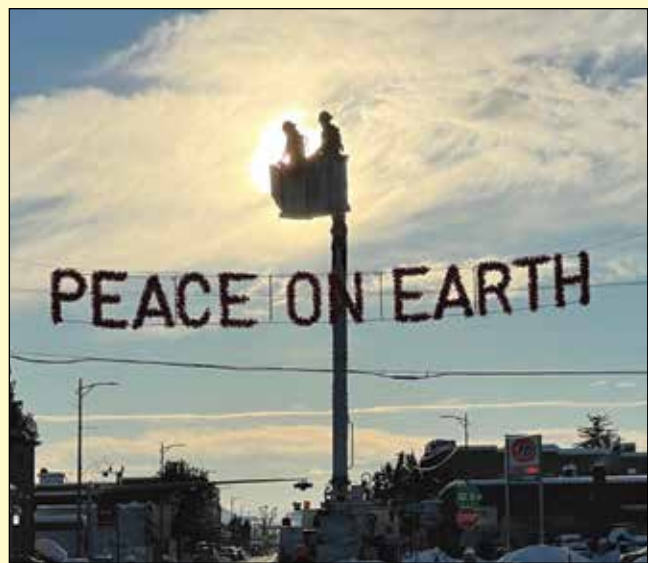


A message delivered from heralds on high



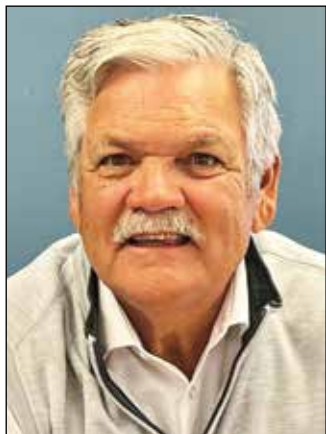
Mike Maltais/QCH

Like heralds in a high lifter silhouetted against the sun two City of Okanogan workman put in place a message we should all take to heart this season.

Mike Parker hires on as Pateros SD interim superintendent

By Mike Maltais Staff Writer

PATEROS - The Pateros School District has a new interim superintendent following a vote by the district's board of directors last month.



Courtesy Pateros School District Mike Parker

Parker agreed to join the Pateros School District for the remainder of the year as interim superintendent and will replace Greg Goodnight who notified the board of his intent to retire at the conclusion of the 2023 school year.

now a school board member with Orondo.

Parker has more than 42 years of experience in public education serving many roles including high school teacher, assistant principal/athletic director, principal, and superintendent. Since his retirement Parker has been an educational consultant and superintendent search advisor with the McPherson & Jacobsen Executive Recruitment and Development firm in Omaha, Nebraska.

The Parkers have five grown children: Justin, Kelli, Kayci, Zachary, and Kelei, three of whom - Justin, Kelli, and Kelei - are also schoolteachers.

Earlier Parker served as an assistant principal/athletic director for the Chelan School District and now resides in Orondo, with his wife Bobbi, a former schoolteacher who most recently taught in the Orondo School District. She is

Parker accepted his first superintendent position with the Concrete School District in 2003. He served in the same capacity in Hoquiam in 2006 and remained there until his retirement in 2017. He began his own personal business, MP Educational Consultant, in the summer of 2017.

Parker "brings a wealth of experience, skill, and knowledge to the district," the PSD website said. "He looks forward to working with the staff, students, and community in making Pateros the best it can be."

Economic Alliance announces Okanogan County Small Business Support Grant

OKANOGAN - Small businesses still battling the impacts of the COVID-19 pandemic can now apply for a local grant funded through the Okanogan County American Recovery Plan Act Funds (ARPA).

- Retail
• Tourism
• Hospitality

Applications were available starting December 1, and will close on December 31. Only complete applications will be accepted.

To learn more about the eligibility requirements and to access the application visit: na2.documents.adobe.com/public/esignWidget?wid=CBFCIBAA3AAABLblqZhCAf8so0tgEdk_EU0b_-FfDJ2OMkrwioh3PafbjRancdS29o2WrnFHMAi77i7be_vg*

Businesses in the following industries are eligible to apply: • Restaurants

Contact Roni at 509-826-5107 or by email at rholderdiefenbach@economic-alliance.com with any questions.

Brewster Police Dept. heads off school shooting threat

By Mike Maltais Staff Writer

BREWSTER - A Brewster School District staff member contacted the Brewster Police Department on Saturday, Dec. 3, concerning threats made by a student to "shoot up the Brewster Middle School" on Monday, Dec. 5, according to a media release from Chief Marcos Ruiz.

"A photo of a gun was sent in a group message with a warning telling some students not to go to school," wrote Ruiz. "The message contained information saying the gun was going to be brought to school on Monday."

Brewster Police initiated an investigation and those involved in the chat were contacted. Within hours, the sender of the original mes-

saged was located.

"Officer Harmier arrested the juvenile suspect, and the gun was located," wrote Ruiz. "The gun was a pellet gun with no bright colored markings. At first glance the pellet gun looked like a real firearm."

Brewster Police worked with the Okanogan County Prosecutors office to quickly ensure the safety of the pub-

lic and the Brewster School District.

"These types of threats are taken seriously and will not be tolerated," wrote Ruiz. "I want to thank the individuals who reported this information to the police, and the cooperation of everyone interviewed, without them saying something, something bad may have happened. If you see something, say something."

1st annual Lake Chelan 'Stand Down' a success

By Norm Manly, American Legion Post Service Officer

CHELAN - "The First Annual Lake Chelan 'Stand Down', held on November 12, at the Chelan VFW bunker, was a success. We are looking forward to next year's event that will be bigger and better for veterans in the Lake Chelan Valley. A big thank you goes out to the Lake Chelan VFW, Manson American Legion and the Marine Corps League for sponsoring this event," said Butch, Lake Chelan VFW Quartermaster.



Photos courtesy Norm Manly

Volunteers at the the 1st annual Lake Chelan 'Stand Down' helped make the event to support homeless veterans a success.

What is a Stand Down? In times of war, exhausted combat units requiring time to rest and recover were removed from the battlefields to a place of relative security and safety. At secure base camp areas, troops were able to take care of personal hygiene, acquire clean uniforms, enjoy warm meals, receive medical and dental care, mail and receive letters, and enjoy the camaraderie of friends in a safe environment.

Today, "Stand Down" refers to a grassroots, community-based intervention program designed to help the nation's estimated 107,000 homeless veterans on any given night, cope with life on the streets. Homeless veterans are brought together in a single location and provided access to the community resources needed to begin addressing their individual problems to rebuild their lives.

The Chelan "Stand Down" received gear from the Department of Defense. Veterans were provided with boots, athletic shoes, cold weather gear, jackets, sleeping bags and much more. There were personal items like razors and cleaning supplies all free of

charge. This is a huge benefit for veterans struggling in life.

In addition, veterans had the opportunity to meet with Heather Bahme, Brain Injury & Recovery Program Manager and Brianna Flott, Brain Injury & Recovery Program Specialist, both with the Washington State Department of Veterans Affairs. Barry Schettler, Vetcorps Navigator with the Chelan County Veteran Service Office in Wenatchee was there to help veterans apply for VA benefits.

Heather comes from the Spokane area and Brianna from Olympia. I asked, "Isn't that a long way to come for just a few veterans?" Heather replied, "It would be worth it if we only helped one veteran, it's that important."

Butch, a member of the Lake Chelan VFW for 19 years, came up with the idea of holding a "Stand Down" in Chelan last September. "Over the years we noticed that at the end of every 'Stand Down' there was gear that still needed to be placed in the hands of those in need. We

coordinated efforts to round up excess gear from Puget Sound to Spokane to ensure that that the program's intent would be met. Holding a "Stand Down" is a small way to support our veteran community. To be honest, it would be impossible to adequately compensate our veterans for loss of time and health issues they face. The Lake Chelan "Stand Down" is a great opportunity to do a good thing for people that deserve our help," Butch said.

"The Lake Chelan "Stand Down" was a success because of people who stepped up and helped out. I would like to thank Chief Charlie Keeton, Robb Duff, Bob Hoots, Chuck Robinson, Pat Hautenne, Norm Manly and Mayor Bob Goedde for helping hand out gear. There were many people along the way that open doors and made things happen. I want to thank Steve Hampton from the Wenatchee Bunker, Central Washington Veterans Counseling, Heather Bahme, Colonel Dave Lucas, Gina Grabicki, Victor Kaeck, Tony Sandoval,



Brianna Flott, (left) Brain Injury & Recovery Program and Specialist and Heather Bahme, (right) Brain Injury & Recovery Program Manager, both with the Washington State Department of Veterans Affairs.

Heather and Colin Hill and a special thank you to KOZI Radio for getting the word out to the public," Butch concluded.

Bridgeport sale tax measure approved

Budrow wins sheriff, Neal new commissioner in final election results

By Mike Maltais Staff Writer

OKANOGAN - The final ballot count from the Nov. 8 General Election released by county auditor's office shows Paul Budrow winning the race for Okanogan County Sheriff over incumbent Anthony Hawley by a margin of 686 votes or 52.29 percent.

What started as the only close race in the post-election counts saw Budrow come from

23 votes down in the initial count to a growing lead as the successive counts were conducted.

Jon R. Neal defeated Lloyd Caton by 484 votes to become the new Okanogan County Commissioner for District 3 replacing Jim DeTro.

Incumbent Okanogan County Public Utility Commissioner Jerry D. Asmussen retains his District 3 seat by 2,968 votes over challenger Joseph H. Enzensperger.

Incumbent coroner David Rodriguez held off challenger Rojean (Jeannie) Hughes by 4,229 votes to easily retain his office.

The other local candidate races saw unopposed incumbents re-elected for another term.

Douglas County Incumbent Aaron "Owen" Viebrock won reelection to his seat as District 3 Douglas County Public Utility Commissioner over challenger Randy

Agnew by 68 percent to 31 percent.

The City of Bridgeport Proposition 1 was handily approved by 76 percent of voters. Last June the city council approved the measure calling for a .3 percent increase in the city sales tax from 7.7 percent to 8 percent. The funds generated by the increase will be earmarked to purchase a replacement fire truck for the city when that becomes necessary.

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THE WASHINGTON OUTDOOR REPORT

Winter Trout and Christmas birds

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

WINTER TROUT OPENER:

Staci Lehman, a spokesperson for the Washington Department of Fish and Wildlife in Eastern Washington, shared reports from the Winter Trout Opener that occurred on Black Friday, November 25, at several lakes in our region. In her words, "Fourth of July (Lake) fished pretty well for those willing to put in a little effort to get to open water. Most people who did were rewarded with limits. Overall, the fish were a little smaller than in years past, but were still really nice (only two of the 50+ fish checked were over 20 inches. Most were 15-18 inches).

Hog Canyon (in Spokane County) was 90% ice covered. Staff observed several people ice fishing, but only checked one angler who walked down

to the open water and caught 3 fish about 14 inches.

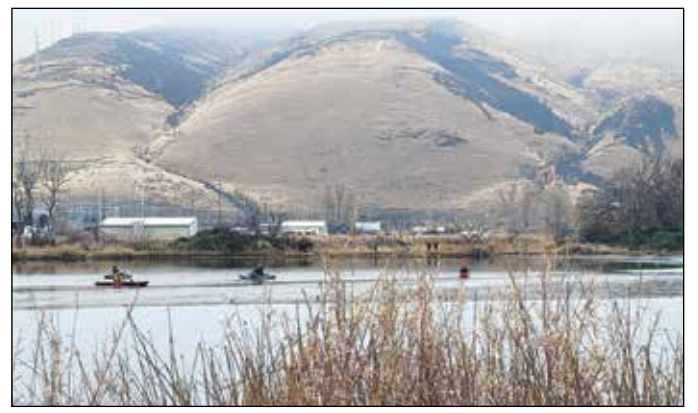
The one lake that was stocked for this event (North Elton Pond) in Yakima County was very successful. Staffer Joe Tucker says he arrived around 10 a.m. and searched a while to find somewhere to fish - due to the lake being about three quarters iced over. He ended up bushwhacking along the South end of the pond to find some non-frozen water where he limited out in 45 minutes. He was using roughly a 1-ounce barrel weight with around 3 feet of leader, and a size 6 hook, with garlic scented power eggs to float the bait above the weeds.

The fish were very nice sized, hovering around a pound. One went over, and the rest were just below this weight. They ranged 14-17 inches. The trail to get to the "fishable" part of the lake was overgrown, with lots of logs to cross, and a small stream to cross, but it was a successful trip. There were multiple Kayakers in the water



Courtesy WDFW

The trout fishing was very good at North Elton Pond last week.



Courtesy WDFW

Kayakers at North Elton Pond on Black Friday.

and everyone that was fishing the unthawed area of the pond were catching fish."

AUDUBON CHRISTMAS BIRD COUNT

It's once again time to participate in the annual Christmas Bird Count. Put together by the Audubon Society, it's billed as "the nation's longest-running community science bird project."

If you have not participated in this event before, here's how it works. Between December 14 and January 5, both novice and experienced bird watchers will meet up with a coordinator and then go out and count the birds they see by number and species within a defined circular map area that is used

every year. Last year's volunteers surveyed birds in 1,842 circles across the nation. The one-day counts are tallied and you can see both statewide and national trends regarding the populations of birds for this time of year. You will want to contact the coordinator for your area in advance or sign up online to participate at <https://www.audubon.org/conservation/join-christmas-bird-count>.

The trends are interesting. Some birds, like the American bald eagle, have been doing well with numbers up over 5 percent on average each year since 2009. Likewise, the California valley quail has done well adapting to

our habitat with a 2.8 percent year over year increase. Also, up this year, our state bird, the goldfinch, which saw a 2 percent increase per year over this timeframe. On the other hand, western meadowlark numbers are down 2.2 percent and snowy owl numbers have decreased each year by 1.6 percent in our state.

Are you wanting to participate and want to find a circle near you? Here's the ones in our region that have openings for participants:

COLVILLE - Compiler: Barbara Harding, Email: stellerijay@hotmail.com, Count Date: Dec. 17.

OMAK/OKANOGAN - Compiler: Matthew Danielson,

Email: mattie_rubio@hotmail.com

Count Date: Dec. 18.

LEAVENWORTH - Compiler: Joe Veverka, Email: joe_everka@yahoo.com, Count Date: Dec. 20.

Dates for bird counts in the Goldendale, Wenatchee, Chelan, Bridgeport, Grand Coulee and Chewelah Circles have yet to be determined. Check the Audubon Christmas Bird Count website for updates. Then, sign up, break out your bird guides, your binoculars, and spend a day in nature looking for birds and having a good time while you are at it.

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

MILITARY NEWS

McHenry graduates from Basic Training

FORT SILL, OKLAHOMA - Allen A McHenry, a 2015 graduate of Brewster High School, and a member of the U.S. Army Reserves, graduated from Basic Training on Nov. 23, at Fort Sill in Oklahoma. He is now stationed at A.I.T. Fort L. Wood, Missouri, and will attend Engineer School, M.O.S. 12 November to become a Horizontal Equipment Operator.

His parents are Daniel R. McHenry of Brewster, and Maria S. Luquin of Bridgeport Bar.



Courtesy Daniel McHenry Allen A. McHenry

Learn, craft and play at the library

SUBMITTED BY NCW LIBRARIES

PATEROS/BREWSTER - Attend a program this month at your local library. Find something for everyone, no matter your age, stage, or interest. Try area library events like Lego robotics at Pateros, art afternoon for children with special needs at Omak, and holiday ornaments and cards at Grand Coulee.

Join STEM Librarian Buffy

as we explore LEGO Robotics in Pateros. Age Group: Kids (Elementary), Tweens (Middle School), Teens (High School), and Adults by presenter Buffy Jackson. For more info Ana: 509-923-2298, pateros@ncwlibraries.org.

Join us for an afternoon of art at the library for children with special needs in Omak. We will recommend books to read this winter and have an art project that is accessible for your child to make. Please let us know ahead of time of any special accommodations that your child will need so that we can try to provide them for you. Age Group: Kids (Elementary), Tweens (Middle School). Contact Alyssa 509-826-1820 for more info.

Come make some beautiful & fun ornaments - perfect for gift giving or as a personal



Courtesy NCW Libraries

Attend a program this month at your local library and find something for everyone, no matter your age, stage, or interest.

treat. Age Group: Adults at Grand Coulee Library. Contact Joanne (509)633-0972, jpercyc@ncrl.org or omak@ncwlibraries.org.

Storytime at the Brewster Library

Monday, December 12, 10:30-11:00 a.m. at Brewster Library Main Area.

Storytime at Pateros Library

Tuesday, December 13 at 10:30-11:00 a.m. at Pateros Library Main Area. Join us for an hour of stories, songs, rhyming, crafts, and fun. Our program will be geared towards pre-school ages, but all are welcome to attend.

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News Tips
Have an idea for a story?
Call Quad City Herald at 689-2507

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Corrections
Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.

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Rainbow Fentanyl: The colors that kill

Just about everyone loves rainbows. They rank among the visual sights of the natural world as some of its most thrilling and photographed. But leave it to the profiteers and predators among us to introduce a deadly new realm of rainbow exposure that warrants a watchful mindset over those we cherish. It's called Rainbow Fentanyl and every family needs to be aware for it.



for the first time, and this was college.

While vigilance of and communication with family and friends is vital, so is preparation in the event of an overdose. For the latter there is the antidote Naloxone also known as Narcan, a nasal spray that, if administered quickly, can keep an overdose victim alive until help arrives.

Elsewhere in this issue is a safety bulletin issued by the Columbia River Task Force warning the public about the dangers of counterfeit pills laced with Rainbow Fentanyl, a new twist to the deadly synthetic opioid. As the name implies it is deviously disguised as colored candy to make it more appealing especially to children.

As much of the public's attention was riveted on the COVID pandemic and its rising death toll, those caused by drug overdoses rolled along under the radar. In 2021 alone more than 100,000 of our countrymen died of drug overdoses, the leading killer of Americans between the ages of 18 and 45, according to the Center for Disease Control and Prevention (CDC). Of that number more than 65 percent were fentanyl related. That comes as no surprise considering that fentanyl packs 50 times the potency of heroin and 100 times that of morphine.

A milligram is very small, only one-thousandth of a gram. It takes 28,000 of them to equal an ounce. It takes only two milligrams of fentanyl to deliver a fatal dose.

Families across the nation are dealing with the losses of loved ones from fentanyl overdoses and reliving the "would have, should have, could have" agonies after the fact. Mine included. Recently an 18-year-old niece on my wife's side of the family was found deceased in her college dorm room. The coroner's results identified the cause. She was steady and studious, the last person one would associate with a fentanyl overdose. But she was away from home

Do you know that in Washington State citizens can order free Naloxone kits by mail? The website for the Addictions, Drug & Alcohol Institute (ada.i.uw.edu) at the University of Washington has more detail.

The website stopoverdose.org shows locations closest to you where Naloxone/Narcan is available online or in person. The site also tells you what steps to follow for a person experiencing an overdose.

Worried about "getting involved" and accusations of drug possession? The state's 911 Good Samaritan/Overdose Law (RCW 69.50.315) protects both you and the overdose victim from drug possession charges.

The Washington State Department of Health website (doh.wa.gov) offers more information about Naloxone, detailed instructions about helping an overdose victim, and more useful information.

Consult your physician, pharmacist, or county health department, all good sources of factual information in this atmosphere of unreliable sources.

Fentanyl, first created in 1959, is an old painkiller all painted up in a new disguise to lure more partners into its web of addiction. Watch for it. Educate your children and friends about it. And keep Narcan close by. You never know whose life you might save.

Columbia River Drug Task Force issues Safety Bulletin: Rainbow Fentanyl

SUBMITTED BY JESSICA PETERSON, CHELAN COUNTY SHERIFFS DEPT. PIO

WENATCHEE - On behalf of the Columbia River Drug Task Force (CRDTF) we want to make the public aware of different colored Fentanyl or what is considered "Rainbow" Fentanyl that has been confiscated by law enforcement in the Wenatchee Valley within the last month. CRDTF detectives have seen pictures of this multi-colored Fentanyl on suspect's phones who reside in the Wenatchee Valley.

We want the public to be aware of this latest trend as the Fentanyl looks very similar to candy or children's vitamins. Also, there have been drug seizures in Washington



Courtesy CRDTF
Rainbow Fentanyl pills have been confiscated by law enforcement in the Wenatchee Valley within the last month.



Courtesy CRDTF
Fentanyl chalk.



Courtesy CRDTF
Purple Fentanyl pills.

State, specifically in Eastern Washington, of colored Fentanyl powder that looks similar to colored chalk. We believe it will only be a matter of time before this type of Fentanyl will also make its way into our community.

We urge the public to talk with your children about the dangers of drugs, to include not ingesting any type of pill that is not prescribed by a Doctor, and not trying or experimenting with any pills or powder that are given to them by an acquaintance, friend, or family member. Fentanyl is an extremely

dangerous substance. For more information on the dangers of Fentanyl and to learn more please visit the following websites.

<https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans>
<https://www.dea.gov/onepill>

DOUGLAS COUNTY PUBLIC UTILITY DISTRICT

Douglas County Sheriff	Brewster Police Department	officer was requested to respond.
Nov. 23 10:33 Non-injury Accident, 18 Crane Warehouse Rd., Bridgeport 14:51 Fraud/ Forgery, 303 E. Walnut St., Waterville 15:25 Agency Assist, 35 S. Mansfield Blvd., Mansfield 18:26 Domestic Disturbance, 21522 US Hwy. 97, Orondo Nov. 24 01:03 Welfare Check, 34 Nollmeyer Rd., Orondo 11:06 Warrant Arrest, SR 173 MP 3, Bridgeport 18:06 Public Assist, Mansfield area 21:13 Weapons Violation, 6 McCormack St., Bridgeport Nov. 25 12:38 Injury Accident, Rd. 8 NW MP 10, Waterville Nov. 26 02:35 Drugs, 1000 block 16th St., Bridgeport 18:00 Harassment/ Threat, 317 Pine View Dr., Orondo Nov. 27 03:36 Sex Offense, 2336 Columbia Blvd., Bridgeport 03:40 Missing Person, 565 W. Marine View Dr., Orondo 08:24 Welfare Check, 880 Maple St., Bridgeport	Nov. 28 08:41 911-call, 1300 Douglas Ave., Bridgeport 09:24 CPS/ APS Referral, 417 Columbia Ave., Bridgeport 09:46 Trespassing, 1206 Columbia Ave., Bridgeport 13:30 Attempt to Locate/ Contact, 911 Foster Ave., Bridgeport 15:37 Hazard, Singleton Rd. and Brays Landing, Orondo 16:08 Suspicious Circumstance, 14007 US Hwy. 2, Orondo 18:26 Suspicious Circumstance, 929 Maple St., Bridgeport Nov. 29 09:31 Alarm, 270 Vineyard Dr., Orondo 09:51 Welfare Check, 200 7th St., Bridgeport 13:17 Parking/ Abandoned Vehicle, Sun Cove Rd. and US Hwy. 97, Orondo 17:10 Domestic Disturbance, 309 S. Central Ave., Waterville Nov. 30 05:44 Public Assist, Bridgeport Hill Rd. MP 8, Bridgeport 12:27 Civil Dispute, 800 E. Locust St., Waterville Dec. 1 14:35 Domestic Disturbance, 102 S. Chelan Ave., Waterville	Nov. 23 - 24 No local reports. Nov. 25 12:14 A 911-hangup call was received from Hwy. 97 in Brewster. 14:59 Road rage was reported on Hwy. 97 for a reckless driver in a red semi with company Duam, that reportedly tailgated the caller and then passed while taunting them. They were both pulled over at Gebber's Farms location and the caller in a gray Volvo semi had a video. Nov. 26 No local reports. Nov. 27 08:48 An agency assist was requested on Hwy. 153 in Pateros for state patrol not answering radio calls, an
		Nov. 28 12:24 An agency assist was requested on Foster Ave. in Bridgeport for a subject in a residence that was unwilling to come out and there was a current court order violation and they had two warrants. 15:32 An injury accident was reported on Hwy. 97 and West Indian Ave. in Brewster involving two vehicles and one male subject complained of head pain. Nov. 29 11:13 A hit-and-run accident was reported on W. Indian Ave. in Brewster. 15:27 A 911-call was received. Nov. 30 18:24 A caller on E. Indian Ave. in Brewster requested their intoxicated girlfriend be removed by law enforcement.



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 Stocking Stuffers available locally in Chelan or Wenatchee or by mail.

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 Baptist Church
www.cbcbrewster.com
 Sunday Worship 9:30 a.m.

HOPE LUTHERAN CHURCH
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 Bible Study & Sunday School 10:00 a.m.
 509-689-3106 • 1520 Sunset Dr.

NEW TESTAMENT BAPTIST
 Sunday 10 a.m., 11 a.m. & 6 p.m.
 Wednesday 7 p.m.
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 509-689-2420 • 412 W. Hanson



"With men this is impossible; but with God all things are possible."
 - Matthew 19:26

To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruthk@lakechelanmirror.com

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email those to heraldads@qcherald.com or NCWMARKET.COM
- For more info call: Quad City Herald at 509-689-2507
- Email to: ruthk@lakechelanmirror.com

COMMUNITY BULLETIN BOARD

Addresses Wanted for those who are Deployed

NCW - The Cashmere American Legion Auxiliary #64 is looking for addresses of deployed soldiers to send holiday care boxes. If anyone has a loved one deployed or knows of one who would appreciate a care package from home and would like to share their address, please leave at the Cashmere Post Office, or call Linda Ingraham, 509-

679-0243. A collection box for donations of snack and personal items will be at the post office through the first week in December.

Dec. 7, 21

American Legion meetings
BREWSTER - Amercian Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

Dec. 7, 9, 13-14, 16

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, Wednesday and Fridays. Home delivered meals are delivered those same days. Call 509-826-7979 to reserve or cancel your meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: Dec. 7: Chef's Salad, Potato Soup, Cinnamon, Applesauce, WW Roll, Cereal Bar; Dec. 9: Lemon Pepper Fish, Roasted Red Potatoes, Trio Vegetables, Coleslaw, Chilled, Peaches, Garlic Bread, and Dessert; Dec. 13: Baked Ham, Scalloped Potatoes, 49'er Chopped Salad, Pineapple & Cherries, WW Roll, Rice Krispy Treats; Dec. 14: Lasagna, Mixed Vegetables, Caesar Salad, Pears, Garlic Bread, Dessert; Dec. 16: Clam Chowder, Turkey Sandwich, Cucumber Salad, Tropical Fruit, Dessert.

Dec. 7-10, 12-17

Senior Center Thrift Store, Tuesdays: Coffee, conversation

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Everyone is welcome to come to the center on Tuesdays from 9:30-11 a.m. for coffee and conversation, plus sweets. Check out our 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.

Dec. 7-8, 12-15

Chelan Valley Hope Red Kettle campaign

Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat
CHELAN - Red Kettle is in full swing. Thank you to Campbell's Resort for hosting the first Red Kettle of the 2022 season. Also, thank you to the IGA Market in Manson for hosting the second Red Kettle. The next Red Kettles will be at the Chelan Walmart on Saturday, December 10, and at Safeway on Saturday, December 17. Kettle donations stay local and help individuals/families receive assistance with food, gas, utilities, rent, prescriptions, clothing, lodging, and more. For more information please visit our website at ChelanValleyHope.org/News-Updates. Visit Chelan Valley Hope at 417 S. Bradley Street, Monday thru Thursday 9 a.m.-3 p.m. (closed noon to 1 p.m.). Whether you are looking to get help or to give help they are waiting for you.

Dec. 8, 15

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is Dec. 8. 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, Nov. 17, 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.

Dec. 8

Bingo every Thursday

BREWSTER - Bingo is held at the Brewster American Legion, every Thursday night at 6 p.m. It is open to public. Come early to purchase game packets and markers. Check out their Facebook page at American Legion Columbia Post 97 for more events.

Dec. 10

OVOC Winter Concert

OMAK - Okanogan Valley Orchestra and Chorus will present their Winter Concert on Saturday, Dec. 10, at 3 p.m. in the Omak PAC with classic and modern tunes and special guests. As special guests, first and third graders and the Hearts Gathered group from Paschal Sherman Indian School will share songs to kick off the show. The orchestra and chorus will share pieces from both classic and modern holiday favorites, culminating in a joint presentation of the "Hallelujah Chorus." Tickets are \$10 for all adults, free for anyone 18 and younger. Concessions will also be available by donation. The concert is one part of a full day of seasonal activities in the City of Omak, and will end in time for the audience to catch the Twilight Parade on Main Street.

Dec. 12

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

Dec. 12

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.

Dec. 12

Okanogan County Fair Advisory Committee

OKANOGAN - The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Dec. 13

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: tcf-wenatcheevalley.org

Dec. 14

Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, December 14, 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.

Dec. 19

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: tcf-wenatcheevalley.org

DEATH NOTICES

Jimmie Caine

Jimmie Caine, 90, of Pateros, Washington, passed away on November 27, 2022.

Please leave any thoughts

and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

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 509-689-2507 for more information
Or email ruthk@lakechelanmirror.com



Enjoy a moment of cheer.

Watch Brewster's Brittany Jean perform
Christmas in Killarney at stcu.org/holiday.



Pateros, Brewster, Bridgeport girls make All-League Soccer honors

CWB 1st Team

Coch of the Year: Dean Kiepec
Player of the Year: Afton Wood
Sportsmanship: Liberty Bell

Name	Position	School
Addie Brown	Keeper	Okanogan
Ayeris Jones	Def	Okanogan
Maria Duncan	def	Okanogan
Jareli Pardo	def	Tonasket
Lupe Morena	def	Bridgeport
Jaylo Bello	mid	Tonasket
Lindsey Jones	mid	Okanogan
Sydney Sparks	mid	Okanogan
Julissa Rincon	mid	Brewster
Afton Wood	for	Okanogan
Tamara Mathison	for	Okanogan
Emma Wilson	for	Tonasket

BRIDGEPORT – Fillies defender Lupe Morena and Brewster midfielder Julissa Rincon were both selected to the Central Washington B All-League Soccer First Team by league coaches and athletic directors.

Second Team picks include defender Janette Hernandez and forward Tea Asmussen of Pateros, goalkeeper Mayra Garcia, midfielder Marissa Medina, and forward Ami

Mora of Brewster, and forward Angie Valdovinos of Bridgeport.

Honorable Mentions are defender Briana Comacho and midfielder Mia Gamble of Brewster, defender Lupe Moreno, defender Jolette Prestegui, and midfielder Rosalinda Hernandez of Bridgeport, and midfielder Giselle Cenicerros, midfielder Karina Mota, and goalkeeper Alyssa Lopez of Pateros.

2nd team

NAME	Position	School
Mayra Garcia	Keeper	Brewster
Adie Smith	def	Liberty Bell
Jacie Deebach	def	Tonasket
Roberta Becerra	def	Manson
Janette Hernandez	def	Pateros
Rachel Bolich	mid	Tonasket
Taylor Meyer	mid	Okanogan
Marissa Medina	mid	Brewster
Marit Nelson	mid	Liberty Bell
Ami Mora	for	Brewster
Tea Asmussen	for	Pateros
Angie Valdovinos	for	Bridgeport
Nautika Brown	for	Lake Roosevelt

Honorable Mention

NAME	Position	School
Maia Deebach	Mid	Tonasket
Lupita Cosino	Mid	Tonasket
Briana Comacho	Def	Brewster
Mia Gamble	Mid	Brewster
Lupe Moreno	Def	Bridgeport
Jolette Prestegui	Def	Bridgeport
Rosalinda Hernandez	Mid	Bridgeport
Ruby McCarthy	Goalie	Liberty Bell
Olive Frady	Mid	Liberty Bell
Lillian Overbeck	For	Liberty Bell
Giselle Cenicerros	Mid	Pateros
Alyssa Lopez	Goalie	Pateros
Karina Mota	Mid	Pateros
Sawyer Steffens	Mid	Lake Roosevelt
Kenzie Brown	Def	Lake Roosevelt
Alondra Serrato	Goalie	Manson
Sammy Sherrer	Mid	Oroville

Bridgeport hands Pateros non-conference basketball losses



Photo by Brad Skiff/Bridgeport School District
Kassidy Wilfong of Pateros grabs a rebound during a 63-24 loss on the road to the Bridgeport Fillies on Nov. 29.



Photo by Brad Skiff/Bridgeport School District
The Mustangs' Cristian Lopez, right, drives around Chris Poore of Pateros on the way to a close 68-64 home win over the Billygoats on Nov. 29.

Bears varsity players make All-League teams

By MIKE MALTAIS
STAFF WRITER

BREWSTER – Senior Abi Boesel and sophomore Morgan McGuire are among eight Central Washington 2B players selected for this year's All-League First Team. They join senior teammate Makenna Kelly and sophomore Grace Becker who are All-League Second Team picks.

Bridgeport senior Uranely

Penaloza is an Honorable Mention player.

Brewster head coach Marcy Boesel is this season's Coach of the Year.

The Bears were one of three District 6 teams along with Manson and Okanogan to qualify for the playoffs at the SunDome in Yakima last month. They lost to Liberty, defeated Walla Walla, and ended their season with a loss to eventual seventh place finishers Okanogan.

Bears beat 1A Chelan in non-conference season opener

By MIKE MALTAIS
STAFF WRITER

CHELAN – The Brewster Bears varsity boys and girls basketball teams opened their season with a pair of wins on the road against the Caribou League's Chelan Goats on Nov. 29.

The Brewster girls won 43-32, and the boys 74-64.

"We started out the game playing efficiently and were aggressive with our traditional offense," said Bears head coach Michael Taylor. "We continued this effort in the sec-

ond quarter as well, but Chelan also picked up their offensive attack and cut into our lead."

Brewster led at halftime, 54-41.

"The second half, both teams played better on defense and were more physical, making offense less efficient causing our scoring output to be cut in half," said Taylor. "I think some fatigue set in, so we will need to get in better condition, but overall it was a good start for us and a good win."

The Bears will host Liberty Bell on Thursday, Nov. 8, for their first home game.



2022
Central Washington 2B
All-League Volleyball

Player of the Year: Stella Petersen, Manson
Coach of the Year: Marcy Boesel, Brewster
Sportsmanship: Okanogan Bulldogs

1ST TEAM	School	Grade
Stella Petersen	Manson	10
Abi Boesel	Brewster	12
Morgan McGuire	Brewster	10
Rylie Thrasher	Tonasket	11
Genesis Torres	Manson	10
Barbie Espinosa	Manson	12
Zalissa Finley	Lake Roosevelt	12
Aleena Lafferty	Okanogan	11

2ND TEAM	School	Grade
Tylie Super	Okanogan	12
Alex Goetz	Okanogan	11
Jacey Boesel	Okanogan	9
Natalee Reyna	Manson	11
Mackenzie Marble	Manson	12
Carly Neddo	Lake Roosevelt	11
Grace Becker	Brewster	10
Makenna Kelly	Brewster	12

HONORABLE MENTION	School	Grade
Cylia St. Pierre	Lake Roosevelt	11
Maria Timm	Tonasket	12
Emma Attwood	Tonasket	10
Uranely Penaloza	Bridgeport	12
Violet Chrastina	Liberty Bell	10
Ellie Blank	Liberty Bell	12
Kylie Acord	Oroville	12
Jayden Glover	Oroville	10

Waterville-Mansfield three make volleyball All-League First Team

WATERVILLE-MANSFIELD – Varsity Shocker players Elsie Munson, Tiera Miller, and Alexia Garcia filled three of seven spots on this season's 2022 Central Washington 1B All-League Volleyball First Team.

Shockers teammate Mady Regallie and Pateros player Kaylee were voted to the All-League Second Team.

CWB 1B Volleyball All-League Teams Team Sportsmanship Award: Thorp

Coach of the Year: Entiat Heather Long

First Team:
1. Co-MVP Kali Cast - MLCA/CCS

2. Co-MVP Shannon Bell - Entiat

3. Kaylee Darlington - Entiat

4. Jordan Long - Entiat

5. Elsie Munson - Waterville-Mansfield

6. Tiera Miller - Waterville-Mansfield

7. Alexa Garcia - Waterville-Mansfield

Second Team:
1. Mitchigo Mackwelung - CCA

2. Kaylee - Pateros

3. Laura Villalva - Soap Lake

4. Mady Regallie - Waterville-Mansfield

5. Lucy Ciocoolini - Wilson Creek

6. Jessa Bise - Wilson Creek

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the **Nutcracker**
Pyotr Ilyich Tchaikovsky

Wenatchee Valley Symphony Orchestra and Fabulous Feet Academy of Ballet present

the **Nutcracker**
Complete Ballet by Pyotr Tchaikovsky

DECEMBER 9-11, 2022

DECEMBER 9TH - 7:00 PM
DECEMBER 10TH - 2:00 PM
DECEMBER 10TH - 7:00 PM
DECEMBER 11TH - 2:00 PM

Numerica Performing Arts Center
Online at www.numericapac.showare.com or Box Office (509) 663-2787

A CHRISTMAS GIFT FOR THE ENTIRE FAMILY

Four Performances December 9th - 11th
Friday - 7pm
Saturday - 2pm & 7pm
Sunday - 2pm

Information & Tickets
wenatcheesymphony.org
or
509-663-2787 (PAC Box Office)

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NCW MARKET.COM
CLASSIFIED ADS

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

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All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative
Puzzle Solution

7	6	3	5	1	4	8	2	9
2	1	5	7	9	8	4	6	3
9	8	4	6	3	2	7	5	1
8	7	6	3	2	9	1	4	5
3	5	1	8	4	7	2	9	6
4	2	9	1	6	5	3	7	8
1	4	8	2	5	6	9	3	7
5	9	7	4	8	3	6	1	2
6	3	2	9	7	1	5	8	4

STAB	BOB	FETA		
TACO	TUBA	SOLAR		
YEAR	IRIS	POOLE		
ELIZABETH	ETNA			
OMITS	EAR			
CHINA	UKRAINE			
BAA	ILLUSE	CROP		
ANIMA	ERE	TEASE		
RATA	LENDER	TEE		
FLIVVER	NAPES			
END	SABLE			
LORE	INFLATION			
CYNIC	TARO	ACHE		
WRECK	CROC	RAMS		
TASK	HES	DOST		

Announcements
Lost & Found

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 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

Trouble hearing your TV? Try TV EARS' Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-541-3425

Employment

Help Wanted

Looking for a great local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR **Leavenworth Echo Cashmere Record** 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers



Help Wanted

Bus Driver/ Operator Full-time
Organization: Okanogan County Transit Authority (TranGO) TranGO IS HIRING DRIVERS;

Full-time (36 plus hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantansit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

The Loup is hiring a Retail, Rental and Repair (RRR) Shop Manager. This position will report to the Executive Director, and will manage not only the day-to-day operations of the RRR Shop but will also work with the Executive Director and the Loup Loup Ski Education Foundation (LLSEF) management staff team to develop short and long term goals in support of LLSEF mission, programs, and strategic goals. The position requires good interpersonal skills, excellent customer service, and the ability to create a comfortable, clean, and inviting retail space. Does this sound like you? If so, email your resume to: manager@skitheloup.com



School District is seeking qualified applicants for the following position:

- Cascade High School Head Volleyball Coach

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

Help Wanted

Cascade Pipe And Feed Supply is hiring for a Stihl sales and service Technician/ Snow plow sales and service. \$18-\$27 per hour. WDOE Health Insurance and paid vacation after 6 months of employment. Employee discount on all store items. Qualifications
*High School Diploma or equivalent
*Valid drivers license and clean driving record
*Physically able to lift heavy objects
*Experience in small engine repair and maintenance.
*Stihl service qualifications a plus but not mandatory Requirements
*To obtain Stihl Technician certifications
*To obtain Snow Plow certifications
Job Description
*Sales and service on all Stihl power equipment
*Sales and service on all Boss Snow plow equipment
*Managing a service schedule on customer equipment
*Creating quotes, orders, and purchasing parts. Email resume to cascadepipeandsupply@gmail.com

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site. **Want Print Only?** Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com **Deadline: Noon on Friday for all papers.**

Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

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Fill your pockets with **CASH \$\$** Let others know what items you are selling!

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Leavenworth Cashmere Call: 509-548-5286

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Legals

Public Notices

CITY OF PATEROS ORDINANCE 802
Adopting the 2023 Pateros Budget and Salary Schedule Ordinance 802 adopts the Budget and Salary Schedule for the City of Pateros for the fiscal year ending December 31, 2023. The budget and salary schedule for the city was adopted at the fund level in its final form and content as set forth in the document entitled "City of Pateros 2023 Operating Budget" on file in the office of the Clerk-Treasurer. Passed November 21, 2022. Full text will be mailed upon request.

CITY OF PATEROS ORDINANCE 801
Set Property Tax Collection Amount for 2023 Ordinance 801 is an ordinance of the City of Pateros, increasing the property tax revenue from the previous year by 1%, in addition to that resulting from the addition of new construction and improvements to property and any increase in the value of state-assessed property, in order to discharge the expected expenses and obligations of the City. Passed November 21, 2022. Full text will be mailed upon request.

CITY OF PATEROS ORDINANCE 800
Set EMS Tax Collection Amount for 2023. Ordinance 800 is an ordinance of the City of Pateros, increasing the EMS tax revenue from the previous year. Passed November 21, 2022. Full text will be mailed upon request. Published in the Quad City Herald December 7, 2022 #4989

Public Notices

Board meeting date change
The Brewster School District School Board Meeting date of Dec. 26, has been changed to Dec. 28, 2022 at 7 p.m., in the Brewster Elementary Library. This meeting is usually held the 4th Monday of the month. Published in the Quad City Herald December 7, 2022. #4965.

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL
NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing for a 2022 budget amendment for the General Fund, Street Fund, and Capital Sewer Fund sources for the City of Pateros. Said public hearing shall be held on Monday December 19, at 6 in council chambers, 113 Lakeshore Drive. Send written comments to the Clerk-Treasurer, PO Box 8, Pateros, WA 98846 Published in the Quad City Herald December 7, 14, 2022 #4990

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON IN AND FOR WHATCOM COUNTY
In re the Estate of: DAVID J. GRONLUND Deceased.
No: 22-4-00902-37
PROBATE NOTICE TO CREDITORS (RCW 11.40.030) PLEASE TAKE NOTICE

The Personal Representative named below has been appointed as Personal Representative of Decedent's estate. Any person having a claim against the Decedent must present the claim: (a) Before the time when the claim would be barred by any applicable statute of limitations, and (b) In the manner provided in RCW 11.40.070: (i) By filing the original of the claim with the foregoing Court, and (ii) By serving on or mailing to me at the address below a copy of the claim. The claim must be presented by the later of: (a) Thirty (30) days after I served or mailed this NOTICE as provided in RCW 11.40.020(1)(c), or (b) Four (4) months after the date of the first publication of this NOTICE. If the claim is not presented within this time period, the claim will be forever barred except as provided in RCW 11.40.051 and 11.40.060. This bar is effective for claims against both the Decedent's probate and non-probate assets. DATE OF FIRST PUBLICATION: 12/07/2022 Decedent's SSN (for WDSHS only): DATED Nov. 29., 2022. ELIZABETH GRONLUND, Administrator EDWARD S. ALEXANDER, WSBA #33818 Attorney for the Administrator Cha & Alexander Law Firm, P.S. 2319 Elm St. Bellingham WA 98225 Published in the Quad City Herald December 7, 14, 21, 2022 #4974



AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low **\$25** fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Steps you can take to care for yourself during the holidays

STATEPOINT - With seasonal stressors like end-of-year work deadlines, gift shopping and hosting potentially weighing on you, plus all those extra sweets and indulgent foods to nibble on, the holiday season may be the happiest time of year, but it's not always the healthiest. Here's how to take better care of yourself to feel your best this holiday season.

Protect Your Skin

You may be aware that the more free radicals you have in your body, the more skin damage can accumulate over time. But did you know that exposure can be particularly high during the holiday season? There are a few reasons for this. One is that cooler temperatures are linked to sugar cravings, making sweet treats especially hard to resist at a time of year when there are so many to choose from. Increased sugar intake can boost the production of advanced glycation end products, and ultimately unwanted free radicals. In general,

diets high in fat, sugar, and processed foods can contribute to free radical production, as can stress.

Fortunately, you can take steps to protect your skin from the inside out during the holidays and beyond. Fernblock PLE (Polypodium leucotomos extract), the natural antioxidant in the dietary supplement Heliocare Daily Use Antioxidant Formula, can help neutralize free radicals and the damage they cause. Dermatologist-recommended, Heliocare aids in eliminating free radicals to help maintain younger-looking, more resilient skin.

"Along with the cheer of the season comes skin hazards," says New York-based dermatologist, Rachel Nazarian, MD. "But the holiday season is the perfect time to gift your skin additional protection from the damaging effects of free radicals. You can do this by incorporating a supplement like Heliocare into your routine in addition to using a topical broad-



PHOTO SOURCE: (c) Viktor_Gladkov / iStock via Getty Images Plus

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

spectrum sunscreen."

To learn more, visit heliocare.com. (These statements have not been evaluated by the Food and Drug Administration. Heliocare is not intended to diagnose, treat, cure or prevent any disease.)

Move Daily

Be sure to take time for yourself each day to receive the combined physical and mental health benefits of movement. Head outdoors for a morning or afternoon walk to get some fresh air, improved blood circulation

and some mood-boosting sunlight during the short, dark days of winter. To promote agility, flexibility, and relaxation, take a few minutes to unwind with some meditation or gentle yoga.

Practice Healthy Habits

Holiday office parties and family gatherings often involve indulging in the kinds of food and drink that can leave you feeling more dehydrated, bloated, and fatigued than you might normally. Counteract these effects by adopting healthy habits now that you can carry into the new year. Drink plenty of water each day, and incorporate decaffeinated green tea, coconut water or smoothies into your routine for added electrolytes. Likewise, get high-quality sleep each night. It's especially important to do so if you're burning the candle at both ends. For better shut eye, avoid caffeine, and blue light exposure before bedtime, and keep your bedroom temperature comfortable and consistent.

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

Preventing scams and fraud this holiday season

STATEPOINT - Scams and fraud are more deceiving these days, reaching you in more ways than ever before. The FTC reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 million. Scammers begin their

traditional uptick at the start of the holiday season, and identity theft protection expert Carrie Kerskie says being aware of what new cyber and phone fraud trends to look out for is your biggest defense against unwanted fraud stories, "Unfortunately when it comes to technology,

privacy and identity theft, the same old advice that was given 10, 15 years ago is still the gospel of what you're supposed to do. And that is outdated. None of it works. It's not true, it's not relevant anymore."

Scammers have expanded from targeting consumers with only traditional email and phone calls. The most recent trending scams are occurring using person-to-person payment platforms or P2P, remote access software and even public Wi-Fi.

Kerskie says the most desirable accounts to criminals include bank accounts, mobile phone accounts, credit card accounts and Amazon accounts. Now, with P2P payment platforms, criminals can get access to your bank account and use it to transfer money within moments. The latest tactic that concerns Kerskie is using remote access software to gain access to everything on your computer without having to directly ask you for things like your social security number, bank account or credit

card number. While many workers use remote access software safely from their companies' IT departments, criminals are also using this software in their scams.

Criminals also try to access your information in settings like coffee shops or libraries using public Wi-Fi. A laptop or smartphone using public Wi-Fi can easily fall victim to scams. An easy fix is to use your smartphone's wireless data and hotspot to help keep your personal information secure. Kerskie says there are ways to keep scammers and fraud at bay ahead of the holiday shopping season.

Prioritize Privacy: Kerskie says, if it's easy for you, it's easy for a criminal. Privacy means having strong and unique passwords with a minimum of 12 characters, and pins using random numbers and taking advantage of extra security. Enabling multi-factor authentication on your various apps and accounts will also protect yourself from potential threats. Use Available Resources: Take advantage of the free anti-fraud safeguards offered

by your mobile carrier. In the case of T-Mobile's Scam Shield, services include enhanced caller ID, scam ID and blocking, which flags suspicious calls and gives customers the option of blocking those numbers. Additionally, customers can get a free second number to keep their personal number personal, or even change their primary number completely.

Validate or Eliminate:

Whatever potential threat you come across via email, text message, letter or even a phone call, try to validate the information. If you cannot confirm the information is true or confirm the senders' validity, throw it away, block the phone number or email address and report it as spam or junk mail. Understanding how potential cyber threats and fraud work will help protect you this holiday season and beyond.

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CROSSWORD PUZZLE

THEME: YEAR-IN-REVIEW

ACROSS

1. Use a bayonet
8. Greek salad staple
12. Meal in a shell
14. Like daytime energy
15. *2022
16. Van Gogh's famous flower
17. Poodle minus d
18. *Late Queen
20. Volcano off Sicily coast
21. Leaves out
22. Elf's distinctive body part
23. *Olympic host
25. *Russia's target
29. Black sheep sound
30. Treat badly
33. Reason for Thanksgiving
34. Carl Jung's inner self
36. "But I heard him exclaim ' he drove out of sight, "Merry Christmas..."
37. Pick on
38. Pro ____
39. Bank, usually
41. Driver's aid
42. Jalopy
44. Back of the neck, pl.
46. Finish line
47. Fur of the marten
49. Paul Bunyan story, e.g.
51. *Economic woe
55. Faultfinder
56. Tropical edible root
57. Soreness
58. Irretrievable loss
59. Gator's cousin
60. *Super Bowl winners
61. Undertaking
62. "For ____ a jolly good..."
63. Archaic form of do, second person singular

DOWN

1. Eyelid affliction
2. Asian weight unit
3. Smoothie bowl flavor
4. Russian hunting sighthound
5. Chemistry lab measuring device
6. Parting words
7. New Year's Eve get-together, e.g.
8. Running competition
9. *Twitter's new proprietor
10. Western Samoan money
11. " ____ you ready?"
13. Relating to shinbone
14. Asparagus unit
19. Amnion, pl.
22. Barely obtain
23. Erie or Suez
24. Port-au-Prince country
25. Like something vintage, usually
26. About to explode
27. Olfactory organs
28. Athos' or Porthos' weapon
29. Throw up
31. Lecherous look
32. Funeral container
35. *Tom Cruise's callsign
37. " ____ -la"
39. Type of Christmas lights
40. All together
43. T-shirt style
45. Small bomb
47. Rabbit trap
48. 1970s big dos
49. "Musical" constellation
50. Dollar bills
51. 7-year affliction
52. International Civil Aviation Org.
53. Electrical resistance units
54. Egg holder
55. 100 lbs.

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Inflation Outpacing US Wages, Creating Worst Pay Drop in 25 Years

AUTUMN SPREDEMAN

Residents in the United States have less to celebrate on payday as inflation-adjusted wages endure the harshest pay cut in a quarter century, according to the Federal Reserve Bank of Dallas.

The bank's report revealed that the median decline in real wages was a little more than 8.5 percent for most of the U.S. workforce in the past 12 months—"the most severe faced by employed workers over the past 25 years."

Hardworking Americans are watching their purchasing power dwindle as prices have risen across the board under President Joe Biden. The impact is particularly noticeable in grocery stores and at the fuel pump.

Food-at-home prices soared by more than 13 percent this year. Concurrently, the cost of regular gasoline catapulted by 49 percent, and diesel users suffered a 55 percent increase between January and June.

Another analysis shows inflation has been outpacing American wage growth for 18 months straight. While average earnings per hour rose by 5 percent, consumer prices spiked by more than 8 percent. That equates to an almost 4 percent decline in real hourly wages as of October.

But more important than numbers, Americans are feeling the effects in nearly every aspect of daily life.

Tough Times

"Judging by our dwindling savings, we may no longer be able to be a single-income household," Dennis Shirshikov told *The Epoch Times*.

Working as the sole provider for his wife and three young children, Shirshikov said that his family has been trimming household expenses wherever they can.

"We've already cut back on food and clothing shopping trips," he said. "We've taken the kids out of day care, and we're working on other ways to budget and save."

Shirshikov says that he's fortunate to work as a remote strategist for Awning.com since he lives in a rural part of New York. The comparatively lower cost of living in his area has been a silver lining

amid the nation's towering inflation.

"My heart goes out to all the families out there living in cities with multiple children right now. This is a tough time indeed."

In one survey of 3,000 Americans this year, 41 percent of respondents listed the cost of raising a family as their top concern for 2022. For some, conscious shifts in spending habits have become integral to surviving the widening pay-check-inflation gap.

"I'm more conscientious overall about my spending than I have been in years past," Melanie Edwards told *The Epoch Times*.

Edwards works as a digital product manager for the Olipop soda company. She says that high inflation requires creativity to navigate, especially as the holidays approach.

"Inflation has affected my holiday spending and purchasing habits. Gone are the days of waiting until the last minute to buy a gift," she said. "I'm shopping much earlier than I ever have to snag deals. I'm also forgoing some name brands or designers to save money."

Falling Behind

Adding to this economic snowball effect is an affordable housing crisis.

Builders have fallen behind on new homes and rentals for 20 years, creating a housing shortage of 5.5 million.

Less mileage per paycheck due to inflation and a federal rate hike that topped 6 percent in September has left Americans struggling to keep a roof over their heads.

"Due to a decrease in real wages, which ultimately leads to a decline in one's purchasing power, potential home buyers suffer a lot. And although wages are higher than before, they aren't adjusted for inflation," Shaun Martin told *The Epoch Times*.

Martin is a real estate and financial expert at We Buy Houses in Denver, Colorado.

He says that with higher interest rates, many potential buyers are unable to secure a mortgage or even a regular loan.

Coupled with diminished buying power, home sellers have raised their



A woman shops for groceries at a supermarket in Monterey Park, Calif., on Oct. 19, 2022.

Residential homes under construction in Valley Center, Calif., on June 3, 2021.



I'm more conscientious overall about my spending than I have been in years past.

Melanie Edwards, digital product manager, Olipop

prices. Landlords are doing the same with rentals, which Martin said is especially problematic for salaried workers.

He also noted that it's too early to say when things will get better. That's why Martin has made efforts to diversify his revenue.

"I decided to increase my streams of income by investing in different available options. It will increase my inflation-adjusted income," he said.

Generating more money and savings has been no easy feat for America's lower- and middle-class earners this year. For households making between \$30,000 and \$100,000, 75 percent said that their income has fallen behind the cost of living, according to a Primerica survey.

"Most of the people I know belong to the middle class. The middle class is especially hit with inflation ... this also means that with the increase in necessary expenses, the middle class has significantly less disposable income than before," Derek Sall told *The Epoch*

Times.

Sall is a financial adviser and the founder of LifeandMyFinances.com.

He said that one of the consequences is a drop in demand for specialty consumer goods, resulting in the shrinkage of affected industries.

"People enjoy being able to spend money on treating themselves. Without it, they become unhappier and overall population satisfaction decreases," he said.

He noted that this chain reaction leads to overall lower productivity and motivation at work, putting already volatile household incomes at even greater risk.

Yet despite the challenges, it's important to try to save money, Sall said. Even minor changes to routines and monthly bills can have a net positive effect.

"Going through subscription services such as Netflix or Amazon Prime and getting rid of those is a start. Investigate whether prices for expenses such as cable or phone providers can be changed," he said.

Homeowners Should Brace for Property Price Drop: Data, Experts

PETR SVAB

Real estate prices have declined over the past several months, but there could be much more to come, data and experts indicate.

The median home price has dropped by about 7 percent since its peak in June. It's still up by about 6 percent since October 2021 and more than 35 percent up since early 2020, according to data from Zillow, a listing site.

Other market metrics have recently dropped far more precipitously, however. Sales volume, for instance, is down by more than 24 percent since last year. Construction was started on less than 120,000 private housing units in October, down from more than 150,000 in April, according to the Census Bureau's seasonally adjusted data. Prices of lumber, the most common residential construction material in America, dropped by nearly 70 percent since February and are now roughly at the early 2020 level.

The housing market has been pummeled by the Federal Reserve's lifting of interest rates this year, which has boosted mortgage rates from less than 3 percent in September 2021 to more than 7 percent in early November. The rates have since eased to roughly 6.5 percent.

This indicates that the market has yet to reach its bottom.

"We expect a drop of 15-to-20% over the next year, in order to restore the pre-Covid price-to-income ratio," Ian Shepherdson, chief economist at the Pantheon Macroeconomics, wrote in a note last week.

Fannie Mae's Economic and Strategic Research (ESR) Group expects home prices to hit a low point in the second quarter of next year with a recovery the year after.

One major factor is that 80 percent of mortgage holders have locked in rates of at least 2 percent lower than the current rate, which makes them unwilling to look for a new house, the ESR said in a recent forecast.

"The economy continues to slide toward a modest recession, which we anticipate will begin in the new year, with housing leading the slowdown," said Doug Duncan, chief economist at Fannie Mae.

"Higher interest rates have ignited the typical reduction in residential fixed investment, which historically has led into either an economic slowdown or recession. From our perspective, the good news is that demographics remain favorable for

The economy continues to slide toward a modest recession, which we anticipate will begin in the new year, with housing leading the slowdown.

Doug Duncan, chief economist, Fannie Mae



A 'for sale' sign hangs in front of a home in Miami, Fla., on June 21, 2022.

housing, so the sector appears well-positioned to help lead the economy out of what we expect will be a brief recession."

Dropping house prices are bad news for those who bought theirs during the record-high prices of the past few years. They can easily find their mortgages underwater unless they put enough cash down.

Prospective homebuyers still don't have much to look forward to because

even at lower asking prices, houses will remain expensive when the higher mortgage rate is factored in.

One factor keeping a bottom under the market is low inventory, which is currently about 36 percent below the October 2019 level.

"It's hard to imagine a significant drop in pricing. Inventory is just too low," Jonathan Miller, president and CEO of Miller Samuel, said in a recent Bloomberg interview.

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