

Linda Dezellem, named
Career, Technical Specialist
at North Central Educational
Service District
See page A3

Food Bank Day is Friday, Sept. 16



Courtesy Wellspring of Life Church

Backpacks (left) and boxes of school supplies were given out to returning Bridgeport school students.



What would a carnival be without a water-drench attraction?

Wellspring celebrates back-to-school with supplies, giveaway

MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – The Wellspring of Life Church at 1300 Foster Avenue held a special celebration of Bridgeport school students last month. Under the guidance of copastors Zuni and Carlos Henriquez, the church distrib-

uted back-to-school supplies comprised of 100 backpacks and 250 boxes filled with school supplies among an estimated 400 people who showed up for the August 20 event.

Wellspring of Life also hosts a monthly food distribution day that this month runs from 5:30-7 p.m., Friday, Sept. 16.



A giant slide moved the folks along.



An estimated 400 people attended the back-to-school event.

Tony Newton Memorial Regatta debuts in Brewster



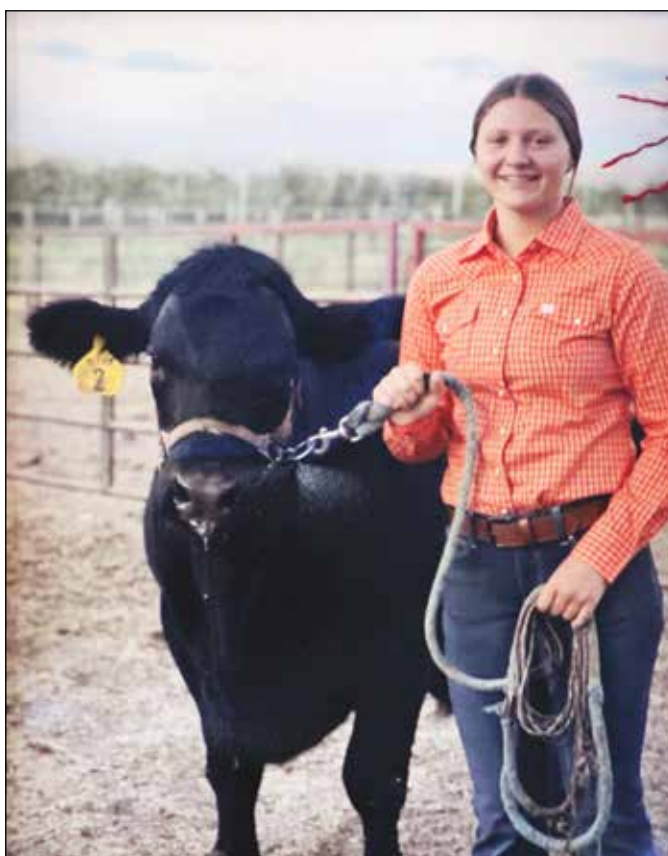
Mike Maltais/QCH

With the Columbia River race course in the background, Tacoma Inboard Racing Association hydroplanes are staged on the grass in Columbia Cove Park prior to the debut running of the Tony Newton Memorial Regatta in Brewster, Saturday and Sunday, Sept. 10-11.



The Fast Eddie (top) and Shenanigans travel on a custom-built double deck trailer.

Quad City FFA exhibitors make their marks at Okanogan County Fair

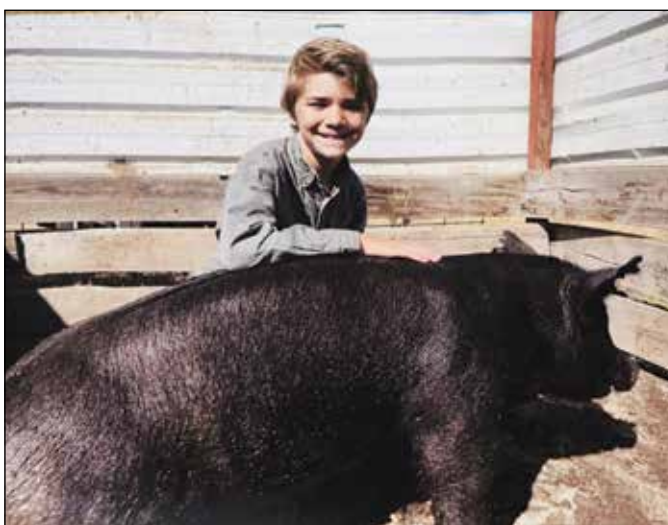


Mike Maltais/QCH Photos

Paige Wulf, Brewster, with her Angus steer Dr. Doofensmirtz.



Katia Sanchez, Brewster, with her Hampshire cross. Riblet.



Grant Becker, Brewster, and his Hampshire cross, Montgomery.



Milan Sanchez, Brewster, with her Hampshire cross, Alexander Hamilton.

BY MIKE MALTAIS
STAFF WRITER

OKANOGAN – The 75th Okanogan County Fair filled the four-day weekend of Thursday, Sept. 8, through Sunday, Sept. 11, featuring plenty of food and family activities from live entertainment to little people livestock events. In the latter category Brewster youngsters Corbin Gebbers, 5, and Jackson Gebbers, 7, were among the up-and-coming livestock exhibitors in the new Little Beef Barn where both showed Angus bottle baby calves.

Both the Brewster and Pateros school FFA chapters and 4-H groups were well represented in the livestock barns. Some stalls were decorated with judges' ribbons including:

Jasmine Contreras, Pateros, First place for Hampshire cross hog, Pumba.

Paige Wulf, Brewster, First place for Angus steer Dr. Doofensmirtz.

Fatima Rosario, Brewster, Second place for Hampshire cross, Jay.

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Small Town Strings entertained on opening afternoon.

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Brewster Food Bank continues to address families in need



Food Bank manager Dan Biddle, left, and volunteers Dale Landon, Rose Guzman, Nina Shaw, and Bill Tonseth open the doors to a busy morning of distributing the many boxes of food filling the tables around them.



A line of vehicles was already waiting when the doors opened at 9 a.m.



Boxes of fruit from Northwest Harvest

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The cars began lining up by 8 a.m. for the 9 a.m. opening of the Brewster Food Bank at 301 Fourth Street S. last Thursday, Sept. 8. Outside the front door boxes of fruit from Northwest Harvest were neatly stacked awaiting distribution.

Inside, facility manager Dan Biddle and his crew of volunteers had bags of food ready to hand out to the estimated 100-plus customers expected to show up for staples. A week earlier 116 had been served, and 115 the week before that.

“The turnout was a little soft this week,” said Biddle after last Thursday’s distri-

bution, attributing the lower demand to the start of apple harvest. “Pickers are out now and some who are working cannot get here or do not have another vehicle available to do so.”

The Catholic Charity service gets food deliveries from several sources, principal among them Okanogan County Community Action Council (OCCAC) that supplies food to the eight other county food pantries located in Conconully, Nespelem, Okanogan, Omak, Oroville, Twisp/Methow, and Wauconda. Second Harvest Inland Northwest in Spokane also makes scheduled food pantry deliveries.

Food drives and dona-

tions contributed by the local schools, businesses, service organizations, and private citizens have been critical in keeping the food coffers supplied. Last year, the Senior Farmers Nutrition Program distributed \$70,050 in vouchers for low-income seniors. These vouchers were used at local farmers markets to ensure seniors had access to fresh fruits and vegetables, according to the Brewster Food Bank Facebook website. Food For All administers the federal program in Spokane County under a contract with Aging and Long-Term Care of Eastern Washington.

Applications are now open. Visit the website at ceasternwa.org/food-for-all for more information.

FAIR

CONTINUED FROM PAGE A1

Jason Rosario, Brewster, Second place for Hampshire cross, Shelby.

Berkley Reagles, Pateros. Grand Champion for quarter horse, Lady.

Berkley Reagles, Reserve Grand Champion for quarter horse, Rusty.

Raelyn Coffman, Pateros, First place for hog cross, Charlotte.

Reese Stennes, Pateros, First place for hog cross, Bacon.

John Osborne, Pateros, Reserve Grand Champion for cross feeder hog, Wilbert.

Charles Osborne, Pateros, First place for hog cross, Big-foot.

Katia Sanchez, Brewster, Reserve Grand Champion for Hampshire cross, Riblet.

Milan Sanchez, Brewster, First place for Hampshire cross, Alexander Hamilton.

Havana Aparicio, Brewster, First/Second place for Hampshire cross, Pumba.

Addison Henton, Pateros, First place for Hampshire cross, Curly Sue.



Stevie Simmons, Pateros, spends a moment with Johnny.



Kassidy Wilfong of Pateros won a board full of ribbons, including at least five Grand Champion for her Hampshire cross sheep, Kevin.



Carson Henry, 3, Okanogan, takes his saddle-broke Jersey, Fawn, out for an afternoon ride with a little help from mom, Sarah.



O.K., here's a tough one...See if you can spot poultry barn superintendent, Sheila Oxley, in this photo.



Charlene Knapp of Brewster won the Grand Champion award for her quilt.



Brooke Cunningham, 3, of Riverside, appears to have found a new friend in the sheep barn.



Wrandie Bowen, Pateros, relaxes in the pen with her Hampshire cross.



Fatima Rosario, Pateros, enjoys some down time with her hog, Jay.

Cody Simmons, Pateros/Methow, Grand Champion for hog cross, June.

Stevie Simmons, Pateros, First/Second place for Hampshire cross, Johnny.

Alex Talavera, Brewster, First place for Yorkshire cross, Jeremy.

Wrandie Bowen, Pateros, First place for Hampshire cross, Maple.

Robert Bowen, Pateros, First place for Hampshire cross, Karen.

Kimber Reynolds, Brewster, First place for hog cross, Blanche.

Kassidy Wilfong, Pateros, 5

Grand Champion/Special Award for Hampshire cross sheep, Kevin.

Samantha Swezey, Brewster, First place for Oberhasli goat, Josie.

Keyla Simpson, Brewster, Reserve Grand Champion for Oberhasli, Jade and Georgie.

Carson Boesel, Malott, First place for hog cross, Oreo.

Jacey Boesel, Malott, First place for hog cross, Betsy.

Grant Baker, Brewster, first place Angus steer, Goose.

Kaydence Carrington, Brewster, First place for Angus

steer, Murphy.

Morgan McGuire, Brewster, First place for Angus steer, Mash.

Eric Ramirez, Brewster, First place for Angus steer, Apollo.

And there were more. Among the upgrades visitors enjoyed this year were new metal bleachers in place of the old wooden grandstands, a Little Beef Barn for bottle baby livestock, updated RV hookups, new racetrack outer railing, water infrastructure improvements, Horticulture and Home Ec. Building remodels, along with new paint, gates, and fences around the grounds.

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The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

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

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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Bringing the community to your door

Bears fall to Cashmere Bulldogs, 52-14



Mike Maltais/QCH

Nicholas Maldonado, 15, hits a wall of Bulldog tacklers.



Brewster senior wide receiver Reese Vassar, 6, pursued by Cashmere's Jack Croci, 1, takes a pass reception past the midfield marker during last Friday's game against Cashmere.



Senior running back Jaydynn Flores, 8, takes a handoff from quarterback Kelson Gebbers in first quarter action against Cashmere.

Linda Dezellem, named Career, Technical Specialist at North Central Educational Service District

SUBMITTED BY NORTH CENTRAL EDUCATIONAL SERVICE DISTRICT

WENATCHEE - The North Central Educational Service District (NCESD) has announced the hire of Linda Dezellem as the agency's Career and Technical Education Specialist.

The North Central ESD supports districts with developing and implementing Career and Technical Education (CTE) programs, which are an essential part of the Career Connect Washington initiative in the region. CTE programs ensure every young person has access to real world, relevant career development opportunities while in school, explained Dr. Sue Kane, who leads the Career Connected Learning team at NCESD.

"We are thrilled to bring Linda's experience and expertise to schools across the region," Dr. Kane added. "Career and Technical education offers 6-12th grade students some of their first opportunities to explore future careers, build skills, and gain professional credentials and experiences that can be immediately ap-

plied after high school on any path that a student chooses."

As the CTE Specialist, Dezellem will serve as a regional leader and engage with educators and industry and community stakeholders to expand career and technical education programs, improve alignment of career pathways, and increase the number of young people graduating from high school with the skills needed to secure a job or credential. Dezellem's role will support all 29 school districts in the North Central Washington region to meet the diverse needs of students.

Dezellem comes to the NCESD from Brewster School District. Since 2008, she served the district as Brewster High School Principal and CTE Director. During her time there, the district increased graduation rates to nearly 100% consistently over the last several years. This accomplishment earned the High School recognition as a School of Distinction by The Center of Educational Effectiveness five years in a row.

In this role, Dezellem hopes to directly support district



Courtesy NCESD

Linda Dezellem

CTE Directors, many of whom serve in leadership and instructional capacities in addition to their CTE responsibilities.

"Career and Technical Education has always been my life's passion and I am beyond excited to have the opportunity to assist the school districts in our ESD region as they expand CTE options and certifications for students," said Dezellem.

Dezellem began her new role with the NCESD in July 2022.

qcherald.com

October is
Breast Cancer Awareness Month
Are you a survivor? From 1 day to many years



On Oct. 5 we will publish our feature page of survivors, in our Breast Cancer Awareness Special Section, to help encourage the newly diagnosed.

There is life after cancer.

For additional information please contact Ruth at 682-2213 or ruthk@lakechelanmirror.com
To be included on the feature pages, fill out the form below or pick one up at our office.

Mail your form and/or drop them off by **Wed, Sept. 28**

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- Matthew 19:26

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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

Senior meals now served, home delivered, Tuesday, Wednesday, Friday

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, Sept. 14: Mac & Cheese w/Bacon, Peas & Carrots, Green Salad, Tropical Fruit, Dessert; Thursday, Sept. 16: Fiesta Chicken Salad, Watermelon, Tortilla Chips, Dessert; Tuesday, Sept. 20: Salmon with Dill Sauce, Rosemary Potatoes, Pea Salad, Tropical Fruit, Garlic Bread, Lemon Bar; Wednesday, Sept. 21: Chicken Enchiladas, Span-

ish Rice, Coleslaw, Cuke & Watermelon Salad, Dessert.

Sept. 14

Brewster Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Sept. 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.

Sept. 14-17, 19-24

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.

Sept. 14-15, 19-22

Chelan Valley Hope serves Bridgeport, Mansfield, Waterville

CHELAN - Chelan Valley Hope is open Monday thru Thursday, 9 a.m.-Noon and 1-3 p.m. Come visit Terri's Pantry. It offers non-food items to those in need. You can choose between items such as: shampoo and conditioner, laundry soap, toothpaste & toothbrushes, toilet paper, diapers, feminine hygiene items, dish soap, dog or cat food, and more. Pantry donations are welcome and can be left during business hours. CVH is located at 417 S. Bradley Street. They provide social services at no cost to all individuals and families in need, empowering people to improve their own lives. HOPE is clearly the message by giving people the support and tools needed in crisis or difficult life circumstances; by providing relief, emergency shelter, rent and utilities assistance, food and fuel vouchers, and bringing solutions and relevant resources to achieve long term independence and stability. More information at chelanvalleyhope.org including a Donate Button. Call 509-888-2114 for a client appointment or to volunteer.

Sept. 15

Bingo is back

BREWSTER - Bingo is back 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.

Sept. 15, Oct. 13

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, Sept. 15, 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.

Sept. 17, 20

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.

Sept. 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 Wash-

ington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

September 21

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.

September 26

Okanogan County PUD meetings

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, September 26, at 3 p.m. For more information okanoganpud.org

September 26

Douglas County PUD meetings

EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is September 26 at 1:30 p.m. in the East Wenatchee office.

Sept. 30

Okanogan County School Retirees' Assn. to meet

OMAK - Okanogan County School Retirees' Association will hold a general meeting 11 a.m., Friday, September 30, at El Torito Bar & Grill, 914 Koala Dr., Omak. Rena Shawver, Executive Director of Okanogan County Community Action Council, will speak on "The Needs of Our County".

September 30 deadline

Nominations for the Highly Capable Program sought

BRIDGEPORT - Highly Capable students perform or show

potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments. Outstanding abilities are seen within students' general intellectual aptitudes, specific academic abilities, and/or creative productivities within a specific domain.

Bridgeport School District is committed to identifying and providing for the unique educational needs of all of our students. Through September 30, they will solicit nominations for the Highly Capable Program. Students may be referred by parents, family, school staff, and community members.

Nomination forms: at www.bsd75.org. Please return completed forms to the district office (1400 Tacoma Ave., PO Box 1060, Bridgeport, WA 98813).

October 11

Survivors of Suicide Loss Support Group

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

October 11

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
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*Bonus points expire one year from date awarded. Earned points never expire, with at least one purchase every 24 months. Premier Rewards cardholders get 15,000 bonus points when they make \$1,500 in purchases within the first 90 days; Rewards world cardholders get 10,000 points. APR = annual percentage rate. Following intro period, the rate 11.74-21.74% variable APR for rewards cards. Introductory rate availability based on creditworthiness. Not all applicants will qualify for these rates. Introductory rate does not apply to cash advances. Balance transfers must be completed within first 90 days. Balance transfer fee: 3% of each transfer amount, \$5 minimum. Foreign transaction fee is 2% of U.S. dollar amount. No foreign transaction fee for Premier Rewards cards. Visit stcu.org/creditcards for full rate and balance transfer details. All loans subject to approval.



THE WASHINGTON OUTDOOR REPORT



Courtesy John Kruse

In the Wenatchee District, GMU 251 (Mission) offers the best chance for elk hunters going after animals from the Colockum elk herd in places like Jump Off Ridge as well as the Camas and Tronsen Meadows.

Big game hunting prospects

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

The Washington Department of Fish and Wildlife has released their annual hunting prospects report, put together by regional and district game biologists. Here's the highlights for deer and elk for the upcoming season:

Deer
The best place to go for white-tailed deer in Washington is Northeast Washington's District 1, covering Ferry, Stevens and Pend Oreille Counties. Ferry County also offers good opportunities for mule deer. Last year 3544 deer were harvested in this region, which was down 18 percent from the five-year average. WDFW biologists state roadside surveys indicate deer populations are stable. The best Game Management Units to hunt for success are GMU 121 (Huckleberry) where 31 percent of deer hunters harvested an animal during the modern firearm season though this did attract an average of five hunters per square mile. GMU 101 (Sherman) was best for archery hunters. Very few hunters were in the area last year and the success rate was 23 percent. WDFW will have voluntary check stations set up at locations throughout this region during the opening weekend of hunting season and will be checking animals for the presence of chronic wasting disease.

Heading to North Central Washington's District 7, covering Chelan and Douglas counties, you'll find what is traditionally some of the best mule deer hunting in the state. The Chelan herd of mule deer has a buck to doe ratio of 25:100 while the Douglas herd's ration is 26:100, meeting or beating management objectives. Harvest was down last year but biologists believe that's because hunter participation was as well.

If you are looking for big numbers of mule deer, head to Okanogan County (District 6) which has the largest migratory mule deer herd in the state. Good numbers of white-tailed deer are found in GMUs 204 and 215. Fires and drought in recent years have set deer numbers back but the herds are recovering. Biologists expect a modest increase of 2 1/2-year-old bucks this year and a harvest similar to last season.

Last year 2,228 deer were harvested in Okanogan County, about a hundred deer above the five-year average. Archery hunters did best with a 26% success rate, followed by muzzleloaders with a 23% success rate and modern firearms hunters, of which only 18% harvested a deer.

The Desert Wildlife Area and Columbia Basin in Grant

and Adams Counties also offers very good mule deer hunting, albeit, carefully managed and often limited to hunters lucky enough to draw a tag. Last year 747 bucks were harvested in this area (District 6), and 156 of them were 5-point antlered bucks or better. Modern firearms hunters had the best success in the open terrain found in this region and with very healthy buck to doe ratios biologists expect good mule deer hunting again this year. Most of the bucks will likely be harvested in GMU 272 (Beezley) and GMU 284 (Ritzville).

Finally heading to Klickitat, Skamania and Clark Counties, deer hunters have limited public land opportunities so permits from timber companies often dictate opportunity and success. Having said that, biologists say, "Deer harvest and success is remarkably consistent within District 9, where hunters are expected to harvest approximately 2,000 bucks during the 2022 general season, representing a success rate of 20-25 percent." Biologists also noted, "Deer harvest in West Klickitat (GMU 578), Grayback (388), and East Klickitat (382) was higher in 2021 than in recent years, which is an indication of recovery for these populations."

Elk
The Blue Mountains elk herd has been significantly declining in numbers in recent years, down to an estimated 3900 animals this year compared to a high of some 5,800 animals eight years ago. The bull to cow ratio is just under 20 bulls for 100 cows. Harsh winters in the last decade definitely had an effect on this herd but so does predation. Very few calves radio collared in a recent study survived and most of those that died were killed by cougars. Staff biologists predict, "The low number of calves being recruited into the population in 2022 will

result in a low number of yearling bulls (spikes) available for harvest this fall. This fall will be another below-average year for yearling bull harvest."

The Mount Saint Helens elk herd has also struggled in recent years due to hoof rot disease as well as harsh winters and cold, late springs. Biologists say, "These indicators point toward an elk population that is below objective and well below historic highs. Therefore, hunters should expect a generally less productive elk hunting season during the 2022 hunt. WDFW has reduced antlerless hunting opportunity accordingly."

Another option is Northeast Washington, where the Selkirk elk herd resides, but WDFW biologists caution, "In general, opportunities are marginal and harvest success is very low."

The Coluckum herd, residing in Chelan and Kittitas Counties, offers a brighter note. In the Wenatchee District, GMU 251 (Mission) offers the best chance for elk hunters going after animals from the Colockum elk herd in places like Jump Off Ridge as well as the Camas and Tronsen Meadows. Of the 42 elk harvested in this district during last year's general season, the vast majority came from here. During the general season, this is a spike bull-only harvest area. There was also a late cow elk season last year in the Peshastin area to reduce damage to orchards and this will likely happen again this year. Overall, biologists are hearing reports of increasing numbers of elk in this district and harvest rates are expected to be between 40 to 55 elk.

For more information about hunting prospects in Washington this season go to <https://wdfw.wa.gov/hunting/locations/prospects>.

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

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff

Sept. 2
11:00 Public Assist, 60 N. Douglas Creek Rd., Waterville
12:25 Fraud/ Forgery, 123 W. Poplar St., Waterville
22:28 Agency Assist, 455 Brays Landing Rd., Orondo

Sept. 3
03:57 Non-injury Accident, Rd. B NW and Rd. 10 NW, Mansfield
07:47 Harassment/ Threat, 302 S. Chelan Ave., Waterville
14:59 Alarm, 356 Moses Coulee Rd., Waterville
18:06 Sex Offense, 320 N. Columbia Ave. and 4th St., Bridgeport
19:21 Parking/ Abandoned Vehicle, Columbia Ave. and 4th St., Bridgeport
19:21 Animal Problem, 230 3rd St., Bridgeport
20:45 Noise Complaint, 1336 Foster Ave., Bridgeport
22:04 Noise Complaint, 1808 Raymond Ave., Bridgeport
22:19 Suspicious Circumstance, 145 Osprey Dr., Bridgeport
23:54 Welfare Check, 805 SR 173 area, Bridgeport

Sept. 4
10:11 Vehicle Theft, 1314 Foster Ave., Bridgeport
12:03 Animal Problem, 230 3rd St., Bridgeport
14:01 Traffic Offense, US Hwy. 97 and Brays Landing Rd., Orondo
14:51 Assault, 250 McNeil Canyon Rd., Orondo
14:51 Civil Dispute, 21315 US Hwy. 97, Orondo
15:20 Suspicious Circumstance, 8 Moe Ct., Bridgeport Bar
20:24 Noise Complaint, 1508 Tacoma Ave., Bridgeport
20:36 Civil Dispute, 400 Fairview Ave., Bridgeport

Sept. 5
16:40 Marine, 21318 US Hwy. 97, Orondo
21:26 Animal Problem, 23459 US Hwy. 97, Beebe Bridge area, Orondo

Sept. 6
11:05 CPS/ APS Referral, 309 S. Central Ave., Waterville
14:57 Welfare Check, 4 B Orondo Pt. Ln., Orondo
18:18 Missing Person, 117 Sage St., Bridgeport Bar

Sept. 7
06:59 Parking/ Abandoned Vehicle, Rd. E NW and McNeil Canyon Rd., Orondo
07:19 Suspicious Circumstance, 1400 Tacoma Ave., Bridgeport
13:43 Agency Assist, Mansfield Cemetery, Mansfield
14:08 Sex Offense, 601 N. Monroe St., NCW Fairgrounds
15:19 Welfare Check, 929 Maple St., Bridgeport
15:47 Domestic Disturbance, 919 Maple St., Bridgeport
15:57 Fraud/ Forgery, 28 McCormack St., Bridgeport

21:15 Domestic Disturbance, 145 Osprey Dr., Bridgeport

Sept. 8
12:22 Burglary, 679 Rd. 20 NW, Mansfield
13:50 Sex Offense, Sun Cove area, Orondo
17:32 Public Assist, 11 Old Ferry Rd., Orondo

Brewster Police Department

Sept. 2
No local reports.

Sept. 3
19:55 A caller on W. Cliff Ave. in Brewster reported a juvenile problem when their 14-year-old brother was reported throwing a fit and being really aggressive, no weapons, alcohol or drugs were involved.
23:38 A noise complaint was reported on W. Hanson Ave. and S. 4th St. in Brewster for a party going on by the church.

Sept. 4
13:28 A caller on W. Cliff Ave. requested a call for custodial options when her ex was reportedly taking their son to Mexico, did not have full custody and wanted to press charges against her and her parents.
16:46 A citizen assist was requested on W. Main Ave. in Brewster for a tourist from Ohio who possibly left a purse in a coffee shop.
22:03 A noise complaint was reported on State Way in Brewster for a loud party with music and yelling.

Sept. 5
01:30 A civil dispute was reported on North Star Rd. in Brewster for a subject that was a known meth user and living with the caller, that took their green '97 Subaru Legacy without permission.

13:46 Theft was reported on S. 3rd St. in Brewster.
16:41 Harassment was reported on W. Hanson Ave. in Brewster when the caller's ex-boyfriend posted a picture of him and her together on social media after she told him to leave her alone.
18:08 An agency assist was requested on Hwy. 97 in Brewster for a male subject requesting aid for neck pain.
20:48 A stray dog was reported on N. 7th St. and W. Jay Ave. in Brewster, the caller had it in their vehicle and was in route to the pound.

Sept. 6
08:38 A burglary alarm was triggered on E. Main Ave. in Brewster.

Okanogan County Sheriff

Sept. 2
No local reports.

Sept. 3
13:18 Animal abuse was reported on McAlvey Dr. in Pateros when a caller heard a dog howling at 4:30 a.m. for long periods of time. A neighbor reportedly checked on the dog and there was no water.
15:25 A welfare check was requested on North Star Rd. in Brewster for a caller's roommate that was reportedly under the influence of meth, the caller had been watching her child for the past few days and the roommate was reported hallucinating.

21:09 A domestic dispute was reported on Sunset Dr. in Brewster, a subject was reportedly drinking with the caller and then left in a green Toyota car after getting mad, with a 3-year-old male child with her.

Sept. 4
11:52 An agency assist was requested on Indian Dan Canyon Rd. in Brewster for a stolen Chevy pickup that occurred possibly the night prior.

Sept. 5
01:30 A civil dispute was reported on North Star Rd. in Brewster for a subject that was a known meth user and living with the caller, that took their green '97 Subaru Legacy without permission.

08:54 A domestic dispute was reported on W. Warren Ave. in Pateros for neighbors living in tents that were reported constantly yelling at each other.
17:39 A civil dispute was reported on North Star Rd. in Brewster for reported neglect of a child.

18:08 WSP requested aid for an adult male subject with neck pain on Hwy. 97 in Brewster.

Sept. 6
11:24 A suspicious call was received from North Star Rd. in Brewster and a female subject was talking softly advising she thought she found someone and was unable to talk freely.
12:00 A civil dispute was reported on Morning Star Way in Brewster regarding a custodial issue with the caller's ex-wife.
13:46 Malicious mischief was reported at Pateros Mall for a bullet hole in a window an done in a heating/ AC unit.
14:31 A caller on Sunset Dr. in Brewster reported a subject threatened to drown the caller in his pool.
19:31 Illegal burning was reported on Alta Lake and Fawn Roads in Pateros.

22:39 A weapons offense was reported on Monse River Rd. in Brewster for a male subject outside banging on windows with possibly a gun and machete.

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It's time to get your flu shot

Q: Can I get a COVID-19 and flu vaccine simultaneously?

Yes, with two exceptions. The nasal spray vaccine Flumist® contains live virus, so you should wait 2 weeks between getting COVID and Flumist® vaccinations.

Getting a flu shot helps protect you from some of the severe effects of COVID-19 infection, like stroke, blood clots, and severe infections.

It is unknown if there are any increased side effects when getting 2 vaccines with adjuvants simultaneously, like Fludax® and Shingrix, the newer shingles vaccine.

Q: When is the best time to get a flu shot?

The CDC recommends that everyone 6 months and older get vaccinated by the end of October. However, you can get vaccinated at any time during the flu season.

Young children aged 6 months through 8 years getting the flu vaccine for the first time should get 2 doses. The first dose should be



Ask... Dr. Louise

effectiveness in seniors.

Q: Why do we need yearly vaccinations against influenza?

The influenza virus frequently mutates, making your antibodies against influenza less effective.

As the influenza virus reproduces itself, it occasionally makes mistakes. Sometimes the influenza virus will combine with another flu strain, creating a new one. If that new strain is more successful at causing infection than a previous one, it will eventually replace it. If the new strain changes enough, we become more susceptible to it. It will be considered for inclusion in the next flu vaccine.

Q: Is this year's flu vaccine the same as last year's?

No. Most human influenza is caused by one of two main types, an A strain or a B strain. Influenza A strains are associated with pandemics and cause more severe symptoms and deaths than B strains.

Older adults have weaker immune systems and may get only half of the protection of influenza vaccines compared to younger people. The FDA approved two influenza vaccine formula-

tions designed for people 65 years and older to combat this. One is a "high dose" vaccine containing 4 times the concentration in standard formulations.

The other formulation contains MF59, an additive called an Adjuvant. Adjuvants are compounds added to vaccines to trigger a more robust immune response.

One trial showed these enhanced formulas boosted effectiveness by 24% compared to a standard influenza vaccine formulation.

Recent evidence shows that older adults getting an over 65 flu vaccine formula get better protection than a standard influenza vaccine.

Are you over 65 years of age? If you are, the Center for Disease Control and Prevention (CDC) recommends you get vaccinated with one of the flu vaccines designed for adults over 65.

Q: What about the "nose spray" flu vaccine?

FluMist® Quadrivalent is a nasal influenza vaccine

approved for people from 2 to 49 years old. FluMist® contains a live influenza virus and should be AVOIDED by pregnant women, people taking immunosuppressant medication, and anyone taking an antiviral drug within the previous 48 hours.

Q: What if you are pregnant?

Pregnancy causes changes in your immune system and other organs in the body, making you more likely to suffer severe illnesses from having influenza. Vaccination against flu can reduce the risk of a pregnant woman hospitalized with flu by about 40 percent.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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

3 tips to make back-to-school easy for kids and parents

BPT - The back-to-school season can be overwhelming for the whole family. While there's excitement about reuniting with friends and starting a new school year, it can be challenging for parents and kids to get back into a solid routine.

To help busy parents prepare their children mentally and physically to return to the classroom, Registered Dietitian and Nutritionist Dalina Soto has provided the following three simple tips that you can easily incorporate into your fall routine.

1. Reestablish a sleep routine

Summers often consist of late nights and mornings, so it can be tough for parents and children to adjust to weekday school hours. Before school begins, establish firm sleep and wake times for yourself and the kids.

You don't have to do it all at once. Ease into it by adjusting bedtime and the morning alarm to a half-hour earlier than your current routine. Once a week or every few days, keep moving it earlier until you have reestablished the school year sleep routine. Your family will still get to enjoy the summer and not be completely shocked by the switch come September.

2. Double down on hydration

During the hot summer



Courtesy BPT

Make your life easier and alleviate stress as you head into the busyness of the fall season. Have some simple, nutritious meals and snacks you can make in a pinch.

months at home, you can keep a close eye on your kids and ensure they drink plenty of water as they play outside. However, during the school year, you aren't able to remind them in between classes to grab a drink. Staying hydrated has its benefits. In addition to helping your child stay healthy, regular hydration can boost your child's mood, memory, and attention, according to HealthyChildren.org.

To encourage your kids to hydrate during the school week, add a reusable water bottle to your back-to-school shopping list. As you shop, help your child pick out a fun water bottle they can fill up at home and at school.

3. Start the day with a nutritious meal

One way to make your

life easier and alleviate stress as you head into the busyness of the fall season is to have some simple, nutritious meals and snacks you can make in a pinch. Eggs are an easy, delicious, and nourishing ingredient you can incorporate into any meal at any time of the day.

To start your child's school day off right, cook up a meal with Egglard's Best eggs. Compared to ordinary eggs, they contain more than double the Vitamin B12, which naturally boosts energy to keep your child physically active. Egglard's Best eggs also have 25% less saturated fat, six times

more Vitamin D and more than double the Omega-3s, to help improve your child's concentration and brain function in the classroom.

Make breakfast fun with these delicious Robot Egg and Cheese Roll Ups inspired by Disney and Pixar's Lightyear. They're packed with superior nutrition and are easy for parents to make, fun for kids to enjoy and provide lasting benefits for their school day!

Also, Egglard's Best teamed up once again with Disney and Pixar's Lightyear to give families the chance to win Lightyear DVDs and more, Egglard's Best swag, and the Grand Prize of \$5,000 to plus up their at-home movie watching experience. Enter daily now through September 24 for a chance to win. For recipes and more information, visit www.EBFamilySweeps.com. Add Lightyear to your Pixar collection. Now on Digital and own it on Blu-ray™ September 13.

Robot Egg and Cheese Roll Ups

Prep Time: 10 minutes; Cook

Time: 5 minutes; Serves: 2

Ingredients

- 4 large Egglard's Best eggs (2 whole eggs, 2 egg whites)
- 1/4 cup diced onion
- 1/4 cup diced red bell pepper
- 1 tablespoon chopped chives
- 2 6-inch whole wheat tortillas
- 1/8 cup low-fat shredded mozzarella cheese
- 2 black olives

eyes, chives and bell pepper to create robot antennas.

Directions

- Spray large pan with nonstick cooking spray and heat to medium-low. In a small bowl, whisk Egglard's Best eggs and egg whites with onion, peppers, and chives. Season with salt and pepper.
- Pour egg mixture into pan and cook on medium-low heat, stirring frequently until cooked through about 4 minutes. Add cheese and allow to melt slightly.
- Immediately transfer eggs to tortillas and roll up tightly. Garnish with olives for the

To find this and more easy and quick recipes that you can make this school year, visit egglandsbest.com.

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THEME: OUTDOOR FUN

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ACROSS

- Relating to Vatican's Francis
- Denouement
- Lesser Antilles destination
- Big Island necklace
- Truth without proof
- Luciano Pavarotti, e.g.
- Distressing acronym
- Acrylic fiber
- *Outing in a wagon
- *Overnighting outdoors
- "___ Te Ching"
- RC or Jolt
- Tax pro
- Lowest brass instrument
- Alfresco meal
- Kaa's warning
- This and that
- Extended family member
- "The Sun is ___ a Star"
- Namely (2 words)
- "The Parent Trap" child
- Renter's paper
- H. H. Munro's pseudonym
- Snaky swimmers
- Geisha's garb
- Kids' construction block
- Caustic chemical
- Display displeasure
- Blunder
- *S'more cooker
- *U-Pick destination
- Yahoo! message
- Hyperactivity acronym
- Relating to hilum
- To the point
- Make a pigeon sound
- Silly
- Ancient eternal life symbol
- H in British HMS

DOWN

- *Promenading route
- Atlas stat
- Cut short
- Additional
- Opposite of paleo
- "Xanadu" music genre
- Village, mostly in South Africa
- Tangerine plus grapefruit
- Colloquial "Follow me!"
- NASA's orange drink
- Master's area
- Meryl Streep/Philip Seymour Hoffman 2008 movie
- *Climbing peak
- Fashion week stage
- *Sidewalk artist's medium
- Mushroom caps
- Indian black tea
- Unwelcome reception, pl.
- Give a quote
- Handrail post
- In an unfriendly manner
- Incessant without prefix
- Comme ci, comme Aa
- *Nature walk
- Detroit mascot
- Store as fodder
- Not their
- Lady Slipper, e.g.
- "Lifestyles of the Rich and Famous" host
- Horny odd-toed ungulate, for short
- Between Phi and Kappa
- Bad luck predictor
- Police informer
- *Angling reward
- O in b.o.
- Having wings
- Military status
- Squirrel's nest
- Rudolph's Clarice, e.g.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CDC Gave Facebook Misinformation About COVID-19 Vaccines, Emails Show

Facebook still removes content that says COVID-19 vaccines aren't effective against severe illness or death

ZACHARY STIEBER

The U.S. Centers for Disease Control and Prevention (CDC) passed misinformation to Facebook as the partners worked to combat misinformation, according to newly released emails, in the most recent example of CDC officials making false or misleading claims.

In a June 3 message, a Facebook official said the CDC had helped the company to “debunk claims about COVID vaccines and children,” and asked for assistance addressing claims about the vaccines for babies and toddlers, including the claim that the vaccines weren’t effective.

Several weeks later, after U.S. regulators authorized the Moderna and Pfizer vaccines for young children and the CDC recommended them, a CDC official responded by offering unsupported information.

“Claims that COVID-19 vaccines are ineffective for children ages 6 months to 4 years are false and belief in such claims could lead to back vaccine hesitancy,” the CDC official wrote. The names of all of the officials mentioned in this story were redacted in the emails, which were released as part of ongoing litigation against the U.S. government.

“COVID-19 vaccines available in the United States are effective at protecting people, including children ages 6 months to 4 years, from getting seriously ill, being hospitalized, and even dying,” the CDC official added.

There’s no evidence that the vaccines are effective against severe illness and death in young children.

Lack of Information

Zero cases of severe COVID-19 were recorded in Moderna’s trial for children aged 6 months to 5 years, including none in the placebo group. In Pfizer’s trial for children aged 6 months to 4 years, six of the seven cases of COVID-19 occurred in children who received a vaccine.

“The clinical trials were not powered to detect efficacy against severe disease in young children,” Dr. Sara Oliver, a CDC official, said during a meeting before the agency recommended the vaccines for young children.

Additionally, the endpoint of the trials was a certain level of antibodies, which are believed but not proven to be a way to protect against COVID-19. The level was based on the level from adults in the original trials, which were completed in 2020.

Efficacy estimates for protection against infection showed low efficacy for Moderna’s vaccine; Pfizer’s was higher, but was deemed unreliable.

“The trials do nothing to inform us about symptomatic infection risk after Pfizer and show us efficacy is poor after Moderna and we don’t know how long any protection might last,” Dr. Tracy Hoeg, an epidemiologist in California, told The Epoch Times via email, adding that the trials “gave us no information about reduction of severe disease.”

The CDC, which bills itself as “the nation’s health protection agency,” says on its website that it has pledged to base all its decisions “on the highest quality scientific data that is derived openly and objectively.” Its officials have repeatedly said during the pandemic that the agency makes science-backed decisions.

The CDC was more circumspect earlier in 2022, the emails show. When asked to adjudicate whether claims were false, an official said that the agency “can’t



JESSICA MCGOWAN/GETTY IMAGES

Centers for Disease Control and Prevention headquarters in Atlanta on Oct. 13, 2014.

This trust and reliance has been shattered during this pandemic and perhaps what saved me is my acknowledgement of the importance of First Do No Harm. ... To what organization can we now turn?

Dr. Todd Porter, pediatrician, Illinois

A smartphone displays the headline for Facebook's policy on COVID-19 "misinformation," in Arlington, Va., on May 27, 2021.

speak to this until the pharmaceutical companies have reported data on vaccine efficacy against severe illness or death in the <5 year olds.”

'Important Partnership'

“Thank you so much again for gathering the team to meet with us earlier this week, it was incredibly helpful. Your partnership is critical to us in making sure we can remove false and harmful claims about COVID-19 and vaccines on our platform,” a Facebook official wrote to the CDC in February.

“In follow up to our meeting, I am sharing below the long list of claims that we currently remove related to the COVID vaccine because public health authorities such as the CDC have confirmed they are false and could contribute to imminent physical harm if believed.”

Facebook still removes content that says the COVID-19 vaccines aren’t effective against severe illness or death, even though the effectiveness of the vaccines against both infection and severe disease has plunged since Omicron emerged in late 2021, particularly amid the newer Omicron subvariants.

“When we say that we will remove claims that the COVID-19 vaccines are not effective, we are specifically referring to claims that the vaccines do not generally protect against severe illness or death from COVID-19 or that they provide no protection whatsoever in contracting COVID-19,” Facebook says on its website. “However, we will allow claims that someone can still contract COVID-19 even though they are fully vaccinated.”

Facebook doesn’t cite the CDC on its site. It identifies some organizations whose advice it takes as fact, including the United Nations’ World Health Organization. It also says that it utilizes “government health authorities” in setting rules around COVID-19 content.

The CDC has been the source for reviewing many of the claims listed on Facebook’s site, according to the emails.

On Nov. 8, 2021, for instance, a CDC official reviewed seven claims and designated them all false. All seven are currently listed as false by Facebook.

That includes the claim that COVID-19 vaccines alter the immune system, which some experts say is true. It also includes the claim that COVID-19 vaccines alter people’s blood. At least one study has found many vaccinated patients have abnormal blood, while blood clots are a known COVID-19 vaccine side effect.

Facebook was “relying on your expertise” regarding whether certain side effects, including blood clots and Bell’s palsy, can be caused by COVID-19 vaccines, a Facebook official told the agency on Oct. 28, 2021, in another email.

'Taken Out of Context'

Facebook wasn’t the only Big Tech company to rely on the CDC.

Twitter and Google asked the CDC to weigh in on claims surrounding CO-



JUSTIN SULLIVAN/GETTY IMAGES

A sign in front of Meta headquarters in Menlo Park, Calif., on April 28, 2022.

VID-19 and vaccines, the emails show.

On April 16, 2021, for instance, a Twitter official said its team “has asked for examples of problematic content so we can examine trends,” adding, “All examples of misinformation are helpful, but in particular, if you have any examples of fraud - such as fraudulent covid cures, fraudulent vaccine cards, etc., that would be very helpful.”

The CDC responded with a spreadsheet with four areas, including two related to vaccines.

One was the claim that the vaccines weren’t approved by the U.S. Food and Drug Administration. Regulators hadn’t approved any of the vaccines at that time; all were available under emergency use authorization. Another dealt with the Vaccine Adverse Event Reporting System, which is managed by the CDC and regulators. The spreadsheet, which hasn’t been released, explained how data from the reporting system was being “taken out of context,” the CDC said.

“Thank you so much for this; we acted (by labeling or removing) the Tweets in violation of our Rules,” the Twitter official said.

Google, meanwhile, asked for help with claims on COVID-19 vaccines in spring 2020, the emails show.

A previous email release from a Freedom of Information Act request showed how the CDC regularly met with Big Tech companies as part of efforts to get them to crack down on misinformation.

Officials at Facebook, Twitter, Google, and the CDC didn’t respond to requests for comment.

Pattern of Misinformation

The CDC has incessantly promoted vaccination during the pandemic, and offered misinformation on a number of occasions while doing so.

Three top officials, including the agency’s director, falsely said in June, while pushing for the vaccines to be authorized for young children, that COVID-19 was one of the top five causes of death for the age group. None have yet offered an update after the study they cited—which failed to accurately report CDC data—was corrected.

The agency has also given false information on its monitoring of vaccine safety and vaccine side effects, updated its definition of vaccine, and altered

other web pages, in some cases drastically changing its definitions and advice.

In a key update in August, the CDC rolled back recommendations to treat unvaccinated people differently, and acknowledged the protection a person receives from recovering from COVID-19.

“Yesterday’s misinformation is today’s ... public health guidance, which is an illustration of the fact that science and censorship are totally incompatible, and that censorship can only halt the progress of science and can halt testing of new hypotheses and new ideas by trying to prematurely foreclose these questions,” Aaron Kheriaty, chief of medical ethics at The Unity Project and a plaintiff in the litigation that spawned the new emails, told The Epoch Times. “And that’s just simply not how science works.”

In another email released in the case, the CDC labeled several claims as misinformation despite the bulk of the evidence supporting them.

For example, the claim that “children who are healthy do not need to receive the COVID-19 vaccine” was deemed misinformation even though some experts have said as much, pointing to the declining vaccine effectiveness, the reduced power of newer variants, and the fact that children without comorbidities have never been in much danger from COVID-19.

In the message, which was sent to more than 100 officials with colleges, nonprofits, and other institutions, the CDC also said that it was misinformation to say that the vaccines are ineffective and not required for children.

Dr. Todd Porter, a pediatrician in Illinois, said that he used to rely on the CDC and other groups such as the American Academy of Pediatrics, which have aligned closely with the CDC during the pandemic, and didn’t necessarily have time to vet all of their recommendations.

“This trust and reliance has been shattered during this pandemic and perhaps what saved me is my acknowledgement of the importance of First Do No Harm, balance of risk vs. harm, and the willingness to question and be an independent thinker, even when it does not fit the narrative,” he told The Epoch Times via email. “I just pray that many of the thousands of pediatricians out there are doing the same, yet to what organization can we now turn?”



ANDREW CABALLERO-REYNOLDS/AFP VIA GETTY IMAGES

“I PASS ON YOUR ARTICLES TO ENLIGHTEN SOME OF THE UNENLIGHTENED.” —Philip Lewis

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