

Ring around the apple tree



Mike Maltais/QCH
A male ring-necked pheasant rarely seen among the more abundant species of bird life hereabouts seeks cover in an apple orchard.

Brewster Chamber hosts Halloween events Oct. 31

BREWSTER - Trick or Treat on Main Street, costume contest, and chili feed at the Senior Center will be hosted Monday, Oct. 31, by the Brewster Chamber of Commerce.

Fundraiser pavers available

Okanogan Regional Humane hosts Trap/Neuter/Return clinic

By MIKE MALTAIS STAFF WRITER

OMAK - The public is invited to observe Okanogan Regional Humane (ORH) that will be hosting two days of surgery on Oct. 13 and 31, to spay and neuter 50 community cats from ORH's Trap/Neuter/Return (T/N/R) Program at the ORH clinic located at 398 Omak River Road in Omak.

T/N/R is an international program that brings colonies of free roaming cats under control. Tame cats and kittens that can be tamed are removed and adopted. The unsocialized cats are sterilized, vaccinated, and treated for parasites before being returned to their colonies.

The event is of great importance to the animals ORH services because it will remove 50 cats off their very long waiting list. The cats altered at the ORH facility will be able to return to their homes and live healthy lives where they can focus on their specialty: rodent control.

The surgeries are made possible by a \$4,000 grant from the ASPCA (The American Society for the Prevention of Cruelty to Animals). Subaru

and the ASPCA have an ongoing commitment to help animals through their Subaru Loves Pets Collaboration.

ORH has five programs:

- Affordable spay/neuter for the cats and dogs of low-income families and individuals.
Spay/neuter of Community Cats, free regardless of income.
Mom's Last Litter (kittens and puppies must be surrendered), free regardless of income.
American Staffordshire Terrier-like-dogs, free regardless of income.
Emergency care for cats and dogs with no other means of support.

ORH was invited by Cascade Subaru Dealer's General Manager, Jordan Baldock, to be their 2022 Subaru Loves Pets Partner. Through the remainder of October, Subaru will be promoting ORH's low income/free spay and neuter programs at their dealership located at 150 Easy St, Wenatchee.

If ORH could fully fund these programs, they could solve the overpopulation of cats and dogs in the areas they serve. In appreciation for this opportunity, ORH is presenting Cascade Subaru and ASPCA with a paver engraved with their logos which will be added to the "Catio" behind the ORH clinic. This also touches off ORH's fundraiser to sell pavers to help fund their programs. Order forms for engraved pavers can be found at the clinic in Omak and at the Subaru Dealership in Wenatchee.

Bears cheer squad hosts fundraiser to cover camp expenses

MIKE MALTAIS STAFF WRITER

BREWSTER - The Bears varsity cheer squad deserves some cheers of its own for coming up with a fundraising idea to help cover the expenses of sending the group to summer cheer camp.

The seven-member squad comprised of Maddie Sandoval, Diana Barrera, Vanesa Duarte, Kimberly Tinoco, Rebeca Ornelas, Lynnette Apolinar, and Yaya Saucedo coached by Monica Berker is holding the Fairy Tale Ball, a father-daughter/mother-son (or guardians) dance later this month. The dance is also open to other than Brewster students and parents/guardians. Tickets can be purchased at the school. Proceeds from the dance will be applied to the cost of sending the squad to a four-day cheer camp next summer.

"There are some national companies like the National Cheer Association that put on camps every summer," said cheer coach Monica Barker. "They are held in different locations throughout the state like at Eastern (EWU-Cheney), Great Wolf Lodge (Centralia), and Central (CWU-Ellensburg).



Courtesy Tiffany Woelber

Brewster varsity cheer squad is seven strong comprised of (back row from left) Diana Barrera, Vanesa Duarte, Yaya Saucedo, and Rebeca Ornelas, Front row: Lynnette Apolinar, Kimberly Tinoco, and Maddie Sandoval. Coach Monica Barker said the winter sports squad may have as many as 12 members on the squad.

Barker estimates that the cost of sending each cheer member to camp will be \$300-\$400 so the current squad would require a minimum of \$2,100 to make the trip. Barker said this will be the first Bears cheer squad to attend summer cheer camp since she has been the school cheer coach. "Cheerleaders learn cheer fundamentals, dances, stunts, and it's an important team-

building activity because it gives them their material for the coming year," said Barker. "It's a safe way for the kids to learn how to perform stunts and it helps them become good leaders as well." The team has yet to select which camp they will attend. "It would be nice if we could go to one of the colleges where the kids get to see campus, experience the dorms, and

college cafeteria food." The dance will be held from 6:30-8:30 p.m. Saturday, Oct. 29, in the Brewster Middle School gym. Tickets are available at the school main office during regular school hours. The cost is \$20 per parent/child plus \$5 for each additional child. Refreshments will be served. For more information email mbarker@brewster-bears.org.

Great year at the pool

Bridgeport approves a pair of property cleanup resolutions

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - The Bridgeport City Council approved two resolutions at its regular monthly meeting Sept. 21 giving the city the power to clean up problem properties after the owners failed to respond to previous city requests to do so.

Title 8 Vegetation, Weed and Debris Abatement of the Bridgeport Municipal Code (BMC) establishes the guidelines under which the city can step in and bring property up to city standards and create a lien against the property for the cleanup costs involved.

Mayor Janet Conklin recited the two resolutions "declaring that a hazardous condition in violation of chapter 8.40 of the Bridgeport municipal code exists on real property located at Bridgeport, Washington, Douglas...and authorizing the city to remove or destroy the hazardous conditions and cause the cost of such removal or destruction to be a lien on said property."

Superintendent of Public Works Stuart Dezelle clarified that the owners of the properties in question received three letters prior to the council's actions and that the properties have been an ongoing problem since the middle of June.

In other business the council:

- Set a preliminary 2023 budget public hearing for 7 p.m. Wednesday, Oct. 19.
Postponed discussion on hiring an on-call City Fire Marshall pending more details from the county.
Discussed the appraisal and sale of R-1 zoned property near the public pool that could be divided into four, 10,000 square foot lots. Council members Jackie Hentges and Mike Bjornstad are opposed to selling the property and Matthew Schuh would like to see more discussion from both sides of the issue.

- Considered removal the large pine tree in Bouska Square and replace it with a smaller tree that can be decorated for the Christmas holidays.
Was advised that public works is meeting with a swimming pool repair specialist to get a quote on costs to get the pool back in shape.
Urged to hire a full-time employee to keep up with city maintenance chores.
Asked to approve an eight-hour seminar for employees to learn advanced electrical techniques.
Heard from pool director Hentges that the city had one of its best pool seasons ever.

And you thought the grass just grows that color...



Mike Maltais/QCH

The big red "B" in the center of Champion Field gets a new application of color the day before the Bears Homecoming football game against Lake Roosevelt last month.

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# Okanogan PUD draft 2023 budget discussions includes proposed 3.75 percent rate increase

OKANOGAN – Okanogan County PUD commissioners and staff continue to discuss the 2023 proposed budget, including some long-term planning and possible rate changes ahead.

The public hearing on the budget is now open, and the first session kicked off with a presentation of an equity management plan from Sergey Tarasov of FCS Group. The plan proposes directions in the PUD's financial management to achieve certain goals and stay financially healthy over the next five years. Some of those guidelines include transitioning the residential two-tier rates to a single rate by 2025 and funding more capital projects from revenue to reduce the need for future debt.

The draft budget includes a proposed 3.75% revenue increase, but how that will be applied to rates will be determined by commissioners at a later time. Any rate adjustments would most likely be effective April 1, 2023.

The proposed budget, along with other documents, are available on the PUD's website, [www.okanoganpud.org/](http://www.okanoganpud.org/) budget.

In other business, the board:

- Heard from Director of Regulatory and Environmental Affairs Jeri Timm regarding the recent successful inspection of Enloe Dam, noting that there were no emergency repairs needed. A full report is expected from the PUD's consultant within the next few months.
- Heard that the volatility of the power market has led to major ups and downs in pricing structures, af-

fecting both this year's projected budget and next year's proposed budget. The PUD was under budget in wholesale power sales by nearly \$400,000 in August but has already recovered that and more in September. During an evening workshop, staff shared that the 2023 budget projects higher power costs, but the ups and downs make budgeting difficult. The PUD is also looking into renewable energy projects as possible new power sources.

- Heard that broadband continues to expand, seeking grants as well as determining areas of need to expand with or without grant funding. As of Sept. 1, the PUD system has 3,887 total connections with 684 of those direct fiber.
- Approved the purchase of 229 pole- and pad-mount transformers up to \$2 million to arrive in 2023 and 2024. A similar order would have cost around \$500,000 just a few years ago but increasing costs of materials and demand continue to inflate prices and drive longer-term delivery estimates.
- Heard that staff held a successful all-employee meeting Sept. 22, in which service awards were given, totaling 255 years of service at the PUD.
- Congratulated staff on winning five awards from Northwest Public Power Associations' Excellence in Communications contest.
- Approved the surplus of old broadband department equipment, which will go to public auction.

## DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

### Douglas County Sheriff

**Sept. 30**  
 06:42 Public Assist, Waterville area  
 09:12 Civil Dispute, 22366 US Hwy. 97, Orondo  
 11:10 Traffic Offense, 235 W. 3rd St., Waterville  
 11:14 CPS/ APS Referral, 46 Park Place Ridge, Orondo  
 11:23 Welfare Check, 120 Fir Ave., Bridgeport Bar  
 11:30 Littering, 0 block Cemetery Rd., Mansfield  
 12:26 Suspicious Circumstance, 425 McNeil Canyon Rd., Orondo  
 12:56 Civil Dispute, 9 Washburn Ave., Bridgeport  
 13:26 Traffic Offense, 900 block Maple St., Bridgeport  
 13:50 Animal Problem, 255 Columbia Ave., Bridgeport  
 14:02 Traffic Offense, McNeil Canyon Rd. MP 4, Orondo  
 20:22 Noise Complaint, 1336 Foster Ave., Bridgeport  
 22:34 Suspicious Circumstance, 48 Skeels Rd., Orondo

**Oct. 1**  
 00:12 Noise Complaint, 2000 Monroe Ave., Bridgeport  
 19:58 Domestic Disturbance, 250 McNeil Canyon Rd., Orondo  
 20:30 Fraud/ Forgery, 16344 US Hwy. 2, Waterville

**Oct. 2**  
 02:22 Agency Assist, 22 Walnut St., Mansfield  
 09:16 Alarm, 526 11th St., Bridgeport  
 11:04 Welfare Check, 200 7th St., Bridgeport  
 11:28 Theft, 107 W. Ash St., Waterville  
 16:41 Trespassing, 1235 Husky Run Rd., Waterville

**Oct. 3**  
 11:40 Juvenile Problem, 2331 Monroe Ave., Bridgeport  
 11:53 Sex Offense, Ash St., Waterville  
 13:13 Trespassing, 1400 Tacoma Ave., Bridgeport  
 14:51 Malignous Mischief, 309 S. Central Ave., Waterville  
 16:10 Welfare Check, 310 Fairview Ave., Bridgeport

**Oct. 4**  
 07:38 Theft, 21318 US Hwy. 97, Orondo  
 11:42 Civil Dispute, 160 Rd. E SW, Waterville  
 11:47 Miscellaneous, 1395 Rd C NW, Mansfield  
 15:52 Theft, 401 W. Ash St., Waterville  
 16:47 Agency Assist, SR 173 and Richards Ave., Bridgeport  
 16:56 Suicide Threat, 200 E. Birch St., Waterville

18:04 Theft, 610 E. Locust St., Waterville

**Oct. 5**  
 10:48 Malignous Mischief, 111 E. 3rd Ave., Mansfield  
 11:31 Animal Problem, 310 Fairview Ave., Bridgeport  
 17:00 Prowler, 1545 Rd. 4 NW, Waterville  
 21:09 Disturbance, 302 S. Central Ave., Waterville

**Oct. 6**  
 09:09 Stolen Recreational Vehicle, US Hwy. 2 MP 158, Waterville  
 09:58 Suspicious Circumstance, 176 Spring Canyon Rd., Orondo  
 11:24 Public Assist, 420 15th St., Bridgeport  
 14:39 Parking/ Abandoned Vehicle, 11 Old Ferry Rd., Orondo  
 21:16 Parking/ Abandoned Vehicle, 2417 Monroe Ave., Bridgeport

### Brewster Police Department

**Sept. 30**  
 A disorderly white male subject was reported being rude to employees and saying he was a threat to the town. He was last seen wearing a green sweater and beige pants on W. Indian Ave.  
 11:14 Theft was reported on Hwy. 97 in Brewster and the caller wanted to press charges.

20:09 Harassment was reported on Hwy. 97 when a subject was messaging the caller's boyfriend while at work, and it was reported as an ongoing issue.  
 23:55 Alcohol theft was reported on Hwy. 97.

**Oct. 1**  
 10:50 A tan 1983 Land Cruiser was reported stolen from Plaza Way in Brewster.

**Oct. 2**  
 00:46 A stray animal was reported on B. Bridge St. and E. Jay Ave.  
 13:52 A caller reported having a shot gun pulled on them by a hispanic male subject in his 20s with tattoos on his face, traveling with a white female in a maroon Honda CRV on Main St. and Apple Way in Oroville.

18:08 Law enforcement reported a traffic stop on Hwy. 97 in Brewster and that they'd located the maroon CRV.  
**Oct. 3**  
 16:36 A non-injury accident was reported in Brewster.  
 19:22 A caller on E. Griggs Ave. in Brewster reported a suspicious male subject walking around the neighborhood all afternoon and outside the caller's property since 3 p.m., reportedly acting weird, standing up and looking around, then sitting back down three times.  
 20:16 A possible DUI driver was reported on Old Hwy. 97.

**Oct. 4**  
 15:51 Search and Rescue were called for a male subject out in the river holding onto a log and swimming near Hwy. 97 in Pateros. He reportedly didn't look in distress and was kicking his feet and was a little ways from shore.  
 23:20 A domestic dispute was reported on W. Cliff Ave. in Brewster, a caller in a white Mini Cooper reported her cousin fighting with her boyfriend.

**Oct. 5**  
 14:40 A 911-call was received from Hospital Way in Brewster.

18:11 A caller reported a traffic offense and reported they were stopped on Hanson Ave. and a subject driving a yellow truck was speeding southbound on Main St. which made rocks hit the caller's black Rav 4, leaving scratches on the passenger side door.

**Oct. 6**  
 08:13 An intoxicated subject was reported on Hwy. 97 in Brewster.

08:34 Trespassing was reported for a 47-year-old male subject on Hwy. 97.

11:38 Trespassing was reported on S. 7th St. in Brewster for a 50s year old hispanic male subject that walked into a house and said "Hey baby," the caller told him to leave and he was still standing outside the door. The caller then reported all the doors and windows were locked.  
 16:09 A non-injury accident was reported on W. Jay Ave. and N. 4th St. in Brewster between subjects driving a Ford Explorer and a Saturn.

**Oct. 7**  
 07:58 A possible domestic dispute was reported on S. 4th St. in Brewster, dispatch reported a hispanic female subject crying and it was unclear what she was saying, then the call was dropped.

### Okanogan County Sheriff

**Sept. 30**  
 23:01 A noise complaint was reported on Unger Rd. in Brewster for a neighbor playing loud music since 7 p.m. and the caller advised he was at the end of his rope and wanted to confront them.

**Oct. 1**  
 01:07 A noise complaint was reported on Unger Rd. in Brewster when a vehicle was near the caller's residence playing loud music for approximately 4-5 hours.  
 10:50 A tan, 1983 Land Cruiser was reported stolen from Plaza Way in Brewster.  
 22:42 A live band was reported playing outside all afternoon and evening on Pit Rd.

**Oct. 2**  
 00:07 A hit-and-run accident was reported on Pit Rd. in Brewster.

02:57 A deer was reported as a traffic hazard on Hwy. 153 in Pateros.

19:08 A civil dispute was reported on Chinook Way in Brewster.

19:20 A subject was cited for Driving with a suspended license on Max Goehry Rd. and Chinook Way.

20:46 A traffic hazard of a deer in the roadway was reported on Hwy 153 in Pateros.

22:24 Law enforcement reported they would be standing by for a licensed driver so he won't be lonely anymore on Hwy. 97 and N. 7th St. in Brewster.

**Oct. 3**  
 15:03 A burglary was reported on Monse Bridge Rd. in Brewster including a hydraulic vehicle jack, mechanic stool, jack stand, air impact rattle gun and tool box full of tools.  
 16:48 A white 1997 Honda Civic was stolen from a location in Brewster.

17:19 A citizen assist was requested on W. Warren Ave. in Pateros for a subject that was being aggressive over the phone.

**Oct. 4**  
 15:51 Search and Rescue were called for a male subject out in the river holding onto a log and swimming near Hwy. 97 in Pateros. He reportedly didn't look in distress and was kicking his feet and was a little ways from shore.  
 16:25 A non-injury accident was reported between two vehicles on Monse Bridge Rd. in Brewster.

**Oct. 5**  
 08:04 A suicide attempt was reported on Golf Course Dr. in Pateros.

15:20 Harassment was reported on Hwy. 97 in Brewster when an Indian male subject told the caller to come to his truck and showed them a picture of his wife and himself and asked the caller for sexual favors for money.  
 16:10 A citizen assist was requested on Starr Rd. in Pateros, the caller had questions regarding possession of deceased parents' vehicles and firearms.  
 17:27 A 911 call was received from Max Goehry Rd. in Brewster with dispatch hearing male subjects yelling on an open line, when they called back they were hung up on.

22:51 Animal noise was reported on Hwy. 97, a caller could hear a dog screaming loudly, unknown owner, and the caller thought the dog was being abused.

**Oct. 6**  
 10:33 A vehicle was reported broken into overnight on October 4 on Hwy. 97 in Brewster.

**Have a Community or Sports Story idea?**  
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**NCW MEDIA**  
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# STCU awards \$40,000 in classroom grants

SUBMITTED BY DAN HANSEN, STCU

**BREWSER/BRIDGEPORT** - A number of local teachers in the Columbia Basin and North-Central Washington received \$200 classroom grants as part of STCU's efforts to welcome educators back to school.

The not-for-profit credit union, which was founded by teachers, is honoring its roots by awarding the grants to 200 educators - a total of \$40,000 to winners drawn at random. Because even the price of pencils and paper are subject to the effects of inflation, the amount of each grant award has been increased from \$150 to \$200. Winners can spend their grant on anything that will enhance students' classroom experience, whether a basic need or something special.

Local winners, who were notified this week, are:

- **Almira School District:**
  - » April Pinar and Sean Matthewson, Coulee-Hartline Cooperative Elementary and Middle School
- **Brewster School District:**
  - » Dean Busching and Natasha Hemmer, Brewster High School
- **Bridgeport School District:**
  - » Shelly Stine, Bridgeport Elementary School
  - » Priscilla Williams, Bridgeport Middle School
- **Coulee-Hartline School District:**
  - » Nicole Carstensen, Almira-Coulee-Hartline High School
- **Ephrata School District:**
  - » Gretchan Anderholm, Columbia Ridge Elementary School
- **Grand Coulee Dam School District:**
  - » Misty Krohn, Lake Roosevelt Elementary School
- **Lind-Ritzville School District:**
  - » Amalia Perez, Lind Elementary School
  - » Caitlin Teske and Diane Leffel, Ritzville Grade School
  - » Jennifer York, Ritzville Middle School
  - » Amy Hickok, Ritzville High School
- **Moses Lake School District:**
  - » Jessica Roman, Frontier Middle School
  - » Veronica Kern, Knolls Vista Elementary School
- **Omak School District:**
  - » Jack Hamilton, East Omak Elementary School
- **Othello School District:**
  - » Melanie Quezada and Deb Rose, Hiawatha Elementary School
  - » Lisa Puhlman and Alexis Cantu, Wahitis Elementary School

- **Soap Lake School District:**
    - » Clarissa Larsen, Soap Lake Elementary School
  - **Wilbur School District:**
    - » Jason Maioho and McKayla Shuler, Wilbur High School
- The online drawing was open to teachers, counselors, and similar classroom-based positions at public and private districts served by Washington ESDs 101, 123 and 171, or in the eight northernmost counties of Idaho. It is the eighth year that STCU has offered the grant drawings, which have been greatly expanded in recent years to include more recipients.

**About STCU**  
Founded by educators in 1934, STCU has more than 250,000 members, \$5.3 billion in total assets and 38 branch locations in Eastern Washington, the Tri-Cities, the Columbia Basin, and North Idaho.

## Brewster takes the sting out of Oroville Lady Hornets



Mike Maltais/QCH

The Brewster varsity girls soccer team had little trouble clipping the wings of the Lady Hornets at home last Thursday, Oct. 6. Eighth grade midfielder, Emma Banuelos, left, fights for control of the ball against an Oroville opponent. The Lady Bears were coming off a 4-0 loss to Davenport in a non-conference game on the road, Oct. 1, and remain undefeated in conference play, 3-0.

# Omicron COVID-19 vaccine boosters now authorized for certain individuals

*Bivalent boosters aim to provide better protection*

SUBMITTED BY WASHINGTON STATE DEPARTMENT OF HEALTH

OLYMPIA - The Washington State Department of Health (DOH) and other healthcare providers will soon begin offering Omicron variant-targeted bivalent booster doses of the Pfizer-BioNTech and Moderna COVID-19 vaccines following authorization by the U.S. Food and Drug Administration (FDA), and recommendations from the Centers for Disease Control and Prevention's Advisory Committee on Immunizations Practices, and the Western States Scientific Safety Review Workgroup.

The bivalent vaccines combine the companies' original COVID-19 vaccine compositions with BA.4 and BA.5 spike protein components, providing additional protection by targeting variants that

are more transmissible and immune-evading. The primary COVID-19 vaccine series will stay the same, given their proven efficacy in preventing serious illness, hospitalization, and death from COVID-19. DOH's updated booster dose recommendations are as follows:

People ages 12-17 who have completed a primary vaccine series can receive the Pfizer-BioNTech bivalent booster at least two months after their most recent dose.

People 18 and older who have completed a primary vaccine series can receive either company's bivalent booster at least two months after their most recent dose.

Those ages 5-11 who have completed Pfizer-BioNTech's primary vaccine series should continue to receive the company's original monovalent booster at least 5 months after their most recent dose.

Children ages 6 months-4 years are currently not authorized for any COVID-19 booster doses.

People ages 12 and over who currently have appointments to receive COVID-19 booster doses will need to contact their providers to ensure the bivalent booster is available; if not, those appointments will need to be rescheduled, as the former monovalent booster doses are no longer authorized for this age group.

"We're excited this updated bivalent booster will help increase protection against the Omicron variants as we head into the fall season," said Tao Sheng Kwan-Gett, MD, MPH, Chief Science Officer. "As SARS-CoV-2 changes, so must the tools we use against it - this update helps ensure that vaccines and boosters will continue to be the most effective ways to reduce the risk of hospitalization and death, and keep those most at-risk

healthy and safe."

An initial allocation of 191,100 bivalent booster doses is currently en route to providers throughout the state and will be available beginning the week of September 5 after the Labor Day holiday. Subsequent weekly allocations will follow, building the state's inventory levels over time. DOH urges the public to remain patient, as we expect initial demand to exceed available inventory before resolving in the coming weeks, and to visit Vaccine Locator or call the COVID-19 Information Hotline at 1-800-525-0127 to find available resources near them.

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

## Doing some roadwork



Mike Maltais/QCH

Members of the Bears varsity cross country team put in some roadwork last week. The team was scheduled to compete at Liberty Bell on Oct. 8, and Chelan, Oct. 10.

## Open season, no bag limit



Mike Maltais/QCH

General deer hunting season opens Oct. 15 this fall, but the season for metal deer sculptures like this trophy buck is open all year.

We are multi-generational growers and farmers. Our joy comes from our families, the land, and the harvest. With each piece of fruit you taste we hope to share the joy we've found with you.

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# QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

### BREWSTER

**CALVARY**  
Baptist Church

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

**HOPE LUTHERAN CHURCH**  
Sunday Worship 11:00 a.m.  
Holy Communion 1st, 3rd, & 5th Sunday  
Bible Study & Sunday School 10:00 a.m.  
509-689-3106 • 1520 Sunset Dr.

**COMMUNITY LOG CHURCH**  
Sunday Worship 10 a.m.  
509-689-2224 • 501 W. Indian Avenue  
www.communitylogchurch.com  
Pastor Gordon Wright

**NEW TESTAMENT BAPTIST**  
Sunday 10 a.m., 11 a.m. & 6 p.m.  
Wednesday 7 p.m.  
Adult Prayer & Bible Study and King's Kids  
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: ruth@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](http://NCWMARKET.COM) 24/7
- Garage and Yard Sale Ads are paid events, please email those to [heraldads@qcherald.com](mailto:heraldads@qcherald.com) or [NCWMARKET.COM](http://NCWMARKET.COM)
- For more info call: Quad City Herald at 509-689-2507
- Email to: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

**COMMUNITY BULLETIN BOARD**

**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: Wednesday, Oct. 12: Sweet & Sour Meatballs, Rice Pilaf, Oriental Vegetables, Asian Coleslaw, Tropical Fruit, WW Roll, Dessert; Friday, Oct. 14: Pork Chops, Au Gratin, Potatoes, Chuck Wagon Corn, Green

Salad, Applesauce, WW Roll, Dessert; Tuesday, Oct. 18: Hamburger Gravy, Mashed Potatoes, Green Beans, Spinach Salad, WW Roll, Oatmeal Cookies; Wednesday, Oct. 19: Tuna Noodle Casserole, Peas & Carrots, Spiced Salad, Oregon Berries, Dessert; Friday, Oct. 21: Ham & Cheese Sandwich, Corn Chowder, Pea Salad, Chilled Apricots, Dessert.

**Oct. 12-15, 17-22**

**Senior Center Thrift Store**

**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.

**Oct. 12-13, 17-20**

**Chelan Valley Hope**

**CHELAN** - Come visit Chelan Valley Hope (CVH) 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 CVH provides services at no cost to individuals and families in need. They are a local non-profit serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. 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 at [chelanvalleyhope.org](http://chelanvalleyhope.org), @ChelanValleyHope. Donations are welcome and can be left during business hours, or give them a call and they'll gladly make arrangements. They currently need blankets, diapers, and travel-size toiletries. More information at [chelanvalleyhope.org](http://chelanvalleyhope.org) including a Donate Button."

**Oct. 13**

**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.

**Oct. 15, 18**

**Farmers Markets**

**WIC and Senior Authorized Farmers Markets with payment options:** Methow Valley Farmers Market (Twisp) 201 Hwy. 20 South, Parking Lot, Saturday, 9 a.m.-Noon, April-Oct. 29; Okanogan Valley Farmers Market (Okanogan), 999 2nd Avenue N., Legion Park, Tuesday and Saturday, 9 a.m.-1 p.m., now thru Oct. 29; and Okanogan Valley Farmers Market (Omak), Omak Eastside Park, across bridge from downtown, Tuesday, 3:30-6:30 p.m., now thru Oct. 25. If there is not a distribution site in your area, and you live within Adams, Chelan, Douglas, Grant, Lincoln and Okanogan counties, please contact Kathy Wright 509-886-0700 ext. 235 / 800-572-4459.

**Oct. 12**

**Brewster Chamber to meet**

**BREWSTER** – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Oct. 12, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information [brewsterwachamber@gmail.com](mailto:brewsterwachamber@gmail.com) or Mike Mauk, 509-449-0605.

**Oct. 13, 20**

**Brewster bus trips**

**BREWSTER** – OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is Oct 13. 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. 20 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.

**Oct. 15**

**OVOC Fall Concert**

**OMAKL** - Enjoy a concert for the whole family as OVOC presents their "New Beginnings" Fall Concert Saturday, October 15, 3 p.m. at the Omak Performing Arts center. Symphonic and Choral performances at this level are a real treat for the ears and a great testament to the cultural influences available in the Okanogan Valley. Tickets are \$10, available at the door or at Rawsons in Okanogan. Youth under 18 are free. Questions? Please visit [ovocmusic.org](http://ovocmusic.org) with pages devoted to orchestra, chorus and more.

**Oct. 17**

**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](http://tcf-wenatcheevalley.org)

**Oct. 19, Nov. 2, 16**

**American Legion meetings**

**BREWSTER** – American 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.

**Oct. 24, Nov. 14, 28**

**Okanogan County PUD meetings**

**OKANOGAN** – The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, Oct. 24, at 3 p.m. For more information [okanoganpud.org](http://okanoganpud.org)

**Oct. 24, Nov. 14, 28**

**Douglas County PUD meetings**

**EAST WENATCHEE** – The next meeting of the Douglas County PUD Commission is Oct. 24 at 1:30 p.m. in the East Wenatchee office.

**Nov. 8**

**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](http://tcf-wenatcheevalley.org)

**Nov. 14**

**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.

**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](mailto:ruthk@lakechelanmirror.com)



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**THE WASHINGTON OUTDOOR REPORT**

*Looking ahead to late fall fishing*

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

It's all fun and games in September and October as the foliage turns scarlet and gold. The fish put on the feed bag, biting readily. Then November and December arrive, the leaves turn brown, tree branches become empty and catching fish gets more challenging. Having said that, there are still some great places to catch fish in Eastern Washington in the late fall and early winter. Here's a few recommendations:

**COLUMBIA RIVER GORGE:** You know what they say, "The river never sleeps", and neither do the fishing opportunities in the Gorge. At this time of year, the coho salmon bite is waning but the walleye bite near John Day Dam as well as catch and release sturgeon fishing remains strong. If you are looking for current information, drop by Gorge Outfitters Supply in Rufus, Oregon.



Courtesy John Kruse  
**Guide Steve Morris shows a typical Long Lake winter rainbow trout.**

**GRANDE RONDE RIVER:** It's a long drive but this picturesque river is worth it. Starting in November, good numbers of summer steelhead show up here and fortunately, there is a good amount of public access for you to get at them from Highway 129 at Boggan's Oasis to Troy, Oregon. There is also some access near the mouth of the Grande Ronde where it flows into the Snake River. The steelhead run is much better than last year and anglers should be in for decent fishing from the bank or from a raft or drift boat. Spinners, spoons and small jigs fished under floats all work well here. Barbless hooks are required. Check the regulations for additional information.

**POTHOLES RESERVOIR:** The walleye bite continues well into December and trout fishing is an option too! Try trolling near Medicare Beach or off the mouth of Frenchman's Wasteway for quality size rainbow trout. Try off the face of the sand dunes, the mouth of Crab Creek or in the Lind Coulee for walleye at this time of year. Trolling a spinner/worm harness behind a bottom bouncer weight works



Courtesy John Kruse  
**Bob Loomis with a hefty Rufus Woods Reservoir triploid trout.**

well in November but as the water continues to cool switch to blade baits for the walleye.

**ROESLAKE:** Located near Manson, this 132-acre lake offers very good trout fishing during the fall and winter. There is a public access area on the south end of the lake with some room to spread out for anglers fishing from shore. Once the lake freezes over it becomes an ice fishing destination not only for trout but also for perch, which are found in good numbers here. Pro tip? After you are done fishing, have breakfast or lunch at the nearby Blueberry Hills Restaurant. It will make the whole trip worthwhile even if you don't catch a thing!

**LONG LAKE:** I was introduced to this lake when I was invited by Mack's Lure President Bob Schmidt to fish with him and a couple of other friends on board of Steve Morris's boat, the man who owns SJM Guide Service. This lake is located just northeast of Spokane. Morris explained this fishery has a limited window because the boat launches become unusable by mid-December. Our late November fishing trip was fantastic with a very quick limit of chunky, 12-to-14-inch rainbow trout. If you have never fished here before I would recommend using a guide like Steve. His website is [www.sjmguideservice.com](http://www.sjmguideservice.com).

**RUFUS WOODS RESERVOIR:** This impoundment between Chief Joseph Dam in Bridgeport and Grand Coulee Dam is a long time draw for anglers going after the big triploid trout found in this reservoir. In the past, most of the triploids caught here were escapees reeled in near the net pens they were raised in on the reservoir. Now, the Colville Tribe raises triploid trout in a hatchery and releases them directly into the reservoir. If you are fishing on tribal land, you will need a permit to do so in addition to your fishing license. While many anglers take their boats to the areas just outside the net pens, bank anglers can also have success on tribal

land by the net pens as well as from shore at Bridgeport State Park, Brandt's Landing and the Willow Flats Recreation Area near Chief Joseph Dam. Oh, and if the triploid trout aren't biting? Try trolling or jigging for walleye, there are a bunch of them here.

**LAKE ROOSEVELT:** Last but definitely not least, this 151-mile-long impoundment of the Columbia River stretching from Coulee Dam to Canada offers very good fishing during the winter months for quality rainbow trout and kokanee, both of which average 16 to 20 inches in size on a good year with some fish even bigger than that. Wall-eye fishing is also very good here during the cool weather months and they can get big (A walleye weighing nearly 12 pounds was caught this past March). Anglers tend to fish around Keller, the mouth of the Spokane River, or by Kettle Falls. The kokanee are usually found in the lower end of the lake in the winter. If you want the latest fishing information about Lake Roosevelt, stop by Clark's All-Sports in Colville.

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

**Okanogan County campfire burn ban lifted Oct. 7**

**OKANOGAN** - The county-wide burn ban on campfires was lifted effective Oct. 7, according to an Okanogan County Emergency Management advisory.

Recreational fires must be contained in a concrete, rock, or steel ring (made from non-combustible material), no larger than 3 feet in diameter and no less than 8 inches in height. The fire (flames) shall be no higher than 2 feet and not conducted within 25 feet of a structure or combustible material. **Recreational fires must be attended to at all times.**

The burn restriction is still in place through Oct. 15. It prohibits all field/pile/rubbish/

**State Fire Marshal's office recognizes Fire Prevention Week 2022**

*Fire Won't Wait. Plan Your Escape.*

SUBMITTED BY DEPUTY STATE FIRE MARSHAL GREGORY BARUSO

**OLYMPIA** - The Washington State Fire Marshal's Office is teaming up with the National Fire Protection Association to promote this year's Fire Prevention Week (FPW) campaign, "Fire Won't Wait. Plan Your Escape." This year

- Make a home escape plan.
- Draw a map of your home showing all doors and windows and discuss the plan with everyone in your home.
- Know at least two ways out of every room.
- Make sure all doors and windows leading outside open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.

- Take some time to make sure your smoke and carbon monoxide alarms meet the needs of all your family members, including those with sensory or physical disabilities.
- To find out more about Fire Prevention Week programs and activities in your area, please contact your local fire department. For more general information about Fire Prevention Week, visit [www.fpw.org](http://www.fpw.org).



Courtesy Washington State Fire Marshal's Office

**Practice your home fire drill at night and during the day with everyone in your home, at least twice a year.**

also marks the 100th anniversary of FPW.

This year's campaign, running October 9-15, works to educate everyone about simple but important actions they can take to keep themselves and those around them safe. It is important to know what to do if fire breaks out in your home. In most circumstances, you may only have a few minutes to get out safely once a smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

The SFMO wants to share safety tips to help you plan your escape.

- Practice your home fire drill at night and during the day with everyone in your home, at least twice a year.
- Teach children how to escape on their own in case you can't help them.
- Close doors behind you as you leave.
- GET OUT AND STAY OUT! Never go back inside if there's a fire.
- If you have to escape through smoke, GET LOW AND GO under the smoke on your way out.
- Call the fire department from the outside of you

fpw.org. For more information about fire prevention, contact the State Fire Marshal's Office at 360-596-3929.

*The State Fire Marshal's Office is a Bureau of the Washington State Patrol, providing fire and life safety services to the citizens of Washington State including inspections of state licensed facilities, plan review of school construction projects, licensing of fire sprinkler contractors and pyrotechnic operators, training Washington States firefighters, and collecting emergency response data.*

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*Have a Community or Sports Story idea?*

Contact  
Mike Maltais  
at 360-333-8483 or  
[qchreporter@gmail.com](mailto:qchreporter@gmail.com)

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**Carol Forhan - 509-548-5286**  
[Carol@leavenworthecho.com](mailto:Carol@leavenworthecho.com)

**Ad deadline Wed., Nov. 2 Publishes Nov. 9**

**ECHO RECORD MIRROR HERALD**

Thank you for your service From John Smith, a proud, retired U.S. Army Veteran

Thank you for defending our Country!

**1 column x 3" ad - Ads are in full color and will carry your message for only \$40 per paper Ads must be prepaid - We accept all credit cards**

**Help us honor and show support to our Veterans Veterans Day - Nov. 11**

**This is a FREE SERVICE to HONOR our Troops & Veterans**

Send us your Photo & Information by Nov. 2 | Publishes Nov. 9

Veterans Information  Active  Retired  Deceased

Veterans Name: \_\_\_\_\_

Medals & Commendations: \_\_\_\_\_ Service Branch: \_\_\_\_\_

Service Location: \_\_\_\_\_

Years of Service: \_\_\_\_\_

Your Name: \_\_\_\_\_ PH# \_\_\_\_\_

Full Address: \_\_\_\_\_

**Email: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com) Bring in or mail. Must be received by Nov. 2**

**We will use the 2021 veterans names again this year and will revise where necessary.**

**QUAD CITY HERALD MIRROR** 131 S. Apple Blossom Drive, #109  
PO Box 1922, Chelan, WA 98816  
509-682-2213

Place your ad online at [NCWMARKET.COM](http://NCWMARKET.COM) or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

# CLASSIFIEDS



**PUBLISHER'S NOTICE**  
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." 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.



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

**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](mailto:classifieds@leavenworthecho.com) or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto: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](http://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](mailto:mirrorads@lakechelanmirror.com) For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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- Call 689-2507

**General Interest**

**Brewster School District Child Find Notice**  
The process of locating and evaluating children with developmental delays or other disabilities is referred to as "Child Find." The Individuals with Disabilities Education Act (IDEA) requires all school districts to locate, evaluate, and provide services to individuals birth to age 21 years old who may have a disability. If you suspect your child or if you know of a child that may have a developmental delay or disability, please contact the Brewster School District Special Education Department at 509-689-2581. The Brewster School District offers free developmental screenings. These screenings are designed to provide a brief assessment of the communication, adaptive, cognitive, social-emotional, and motor development of the child. Developmental screening appointments are available. Please contact Krisel Najera at 509-689-2581, extension 2320 to schedule an appointment.

**Distrito Escolar de Brewster Aviso del Proceso de Child Find**  
El proceso de localizar y evaluar a los niños con retrasos en el desarrollo u otras discapacidades se conoce como "Child Find". La Ley de Educación para Personas con Discapacidades (IDEA) requiere que todos los distritos escolares ubiquen, evalúen y brinden servicios a personas desde el nacimiento hasta los 21 años que puedan tener una discapacidad. Si sospecha de su hijo o si sabe de un niño que puede tener un retraso en el desarrollo o una discapacidad, comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al 509-689-2581. El Distrito Escolar de Brewster ofrece evaluaciones de desarrollo gratuitas. Estas evaluaciones están diseñadas para proporcionar una evaluación breve del desarrollo comunicativo, adaptativo, cognitivo, socioemocional y motor del niño. Las citas de evaluación del desarrollo están disponibles. Comuníquese con Krisel Najera al 509-689-2581, extensión 2320 para programar una cita.



**Employment**

**Help Wanted**

Local woman would like occasional cleaning (6-12x/year) for her 2 bedroom, 2 bath, 900' condo on the first floor unit in Leavenworth. All supplies will be provided. Flexible cleaning days and times, \$20 per hour. Please contact Merry at 425-802-4501.

**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](http://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@okanogantransit.com](mailto:financehr@okanogantransit.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.

**Help Wanted**

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How to relieve vaginal dryness

Q: Since menopause, I've noticed dryness and itching "down there." Is there anything besides hormone pills that can help?

Vaginal dryness and discomfort affect over 75% of post-menopausal women. These symptoms also commonly affect women taking anti-estrogen medicines for breast cancer.

Without estrogen, the vagina and birth canal cells begin to shrink or atrophy. They lose elasticity and secrete less lubricating fluid. This leads to feeling vaginal dryness, itching, and burning, and when you lose the lubrication of vaginal secretions, sexual activity can become quite painful.

Vaginal secretions are crucial to a healthy vaginal environment. They help create and maintain an optimal level of acidity in the vagina. This vaginal acidity supports the growth of "friendly" bacteria like lactobacillus and discourages yeast and certain bacterial infections.

The distress of vaginal discomfort and dryness can be relieved in several ways. You can apply a long-acting moisturizer, use a personal lubricant, or add estrogen to your vaginal tissue.

Replens® is a long-acting moisturizing gel that works for up to 3 days at a time. It's available without a prescription in 2 different forms. You can choose premeasured doses inside individual plastic applicators or one tube with a reusable applicator.

Vaginal moisturizers can relieve dryness and burning and make sexual intercourse more comfortable. However, a moisturizer alone won't reverse the changes in your vaginal cells, optimize the acidity of your vagina, or re-



store helpful lactobacillus. Newer vaginal moisturizers contain hyaluronic acid for long-lasting moisture, plus a mild acid to support vaginal acidity. Hyaluronic acid is as effective as low-dose estrogen vaginal cream in relieving dryness, burning, and painful sexual activity.

Vaginal lubricants differ from moisturizers and often contain silicones, oils, fragrances, and flavors. Lubricants ease symptoms of dryness and increase the comfort of sexual activity but do not optimize vaginal acid balance or encourage lactobacillus.

Applying a small amount of estrogen directly to vaginal cells restores their elasticity, acidity, and ability to secrete a lubricating fluid. This encourages beneficial lactobacillus while reducing dryness and burning.

Can breast cancer survivors safely use low-dose or a local vaginal estrogen to reverse the symptoms of vaginal discomfort? The evidence suggests YES. When applying it directly to vaginal cells, a little estrogen can make a big difference. When used at appropriate doses, vaginal estrogen doesn't create a detectable level in the blood which could act on endometrial or breast tissue.

There are several forms of local estrogen: vaginal creams used with an applicator (Premarin®, Estrace® or generic estradiol), vaginal tablets with individual applicators (Vagifem®), and a gelatin ring that slowly releases estrogen (Estring®). The starting dose for estrogen creams and vaginal tablets is once daily at bedtime for 1-2 weeks, then twice weekly. Estring® is a flexible estrogen ring inserted vaginally

and replaced every 90 days. Other prescription-only options for vaginal discomfort include Osphena® and Intrarosa®. Osphena® tablets mimic the effects of estrogen in vaginal tissue but block estrogen's action in breast tissue.

Intrarosa® is a tablet containing DHEA (dehydroepiandrosterone) inserted vaginally at bedtime. Intrarosa® is more effective at relieving vaginal dryness than other types of supplements containing DHEA.

Contact your doctor if you have significant vaginal discomfort. After checking for infection or other conditions, ask whether low-dose vaginal estrogen or another medicine is a possible option for you.

Here Are 6 Tips to Help Relieve Vaginal Discomfort:

- 1. Be consistent. For best results, use vaginal moisturizers and estrogen consistently. Most estrogen products need to be applied at least twice weekly. Long-acting vaginal moisturizers can last for up to 3 days.
2. Shop online if needed. Although Replens® and Vagisil® moisturizers are available in most grocery

stores and pharmacies, vaginal moisturizers containing hyaluronic acids like Good Clean Love's Bionourish® and Revaree® manufactured by Bonafide are harder to find.

3. More can be better. You can use a vaginal moisturizer in addition to locally applied estrogen to get more relief. For best results, apply moisturizer and estrogen on alternating days.

4. Add a personal lubricant. Try a personal lubricant if sexual contact is uncomfortable despite using a vaginal moisturizer with or without low-dose estrogen. There are many choices available today besides the old standby, K-Y Jelly®.

5. Know your options. Discuss your options for vaginal estrogen and other medicines to relieve vaginal dryness with your doctor.

6. Shop around. Even with insurance, prescription options for the relief of vaginal discomfort can be expensive. A 90-day supply of generic estradiol vaginal cream can be as low as \$60 or over \$400 for Premarin® cream, vaginal tablets, Estring® vaginal ring, Intrarosa®, and Osphena®.

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. ©2022 Louise Achey

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THEME: HALLOWEEN

Crossword puzzle grid with numbers and some filled-in letters.

- ACROSS: 1. Trees in famous Wes Craven's horror movie; 5. Vampire's altered form; 8. Sheltered nook; 12. Uh-huh; 13. Fancy-schmancy; 14. Rodgers of the Packers; 15. "At \_\_\_" to a soldier; 16. I, to a Greek; 17. With clear mind; 18. Popular Halloween decor; 20. Alternative to Saran; 21. Dionysus' pipe-playing companion; 22. Blue, but not as in color; 23. Cause of wheezing; 26. To that; 30. Corn site; 31. To "\_\_\_ out" a competitor; 34. Longship propellers; 35. Synchronizes, for short; 37. #34 Across, sing.; 38. Magazine's special feature; 39. Per person; 40. Like a certain fund; 42. Thailand native; 43. Embarrassed; 45. Afternoon nap; 47. + or - item; 48. Sacrificial spot; 50. What libraries do; 52. "Eviction of a demon"; 55. Hair-loving parasite?; 56. Cher, e.g.; 57. Gopher's equipment; 59. "Beat it!"; 60. Celt; 61. On its own; 62. Type of sailing vessel; 63. Old age, archaic; 64. Leak through

- DOWN: 1. Michael Myers has only one in "Halloween Kills"; 2. Meadows; 3. Halloween face cover; 4. Expression of exasperation; 5. Ill-gotten gains; 6. 19th century business magnate John Jacob \_\_\_; 7. Comparison word; 8. Witch's pot; 9. Killer whale; 10. Emptiness; 11. Last word in a fairy tale; 13. Statue of mourning Virgin Mary, pl.; 14. Aquarium scum; 19. Light sources; 22. Pronoun for a ship; 23. Away from harbor (2 words); 24. Popular animal protein replacement, pl.; 25. a.k.a. doctor fish; 26. Through, in a text; 27. Sunrise side, pl.; 29. Plural of ostium; 32. Common second person pronoun contraction; 33. Witch's four-legged companion; 36. Leatherface's signature weapon; 38. Hipbone-related; 40. Family \_\_\_ and wing \_\_\_; 41. Stellar; 44. Data transmitting device; 46. Kane and Goldberg, of TV; 48. Type of rotation; 49. Cherished; 50. Nessie's home; 51. European currency; 52. Competitive advantage; 53. Uncontrolled swerve; 54. Remote control option; 55. Dropped hallucinogen; 58. Gene Vincent's "Dance to the \_\_\_"

Advertisement for the book 'The Contract' by William E. Forhan, featuring a cover image and promotional text.

# Experts Warn Homebuyers of Red Flags Beyond Climbing Interest Rates

MARY PRENON

Over the past two years, houses nationwide were going like hotcakes, with sellers often receiving tens or even hundreds of thousands of dollars over the asking price. Buyers often waived inspections and picked up some of the sellers' costs in dire hopes of securing that coveted single-family home.

While the landscape has now changed because of higher interest rates, many parts of the country are still seeing bidding wars, and home prices aren't yet experiencing a sharp decline. With inventory still lower than normal, many buyers remain hungry for a piece of the American Dream.

However, some experts are cautioning would-be homeowners about quickly jumping into the home-buying pool without doing their homework first.

"Listing prices are still high, and combined with the higher mortgage interest rates, people are going to be overpaying for their homes," Andre Stewart, CEO of InvestFar, a real estate marketplace and database firm, told *The Epoch Times*. "It's important for them to review their budget and make sure they're not getting in over their heads."

In the present market, the average homebuyer can expect to pay up to 25 percent more than a year ago.

"It's one thing if you're buying a home to live in it for a very long time, but most people live there for 5 to 10 years, and then resell it," Stewart said. "You want to make sure you're going to make money on that sale."

Stewart, author of "The Real Estate Investing Diet," advises potential buyers about other often-ignored "red flags" of home purchasing.

"During the pandemic, a lot of people were buying properties sight unseen, and they were skipping inspections," he said. "Getting a home inspection is extremely important—even with brand-new housing developments."

Because new construction costs have skyrocketed, Stewart warns that some new developments may not be completed as expected.

"There have been situations where people have purchased a home thinking the garage door would be arriving after they moved in, but it was never finished," he said. "It's worth the money to get the inspection so homeowners can have a full punch list of items to be completed before they close on the property."

Even luxury homes can harbor hidden problems, he added, such as mold.

Mark Aakjar, the owner of Mark's In-



▲ A "For Sale" sign in front of a home in Miami on June 21, 2022.

▶ A window air conditioning unit in Houston on July 21, 2022.



spections, has been servicing the New York metropolitan area for the past 14 years.

"Mold is now what asbestos was 15 years ago," he told *The Epoch Times*. "Mold can be anywhere—it's just a matter of what type and how much. Some people may not have any reaction to it, while others may suffer from allergies or severe respiratory issues."

Aakjar noted that, sometimes, the mold isn't visible.

"If I'm doing an inspection on a Manhattan apartment at the top of a 30-story building, I may not actually see evidence of mold, but an air test will indicate that mold is present. Then we have to start looking for it," he said.

Concerning new construction, he cited other common problems, such as

undersized boilers or air-conditioning units, improper insulation, poor-quality windows, and foundation cracks.

As a real estate finance expert, Michael Gifford cautions potential homeowners to complete their due diligence before making what will likely be the largest purchase of their lifetime. He's the CEO and co-founder of Splitero, which offers options to access home equity without incurring debt or additional monthly payments; the San Diego-based company offers cash to homeowners in exchange for a share of the home.

"I know there's still an urgency for people to want to jump into the market, but they need to make sure they're putting themselves in a proper position for the future," he told *The Epoch Times*. "And if they do decide to proceed, they

always want to have a home inspection so they can understand exactly what they're buying."

Gifford noted that potential homeowners—especially first-time homebuyers—should educate themselves about the home's electrical, plumbing, heating, and air-conditioning systems, as well as things such as the age of the roof, condition of the basement, wells, septic tank, and the home's foundation.

While roofing and mold remediation can be costly, Aakjar noted that windows are often overlooked big-ticket items.

"Sometimes, builders will install rubber gaskets instead of metal ones, which after time can cause windows to constantly look foggy," he said. "Windows are a cosmetic, but if you have 25 windows that need to be replaced, you're looking at a major expense."

Potential homeowners also should be aware of any curling, damaged, or missing shingles on the roof, as well as the growth of mold or moss. Gutters, trees, oil tanks, and the placement of electrical outlets can be potential hazards, and basements often conceal hidden issues.

"The hardest thing is to predict how often or if a basement gets water," he said. "Telltale signs can be a washer or dryer a few feet off the floor. Just about every basement in the Northeast gets damp, so many homes will need a dehumidifier."

Aakjar highly recommends that homebuyers attend the inspection.

"Buying a home is a huge purchase, and they'll understand so much more when they're walking through and asking questions," he said.

Based on current red flags within the global economy, Stewart believes the housing market could be in for a dismal January and February 2023. Gifford predicts that things could swing back to a buyer's market early next year.

"The fourth quarters are historically lower due to the holiday season, so it's difficult to predict what's going to happen in the coming year," he noted.

Regarding home prices and interest rates, Gifford indicated it may be more difficult for sellers to get into a better home or something just as good for about the same amount of money. On the other hand, he said, buyers may be losing motivation because of rising costs associated with the increased mortgage rates.

"It always goes back to supply and demand," he said. "It's just a really tough situation predicting what turn things will take in the new year and where that will leave buyers and sellers."

## Beijing Arrested 1.43 Million People in 100-Day 'Public Security' Campaign Ahead of National Meeting

MARY HONG

The regime in Beijing has detained 1.43 million people during a three-month campaign dubbed a "public security crackdown" ahead of the Chinese Communist Party's (CCP) national meeting. However, not all those arrested are criminals.

As with other key Party events, the regime has tightened security in the capital in the lead-up to this month's all-important meeting known as the 20th National Congress, when Chinese leader Xi Jinping is expected to secure an unprecedented third term.

The regime's Ministry of Public Security, which set up the "100-day operation" that began on June 25, touted the campaign's success during a Sept. 27 press conference: More than 1.43 million people were arrested and 640,000 criminal cases were resolved.

However, many of the so-called suspects are simply ordinary Chinese citizens, including dissidents, activists, petitioners, Christians, and Falun Gong adherents.

### Enemies of the People

The regime claims the operation was the "hard fists" needed to protect vulnerable groups, such as women, minors, the elderly, and the disabled.

The Chinese language edition of *The Epoch Times* learned that police targeted many non-criminals, including people who dared to speak up in defense of citizens in need.

Lawyer Chen Jiahong has been miss-



Paramilitary police officers march at Tiananmen Square in Beijing on June 4, 2020.

By defending our rights, we are fighting for democracy and freedom, which is our greatest hope in life.

Hu Jianguo, activist

ing since Sept. 24, when the police visited his home in Guangxi Province in southern China. Chen was previously imprisoned on a charge of "inciting subversion of state power" for his vocal support of victims of the "709 Crackdown," a 2015 mass arrest of civil rights lawyers and rights activists.

Xiang Jinfeng, an outspoken rights activist from Fujian Province on China's southeastern coast, was detained by local police in Longyan City on Sept. 1 on an unknown charge. His family was told only that the detention would last a month, Xiang's brother told *The Epoch Times*.

### CCP's Societal Risk Factor: Petitioners

Petitioning the government in Beijing has become routine for many Chinese

who believe their voices need to be heard by the authorities. However, they too have become targets of the latest operation.

Hu Jianguo, a Shanghai activist, once said, "By defending our rights, we are fighting for democracy and freedom, which is our greatest hope in life."

For two weeks, police have been stationed in his garage, watching him day and night, just to prevent him from going to Beijing to petition the government, he told *The Epoch Times* on Sept. 28.

Hu said that some other Shanghai petitioners such as Yang Yonglan, Gu Guoping, and Peng Miaolin and her daughter Peng Jun also are under 24-hour police surveillance.

"I told those communists that they are all embezzlers and thieves who keep money abroad and bully the people," he said. "For that, they sent a few more people [to my home], even a van was parked right outside watching us."

Since 2005, the annual number of petitions in China has remained as high as 10 million, according to a 2013 book titled, "Petitions, Democracy, and the Rule of Law: China Topics," by City University of HK Press.

In fact, the total number of complaints about the regime's governance reached 10.24 million nationally in 2000, according to a 2005 research paper by Xiong Yihan, a political science researcher at Fudan University.

### Zero-COVID Versus Zero-Petitioners

In 2021 alone, there were more than

3.8 million complaints specifically addressed to the state anti-corruption offices: the Central Commission for Discipline Inspection and the National Supervision Commission.

The regime claimed that corrupt officials at the grassroots level are the major cause of mass incidents.

To crack down on corruption, local officials initiated a "zero-petitioners" campaign.

Shanxi Province adopted the zero-petitioners initiative in 2020 as one of the main tasks of the provincial standing committee of the CCP. This year, the Education Bureau of Jiyuan, in Henan Province, also promoted the zero-petition initiative to ensure proper implementation of the zero-COVID policy.

Wu Shaoping, a human rights lawyer in the United States, said the CCP's harsh controls have created a state of tension and anxiety among the entire society. The pandemic is only an excuse to control people.

He believes the CCP is fully aware that "people's madness [anger] and protests may lead to the collapse of the regime."

In a 2009 interview with the Voice of America, human rights lawyer Jiang Tianyong said that many petitioners were finally "enlightened" through decades of petitioning.

"They realized it's not just the grassroots officials who are corrupt, but the further they went on with their petitionings, the darker it would get."

Jiang, who also was arrested in the 709 Crackdown, has been under house arrest and 24-hour police watch since his release in 2019 after two years of imprisonment.

*Haizhong Ning and Chang Chun contributed to this report.*