



Senior Focus

A Guide to Healthy Living For Seniors & Others



How technology can help you age in place

(STATEPOINT) - By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that's going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence (AI) and Machine Learning (ML) are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

"While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we're working to change that," explains Chia-Lin Simmons, chief executive officer of LogicMark, (NASDAQ: LGMK), which manufactures personal emergency response systems (PERS), health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for us-



PHOTO SOURCE: (c) bernardbodo / iStock via Getty Images Plus
Almost a quarter of the American population will be over the age of 65 by 2030.

ing the newest technology to your advantage:

- PERS, also known as Medical Emergency Re-

sponse Systems, allow you to call for help in an emergency by pushing a button. Wearable pendants – along with water-resistant wall-mounted devices and mobile solutions – can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security. To learn more, visit logicmark.com.

- Automatic pill dispensers can help ensure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications, or one suited for those with limited dexterity.
- Motion-sensing lighting

can make nocturnal trips to the bathroom – common in one's golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

"True independence must be accompanied by peace of mind for you, your family and your caregivers," says Simmons. "By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones."

Myths, facts about the home healthcare nursing industry

(STATEPOINT) - The last few years have put immense pressure on nurses to work longer, harder and with less staff. New research suggests that many nurses feel unseen, undervalued and unsupported,

wondering if it's worth it. In a recent survey from National Nurses United, 68% of the nurses who responded said they have considered leaving their position. Leaders in the industry however say that home

healthcare careers can be a game-changer.

"Unfortunately, many current nurses and those entering the field don't explore careers in home healthcare," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc. "Home health nurses care for patients one-on-one in their home, where care is personal and nurses are empowered to improve patient outcomes. Plus, they have the flexibility to make their own schedule and the autonomy to be the nurse they were trained to be. Many fall in love with nursing all over again once they discover how rewarding a career in home healthcare can be."

To shed light on the benefits of working as a nurse in the home healthcare industry, Interim HealthCare is dispelling some common myths about this career path.

Myth: Home healthcare means only working with seniors.

Fact: Home health nurses work with people of all ages, including newborns and chil-



PHOTO SOURCE: (c) PeopleImages / iStock via Getty Images Plus
Home health nurses work with people of all ages, including newborns and children.

dren. They offer a wide variety of services, from specialized personal care for children with disabilities to management for those who are dependent on devices such as ventilators, bi-pap, c-pap, trachs and apnea monitors.

Myth: Home healthcare only involves working with very sick people.

Fact: Home healthcare nursing services offer the full continuum of care and can include health assessments for blood pressure, glucose and postoperative recovery, wound care,

IV management, medication administration and disease and treatment education.

Myth: Home healthcare is just babysitting for adults.

Fact: Home health RNs give clients of all ages (and their families) a sense of independence. They take an individualized approach to ensure that clients feel empowered at home, regardless of age, health or disability.

Myth: Home health clients won't like having a stranger in their home.

Fact: Home health workers

and their clients can form strong bonds and feel like family, often attending birthday parties, weddings, graduations and other major life events.

Myth: Home health means being siloed and working on one's own.

Fact: Home health RNs have a whole support team behind them ensuring they have the tools and skills to provide the client with what they need. There is also a wide array of training courses offered by home health organizations to expand skills.

Nurses and those interested in nursing and careers in home health, can visit careers.interimhealthcare.com to explore openings and the many benefits of working in home healthcare.

"In spite of the many challenges healthcare professionals have faced over the last two years, nurses have remained strong," says Sheets. "We believe that when a culture values, appreciates and advocates for nurses in a way that elevates their profession and rewards their work, such as in the home healthcare industry, nurses will not just get by, but thrive."

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4 tips to confidently care for gray hair

(STATEPOINT) - Sponsored by L'Oreal Paris. The pandemic led many women to confidently embrace their silver hair, not only as a practical move, but as a stylish statement. With elegant stars like Helen Mirren and Andie MacDowell proving that gray is glamorous, (and younger stars even dyeing their hair gray to get in on the trend) you may be feeling empowered to show off your naturally silver strands.

Experts say that there are a few things to know that can help you make the transition gracefully.

"While I love this trend, it's true that the grow-out process can get a little dicey and create challenges," says Jonathan Colombini, celebrity hairstylist. "Like any other hair color, gray requires specific maintenance. It can be wiry, dull and brassy without intervention. But low-effort solutions can ensure you

look great and help you confidently own that color."

To make a silver statement, consider Colombini's best kept secrets:

Fight Frizz. Gray hair can have a frizzier, more wiry texture than you may be accustomed to. Tame tresses by using a silk bonnet or silk pillowcase at night and by getting sufficient hair-healthy nutrients in your diet, including biotin, zinc and vitamin E. Be sure to also drink plenty of water. Staying hydrated promotes circulation and oil production of the scalp for healthier looking hair.

Add Shine. Counteract gray hair's natural tendency to get dull and brassy. Every seven to 10 days, use a toning gloss to enhance your hair's natural, gorgeous hue. While toning gloss is a service typically performed in a hair salon, you don't need any special skills to achieve these results at home with Le Color Gloss by L'Oreal Paris. The line offers three shades of silver for all hair types and textures, helping you tone, color, boost shine and deeply condition, no matter what shade of gray you're rocking. Whether you're silver, silver white or silver opal, here's how to use the product effectively:

1. Evenly distribute Le Color Gloss through clean, damp hair all the way through the ends (use a wide-tooth comb for thicker curly hair textures).

2. Leave it on for 5-15 min-

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Senior Focus

A Guide to Healthy Living For Seniors & Others



Treatment for severe COPD helping some patients breathe better

(STATEPOINT) - More than 3 million Americans live with severe emphysema, a type of chronic obstructive pulmonary disease (COPD) that makes breathing difficult. While there's no cure, recent advances in treatments are helping some patients breathe better.

The American Lung Association's Treating Severe COPD Educational Campaign encourages people with severe emphysema to speak to their healthcare provider about their options, which may include endobronchial valve (EBV) treatment. As part of the campaign, they're sharing these important facts:

What is EBV treatment? When someone has emphysema, their lungs stop working effectively and air gets trapped inside their lungs instead of leaving when they

exhale. With no room for fresh, oxygenated air, the person becomes short of breath. The trapped air causes that section of the lung to enlarge, putting pressure on the healthier parts of the lung and diaphragm. This is called hyperinflation. EBV treatment is a safe, FDA-approved interventional therapy in which small, removable, one-way valves are implanted in strategic areas. They allow air to be breathed out of that area of the lung, preventing air-trapping that can result in shortness of breath.

When should I consider EBV? As emphysema progresses, some medications that worked well may stop controlling symptoms. If neither medication nor oxygen is controlling symptoms well, major surgery like lung volume reduction or a lung trans-



PHOTO SOURCE: StatePoint COPD patient, Susan Scott.

plant had traditionally been the next and last resort. With some individuals, EBV can fill the treatment gap between medication and surgery.

You may be a candidate if you have advanced emphysema and are highly symptomatic despite receiving optimal medical treatment.

You also need to be non-smoking or willing to quit. If you're currently smoking, the American Lung Association's Freedom From Smoking program can help you quit.

What are EBV's benefits? While recovery will depend on factors like overall health and the severity of COPD, the goal of EBV is to breathe easier without the necessary recovery from a surgical treatment. EBV treatment may improve lung function, increase your exercise capacity, and improve your quality of life. Most patients who've received the treatment report feeling better and say they're now able to be more active.

Complications of the EBV treatment can include but are not limited to pneumothorax, worsening of COPD symptoms, hemoptysis, pneumonia, dyspnea and, in rare

cases, death. Talk with your physician about other contraindications, warnings, precautions, and adverse events. Only a trained physician can decide whether you're an appropriate candidate for EBV treatment.

"Before my treatment, I would take a few steps and then wait to catch my breath. Now, every day I find I can do something I couldn't before," says Susan Scott, an Ohio resident who was diagnosed with COPD years ago and was experiencing worsening symptoms before getting the procedure. "My boyfriend and I hope to travel. I have a son in California and we're going to go visit him soon. Being able to do that is everything to me. I also can't wait to start cooking and leash training my dog."

What to ask your health-

care provider. Because EBV treatments are relatively new, not all healthcare providers are knowledgeable about the procedure. Speak with your provider to see if it's right for you. Keep in mind that you may have to advocate for yourself or seek a second opinion.

"My pulmonary clinic didn't have a lot of information regarding EBVs. If my doctor knew more about it, she might have recommended it to me. I was the one who kept pushing it," says Scott.

If you have emphysema or severe COPD, you can find resources as well as learn more about EBV by visiting lung.org/copd.

Take time to learn about treatment options. Doing so is for many, the first step to breathing easier.

What you need to know about life-saving COVID-19 treatments

(STATEPOINT) - While stopping the spread of COVID-19 is the goal, the reality is that every day, more people contract the disease. For this reason, it's important to be aware of available treatment options.

The Treating COVID-19 Campaign, which was developed independently by the American Lung Association, with grant support from Regeneron and GSK, is sharing some important insights into outpatient treatment options:

Know your risk. It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you. There are many factors that may put you in the "high risk" category, including if you're 65 and older, you smoke cigarettes, you have a chronic lung disease, are immunocompromised, or are living with certain medical conditions, including chronic lung disease, heart disease, diabetes and chronic kidney disease. Individuals who are overweight or pregnant also fall in the high-risk category. You can see a full list at Lung.org/covid-19.

Test, and then treat, at onset of symptoms. Experiencing symptoms that may be COVID-19? Get tested right away. If you test positive and are high risk, speak with your healthcare provider promptly about treatment options that



PHOTO SOURCE: (c) DragonImages / iStock via Getty Images Plus
It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you.

may help prevent severe illness and reduce the risk of hospitalization. Currently available treatments include antivirals or monoclonal antibody treatments (mAbs). Your healthcare provider can help you determine the best course of treatment for you, which needs to start as soon as possible to help prevent possible progression of severe illness.

Get informed. The Food and Drug Administration has authorized certain antiviral medications and monoclonal antibodies. Antivirals and monoclonal antibodies can help your immune system fight off the coronavirus infection, with a goal of preventing you from becoming seriously ill. Antivirals target certain parts of the virus to stop it

from replicating, while monoclonal antibodies help the immune system better recognize and stop the infection. In both cases, medications need to be prescribed by a healthcare provider and started as soon as possible after diagnosis to be effective.

Be your own advocate. Many patients have discovered firsthand that persistence can be necessary when it comes to getting treatment for COVID-19. When Jill Hein's 83-year-old father tested positive, his primary care provider told him he wasn't very sick and to go home and call if he got any sicker.

"When this information was relayed back to me, I objected and asked that Dad follow up with his pulmonologist immediately. He didn't

want to, insisting that his primary care provider said he was doing okay. It wasn't until I told Mom, 'This can kill him,' that I got through to them and she called his pulmonologist for a second opinion. Within four hours of having the infusion, Dad felt himself getting better. Over the next couple days, he continued to improve at home. Thankfully, he fully recovered," says Hein.

For more information about treatment options, as well as COVID-19 care tips, visit lung.org/treating-covid. With people taking fewer precautions as COVID-19 restrictions are lifted, the virus

is spreading at a high rate. The good news is that there are treatments available for

the most vulnerable among us to help avoid severe illness and hospitalization.

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HAIR

CONTINUED FROM PAGE A2

utes. (Review instructions for specific development time for your shade and desired result.)

3. Rinse your hair thoroughly with water. If you're looking for even more color or want to build a deeper result, especially on non-color-treated hair, use again after seven days.

"I like this option because it's easy for anyone to use. It's also infused with coconut oil, so not only will it not damage hair, but it's also super conditioning," says Colombini. "I recommend using it in the shower on your shampoo day."

Prime for Blow-Drying. Now that warm weather is here, you're likely going out more and styling your hair more. Remember though that gray hair can require a bit of extra TLC, making it especially important to protect your hair from all this extra heat. After towel drying your hair, apply EverPure Weightless Blow Dry Primer. Providing up to 450 degrees F heat protection and up to 48-hour frizz control, this nourishing heat protectant will keep hair looking nourished, smooth and beautifully shiny, without weighing

it down.

Be Confident. So much of rocking a look is the energy you bring to it. Radiate confidence in your decision and remember everything that your natural hue symbol-

izes: empowerment, wisdom, grace and experience.

"Gray hair isn't 'giving up.' Quite the contrary. It's a gorgeous color in itself," says Colombini. "It just requires maintenance."

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OBITUARIES

Frances "Francie" Marie Farrow Whissiel



Francie Whissiel passed away on August 11, 2022, at her home in Anaconda, Montana.

She was born on August 4, 1930, in Butte, Montana, to Joseph and Loretta Farrow. She joined brother Ted and sister Lori. She grew up in Georgetown, where her father had a mine. She spent most of her childhood in Butte. She was very close to her brother and sister throughout their lives.

She met the love of her

life, Robert Whissiel, on Christmas Eve, 1949, at a dance. He gave her a ride home and they have been together ever since. They were married on August 27, 1950, in Butte, MT. Bob and

Francie welcomed their oldest son, David, in 1952. They moved to Kalispell in 1955, where son Dwight was born. They then moved to Forest Grove, Oregon, where Bob studied at Pacific University and Francie worked full time to help support Bob while he obtained his degree in Optometry. After graduation, they lived in Coeur d'Alene, Idaho for a year. They moved to Lake Chelan, Washington, in 1965, where they opened Bob's optometric practice. She worked alongside Bob as his office manager for 35 years. Daughter Sherrie was born into the family in 1966. Francie was a wonderful Mom and was always good to the friends of her children as well. We will never forget her infectious giggle that she

shared with us.

Francie loved to play bridge and was a member of several bridge clubs. She then discovered duplicate bridge and earned a Life Master Certificate in duplicate bridge in 2002. She also loved going to visit David, Dwight, Sherrie, and their families over the years. Bob and Francie enjoyed traveling and skiing. They were able to travel to Great Britain and Ireland for a family reunion as well as a grand tour of the United States. They also enjoyed trips with her sister and brother and their spouses around the country.

After retirement, Bob and Francie moved to East Wenatchee, Washington, where they lived for four

years. They then moved to Anaconda, Montana, in 2012 to be closer to family. Her grandchildren were delighted to have them close by as they grew up.

Francie is preceded in death by her parents, her brother Ted Farrow, sister-in-law Shirley Farrow, brother-in-law Al Coppell, brother-in-law Ralph Chamlee, son Dwight Whissiel and partner Richard Hunt, and granddaughter Nancy Cerruti-Whissiel.

She is survived by her husband of almost 72 years, Bob; sister Lori Chamlee; son David (Dini)Whissiel; daughter Sherrie (Nathan) Patterson; grandchildren Niyama (Johnny), Vashti (Keith), Minda (David), Ahijah, Mariah (Mike), Dee Dee (Mary),

Jeb, Matt (Ali), Alyssa, and Jacob; great-granddaughters Marley, Monroe, Makayla and Avery; and several nieces and nephews.

The family would like to thank Anaconda Pintler Hospice, Diane McCarthy, and Frances Robbins for their loving care that allowed us to keep Mom at home for the last few years.

Per Francie's wishes, there will be no services. In lieu of flowers, a donation to Anaconda Pintler Hospice in her honor would be greatly appreciated.

Longfellow Finnegan Riddle Funeral & Cremation Service is entrusted with Francie's funeral arrangements. You may pay your condolences at www.longfellowfinneganriddle.com.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-682-2213 for more information Or email ruthk@lakechelanmirror.com

Martin (Marty) David Fox



In loving memory of Martin David Fox, who passed away as a result of a tragic car/motorcycle accident near Bend, Oregon June 28, 2022.

Martin David Fox was born to Kenneth and Karen (Kelso) Fox on June 24, 1959 in Burien, Washington before the family moved to Lake Tapps, Washington where he graduated from Sumner High School in 1978. Marty entered service to his country through the United States National Guard and was honorably discharged in 1983. He married Peggy Gossett September 6, 1980 and they were blessed by Joshua, Tyler, and Jessica. Peggy

(Miller) Stuvenga of Spokane June 16, 2017 and settled in Manson, joining the large family of North Shore Bible Church, ably volunteering in many aspects of the church. Marty was "Mr. Fix-it" always available to help someone else with a home project.

Five years of adventure, including sky-jumping out of an airplane; spelunking in Caribbean caves; hiking Europe; crewing on a sailboat in Belizean waters; riding their Honda Gold Wing for miles, and driving their motorhome across the nation visiting members of both family and friends. Their final adventure was planning and helping in the construction of their new home in Manson.

He is survived by Susan Fox of the home, three brothers: Mike Fox (Odette) of

Virginia; Leland Fox of Englewood, Washington; Kevin Fox of Omak, Washington. His children Joshua (Jen) Fox, Tyler Fox and Jessica Fox; Jacob Stuvenga, Ashley (Karl Riel) and Katrina (Ben) Krupla. Grandchildren: Rose and Ruby Fox; Riah Fox; Ember Fox; Kassandra Riel, Kenneth Riel, Kash Riel and Holly Krupla.

Marty loved his grandchildren fully-playing and entertaining them with endless story books and games and silly songs. The world will be an emptier place without his bright shining smile and warm heart. Good memories are left with those who knew and loved him.

In lieu of flowers, please consider donating to a GoFundMe.com Ember Fox Fund. In memory of Marty. The account was set up for his granddaughter, ten-month-old Ember, born with Spina Bifida.

A Celebration of Life will be held on Saturday, September 3, 2022 at 3 p.m. at Manson's North Shore Bible Church, 123 Wapato Point Parkway, Manson, Washington. Heavy hors d'oeuvres will be served following the ceremony at the church. Arrangements made under the care of the Women of North Shore Bible Church.

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TEE TIME

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF TEE TIME

CHELAN- Twenty one ladies and one guest were in attendance on Thursday, August 18 for the competition Medal Play (low gross and net of field and low net by division).

Low gross of field: Jan Artim, 87.

Low net of field was a tie between Barb D'Ettorre and Carol Giffin, 72.

Division 1: First Place: Nancy Storaasli, 74. Second Place: April Talley, 78.

Division 2: First Place: Linda Hahn, 74. Second Place was a tie between Susie Clausen and Janet Foyle, 81.

Division 3: First Place: Tina Nyce, 77. Second Place was a tie between Judy Johanson and Nancy Parker, 79.

Jaclyn Starr-Evans had a birdie/chip-in on hole 2. Barb Rayburn chipped in on hole 8.

This weeks play is: Par 3s+ 5 (gross score of all par 3s



Jan Artim, left, Club Champion, and Runner-up, April Talley, right.

plus 5 other holes less 1/2 your handicap).

Our tee time is 8 a.m. Please check in by 7:30 a.m.

August 11, 2022

Thursday was the final round of our Club Championship. It was a three round competition with winners as follows:

Club Champion (Low Gross) - Jan Artim (261)

Runner-Up - April Talley (278)

Low Net of Field - Karen Erickson (220)

Low Gross 1st Flight - Linda Reister (282)

Low Net 1st Flight - Linda

Hahn (228)

Low Gross 2nd Flight - Roxanne Emerson (306)

Low Net 2nd Flight - Judy Johanson (228)

Our weekly competition was also taking place. It was called ONES (gross score of holes starting with the letters O, N, E and S less 1/2 your handicap.) There were 23 players in attendance.

Division 1: First Place: Candace Farnsworth, 37. Second Place was a tie between Barb Rayburn and Elona Teague, 38.

Division 2: First Place, Linda Hahn, 38. Second Place: Was a four way tie between Susie Clausen, Sherry Ochsner, Sherry Fisk and Barb D'Ettorre, 38.5.

Division 3: First Place was a three way tie between Loa Servis, Karen Erickson and Nancy Parker, 35.

Candace Farnsworth was the lone birdie girl on hole 18. Chip-ins were made by Mary Jo Duruz hole 7 and Karen Erickson hole 5.



Rittenmeyer photos on display at Heritage Heights

Courtesy Ed Isenhart

On August 1, Heritage Heights' Sara Jones joined Chelan Arts Council's Dan and Nancy Crandall, many interested residents and photographer Ed Isenhart to watch the August Artist of the Month, Gary Rittenmeyer, mount his exhibit on Heritage Heights' Art Wall. Rittenmeyer a Chelan outdoor photographer chose 10 wildlife and two landscape photos printed on aluminum panels by local framing company, HMAK. The metal favors Rittenmeyer's amazing bird photos, images earned after hours of patiently waiting for just the right light and intimate knowledge of his subject's habits. Feathers and markings are iridescent. An abandoned farmhouse in the Waterville wheat fields glows like a memory. For a visit and to view the free exhibit, thru August 31, please call Heritage Heights at 509-682-1998 for directions and the best times and dates to visit.

THE WASHINGTON OUTDOORS REPORT

A close encounter

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

I do love to hike and earlier this week I took off from a U.S. Forest Service trailhead

to walk an old logging road that followed a creek and then went up a ridgeline along the eastern slopes of the Central Cascades.

There were no other vehicles parked at the trailhead and I was enjoying a peaceful

late morning hike that took me 2 1/2 miles to a nice viewpoint where I could look towards Tronsen and Mission Ridges. After soaking in the views and drinking some water I started heading back downhill along the trail. I'll admit, my head was in the clouds when I first heard it; the loud crash of an animal entering the woods 30 yards ahead of me at a bend in the road. This was no squirrel or chipmunk like I had been seeing earlier scurrying into the brush, this was an animal of significant size.

The animal did not run away from me as deer and elk do when they are surprised and want to create a lot of distance from you in a hurry. No, this animal actually went uphill angling towards me and stopped moving in the brush about 20 to 25 yards away from me to my left. I figured I was dealing with a bear here. I unholstered the bear spray I had with me, took the safety off, and began repeating in a loud, calm voice, "Hey Bear!" I scanned the brush as I did this and slowly walked down the trail as I did. The animal never moved from it's perch above me or made a sound.

I turned a corner in the logging road where the animal first entered the brush and walked another 50 yards down the wide trail to a sandy spot in the road. That's where I saw my foot prints going up the trail and a new set of prints that were not there 45 minutes ago. They weren't bear prints; they were



Courtesy National Park Service

Cougar encounters, let alone attacks, are very rare. There have been less than two dozen documented attacks in Washington State since 1924 that have resulted in injury or death.

cougar tracks.

I have only had the opportunity to see one cougar before in the wild and based on the evidence of this encounter I'm virtually certain I just missed my second chance to see one, though it is clear this animal had definitely seen me which started off the surprise encounter. As you might imagine my head was on a swivel for the rest of the hike back to the trailhead.

Cougars have been in the news in recent years. In 2018 two mountain biking cyclists were attacked near North Bend by a mountain lion. One of the cyclists attempted to run away and was chased down and killed. Later that year, a female hiker in Oregon's Mt. Hood National Forest was also killed by a cougar and this year, a nine-year old girl playing on

the outskirts of a church camp in Fruitland, Washington was attacked by a cougar and sustained serious injuries.

It is important to note cougar encounters, let alone attacks, are very rare. There have been less than two dozen documented attacks in Washington State since 1924 that have resulted in injury or death. Cougars are largely secretive animals that remain unseen by most of us in the wild. However, there are things you can do to stay safe in the unlikely event of an encounter.

The Washington Department of Fish and Wildlife recommends:

- Stop, pick up small children immediately, and don't run. Running and rapid movements may trigger an attack. Remember, at close range, a cougar's instinct is to chase. Face the

cougar. Talk to it firmly while slowly backing away. Always leave the animal an escape route.

- Try to appear larger than the cougar. Get above it (e.g., step up onto a rock or stump). If wearing a jacket, hold it open to further increase your apparent size. If you are in a group, stand shoulder-to-shoulder to appear intimidating.

- Do not take your eyes off the cougar or turn your back. Do not crouch down or try to hide.

- Never approach the cougar, especially if it is near a kill or with kittens, and never offer it food.

- If the cougar does not flee, be more assertive. If it shows signs of aggression (crouches with ears back, teeth bared, hissing, tail twitching, and hind feet pumping in preparation to jump), shout, wave your arms and throw anything you have available (water bottle, book, backpack). The idea is to convince the cougar that you are not prey, but a potential danger.

- If the cougar attacks, fight back. Be aggressive and try to stay on your feet. Cougars have been driven away by people who have fought back using anything within reach, including sticks, rocks, shovels, backpacks, and clothing—even bare hands. If you are aggressive enough, a cougar will flee, realizing it has made a mistake.

- Pepper spray in the cougar's face is also effective in the extreme unlikelihood of a close encounter.

The bottom-line is don't let the chance of an encounter with a bear or cougar keep you away from the outdoors. Just be prepared and know what to do if you see one of these animals. More than likely, both you and the animal will part ways unharmed.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

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5	3	4	9	2	6	8	1	7
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3	2	6	8	4	5	9	7	1
9	1	7	2	6	3	4	5	8
6	4	1	3	7	9	2	8	5
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Announcements
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LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMarket.com** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286
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or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
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Deadline Noon on Friday for the next week's papers

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The Lake Chelan or Quad City Herald
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Employment


Help Wanted



School District is seeking qualified applicants for the following positions:

- Multiple Paraprofessional positions
- Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Help Wanted



The Cascade School District is seeking qualified applicants for the following positions:


- Elementary Bilingual Secretaries
- School Nurse

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Experienced in-home care giver needed in the Brewster area.
Call or text Kevin at (206) 510-5260 for details.

GEAR UP GRADUATION SPECIALIST COUNSELOR

This position commences with the start of the 2022-2023 school year. Qualified applicant will work with students to support SEAL, academic and GEAR UP goals objectives. Appropriate endorsements applicable to the position preferred. Must favorably pass background check. Salary and position description information available on the website. This position is one day per week. All applications processed through FAST TRACK: www.pateros.org >Our District >Employment. First review of applications is 8-31-22. Position open until a qualified applicant is hired. Contact employment@pateros.org or 509-923-2751 x 4 for more information. EOE.




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Help Wanted



School District is seeking qualified applicants for the following position:

- Peshastin-Dryden Food Service Cashier

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

NCW Media Newspapers is looking for a full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This job is based in Leavenworth, WA. Applicants would be covering the Bavarian Village of Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published once a month. Responsibilities would include: Writing about local events. Photographing sporting events for the local schools. Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month. Keeping up with people, interviewing local businesses and community members other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an interview 509-548-5286. 10-5 p.m. weekdays. EOE

Help Wanted




School District is seeking qualified applicants for the following position:

- Food Service Director

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

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Organization: Okanogan County Transit Authority (TranGO)
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Help Wanted



School District is seeking qualified applicants for the following positions:

- Cascade High School Wrestling Coach
- Icicle River Assistant Cross Country Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE



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