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EDUCATION



Okanogan County Clerk Susan Speiker, left, welcomes Brewster students Andrew Pamatz, Alexis Dominguez-Castro, Andres Garcia-Hernandez, and Emmanuel Zepeda-Olague. Standing at right is Brewster CTE Business Teacher Jeff Dowd.

Learning in court

Brewster business law students tour Okanogan District Court

By MIKE MALTAIS
 Ward Media Staff Reporter

BREWSTER – Students from Brewster High School Career and Technical Education (CTE) instructor Jeff Dowd’s Business and Personal Law class went to Okanogan District Court on Oct. 16 for a first-hand look at how the justice system operates in the county.

Dowd’s group is the very first high school class to visit the court process, according to court clerk Susan Speiker.

“It’s so nice to have young folks interested in our criminal justice system, and that was the first,” said Speiker. “I welcome it. That’s the best way we are going to get people to take on these roles when they grow up.”

Dowd said his Business and Personal Law class covers the basics of law but also goes through some of the practical aspects of law such as a rental agreement for an apartment and other contracts his

students may encounter in life. He said was impressed by the reception his students received at the courthouse.

“The staff was so friendly to us,” said Dowd. “They didn’t just tolerate us being there; they really welcomed us and gave us their time. They not only spoke to us, they also took the time to answer all of our questions.”

The all-day session began with a 9 a.m. stop at the Speaker’s Susan Speiker prior to a 9:30 a.m. session in Judge Henry Rawson’s Criminal Law and Motion calendar.

“Criminal Law and Motion is held every week on Monday,” explained Speiker. “Cases are at different out-of-custody or in-custody stages.”

At 10 a.m. the students sat in on a non-jury trial presided over by Judge Robert Grim.

“It was a civil matter, a land use issue which in this county happens all the time,” Spieker said.

The 11 a.m. slot was reserved for District Court and Judge Chancy Crowell.

Speiker secured a time when the students could spend one-on-one time with the judge. Crowell reviewed how he got to the bench, his experience with the law, and why it is a



From left, Brewster High School civics class students Andrew Pamatz, Emmanuel Zepeda-Olague, and Andres Garcia-Hernandez, follow Okanogan County Superior Court Judge Henry Rawson on the computer. At left is Alexis Dominguez-Castro.

good field to consider.

“If we can get just one of these kids interested in a law career it’s a win,” Speiker said.

Speiker and her staff hosted lunch in her office.

“My staff is amazing,” said Speiker, “We do potlucks all the time. We have a rough job and people don’t realize the amount of stress that my staff can be under.”

Potlucks and other fun diversions lighten the atmosphere and struck that chord with the students who were

treated to chili-cheese hotdogs, chips, cookies and other treats.

Fueled up for their next appointment the students met with Okanogan County Prosecuting Attorney Albert Lin in his conference room.

Speiker said Lin sat down the students, explained what his office is responsible for, what role it plays in the judicial process, and fielded individual questions.

SEE COURT ON PAGE B2

PATEROS

Some nightly rentals prohibited

By MIKE MALTAIS
 Ward Media Staff Reporter

PATEROS – It’s official. The city approved an ordinance at its regular monthly meeting on Oct. 16, prohibiting any future nightly rentals in the R-2 or single-family residential zones. Nightly rentals are allowed in R1-A (waterfront residential), the commercial district, and in mixed use zones.

The issue was brought before the council last April when a letter from Katie and Paul Servino, owners of a newly remodeled single family at 123 Chris St., requested a waiver from the city to allow nightly rentals in the home located just across the street from the R1-A zoned properties.

A public hearing followed in July where residents both for and against the nightly rentals weighed in. The city planning committee met three times and following its recommendation the council voted unanimously to deny the request for nightly rentals in single family zones. The city attorney was directed to draft Ordinance 807 amending Title 17 of the Pateros Municipal Code relating to short-term nightly rentals.

A second public hearing held Oct. 16 preceded the council’s unanimous approval to adopt the amended ordinance. It specifies that existing nightly rentals in the R-2 zone will be allowed to keep their license unless property ownership changes. The license will not transfer to new ownership.

Abandoned Buildings Project

City planner Kurt Danison reported to the council on the other planning committee issue dealing with abandoned buildings in the city limits. The discussion considered disincentives in utilities service and connections and annual landlord permits as ways to encour-

age owners and landlords to keep buildings occupied rather than empty.

The topic was spurred by a report delivered to the city council at its September meeting by Economic Alliance Executive Director Roni Holder-Diefenbach concerning the problem of abandoned buildings and vacant property in Okanogan County. Many of the buildings in question are in downtown cores and detract from potential revenue streams and spaces for small businesses.

Grant funds application

City administrator Jord Wilson requested council approval to apply for .09 grant funds for the planning development and construction drawings for the downtown pedestrian mall. Wilson wants the funds to complete the construction drawings for the rehab of the mall.

“Right now, we have \$100,000 from a Rural Development Block Grant (RDBG),” said Wilson. “The goal of this grant is to finish up those drawings.”

The Public Facilities Fund (.09 Sales and Use Tax rebate) is allocated for rural communities and eligible entities and is limited to incorporated cities and tribes within Okanogan County.

Danison added that the .09 infrastructure fund dollars – about \$1.2 million – available this year are the first in at least a decade. Not enough money comes in to distribute it every year, so the funds will be available every three years when there is enough to make it worthwhile. However, the countywide prioritization process does occur every year where applicants are rated and ranked according to merit.

“So, being No. 1 in the prioritization does matter when it comes to who gets funding,” said Danison.

SEE PATEROS ON PAGE B2

BREWSTER

Proposed ordinances would address RVs, rentals, ADUs

By MIKE MALTAIS
 Ward Media Staff Reporter

BREWSTER – A public hearing for three proposed city ordinances – accessory dwelling units, short-term rentals, and recreational vehicle (RV) operation and use in the city – were on the agenda at the regular monthly city council meeting last week.

There was no public comment at the hearing.

The three proposed ordi-

nances were submitted to the state Department of Commerce for a 60-day review and will be up for vote by the council at its November meeting. An abbreviated summary or the ordinance provisions include:

Accessory Dwelling Units

- An accessory dwelling unit (ADU) within or on the same lot as a one family home will be permitted. Each dwelling with an

ADU will be charged for a total of two water and two sewer connections and the applicable monthly user fees.

- The ADU must comply with all other Brewster Municipal Code (BMC) requirements.
- Two off-street parking spaces will be required for the ADU in addition to the off-street parking spaces required for the main one family home.

Short-Term Rentals

- The term “short-term” rental applies to a dwelling or portion thereof rented to overnight guests for less than 3-consecutive days.
- The property owner must obtain a business license pursuant to BMC requirements and include contacts for complaints and emergencies
- The BMC is amended to allow short-term rentals in C-1 and C-2 commercial

zones. They will not be operated in residential zones of the city.

- Each bedroom of the short-term rental will require one off-street parking space.

RV Operation and Use

- A new Chapter 17.12 Recreational Vehicles is added to the BMC.
- An RV cannot be inhabited in the city outside of the city park or other

permitted space except as provided in the BMC for short-term use.

- An RV must not be parked in a right-of-way or public easement.
- An RV cannot park in a setback.
- No decks, covers, detached awnings, or other structures appurtenant to the RV can be erected.
- Pertinent city health and

SEE BREWSTER ON PAGE A3

Inside the Quad City Herald this week

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Geese rise in a light rain on a gray morning



MIKE MALTAIS/WARD MEDIA

A flock of Canada geese take off on a gray morning with a light rain falling. Even from a distance their distinctive white chinstraps are easy to spot.

Halloween activities to do in the area

Omak

The Omak Chamber of Commerce will host the Omak Zombie Run and Halloween Harvest Festival on Saturday, Oct. 28.

At noon, the Omak Mirage Theater will offer a free showing of "Coraline." Monetary and canned food donations will be accepted for the Omak Food Bank.

At 3 p.m. there will be a Zombie Fun Run. Register for the run at 2:30 in front of the Omak Stampede Arena. Donations of canned food for entry will go to the Omak Food Bank. Shirts are available for the first 125 participants along with goodie bags and fitness stations.

From 3:15 to 5 p.m. there will be a Harvest Festival at Civic League Park with



kids crafts, a pumpkin patch, s'mores and kids carnival. At 4 p.m. there will be a costume contest with categories for adults, kids and dogs. And at 4:30 p.m. a pumpkin pie eating contest.

Brewster

The Brewster Chamber of Commerce and P1FCU will host the annual Trick or Treat on Main Street and costume contest on Tuesday, Oct. 31 at the American Le-

gion Park.

"Join the good folks of Brewster for a Halloween Costume Contest," the event page states. "Line up is at 4:15 at the American Legion Park and judging is at 4:30 with five age groups. Right after the contest there will be Trunk or Treat and/or Trick or Treat down Main Street."

Pateros

The Pateros Booster Club will host a Trunk or Treat event at the Pateros High School on Tuesday, Oct. 31 from 4 to 6 p.m. There will be food, games, and free candy.

Bridgeport

On Tuesday, Oct. 31 Bridgeport City Hall will be handing out candy from 8 a.m. to 4:30 p.m.

Listening to Diverse Voices: Fostering Civil Discourse

In a world filled with social media echo chambers, it's all too common to become entrenched in our own beliefs, often leading to stark divisions among us. But what if we could pause for a moment and truly strive to comprehend the viewpoints of those who see the world differently?

In our community and societies worldwide, we represent a tapestry of backgrounds, cultures, and life experiences. This diversity is a source of strength, yet it can also be a potential source of division if not thoughtfully navigated. It's crucial to emphasize that understanding doesn't necessarily imply endorsement. It's about acknowledging the legitimacy of differing viewpoints.

When we take the time to genuinely empathize with someone else's perspective, we open the doors to greater compassion and deeper connections. We dismantle the walls that separate us and build bridges toward unity. This is not a call for conformity but rather an earnest plea for unity within our diversity.

Our community thrives when we actively listen to one another, not just for the purpose of counterarguments

or debate, but with the sincere intent to grasp and respect the underlying motivations and life experiences that mold the beliefs of our fellow community members. It's through these exchanges of ideas that we can unearth common ground or, at the very least, foster a respectful acknowledgment of the differences that make us unique.

In a world where information flows swiftly and sometimes overwhelmingly, fostering understanding becomes paramount. We find ourselves inundated with diverse perspectives, opinions, and information from various sources. The quest for understanding encourages us to approach this barrage with a discerning and open mind.

In practical terms, understanding someone else's perspective isn't just about hearing words but making a concerted effort to listen and appreciate the context. It involves putting ourselves in their shoes and acknowledging the unique life experiences that have led them to their viewpoint. When we achieve this level of empathy and insight, we're better equipped to engage in constructive and respectful dialogues.



Terry Ward

From the Publisher

So, let's set aside our differences, even if momentarily, and commit ourselves to genuinely understanding the perspectives of others. Let's celebrate the richness of our diverse community and work together to create a more interconnected, empathetic, and harmonious society. By doing so, we uphold the cherished ideals of unity and understanding, not only within the pages of our newspaper but within our daily lives, forging a path toward a more inclusive and compassionate world.

RECREATION

Stanleys depart following record run as Bridgeport park hosts

By MIKE MALTAIS
Ward Media Staff Reporter

BRIDGEPORT – Sue and Randy Stanley, the seasonal manager/hosts for the city's Conklin Landing and Marina RV Parks for the last five years delivered their annual – and final – update of revenues and improvements at the regular monthly meeting of the city council on Oct. 18.

Sue Stanley recapped developments at the then new Conklin Landing RV Park. The Stanleys assumed the host duties in April 2019, three months before Conklin Landing opened for business. One of the first actions the hosts took was to implement new software for an online reservation system to replace the previous paper records.

The park was full immediately in July and remained full through the end of August," said Stanley. "Not a bad first half of the season because we were already into fishing season."

COVID had arrived by the time the couple returned in April 2020. Stanley researched the Center for Disease Control guidelines, prepared a proposal for the city, and the parks reopened around Memorial Day that year and they stayed open until the catastrophic Pearl Hill wildfire that swept through the area on Labor Day weekend destroying many Bridgeport homes in the process. Despite the fire damage, the city was able to reopen the parks by October in time for fall hunting seasons.

"We were, again, full at Conklin Landing and Marina Park," said Stanley. In April 2021, the city



MIKE MALTAIS/WARD MEDIA
Sue and Randy Stanley have served as Bridgeport park hosts since 2019.

brought in additional park hosts to assist the Stanleys at Conklin Landing because the facility was running at capacity and landscaping items were still being completed.

"As the COVID restrictions were lifted and people were able to travel again, 2021 had the highest revenue in the history of the RV park," said Stanley. "And in July and August 2021 we saw the highest occupancy rate ever at 85 percent."

At that point Conklin Landing was only a year-and-a-half old.

In April 2022, both pairs of hosts returned for another high revenue season. During the intervening winter months Stanley had researched the membership benefits in the Good Sam Club, a nationwide network of RV parks. She presented her recommendation to the

council to join Good Sam and the council approved it in November 2022 before the Stanleys departed for the season.

Stanley spent the winter of 2022-23 implementing the Good Sam software and migrating the city's future reservations to the new platform. "We went live in January 2023," said Stanley, "completed the landscaping, added signage, painting, and other items Good Sam accepted."

A June inspection by a Good Sam representative established the city's rating.

Stanley explained the high ratings the parks earned, including a 9.5 out of a possible 10, and what amenities factor into them. Stanley handed out the 2024 rating guidelines to each council member so they will know what counts to keep the ratings high. She also explained how selling 39 Good Sam memberships to the city's parks netted Bridgeport \$29 per for an additional \$1,100, though membership is not a requirement to stay at the parks.

Stanley concluded by advising the council that occupancy for July and August this year reached 95 percent.

"Since our arrival in 2019, the Bridgeport RV Park has made over \$500,000," said Stanley. "The three years prior to our arrival the total revenue posted was just over \$124,000."

On a sad note, for the city but to appreciative applause from grateful council members, Stanley announced that the couple will not be returning to serve as hosts for the 2024 season.

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A week in the life of the Quad Cities

A week in the life of folks around the Quad Cities is never dull. Everywhere one goes or one looks there always seems to be something interesting going on. Here are snapshots of the last week.



MIKE MALTAIS/WARD MEDIA

Yes, these do grow on trees. It's almost too nice of a day to spend it picking apples, but these two Gebbers Farms employees know that before they show up on supermarket shelves, apples do, indeed, need to be picked.



MIKE MALTAIS/WARD MEDIA

A student in Mr. Garcia's fifth grade after school robotics class checks his computer screen as he assembles a model from a Lego-like kit. The seven boys and five girls actually remain after school (think about that) for the opportunity to build, program, and operate increasingly complex creations.



MIKE MALTAIS/WARD MEDIA

Come along now, human! A dog takes its owner for a warm afternoon walk along Lakeshore Park at Lake Pateros.



MIKE MALTAIS/WARD MEDIA

A pair of diners enjoy a hearty Sunday breakfast at Brewster's American Legion Columbia Post 97 while they watch the Seattle Seahawks on the big screen lose a close one to the Cincinnati Bengals, 17-13.



MIKE MALTAIS/WARD MEDIA

Up, Up, and away... It's either a hot air balloon hauling a van or a van hauling a hot air balloon, depending on the occasion. Cosmic Crisp apples developed by Washington State University hit the market in November 2021.



MIKE MALTAIS/WARD MEDIA

This property along Ives Street in Pateros has barely enough fence line to accommodate an assortment of Halloween characters. Where's Waldo?

BREWSTER

CONTINUED FROM PAGE A1

safety regulations will apply.

- RV occupancy is restricted to 14 consecutive days and for no more than 14 days within a three-month period.

- A RV cannot connect to the city water or sanitary system. All holding tanks must be emptied at an approved waste facility.
- A \$500 penalty will be levied for each separate infraction.

Mike Maltais: 360-333-8483, michael@ward.media

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OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff's Office

October 13
 08:19 Alarm, 1313 Jefferson Ave., Bridgeport
 11:51 Public Assist, 340 Rd. 14 NE< Mansfield
 12:24 Injury Accident, Brays Landing Rd. MP 1, Orondo
 12:37 CPS/ APS Referral, 1445 Tacoma Ave., Bridgeport
 15:18 Public Assist, 228 Grange Rd., Bridgeport
 16:14 Public Assist, 340 Rd. 14 NE, Mansfield
 17:27 Suicide Threat, 340 Rd. 14 NE, Mansfield
 20:09 Miscellaneous, 340 Rd. 14 NE, Mansfield
 21:58 Suspicious Circumstance, 21318 US Hwy. 97, Orondo
 22:42 Agency Assist, 115 Wall Ave., Mansfield

October 14
 07:01 Public Assist, 340 Rd. 14 NE, Mansfield
 12:25 Domestic Disturbance, 335 E. Railroad Ave., Mansfield
 15:19 Civil Dispute, 405 W. Beech St., Waterville
 19:47 Noise Complaint, 776 SR 173 Bridgeport Bar
 21:46 Parking/ Abandoned Vehicle, 326 12th St., Bridgeport
 22:02 Noise Complaint, 63 Washburn Ave., Bridgeport

October 15
 09:47 Weapons Violation, 215 14th St., Bridgeport
 15:41 Harassment/ Threat, Rd. 25 NW and Rd. A NW, Bridgeport
 21:41 Attempt to Locate/ Contact, Rufus Woods Boat Launch, Bridgeport

October 16
 17:40 Public Assist, 405 W. Beech St., Waterville
 22:50 911-call, 1826 Rd. H NE, Mansfield

October 17
 11:45 Burglary, 1830 Tacoma Ave., Bridgeport
 16:21 Welfare Check, Rd. 3 NW and N. Monroe St., Waterville
 19:07 911-call, 1908 Fisk Ave., Bridgeport
 19:21 Non-injury Accident, 1206 Columbia Ave., Bridgeport
 20:44 Welfare Check, 630 16th St., Bridgeport

October 18
 12:31 Burglary, 941 Rd. 6 NW, Waterville
 13:45 Suspicious Circumstance, 200 E. Birch St., Waterville
 14:03 Domestic Disturbance, 22078 US Hwy. 97, Orondo
 14:35 Suicide Threat, Cross St., Bridgeport
 15:34 Welfare Check, 2525 Bridgeport Hill Rd., Bridgeport
 22:36 Prowler, 52- W. Emerson Dr., Orondo

October 19
 18:17 Animal Problem, 2504 Monroe Ave., Bridgeport
 21:00 Noise Complaint, 335 E. Railroad Ave., Mansfield
 21:27 Traffic Offense, US Hwy. 2 MP 151, Waterville
 21:31 Civil Dispute, 331 16th St., Bridgeport

Brewster Sheriff's Department

October 12
 07:46 An agency assist was requested on Grange Rd. in Brewster for a domestic call,

they requested an officer keep watch on the house until the caller could get there after a male subject brandished a firearm on his wife.

14:50 A Brewster unit was requested to respond to assist on Grange Rd. with executing a search warrant.

16:14 An agency assist was requested on Hospital Way in Brewster when a patient was reportedly out of control and was throwing things around.

18:30 An order violation was reported on S. 7th St. in Brewster for a caller's estranged husband that was at school officiating a game and the caller had a temporary order which stated he was not to be on school grounds.

23:02 A domestic dispute was reported on Methow Ave. in Brewster when a subject entered a residence without permission and refused to leave, the caller put their arm up to push male out of the residence.

October 13
 03:52 An agency assist was requested on Hospital Way for a patient that reportedly threw two computers and a water bottle at nurses. The patient was on a 24-hour hold and left the hospital and then returned to the ER and stood outside the entrance.
 11:13 A patent transfer was requested at Three Rivers Hospital to Smoke Point.
 15:50 A civil matter was reported on S. 3rd St. in Brewster regarding an 11-year-old female that advised she didn't feel safe at her residence with her mother and wanted to move to her father's.

17:01 An unattended death was reported when a body was discovered in the river close to shore near E. Indian Ave. and S. 1st St. and there was no movement.

October 14
 12:57 A vehicle was reported stolen from a residence on S. Bridge St. in Brewster.
 21:34 A citizen assist was requested on S. 3rd St. when a caller's ex was refusing to give her belongings back.

October 15
 08:29 Two vicious dogs reportedly attached a person on W. Hanson Ave. and S. 5th St. in Brewster.
 08:55 A burnt vehicle was recovered on Grange Rd. in Bridgeport.
 21:50 An agency assist was requested on Cedar Ave. in Brewster for a male subject that went fishing that day and had no returned.

October 16
 09:39 An assault was reported o S. 4th St. in Brewster.
 10:20 A 911-call was received from S. 7th St. in Brewster.
 12:05 An assault was reported on Hwy. 97 in Brewster.
 13:16 A caller on Hwy. 97 called to press charges for an assault on an employee at the location when a female subject threw the caller's debit card at his face and hit him right below the eye.
 22:27 A vehicle fire was reported on Hwy. 97 and Max Goehry Rd. in Brewster, inside the cab of a Chevy Tahoe, the caller was outside the vehicle.

October 17
 11:49 An agency assist was

requested on Tacoma Ave. in Bridgeport involving a possible burglary at a residence.

13:33 Information was requested by a caller on S. Bridge St. and W. Bruce Ave. in Brewster.
 19:22 A traffic offense was reported on S. 6th St. and W. Indian Ave. in Brewster.
 20:39 A agency assist was requested on Columbia Ave. in Okanogan involving subjects in two vehicles.

October 18
 16:03 A domestic dispute was reported on Old Hwy. 97 in Brewster and dispatch recorded lots of screaming in the background of the call but were not locating anything.
 18:33 An ATM burglary alarm was triggered on W. Main Ave. in Brewster.

October 19
 14:23 A vehicle prowl was reported in Brewster.

Okanogan County Sheriff's Office

October 13
 17:01 An agency assist was requested on E. Indian Ave. and S. 1st St. in Brewster.

October 14
 00:43 Loud music was reported on Pedersen Rd. in Pateros.
 14:42 An abandoned vehicle was reported on Old Hwy. 97 in Brewster.
 16:44 A civil dispute was reported on W. Warren Ave. in Pateros involving subjects staying at the residence prior and a female wanted to enter but her items were on the porch.

08:55 A burnt vehicle was reported on Grange Rd.

October 15
 12:24 A caller on Jack Wells Rd. in Bridgeport reported being harassed by a female subject.
 21:50 An agency assist was requested on Cedar Ave. in Brewster for a male subject that went fishing and had not returned.

October 16
 00:12 Loud music was reported on Pedersen Rd. in Pateros.
 08:40 An unattended death was reported on Monse Bridge Rd. in Brewster when the coworker of a caller stated they thought they found the missing person's vehicle in the middle of the orchard and stated there was a bad odor coming from the vehicle.
 17:30 A citizen dispute was reported on W. Warren Ave. in Pateros and the caller wanted a civil standby to get her belongings.

October 17
 14:02 A 911-hangup call was received fro Grain Elevator Rd. in Brewster and it was believed to be an IT problem.

October 18
 09:09 A sexual assault case was reported in Pateros that occurred in the past year.

October 19
 01:47 A driver was cited and released for driving with a suspended license, restricted, in the 3rd degree.
 02:07 A driver was cited and released after traveling at speeds of 86 MPH with a restricted license on Hwy. 97 in Pateros.

COMMUNITY BULLETIN BOARD

Oct. 25, 27, 31

Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery

BREWSTER – The Senior Center is now serving meals at noon at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Oct.

25: Tuna Noodle Casserole, Peas & Carrots, Spiced Salad, Oregon Berries, Dessert; Oct. 27: Yankee Pot Roast, Roasted, Potatoes and, Carrots, Green Beans, Mixed Fruit, WW Roll, Cereal Bar; Oct. 31: Pulled Pork Sandwich, Pea Salad, Coleslaw, Tropical Fruit, Dessert.

Oct. 25-28 30-31, Nov. 1-4

Senior Center Thrift Store

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out their great

kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

Oct. 25-26, Oct. 30-31, Nov. 1-2

Chelan Valley Hope

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat CHELAN - Chelan Valley Hope's Winter Coat Drive has officially launched for the season. They are accepting new and gently used coats, hats, scarves, gloves, and new socks. All sizes are needed. Donation bins can be found at the following locations; Chelan Valley Hope, Chelan Fire & Rescue, Manson Fire Dept., Lake Chelan Eagles, Twisted Cork, North Shore Bible Church, Church of the Nazarene, Chelan Library, and Even Keel Roadhouse. If you are in need of warm winter wear please call or visit them at Chelan Valley Hope, open Monday through Thursday 9 a.m.-3 p.m. (closed noon to 1 p.m.) Call 509-888-2114 for more information or to schedule an appointment. Or visit their website and follow them on Facebook and Instagram to get the latest CVH news and updates chelanvalleyhope.org, @ChelanValleyHope.

For information call Greg Wagg at 206-550-6474.

Nov. 1

American Legion Auxiliary to meet

BREWSTER – The American Legion Auxiliary #97 meets the first Wednesday of each month, at the American Legion Hall at 6 p.m.

Nov. 9

Brewster bus trips

BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is Nov. 9 The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, Oct. 19 riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Nov. 11

Flag retirement ceremony

BROWSER - On Veterans Day, Nov. 11, at noon, at the Brewster Legion there will be a flag burning/retirement ceremony. Bring your old American flags. Membership Drive spaghetti dinner and drinks 3-7 p.m. Free appreciation spaghetti dinner for every member with their dues paid up. For more information: Commander Greg Wagg, gregwagg@yahoo.com

Nov. 11

Method Calvary Chapel special speaker

METHOW - "Aliens and what the Bible has to say". Join Methow Calvary Chapel for presentations by Will Marron from the "Peshastin Creation Museum" on Nov. 11 at 9:30 a.m., Aliens and the Bible; then at 11 a.m. Session 2: After The Tower of Babel, Ancient peoples, and Their Amazin Technologies, with a Q & A Session afterwards. For more information contact Pastor Jason at 509-733-4195. Methow Calvary Chapel, 1107 Highway 153, meets Sunday at 9:30 a.m. and Wednesday at 6 p.m. They study the bible verse by verse and Chapter by chapter making God's word understandable and applicable to all. All are welcome.

Nov. 14, 28

Douglas County PUD meetings

EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office.

Nov. 14

Survivors of Suicide Loss Support Group

WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Nov. 19

NAMI virtual Family to Family series

NCW - NAMI (National Alliance on Mental Illness)Chelan Douglas will be putting on a VIRTUAL , free of charge, Family to Family series of eight classes for friends and family members of people with a mental health conditions. The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The classes will begin on Sundays, starting November 19, 1-3:30 p.m. for eight weeks. You must have a tablet or computer to attend and wifi. To register contact Jacquie @ namidprograms@gmail.com or at 509 679-8266.

DEATH NOTICES

Frederick "Fred" Gogal

Frederick "Fred" Gogal, 63, of Pateros, Washington passed away on October 18, 2023. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

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Oct. 26

Bingo

BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Open to the public. Progressive blackout game pot up to over \$700.

Nov. 8, 22

Okanogan County PUD meeting

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners is at 3 p.m. For more information okanoganpud.org

Nov. 8

Brewster Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Oct. 11, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

Nov. 20

Family and friends Support Group

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Obituary & Memorial Policies

Ward Media LLC: 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 or 509-689-2507 for more information Or email ruth@ward.media

SPORTS ROUNDUP

Pateros rallies for come-from-behind soccer win over Bridgeport



MIKE MALTAIS/WARD MEDIA

Bridgeport senior forward Angie Valdovinos, 3, battles a Manson Trojan for control of the ball during last Thursday's home conference game. The Fillies built on a 2-0 halftime lead to win the game, 4-1.



MIKE MALTAIS/WARD MEDIA

Pateros sophomore Dulce Vicente, 15, and senior Janette Hernandez, 4, beat Bridgeport junior midfielder Joaquina Torres to the ball during an Oct. 17 road game against the Mustangs. The Nannies won, 4-3.



MIKE MALTAIS/WARD MEDIA

Addison Henton goes for a kill against the visiting Moses Lake Christian Academy Lions during the first game of a conference rivalry Oct. 16. The Lions won the first game, 25-18, and took the next two by close margins.

By MIKE MALTAIS
Ward Media Staff writer

BRIDGEPORT: The Pateros varsity girls soccer team came from a goal down to defeat Bridgeport, 4-3, on the road Oct. 17. The teams were knotted 2-2 in the first half.

Nannies head coach Olivia Cronin said junior Alexandra Ruiz scored off assists from eighth grader Coco Cronin.

Ximena Nava scored off a penalty kick with 8:54 remaining on the clock to tie the game, 3-3. Cronin then struck again less than a minute later to give Pateros the 4-3 win.

Bridgeport attempted 17 shots on goal and goalkeeper Olga Avila had 11 saves.

Liberty Bell falls

Pateros hosted Liberty Bell on Oct. 19, for a 4-1 win. Nava scored all four of the Nannies' goals. Pateros attempted 20 shots on goal and made seven saves.

Volleyball

The visiting Moses Lakes Christian Academy Lions varsity volleyball team took three close games at Pateros on Oct. 16. The Lions won the first set, 25-18, and edged out the Nannies in the next two despite the best efforts by Pateros to keep the games close.

Head coach April Miller said Lexi Vargas and Dylan Miller had seven digs apiece out of 40 total to lead Pateros.

Dakota Lasley led in kills with four, just ahead of Addison Henton with three.

Daniela Espino was 100 percent on 13 serves with one ace. Dylan Miller added two more to the team's five total.



MIKE MALTAIS/WARD MEDIA

Bears junior Morgan McGuire goes the extra mile to pull this dig off the floor against visiting Tonasket on Oct. 17. Ready to step in for the set is libero Grace Becker, 4, and teammate Xemina Chavez, 1. Brewster won the game in three sets.

Bears beat Tigers

The Brewster Bears volleyball girls stopped visiting Tonasket on Oct. 17 in three sets, 25-18, 25-22, and 25-18.

Head coach Markie Miller said junior outside hitter Morgan McGuire scored 14 kills behind 17 digs and a hitting percentage of .355. Junior teammate Grace Becker had 13 digs and two aces. Sophomore Maribel Perez had 17 assists.

Football

The gridiron saw a couple of lopsided scores Oct. 20, when the 0-5 Pateros Billygoats, still looking for their first league win, fell to Soap Lake, 50-7, on the road.

Bridgeport hosted Entiat but the home field advantage did not help the 1-5 Mustangs who lost 73-8.

Brewster climbed to 3-0 with a win over visiting Tonasket, 69-33.

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Homecoming royalty



COURTESY BRAD SKIFF/BRIDGEPORT SCHOOL DISTRICT

Bridgeport's Homecoming King and Queen are Moises Torres and Lizbeth Rivera.

PATEROS

CONTINUED FROM PAGE A1

Danison said half of the 16 applications submitted so

far are requesting funds for project planning.

"Applications are due by the end of the month," said Danison. "On Nov. 14 at Omak City Hall everybody will be in-

ited to present their projects and the Infrastructure Committee will decide what to do."

Mike Maltais: 360-333-8483, michael@ward.media

Rory's Stroganoff

A few weekends back, I went to visit Caren and Jake. I found myself at one of the many second-

hand stores on their side of the mountains with Caren and her roommate Rory as we rummaged through the second-hand goods offered by the pound. By-the-pound is the perfect place to find fabrics for quilting, rags for the shop, and sometimes a book or two with old-fashioned recipes.

Much of what is offered has seen better days, and it takes a discerning eye to see what is or what could be. I don't believe in saving all things... I only have so many heartbeats in a day, so I have to really like the texture and color of the fabric or have a use for the item before it gets to come home with me. (The older I get, the more I apply this logic to new purchases.) I picked up a particularly beautiful water glass. I held it up to see it more clearly and turned to Rory, "Isn't this beautiful?" I asked. She held her hand out; I gave it to her. I expected her to hold it gently as I had, twist it around, and admire the pretty sheen as I'd done, but no; she tried to stick her hand inside the empty glass in an intentional and very purposeful manner. It wouldn't fit. My second question was, "What are you doing?"

"Checking to see how hard it is to wash this," she told me. "My hand won't fit inside it to wash

out the bottom of the glass. I wouldn't buy it." She handed it back to me with a slight shrug of her shoulder, letting me know she didn't actually care one way or the other what I spent my hard-earned greenbacks on, then turned away to continue with her own treasure hunt.



My basement apartment doesn't have a dishwasher, so I wash my water glasses by hand. I thought about what Rory had just said and set the water glass back in the bin. I decided my matching set of wide-mouth mason jars would do just fine for drinking water... besides, with wide-mouth mason jars, I can always find replacements for my set of twelve when one breaks as glass always does.

After a day of treasure hunting and good company, we headed home for a nice meal of pork

stroganoff. Rory likes pork loin, and she'd found some on sale. Made into stroganoff, it was mighty tasty.

Rory's Stroganoff

Enough cooked egg noodles to feed the family

1-2 cups pork or beef cut into thin strips 2-4 Tablespoons oil, fat or butter

One small onion diced 3 Tablespoons flour

1/2 to 1 teaspoon thyme 1/4 to 1/2 teaspoon nutmeg

1 cup liquid (water or broth) 1-1 1/2 cups sour cream

Saute the meat and onion with oil, fat, or butter in a saucepan. Mix the flour with the thyme and nutmeg in a small cereal bowl. When the

onion is translucent and the meat is no longer pink, add the flour, thyme, and nutmeg to the pan and stir. When the flour is well blended in with the meat and onions (the flour will stick to everything, making it gooey, and there won't be any white powder in the pan) add the liquid a little at a time, stirring all the while (without good stirring the flour-oil mix will be lumpy)

When the liquid stiffens into a thick gravy let it bubble a bit (still stir as it bubbles-about 30 seconds to a minute) then add the sour cream all at once and stir until the sour cream is incorporated into the stiff gravy and take it off the stove because too much heat for too long will make the milk in the sour cream curdle. Add more sour cream if the consistency isn't what you like for stroganoff. When the stroganoff gravy is to your liking, serve it over the cooked noodles.

Choices: Any thinly sliced meat will work with this stroganoff recipe. The sauce can go over almost any starch, potatoes, biscuits or bread, rice, or cooked whole grains as a gravy. Even made without meat, the milk plus the grain or potato will give the body complete protein.

Reintroducing grizzlies to the North Cascades is a bad idea

I read articles in the Dec. 3, 2022, issue of the Wenatchee World and the Oct. 11 issue of the Cashmere Valley Record about the U. S. Fish & Wildlife Service and National Park Service officials again pursuing the reintroduction of grizzly bears into the North Cascades. My view on this topic is very simple. I don't believe any bear fences or other obstructions exist between the North Cascades and Canada, Idaho, Wyoming, or Montana, where grizzly bears now reside. They could be in the North Cascades if they wanted to be there. One of the articles stated that grizzlies would be a minor threat to humans, especially when compared

to other hazards. I believe that any threat at all is unacceptable. Research on the internet reveals that 24 people were killed by grizzlies in North America between 2000 and 2015. Why reintroduce something into the North Cascades that might kill you? One of the reasons given in the articles was: "Grizzlies help other species survive. They're excellent at helping plants spread through the region, and they aerate the soil as they root for food". Really? A bear digging a hole somewhere in millions of acres of forest is so beneficial that we need to reintroduce them? Another reason given was "Biodiversity is the other huge consideration.

Species-rich ecosystems tend to be more resilient". I can't imagine how much tax-payer money would be spent on this unnecessary project. The federal officials that are promoting this must be out of their minds. I hope that we, the people, will have the opportunity to vote on it. Your comments can be submitted to the office of the Superintendent at North Cascades National Park Service Complex, 810 State Route 20, Sedro Wooley, WA 98284. Our region's population of black bears and cougars is good enough for me. Leave the grizzlies where they are.

Tom Hart
Cashmere, WA.

COURT

CONTINUED FROM PAGE A1

"We had one-on-ones with each judge and the prosecutor," said Dowd.

Judge Rawson's 1:30 p.m. In-Custody Criminal Law and Motion calendar resembled the earlier session the students attended with the exception that defendants are in custody.

"That was really eye-opening for our young students because we went to the viewing area down in the jail courtroom," said Speiker of the necessary security doors and entry precautions "That's intimidating."

There the students witnessed a young woman defendant who was upset and in tears over her situation.

"We were in what they call the gallery behind the glass," said Dowd. "The two cases were DUI cases so that reinforced the lesson."

"It was eye-opening because it was real," said Speiker. "You see that stuff on TV, but when you actually come in person and see how it's really happening, it gets a different temperature."

Speiker describes her staff



COURTESY OF BREWSTER SCHOOL DISTRICT

Okanogan County Prosecuting Attorney Albert Lin, back row, center, welcomes Brewster CTE Teacher Jeff Dowd, back row, left, and his high school civics class students to his courthouse office.

as a legal triage crew.

"Our motto here is: we meet folks on their worst day," said Speiker. "Our goal is to make it just a little bit better, put them in the right direction and do something that helps them."

The class visit left Speiker with warm memories and a memorable comment.

"At the end of the day - this is my all-time favorite part - after we came back to the office, one of the kids looked at

me and said: 'Well, this wasn't a complete waste of my time,'" recalls Speiker who added that she's had a teenage son of her own.

"That is the best compliment I could have gotten," said Speiker, "Thank you."

Dowd said he plans to make a return trip to the court with a future class.

Mike Maltais: 360-333-8483, michael@ward.media

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Announcements

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LOST & FOUND ITEMS can be placed in our **Local Newspapers 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 email: classifieds@ward.media

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Deadline Noon on Friday for the next week's papers

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Employment

Help Wanted

The City of Chelan's Public Works Department is accepting applications for the position of Sewer Treatment Plant Operator. The monthly income range for this position is between \$5,790 and \$7,256. (\$33.40-\$41.86 per hour) Benefits include PERS retirement, medical, dental, vision insurance, paid vacation, holidays, and sick leave. Application materials are located on the City's website: <https://cityofchelan.us/Jobs>. First review of applications will be Friday December 1st, 2023. Position is open until filled.

Looking for a great local employee? Place your ad today

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Help Wanted



Public Works - Truck Driver/Laborer - Temporary Winter Help
The Chelan County Public Works Department is seeking applicants for our three, four-month long winter Temporary Truck Driver/Laborer positions in the Leavenworth & Wenatchee Districts. The duties include performing manual labor, driving truck and/or operating light and heavy equipment, and snow plowing. The salary range is \$22.48 per hour up to \$24.66 per hour based on experience. These four-month positions will start mid to late November. These positions require a Washington State Driver's License, Class A CDL with Tanker Endorsements and prefer to have a current First Aid/CPR card and flagging card. Applications and a detailed job description can be found on the Chelan County Human Resource Career Opportunities page; <http://www.co.chelan.wa.us/human-resources/jobs>
The application, resume and letter of intent must be returned to the Chelan County Human Resource Department 400 Douglas Street #201, Wenatchee, WA 98801 or email to human.resources@co.chelan.wa.us no later than Thursday, November 2, 2023 at 5:00 p.m.

City of Cashmere Snowplow Operator Job Announcement
The City of Cashmere is accepting applications for part-time seasonal Snowplow Operators. Work includes operating and maintaining a plow truck, dump truck, snow blower, de-icing truck and snow shovel to move snow from streets, roads, alleys, parking lots and sidewalks. Requirements include a Commercial Driver's License and experience plowing snow, preferably on public roadways. You will be called to work when needed. There is no guarantee for the number of hours worked. Sick leave will be accrued according to state law. No medical benefits, retirement compensation or annual leave will be provided. Pay up to \$25.00 per hour depending on qualifications. More than one position to be filled. Application and employment agreement are available at: <https://www.cityofcashmere.org/government/human-resources>
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No. 23-4-06110-9
PROBATE NOTICE TO CREDITORS (RCW 11.40.030) (NTRD)
The person named below has been appointed as Personal Representative of this Estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: September 27, 2023. Personal Representative Wendi Damerval Attorneys for Personal Representative Alex Milkie, WSBA #40525 Address for Mailing or Service: Alex Milkie Pacific Northwest Family Law 2018 156th Ave NE Bellevue, WA 98007 Court of probate proceedings and cause number: King County Superior Court Case No. 23-4-06110-9. Published in the Quad City Herald on October 11, 18, 25, 2023. #6401

Public Notices

CITY OF PATEROS ORDINANCE 807
Ordinance 807 is an ordinance of the City of Pateros, amending Title 17 revising the zoning dealing with nightly/short stay rentals. Passed October 16, 2023. Full text will be mailed upon request. Published in the Quad City Herald on October 25, 2023. #6576

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The Washington Outdoors Report

Outdoors Roundup

By JOHN KRUSE
Special to Ward Media

The modern firearm deer season and waterfowl season opened up the weekend of Oct. 14, and there is other outdoor news to share as well this week.

NORTHEAST WASHINGTON DEER HUNTING RESULTS: Staci Lehman, a spokesperson for the Washington Department of Fish and Wildlife, shared the results from check stations in Eastern Washington during the opening day weekend. In her words, "This weekend, we collected 105 Chronic Wasting Disease (CWD) samples from harvested deer throughout Region 1. For comparison, last year's opening weekend, we collected 95 CWD samples. Districts 1 and 2 (NE Washington) were the slowest and saw fewer samples compared to District 3 (SE Washington) that collected 65 samples.

Overall, we heard from staff and officers that things were pretty slow in northeast Washington. That could be a result of the warm weather, but hard to say for sure. A reminder that WDFW has teamed up with the Washington Chapter of Backcountry Hunters and Anglers to encourage folks to provide samples from their harvested deer or elk. BHA helped to purchase 100 multi-season deer tags. Anyone who has their harvest sampled for CWD will go into a random drawing for the tags for next year."

COLUMBIA BASIN DUCK HUNTING HARVEST: WDFW has three regulated access areas for waterfowl hunters in the Columbia Basin. A small, limited number of hunters hunt these improved habitat areas in the Desert Wildlife Area on a first come, - first served basis. Hunters are asked to register before they hunt and report their harvest when their hunt is complete.

Hunters did best at the Frenchman's Wasteway Regulated Access Area, where 27 hunters reported shooting 117 ducks (an average of 4.33 birds per hunter). At the Winchester Wasteway Regulated Access Area, 20 hunters harvested 47 birds, averaging 2.35 birds per hunter. Meanwhile, the North Potholes Regulated Access Area continues to suffer from drought conditions. That's why only two hunters went there, though they did get five ducks.

COHO ARE ON THE BITE: The Icicle River near Leavenworth is open for coho salmon. I spoke with Rick Graybill at Hooked on Toys in Wenatchee about the current state of affairs there. Rick says anglers were doing pretty good on the Columbia River prior to the closure on Oct. 15, and while a few fish are now in the Icicle River, Graybill says the first big rain event we get will likely send a flood of fish into this stream for anglers to catch.

As for how to catch them? Rick recommends twitching a jig from where you cast it and twitch it back as you retrieve it (it's a fun way to trigger a



Guide Marc Bush with a nice Fall Chinook salmon.

COURTESY OF MARC BUSH

bite). As for colors to use, Rick says, "Every year it's different what they want, but consider getting a jig with a couple of different colors. Consider a bright pink head with a black and orange body or purple

and blue, etc. Another option is using a Blue Fox spinner." Rick recommends silver and orange or silver and pink. If you have more questions, contact Rick at the Hooked on Toys Sporting Goods store

fishing counter.

Meanwhile, down in the Columbia River Gorge, guide Marc Bush reports the numbers of coho salmon in the Dalles and John Day Pools of the Columbia River are unex-

pectedly down this Fall thus far. Bush says a few salmon are being caught, but the fishing for Fall Chinook is a better bet right now, and he has been catching a fair number of them off the mouth of the Klickitat River. Bush recommends checking the Bonneville Dam fish ladder count, and when the numbers increase for coho, head down to the Gorge. You can fish for them off the mouth of the Klickitat or the Deschutes River. If you would like to book a trip with Marc Bush, contact him through his website at www.twistedwaters-gs.com.

GO ON A HAUNTED HIKE: With Halloween coming up, consider hiking a local trail said to be haunted by ghosts! The trail in question is the Iron Goat Trail, just west of Stevens Pass, that takes you to the old Great Northern rail line and tunnels where the Wellington disaster took place in 1910, causing some 100 souls to perish after an avalanche hit their stranded train.

One website (www.themandagies.com/haunted-places-in-washington-state/) reports, "Some hikers have reported hearing screams in the tunnel, others have spotted apparitions, and stories of hearing out-of-body voices of souls trapped in the tunnel, trying to escape, frequent the area." Even if you don't see ghosts, you'll enjoy the 5.7-mile-long loop trail and interpretive signage along the way.

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

Radiation treatments for cancer can cause "radiation dermatitis"

Q: I'm starting radiation treatments soon. Is there a way to keep my skin from peeling?

During radiation treatments for cancer, nearly eight out of 10 people will develop some form of skin irritation called "radiation dermatitis." Radiation can cause redness and warmth, much like having a mild rash. Your skin may become more sensitive to touch and feel "tight." This can progress to dryness, itching, and peeling, exposing raw red patches that may ooze clear fluid.

Skin damage from radiation treatments is much more common under your armpits or breasts, and wherever another skin surface comes in contact with the skin being treated.

People who smoke, have diabetes, or who have had a previous surgical procedure in the treated area are more likely to develop radiation dermatitis.

Post-radiation skin irritation tends to peak about a week after treatment. The higher the number of ra-



diation sessions, the greater your risk of skin inflammation. Treating your skin with extra care can reduce your risk of developing radiation dermatitis.

It's essential to avoid rubbing or scratching the area being radiated. Drinking plenty of water and applying moisturizing cream to the area faithfully can also help keep your skin from blistering or peeling.

Washing gently with mild soap and water has been shown to cause less skin reaction than just rinsing with water. Most radiation treatment patients are advised to use a "mild, non-alkaline soap, preferably unscented."

Very little guidance exists on which soaps are best to use when undergoing radiation. There's no clear evidence that any specific soap is superior. Mild soaps like Dove®, Ivory®, or Neutrogena® are considered safe,

while highly scented soaps such as Coast® and Irish Spring® should be avoided.

You can safely wear underarm deodorant or antiperspirant during treatment unless your skin develops a cut, scratch, or blister.

Applying a moisturizer helps protect radiated skin from dryness, irritation, and skin breakdown. To minimize the potential of changing how your skin will absorb radiation, always wait until AFTER your radiation sessions before applying creams or lotions.

Your skin consists of layers of flat cells that form a flexible, self-renewing barrier, protecting you from exposure to infection and toxins. Although your skin cells start out nice and plump, they gradually dry out as they get closer to the surface, creating water-resistant thin, overlapping layers. As the top layer of flattened skin cells rubs or flakes off, it is replaced by the cells underneath.

Ceramide molecules support the barrier function

of healthy skin. A lower ceramide level is found in dry, damaged skin than in healthy skin. Applying ceramide-rich creams can help heal skin damage. Lotions and creams containing these vitally important compounds can restore skin integrity faster than creams containing only traditional moisturizing agents.

CeraVe® Moisturizing Cream contains 3 essential ceramides. When I compared CeraVe® to my previous favorite skin moisturizer, Arbdoun's Abundantly Herbal Calendula Cream, CeraVe® delivered. My skin absorbed CeraVe® quickly with no greasy residue and my skin felt smoother for hours longer than other creams.

Calendula is a natural source of soothing relief from skin irritation. Arbdoun's Abundantly Herbal Calendula Cream® contains olive oil, calendula, and lavender and works well to protect your skin from radiation damage. Unlike CeraVe®, Arbdoun's takes time to

become completely absorbed. I make sure to let it soak into my skin for at least 5 minutes before putting on clothes to avoid having fabric touch it.

Recently, turmeric cream with sandalwood oil (Vicco) was shown to help prevent radiation dermatitis when compared to Johnson & Johnson's baby oil. Turmeric has anti-inflammatory properties, and Vicco has been a popular acne remedy in India for over 40 years. If sandalwood's fragrance bothers you, try turmeric without sandalwood oil (Vicco WSO) instead.

Here Are 5 Tips to Help Protect Your Skin During Radiation Treatment:

1. Don't rub or scratch the treated area.

Itching causes the urge to scratch, even when you sleep. Keeping your fingernails short and wearing cotton gloves or socks over your hands at night helps protect your skin.

2. Avoid hot water and strong soaps.

Use lukewarm water and

mild soaps when washing or bathing.

3. Be gentle.
Avoid harsh bathing scrubbing tools like exfoliating clothes, rough washcloths, or loofahs.

4. Stay hydrated.
Irritated skin loses water more quickly, making it feel dry and itchy. Drinking plenty of water helps keep your skin well-hydrated.

5. Apply a soothing cream.

If your doctor approves, a moisturizing cream with ceramide (CeraVe®, Curel®) or an anti-inflammatory agent like calendula or turmeric can reduce your chances of developing radiation dermatitis.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely.

*Get clear answers to your medication questions at her website and blog TheMedicationInsider.com.
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CROSSWORD PUZZLE



THEME: CIVICS 101
ACROSS

- Tart spicy quality
- "Senators each represent an area on it"
- Jamaican rub
- Succulent medicinal plant
- Tiny piece
- Home to Burj Khalifa
- Sail support
- Bedazzle, e.g.
- "One making SCOTUS nominations"
- Grape holder
- Japanese cartoon
- Drunkard's sound?
- "First Lady, acr.
- Singer, songwriter, musician Jon
- Stumblebum
- Kind of monkey
- In a little while, to Shakespeare
- Speedily
- M in rpm, abbr.
- North face, e.g.
- Toy brick
- Typical revolver
- "The One I Love" group
- The ___ Man, internet meme
- Table linens
- Wow!
- Instruct
- Delhi draping dress
- "#18 Across" branch of government
- Shipping weights
- Three blind ones
- Field worker
- Spot for FitBit
- Defender of skies, acr.
- Actor Wilson
- Bookie's number
- Wilbur's home
- Back of the neck

DOWN

- Pack down
- Resembling wings
- Rudolph's beacon
- Reaches (2 words)
- Computer accessory
- Do penitence
- Chipper
- "SCOTUS" branch of government
- Jet black
- Steak option
- Kith partner
- In style
- Part of affidavit
- Harden
- Owens
- Mare's babies
- Spot for boutonniere
- Allowed into a bar (2 words)
- Plug for a barrel
- Zzzz
- Drinker
- Opposing military force
- Arabian chieftain
- "U.S. Senator's term, in years
- "Legislative assembly with power to declare war
- Mix-up
- Monkey ____, monkey do
- United Nation's children-benefiting org.
- Type of believer
- Kaa of "The Jungle Book"
- Be
- Tooth trouble
- Deep-red variety of chalcedony
- Bone-dry
- Outback birds
- Between Minnesota and Missouri
- "Same as V.P.
- European sea eagle
- "U.S. Representative's term, in years

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