be accepted in person at the meeting in Okanogan or by mail to: Superintendent's Office, North Cascades National Park Service

Complex, 810 State Route 20, Sedro Woolley, WA 98284.

Comments provided during the previous public comment period will also be considered. Comments will not be accepted by fax, email or any other way.

Fourth District Rep. Dan Newhouse released the following statement, in which he indicated that the meeting is being held at his request: "Thank you, Secretary Bernhardt, for listening to my demands for an in-person public comment opportunity. I strongly encourage the people of Central Washington to attend this meeting in Okanogan in order to voice your

opinion and put this proposal to rest, once and for all."

"I oppose this proposal because I believe introducing an apex predator to the area will threaten the families, wildlife, and livestock of North Central Washington. However, I have long advocated that local voices must be heard loud and clear before any Administration moves forward with this plan," Newhouse said.

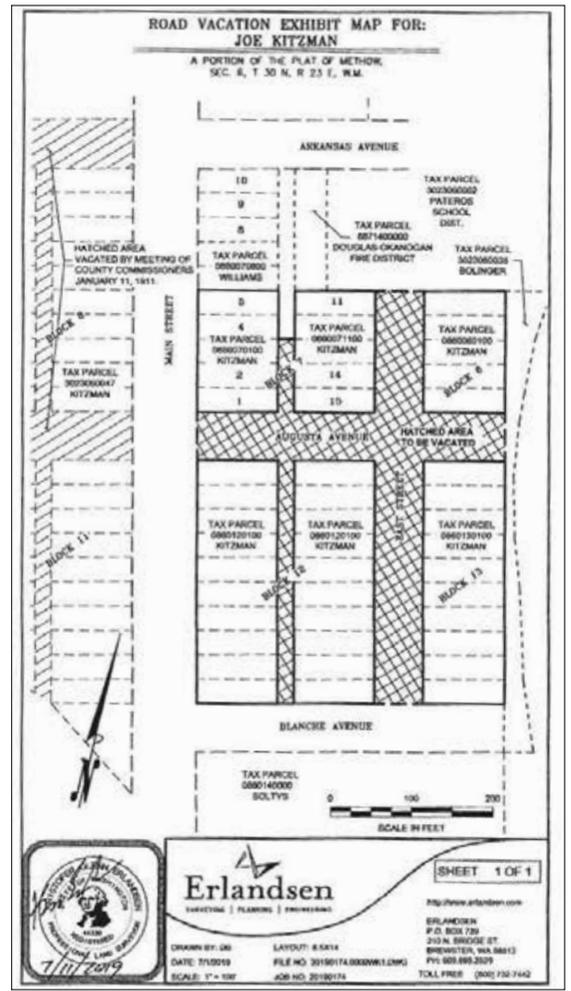
The USFWS and the park service announced earlier that they would reopen the public comment period on the draft EIS. The action revives an on-and-off process that began in 2014 under the Obama administration, to consider if and how grizzlies should be reintroduced to an area that was once their native habitat and which now supports only a few of the animals.

A draft EIS on the restoration plan was released in early 2017, followed by public comment peri-

ods and public meetings, including one in Winthrop in February 2017. More than 126,000 comments and correspondence have been received on the draft EIS. The overwhelming majority supported the reintroduction proposal. In late 2017, the process was put on hold.

In August 2018, the Department of the Interior, NPS and USFWS said they intended to further evaluate input about the proposal, which meant that completion of a final EIS was further delayed.

The EIS proposes three alternatives for re-establishing a population of 200 grizzly bears in the North Cascades Ecosystem, which includes 9,800 square miles in Washington state and another 3,800 square miles in British Columbia. The draft EIS also includes a required "no action" alternative that would maintain the status quo.



Artwork courtesy of Erlandsen Survey from vacation application. The property owners want to vacate the roads and alleys marked with cross-hatching on this surveyor's map. The roads exist only on paper.

# Property owners seek to vacate 'paper' roads, alleys in town of Methow

A property owner in the town of Methow wants to vacate two roads and two alleys that were drawn on paper more than a century ago but never constructed. The roads were sketched out across six building lots that property owners Joe and Lorianne Kitzman hope to consolidate into a single parcel.

In the early 1900s, tiny lots, some of which could barely accommodate a tent, were drawn on plats for towns throughout the county, Okanogan County Engineer Josh Thomson said. Many of these roads were never built, but if owners want to realign property boundaries, the roads need to be formally vacated, he said.

The Kitzmans, who've lived in Methow for decades, have a house on one of the lots. The other five have been in agriculture, mostly apples and alfalfa, Joe Kitzman said. Consolidating the lots would preserve the farmland and prevent someone from

developing the land with small houses. The Kitzmans' lots are about 100 feet wide — three 150 feet long and three 420 feet long. Most of the lots are too small to build on today, Kitzman said.

Although the roads and alleys were never constructed, they do have names. The petition for vacation asks to vacate part of Augusta Avenue east of Main Street, all of East Street north of Blanche Avenue, and two alleys.

The county commissioners directed Thomson to report on the roads and their utility to the county. There will be a public hearing on the petition for vacation on Tuesday, Oct. 1, at 2:30 p.m. in the commissioners' auditorium in Okanogan. People can testify at the hearing or submit written comments in advance to Project Coordinator Jo Ann Stansbury at [jstansbury@co.okanogan.wa.us](mailto:jstansbury@co.okanogan.wa.us).

For more information, contact Stansbury in Okanogan County Public Works at (509) 422-7300.

## JR. HIGH

From Page A1

A study involving 24 middle schools showed that about 15% fewer students learning the Get Real curriculum were having sex by the end of eighth grade, compared to students learning other curricula.

The state Office of the Superintendent of Public Instruction, which manages the state's public schools, gave Get Real the second-highest rating among all curricula reviewed in 2015. The only curriculum to rank higher was Get Real for high school students.

Much of the coursework is intended to be done out of school, with a parent or a trusted adult. Matt Hinkley, the junior high teacher who will be teaching sex education this year, said the parent component distinguishes Get Real from the current curriculum, called Flash.

"We know that parents want to talk to their kids about this, and kids want to talk to their

parents, but that can be incredibly difficult," Hinkley said in an email. "Get Real ... empowers parents to help their kids make healthy decisions."

### Adopted elsewhere

Get Real, developed by the Planned Parenthood League of Massachusetts, has already been adopted in Brewster and Bridgeport, with favorable results. Students in Brewster who understood the concept of consent increased from 22 percent before the lessons to 74 percent after.

Moore acknowledged that a vocal minority of parents in Brewster were opposed to the curriculum, either because they didn't believe sex education should be taught in schools or because Get Real was developed by Planned Parenthood.

"It has become a politically challenging brand," Moore said. "In Brewster, several families were vocal to the school board about getting rid of Get Real, but only 10 students opted out."

The state gives parents the

## The students are talking and asking about the issues taught in Get Real no matter what. We have an obligation to provide them accurate information.

Matt Hinkley, MVSD teacher

option of requesting in writing that their children be excused from sex education lessons.

Hinkley said it was important for students of middle-school age to learn about sex.

"Evidence from not only here but around the U.S. shows that this is the correct age for this: before most students have to face the issues we teach about," Hinkley said.

"The students are talking and asking about the issues taught in Get Real no matter what," Hinkley added. "We have an obligation to provide them accurate information."

Parents in the Methow Valley School District will have an

opportunity to learn about the Get Real curriculum at a meeting at 7 p.m. on Tuesday, Oct. 8, at the Liberty Bell High School library. The school notified parents about the new curriculum and the meeting on Friday (Sept. 13).

Get Real's one-year test run, while initiated by the superintendent, has the full support of the school board, Venable said.

"They left the meeting feeling well informed and confident in our ability to move forward," he said.

Long-term adoption of a curriculum is typically decided in a vote by the school board, Venable said.

## MVSD COMMUNITY LISTENING SESSIONS

**Families and Community Members:**

We want to hear from you! As newly-hired MVSD principals, our goal is to hit the ground listening and learning. Working in partnership with our families and community to develop curious, creative, compassionate, competent, action-oriented citizens prepared to change the world, we want to invite each of you to join us by participating in a series of interactive Community Listening Sessions.

Designed to ensure the actions of our schools align with what we as a community aspire to develop in our youth, we look forward to hearing about what you take pride in, what challenges we face, and what ideas you have to increase opportunities for all students as we move forward together!

Hope to see you there!  
Sara, Paul, and Crosby

**Unable to attend? Look for information in the coming week regarding alternative ways to participate.**

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**6-7:30 PM**

WEDNESDAY, OCTOBER 2 @ TWISPPWORKS  
 MONDAY, OCTOBER 14 @ LITTLE STAR IN WINTHROP  
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mv schools

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Tyler Darwood

Thank you to **White Logging**  
Court Darwood

Thanks to **Remsburg Logging and Brandenburg Construction**  
Lane Darwood

Thank you **White Logging** for supporting McKenna Ott and purchasing her Fair pig

Thanks **Les Schwab Tires** in Twisp for buying my Market Hog Helaina Remsburg

From the Methow Valley Cascaders 4H Group

# Opinion

## NO BAD DAYS

### Not too soon

It's a good thing the Methow Watershed Council is prodding us all to talk about the future of water use and availability in the valley, because 2066 is going to be here sooner than you think.

The Watershed Council is working on a project it calls Water 2066: A Vision for the Methow, and is asking for community participation. It's hard to imagine anything more crucial to the valley's future.

Many of us won't be around to see how things turn out 47 years from now but your children and perhaps grandchildren will be, if they choose to stay here and live in a sustainable community. Decisions we make, directions we establish, innovations we set in motion in the near future will make a difference in the next half-century and beyond. Climate change will inevitably affect how we plan in anticipation of dramatically different conditions.

You could argue that if we had spent more time talking about water issues 47 years ago, the situation would be more clear and manageable now. But those were different times. The North Cascades Highway had just opened, Winthrop was getting gussied up in Western style and the explosive growth of recreation, tourism and second-home ownership was yet to occur. We were less concerned about rehabilitating streams for fish, or restrictions on residential wells, or how agricultural water might become further commoditized.

It wouldn't necessarily have been any easier to sort out. Then as now, it's complicated. Western water law has been convoluted and contentious since the 1800s. The very concept of water "ownership" or "rights" can be a little hard to get our heads around. Misunderstanding and disagreement lead to conflict.

If I drive out to the eight-mile bridge over the Chewuch River, wade into the low-flowing stream and fill up a 5-gallon plastic container — which I then haul to somewhere else and use for irrigation — am I stealing water? If so, whose am I taking? What if I wait for that same water to get to Carlton and take it out of the river there? Who was legally entitled to it between West Chewuch and Carlton?

If I did already own that water, conceivably I could sell it to someone else who would put it in a water "bank" — as if it was on actually deposit somewhere, and we could go look at it.

But of course that's not the case. Once "your" water gets to the Columbia River, how do you sort it from all the water flowing through that vast drainage, all the way to the Pacific Ocean? In a change jar full of quarters, how do you say with certainty which is yours? And does it really matter? And yet, like all the quarters in that jar, water is measurable and has value. Assigning ownership and value is where the arguments occur, and recur.

As we learned while trying to cover the details of a recent proposal to sell water rights from the Chewuch River for use elsewhere, it's hard to keep in mind where the water in question actually exists, and how access to it will be determined and controlled.

In our coverage of the controversy, we noted that individuals, organizations and government agencies objected to the proposed transfer because they feared that water rights used locally for irrigation would be transferred downstream and be lost for use in the Methow Valley. The thing about water is, it only moves one direction. You can't get it to come back upriver once it's gone. At least, not if it's actual water, as opposed to the concept of transmutable water rights.

We put a lot of resources into covering water issues — two stories on page A1 last week, for example — because they are vital to the valley's future and people should be aware of them. That same thinking prompted the Methow Watershed Council to host a couple of public meetings this week to simply talk about the opportunities and challenges we face in figuring out how to think about water. The council plans to issue a final report by March 2020 — and 2066 will be one year closer.

**CORRECTION:** An article in the Sept. 4 edition mischaracterized the relationship between the new Homestream Park and the Town of Winthrop. Phil and Cathy Davis, who are financing the park's construction, said they intend to gift it to an appropriate long-term owner once the park is fully established and a stewardship plan is in place.

## Methow Valley News

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Front page banner photo by Steve Mitchell

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## Box 97: Letters to the editor

### A good solution

Dear Editor:

I have some bad news for you. The facts are that the fire station levy failures on the basis of "saving money" have saved nothing. The delay has cost us, in both dollars and the time and resources of volunteers. Some of our fire commissioners have put in a lot over the years since to rework the station design to save costs, while still providing for the volunteer firefighter's needs and safety. They have both volunteered labor and equipment from their own companies to save the taxpayers money on site prep. However, due to inflation and increased labor and materials costs, all that extra work has resulted in a station where there have been significant compromises made, such as in type of construction and longevity of materials. Mostly, what those compromises have done is keep the estimated cost similar to the last proposed levy. So the cost remains similar, while everyone gets a lot less. Until recently, this situation had no end in sight.

There is good news though! The hefty grant recently awarded to the fire district — paid only if the next levy is passed by the voters — gives us all a reset on our current predicament. We have the amazing opportunity to essentially travel back in time to the construction costs of 2008. We, the taxpayers, don't have to pay for all of the increase due to the 11-year delay. Additionally, the grant would also provide a dedicated, annual income committed to firefighter training!

Everybody wins! Firefighters get a safer, fully equipped fire station to meet our needs, good training facilities to advance and maintain our skills at the high standards expected nowadays, plus ongoing training funding. Taxpayers pay millions less than required to replace the too small, outdated, and even hazardous Winthrop fire station.

This grant is a very rare opportunity and should not be missed! Darold Brandenburg is one of the commissioners who has put in so much work on this project, for the benefit of our volunteer firefighters and the taxpayers. I would like to see him complete that work. Vote for Brandenburg!

Courtney Creighton  
District 6 volunteer firefighter  
Twisp

### Thanks from Emele

Dear Editor:

There are nothing like friends. New ones, old ones and those in between. I am humbled, blessed and always amazed how people take care of each other here and in this case they are taking care of me as I fell and broke my arm pretty good! The Twisp River Suites deserves a big thank you for putting the benefit altogether with wonderful food, music and lots of smiles. I thank all the fine musicians that sang and played their hearts out! Also, I am not forgetting the folks who have left things on my porch step and envelopes in the mail. (I have enough zucchinis!) My heartfelt thanks you to all.

Emele Clothier  
Winthrop

### Minority opinion

Dear Editor:

There has been quite a bit of misreporting and confusion regarding the 2017 citizens' advisory committee report on locating a new fire hall in Winthrop.

I was one of seven people selected to be on the committee. I served as chair, and soon became concerned because of the standards the commissioners gave us within which to make a recommendation. It seemed the



By Tania Gonzalez Ortega

commissioners wanted this committee to endorse the already purchased Horizon Flats property rather than take an objective look at other properties. Our committee was politically diverse, which was OK, but it became evident that we were not going to be able to come to a unanimous recommendation. A report was written by Paul Sisson. I, and two other committee members, did not agree with the position taken. Although I gave a verbal presentation to the commissioners at a regularly scheduled Okanogan County Fire District 6 meeting expressing my dissatisfaction with the report's conclusion, my dissent was ignored.

I believe a "minority report" should have been submitted along with the "majority report." The location for our new fire hall is very important.

Mike Port  
Twisp

### Likes Solveig

Dear Editor:

I wanted to thank you for printing the column by Solveig Torvik. Brave writers like her, editors like you and newspapers like yours are our best hope in combating the flood of misinformation and hate speech that seems to be attacking all of the world's free people. Her column should be printed in every paper in the nation. I couldn't agree more with her opinion about Mark Zuckerberg.

Bill Corfman  
Seattle/Twisp

### Some fact-checking

Dear Editor:

In his Sept. 4 letter to the editor, Duncan Bronson claimed the Okanogan County Fire District 6 commissioners have made a number of poor decisions. His examples don't hold up to scrutiny. Here's what he got wrong or didn't say:

**Lost earnest money deposit:** This was a mistake that resulted from a misunderstanding. What Duncan didn't say was that this happened 11 years ago, not recently, and the district has definitely learned from the experience and not repeated it.

**The Horizon Flats property purchase:** The commissioners did consider impacts on neighbors and the travel time to Highway 20 in making their decision to purchase the property. Its location away from the public makes it a safe site on which to conduct training such as loose hose drills. For minimal response times, the ideal location is the south Winthrop bridge. The Horizon Flat site is the same distance from that location as the current Winthrop station, 0.7 miles. There are no regulatory compliance problems with the site.

**Homeowner insurance:** Insurance com-

panies have been setting rates based on the distance from a fire station and the distance from a hydrant for a long time.

**Site Advisory Committee minority analysis:** There is no such formal analysis.

**The Betti grant and annual property tax revenues:** These funds aren't pots of money that can be freely used to buy a different station site. The grant money can't be used for land purchases, and the tax revenues are mostly already spoken for and pay for employee compensation and vehicle and equipment expenses.

**Equipment purchases:** The district develops its bid specifications, not suppliers. The district follows required Washington state purchasing procedures. Additionally, it has also notified Washington state suppliers to ensure they are aware of district bids.

**Contract review:** Every employment contract since 2014 has been reviewed by a lawyer.

**Hydrant testing:** Testing of any part of a water system is the responsibility of the system owner.

**The Carlton and Mazama stations:** They aren't being neglected. Both stations were equipped with back-up generators less than two years ago. And, each station has an engine, a tender and a brush truck.

Paul Sisson  
Winthrop

### Barriers long needed

Dear Editor:

Regarding the new barriers in place on the curve at Milepost 159.5 on Highway 20, east of the Bridge Creek Trailhead: It's about time! The photo caption mentions two westbound driver deaths in 2015 and 2019, and that is in addition to an eastbound motorcyclist in 2018 and at least two other fatalities prior to 2015. A climb down through the trees and around the boulders below that pullout will find all kinds of broken car parts, including from my own.

In November 2016 I was headed westbound at 8 p.m. — rain at Mazama turned to wet snow on the pass, but I am a confident winter driver with a dependable vehicle. Even so, the end of that long downhill had me fishtailing with almost every tap of the brakes, and at 30 mph I hit icy slush at the west end of the pullout. Over I went — taking out a metal cross marking a previous fatality. I am not any expert on the grade of the pavement, or the radius of the turn, but I do know that my vehicle and slower speed saved my life.

However, if there had been an effective barrier there it would have been a different story — and perhaps also for the drivers who've lost their lives.

Amy Navarre Cantrell  
Twisp

## Harts Pass

By Erik Brooks



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# Arts & Culture

## 'Autumn Elements' show is just in time at Winthrop Gallery

BY ASHLEY LODATO

Just in the nick of time for the autumnal equinox, the Winthrop Gallery opens an exhibit celebrating the glorious colors and textures of fall.

The "Autumn Elements" exhibit, which runs through Nov. 11, showcases fall-inspired pieces in a variety of media: painting, photography, drawing, ceramics, glass and textiles. The public is invited to a free reception at the gallery on Saturday (Sept. 21) from 6–8 p.m. Refreshments will

be served.

Artists are excited by autumn, says Patty Yates, artist member and president of the cooperative gallery. "One of the things that turns artists on in the fall is the changing light. The shadows are different. The light comes from different angles and you see things anew; you get a new perspective. Even the people look light and airy," she says. "Summer is all that same shade of green. The change is so exciting."

Painters and photographers,

says Yates, run around trying to "soak up the colors and textures:" leaves turning red and yellow, grasses drying from green to golden, lush sunflower heads growing prickly. "We all know it's leading up to that clean palate of snow that winter brings," says Yates, "and it's just a beautiful time to soak it all in."

Ironically, in order to hang the Autumn Elements artwork prior to the show's opening on Wednesday (Sept. 18), artists need to have their pieces completed well in advance of the actual arrival of fall. It's a bit of a conundrum. But artists can work from "a feel of fall that we have in our heads," says Yates.

### Plein air approach

Like many painters, Yates is partial to a plein air approach to creating her large pieces, particularly in seasons as richly visual as autumn. "I imagine the colors in advance," she says. "And then I go out somewhere, like a favorite aspen stand, and paint in small scale for a while." Yates then returns to her studio to recreate the pieces on larger canvases for an exhibit.

Other artists are more

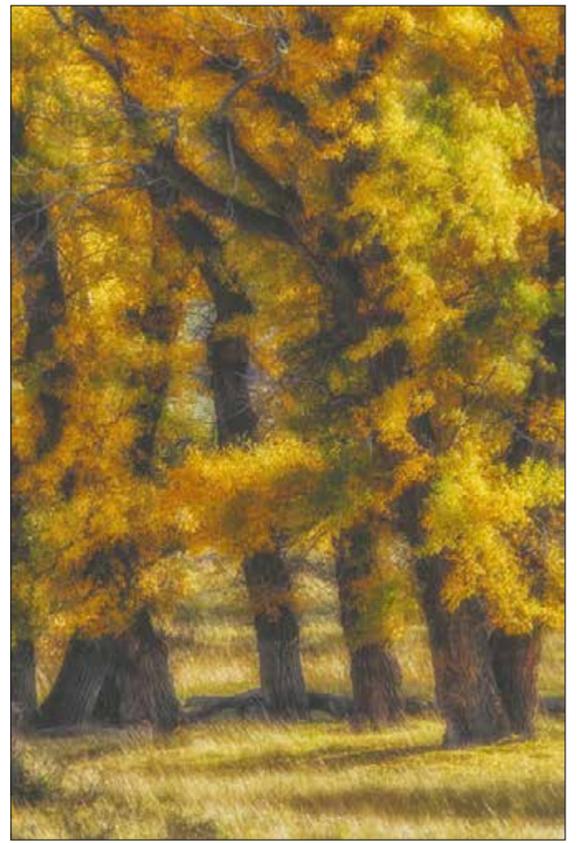
structured and disciplined in their approaches, says Yates. "[Painter] Paula Christen is really organized," Yates says. "She does value studies" (simplified sketches that show the relationship between light and dark masses in a scene, used to later recreate the scene in more detail)." But Kathy Meyers, says Yates, "just lets it flow," while painter Laurie Fry "is the quintessential fall painter — she gets out there in the mountains and wanders all around and then captures these landscapes in her paintings."

With dozens of artists represented in "Autumn Elements," for those seeking to learn more about a particular artist's approach the opening reception offers a unique opportunity to engage with the people behind the pieces. "The openings are really fun," says Yates, encouraging visitors to attend. "And for the artists, it's always nice to meet new people and talk about our art."

The Winthrop Gallery is located at 237 Riverside Ave. Fall hours are 10 a.m.–5 p.m., Thursday through Sunday. For more information, call 996-3925 or visit [www.winthropgallery.com](http://www.winthropgallery.com).



Photos courtesy of the Winthrop Gallery  
"Crater Lake" by Pearl Cherrington captures the colors of fall in the trees as well as the reflections they create.



Sherry Malotte's work "Cottonwoods" captures the movement of fall's unique light across leaves as they turn color as well as autumn breezes caressing dry grasses.

Thank you to all the businesses and organizations that supported our 4-H market livestock at fair, including sponsorships from Aero Methow and Windermere Realty.

 Cody Wottlin Hank's Harvest Foods	 Sam Wottlin Patterson Company & Onicar Electric	 Bodie Paul Methow Mountain Homes
 Dusty Patterson Brandenburg Construction	 Samuel Patterson Glover Street Market	 Grey Patterson North Valley Lumber

## ARTS BRIEFS

### READINGS FROM POETRY JOURNAL

A Methow Valley launch party for the inaugural issue of the Shrub-Steppe Poetry Journal will be held at Sixknot Tap-house in Winthrop on Thursday (Sept. 19). The free event, which will feature readings from the issue, starts at 7 p.m. The Shrub-Steppe Poetry Journal is a new annual regional publication put together by Wenatchee's Shrub-Steppe poets, with work from dozens of poets from the eastern half of the state, including local poets Christine Kendall, Eileen (Sam) Owen, Julianne Seeman, Subhaga Crystal Bacon and Greg Wright. For information, email [incider@hotmail.com](mailto:incider@hotmail.com).

### 'BOEING, BOEING' OPENING AT MERC

The Merc Playhouse production of "Boeing Boeing," a French comedy, opens Friday (Sept. 20) and continues through Sept. 29. The play was written by Mark Camoletti and translated by Beverly Cross and Francis Evans, and is directed by Kelly Donoghue. Shows are on Sept. 20, 21, 26, 27 and 28 at 7 p.m., and on Sept. 22 and Sept. 29 at 2 p.m. Doors open 30 minutes before each performance.

Tickets for adults are \$18 or \$20 for reserved seats online, and \$20 at the door. Youth general admission is \$5, or \$7 for reserved seats. Admission to the Sept. 26 performance is by donation. Visit [www.brownpapertickets.com/event/401-7862](http://www.brownpapertickets.com/event/401-7862) or [www.mercplayhouse.org/happening-now.html](http://www.mercplayhouse.org/happening-now.html) for on purchases.

For information, email [info@mercplayhouse.org](mailto:info@mercplayhouse.org) or call 997-7529.

### NATURE DRAWING CLASSES

Perri Howard and Mary Kiesau are offering "Autumn Art Adventures," a series of four nature journaling classes that combine educational excursions outdoors with indoor nature drawing lessons.

Classes meet on Fridays, 12:30–5 p.m., on Sept 20, Sept 27, Oct 18 and Oct 25. Attend any individual class for \$70 or register for all four for \$250. All materials are included. Registration is required online at [www.mountainkindphotography.com](http://www.mountainkindphotography.com) or by contacting Kiesau at (509) 551-6714, [kiesau@gmail.com](mailto:kiesau@gmail.com); or Howard at (509) 557-2299, [perri@vngworks.com](mailto:perri@vngworks.com).

### STRINGS REHEARSALS

The Pipestone Youth Orchestra has started fall rehearsals at

the Methow Valley Community Center in Twisp. All string players aged 8–18 are welcome. The orchestra meets twice a month outside of school, and on Wednesdays at the elementary school during lunch break. There is a \$5 charge for each rehearsal. Contact Pam Hunt at (509) 699-3588 for more information.

Also, the Methow Valley Elementary School String Program is underway. The program targets fifth-graders who are interested in learning to play violin or cello. The students work with Pam Hunt two days a week, and with the school band under the direction of Mark Johnson two days a week. The program is offered free to families. Contact Hunt for more information.

### CHORALE, ORCHESTRA REHEARSALS

Rehearsals for the Cascadia Chorale and Methow Valley Orchestra are underway. Cascadia Chorale meets Monday nights from 7–9 p.m. at the United Methodist Church. No experience is necessary. Email [cascadiachorale@gmail.com](mailto:cascadiachorale@gmail.com) for information.

The Methow Valley Orchestra has rehearsals on Thursdays at the Methow Valley Community Center, beginning at 6:30 p.m. Email [marmbrust@methow.org](mailto:marmbrust@methow.org) for information.

### ART WALK, STUDIO TOURS IN TWISP

Confluence Gallery, TwispWorks and the Twisp Chamber of Commerce are coordinating to sponsor the Twisp Fall Art Walk & Studio Tour on Sept. 28, from 1–5 p.m.

The Art Walk on Glover Street, with connections to the Methow Valley Community Center, will feature local art in business storefronts, dance, artists' talks and live music. There will be artists' studio tours at TwispWorks throughout the afternoon. More than 40 artists are expected to participate. The event is free, and maps will be available at Confluence Gallery, D\*Signs Gallery, Methow Arts and TwispWorks that day.

The Twisp Chamber of Commerce is seeking Glover Street business owners and renters who are interested in making space available for an artist. If interested, email [TwispWashington@gmail.com](mailto:TwispWashington@gmail.com).

### ZAHN HIGHLIGHTS CASCADIA PARTY

The Cascadia Music sea-

son kick-off party will be on Sept. 28 at the Methow Valley Community Center, starting at 7 p.m. The event features vocalist Nancy Zahn and her band. Zahn is also releasing her first CD. General admission is \$20 for adults and \$1 for students. For information, visit [www.cascadiamusic.org](http://www.cascadiamusic.org).

### GEORGE WINSTON RETURNS

Noted pianist George Winston is returning to the valley for a concert on Oct. 1 at the Methow Valley Community Center in Twisp. The event will begin at 7:30 p.m. The cost for limited reserved seating is \$40. General admission is \$30. Community Center members receive a \$5 discount. Tickets can be purchased online at Brown Paper Tickets. For information, visit [methowcommunity.org](http://methowcommunity.org) or call 997-2926.

Proceeds from CDs sold during the concert, and any donated food items brought to the event, will go to The Cove food bank in Twisp.

### CONTRA DANCE

Methow At Home will host a contra dance fundraiser at the Twisp Valley Grange on Oct. 4, from 7–9 p.m. Admission is by donation. Local musicians will provide the music. For information, email [manager@methowathome.org](mailto:manager@methowathome.org).

### OMAK PAC SHOWS

The Omak Performing Arts Center is offering three programs over the next several months:

- On Oct. 4, Native American hip hop artist and dancer Supaman will perform at 7 p.m. He has won MTV's New Artist of the Week, Aboriginal People Music Choice Award, and has won the Native American Music Award and seven Tuney awards.

- Farewell Angelina performs on Nov. 17 at 3 p.m. They are an all-female country group with four powerhouse vocalists, dynamic song writers and accomplished multi-instrumentalists.

- Eclectic band The Coats perform on Dec. 6 at 7 p.m. Their intensely arranged yet hilarious interactive performance blends music and comedy.

Tickets are available at Rawson's in Okanogan, Kelley Imaging in Omak, Tonasket Interiors and Oroville Pharmacy. Ticket prices are \$20 for adults and \$10 for students. Tickets are also available at [omakpac.org](http://omakpac.org).

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# What's Happening

## WEDNESDAY SEPT. 18

**WATER 2066:** Methow Watershed Council hosts a workshop to envision the future of water in the Methow Valley, at MV Community Center, Twisp. Free. [www.methowwatershed.com/water-2066](http://www.methowwatershed.com/water-2066). 6-8:30pm

**LOCAL MUSICIANS JAM:** The "Methow Electric Musician Experience" is a weekly opportunity for local musicians to join in a jam session at the Methow Valley Ciderhouse, orchard, 13B Walter Road, Winthrop. Free. 341-4354. 7-9pm

## THURSDAY SEPT. 19

**ESTATE PLANNING:** Methow At Home sponsors a discussion about estate planning at YourSpace building, TwispWorks. Free. Register at [methowathome.org](http://methowathome.org). 10am

**BLOOD DRIVE:** American Red Cross blood drive at Winthrop Barn. 1-800-733-2767 for appointment. Noon-5pm

**MY STORY:** Twisp library hosts another session of "My Story," short but true stories told by your friends and neighbors. Free, refreshments provided. 997-4681. 6pm

**ULTIMATE FRISBEE:** At the Winthrop ball field, all skill levels welcome. Free. (206) 919-4869. 6pm

**ESTATE PLANNING:** Methow At Home sponsors a discussion about estate planning at YourSpace building, TwispWorks. Free. Register at [methowathome.org](http://methowathome.org). 6-8pm

**WATER 2066:** Methow Watershed Council hosts a community workshop to envision the future of water in the Methow Valley, at MV Community Center, Twisp. Share ideas, vision, concerns, etc. Free. [www.methowwatershed.com/water-2066](http://www.methowwatershed.com/water-2066). 6-8:30pm

**POETRY READING:** Methow Valley launch party for the "Shrub-Steppe Poetry Journal," which includes several local poets in its inaugural issue, at Sixknot Taphouse, Winthrop. Free. (206) 241-6149; [incider@hotmail.com](mailto:incider@hotmail.com). 7-9pm

## SEPT. 20 - 22

**WALKERS ROUNDUP:** Evergreen State Volkssport Association hosts three days of hiking/walking events, headquartered at Winthrop Barn. [www.esva.online/news/sept-20-22-2019-roundup-in-winthrop](http://www.esva.online/news/sept-20-22-2019-roundup-in-winthrop) for information. 8am start times each day

## SEPT. 20 - 29

**THEATER:** The Merc Playhouse in Twisp presents "Boeing Boeing." \$5-\$20. [www.mercplayhouse.org](http://www.mercplayhouse.org), 997-7529. 7pm Thursday-Saturday, 2pm Sunday

## FRIDAY SEPT. 20

**STORYTIME:** For kids 2-6 at Twisp library. Free. 997-4681. 11am

**NATURE DRAWING CLASS:** "The anatomy of a landscape" with instructors Perri Howard and Mary Kiesau at TwispWorks. \$70. Register at [www.mountainkindphotography.com](http://www.mountainkindphotography.com) or 551-6714. 12:30-5pm

**MUSIC:** Wil Kinky at Old Schoolhouse Brewery, Winthrop. Free. 996-3183. 7-10pm

**LATIN/ORIGINAL JAZZ:** Marcus Duke Band at Methow Valley Ciderhouse, Winthrop. Free. 341-4354. 7pm

## SEPT. 21-22

**WOMEN'S MOUNTAIN BIKE CAMP:** With certified instructor Angi Weston, in Winthrop. \$315 includes lunches. 996-3645 or visit [Methow Cycle & Sport](http://MethowCycle&Sport.com) to register.

## SATURDAY SEPT. 21

**GRAN FONDO BIKE EVENT:** 90-mile non-competitive ride starts and ends in Winthrop. \$65-\$75. [rideviciouscycle.com/events/gran-fondo-winthrop](http://rideviciouscycle.com/events/gran-fondo-winthrop). 8am

**METHOW VALLEY FARMERS MARKET:** At MV Community Center in Twisp. Free. [www.methowvalleyfarmersmarket.com](http://www.methowvalleyfarmersmarket.com). 9am-noon

**EXHIBIT RECEPTION:** Artists' reception for new Winthrop Gallery exhibit, "Autumn Elements." Free. 996-3925. 6-8pm

**BLUES:** Postcard West at Methow Valley Ciderhouse, Winthrop. Free. 341-4354. 7pm

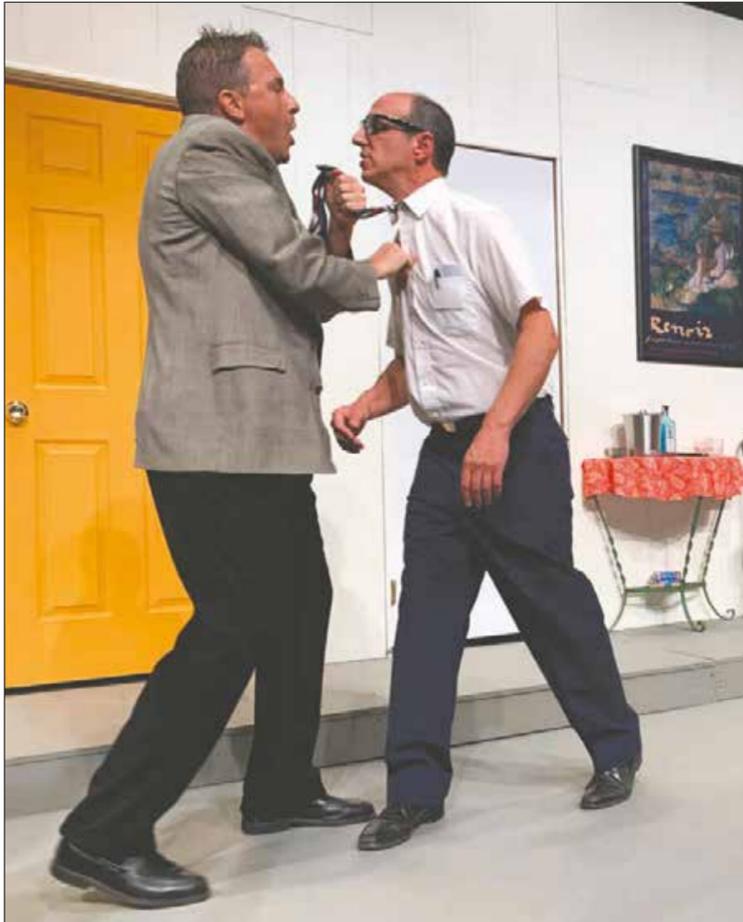


Photo by Ralph Schwartz

## 'Boeing Boeing' gets going

"Boeing Boeing" opens Friday (Sept. 20) at The Merc Playhouse and runs through Sept. 29.

## SUNDAY SEPT. 22

**FREESTYLE DANCE:** Drop-ins welcome, at the Twisp Movement Studio, \$5. 996-2017. 9-10am

**PICK-UP VOLLEYBALL:** Friendly but competitive volleyball play at Liberty Bell High School gym. Free. 429-0056. 4pm

## SEPT. 23/25

**FIRST AID/CPR/AED CLASS:** American Heart Association first aid/CPR/AED training at Aero Methow Rescue Service, Twisp; must attend both evenings. \$70. 997-4013. 6-9pm

## MONDAY SEPT. 23

**DOCUMENTARY TO BENEFIT FOWL:** Documentary film "Ex Libris" will be screened at Barnyard Cinema, Winthrop to benefit Friends of the Winthrop Library. \$10-\$12. [barnyardcinema.com](http://barnyardcinema.com). 5pm

**DRUM CIRCLE:** Pasayten Association of Percussion Adventures at Methow Valley Ciderhouse, Winthrop. Free. 341-4354. 7pm

## TUESDAY SEPT. 24

**STORY TIME:** Stories, songs and crafts at the Winthrop Library. Free. 996-2685. 11am

**ADVENTURE READING:** For home-schooled kids ages 7-14 at Twisp library. Free. 997-4681. 11am

## WEDNESDAY SEPT. 25

**LOCAL MUSICIANS JAM:** The "Methow Electric Musician Experience" is a weekly opportunity for local musicians to join in a jam session at the Methow Valley Ciderhouse, orchard, 13B Walter Road, Winthrop. Free. 341-4354. 7-9pm

## THURSDAY SEPT. 26

**METHOW RIVER HIKE:** Methow At Home sponsors a hike to the west fork of the Methow River with naturalist Eric Burr, starting from the Mazama Corral parking lot. Free. Register at [methowathome.org](http://methowathome.org). 10:15am

**ULTIMATE FRISBEE:** At the Winthrop ball field, all skill levels welcome. Free. (206) 919-4869. 6pm

**MVES OPEN HOUSE:** "Back to School Night" at MV Elementary School. Free. 996-9205. 6-7pm

**MUSIC:** Wild Mountain Nation Reunion with Annie Emmenegger at the Copper Glance, Winthrop. Free. [copperglance509@gmail.com](mailto:copperglance509@gmail.com). 8pm

## FRIDAY SEPT. 27

**STORYTIME:** For kids 2-6 at Twisp library. Free. 997-4681. 11am

**SCHOOL RETIREES:** Okanogan County School Retirees meet at Cariboo Inn, Okanogan, with 7th District Legislators Shelly Short, Joel Kretz and Jacquelin Maycumber. 422-2954. 11am

**NATURE DRAWING CLASS:** "Leaves and trees" with instructors Perri Howard and Mary Kiesau at TwispWorks. \$70. Register at [www.mountainkindphotography.com](http://www.mountainkindphotography.com) or 551-6714. 12:30-5pm

**COUNTRY ROCK:** Scott Clay at Methow Valley Ciderhouse, Winthrop. Free. 341-4354. 7pm

## SATURDAY SEPT. 28

**METHOW VALLEY FARMERS MARKET:** At MV Community Center in Twisp. Free. [www.methowvalleyfarmersmarket.com](http://www.methowvalleyfarmersmarket.com). 9am-noon

**TWISPWORKS TOUR/ARTWALK:** TwispWorks studio tours and ArtWalk through downtown. Free. 997-3300 or [events@twispworks.org](mailto:events@twispworks.org). 1-5pm

**CIDER SQUEEZE:** Methow Conservancy's annual Cider Squeeze at Sabold residence, 17 Bean Road, Winthrop. Free. 996-2870. 2-4pm

**METHOW VALLEY GEOLOGY:** Methow Naturalist editor Dana Visalli presents "The Dynamic Geology of the Methow" at MV Interpretive Center, Twisp; plus field trip on Sunday. Free. [dana@methownet.com](mailto:dana@methownet.com) for information and to sign up for field trip. 6:30pm

## Meetings, etc. and other weekly things

### Wednesday 9/18

**EAGLES AUXILIARY:** Meeting at Eagles Hall, Twisp. 322-3341. 7pm

**WINTHROP TOWN COUNCIL:** At Winthrop Barn Hen House. 996-2320. 7pm

**LBHS BOOSTER CLUB:** Meeting at LBHS library. 996-3766. 7pm

### Thursday 9/19

**GERMAN CONVERSATION:** An informal group of conversational German-speakers at all levels. Rocking Horse Bakery, 265 Riverside Ave., Winthrop. 557-5769. 9-10am

**SPINNERS & WEAVERS:** Meets at 137 Old Twisp Highway. 997-5666. 1pm

**FOOD BANK:** "More than just food" at The Cove, 128 Glover St., Twisp. 997-0227. 1-4pm

**METHOW WATERSHED COUNCIL:** Discuss implementation of plan at 206 Glover St., Twisp. 341-4260. 5-7pm

**FIRE DISTRICT 6:** Training and meetings at local fire halls. 997-2981. 6:30pm

### Friday 9/20

**BINGO:** Play at Eagles Hall, Twisp. 997-8133. 6pm

### Saturday 9/21

**AMATEUR RADIO:** Anyone interested in ham radio invited to a meeting at Hometown Pizza, Twisp. 996-2545. 5pm

### Sunday 9/22

**CASCADE BIBLE YOUTH:** Youth group meeting at Cascade Bible Church, Twisp. 997-8312. 6:30-8:30pm

### Monday 9/23

**COUNTY COMMISSIONERS:** Open meeting, Okanogan County Admin. Bldg., 123 Fifth Ave. N., Okanogan. 422-7100. 9am-5pm

**SPEAK FRENCH:** Have fun and revive or improve your French. Summer meeting locations vary. [French@greatcat.net](mailto:French@greatcat.net) for info. 4:30-5:30pm

**ELECTRIC CO-OP:** Board meeting at the OCEC office, Winthrop. 996-2228. 3pm

**GAME NIGHT:** Darts, cards and free pool at Eagles Hall, Twisp. 997-8133. 5pm

### Tuesday 9/24

**WINTHROP KIWANIS:** Meets at the Winthrop Barn. 997-1086 or 997-5666. 7am

**FOR AA, NA & SIMILAR MEETINGS, SEE HEALTH DIRECTORY**

**TOPS:** Take Off Pounds Sensibly at MV United Methodist Church, between Twisp and Winthrop. 997-2071. 8:00-10am

**COUNTY COMMISSIONERS:** Open meeting, Okanogan County Admin. Bldg., 123 Fifth Ave. N., Okanogan. 422-7100. 9am-5pm

**HOSPITAL BOARD:** Three Rivers' Board of Commissioners in the McKinley Building Conference Room, 507 Hospital Way, Brewster. 689-2517. 11am

**TWISP TOWN COUNCIL:** Meets at Town Hall. 997-4081. 5:30pm

**SHOWING UP FOR RACIAL JUSTICE:** General meeting of Showing Up for Racial Justice at The Cove II, Twisp. Free. 997-2549. 6-8pm

### Wednesday 9/25

**CLOSET QUILTERS:** Open studio, 309 Highway 20, Twisp. Free. 997-7020. Noon-5pm

**NOXIOUS WEED CONTROL BOARD:** Commissioners' hearing room, County Courthouse in Okanogan. 422-7165. 4pm

**MV SCHOOL BOARD:** Meeting in the school district office. See agenda: [www.methow.org](http://www.methow.org), click "District," then "School Board." 996-9205. 5:30pm

**MV EAGLES AERIE #2584:** Meeting at Eagles Hall, Twisp. 997-8133. 7pm

### Thursday 9/26

**GERMAN CONVERSATION:** An informal group of conversational German-speakers at all levels. Rocking Horse Bakery, 265 Riverside Ave., Winthrop. 557-5769. 9-10am

**SPINNERS & WEAVERS:** Meets at 137 Old Twisp Highway. 997-5666. 1pm

**FOOD BANK:** "More than just food" at The Cove, 128 Glover St., Twisp. 997-0227. 1-4pm

**FIRE DISTRICT 6:** Training and meetings at local fire halls. 997-2981. 6:30pm

### Friday 9/27

**BINGO:** Play at Eagles Hall, Twisp. 997-8133. 6pm

### Saturday 9/28

**CASCADE BIBLE YOUTH:** Youth group meeting at Cascade Bible Church, Twisp. 997-8312. 6:30-8:30pm

Submit your event to [Calendar@MethowValleyNews.com](mailto:Calendar@MethowValleyNews.com)  
Deadline: Fridays at 5pm

\*ALL PHONE NUMBERS ARE 509 AREA CODE EXCEPT WHERE NOTED

FOR A MORE EXTENDED CALENDAR, VISIT  
[WWW.METHOWVALLEYNEWS.COM](http://WWW.METHOWVALLEYNEWS.COM)

2020 Methow Valley Rodeo  
**QUEEN & PRINCESS TRYOUTS**  
Sunday, Sept. 22  
1:00pm  
MUST REGISTER  
For more details: call Barb 360-367-1705

**SIXKNOT TAPHOUSE**  
42 taps in all  
Lunch & Dinner  
Riverfront deck • Kid friendly  
231 Riverside Ave.,  
Winthrop • 996-3862  
[SIXKNOTCIDER.NET](http://SIXKNOTCIDER.NET)

**Methow Valley Nordic Team**  
REGISTRATION OPEN  
through October 31!  
Join the Team!  
Go to [www.skireg.com/junior-team-registration-19](http://www.skireg.com/junior-team-registration-19)  
or call 996-6000  
Photo by Rachele Weymuller

**Cascadia music**  
**Cascadia's Season Kick-off Party!**  
Featuring: Nancy Zahn and her CD release!  
Saturday, September 28th, 7pm  
Methow Valley Community Center  
Tickets: [CascadiaMusic.org](http://CascadiaMusic.org)  
Get your tickets quick!

The MERIC PLAYHOUSE Presents  
The perfect gut-buster, end-of-summer comedy  
**BOEING BOEING**  
by Marc Camoletti, Beverley Cross, Francis Evans  
Directed by Kelly Donoghue  
Presented by special arrangement with Samuel French, Inc.  
Fri-Sun, September 20-22  
Thurs-Sun, September 26-29  
Thur-Sat 7:00pm • Sun 2:00pm  
(Doors open 30 minutes before showtime)  
Supported by:   
101 S. Glover St. Twisp, WA | [www.mercplayhouse.org](http://www.mercplayhouse.org) | 509.997.7529

OMAKPAC PRESENTS:  
**SUPAMAN**  
OCTOBER 4TH AT 7PM  
Back by popular demand!  
Native American dancer and hip hop artist who has dedicated his life to empowering youth and educating listeners with a message of hope through culture, dance, and music.  
TICKETS  
Adults - \$20  
Students - \$10  
4 & Under - FREE  
Order your tickets online now at:  
[www.OmakPAC.org](http://www.OmakPAC.org)  
Tickets are also available at Hawsors, Kelley Imaging, Tonasket Interiors, and Oroville Pharmacy  
SPONSORED BY:

## WEEK IN SPORTS

VOLLEYBALL		
9/19	@Soap Lake	6:30pm
9/24	@Omak	6:30pm
9/25	Okanogan	6:30pm
9/26	@Bridgeport	6:30pm
SOCCER		
9/19	Manson	4:30pm
9/26	Tonasket	4:30pm
FOOTBALL		
9/20	@Odessa	7pm
CROSS COUNTRY		
9/21	Wenatchee Invite	Wenatchee
9/24	Okanogan Invite	Omak

# Sports & Recreation

Section

B

Methow Valley News

Wednesday, September 18, 2019

## Mountain Lions notch first football win at Waterville-Mansfield

BY DON NELSON

The Liberty Bell High School football team turned solid offensive and defensive performances into their first victory of the season last Friday (Sept. 13), a 32-6 win at Waterville-Mansfield.

The Mountain Lions evened their record at 1-1, after dropping the season opener to Bridgeport, 32-20.

Mountain Lion senior Magnus Treise once again starred on both sides of the ball. He racked up 132 rushing yards on seven carries for three touchdowns, including a 70-yard scoring dash. He also led the defense with 22 tackles and a sack.

Freshman quarterback Riley Lidey was 6-14 passing for 78 yards, and connected with junior Tyler Darwood on a 15-yard touchdown toss. Darwin had three catches for 38 yards. Lidey

also ran for 127 yards on 13 carries to go over 200 yards in total offense. Senior Alex Whites added 58 rushing yards on six carries.

Also in double digits for tackles were sophomore Jake McMeans with 12, and Whites with 10. Darwood added nine tackles. The Liberty Bell defense held Waterville-Mansfield to just one touchdown late in the game.

“Every Mountain Lion got a chance to play, and it was a great team effort,” said first-year Liberty Bell coach Jeff Lidey.

The Mountain Lions travel to Odessa on Friday (Sept. 20), where they will face a formidable opponent. Last week, Odessa beat Bridgeport — the team Liberty Bell lost to earlier — by a score of 88-6. Liberty Bell’s next home game will be against Pateros on Oct. 4. Kick-off is at 7 p.m.

## TOP OF THE WORLD



Photo by Steve Mitchell

Gary Wilkins, Christy Wilkins and Taylor Wilkins, all from the west side, took a celebratory break during the Cutthroat Classic Trail Run on Saturday. Local runner Novie McCabe took first among women runners and sixth overall, while the valley’s Walker Hall was second overall and among male runners.



Photo by Don Nelson

Liberty Bell’s Maisy Shaw, No. 19, scored a goal against Omak as Josephine Cole, No. 11, was also active at the net.

## Lady Lions overpower Omak, 3-0, on home pitch

BY DON NELSON

The Liberty Bell High School girls’ soccer team started its season with two matches against larger 1A schools, and despite mixed results coach Lincoln Post said he is pleased with the Lady Lions’ progress.

On its home pitch, Liberty Bell lost its opener to Chelan, 3-2, in a shoot-out on Sept. 10, then dominated visiting Omak 3-0 on Sept. 12.

“The team is off to a really good start to the season,” Post said. “The two non-league games were so helpful in learning how to move and support each other on the field under pressure.”

“We have been field testing the players in different positions to try to find our strongest tactical formations,” Post continued. “For example we had three different keepers in goal against Chelan: McKenna Kurtz, Chloe Sprauer and Tommie Ochoa.”

The game against Chelan was even throughout and the teams were tied 2-2 after regular time. “Maisy Shaw and Josephine Cole were our goal scorers in regular time,” Post said. “We elected to go to overtime

and a shootout as practice for the season ahead.”

Ochoa, Wyatt Albright and Megan Voigt scored on kicks in the shootout. Ochoa also made two saves, but Chelan scored 4-3 in the shootout to win the match.

“We learned a lot from our match with Chelan that we were able to apply to our match against Omak,” Post said. “This team has a great focus and fast learning curve. What we pride ourselves in is playing as a whole team.”

Against Omak, the Lady Lions controlled the play and kept the Lady Pioneers away from the Liberty Bell goal, where Ochoa had to defend only a handful of shots. Cole scored twice and Shaw once for the Lady Lions.

“Ali Palm had a standout performance as our center midfielder, and Megan Voigt had an excellent game as our center defense,” Post said. “The whole team was communicating and playing really well and it showed such improvement from our first match against Chelan.”

Liberty Bell traveled to Bridgeport on Tuesday (Sept. 17) and will host Manson on Thursday (Sept. 19), starting at 4:30 p.m.

## Mountain Lion XC runs with the big schools at Sehome High School in Bellingham

BY RICK LEWIS

The Liberty Bell Cross Country team traveled over the mountains on Saturday (Sept. 14) to open their 2019 meet season at the Gear Up Sports Northwest Preview in Bellingham. Hosted by Sehome High School, the various races were on a shortened 2-mile course, about two-thirds the standard 5-kilometer distance.

The event featured race fields determined by class instead of the typical varsity/JV divisions.

The Mountain Lion girls began their defense of the 2018 state championship with strong showings in the senior, junior and freshman divisions. Gretta Scholz placed 15th overall as the only Liberty Bell senior, and posted the second-fastest statewide B classification 2-mile time of the early season.

Two Mountain Lions placed in the top 11 of the junior girls’ race — Keeley Brooks in 9th and Liv Aspholm in 11th, just 8 seconds apart. Jori Grialou matched Brooks’ 9th-place finish in the sophomore race,

edging Brooks by a couple of seconds in elapsed time. Stella Scholz, the lone Liberty Bell runner in the freshman race, placed 11th. All told, six Mountain Lion runners finished within 46 seconds of each other, an encouraging sign for assistant coach Sarah Brooks. “I loved how much pack running you all did, finding strength in running with the people you train with,” Brooks wrote in her breakdown of the weekend meet on the Liberty Bell cross country blog.

Combined results showed the Mountain Lion Girls placing 7th out of the 36 schools assembled, mostly 2A and larger.

On the boys’ side, juniors Travis Grialou placed 11th and Ian DeLong 22nd, a scant 9 seconds between them. Freshmen Isaiiah Stoothoff and Graham Sheley placed 8th and 17th, respectively, 29 seconds apart. Carter Sheley also placed well, 34th in the field of 154, and about 45 seconds behind Stoothoff.

Coach Erik Brooks went with the middle-schoolers as they traveled to Manson for their first competition of the

year. Junior high coach Liam Daily was impressed by the efforts of both boys and girls.

The boys scored 21 points (in cross country, the lowest score wins) in the 2.5K race with Wil Halpin, Dexter Delaney, Aksel Thompson and Mac Surface sweeping positions 2 through 5, with Brayden Schmekel 7th and Landry Chrastina 11th.

On the girls’ side, it was a perfect 15 points for Liberty Bell Junior High, with eighth-graders sweeping the top three spots: Dashe McCabe 1st, Leki Albright 2nd and Ayla Belsby 3rd, with just 22 seconds separating them. Seventh-graders Mia Libby (8th) and Zoe Kaltenbach (11th) completed the Mountain Lion team.

The Liberty Bell varsity girls’ team was ranked No. 1 in the state B division by the Washington Cross Country Coaches Association this week.

Liberty Bell travels to Walla Walla Point Park in Wenatchee on Saturday (Sept. 21) for the Wenatchee Invite. The field will include most of North Central Washington B schools, as well as some larger schools.

## Liberty Bell dominates in volleyball home opener

BY RALPH SCHWARTZ

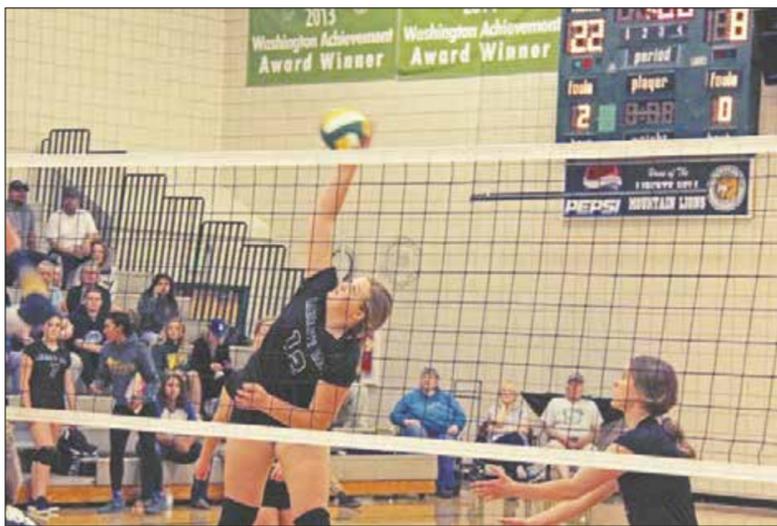


Photo by Ralph Schwartz

McKenna Ott goes up for a kill at the net on Monday (Sept. 16) against Oroville. Liberty Bell swept the hornets in three games.

The Liberty Bell High School varsity volleyball squad outmuscled the Oroville Hornets in a 3-0 sweep at the Lions’ home opener on Monday (Sept. 16).

Scores were 25-23, 25-13, 25-8.

Sophomore Jady Mitchell had 22 kills. Mitchell, Hannah Bakke and Hailey Damman were strong on serve, their coaches said.

Monday’s win came after a 3-1 defeat in the season opener, Sept. 10 at Waterville.

“They picked up a lot of the mistakes they made in their first game,” coach Christine Scott said after the Oroville match.

The Lady Lions played at home Tuesday (Sept. 17) against Tonasket. They travel for matches Thursday (Sept. 19) at Soap Lake and Tuesday (Sept. 24) at Omak.

## SPORTS BRIEFS

### WOMEN’S MOUNTAIN BIKE CAMP

Methow Cycle & Sport is co-hosting a Women’s Mountain Bike Skills Camp in Winthrop on Saturday and Sunday (Sept. 21–22). The camp will be led by certified mountain bike instructor Angi Weston, and is for women who want to take their skills to the next level in a fun and supportive environment.

Cost is \$315 and includes morning skills teaching sessions each day, lunches, afternoon rides with on-trail coaching, and post-ride snacks and refreshments. For more information and to register, call 996-3645 or stop by Methow Cycle & Sport.

### GRAN FONDO RETURNS

The Gran Fondo Winthrop bike ride will be on Saturday (Sept. 21). The full 90-mile, non-

competitive ride, and a shorter version start and end in Winthrop. Cost \$65 for a 45-mile version, \$75 for the full course. The full event begins at 8 a.m.; the 45-mile ride at 9 a.m. Registration is limited. Visit [rideviciouscycle.com/events/gran-fondo-winthrop](http://rideviciouscycle.com/events/gran-fondo-winthrop). Registration includes a Gran Fondo Winthrop souvenir, aid stations and a post-ride meal catered by East 20 Pizza.

### THREE DAYS OF WALKS

On Friday, Saturday and Sunday (Sept. 20–22), The Evergreen State Volkssport Association hosts three days of local hiking/walking events around the valley, headquartered at the Winthrop Barn. Visit [www.esva.org/news/sept-20-22-2019-roundup-in-winthrop](http://www.esva.org/news/sept-20-22-2019-roundup-in-winthrop) for complete information. The walks or hikes start at 8 a.m. each day at the Barn. There are

also biking options. Free walkers are welcome, but the association appreciates donations to support its activities. The association is an alliance of local walking clubs who develop routes selecting trails for scenic interest, historicity and walkability. Participants will be given maps to walk at their own pace and there will be group walks.

### METHOW RIVER HIKE

Methow At Home sponsors a hike to the west fork of the Methow River with naturalist Eric Burr on Sept. 26, starting from the Mazama Corral parking lot at about 10:15 a.m. (or carpool from the Winthrop Barn at 10 a.m.). The free event is open to the public. Bring a lunch. Register at [methowathome.org](http://methowathome.org). For information, email [manager@methowathome.org](mailto:manager@methowathome.org).

## Rodeo pro still in critical condition after fall at Sumas

Aaron Hammer, the rodeo rider critically injured on Sept. 7 in Sumas, is at a hospital at the University of Washington awaiting a liver transplant, his sister, Katie Desjardins, said.

Hammer, 29, remains in critical condition and is in intensive care at UW Medical Center, said Susan Gregg, director of media relations for UW Medicine.

Hammer’s horse threw him and then stepped on him during a bronc-riding event at the Sumas Bull-a-Rama, Desjardins said. The Sept. 7 event was the first time bronc riders had participated at Bull-a-Rama.

A GoFundMe campaign to support Hammer’s family raised \$13,730 as of Tuesday (Sept. 17).

“The family appreciates the support and prayers we have received from everyone,” Desjardins said.



**LEGAL NOTICES**

Winthrop Municipal Code Chapter 19.06.

DATED: February 15, 2019  
Rocklynn Culp  
Town Planner  
Published in the Methow Valley News September 18, 2019

**METHOW VALLEY IRRIGATION DISTRICT EQUALIZATION MEETING NOTICE**

Notice is hereby given that the Methow Valley Irrigation District's Board of Directors will conduct the annual equalization meeting on Monday, October 14, 2019 at 6:00 PM in the basement of the Methow Valley Community Center in Twisp, Washington. The purpose of the meeting is to equalize assessments for the 2020 irrigation season. In the event the Board concludes the business that may come before it prior to 7:00 PM, the Regular Meeting of the MVID will immediately follow the Equalization meeting.

The proposed assessment roll is on file in the district office for the inspection of all persons interested. Upon the day specified in this notice, the Board of Directors, constituted a Board of Equalization for

**LEGAL NOTICES**

that purpose, shall meet and continue in session from day to day as long as may be necessary, not to exceed ten days, exclusive of Sundays, to hear and determine such objections to said assessment roll as may come before them; and the Board may change the same as may be just.

Any member who cannot attend the meeting is encouraged to submit a letter stating his or her comments to or request of the Board on or before October 7, 2019 to the district office at PO Box 860, Twisp, WA 98856.

All lands will be fully assessed unless the parcel owner petitions the Board to hear and determine if a reduced assessment is warranted. No lands will be equalized after this date. Questions may be directed to the District Office at (509) 997-2576.

/s./ Sandra Strieby  
Published in the Methow Valley News September 18, October 2, 2019

**NOTICE OF TRUSTEE'S SALE**

Reference: James Warren, 47793232  
Reference No(s) of Documents / Deed of Trust Assigned or

**LEGAL NOTICES**

Released: 3226871  
Document Title: NOTICE OF TRUSTEE'S SALE

Grantor: James Thomas Warren, a single man  
Current Beneficiary of the Deed of Trust: Quicken Loans Inc.  
Current Trustee of the Deed of Trust: Weinstein & Riley, P.S.  
Current Loan Mortgage Servicer of the Deed of Trust: Quicken Loans, Inc.  
Grantee: James Thomas Warren, a single man

Abbreviated Legal Description as Follows: PTN NW 1/4 NE 1/4 S 14 T33N R21 East WM N Okanogan County Road

Assessor's Property Tax Parcel/ Account No(s): 3321140003  
WE ARE A DEBT COLLECTOR. THIS COMMUNICATION IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

**NOTICE OF TRUSTEE'S SALE**

NOTICE IS HEREBY GIVEN that the undersigned Weinstein & Riley, P.S. will on October 18, 2019 at 9:00 AM at the Front Entrance of the Okanogan County Courthouse, 149 Third North, Okanogan, WA 98840 located at Okanogan County, State of Washington, sell at public auction to the highest bidder, payable at the time of sale, the following described real property, situated in Okanogan County, State of Washington, to-wit:

THAT PORTION OF THE NORTHWEST QUARTER OF THE NORTHEAST QUARTER OF SECTION 14, TOWNSHIP 33 NORTH, RANGE 21, EAST W.M., LYING NORTH OF THE OKANOGAN COUNTY ROAD AS IT NOW EXISTS. SITUATE IN THE COUNTY OF OKANOGAN, STATE OF WASHINGTON.

which is subject to that certain Deed of Trust dated June 27, 2018, recorded June 29, 2018, under Recorder's/Auditor's File Number 3226871 records of Okanogan County, Washington, from James Thomas Warren, a single man, as Grantor, to First American Title, as Trustee, to secure an obligation in favor of Mortgage Electronic Registration Systems, Inc (MERS) as designated nominee for Quicken Loans, Inc., its successors and assigns as Beneficiary. Said Deed of Trust was assigned on December 31, 2018 to Quicken Loans, Inc. by an instrument recorded under Auditor's File No. 3231499, on January 15, 2019. Quicken Loans Inc. is now the beneficiary of the Deed of Trust. The sale will be made without any warranty concerning the title to, or the condition of the property.

II  
No action commenced by the Beneficiaries of the Deed of Trust is now pending to seek satisfaction of the obligation in any Court by reason of the Grantor's default on the obligation secured by the Deed of Trust.

III  
The default(s) for which this foreclosure is made is/are as follows:  
i) Failure to pay the following amounts, now in arrears:  
Amount due to reinstate by June 7, 2019  
Monthly Payments:  
Delinquent Monthly Payments Due:  
From 10/01/2018 through 06/01/2019  
9 payment(s) at \$1,605.83  
Total: \$14,452.47  
Accrued Late Charges: \$194.28  
Recoverable Balance: \$2,527.28  
TOTAL DEFAULT: \$17,174.03

IV  
The sum owing on the obligation secured by the Deed of Trust is \$240,947.29, together with interest from September 1, 2018 as provided in the note or other instrument, and such other costs and fees as are due under the note or other instrument secured, and as are provided by statute.

V  
The above-described real property will be sold to satisfy the expense of sale and the obligation

**LEGAL NOTICES**

secured by the Deed of Trust as provided by statute. The sale will be made without warranty, express or implied, regarding title, possession, or encumbrances on October 18, 2019. The payments, late charges, or other defaults must be cured by October 7, 2019 (11 days before the sale date) to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time on or before October 7, 2019 (11 days before the sale date) the default(s) as set forth in paragraph III, together with any subsequent payments, late charges, or other defaults, is/are cured and the Trustee's fees and costs are paid. Payment must be with cashier's or certified checks from a State or federally chartered bank. The sale may be terminated any time after October 7, 2019 (11 days before the sale date), and before the sale by the Borrower, Grantor, any Guarantor, or the holder of any recorded junior lien or encumbrance paying the entire principal and interest secured by the Deed of Trust, plus costs, fees, and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults.

VI  
A written notice of default was transmitted by the beneficiary or Trustee to the Borrower and Grantor at the following address(es):  
See 'Mailing List' attached hereto and incorporated herein by this reference.

by both first-class and certified mail on March 05, 2019, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served on March 06, 2019, with said written notice of default or the written notice of default was posted in a conspicuous place on the real property described in paragraph I above, and the Trustee has possession of proof of such service or posting.

VII  
The Trustee whose name and address are set forth will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale.

VIII  
The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property.

IX  
Anyone having objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objection if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale.

**X  
NOTICE TO OCCUPANTS OR TENANTS**

The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale, the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060.

If the Trustee's Sale is set aside for any reason, the submitted bid will be forthwith returned without interest and the bidder will have no right to purchase the property. Recovery of the bid amount without interest constitutes the limit of the bidder's recourse against the Trustee and/or the Beneficiary.

**XI  
NOTICE TO ALL PERSONS AND PARTIES WHO ARE GUARANTORS OF THE OBLIGATIONS SECURED BY THIS DEED OF TRUST:**

(1) The Guarantor may be liable for a deficiency judgment to the extent the sale price obtained

**LEGAL NOTICES**

at the Trustee's Sale is less than the debt secured by the Deed of Trust; (2) The Guarantor has the same rights to reinstate the debt, cure the default, or repay the debt as is given to the grantor in order to avoid the trustee's sale; (3) The Guarantor will have no right to redeem the property after the Trustee's Sale; (4) Subject to such longer periods as are provided in the Washington Deed of Trust Act, Chapter 61.24 RCW, any action brought to enforce a guaranty must be commenced within one year after the Trustee's Sale, or the last Trustee's Sale under any deed of trust granted to secure the same debt; and (5) In any action for a deficiency, the Guarantor will have the right to establish the fair value of the property as of the date of the Trustee's Sale, less prior liens and encumbrances, and to limit its liability for a deficiency to the difference between the debt and the greater of such fair value or the sale price paid at the Trustee's Sale, plus interest and costs.

**XII  
NOTICE**

THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME.

You have only 20 DAYS from the recording date on this notice to pursue mediation.

DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help.

SEEKING ASSISTANCE  
Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following:

The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission:  
Telephone: (1-877-894-4663)  
Website: <http://www.wshfc.org/buyers/counseling.htm>

The United States Department of Housing and Urban Development:  
Telephone: (1-800-569-4287)  
Website: <http://www.hud.gov/offices/hsg/sfh/hcc/ftc/index.cfm?weBListAction=search&searchstate=WA&filterSvc=dfc>

The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys:  
Telephone: (1-800-606-4819)  
Website: <http://nwjustice.org/what-clear>

For Sales questions and concerns:  
Email Address:  
FCLsalesNW@w-legal.com  
DATED: June \_\_\_\_\_, 2019  
WEINSTEIN & RILEY, P.S.  
Successor Trustee  
By: \_\_\_\_\_  
Daniel Ross, Director  
2001 Western Avenue Suite 400  
Seattle, WA 98121  
206-269-3490  
FCLsalesNW@w-legal.com  
State of Washington )  
) ss.

County of King )  
On this \_\_\_\_\_ day of June 2019, before me, the undersigned, Veronica Abraham, a Notary Public in and for the State of Washington, duly commissioned and sworn, personally appeared Daniel Ross, to me known to be an Officer of Weinstein & Riley, P.S., the corporation that executed the foregoing instrument and acknowledged the said instrument to be the free and voluntary act and deed of said corporation, for the uses and purposes therein mentioned, and on oath states that they are authorized to execute the said instrument.

WITNESS my hand and official seal hereto affixed the day and year first above written.  
Name: Veronica Abraham  
NOTARY PUBLIC in and for the State of Washington at:  
Pierce County

**LEGAL NOTICES**

My Appt. Exp.: 01/19/2020  
'Mailing List'  
James Warren  
128-C Poorman Creek Rd  
Twisp, WA 98856  
James Warren  
535 Pontius Ave. N. Apt. 718  
Seattle, WA 98109  
James Warren  
128 Poorman Creek Rd.  
Twisp, WA 98856  
Jane/John Doe, Unknown  
Spouse of James Warren  
128-C Poorman Creek Rd  
Twisp, WA 98856  
Jane/John Doe, Unknown  
Spouse of James Warren  
535 Pontius Ave. N. Apt. 718  
Seattle, WA 98109  
Jane/John Doe, Unknown  
Spouse of James Warren  
128 Poorman Creek Rd.  
Twisp, WA 98856

Published in the Methow Valley News September 18, October 9, 2019

**NOTICE PROPOSED TITLE III PROJECTS**

NOTICE is hereby given that up to \$82,000 is available to Okanogan County from Title III funds. The county and applicable agencies may use the funds in accordance with the authorized uses as set out in Secure Rural Schools and Community Self-Determination Act of 2000 [Public Law 106-393; October 30, 2000, 116 Stat. 1607] [As Amended Through P.L. 115-334, Enacted December 20, 2018]

Applicable agencies may submit proposals, which describe activity to be performed on Federal Forest Land that qualify under the Act for consideration. Title III Project Submission Forms are available by contacting Lanie Johns, Clerk of the Board for Okanogan County at 509-422-7105 or by email [ljohns@co.okanogan.wa.us](mailto:ljohns@co.okanogan.wa.us).

County projects may include activities on Federal Forest Land to carry out Fire Wise Community Programs that provide education to homeowners in fire-sensitive ecosystems and assistance with implementing Firewise techniques for home landscaping that increases the protection of people and property from wildfire, and for costs of Search and Rescue services performed on Federal Forest Land as required by the Act; and cover training costs and equipment purchases directly related to emergency services performed on Federal land and paid for by the participating county.

The allocation of funding for county projects is open for public comment for a period of 45 days from the date of this notice.

Mail proposals and comments to: Okanogan County Commissioners, Attn: Lanie Johns, 123 5th Avenue North, Rm 150, Okanogan, WA 98840 no later than October 14, 2019. Or hand deliver proposals by Friday, October 18, 2019 by 5:00 p.m. to the above address. Once project proposals are submitted, they will be available for review at the Okanogan County Commissioners office Located at 123 5th Avenue North, Okanogan, WA 98840

NOTICE is also given that the proposals will be considered by the Board of County Commissioners on Tuesday, October 29, 2019 at 2:00 p.m. in the Commissioners Hearing Room located 123 5th Avenue North, Rm 150, Okanogan, WA 98840. For further information contact Lanie Johns at the Commissioner's office, 509 422-7105. Published in the Methow Valley News September 11, 18, 2019; Okanogan Valley Gazette-Tribune September 12, 19, 2019. OVG#872614

**PUBLIC HEARING NOTICE**

NOTICE IS HEREBY GIVEN by the Board of Okanogan County Commissioners that a Public Hearing is set for 3:00 p.m. on Tuesday, September 24, 2019 and will be held in the County Commissioners' Hearing Room. The hearing is held to receive public comment for or against the consideration of a budget supplemental appropriation

**Phone and Internet Discounts**

**Available to CenturyLink Customers**

The Washington Utilities and Transportation Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink's basic local service rates for residential voice lines are \$21.85-\$25.50 per month and business services are \$30.00-\$37.00 per month. Specific rates will be provided upon request.

CenturyLink participates in a government benefit program (Lifeline) to make residential telephone or broadband service more affordable to eligible low-income individuals and families. Eligible customers are those that meet eligibility standards as defined by the FCC and state commissions. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain additional federal eligibility programs. The Lifeline discount is available for only one telephone or broadband service per household, which can be on either wireline or wireless service. Broadband speeds must be 18 Mbps download and 2 Mbps upload or faster to qualify.

A household is defined for the purposes of the Lifeline program as any individual or group of individuals who live together at the same address and share income and expenses. Lifeline service is not transferable, and only eligible consumers may enroll in the program. Consumers who willfully make false statements in order to obtain Lifeline telephone or broadband service can be punished by fine or imprisonment and can be barred from the program.

If you live in a CenturyLink service area, please call 1-855-954-6546 or visit [centurylink.com/lifeline](http://centurylink.com/lifeline) with questions or to request an application for the Lifeline program.



**Health Directory**

HEALTH & SERVICE DIRECTORIES - Deadline for ad placement & changes is Friday at 5pm for insertion in the next Wednesday's paper. Directory ads are \$8 per column inch. Additional charges may apply for color. To have your service listed please call 997-7011.

Advocacy & counseling for victims and survivors of domestic violence and assault

**THE SUPPORT CENTER**

PO BOX 3639  
OMAK, WA 98841  
(509) 826-3221  
1-888-826-3221

Domestic violence survivor support group meets every two weeks. For info, call:

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Twisp, WA  
**997.2050**  
or emergency 911

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Winthrop, WA 98862

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M - F: 8 a.m. - 5 p.m.

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Toll free: 866-826-6191  
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Wendy Hernandez Director of Nursing

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River Plaza, Brewster

**AL ANON MEETINGS**

Support group for families of those with chemical dependencies

Fridays, 8:30 am  
at Masonic Hall, Twisp

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509-997-0356 for more info

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**AA MEETINGS**

Twisp:  
Sun. 9:30 am & 6:30 p.m.  
Mon. 6:30p.m., Tues. 6:30 p.m. at Masonic Lodge  
Wed. 7 p.m. at Calvary Chapel

Winthrop:  
Thur. & Fri. 7 p.m. at Friendship Church  
Sat: 7 p.m. at Winthrop Fire Hall

**Men's group (C):** Wed. 5:30 p.m. at Masonic Lodge, Twisp  
Questions? Call Joe @ 509-429-1683

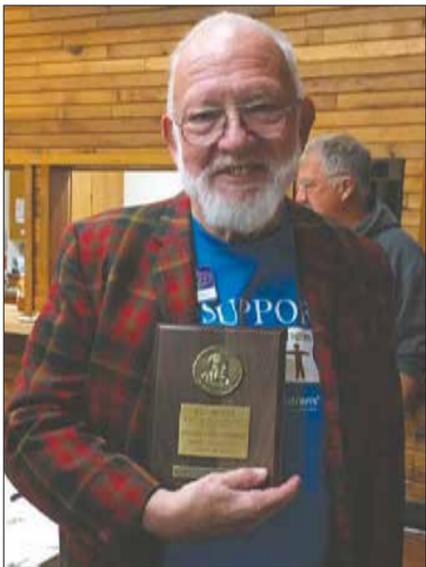


Photo courtesy of Suellen White  
Roy Reiber recently was presented the Kiwanis Jack Delf Award for exemplary service.

## Roy Reiber recipient of prestigious Kiwanis award recognizing service

At the recent Kiwanis District convention in Portland, the Methow Valley's Roy Reiber was presented the Jack Delf Award. He was nominated by members of the Winthrop Kiwanis Club for the prestigious community service award to recognize his many years of service to the Kiwanis Club and the Methow Valley community as a whole.

The award is presented annually at the Pacific Northwest District Kiwanis Convention in August. The district serves northern California, Oregon, Washington, Alaska and British Columbia.

Reiber has been a member of the Winthrop Kiwanis club since 1995.

For most of his membership, he has served as the club secretary. He has received many awards for his work, which involved taking care of numerous tasks as secretary including producing a weekly bulletin. His commitment to the community includes many years as a volunteer firefighter with Okanogan County Fire District 6 and many years as a fire commissioner. He also volunteers with Aero Methow Rescue Service.

Reiber was a science teacher at Liberty Bell High School for many years. He was instrumental in starting the Key Club at the high school and the Builders Club at the junior high school.

## YEARS OF SERVICE

The American Legion Auxiliary Unit 120 recently presented membership certificates and pins to Shirley Haase, 70 years; Bonnie Gardner, 25 years; Lois McLean, 20 years; Gail Surette, 10 years; Judy Caputo, Susan Duffresne and Betty Magnuson, 5 years. Not present were Catherine Bowers, 70 years; Janet Glassburn, 35 years; June Gatewood, Fae Graves, Jean Lloyd Hinman, Joyce Holman and Dorothy Nelson, 30 years; Laurie Meyers, 25 years; Edith Herrera, 15 years; Carole Goudge, 10 years; Janet Verkuyl and Susan Northcott, 5 years. The American Legion was organized in 1919 and the American Legion Auxiliary Unit 120 was formed in 1928.

Photo courtesy of Susie Gardner



### LEGAL NOTICES

within the Current Expense Sheriff fund, in the amount of \$163,515. The funds are from the Stone Garden Grant Revenue and Current Expense Sheriff's Budget and will be used for Capital Expenditures such as Sheriff's vehicle and Stone Garden Machinery & Equipment. The hearing will be held in the County Commissioners' Hearing Room located at 123 5th Avenue North, Okanogan, Washington. Persons wishing to comment may attend the hearing or submit their comments in writing to the Commissioners' Office at 123 5th Avenue North, Rm 150, Okanogan, Washington 98840.  
*Published in the Methow Valley News September 11, 18, 2019; Okanogan Valley Gazette-Tribune September 12, 19, 2019.*  
OVG873128

### OLD 97 LLC MINI STORAGE, SEPA 2019-9

Final SEPA Determination  
The SEPA Responsible Official has issued a final determination of non-significance (DNS) on the following project. James Garrick is proposing to expand an existing mini storage area by adding 4 new buildings, one 40' x 100' one 50' x 96' and two 45' x 99'. There are two existing mini storage buildings at the location one 50' x 96' and one 40' x 100'. The total size of the area is five acres.  
Project Location:  
The project is located at 8 Hacienda Lane in Township 31 North, Range 25 East Section 20 on tax parcel 3125201002.

The SEPA Responsible Official issued a final determination of non-significance (DNS). This decision may be appealed in accordance with OCC 14.04.220. Appeals must be made in writing to the Okanogan County Hearings Examiner, 123 5th Ave N Ste. 130, Okanogan, WA 98840. Appeals must be submitted or postmarked by 5:00 pm on October 4, 2019. Appeals shall state with specificity the elements of the environmental checklist and resulting determination the appellant finds objectionable and shall state the reason therefore. Appeals must include the \$300.00 appeal fee. Failure to file a timely and complete appeal shall constitute waiver of all rights to an administrative appeal under county code. Information is available at the Office of Planning and Development. Direct questions to: Pam Wylson, Planner 1, Okanogan County Office of Planning & Development, 123 5th Ave. N, Suite 130, Okanogan, WA 98840, (509) 422-7122.  
*Published in the Methow Valley News September 18, 2019; Okanogan Valley Gazette-Tribune September 19, 2019.*  
OVG873974

### FORTHUN DOCK, SE 2018-17

Notice of Application and Threshold SEPA Determination Project Summary  
The Forthun dock project proposes to install a 26' dock on Sibley Lake for residential use at a family vacation property.  
Project Location:  
The proposal is located on parcel 732020000 approximately 1 mile westerly of the Town of Molsion, WA, Township 40 North, Range 29 E.W.M. in Section 06.

### LEGAL NOTICES

Comments must be submitted in writing to the Okanogan County Office of Planning & Development, 123 5th Ave N Ste. 130, Okanogan, WA 98840, no later than October 4, 2019. Failure to comment by the due date above shall be determined to deny a party standing to appeal the final determination. Information is available at the Office of Planning and Development. Direct questions and comments to: Charlene Schumacher, Senior Planner, Okanogan County Office of Planning & Development, 123 5th Ave. N, Suite 130, Okanogan, WA 98840, (509) 422-7113.  
*Published in the Methow Valley News September 18, 2019; Okanogan Valley Gazette-Tribune September 19, 2019.*  
OVG873985

### PUBLIC HEARING NOTICE

NOTICE IS HEREBY GIVEN by the Board of Okanogan County Commissioners that a Public Hearing is set for 2:45 p.m. on Monday, September 30, 2019 and will be held in the County Commissioners' Hearing Room. The hearing is held to receive public comment for or against the consideration of a budget supplemental appropriation within the ER&R Fund 501 in the amount of \$475,000. The funds are from the Ending Fund Balance and will be used to purchase a Striping Truck. The hearing will be held in the County Commissioners' Hearing Room located at 123 5th Avenue North, Okanogan, Washington. Persons wishing to comment may attend the hearing or submit their comments in writing to the Commissioners' Office at 123 5th Avenue North, Rm 150, Okanogan, Washington 98840.  
*Published in the Methow Valley News September 18, 25, 2019; Okanogan Valley Gazette-Tribune September 19, 26, 2019.*  
OVG874002

### PUBLIC HEARING NOTICE

NOTICE IS HEREBY GIVEN by the Board of Okanogan County Commissioners that a Public Hearing is set for 2:40 p.m. on Monday, September 30, 2019 and will be held in the County Commissioners' Hearing Room. The hearing is held to receive public comment for or against the consideration of a budget supplemental appropriation within the Crime Victims Fund 129 in the amount of \$17,150. The funds are from additional S/C and City Court Revenues and will be used for Salary and Benefits. The hearing will be held in the County Commissioners' Hearing Room located at 123 5th Avenue North, Okanogan, Washington. Persons wishing to comment may attend the hearing or submit their comments in writing to the Commissioners' Office at 123 5th Avenue North, Rm 150, Okanogan, Washington 98840.  
*Published in the Methow Valley News September 18, 25, 2019; Okanogan Valley Gazette-Tribune September 19, 26, 2019.*  
OVG874009

### PUBLIC HEARING NOTICE

NOTICE IS HEREBY GIVEN by the Board of Okanogan County Commissioners that a Public Hearing is set for 2:30 p.m. on Monday, September 30, 2019 and will be held in the County Commissioners'

### LEGAL NOTICES

Hearing Room. The hearing is held to receive public comment for or against the consideration of a budget supplemental appropriation within Homeless Housing Fund 142 in the amount of \$25,000; and within the Infrastructure Fund 117 in the amount of \$19,900. The funds are from the Beginning Fund Balance and will be used for Professional Services to cover contract amendments. The hearing will be held in the County Commissioners' Hearing Room located at 123 5th Avenue North, Okanogan, Washington. Persons wishing to comment may attend the hearing or submit their comments in writing to the Commissioners' Office at 123 5th Avenue North, Rm 150, Okanogan, Washington 98840.  
*Published in the Methow Valley News September 18, 25, 2019; Okanogan Valley Gazette-Tribune September 19, 26, 2019.*  
OVG874016

### NOTICE TO PUBLIC

NOTICE IS HEREBY GIVEN, that a public hearing will be held on October 1, 2019 at 2:30 PM regarding the vacation of the following platted roads within the Town of Methow:

Vacate that portion of Augusta Avenue located east of Main Street, all of East Street north of Blanche Avenue, all of the Alley in Block 12 and part of the Alley in Block 7 between Lots 1, 2, 3 & 13, 14, 15 all within the Town of Methow, WA according to the official plat thereof now on file and of record at the Office of the Okanogan County Auditor's Office, Okanogan Co. WA, All within Section 06, Township 30 North, Range 23 East W.M.,

Public Hearing will be held in the office of the Okanogan County Board of Commissioners, located at 123 Fifth Ave. North (Room 150), Okanogan, Washington.

All interested persons may be heard in this matter. Please send written comments to Jo Ann Stansbury, at Okanogan County Department of Public Works, 1234 A Second Ave. South, Okanogan, WA 98840 or email jstansbury@co.okanogan.wa.us  
Dated this 3rd day of September, 2019 at Okanogan, Washington.  
Josh Thomson, P.E.  
County Engineer

*Published in the Methow Valley News September 18, 25, 2019; Okanogan Valley Gazette-Tribune September 19, 26, 2019.*  
OVG874019

### NOTICE OF APPLICATION

The Point at Veranda Beach Long Plat 2019-2

Tim Pecha on behalf of Jim Hammond submitted an application for a subdivision. Thirteen additional lots will be created within the Veranda Beach Planned Development. Water and sewer will be provided by the City of Oroville.

The property is located off of Eastlake Road approximately 2 miles northerly of the City of Oroville on parcel 9105000012.

Project comments for the subdivision must be submitted in writing. The comment period for this project ends October 30, 2019 at 5pm. Comments must be submitted in writing. Direct questions and comments to: Charlene Schumacher, Senior Planner, Okanogan

### LEGAL NOTICES

County Office of Planning & Development, 123 5th Ave. N, Suite 130, Okanogan, WA 98840, (509) 422-7113 or by e-mail at cschumacher@co.okanogan.wa.us.

Information is available at the Office of Planning and Development. Direct questions and comments to: Charlene Schumacher, Senior Planner, Okanogan County Office of Planning & Development, 123 5th Ave. N, Suite 130, Okanogan, WA 98840, (509) 422-7113.  
*Published in the Methow Valley News September 18, 2019; Okanogan Valley Gazette-Tribune September 19, 2019.*  
OVG873989

### OKANOGAN COUNTY NOTICE OF FINAL DECISION

Project: Boundary Line Adjustment: (parcels 3225040046 & 3225040063)

Proponent: Eric Dawson and Mike Hinger

Decision: Approved  
The Okanogan County Office of Planning and Development approved the above-noted project. Within 20 days of decision, parties with standing may appeal this decision to the Okanogan County Hearing Examiner at 123 5th Ave. N, Suite 130, Okanogan, WA 98840, pursuant to OCC 2.67.010. An appeal must include the \$300.00 appeal fee.  
*Published in the Methow Valley News September 18, 2019; Okanogan Valley Gazette-Tribune September 19, 2019.*  
OVG873968

### OKANOGAN COUNTY NOTICE OF FINAL DECISION

Project: Boundary Line Adjustment: (parcels 3225292005 & 3225290007)

Proponent: Amanda Timm

Decision: Approved  
The Okanogan County Office of Planning and Development approved the above-noted project. Within 20 days of decision, parties with standing may appeal this decision to the Okanogan County Hearing Examiner at 123 5th Ave. N, Suite 130, Okanogan, WA 98840, pursuant to OCC 2.67.010. An appeal must include the \$300.00 appeal fee.  
*Published in the Methow Valley News September 18, 2019; Okanogan Valley Gazette-Tribune September 19, 2019.*  
OVG873962

### OKANOGAN COUNTY NOTICE OF FINAL DECISION

Project: Boundary Line Adjustment: (parcels 3425013005 & 3425020002)

Proponent: Woodward Ranch, Inc

Decision: Approved  
The Okanogan County Office of Planning and Development approved the above-noted project. Within 20 days of decision, parties with standing may appeal this decision to the Okanogan County Hearing Examiner at 123 5th Ave. N, Suite 130, Okanogan, WA 98840, pursuant to OCC 2.67.010. An appeal must include the \$300.00 appeal fee.  
*Published in the Methow Valley News September 18, 2019; Okanogan Valley Gazette-Tribune September 19, 2019.*  
OVG873972

## REAL ESTATE

PUBLISHER'S NOTICE: All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



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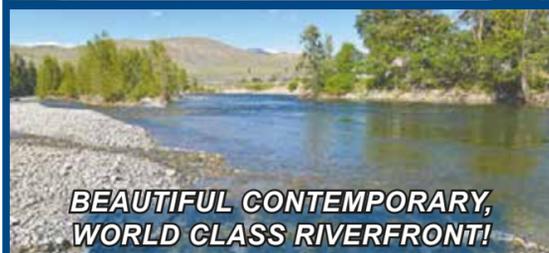
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Deadline is Thursday at 5 p.m. for the next week's paper.

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## NEWS BRIEFS

### WATER WORKSHOPS THIS WEEK

The Methow Watershed Council will host two "Water 2066" community workshops this week, for a discussion of the future of water in the Methow Valley. Ideas, concerns and visions are welcome at the free sessions, open the public:

- Wednesday (Sept. 18) at the Methow Valley Community Center, Twisp, 6 p.m.
  - Thursday (Sept. 19) at the Methow Valley Community Center, Twisp, 6 p.m.
- For information, visit [www.methowwatershed.com/water-2066](http://www.methowwatershed.com/water-2066).

### LEARN ABOUT ESTATE PLANNING

Methow At Home sponsors a discussion on estate planning on Thursday (Sept. 19), with two sessions in the YourSpace building on the TwispWorks campus. The free event begins at 10 a.m., and repeats at 6 p.m. Co-presenters are Paul Grant, founder of an estate planning law firm in Lynnwood, and Cheryl Mamiya, financial adviser with Edward Jones. Register at [methowathome.org](http://methowathome.org). For information, email [manager@methowathome.org](mailto:manager@methowathome.org).

### MORE PERSONAL STORIES

The Twisp library hosts another session of "My Story," short but true stories offered by valley residents, on Thursday (Sept. 19). The free event begins at 6 p.m.; refreshments will be provided. Presenters will include Nick Hershenow, Phoebe Hershenow, Mark Easton, Randy Levine and Mary Ann Yakabi. For information, call 997-4681.

### DINNER AT TWISPWORKS

The fourth annual "Dinner at TwispWorks: A Cultivated Evening" is on Saturday (Sept. 21) from 4-8 p.m. Tours and happy hour are from 4-6 p.m., followed by dinner. The dinner will feature dishes prepared with local ingredients, as well as local beer, wine and cider. Music will be by the Marcus Duke Project. Tickets are \$50; the dinner is for ages 21 and older. Email [events@twispworks.org](mailto:events@twispworks.org) to reserve tickets. The event, which is a fundraiser to support the TwispWorks Foundation, typically sells out. Call 997-3300 for information.

### BENEFIT FOR FOWL

The Barnyard Cinema in Winthrop will host a screening of the documentary film "Ex Libris," by acclaimed documentary filmmaker Frederick Wiseman, on Monday (Sept. 23) at 5 p.m. Tickets are \$12 for adults and \$10 for children. All ticket sales will benefit Friends of the Winthrop Library. Wiseman brings viewers behind the scenes

at the New York Public Library. The event will include an update on the Winthrop library project. Advanced ticket purchases are available at [barnyardcinema.com](http://barnyardcinema.com). Pizza and concessions will be available.

### FIRST AID/CPR/AED CLASS

Aero Methow Rescue Service in Twisp is offering a two-day American Heart Association first aid/CPR/AED class next Monday and Wednesday (Sept. 23 and 25), from 6-9 p.m. each day. Participants must attend both evenings. Cost is \$70. Registration is required at 997-4013.

### BACK TO SCHOOL AT MVES

Methow Valley Elementary hosts a Back to School Night on Sept. 26, from 6-7 p.m. For more information, call 996-9205.

### METHOW GEOLOGY COMES ALIVE

Local naturalist and Methow Naturalist editor Dana Visalli will offer a presentation on "The Dynamic Geology of the Methow" on Sept. 28 at the Methow Valley Interpretive Center in Twisp. The free event begins at 6:30 p.m. Visalli also will lead a field trip around the valley on Sept. 29. To register, contact him at [dana@methownet.com](mailto:dana@methownet.com).

### AWANA IS ACTIVE

AWANA club is starting up again, and registration is underway. AWANA club meets every Wednesday night until May from 6:30-8 p.m. at Cascade Bible Church in Twisp. AWANA is for ages 3 years old to sixth grade. Activities include games, songs and stories. For information, call 997-8312. A youth group for junior high and high school students is every Sunday from 6:30-8:30 p.m. at the Cascade Bible Church gym.

### REMEMBRANCES AT INTERPRETIVE CENTER

The Methow Valley Interpretive Center's "Last Sunday" program on Sept. 29 will be "Remembrance of Old Times." The free event begins at 5 p.m.; donations are appreciated. Indian rancher and Methow descendant Jimmy Timentwa will for the first time share stories from his mother Julliane Michelle and father Alexander Jack Timentwa, about a time when salmon were plentiful in our streams, mountain goats were abundant on the high mountains and Indian people knew the right place, time and song for harvest of every root, berry and animal. For information, email [mvinterpretivecenter@gmail.com](mailto:mvinterpretivecenter@gmail.com).

## SCHOOL MENU

- THURSDAY, SEPT. 19:** Breakfast pizza bagel; baked potato bar with roasted broccoli, chili, cheese; custom sandwich deli option.
- FRIDAY, SEPT. 20:** Dutch waffle, berries; pepperoni or cheese pizza, corn; homemade soup and roll deli option.
- MONDAY, SEPT. 23:** Sausage pancake wrap; Mandarin orange chicken, rice, peas; chicken pepperoni wrap deli option.
- TUESDAY, SEPT. 24:** Sausage breakfast pizza; meatball sub, tater tots; custom sandwich deli option.
- FRIDAY, SEPT. 27:** French toast sticks; fish and chips, cornbread; soup, fresh-baked roll deli option.
- Hot breakfast may be pizza, burrito or pizza bagel. Granola is made in the school kitchen. Oatmeal is offered daily. Fruit and milk (1 percent and nonfat) included. A fresh fruit and vegetable bar is served with each lunch, featuring local produce when available. Deli option is a build-your-own sandwich, wrap or bagel. Bread products are made in the school kitchen. All meals include locally produced ingredients whenever possible.

## METHOW VALLEY SENIOR CENTER

The Senior Center is located next to the Methow Valley Community Center on Highway 20 in Twisp. Lunch is served at noon by the Okanogan County Transportation and Nutrition Program on Monday, Thursday and Friday. The suggested donation for lunch is \$4 for seniors over age 60; the cost is \$8.50 for those under 60. Annual membership dues are \$1.25.

The senior center's Rumage Room is open Monday, Thursday and Friday from 9 a.m. to 3:30 p.m. During

Farmer's Market season, it is also open on Saturday from 9 a.m. to noon. Transportation is available locally for the senior lunch program, and for monthly trips to Omak/Okanogan the second Tuesday of the month and to Wenatchee the third Tuesday of the month. Call 1-800-635-4391 for additional details.

Rosalie Hutson

**Lunch menu**  
**THURSDAY, SEPT. 19:** Beef stew, spinach salad, mixed fruit, biscuit, Rice Krispy bar.

**FRIDAY, SEPT. 20:** Hot turkey sandwich, potatoes and gravy, peas, tossed salad, peaches, whole wheat roll, dessert.  
**MONDAY, SEPT. 23:** Bacon mac and cheese, green beans, green salad, tropical fruit, whole wheat roll, dessert.  
**THURSDAY, SEPT. 26:** Ham-and-cheese sandwich, potato salad, pea salad, Waldorf salad, carrot cake.  
**FRIDAY, SEPT. 27:** Roast beef, potatoes and gravy, Normany vegetables, Caesar salad, whole wheat bread or roll, apple crisp.

## Obituary

### Sylvia Ann LaRiviere

Sylvia Ann LaRiviere died on Tuesday, Aug. 13, 2019, at home in Winthrop, following a brief illness. She was born on Oct. 27, 1925, in Tacoma, to Dewey and Isabel Poindexter, later spending most of her married life in Bellingham.

John R. LaRiviere, her husband of 72 years, preceded her in death. She later lived with her daughter, Nancy, in Vero Beach, Florida, and recently relocated to the Methow Valley.

At age 90, Sylvia embarked on a 3-1/2 year road trip with

her daughter. In a small RV, they traveled over 30,000 miles, visiting each of the 48 contiguous states and most of the Canadian provinces. Between road trips, Sylvia visited England, France, Italy, Spain and the Rock of Gibraltar. Every place she went, Sylvia connected with old friends, family members and new acquaintances. She had a gift for getting to know people and she inspired everyone who met her. Sylvia's last adventure was helping her daughter build a dream home in Winthrop, where she

would closer to family. Present survivors are sons Randall (Margaret) of Honolulu, Hawaii, and Robert (Teresa) of Bellingham; and daughters Nancy (James, deceased) of Winthrop and Lisa (of Sedro-Woolley). She is also survived by five grandchildren and five great-grandchildren.

Family and friends are invited to a celebration of life on Oct. 4, 2019, at Squalicum Boathouse in Zuanich Point Park, 26 Harbor Loop, Bellingham, from 5-7 p.m., following her interment at Greenacres Memorial Park in Ferndale.

In lieu of cards or flowers, Sylvia asked that everyone please vote in next year's election and that you remember her with a smile.



Sylvia Ann LaRiviere

# Valley Life



Shelley Smith Jones

## Mazama

It's been said that horses have the mentality of a 4-year-old. They can be the biggest 1,000-pound babies in the world. So, what do you do when you meet them on one of the world-class Methow trails?

When my husband and I first started riding our horses on the trails in Mazama, we were a little nervous about meeting bicyclists and hikers and how the horses would respond. We followed suit of other longtime valley riders who would courteously ask bicyclists, hikers and runners to speak to us and to step aside to let the big animals pass by. On our maiden ride by ourselves on Jack's Trail, we politely asked a bicyclist, who was barreling at us on a mountain bike, if he would please stop and walk

his bike past us. We told him that our horses were young and not used to bicycles yet. It was our first encounter with a grumpy rider. He grumbled at us that if our horses weren't used to bikes, they shouldn't be on the trail. Ouch!

That's when I thought of the U.S. Forest Service trail courtesy signage (sometimes provided by the International Mountain Biking Association) seen on many of the multi-purpose trails: the inverted triangle depicting who yields to whom. Hikers and runners yield to horses. Bicyclists yield to hikers, runners and horses. Horseback riders have the right of way. The Rules of the Trail ask hikers, runners and bikers to move off the trail and downhill when being passed by horses. There's a very good reason for this.

Unpredictable, horses can spook at the most innocuous things: the butt end of a freshly sawn tree, a big white rock, or a newly placed sign. (Recently, our horses balked at the new sculptures that have been placed on the Methow Community Trail near Mazama.)

Even scarier to them are moving objects that they instinctively deem to be "very dangerous" since they are prey animals.

It doesn't matter that a hiker carrying a walking stick doesn't look anything like a bear or a cougar, the horse responds as if it might be. That's the reason for asking the person to speak as

the horse passes, as they do recognize human voices.

The reason for asking another trail user to move to the downhill side of the trail is a safety issue. Should a horse spook passing that trail user and the horse is on the downhill side, there could be a wreck. Horse wrecks can do significant damage to the rider. We have broken bones healing all over the valley caused by horses shying at anything from an unexpected dog to a stationary sheep camp wagon.

In three summers of riding the Methow trails, most all of our encounters have been pleasant and courteous, as one would expect, since we all have this spectacular trail system at our disposal. Happy trails to all!

Other trail news: Methow Valley Backcountry Horsemen is a hard-working, dedicated bunch of horse lovers who devote many tireless hours keeping trails open and usable for multiple purposes. They work in conjunction with other trail groups and agencies to remove downed trees, repair bridges, and maintain (and build) horse camps. The brand new North Summit Horse Campground on the Loup is now open for use and the completion of Phase One will be formally celebrated on Oct. 5 at noon at the camp. Members of the public are invited.

Last month, Cathy Upper, president of the local chapter, and eight others,



Photo by Shelley Smith Jones

Twisp/East Wenatchee resident Susan Lagsdin and her horse Stella studied the U.S. Forest Service trail courtesy sign.

including John and Libby Sunderland from Mazama, spent three days on Cedar Creek Trail cutting out 80-90 trees, clearing brush, and treading out the last half mile to Abernathy Pass. The beautiful trail, which is just 5 miles from Mazama Junction, is open to bicycles as well as horses.

Next up: pests in the hood and trail etiquette follow-up, hiker's perspective. I'll be at the Mazama Store from 2:30-3:30 p.m. on Wednesday (Sept. 18). Stop by and tell me of news, events, or just a good story. I'd also like to hear trail etiquette from a mountain biker's perspective.



Ashley Lodato

## Winthrop

If you are a student or a parent of a

student in the Methow Valley School District, you were probably aware of the rash of traffic stops last spring right near the entrance to the schools, where, presumably, drivers were receiving either tickets or warnings for speed limit violations. Reportedly, some of those tickets were fabulously hefty, because fines double in school zones.

I've lived on Twin Lakes Road and worked in Twisp for 10 years, so I've passed the "Speed Limit 20 mph When Children Are Present" signs thousands of times. And finally my inquiring little mind got curious enough to investigate what "when children are present" means, since it is exceedingly rare to actually see kids arriving to school in

anything other than a vehicle, aside from a few seasonal bikers.

I get it. We used to bike to school with my kids a lot. But parts of Twin Lakes Road are under-shouldered, and it's scary, especially given how many drivers are watching their phones, not the road. (Which — not to digress too far — extends a driver's reaction time as much as having a blood alcohol concentration at the legal limit of .08%, according to a University of Utah study.)

So, the real question is: when are we supposed to go 20 mph near the school entrances, and when is it OK to go the speed limit of 50 mph? To answer this question I, uncharacteristically, did some official research, which real journalists

refer to as "fact-checking."

The Okanogan County Sheriff's office told me that the reduced speed limit technically applies to any time children are outside on school property near the roads, but for a motorist to be issued a citation there would need to be children physically and visibly present and not in vehicles — like kids walking/biking/rollerskiing along the side of Twin Lakes Road or the driveways to the schools. If it's summer, or the kids are all inside the buildings, or out back on the sports field, motorists can legally drive at the normal posted speed.

I looked up the RCWs (Revised Codes of Washington), and they all blab on about crosswalks this and sidewalks

that, which obviously has no relevance in a school district where the road in front of the schools is covered in snow half the school year, and there are no crosswalks or sidewalks anyway.

The bottom line is this: The 20 mph zone is a very short stretch of road, populated twice a day by hundreds of residents of our community, most of them young. The 30 or so extra seconds it takes to drive 20 mph instead of 50 mph is inconsequential when stacked up against almost anything, but particularly when stacked up against a possible injury or worse. If in no other ways in our lives we are able to, at least here — in front of two buildings that house the valley's youth — we can at least slow down.



Sarah Schrock

## Twisp

Be it the smell of pines, the grit of the soil or the jagged sunsets, those who are lucky enough to be imprinted with the Methow as their childhood landscape will carry it with them.

Place is powerful force. When people leave their childhood world to embark upon new territory, their frame of reference is hinged on intimate memories of a place, so sacred and personal, those memories become like whispers in the dark. The land is always calling, a constant beckoning. That call was strong and fierce in the nomadic heart of Deborah Lord, who recently returned to the valley after nearly 50 years of detours.

In 1952 her father, Stanley

Lord, was hired at Allen Elementary School, bought 100 acres from the Estes homestead up Twisp River and brought his wife, Loretta, his young daughters Diane and 2-week old baby girl, Deborah, to Twisp to a start life as a dairyman and teacher.

A dairyman by blood from Snohomish, after his tour of duty as a U.S. Navy signalman in the Pacific Theatre at Guadalcanal in WWII, Lord finished his degree at Whitman College and moved to Twisp, where he taught for 23 years and was a long-time football coach. Loretta was the bookkeeper at the Twisp Mercantile, and the family was active in the Methodist Church.

According to Deborah, unknown to many, Stanley also played honkytonk piano. Lord was a charismatic personality, loved physical work, and cherished his students, whom he often brought to the farm to work. Every morning before school, Stanley would milk at least 15 cows, place the milk in the cream separator, and in the winter he'd plow his way to school. Sometimes, during heavy snows, he'd come home at lunch hour to plow again. In the early years, he used a horse and blade; later he bought a tractor.

Deborah recalls her daily

dairy route with her mother when they would load up their station wagon with gallon jugs and deliver to their regular customers, socializing and sometimes getting home-cooked meals. After the route, Loretta would go to work at the Mercantile. Loretta, an adventurer at heart, claimed a piece of history when she stowed away on a B-29 test flight when she worked the runway at Boeing during the war.

Life on the farm included lots of animals, and after years the herd grew to include pigs, cows and horses aplenty. The rugged upbringing of Deborah's childhood led to a life of with horses as a cook and hand on wilderness mule trains, packing, and world travels. She brought home with her a lifelong passion for collecting unique antiques, vintage collectables, art and second-hand items to sell and trade at her newly opened boutique — Bella Luna: a Nostalgic Journey. Located in the former Poppie Jo Galleria space on West Second Avenue, Bella Luna contains a world of wonders. Some items are personal collections, but Deborah has been in the trade business for decades.

After several years of life in the Okanogan valley and the Navajo Reservation working

with artists and traders, Deborah answered the call home after her mother's passing. Her homecoming has been met with old friends who've come knocking, welcoming her back, reconnecting, and inquiring of her mother and father. She's been touched by all old familiar names and faces. Her father died at the young age of 67 in 1989, after a noble battle with cancer, and Loretta passed away at the fair age of 95 in 2017.

The Lords' dairy is now land owned by Maggie Coon and Mark Wolfe-Armstrong. Incidentally, when Maggie and Mark tore down the old Estes-Lord farmhouse to rebuild, they invited people to come and take away scrap materials. Guess who came home with the shower fixture to build an outdoor shower? Yours truly. Deborah got a kick out of that, since when they first moved into the house, they had an outhouse and no indoor plumbing. Well now their once-modern indoor plumbing is outdoor plumbing!

Deborah's spirit and homecoming have also brought some spontaneity and unplanned energy to the storefront. A casual invitation to play drums has spurred a regular event. Friday evenings in the front of Bella Luna, an organically derived drum circle has emerged. The

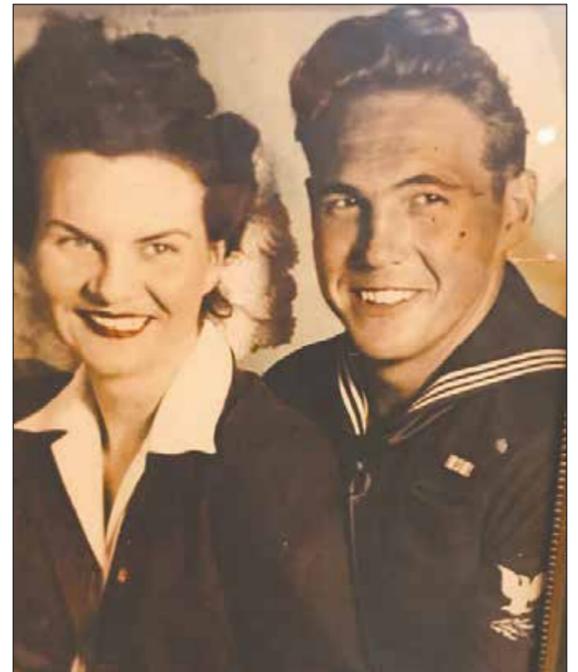
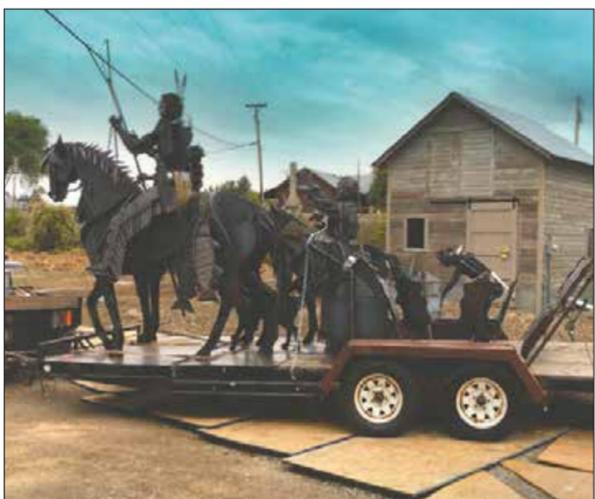


Photo courtesy of Deborah Lord

Stanley and Loretta Lord came to the Methow Valley in the early 1950s.

now-regular gathering has enlivened the evening airways as the word has spread, and the numbers are growing each week. Drummers of all styles are welcome to join the beat.

Oh, and if you stop into Bella Luna for a trip down memory lane, be sure to check out the Lord dairy cream separator that Deborah has it in the shop — it's not for sale, but full of memories.



Photos by Ashley Lodato

## 'Coming Home' makes its home at Homestream Park

Native American sculptor Smoker Marchand and his crew delivered the "Coming Home" art installation to HomeStream Park in Winthrop last weekend, one of two works Marchand is creating for the new park.

Homestream Park is being created on the old corral site at the corner of Highway 20 and White Avenue in Winthrop, and will have a grand opening on Oct. 13

Located on 2 acres of riverfront, the park will include an interpretive trail, Marchand's sculptures and a public gathering area with covered shelters, picnic tables and a kids' play fort. The land will be restored to its natural riparian and floodplain condition. Phil and Cathy Davis purchased the land and are funding creation of the park.

Eighth-grade volunteers from the Bush School

recently helped build the trail connecting boulders along the park pathway. Two more opportunities to be part of volunteer work parties at Homestream Park in Winthrop are coming up: Oct. 5, 9 a.m. — noon or 1-3 p.m., working on flood plain restoration; and Oct. 6, 9 a.m. — noon or 1-3 p.m., also working on flood plain restoration. Sign up at the [www.volunteermethow.org](http://www.volunteermethow.org) website.



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**EDITOR'S NOTE**

*A to-do guide for personal health*

Being healthy is, increasingly, a proactive concept. It involves general awareness, information-gathering, consulting with providers, strategizing and, most importantly, follow-through. Given the challenges and choices, getting started can seem overwhelming. Knowledge is your best resource.

Methow Valley Health & Wellness 2019-20 is designed to help you not only think about how to be proactive, but also to encourage a lifelong commitment to your health and that of your family.

Sandra Striebly's article beginning on page 5 offers an overall guide for attending to your health, with some more-specific tips for men and women. Starting on page 11, Ashley Lodato provides a further drill-down for how to keep your kids healthy and, presumably, happy. Ann McCleary explains some appealing (and locally available) alternatives to ubiquitous pain medications on page 15.

We've added pages to the publication this year to accommodate all that information. Copies of the magazine will also be distributed around the valley and region as well.

You don't have to go far to get the advice and care you need. We have an impressive array of health care provider choices in the valley and nearby. You'll find many of them as advertisers in Methow Valley Health & Wellness 2019-20, which makes the publication a year-round resource.

Don Nelson, Publisher/Editor

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PHOTO BY STEVE MITCHELL

# Welcome to wellness

## Simple, powerful tips for a lifetime of good health

BY SANDRA STRIEBY

**T**HE tips in this article — 10 for everyone, plus a few specifics for men and women — can help you navigate your personal journey to good health. Like any journey, the path to lifelong wellness unfolds one step at a time. This is a kit of parts, not a list of rules. Choose your priorities and focus on what matters most to you to build healthy habits over time.

### Tip No. 1: Exercise

New exercise guidelines for Americans say “Adults need 150 minutes of moderate-to-vigorous aerobic activity each week, with muscle-strengthening activities on two days during the week to stay healthy” — and fewer than a quarter of us get enough.

Blue Bradley, ARNP at Family Health Centers in Twisp, explains the benefits: “Varied exercise most days of the week for at least 30 minutes ... can not only help with

weight loss, but also help with diabetes, high blood pressure, limiting bone loss, and has been shown to improve your mood.” And it may help you live longer: the guidelines attribute 10% of premature deaths to inadequate aerobic exercise.

Moderate-to-vigorous aerobic activity can include running, brisk walking, hiking, bicycling, kayaking, playing basketball, dancing, swimming, gardening, and household chores like vacuuming and sweeping. Weightlifting, resistance training, and some forms of yoga and tai chi strengthen muscles. Find something you like, check with your doctor to be sure it will help rather than harm you. Start slow if you’ve been inactive, and build up gradually to avoid injury.

### Tip No. 2: Eat smart

Nutrient deficiencies have decreased in the United States, but dietary imbalances still contribute to poor health — including cardiovascular disease, diabetes, overweight and obesity. The USDA’s 2015-2020 Dietary Guidelines for Americans recommend eating a variety of nutrient-dense foods in appropriate amounts, and limiting sugars, saturated fats and sodium.

Bradley offers some specifics: “Limit white flour and white sugar

and eat your rainbow daily in fruits and veggies — red, green, orange, blue, yellow.”

### Tip No. 3: Maintain a healthy weight

More than a quarter of Washingtonians are overweight — up from 18% in 2000 and 10% in 1990. Being overweight can put you at greater risk of heart disease, stroke, diabetes, high blood pressure, high cholesterol and some cancers — as

well as being hard on joints and increasing risk of injury.

For most people, exercise and a healthy diet are the keys to reaching and maintaining the weight you want. You can expect the process to be slow. Losing 5-10% of your total body weight, and not more than 20 pounds in a year, is a good goal.

Diet and exercise aren’t everything, though. Genetics, metabolism and other factors can

## Extra tips for women

**Women’s tip No. 1:** Pay special attention to your diet. Women’s brains are structured differently than men’s, which affects nutritional needs. A study published last year reports that “women are less likely to experience mental well-being until a balanced diet and a healthy lifestyle are followed,” and that a Mediterranean-type diet is conducive to women’s well-being. Too many fats and sugars, on the other hand, can be bad for your brain.

**Women’s Tip No. 2:** Take good care of your bones. Women are at greater risk of osteoporosis and fractures than men. That’s partly because women’s bones tend to be smaller and thinner than men’s, and partly because women’s bones are protected by estrogen, which diminishes with age. Building bone mass before menopause and maintaining it afterward will reduce your risk. The keys to bone health: a balanced diet,

adequate calcium and vitamin D, bone-strengthening activity, limiting alcohol, and not smoking. What kinds of activity are good for your bones? “Jumping jacks, running, brisk walking, and weight-lifting exercises,” at least three days a week, according to the current Physical Activity Guidelines for Americans.

**Women’s tip No. 3:** Have the recommended health screenings. Work with your doctor to decide which screenings to have and how often, based on your personal and family health history. Screenings for breast, cervical and colorectal cancer are widely recommended for all women; which ones you need will depend on your age and other factors. You may be a candidate for other tests as well. It’s important for women to monitor heart health, too. Heart attack is the leading cause of death for both sexes.

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contribute. If healthy eating and activity are not helping, talk with your doctor — a supervised weight-management program could help.

**Tip No. 4: Routine care**

Health care today revolves around the primary-care provider — ideally, someone you see regularly and come to know and trust. In a podcast posted this spring, Dr. Paul James of the UW School of Medicine explains that primary-care physicians want to “get to know you as a patient and to understand what your values are and what your goals are for your health.”

Scheduling regular exams is the first step to building that supportive relationship. Visiting once a year is standard advice; let your doctor be your guide. Pay attention to your health and make an appointment if you experience unusual symptoms. Ask your doctor what health screenings he or she recommends for you. Some standard ones are listed in

the Extra Tips for men and women below; your provider may suggest others based on your age, history and risk factors.

Your eyes and mouth deserve special attention; be sure to make regular trips to the eye doctor and dentist. Get the most out of any visit to a health care provider by writing down your questions in advance and bringing a pad and pen so you can take notes.

**Tip No. 5: Limit alcohol**

Too much alcohol will undermine your health. It can damage your liver and increase your risk of stroke, cancer, accidents and more. How much is too much? More than one drink a day for women or two drinks a day for men — typically, a drink equals 12 ounces of beer, 5 ounces of wine, or 1½ ounces of distilled spirits. More than that is high-risk drinking.

The 2015-2020 Dietary Guidelines for Americans do not recommend that anyone begin

drinking, or drink more, for any reason. A 2018 study in The Lancet goes further, concluding that no drinking is the healthiest choice. Ask your doctor whether alcohol is safe for you. If drinking is a problem, see a health care

professional and consider joining AA — there’s at least one meeting every day of the week in the Methow.

**Tip No. 6 Sun protection**

Sun exposure can age your skin.

*Extra tips for men*

**Men’s tip No. 1:** Pay attention to health care. Taking time to educate yourself will pay off. There’s plenty of easy-access information about men’s health online. Listen to The Original Guide to Men’s Health — podcasts masterminded by part-time valley resident Dr. Richard Pelman — or take a look at Don’t Change Much for a step-at-a-time guide to self-care and better health. See the “resources” below for links. In particular, understand your reproductive system — it’s where gender-specific problems are most likely to arise.

**Men’s tip No. 2:** Watch for signs of depression. Men tend to value their roles as providers and problem-solvers.

Those are valuable roles; they can also be stressful ones. Depression is often the result of internalizing that stress. Seek support if you think you may need it. Menalive.com and Episode 16 of The Original Guide to Men’s Health will help you learn about depression and other facets of mental health.

**Men’s Tip No. 3:** Have the recommended health screenings. Work with your doctor to decide which screenings to have and how often, based on your personal and family health history. Colon, prostate and heart screenings are very widely recommended. You may also be a candidate for others, such as lung and skin tests.

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damage your eyes and reduce immune function — as well as cause skin cancer. Getting some sun isn't necessarily all bad: UV rays produce vitamin D, which supports bone, muscle and immune health. But it's easy to overdo it, and the results can range from uncomfortable to deadly. Skin cancer is the most common cancer, and includes sometimes-fatal melanoma.

To stay safe in the sun, protect your hide with sunscreen (15 SPF or higher), shade and tightly-woven clothing, and your eyes with sunglasses that filter UVA and UVB rays. Hats help protect both skin and eyes. Avoid tanning: sun lamps and tanning beds are damaging. If you drive a lot, you may want to consider transparent window film to block UV rays from entering your vehicle.

**Tip No. 7: Don't smoke**

The National Cancer Institute's Smokefree site is blunt: "Smoking is the leading cause of heart

attacks and heart disease." And heart disease? No. 1 cause of death in America. Not smoking will also help you have a healthy brain, mouth, skin, lungs, muscles and bones. It can improve your hearing, vision, immune system and sex life. It will reduce your risk of cancer and diabetes.

Vaping has been touted as healthier than smoking, but there's not really enough data to prove that. According to the American Lung Association, "there's evolving evidence about the health risks of e-cigarettes on the lungs — including irreversible lung damage and lung disease." The lung association cautions against smoking pot, too, warning that "marijuana smoke contains many of the same toxins, irritants and carcinogens as tobacco smoke."

If you are a smoker and would like to quit, several sites offer information and free support —including apps, text, chat and phone support, and online communities. See BecomeAnEx,



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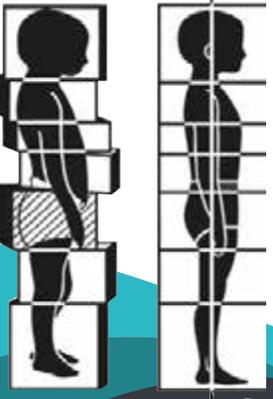
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Smokefree, and Tips from Former Smokers in the resource list at the end of the story for links.

**Tip No. 8: Get plenty of rest**

It's while you're asleep that your body repairs itself and your mind processes the events of the day. Adults need at least seven hours of sleep each night, and more than a third of us aren't getting enough — although the Methow is relatively well-rested, with the Centers for Disease Control reporting that the upper valley sleeps as much as anywhere in the nation, with the lower valley close behind.

Too little sleep can cause more than drowsiness and irritability. Sleep deprivation increases risk of heart attack, stroke, weight gain and early death, and can affect memory, metabolism and concentration. Make sleep a priority, and set a schedule.

If you snore or wake frequently, find you're not rested when you wake, or have any concerns about your sleep, see a doctor. You may have sleep apnea, a condition in which the sleeper stops breathing during the night. It can increase the risk of diabetes, Alzheimer's and glaucoma, and contribute to erectile dysfunction.

**Tip No. 9: Be kind to your mind**

Stress takes a toll on your body. Nowadays we know that mental and physical health are deeply intertwined. Thoughts and feelings elicit chemical responses, and the chemicals are powerful. When

generated by stress, they can be hard on your heart, digestion and sleep.

Exercise, spending time in nature, eating well and being aware of what's going on in your mind all keep the effects of ordinary life stressors at bay. According to Blue Bradley, "Paying attention to your thoughts as much as you can throughout the day, and trying to stay present, has been proven to reduce anxiety and depression." Try relaxation, meditation and mindfulness practices to stay in present time,



where you can use the power of your mind to address problems and give your body a break from stress chemicals. Talk through problems with friends and family to put challenges in perspective. See your doctor if you're not able to resolve depression, anxiety, worries, or relationship troubles on your own.

**Tip No. 10: Hydrate**

Adult bodies are about 60% water by weight, and that water is working on your behalf—carrying nutrients and oxygen, removing waste products, cushioning joints, regulating temperature, and supporting brain function. Your body needs enough water to do that work every day. Generally, experts suggest that men need to drink about 12 cups a day, and women about nine cups. Your needs will depend on your age, weight and sex, how much exercise you're getting, and climate conditions.

Dehydration can drain energy,

allow toxins to build up and cloud thinking. Drinking before you're thirsty, eating foods with high water content—such as spinach, watermelon and low-fat soups—and having a healthy beverage with each meal are good ways to add fluids to your daily routine.

Sports drinks can help maintain a healthy balance of electrolytes if you're exercising or working hard, says the Mayo Clinic, but sweetened beverages and energy drinks tend to be high in empty calories and stimulants. Plain water is an excellent choice—it's inexpensive and calorie-free.

**Resources**

2015–2020 Dietary Guidelines for Americans: [health.gov/dietaryguidelines/2015/guidelines](http://health.gov/dietaryguidelines/2015/guidelines)  
 AA: [area92aa.org/meetings](http://area92aa.org/meetings)  
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 Don't Change Much: [dontchangemuch.ca](http://dontchangemuch.ca)  
 Men's health screening cheat

sheet: [blogs-origin.cdc.gov/cancer/files/2018/05/cheat-sheet-mens-cancer-screenings.pdf](http://blogs-origin.cdc.gov/cancer/files/2018/05/cheat-sheet-mens-cancer-screenings.pdf); background info: [blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet](http://blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet)  
 Menalive: [menalive.com](http://menalive.com)  
 Office of Women's Health: [www.womenshealth.gov](http://www.womenshealth.gov)  
 Physical Activity Guidelines for Americans: [health.gov/paguidelines/second-edition](http://health.gov/paguidelines/second-edition)  
 Skin Cancer Foundation: [www.skincancer.org/prevention/sun-protection](http://www.skincancer.org/prevention/sun-protection)  
 Smokefree: [smokefree.gov](http://smokefree.gov)  
 The Mayo Clinic—Healthy Lifestyle: [www.mayoclinic.org/healthy-lifestyle](http://www.mayoclinic.org/healthy-lifestyle)  
 The Original Guide to Men's Health: [podcasts.apple.com/us/podcast/the-original-guide-to-mens-health/id1458307251](http://podcasts.apple.com/us/podcast/the-original-guide-to-mens-health/id1458307251)  
 Tips from Former Smokers: [www.cdc.gov/quit](http://www.cdc.gov/quit)  
 Women's health screening cheat sheet: [blogs-origin.cdc.gov/cancer/files/2018/05/cheat-sheet-womens-cancer-screenings.pdf](http://blogs-origin.cdc.gov/cancer/files/2018/05/cheat-sheet-womens-cancer-screenings.pdf); background info, [blogs-origin.cdc.gov/cancer/2016/05/16/womens-cancer-screening-cheat-sheet](http://blogs-origin.cdc.gov/cancer/2016/05/16/womens-cancer-screening-cheat-sheet)

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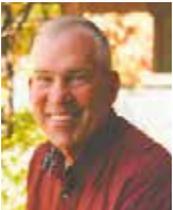
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# Raising healthy kids

## Teaching good habits and decision-making early on pays off later

BY ASHLEY LODATO

**W**HEN it comes to raising healthy kids, practitioners around the Methow Valley agree with Crosby, Stills, Nash and Young: teach your children well.

Regarding kids' health, most of us tend to think of the obvious: balanced diets, clean air and water, recommended vaccinations, regular medical and dental exams, plenty of sleep, regular exercise. And certainly, these factors play major roles in the development and overall health of brain and body. But Methow Valley practitioners are also surprisingly united on another whole host of factors, almost all of them connected to instilling critical habits of safety and responsibility.

### Teach decision-making

Dr. Allison Fitzgerald, a family practice physician at Family

Health Centers in Twisp and mother of three young adults, says "starting around age 4, I recommend using the phrase 'healthy and safe' to get kids to think about their choices. It applies to behavior (holding hands when you cross the street, wearing a bike helmet), food choices, the environment, drugs, alcohol, sex. If we can teach our children to think rather than blindly follow rules, they'll grow up healthy and strong."

By age 4, Fitzgerald continues, "a child can start to develop basic critical thinking skills. You can teach your child to ask themselves or ask a parent, 'Is it healthy? Is it safe?'"

"We want kids to think about their actions, Fitzgerald says. So we need to "keep it simple, without issuing lots of rules, and raise respectful, thoughtful kids. Healthy and safe provides a framework to discuss many things without having to make tons of rules."

### Prioritize healthy relationships

Licensed mental health counselor Valerie Potts of Winthrop's Counseling for Children recognizes the importance of positive behaviors and

involving children in taking responsibility for making good choices. Kids, she says, "are very smart, and learn long before they can walk or talk how to get the attention they need. As adults, we quickly fall into the trap of giving kids our attention when they are acting out or exhibiting negative behaviors."

"My passion is working with parents who want to break that cycle and re-wire their relationships with their children through the recognition and energizing of positive behaviors, the setting clear of boundaries and consequences that are applied consistently.

I believe these to be the key ingredients of a healthy parent-child re-

lationship," Potts continues.

Dr. Sierra Breitbeil, a naturopathic longevity physician at the Methow Valley Wellness Center and mother of two teen/tween boys, focuses on "the innate healing power of the body" and "education, healthful choices, and cultivation of a positive inner disposition." Breitbeil says that one of the most valuable things we can give our children is help in "cultivating family and friend connections" — the emotional support systems that keep us all afloat. "People and experiences," Breitbeil says, "are more important than things."

"Get involved with your community," echoes Dr. Ann Diamond, mother of one young adult. She started practicing medicine in the Methow Valley in 1996 and founded The Country Clinic in 2000 (and sold to



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Confluence Health in 2017). "Get connected to people. Teach children to be kind," she says. "That's important for everyone's mental health."

Teaching kids to form healthy and safe relationships, to nurture relationships that make them feel good about themselves, is a valuable life skill, Fitzgerald adds.

### Value of vaccines

Diamond is adamant about the value of modern vaccines. "We've had three separate epidemics — by public health criteria — of pertussis," she says. "And each time it has been centered around individuals who are not vaccinated."

The Methow Valley is a community of lower vaccine rates than the state average, which "makes us really vulnerable," says Diamond. "We are no longer an isolated community. We are a community of international travelers; we can pick up diseases from anywhere."

Diamond says that baby boomer and older generations have excellent compliance with vaccine recommendations, because "these are the people who knew people with polio when they were growing up. They've seen life before some of the modern vaccines. They know that vaccines work."

Our cultural memory, says Diamond, is not as strong in younger generations. "The older generations don't question vaccine effectiveness, but our generation hasn't seen firsthand the effects of some of the devastating diseases that are now

almost entirely preventable. We need a community demand for vaccination."

Advanced Registered Nurse Practitioner and mother of two adult children Phoebe Hershenow, of the Methow Valley Clinic, emphatically supports vaccinating children as well. "Medicine is an art but fundamentally a science," she says. "The anti-science/denial culture is a threat to our health, manifested most prominently in the anti-vax movement. Teach our kids to value science and they will be healthier."

### Mind your mouth

Dental hygiene is an important factor in children's health, too. Dr. John O'Keefe of Sawtooth Dental provides parents with tips for healthy teeth:

- See a dentist before you notice a dental problem. This fosters a positive relationship with the dental team, which can lead to promotion of dental health for a lifetime. Sawtooth Dental recommends children come in for

a fun visit between 1 and 2 years of age.

- Reduce the number of snacks children eat.

- It is OK to chew gum if it is made with Xylitol. This natural sugar substitute actually shuts down the bacteria that cause decay. Excessive gum chewing, however, is correlated with increased jaw joint problems.

- The best time to do thorough home care for your mouth is after eating and before bed at night.

### Get outside

Breitbeil believes in the value of spending time in the outdoors, having fun and being active. "It calms and focuses everybody," she says. Being outdoors opens a wider world to kids, it absorbs the intensity of emotions, piques their interest, begins to instill in them a sense of place, and — with any luck and a little bit of intention — lays the groundwork for them to become stewards of the environment.

"Learning to love and protect the

environment helps guide inspired choices to protect personal and world health," says Breitbeil. Fitzgerald suggests talking to children about healthy and safe choices for the environment around the time that they begin to learn about recycling.

Playing outside cultivates creativity, employs imagination and invites critical thinking. According to the Centers for Disease Control and the American Optometric Association, we are increasingly a nation of obese, diabetic, depressed and myopic children. We are also a nation of increasingly indoor-dwellers. Regardless of whether these conditions are causal or correlational or neither, there is widespread agreement that fresh air, exercise and creative exploration are vital to children's development.

Exercise and activity are high on Diamond's list of priorities for children's health. Diamond recommends that families get involved in being active together. "The time

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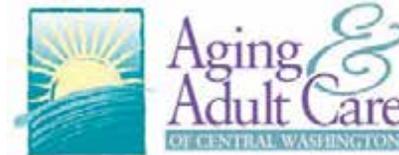


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these families put in now will lead to lower risk of stroke, heart disease and other chronic diseases," she says, adding that "exercise and activity increase self-esteem and decrease the risk of mood disorders."

#### Screen time

Perhaps the greatest benefit of taking kids outside in this day and age, however, is taking them away from their screens. Hershenow is very concerned about screen time for kids, "the exposure to social media, and the myriad physical and mental health issues that are associated with it." Hershenow sees "really excellent parents [who] are overwhelmed by this." She continues, "the lack of norms, precedents, or social etiquette make it hard for any of us to find a way to balance this in our lives, but especially with our kids."

Hershenow notes that in our "little Methow bubble," we are unlike many other parts of the country because "we have a pretty good handle on diet and exercise," and believes that the screen time issue "might be our biggest challenge."

Making decisions about media time for children is complicated. The World Health Organization, the American Academy of Pediatrics, and numerous others issue various guidelines for limiting screen time. But all agree that it should indeed be limited.

#### Driving, sex, drugs, alcohol

Other complicated topics that kids need to learn to make good decisions about involve driving,

sexual activity, and substance use. "Teens are ready to discuss the grey areas of decision-making," says Fitzgerald.

Here Fitzgerald issues some firm guidelines for healthy and safe driving, substance use and sexual activity:

- **Driving:** With the potentially serious consequences of accidents, driving under the influence of a substance, distracted driving (ie, texting or calling), and speeding are never safe.

- **Substance use:** With the risk of addiction and impact to neurological development, teens' use of alcohol/drugs/tobacco is never healthy.

- **Sex:** With the risk of unwanted pregnancies, infections, and emotional safety, sexual activity is unsafe and unhealthy if it's not consensual and/or is unprotected.

#### Life tips for healthy living

Fitzgerald, who offers free annual sports physicals to Liberty Bell High School athletes, urges parents to talk to kids about sports safety: prioritizing fitness, training appropriately, treating food as fuel, and avoiding head injuries. She adds tips that benefit those of all ages: "get enough sleep, find activities you enjoy, do your (home)work, use your brain, keep the doors open for your future."

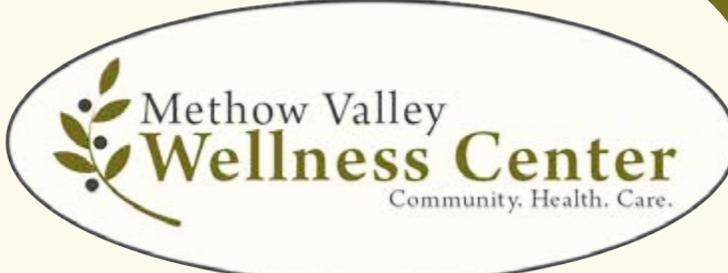
Breitbeil, who was enjoying a family vacation when interviewed for this article, adds similarly relevant advice for healthier living: "Spend time with family. Bike. Hike. Swim. Go to museums. Read."



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# Healing where it hurts

## Pain management doesn't have to involve drugs

BY ANN MCCREARY

**P**AIN is a multi-dimensional experience, affecting our senses, our emotions, our relationships, our quality of life. Chronic pain can even alter the physical structure of our brains, contributing to depression, anxiety and impaired cognitive function, studies have shown.

More than one in every 10 Americans experiences chronic pain, according to the National Institutes of Health (NIH). Chronic pain is defined as pain lasting several months, beyond what would be considered a normal healing period.

Many people would like a magic pill to ease their suffering, and pharmaceutical companies seemed to make that promise when they reassured health care providers in the late 1990s that opioid pain medications were safe and not addictive.

As a result, doctors began prescribing the pain medications — like oxycodone and hydrocodone — at greater rates. The result has been a national health care crisis of addiction and deaths

by overdose.

With the growing concern about the risks of opioids, health care providers and patients are increasingly focusing on other ways to manage pain. Whether the pain is acute — a result of injury or surgery, or chronic — resulting from ongoing conditions like arthritis or cancer, a growing body of evidence indicates that people can find relief and improve their overall health through a variety of pain management approaches that don't involve prescription drugs.

These health care approaches are called "complementary" or "integrative" and encompass "non-mainstream practices that are often used together with conventional medicine," according to the National Center for Complementary and Integrative Health, part of the NIH.

The center lists complementary and integrative approaches that include acupuncture, chiropractic treatment, physical therapy, meditation, massage and yoga. Fortunately for Methow Valley residents, there are many types of

complementary and integrative approaches available for people seeking ways to manage pain.

Allison Fitzgerald, a physician at Family Health Centers in Twisp, is an advocate of complementary approaches to pain management, which often address the mental and emotional issues that are intertwined with physical aspects of pain.

"For people who have pain for a long time, it's really frustrating and it's scary. Mental health, and the interaction of pain, stress and depression, complicates everything. If you take a person who is depressed and someone who is not depressed and do the same pain stimulus, the depressed person experiences more pain," Fitzgerald said.

### Stress and pain

Fitzgerald has seen patients benefit from meditation practice and mindfulness-based stress reduction programs. "It helps reduce anxiety about the pain," she said.

Sharon Cohen has been teaching Mindfulness Based Stress Reduction (MBSR) in the Methow Valley for eight years. It is an eight-week course that combines meditation, body awareness, mindful yoga and exploration of patterns of behavior, thinking, feeling and action, with the goal of reducing suffering or distress and increasing well-being.

"Pain is both physiological and psychological," Cohen said. "Being in pain is extremely stressful and often leads to a cycle of social, family, work and financial stress. When we're under stress our pain tends to be worse, and pain medication is less effective."

Many people judge themselves and feel that their pain is somehow their fault, Cohen said. Mindfulness brings attention to the person's experience with pain "in a kind, non-judgmental way," she said.

"Our perception of pain changes. Instead of a solid, dreadful experience, we look at it as 'there's heat,' or 'there's throbbing.' Even though we're putting more attention on it, it can make the experience more bearable. It teaches people to look at it and not hate it," Cohen said. "For some people, it [mindfulness] reduces the experience of pain. In some cases their quality of life gets so much better that although they still experience pain, it doesn't dominate their life so much."

Reducing the stress that people feel as a result of their pain also helps them focus on other things that relieve pain, such as exercise, diet and sleep, Cohen said.

### Boomers and breathing

Complementary pain management approaches that utilize exercise and movement, such as yoga and tai chi, have also been shown



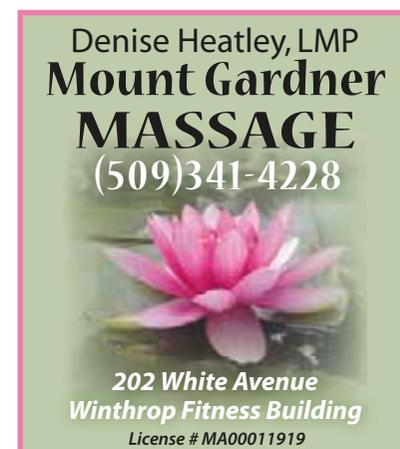
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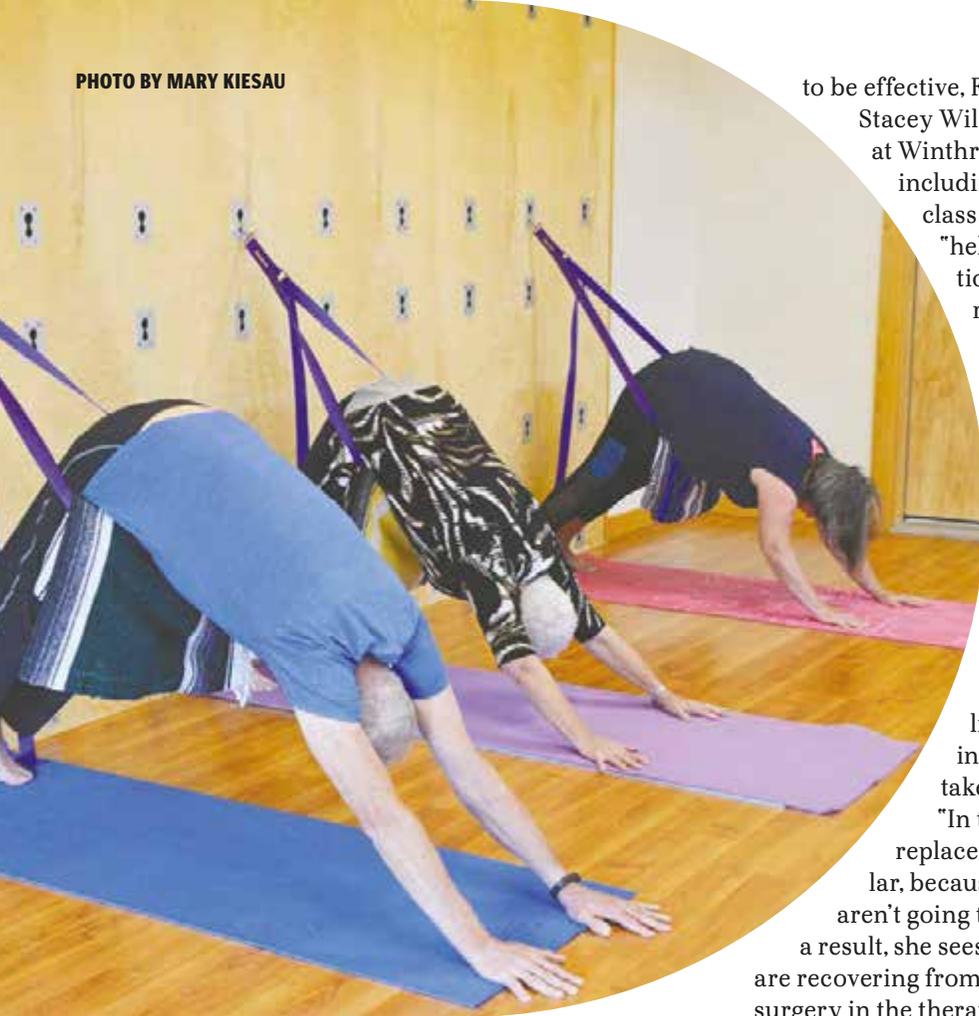
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to be effective, Fitzgerald said.

Stacey Williams teaches yoga at Winthrop Fitness Center, including a therapeutic yoga class that is described as "helpful for the de-conditioned person or those recovering from surgery, illness or other life obstacles."

Williams said many of the yoga students she teaches — whether in therapeutic or other yoga classes — are baby boomers in their 60s, 70s and older, who want to maintain an active lifestyle in spite of the inevitable toll that age takes on their bodies.

"In this valley, joint replacement is pretty popular, because the baby boomers aren't going to stop," she said. As a result, she sees a lot of people who are recovering from joint replacement surgery in the therapeutic yoga class, as

well as people coping with autoimmune diseases, cancer patients and stroke survivors.

"A lot of people don't want to take strong opioid drugs and are seeking alternative pain management to prescription drugs," Williams said.

Yoga classes — which are offered at several locations throughout the Methow Valley — emphasize deep breathing and usually include some periods of relaxation and meditation. The emphasis on breathing plays a key role in helping students manage pain, Williams said.

"Continual rhythmic breathing resets your nervous system. It encourages your nervous system to balance," Williams said. "When we breathe deeply it is healing because we are bringing so much oxygen into the system."

The breathing also helps people move into yoga poses, which students are encouraged to modify to accommodate their individual physical abilities and limitations.

#### Physical therapy

Helping restore strength and movement to people dealing with injury and pain is the goal of physical therapy, another

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complementary and integrative pain management approach that is available through providers in the Methow Valley.

"With the opioid crisis, there is a push for physical therapy as a pain management approach," said Jenna Kokes, a physical therapist and co-owner of Winthrop Physical Therapy. "There are no side effects except getting stronger."

The Centers for Disease Control released guidelines in 2016 recommending "non-drug approaches such as physical therapy over long-term or high-dosage use of addictive prescription painkillers."

Kokes said Winthrop Physical Therapy sees three types of patients—those with new or acute injuries, such as sprains and strains; people with chronic pain lasting more than six weeks; and post-surgical patients.

"This community is so fit. People will tell us, 'My pain is making it so I can't ski, or can't hike,'" Kokes said. "People are more motivated and driven to stay active and stay

on top of their pain."

People who seek help soon after injury or the onset of pain are likely to get better faster, because they haven't developed behavioral patterns of avoiding uncomfortable movement, she said. "They become leery of activities that create pain. We try to make them stronger, to get rid of the fear of injury and fear of pain. For chronic pain, it involves more easing back into an activity, to overcome avoidance patterns," Kokes said.

Physical therapists analyze a patient's movement and strength, and use tools like X-rays to identify physical dysfunction and underlying causes. They prescribe therapies like ice, compression and heat to assist with pain relief, and develop individualized plans of stretches and exercises to address the cause and to improve function and range of motion.

#### Chiropractic care

Helping patients regain movement and range of motion,

and relieve pain, are primary goals of chiropractic care, a specialty that focuses on the musculoskeletal system.

"Most people come in because they are hurting somewhere. Neck and lower back pain and headaches are probably the most common things we and chiropractors in general treat," said Mark Love, who has a practice in Twisp.

Love sees many patients who have been prescribed pain medication before coming to him for treatment. "Barely a week goes by that someone comes in who was prescribed opiates on a short-term basis. They tell me it hasn't touched their pain, but they feel out of it or groggy," Love said.

"Most people don't want to take medication unless they have to. As soon as they have relief, they're not taking it any more."

Chiropractors take a holistic approach to patient care. In addition to manual manipulation to help with dysfunction, they address issues like diet, exercise and posture with their patients,

said Larry DeLisi, a Winthrop chiropractor.

Among older patients, DeLisi said he sees two physical developments that go hand-in-hand—reduced range of motion and a reduced ability of the body to absorb water. "We lose elasticity in age because of the lack of retention of water. Herniated discs and disc loss is a direct result." He advises patients to drink water steadily throughout the day, which is more beneficial than drinking large amounts infrequently.

A comparatively recent phenomenon that creates dysfunction and pain for people of all ages is "the amount of time spent on computers and cell phones," DeLisi said.

Many people can benefit from more than one form of treatment, Love said. "We refer a lot of people for massage therapy and physical therapy," he said.

#### Massage therapy

Massage therapists press, rub and otherwise manipulate the muscles and other soft tissues of the body to relieve tension and pain. The Methow Valley has numerous practitioners offering different types of massage, such as Swedish massage and deep tissue massage.

Elaine Marquez, a massage therapist in Mazama, is trained in an approach called Aston-Patterning, which analyzes a person's physical restrictions, overall fitness, and posture and alignment. "It considers how they stand, walk, watch TV, sit at a computer and what kind of car they drive," she said.

That information can help a person make changes "to decrease the dysfunctional situation that's not allowing them to heal," Marquez said. Massage that is given as part of the approach can help release tension and provide relief for the pain resulting from the dysfunction, she said.

The majority—75-80%—of people she sees come to her because pain is interfering with their lives,



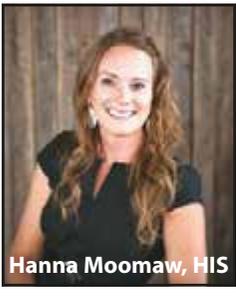
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Marquez said. "I've had people crawl through the door," she said. "A lot of times I get people at the end of their medical journey," after conventional medicine hasn't fully resolved their issues.

Marquez also practices cranio-sacral therapy, which uses gentle touch on the head, neck and back to relieve stress and pain. "It's both biomechanical and biodynamic, which goes into the watery world of energy work," Marquez said.

"I'm working with the nervous system, tuning into the autonomic nervous system" to relieve tension and restore the flow of energy and fluid to areas of the body that are "stuck," she said. "It's a little bit like acupuncture in the way that it opens up channels—blood and oxygen move better" and help the body heal, she said.

#### Acupuncture

According to the National Institutes of Health, studies suggest that acupuncture may help ease types of pain that are often

chronic, such as low-back pain, neck pain, osteoarthritis and knee pain. It also may help reduce the frequency of tension headaches and prevent migraine headaches.

A branch of traditional East Asian medicine, acupuncture has been used for centuries in Asia. "It is the most sought-out and the primary modality I use," said Chaya Kudla, who is trained in acupuncture and Chinese herbal medicine and practices at Twisp Wellness Center.

"Acupuncture has been shown to release chemicals like endorphins in the body, which activate the body's own pain killers," Kudla said. The therapy can "down regulate" cells that cause inflammation, and "increase circulation, bringing blood flow and oxygen and nutrients to areas where they are needed," she said.

Acupuncture involves stimulating points on the body by inserting thin needles into the skin. Chinese medicine explains that the body's natural energy or

life force, called qi (pronounced "chi") flows through pathways called meridians. Inserting needles at specific points along those meridians is believed to remove blockages to the natural flow of energy through the body, and bring the body's energy into proper balance.

The process helps decrease muscle tension and stress, "stimulating our body's ability to heal itself," Kudla said.

Acupuncture is often used in combination with conventional medicine as well as other complementary approaches to manage pain. Lewis Holston provides acupuncture treatments in an office adjoining Winthrop Physical Therapy, and works frequently with patients who are undergoing physical therapy as well.

"I see a lot of back, neck, spine, shoulder, hip and knee issues. It can be anything from injuries and post-surgery to arthritis," Holston said. He tries to relieve pain so that

people can be more active in their healing. "As someone is feeling better, they can start doing things. I want to see them feeling better so they can get work done with physical therapy."

Holston also works to help people move away from pain medications. "Pain can be managed with medications, but when they cut back, it hurts. I'm trying to get them more relief," he said.

Acupuncture can be valuable in helping patients reduce the stress they feel as a result of their pain, Holston said. "Pain is draining on folks. The same areas in the brain that are associated with healing ... those are the same areas engaged when acupuncture happens," he said. "We have natural opioids in the body, we can access that, instead of adding things that get us addicted. We can use our own system of pain relief. If we can change someone's mindset and mood, it can be good. The mental aspect is so big—it's hard to separate that out."



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