



## Some fee schedule increases

### Pateros council approves 2022 operating budget

By MIKE MALTAIS  
STAFF WRITER

PATEROS - The city council held three public hearings and approved a handful of resolutions and ordinances at its regular monthly virtual Zoom meeting on Nov. 15. The public was invited to comment on a 2021 budget amendment, the 2022 fee schedule, and the 2022 operating budget, EMS tax, and property tax. Following the hearings council approved all the above in one resolution and four ordinances plus a second resolution for a state Department of Commerce (DOC) Community Development Block Grant (CDBG) agreement.

#### 2022 Operating Budget

The city adopted its 2022 operating budget totaling \$2,415,175 summarized as follows:

FUND	BUDGETED
General Fund	\$817,055
Street Fund	530,762
Water Fund	328,409
Sewer Fund	280,990
Garbage Utility Fund	123,500
Capital Improvement - Sewer	120,205
Water Debt Fund	76,719
Capital Improvement - Water	62,435
Hotel-Motel Fund	47,100
Capital Improvement	15,000
Equipment Fund	13,000

#### 2022 Fee Schedule

The majority of fees included in the 2022 fee schedule remain the same as the previous year with the exception of water and sewer. Water and sewer rates will increase by 5.2 percent which is the Consumers Price Index (CPI) rate. For example:

#### Water Connection

¾ inch - \$1,126.89 to 1,185.49  
1 inch - \$1,502.65 to 1,580.79  
1.5 inch - \$2,255.29 to 2,372.57  
2 inch - \$3,382.97 to 3,588.88  
Reconnect fee: \$1,126.89 to 1,185.49

#### CDBG

The \$30,000 CDBG General Purpose Grant was awarded the city planning and construction standards.

"The project will result in integrated design standards and city code updates," said the DOC award. "The project will provide an area benefit to the City of Pateros service area consisting of approximately 653 persons with 60.34 percent having low and moderate incomes based on 2019 HUD LM data. This project will accomplish HUD's outcome of increasing the community's availability and access to sustainable infrastructure systems to achieve HUD's objective of creating suitable living environments."

The city approved a one percent increase in the property tax levy for the 2022 budget year. The district's levy total from 2021 was \$152,233. The 2022 levy amount will increase to \$155,094, not including revenue from new construc-

tion, property improvements, annexations, and similar additions.

In other council business city administrator Jord Wilson said the Pateros Motel has joined him in discussions with Douglas County PUD regarding the trail project extending from Memorial Park to Ives Landing. Wilson has included the need for a gazebo similar to the new ones in Memorial Park. He said the PUD is working on a wildlife kiosk for Memorial Park.

"Lake Pateros will have several kiosks," said Wilson, "and they will be primarily interactive with cell phones."

The Welcome Center Project is moving forward. The project committee has received 13 responses so far from a survey delivered to every city business by Mayor Carlene Anders.

The committee was scheduled to meet with its consultant before submitting a design to the business community for its comment.

A Capital Improvement Plan survey has generated 44 responses as of this writing and will remain open until Dec. 6. In a related issue the city met with NCW Libraries on Nov. 19, to discuss capital facilities planning. NCW recently announced a \$10 million renovation and upgrade campaign that will include the Pateros branch as one of 28 of NCW's 30 branches affected.

"The survey is very important in helping the city prioritize future projects and allocation of resources," Wilson said.

Major insurance companies have dropped coverage for the states of Washington and California following high awards for liability claims. The Risk Management Service Agency (RMSA) of the Association of Washington Cities (AWC) has taken the issue under consideration. Wilson said the RMSA Operating Board met and discussed the volatile liability insurance market. RMSA provides property and liability coverage for Washington cities and towns particularly those of small to medium size approximately 100 of which are members of the insurance pool. Wilson was recently elected vice chairman of the RMSA committee.

The next meeting of the city council is at 6 p.m., Monday, Dec. 20.

## Winter sports coaches announced

### Pateros school district approves replacement levy for February 2022 ballot

By MIKE MALTAIS  
STAFF WRITER

PATEROS - The school district board of directors voted unanimously to approve a levy replacement resolution at its regular meeting held via Zoom on Oct. 25. Resolution 2021-309 will replace the district's current four-year levy that expires in 2022 with an Educational Programs and Operations Levy (EP&O) proposed to appear on the Feb. 8, 2022 ballot.

The EP&O levy would provide approximately the same educational programs and operation purposes according to meeting minutes. It is a "four-year levy with an annual tax collection amount of \$602,000," said the meeting recap. "Cost per thousand would be based on property values, the current estimated rate is \$2.50 per \$1,000 assessed value."

In a related issue the board voted unanimously to approve Resolution 2021-310 regarding certification of excess property taxes.

"The resolution certifies the amount of excess property taxes to be levied in year 2021 and collected in year 2022 for the district's general fund and debt service fund," the meeting recap said.

In other district business the board discussed new hires, a staff transfer, and winter sports coaches. New hires include Edith Galvan, para educator, Monica Castillo, nurse aide and teacher aide para educator, and route bus drivers Bill DeBruin and Ray Sloss.



Mike Maltais/QCH

Cindy Cavazos, a volunteer with the Pateros Fire Department, helped crew members hand out candy at the Halloween Trunk or Treat last month. Cavazos will be the head coach for the Pateros varsity wrestlers.

Jessica Simmons has been transferred to Human Resources Executive Administrative Assistant.

The winter sports coaching staff includes:

- Gideon Wilson, head coach and Abe Wilson, assis-

tant coach for junior high boys basketball.

- Jared Henton, head coach, and Tom Asmussen, assistant coach for high school girls basketball.

- Marcus Stennes, head coach, high school boys bas-

ketball. The assistant coach position is to be determined TBD.

- Cindy Cavazos, head coach, high school wrestling. Assistant coach TBD.

- Erika Varrelman, cheer coach.

## Bridgeport City Council approves Capital Facility Projects list

By MIKE MALTAIS  
STAFF WRITER

BRIDGEPORT - The city council met in a marathon session on Nov. 17 to conduct three public hearings - Capital Facility Project list, 2022 revenues, and 2022 final budget - hear city planner Kurt Danison deliver an update from the Planning Commission and Revitalization Committee, consider four ordinances, three resolutions, and a bid award.

One of the resolutions concerned adoption of an update to the comprehensive plan's capital facilities six-year and 24-year projects list. Some examples of projects included in the six-year plan are:

#### Water system projects

- 2022 - Replace water meters with an AMI (Advanced Metering Infrastructure) system at an estimated cost of \$232,000 funded by American Rescue Plan Act (ARPA) and water money.
- 2022 - Add second 250,000-gallon water reservoir. Est. cost \$440,000 with multiple

funding possibilities i.e. Water/Sewer/Garbage Fund, Public Works Trust Fund (PWTF), State Revolving Fund (SRF), USDA Rural Development, Community Development Block Grant (CDBG).

#### Street projects

- 2022 - 16th Street, Phase I. Est. cost \$237,800 from Transportation Improvement Board (TIB) funds.
- 2024 - 15th Street, Phase II. Est. cost \$225,000 TIB.
- 2026 - 16th Street, Phase III. Est. cost \$232,000 TIB

#### Wastewater projects

- 2023 - 22nd Street extension. Est. cost \$62,781 with various fund sources.

#### Parks projects

- 2022 - Tree carving. Est. cost \$6,000. Current city expense, donations.
- 2023 - Replace Berryman Park restroom. Est. cost \$100,500. City current expense, Recreation & Conservation Office (RCO), Economic Development Association (EDA).

- 2024 - Upgrade picnic shelter. Est. cost \$12,000 from city, Council of Governments (COG), donations.

- 2025 - Playground equipment. Est. cost \$11,041 from current expense, RCO, donations, Hotel/Motel (H/M) tax.

- 2026 - Splash pad. Est. cost \$71,766 from current expense, RCO, donations, H/M, etc.

- Public works
- 2023 - Purchase mini excavator. Est. \$40,000 from Water/Sewer/Garbage Fund, Street and Park Fund.

- 2024 - Purchase sewer camera. \$75,000 from W/S/G Fund or Water/Sewer Reserve.

- Public buildings/city hall equipment
- 2022 - City Hall ADA entrance. \$20,000 from city/Risk Management Service Agency (RMSA).

- 2023 - Electronic message center. \$50,000 from city, COG.

- 2024 - Replace ACH units. \$7,000. Programmed replacement.

**With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events**

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## Updated 2021 Washington Apple Harvest Estimate

SUBMITTED BY WASHINGTON TREE FRUIT ASSOCIATION

YAKIMA –The Washington State Tree Fruit Association (WSTFA) released its updated estimate of the 2021 Washington state fresh apple crop. The August forecast estimated the Washington state apple harvest to be 124.85 million standard forty pound boxes of fresh apples. After receiving updated data from WSTFA members who have picked a majority of the crop, that estimate has decreased by 5.3%. “Apple harvest is still wrapping-up for some Washington varieties, but based on volumes harvested so far our members are expecting a decrease to 118.255 million boxes,” said Jon DeVaney, WSTFA Presi-

dent. “Our members are reporting smaller crops of some varieties including Honeycrisp, Galas, and Red Delicious. High heat earlier in the season affected what was ultimately picked in some cases. The organic crop is still projected to be over 15 million boxes. In spite of the smaller harvest, we are seeing high-quality fruit and consumers can expect delicious Washington apples throughout 2022.” This report is based on a survey of WSTFA members, and represents fruit picked so far through October 31st and a best estimate of what is still to be harvested. It represents the harvested total volume of apples that will eventually be packed and sold on the fresh market (excluding product sent to processor).

## Power 90-plus percent carbon free

# Okanogan PUD approves 2022 budget

OKANOGAN - Okanogan County PUD commissioners approved the 2022 budget Oct. 25. Highlights include:

- \$60.6 million revenue
- \$51.1 million expenditures
- \$4.2 million debt service
- \$20.9 million capital outlay

The PUD also anticipates a 3.75% average rate increase effective April 1, 2022, but the exact details of the increase have not yet been determined. Each customer type will be adjusted based on the costs to provide those services. The board and staff will discuss the rates in the coming months.

Capital outlay is mostly funded by a \$40 million bond issued last year. Major projects include the continued work on the Okanogan-Brewster transmission rebuild, Tonasket substation replacement, substation power transformer upgrades and more.

Non-union wages were increased at the mid-point by 3.8%, normally adjusted to Consumer Price Index (CPI) totals, which this year was abnormally high near 6%. Commissioners discussed some concern about keeping up with competitive wages at high inflation rates

Budget documents are available on the PUD website, [www.okanogapud.org](http://www.okanogapud.org).

In other business in October, the board:

- Considered a broadband

grant application through the Washington State Broadband Office for about \$9.6 million to serve Twisp, Pateros, Crumbacher and Riverside. The areas were identified through partnerships with area broadband action teams. The grant would require a 10% match.

Discussed possible slight changes to district boundaries, a requirement following the 2020 Census. Only some slight adjustments were likely in the Omak/Okanogan area. A public hearing will be held Nov. 22 to discuss the proposed plan, which can be viewed on the PUD website.

Decided to no longer record every board meeting, since those recordings must be retained forever and the PUD would need to purchase expensive equipment to continue to record properly. Instead, minutes will still be made available and staff can work with the public with any questions.

Heard that about 57 total accounts are 30 days or more past-due, and that many are still working on getting assistance to pay those bills or are setting up long-term payment arrangements. The 60-day and more past-due amount is down to \$15,000, with only 8 accounts disconnected due to non-payment and non-contact with the PUD.

**No public access**



Utility access roads are not public access, and Okanogan County PUD is asking that no one uses them unless on official PUD business.

The PUD has received reports of people using our access roads or the pathways along the powerlines – known as an easement or right-of-way. Some use them to cross private land and access public land during hunting season. However, for safety and out of respect for private landowners' rights, we are asking that no one use these easements or rights-of-way. Doing so is considered trespassing.

Anyone who sees unofficial vehicles or persons accessing PUD easements or rights-of-way should report it to the PUD or law enforcement.

### PUD power report

Once again, the vast majority of power in Okanogan County PUD territory came from

hydropower – about 83%. The PUD shared its 2020 fuel mix report at a Nov. 8 board

meeting.

Other main sources – although significantly less than hydropower – were: nuclear at nearly 7%, sourced from Columbia Generating Station; and wind at just under 4%, sourced mainly from Nine Canyon Wind Project.

The PUD's mix also involved 0.02% of coal and 0.15% of natural gas, the only specified carbon sources in the mix. However, the category “market” is of unspecified sources, and could include additional carbon sources, although it is likely mostly hydropower. Because it could be carbon, however, the state considers the 6% market category to be carbon.

With that in mind, the PUD is still considered nearly 94% carbon-free, which is well within the state's goal of 80% carbon-free by 2030.

The fuel mix report and comparisons from the past year and the state is posted on the PUD website, [www.okanogapud.org](http://www.okanogapud.org).

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## Christmas Crafts Bazaar raises funds for veterans



Mike Maltais/QCH

The Brewster American Legion Ladies Auxiliary held its annual Christmas Crafts Bazaar last Saturday, Nov. 20 at the Columbia Post 97 headquarters to raise funds for veterans around the area. Auxiliary president Margi Allen said all money from the vendor table rentals is used to purchase Christmas gifts for local vets and their families including those in the Okanogan-Omak area.

Wishing you all the happiest of holiday seasons!

Our office will be closed Thurs., Nov. 25 & Fri., Nov. 26  
so our staff can enjoy the holiday with their families

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## Happy Thanksgiving!

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**THE WASHINGTON OUTDOOR REPORT**

*Razors and rainbows*

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

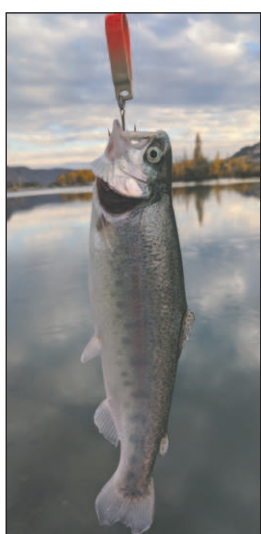
**Razor Clams:**

Last year, between Covid-19 and unhealthy levels of a marine toxin called domoic acid, there was very little opportunity to harvest razor clams on the Southwest Washington coast. Last season's loss is this year's gain though in what is shaping up to be a banner year for razor clam diggers.

Dan Ayres is the Coastal Shellfish Manager for the Washington Department of Fish and Wildlife and says "We've got clams on clams! Big clams, small clams, which is good for the future on all beaches. I mean, I've been doing this for 41 years and this is maybe the best populations across all beaches that I've personally seen."

Ayres says not only are there lots of clams, but the size of them is up as well. So much so that the limit has been raised this year from 15 to 20 razor clams for each individual. There are four razor clam beach areas currently open (depending on the day) in Washington. They are Long Beach (along the Long Beach peninsula), Twin Harbors (from the north end of Willapa Bay to Westport), Copalis (from the north Jetty of Grays Harbor to the Copalis River north of Ocean Shores) and Moclips (from the Copalis River to Moclips). Because of tribal treaty agreements, Moclips and Copalis are only open to non-tribal razor clam diggers every other day.

If you are wondering about some of the better places to dig for razor clams Ayres suggests the area by Ocean Shores and north to the river on Copalis Beach, around Grayland or Grayland State



Courtesy Inland Northwest Wildlife Council

**Fall rainbow trout caught at Putters Pond.**



Courtesy WDFW

**Razor Clams from the Washington Coast.**

Park at Twin Harbors, and the northern end of the Long Beach Peninsula though there are also clams being found this year all up and down the beach from Long Beach to Oysterville.

Tentative razor clamming opportunities available for the immediate future are listed here and includes when low tide is and what beaches are open:

- Nov. 24, Wednesday, 9:43 P.M.; +0.5 feet; Long Beach, Twin Harbors, Copalis
- Dec. 1, Wednesday, 4:09 P.M.; +0.1 feet; Long Beach, Twin Harbors, Copalis
- Dec. 2, Thursday, 4:58 P.M.; -0.8 feet; Long Beach, Twin Harbors, Mocrocks
- Dec. 3, Friday, 5:45 P.M.; -1.5 feet; Long Beach, Twin Harbors, Copalis
- Dec. 4, Saturday, 6:32 P.M.; -1.9 feet; Long Beach, Twin Harbors, Mocrocks
- Dec. 5, Sunday, 7:20 P.M.; -2.0 feet; Long Beach, Twin Harbors, Copalis
- Dec. 6, Monday, 8:09 P.M.; -1.7 feet; Long Beach, Twin Harbors, Mocrocks
- Dec. 7, Tuesday, 8:59 P.M.; -1.2 feet; Long Beach, Twin Harbors, Copalis

- Dec. 8, Wednesday, 9:51 P.M.; -0.6 feet; Long Beach, Twin Harbors, Mocrocks
- Dec. 9, Thursday, 10:45 P.M.; +0.1 feet; Long Beach, Twin Harbors, Copalis

Be sure to check the WDFW emergency rules page for any potential beach closures before you go. If you want to learn more about razor clamming or are looking for recipes for the clams you harvest WDFW has a lot of information for you at <https://wdfw.wa.gov/fishing/basics/digging-razor-clams>.

**Fall Trout Fishing:**

November is a great month to go trout fishing because the Washington Department of Fish and Wildlife actively stocks lakes around the state in the fall for anglers and some of these fish are "jumbo" trout, weighing close to a pound in size. Here's some lakes recently stocked or scheduled to be stocked in Central and Eastern Washington that are open for fishing:

- Putters Pond – Douglas County – 9100 catchable rainbows
- Roses Lake – Chelan County – 18,000 catchable trout scheduled for late November

- Wapato Lake – Chelan County – 4,000 catchables
- Billy Clapp Lake – Grant County – 4200 catchable trout
- Sage Lakes – Grant County – 1000 catchable rainbows
- Patterson Lake – Okanogan County – 1600 catchable trout
- Bonaparte Lake – Okanogan County – 2500 catchables
- Davis Lake – Okanogan County – 2000 rainbows
- Leader Lake – Okanogan County – 2500 trout
- Rat Lake – Okanogan County – 2500 rainbow trout
- Molson Lake – Okanogan County – 1035 catchables
- Sidley Lake – Okanogan County – 3450 rainbows
- Rowland Lake – Klickitat County – Catchable and jumbo trout scheduled for November and December
- Spearfish Lake – Klickitat County – A catchable plant is scheduled for December

Between late fall trout fishing and razor clamming on the coast, the holiday season has much to offer the outdoors enthusiast.

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

**Certification scheduled Nov. 23**

**Challengers lead races for Pateros mayor, council positions**

By MIKE MALTAIS, STAFF WRITER

PATEROS – With few votes left to count from the Nov. 2 General Election, results from the Okanogan County Auditor's Nov. 19 count show a slight gain from the previous results of Nov. 10 for both challengers for Pateros mayor and city council position 1.

Kelly Hook, the challenger for the Pateros mayor's office currently held by Carlene Anders increased his lead from 58.42 percent of the vote to 58.46 according to the latest figures. Hook leads Anders by 34 votes, 114-80. Hook gained

three votes from the Nov. 10 count of 111, while Anders gained one from 79 to 80.

In the race for city council position 1, Frank Herbert who was appointed to fill the vacancy left by Christine Perry last spring, is trailing challenger Chantel Poole by 11 votes, 100-89. Poole also gained slightly since The Quad reported results from the Nov. 10 auditor's count. Poole gained an additional five votes to increase her lead from 51.63 percent to 52.63 percent while Herbert's vote total remained unchanged.

The auditor's results were scheduled to be certified on Nov. 23.

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- Email to: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

**COMMUNITY BULLETIN BOARD**

**Holiday Care Boxes deployed soldiers**

NCW - The Cashmere American Legion Auxiliary #64 is looking for addresses of deployed soldiers to send holiday care boxes. If anyone has a loved one deployed or knows of one who would appreciate a care package from home and would share their address, please call Auxiliary President, Linda Ingraham, 509-679-0243. A collection box for donations of snacks and personal items will be at the Cashmere Post Office until the first week in December. This is our 4th annual event and is very important to support our veterans.

**Tuesday, Wednesday, Thursday**

**Okanogan County Transportation & Nutrition meal delivery**

BREWSTER - Brewster Senior Center on Bridge Street is serving hot meals via Home

Delivery on Tuesday, Wednesday and Thursday. Please reserve your meal by calling 509-689-2815. Suggested donation for those over age 60 is \$8.50. For those 60 and under the cost is \$10. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459.

**Nov. 24-27**

**Senior Center Thrift Store**

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Wednesday through Saturday, 10 a.m.-2 p.m. There is a great selection of children's and adult clothing. Donations accepted when they are open. Check out their Christmas section.

**Dec. 8, 17**

**Brewster bus trips**

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday

of the month. Next trip is Dec. 8. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Friday of each month, Dec. 17, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

**Dec. 13, 27**

**Okanogan County PUD meeting**

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, Dec. 13, at 3 p.m. For more information [okanoganpud.org](http://okanoganpud.org)

**Dec. 13, 27**

**Douglas County PUD meeting**

EAST WENATCHEE - The next meeting of the Douglas Coun-

ty PUD Commission is Dec. 13, 1:30 p.m. at the District's East Wenatchee office.

**Dec. 13**

**Okanogan County Fair Advisory Committee**

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

**Dec. 13**

**Brewster Chamber to meet**

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Dec. 13, 6 p.m. at Brewster Middle School. Everyone is welcome and encouraged to attend. For more information [brewsterwachamber@gmail.com](mailto:brewsterwachamber@gmail.com) or Mike Mauk at 509-449-0605.

**OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT**

**Douglas County Sheriff**

**November 12**

Welfare Check at the 900 block of Foster Ave., Bridgeport.  
Domestic Disturbance at the 2nd block of Orondo Loop Rd., Orondo.  
Assist Public at the 1900 block of Fisk Ave., Bridgeport.  
CPS Referral at the 500 block of Crane Orchard Rd., Bridgeport.  
Assist Agency at US Hwy. 97 MP 214, Orondo.  
Traffic Offense at SR 17 MP 126, Mansfield.

**November 13**

Noise at the 100 block of Fir Ave., Bridgeport.  
Injury Accident at SR 172 MP 17, Mansfield.

**November 14**

Welfare Check at Moe Ct., Bridgeport.  
Welfare Check at the 1300 block of Rd. C.N.W., Mansfield.  
Alarm at the 2nd block of N. Shore Dr., Orondo.  
Civil at the 400 block of N. Columbia Ave., Waterville.  
Civil at the 300 block of Fairview Ave., Bridgeport.

**November 15**

Assist Public at the 800 block of E. Locust St., Waterville.  
CPS Referral at the 1800 block of Raymond Ave., Bridgeport.

**November 16**

Harassment/Threat at the 200 block of E. Birch St., Waterville.  
Malicious Mischief at the 1900 block of Monroe Ave., Bridgeport.  
Welfare Check at 16 Richards Ave., Bridgeport.  
CPS Referral at the 300 block of Fairview Ave., Bridgeport.

**November 17**

Weapons Violation at the 900 block of Maple St., Bridgeport.  
Court Order Violation at the 14000 US Hwy. 2, Orondo.  
Scam at the 3rd block of Stafford Rd., Orondo.  
Alarm at the 500 block of 11th St., Bridgeport.

**November 18**

Suspicious Activity at Sun Cove, Orondo.  
Theft at the 100 block of E. Locust St., Waterville.

**Okanogan County Sheriff**

**November 12**

Suspicious Activity at Nickell St. Disabled Vehicle at N. 1st Ave. &

Conconully St. Mental Health at N. 3rd Ave. Civil at S. 2nd Ave. Threatening at Hwy. 20. Illegal Burning at Kruse St. Suspicious Activity at Maple St. Trespassing at N. 2nd Ave. Custodial Interference at North Country Vue Rd. Citizen Dispute at Hopfer Rd. Non-Injury Accident at Conconully Rd. & Green Lake Rd.

**November 13**

Intoxication at Lakeshore Dr., Pateros. Suspicious Activity at Old Riverside Hwy. 911 Abuse at S. 2nd Ave. Traffic Hazard at Old Hwy. 97. Burglary at Monse Bridge Rd. Suspicious Activity at Viewmont Dr. Fraud at Pogue Rd. Citizen Contact at N. 5th Ave. Suspicious Activity at S. 5th Ave. Suspicious Activity at Elmway. Agency Assist at Riverside Dr. Agency Assist at Jasmine St. Wanted Person at S. 2nd Ave. Citizen Assist/Lost Person at East Raymond Rd. Recovered Property at S. 2nd Ave.

**November 14**

Vehicle Prowl at Lakeshore Dr., Pateros. Vehicle Prowl at N. 3rd Ave. Vehicle Prowl at Conconully St. Suspicious Activity at Brewster. Suspicious Activity at N. 3rd Ave. Burglary at S. Dawson St., Pateros. Burglary at N. 2nd Ave.

**November 15**

Burglary at N. 2nd Ave. Assault at S. 5th Ave. Trespassing at S. 2nd Ave. Burglary at Conconully Rd. Structure Fire at N. 3rd Ave. Suspicious Activity at Elmway. Unsecure Premise at S. 2nd Ave. Unsecure Premise at Rodeo Trial Rd.

**November 16**

Theft at S. 2nd Ave. Burglary at West River Rd., Omak. Trespassing at S. Van Duyn Ave.

**November 17**

Burglary Alarm at Elmway. Fraud at N. 5th Ave. Malicious Mischief at S. 3rd Ave. Disorderly at S. 1st Ave. & Hwy. 20. Harassment at Tyee St. Vicious Animal at West Parkway St. Suspicious Activity at Pine St. Suspicious Activity at N. 2nd Ave. Burglary at N. 2nd Ave. Citizen Dispute at Hendrick Rd.

**November 18**

Suspicious Activity at River Overlook St. Domestic Dispute at Koala Ave. Utility Problem at N. 3rd Ave. Juvenile Problem at Hwy. 97.

**Brewster Police Department**

**November 12**

Vehicle Prowl at S. 7th St. Agency Assist at Lakeshore Dr., Pateros.

**November 13**

Suspicious Activity at Hwy. 97. 911 Abuse at Hwy. 97.

**November 14**

No Report.

**November 15**

Sex Offense at S. 3rd St. Vehicle Prowl at W. Hanson Ave. Child Abuse at Hwy. 97.

**November 16**

Burglary at Benton St. Non-Injury Accident at S. Bridge St. & Ferry Ave.

**November 17**

No Report.

**November 18**

Domestic Dispute at S. Bridge St.

**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)

**DEATH NOTICES**

**Tana Marie Zahn**

Tana Marie Zahn, 39, of Methow, Washington, passed away on Nov. 17, 2021.

Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

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~ Matthew 19:26

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# State Department Building International Network to Counter Domestic Terrorism

The Department of State in Washington on Jan. 6, 2020.

KEN SILVA

The State Department's counterterrorism bureau has started an intelligence-sharing initiative with the governments of other countries to combat domestic terrorism—a system likened to the department's international coordination against groups such as Hezbollah.

Chris Landberg, the State Department's acting principal deputy coordinator for its Bureau of Counterterrorism, told lawmakers about the program at a Nov. 17 House Foreign Affairs Committee hearing. The new initiative follows recent revelations that the FBI has allegedly used counterterrorism tools to track threats by parents and other individuals against school board members—sparking criticism among conservatives that the Biden administration is using national security tools to chill dissent.

Landberg said his department, the FBI, and the Department of Homeland Security (DHS) will hold a forum with their international counterparts to “share information about trends and then coordinate our activities” to combat what the administration has termed “racially or ethnically motivated violent extremists.”

“We've started something we modeled on a successful program in countering Hezbollah ... where we bring together law enforcement partners—especially in countries like some of our European partners—to focus on trends and sharing information,” he said.

The State Department has coor-

inated similar programs against international terrorist groups. In September, the United States and Qatar worked together to sanction a Hezbollah financial network based in the Persian Gulf.

But according to the FBI and DHS, most right-wing domestic terrorism is conducted by “lone wolves” with no transnational ties, making it unclear what information would be shared under the State Department's program or what international actions would be taken.

Landberg made references to sanctions and watchlisting of domestic terrorist groups in his opening statement, but he didn't provide more details about the program. He said he would brief the committee on all of his department's counterterrorism activities at a closed-door hearing in December.

The State Department didn't respond to a request for comment by press time.

Landberg did say that his division has seen “growing transnational linkages” among racially motivated extremists.

“There's communication, which is hard to track. There are efforts to train and share information between these groups. So, this growing transnational connectivity is what we're most focused on,” he said.

Thus far, the State Department has designated one group as a racially or ethnically motivated violent extremist group: the right-wing Russian Imperial Movement based in St. Petersburg, Russia.

The State Department's program

MARK WILSON/GETTY IMAGES



is part of the Biden administration's National Strategy to Counter Domestic Terrorism strategy announced in June. Other prongs of the government's domestic counterterrorism efforts have received significant criticism from conservatives and civil libertarians—most notably Attorney General Merrick Garland's directive to launch a counterterrorism investigation into threats being made at school board meetings.

Garland's Oct. 4 decision followed a letter sent by the National School Boards Association (NSBA) to the Biden administration days earlier, characterizing protesting parents

as domestic terrorism threats and calling for the FBI to use statutes such as the Patriot Act.

The NSBA has since apologized and rescinded the letter, but the federal probe continues. Garland said at an Oct. 27 congressional hearing that the NSBA's follow-up apology letter “does not change the association's concern about violence and threats of violence.”

The attorney general has disputed the characterization of his probe as a counterterrorism operation, but allegations made by an apparent FBI whistleblower this week suggest otherwise.

Documents allegedly sourced from the FBI whistleblower include an email sent by Carlton L. Peoples, who serves in the bureau's Inspection Division, stating that the Counterterrorism and Criminal Division “created a threat tag, EDUOFFICIALS, to track instances of related threats.”

Republican lawmakers say the whistleblower documents prove that the government is acting “at the behest of left-wing special interest groups against concerned parents.”

According to DHS, there's no evidence of a spike in violence against educators.

## OSHA Suspends Implementation, Enforcement of Vaccine Mandate

ISABEL VAN BRUGEN

The Labor Department's Occupational Safety and Health Administration (OSHA) says it has suspended the implementation and enforcement of the Biden administration's COVID-19 vaccine mandate for private businesses.

The announcement came shortly after a U.S. appeals court rejected a challenge by the Biden administration on Nov. 12 and reaffirmed its decision to put on hold OSHA's mandate, which requires that businesses with 100 employees or more ensure that workers either be vaccinated against COVID-19 by Jan. 4, 2022, or be tested weekly and wear a mask.

The 5th Circuit Court of Appeals in New Orleans stated in an opinion that OSHA's mandate is “staggeringly overbroad,” and ordered it to “take no steps to implement or enforce the

Mandate until further court order.”

The court had previously issued a temporary halt to the mandate on Nov. 6, pending litigation.

The Labor Department affirmed in a statement in recognition of the court's ruling: “The court ordered that OSHA ‘take no steps to implement or enforce’ the ETS ‘until further court order.’ While OSHA remains confident in its authority to protect workers in emergencies, OSHA has suspended activities related to the implementation and enforcement of the ETS pending future developments in the litigation.”

At least 27 U.S. states, as well as private employers, religious organizations, and other groups, have sued the Biden administration, claiming that it's exceeding its authority in issuing the mandate.

In the 5th Circuit Court's reaffir-



COVID-19 vaccinations are administered to employees at an Amazon fulfillment center in North Las Vegas on March 31, 2021.

mation on Nov. 12, it stated that the Biden administration's vaccine mandate “raises serious constitutional

concerns” and “likely exceeds the federal government's authority.”

Biden administration officials didn't

immediately respond to a request by The Epoch Times for comment.

Meanwhile, White House officials have continued to call for employers to adhere to the vaccine mandate for private businesses, after the initial Nov. 6 ruling.

“We think people should not wait,” White House principal deputy press secretary Karine Jean-Pierre told reporters on Nov. 8, responding to a question on whether employers should hold off on requiring employees to be vaccinated after the court put the mandate on hold.

“We say: Do not wait to take actions that will keep your workplace safe,” Jean-Pierre said. “It is important and critical to do, and waiting to get more people vaccinated will lead to more outbreaks and sickness.”

Employers “should not wait” for legal matters to be resolved before adhering to Biden's vaccine requirement, she said.

“They should continue to go—move forward and make sure that they're getting their workplace vaccinated.”

Mimi Nguyen Ly contributed to this report.

## FDA Asks Court for 55 Years to Fully Release Pfizer COVID-19 Vaccine Data

IVAN PENTCHOUKOV

The Food and Drug Administration (FDA) asked a federal judge on Nov. 15 to give it until the year 2076 to fully release the documents in its possession tied to the approval of the Pfizer-BioNTech COVID-19 vaccine.

The FDA's request was made in a filing as part of a Freedom of Information Act (FOIA) lawsuit by a medical transparency group. The government told the court it has 329,000 pages of documents responsive to the FOIA request and proposed releasing 500 pages per month to allow for redactions of exempt material. At that rate, the

FDA would fully release the records in question in just under 55 years.

The plaintiff, Public Health and Medical Professionals for Transparency (PHMPT), is a group of doctors and scientists, including Harvey Risch, a professor of epidemiology at the Yale School of Public Health.

The group filed the lawsuit after the FDA denied their request to expedite the release of the records. The plaintiff and the defendant, unable to reach an agreement on a disclosure schedule, are seeking a hearing to argue their cases before the judge, who may eventually make a decision in that regard. “The FDA's promise of transparency

is, to put it mildly, a pile of illusions,” Aaron Siri, whose firm is representing PHMPT in the lawsuit, wrote in a blog post on Nov. 17.

“It took the FDA precisely 108 days from when Pfizer started producing the records for licensure to when the FDA licensed the Pfizer vaccine,” Siri continued. “Taking the FDA at its word, it conducted an intense, robust, thorough, and complete review and analysis of those documents in order to assure that the Pfizer vaccine was safe and effective for licensure. While it can conduct that intense review of Pfizer's documents in 108 days, it now asks for over 20,000 days

to make these documents available to the public.”

The FDA did not respond to a request for comment.

The FDA licensed the Pfizer COVID-19 vaccine under the Comirnaty label on Aug. 23, 2021, less than four months after Pfizer began submitting documents for full approval of the drug. The FDA approval of the license in late August led to an avalanche of vaccine mandates in the private and public sectors.

COVID-19 is the disease caused by the CCP (Chinese Communist Party) virus, commonly known as the novel coronavirus.

One of the companies involved in the trials of the Pfizer vaccine earlier this month said it was investigating alleged problems brought to light by a whistleblower who told the British Medical Journal (BMJ) that the trial was riddled with issues, including the falsification of data.

The whistleblower, Brook Jackson, alerted the FDA and was fired within hours. Jackson was working for Ventavia Research Group, which operated several of the Pfizer trial sites in the fall of 2020.

According to BMJ, one of the oldest medical journals in the world, the FDA did not inspect Ventavia's trial sites, despite being alerted about the issues.

The FDA told The Epoch Times in an email earlier this month that while it can't comment on the Ventavia matter, it “has full confidence in the data that were used to support the Pfizer-BioNTech COVID-19 vaccine authorization and the Comirnaty approval.”

As of Nov. 14, more than 256 million doses of Pfizer's COVID-19 vaccine have been administered in the United States.

Zachary Stieber contributed to this report.

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**Director of Quality**  
**Full-time**  
Three Rivers Hospital is seeking a Director of Quality to manage our quality program, including risk and compliance. Registered Nurse with a BSN degree is preferred; however, a minimum of a bachelor's degree in Business or related field may be considered. Three to five years healthcare experience is preferred. Strong skills required: organizational, interpersonal, communication, analytical, risk assessment, computer, statistics & math, and problem-solving. Attention to detail and a high moral integrity is crucial. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

**Looking for a part-time job?**  
The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to BillF@leavenworthecho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.



**Help Wanted**

**THREE RIVERS HOSPITAL**  
**DIETARY MANAGER**  
**Full-time**  
Three Rivers Hospital is seeking a Dietary Manager responsible for directing and assisting dietary staff with food preparation, helps with establishing patient menus and monitors departmental compliance with federal/ state guidelines and sanitary practices. Candidate must have one year food service management experience or a bachelor's degree in related field. CDM and ServSafe Certification, CPR and Food Handler's permit are required. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

**THREE RIVERS HOSPITAL**  
**PATEROS SCHOOL DISTRICT BUSINESS MANAGER**  
Employment begins immediately. This is a 1.0 FTE year-round confidential employee position with medical and retirement benefits. Starting salary \$62,000+ depending on experience. Proficient in Skyward and WSIPC RDS software and basic computer applications preferred. Experience required in business management, accounting principles, and payroll. Flexibility imperative; must be able to work with interruptions and relate well to students, staff, parents and community. Must favorably pass a WA State Patrol/FBI background check. All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org)>Our District>Employment. Position description available online. First review of applications will be 12.1.2021. Applications received after the initial review will be reviewed upon receipt. Position open until a qualified applicant is hired. EOE.

**CASCADE SCHOOL DISTRICT**  
The Cascade School District is seeking qualified applicants for the following position:  
**Bus Drivers**  
Fast Track application process and information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

**Help Wanted**

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

We are looking for an experienced and compassionate caregiver to provide excellent care to our 90 year old mother that lives in the Leavenworth area. Duties to include helping her to bathe, get dressed, prepare meals, light housekeeping, grocery shopping and provide transportation to appointments / outings. Applicants should, 1) have experience as a caregiver, 2) knowledgeable in basic emergency and safety procedures, 3) be in good physical condition, 4).have reliable transportation, 5) flexible schedule a plus. Wage depending on experience. Please call 206-280-4849 or Care Giver, PO Box 32 Leavenworth, WA 98826

**THREE RIVERS HOSPITAL**  
**COVID-19 COORDINATOR / MA-C**  
**Full-time/Temporary**  
Three Rivers Hospital is seeking a COVID-19 Coordinator to work in our medical clinic. This position performs essential tasks, which includes answering and returning phone calls to patients related to questions around the COVID vaccine, testing, results, and general questions; administrator COVID-19 vaccinations. High school graduate or equivalent, must have valid WA State MA License. Required: ability to communicate in English and Spanish. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

**Help Wanted**

**CASCADE SCHOOL DISTRICT**  
The Cascade School District is seeking qualified applicants for the following position:  
**District Transportation Director**  
Fast Track application process and information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

**THREE RIVERS HOSPITAL**  
**PROGRAM MANAGER - RN**  
**Full-time**  
Three Rivers Hospital is seeking a Program Manager-RN to oversee the Utilization Review and Discharge Planning Department, Infection Control Program, Employee Health Program, and provides support to the Quality Improvement Department. Current WA State RN license and three years' experience in Infection Control, Utilization Review, and Quality in a healthcare setting. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

**THREE RIVERS HOSPITAL**  
**LAB TECHNICIAN TECHNOLOGIST**  
**Temporary / Full-time**  
Three Rivers Hospital is seeking a Lab Tech to perform various technical, clerical and information systems related procedures in Chemistry, Hematology, Microbiology, Blood Bank. A.S Degree in Medical Laboratory Technology or related scientific field with a one-year internship or one year of clinical experience. Professional certification as a MLT (ASCP) or equivalent is highly recommended. Will include weekends and after-hours call-time. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE



Help Wanted

**THREE RIVERS HOSPITAL**

**OR Circulator Nurse Full-time**

Three Rivers Hospital is seeking an OR Circulator Nurse. Current WA State RN license. Two years' experience as a full-time circulator. BLS and ACLS certifications. Basic computer skills. Monday-Friday, 8-hour shifts. No call time. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

**stcu**

**106 US-97 Brewster, WA**

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**CASCADE SCHOOL DISTRICT**

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

Peshastin-Dryden Special Education Para Educator

Cascade High School Assistant Boys Soccer Coach

Fast Track application process and information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

Help Wanted

**THREE RIVERS HOSPITAL**

**Med/ Surg RN Full-time/ Nights**

Three Rivers Hospital is seeking a Med/ Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/ CPR & obtain ACLS certification within one year. Rotating days and includes some weekends. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

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Legals  
Public Notices

**CITY OF PATEROS ORDINANCE 791**  
Set EMS Tax Collection Amount for 2021.  
Ordinance 791 is an ordinance of the City of Pateros, increasing the EMS tax revenue from the previous year. Passed November 15th, 2021. Full text will be mailed upon request.

**CITY OF PATEROS ORDINANCE 792**  
Set Property Tax Collection Amount for 2022  
Ordinance 792 is an ordinance of the City of Pateros, increasing the property tax revenue from the previous year by 1%, in addition to that resulting from the addition of new construction and improvements to property and any increase in the value of state-assessed property, in order to discharge the expected expenses and obligations of the City. Passed November 15, 2021. Full text will be mailed upon request.

**CITY OF PATEROS ORDINANCE 793**  
Adopting the 2022 Pateros Budget and Salary Schedule  
Ordinance 793 adopts the Budget and Salary Schedule for the City of Pateros for the fiscal year ending December 31, 2022. The budget and salary schedule for the city was adopted at the fund level in its final form and content as set forth in the document entitled "City of Pateros 2022 Operating Budget" on file in the office of the Clerk-Treasurer. Passed November 15, 2021. Full text will be mailed upon request. Published in the Quad City Herald November 25, 2021 #3109

Public Notices

**NOTICE OF EQUALIZATION**  
Notice is hereby given that the assessment book of Brewster Flat Irrigation District, in Okanogan County, Washington for the year 2022, has been completed and delivered to the Board of Directors and that said assessment book will remain for the inspection of all parties interested and that the Board of Directors will meet as a Board of Equalization Friday, December 13, 2021 at the hour of 6:15 p.m. of said day at the office of said District, which is at 94A Mountain View Dr. Brewster, at which time and place all persons objecting to said assessments as made may be heard.  
Published in the Quad City Herald November 24, December 1, 2021 #3079

Public Notices

**PATEROS SCHOOL DISTRICT 2022 EP&O LEVY Appointment of Pro/Con Committee Members**  
Pateros School District is seeking applications from citizens interested in being appointed to a committee to write the for/against statements for the Okanogan and Chelan County Local Voters' Pamphlets related to the District's Replacement Educational Programs and Operation Levy ballot measure to be considered at the February 8, 2022 election. Those interested should send their name, address, phone number and which position they represent to:  
Greg Goodnight, Superintendent, Pateros School District PO Box 98, Pateros, WA 98846 or via email at ggoodnight@pateros.org by November 19, 2021. The Board will take action on the appointments at its November 29, 2021 regular board meeting. Published in the Quad City Herald November 17, 24, 2021 #3034

Public Notices

**SUPERIOR COURT OF WASHINGTON FOR KING COUNTY**  
In the Matter of the Estate of KATHY VASILIEFF, Deceased.  
Case No.: 21-4-07224-4 KNT  
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)  
The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.  
DATE OF FIRST PUBLICATION: November 10, 2021.  
Christopher Vasileff, Personal Representative 20507 Marine View Dr SW Normandy Park, WA 98166 Attorney for Personal Representative: /s/ Grayson E. Chester, WSBA 53172  
Rehberg Law Group, PLLC 18000 International Blvd, Suite 550, SeaTac, WA 98188, Telephone: (206) 246-8772  
Published in the Quad City Herald November 10, 17, 24, 2021 #3031



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Common joints for cortisone injections are the knee, hip, wrist, shoulder



**Q: Do you have any information about cortisone shots? I had one in my hip last year. Unfortunately, the pain relief only lasted 10 days, and I ended up having my hip replaced.**

My sister Sara has significant osteoarthritis in her hips. Her orthopedic specialist wanted her to make it to 60 years old before she had either hip replaced. He explained to her, "In my experience, people who get the best results from a hip replacement have just one replacement of that joint during their lifetime. I'll give you a cortisone injection, which is a potent anti-inflammatory drug. Hopefully, it will give you relief from the pain and stiffness, so we won't have to do surgery just yet."

His goal was to keep her moving, delaying the day she had surgery to replace her hip joint as long as reasonably possible. Sara was lucky; her first cortisone injection gave her relief that lasted nearly a year. However, each subsequent shot was less and less effective, causing the pain to return more quickly.

Her surgeon guided each anti-inflammatory injection into her hip joint with a continuous X-ray video called fluoroscopy. Four years later, at age 60, she had surgery to replace her left hip joint. Because she lives alone, I took her to the hospital and then stayed with her for the first 3 days after being discharged home. Her left hip is now fully healed and pain-free.

The most common joints for cortisone injections are the knee, hip, wrist, and shoulder.

Repetitive movements can cause irritation and inflammation in your shoulder, elbow, knee, hip, and wrist. Redness, swelling, and tenderness can occur in tendons or little fluid-filled sacks near joints called bursa.

Rest is the best treatment. If that doesn't help, injecting the affected area with a corticosteroid can help relieve pain and swelling. Activities like sports, jobs, or hobbies involving frequent, repetitive movements may need to be reduced or modified for long-term relief to succeed.

Other joint conditions that can be helped with cortisone injections include gout, rheumatoid arthritis, and osteoarthritis, like my sister's hip.

Not all cortisone injections need X-ray imaging to guide them. Some joints are closer to the surface, allowing a physician to locate landmarks by touch. Other joints with more tissue covering them need to be visualized by x-ray or ultrasound to ensure that the needle is correctly positioned.

Most people getting a cortisone injection for an inflammatory condition will notice relief after one injection. If there isn't any improvement,

more evaluation is needed to figure out what is causing the problem.

With cortisone injections, more is not always better. Although they relieve pain and swelling, repeated injections with potent anti-inflammatory agents may weaken tendons and ligaments. These medications can also accelerate age-related changes in cartilage in the joint.

Although an injection gives joints, bursa, or tendons concentrated medicine, eventually your body has to remove it, with the cortisone ending up in your bloodstream. This can cause blood sugar in diabetics to increase, usually in the week following a steroid injection.

I have noticed temporary increases in the blood thinner level of people taking warfarin for 1-2 weeks after having an injection of cortisone.

Most physicians advise taking it easy for several days immediately after a steroid shot. Having a high concentration of anti-inflammatory medicine in your joint can increase the chance of injuring or tearing the surrounding tissue.

It's common to experience some tenderness at the injection site following a cortisone shot. Taking anti-inflammatory pills for the first 24-48 hours can help reduce tenderness around the area. Naproxen 220mg tablets (Aleve®) or ibuprofen 200mg (Motrin IB®) are options that do not require a prescription.

Applying ice soon after your injection can reduce discomfort. If you notice significant swelling or develop chills or fever, contact the doctor right away. Although infection is unlikely, it can happen.

Here's how to apply ice for maximum benefit:

1. Use a THIN clean dish towel, preferably one that is woven. Thick towels with loops don't work as well.
  2. Wet the dishtowel, then wring it out so that it is damp but no longer wet. You don't want it dripping.
  3. NEVER use ice on bare skin. It can cause frostbite.
  4. Cover the inflamed area with the damp towel, then put your ice on top. Individual ice cubes, ice packs, frozen gel packs, even bags of frozen peas or corn will work.
  5. Apply the ice for 15 minutes at a time, then remove it. Repeat every 1-2 hours as needed.
- Dr. Louise Achey, Doctor of Pharmacy, is a 42-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.* © 2021 Louise Achey

**CROSSWORD PUZZLE**

THEME: REALITY TV ACROSS

1. "Oh, my!"  
8. Left or right  
13. "\_\_\_ing up with Marie Kondo"  
14. Great reviews  
15. Related  
16. Double reed woodwind  
17. Fourth deck  
18. "The \_\_\_," MTV's trailblazing reality show  
20. Affirm with confidence  
21. I to Greeks, pl.  
22. \_\_\_ Baba  
23. Powerball and such  
26. Swaggering show of courage  
30. Spermatozoa counterparts  
31. Based on two  
34. Has a mortgage  
35. \_\_\_ dog, gin and grapefruit juice cocktail  
37. DNA transmitter  
38. "The Real Housewives" is full of this type of conflict  
39. Write on a tombstone  
40. Unwholesome atmosphere  
42. Hairpiece, slangily  
43. Stitched again  
45. Unit of electric current flow  
47. Solemn pledge  
48. Like nose during hayfever  
50. Uncouth one  
52. "Who \_\_\_ a Millionaire?"  
56. Front of cuirass  
57. Sixth month of civil year  
58. "Jack and the Beanstalk" instrument  
59. Travesty  
60. Italian money  
61. "Vanilla Ice Goes Amish" and "Cleveland Hustles" state

5. Say untruth  
12. Spiritual leader  
19. Not active  
10. Point of entry  
11. Sixth sense  
13. Foot, to a child  
14. Aussie bear  
19. Buzz Lightyear's buddy  
22. Brow shape  
23. "The Biggest \_\_\_"  
24. Egg-shaped  
25. Same as talcums  
26. Civil rights concern  
27. In the know  
28. Raise objections  
29. Missouri River tributary  
32. Like a desert  
33. Crime scene evidence  
36. "Singing competition (2 words)"  
38. Curses  
40. Feline sound  
41. "I think I can, I think I can..."  
44. "For better or for \_\_\_"  
46. "Monty \_\_\_'s Flying Circus"  
48. r in a circle, pl.  
49. Deprive of weapons  
50. "Star of wilderness reality shows, \_\_\_ Grylls"  
51. Fairytale beast  
52. Street-crossing word  
53. Hawaiian island  
54. Londoner, e.g.  
55. Narrative poem  
56. Back of a boat

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			4	2		8		
	4				5		6	

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.