

Brewster Chamber seeks nominations for 'Best of the Best' Awards, deadline Nov. 19

See page A2

Ceniceros voted MVP for CWB 1B All-League volleyball

See page A3

From Mansfield to Pateros



Mike Maltais/QCH

Chuck Borg, left, presents a shadowbox commemorating the military career of Roy Gebbers to his daughter Carol (Gebbers) Knowlton, her husband Mike Knowlton, and daughter Debbie Knowlton during the Veterans Day assembly held at Pateros High School last Wednesday, Nov. 10.



Carol (Gebbers) Knowlton holds the shadow box honoring the WWII service of her father, Roy Gebbers.



Pateros students Sage Scott, left, and Harveen Kaur spoke on the topic: Why we celebrate Veterans Day.

Quad City school assemblies honor Veterans Day

By MIKE MALTAIS STAFF WRITER

QUAD CITIES - The Mansfield, Bridgeport, Pateros, and Brewster school districts each featured Veterans Day assemblies in their class schedules last week complete with COVID pandemic precautions to keep a guard up against greater contamination.

MANSFIELD

Mansfield held its observance on Nov. 10, with student speakers in lieu of a guest and a slide show featuring current, retired, and deceased veterans who are now serving or have served from the Mansfield area. Those currently serving in a military capacity include John Isenberg, Judah Sherwood, and Dale Tupling.

A special presentation of custom-made quilts to selected veterans was not included in this year's event due to COVID considerations.

BRIDGEPORT

Douglas County Sheriff Kevin Morris addressed Bridgeport school students about the importance of honoring the nation's military veterans at the school's Veterans Day assembly last Wed., Nov. 10

Alexandra Valdovinos sang the National Anthem and the ASB presented a slide show. Veterans present at the service

were asked to stand and be recognized.

PATEROS

Two of the three Pateros men who were prisoners of war (POWs) in WWII, Pierre "Pete" Joseph and George Leroy "Roy" Gebbers, were the subjects of a video based on their military experiences at last Wednesday's Veterans Day assembly at Pateros High School.

Following the video tribute Pateros graduate (Class of 1956) and retired Army Lt. Colonel Chuck Borg presented a shadow box containing photos and medals of Roy Gebbers to his daughter Carol (Gebbers) Knowlton and her family. It replaced an earlier one lost in the 2015 Carlton Complex wildfire.

Brandon Kuehn representing the Chelan Vet Corps was on hand to thank students for their participation on the veteran cards campaign. Pateros students completed 200 thank-you cards that will be distributed to veterans locally

and around the Spokane area.

BREWSTER

Veterans Day was observed at separate assemblies by the Brewster School District as a precautionary COVID preventive measure. Brewster Elementary and Middle Schools held their combined observance on Wednesday, Nov. 10, and Brewster High School on Friday, Nov. 12.

Guest speakers at the latter event included two alumni who appeared via video link.

Anthony Ruiz, a 1995 Brewster graduate saw service in the Marine Corps. Alfred Nila, Class of 2019, is currently serving in the U.S. Army and is stationed in Germany.



Douglas County Sheriff Kevin Morris was the featured speaker at Bridgeport's Veterans Day assembly.



Pateros resident Frank Herbert, right, who served 21 years in the Marine Corps, speaks with members of the American Legion Columbia Post 97 Color Guard at the Bridgeport Veterans Day school assembly.

300 votes remain to count

Challengers lead in races for Pateros mayor, council.

By MIKE MALTAIS STAFF WRITER

PATEROS - If the most recent results from the third unofficial count of general election voter ballots in Okanogan County are any indication, Pateros will have both a new mayor and new city council person when the Okanogan County Auditor certifies the final tally on Nov. 23.

As of the auditor's report of Nov. 10, two-term incumbent mayor Carlene Anders trails challenger Kelly Hook by 32 votes, and appointed council member Frank Herbert is six votes behind challenger Chantel Poole.

With approximately 300 votes remaining to count, Chief Deputy Auditor Jamie Groomes reported Hook with 111 votes or 58.42 percent of 190 votes cast to 79 votes, or 41.58

percent for Anders. Poole has 95 or 51.63 of the 184 votes counted for the Council 1 Position while Herbert trails with 89 votes or 48.37 percent.

If elected it will be Hook's first experience as an elected official. A 1984 graduate of Pateros High School, Hook volunteered as a school football coach and Pateros fireman/EMT. He also served Pateros and Brewster as a police officer/lieutenant for 31 years.

The two Pateros races are among six other unopposed mayor/council seats in the Pateros/Brewster area. Pateros council person Holly Bange ran unopposed as did Brewster mayor Art Smyth and council members Jan May, John Housden, Glenn Farrington, and Pedro De La Cerda.

The fourth unofficial count was scheduled for Nov. 15. The auditor's report said voter

turnout was 39.33 percent or 10,164 of the 25,840 Okanogan County voters registered.

Bridgeport city council members Matthew Schuh, Jackie Hentges, Mike Bjornstad, and Zeke Martinez all ran unopposed in Douglas County.

The Douglas County auditor reported a voter turnout of 38.3 percent or 9,806 of the 25,601 voters registered.

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

INSIDE THIS WEEK

Community, Sheriff..... A1-4 National News..... B2 Births, Obituaries, Death NoticesA4 Classified Index Church Directory.....A4 Classifieds/Public NoticesB3-B4

That's hold, not hold-up...

Dangerous Women hold weekend workshop in Pateros

By MIKE MALTAIS
STAFF WRITER

PATEROS – A group of more than a dozen Dangerous Women – dangerous in a good way – gathered here earlier this month for a weekend workshop retreat to develop their 2022 project titled “Unsettled,” an educa-

tional, theatrical production that explores Central Washington history through the eyes of pioneer and indigenous women.

Dangerous Women (dangerous-women.org) is a collective of female artists and community visionaries based in Wenatchee Valley that attracts artists from around the state. This is the sec-

ond time the group has chosen Pateros for a workshop retreat. The first was last summer when temperatures topped triple digits and the cool confluence of the Columbia and Methow rivers was a refreshing spot when local heat reached record book levels.

Gene Dowers, Executive Director of the Pateros-Brewster Community Resource Center said Dangerous Women chose Pateros a second time for several reasons.

“The women arrive here from as far north as Omak and as far south as Leavenworth,” said Dowers. “The group’s Creative Director, Rhona Baron, explained that we offer a great central location, with participants splitting their time between Howards where they lodge and our resource center space. Sweet River Bakery provides catering.”

“Unsettled, is a complex production,” said Baron who is also lead writer of narrative elements. “We are merging the histories, dreams, joys, and at times, crushing defeats of two groups of women within one landscape.”

The collective’s most ambitious show to date, Unsettled will be performed on Meadow Stage at the Icicle Creek Center for the Arts in Leavenworth on May 20-21, 2022.

“We are fortunate to have almost 20 outstanding women involved,” said Baron, “artists



Courtesy Dangerous Women

Dangerous Women who gathered at Pateros earlier this month include back row from left, Mandi Wickline, Terry Sloan, Susan Butruille, Marile Kunkel, Rhona Baron, and Holly Blue. Pictured front row from left, Julie Ann Edwards, Corky Broadus, Bernadine Phillips, Stacy Coronado, Cyndy Miller, and Michele Matt.

who play instruments, dance, paint, rap, write poetry, drum, tell stories, sing, act, weave and more.”

Pateros resident Cyndy Miller, whose family played a prominent role in the Memorial to the Methow exhibits in Lakeshore Park, attended the November workshop.

“The stories of all women in history are important and should be heard,” Miller said.

Together with Baron other

Unsettled performers will feature Mandi Wickline, Marile Kunkel, Karen Francis McWhite, Susan Butruille, Terry Sloan, Holly Blue, Corky Broadus, Carolyn Wilson, Sally Singer, Becky Fishburn, and Eden Moody. Indigenous participants include Julie Ann Edwards, Bernadine Phillips, Michelle Matt, and Stacy Coronado.

Earlier productions of this artistic and visionary collective have included In Celebration of

Dangerous Women (2016) showcasing woman who dared to make a difference in our world, Spellbound (2017) highlighting history’s mystical woman including Joan of Arc, The Black Madonna, Hildegard Von Binger, and others, and Victorious (2018) about women’s fight for the right to vote in the U.S.

To participate or learn more about Dangerous Women visit dangerous-women.org online or call Rhona Baron at 509-264-4060.



stocking stuffers

\$25 (\$42 value)

Includes All-Day Pass, Corn dog or Hot dog, bag of chips & Pepsi.

EXCLUSIVE \$25 OFFER. Save up to 40%. Enjoy 60-minutes of Ropes Course & Ziplines

Stocking Stuffer 10-pack \$225 (\$250 value)

Includes 10 Stocking Stuffer passes

Limited quantities. Offers expire 12/31/2021 or while supplies last. Stocking Stuffers not available online.

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

2022 Season Pass

Individual and Family & Friend Packages

20% OFF

Season passes are available ONLINE ONLY

To purchase season passes visit slidewaters.com

Cabanas and Pavilions are now on sale on slidewaters.com

To purchase Stocking Stuffer Admission tickets please visit: Stan's Merry Mart in Wenatchee, Kelly's Ace Hardware in Chelan or mail your check with name, email and return address to: Slidewaters Christmas PO Box 1601 Chelan, WA 98816

FAMILY HEALTH CENTERS

BE YOUR BEST SELF



WHOLE PERSON HEALTH

PHYSICAL EMOTIONAL SOCIAL

PRIVATE INSURANCE WELCOME

800.660.2129

Old Fashioned Values, Modern Health Care

Primary Care for All Ages
Employment & CDL Physicals
Women's Health & Gynecology
General Surgery Consultations
Orthopedics: Surgical & Non-Surgical
Endocrinology & Obesity Medicine

9 a.m. - 5 p.m., Monday-Friday

509.689.3749



415 Hospital Way, Brewster www.brewsterclinic.org

Bridgeport Ag students attend 94th annual FFA Convention

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – A half-dozen well-deserving Bridgeport FFA students experienced a highlight trip of their high school careers when they attended the 94th annual FFA Convention and Expo at the Indianapolis Convention Center last month.

Ag teacher and FFA advisor Adam Corum said it was the first trip of its kind for some and the first airline flight for others who spent five days from Oct. 26-30 getting an up-close look at the



Courtesy Adam Corum/Bridgeport FFA

These six Bridgeport High School FFA members attended the 94th annual FFA Convention and Expo in Indianapolis last month.

extent and variety of agribusiness going on across the U.S.

“They got to see how expansive the ag industry is,” Corum said who estimated attendance at the convention to be about 60,000 FFA members.

Corum’s new Ag teaching partner Alyssa Jamison also got to make the trip,

her first as an FFA advisor. Along with Bridgeport, local FFA chapters who made the trip included Omak and Cashmere, said Corum who counted some 20 chapters across the state that attended this year.

Corum said he does not think his students comprehended just how large the convention site in downtown

Indy really is.

“It’s basically the entire Bridgeport school campus including the softball field, baseball fields, everything all inside one building,” said Corum. “It’s nice to get out and expose them to what the rest of the world is like sometimes.”

SEE FFA ON PAGE A3

Brewster Chamber seeks nominations for ‘Best of the Best’ Awards

Deadline Nov. 19 for nominations

BREWSTER – Nominations are being sought for the Brewster Chamber of Commerce ‘Best of the Best’ Awards, which are Citizen of the Year, Small Business of the Year, Large Business of the Year and Community Service Person or Business of the Year.

Send your nominations to Brewsterwachamber@gmail.com or mail it to PO Box 1087,

Brewster, WA 98812, by Nov. 19. You can also drop the information off at the Brewster Senior Center or the Rustic Relic on Bridge Street.

1. **Citizen of the Year:** Give their name, civic involvement to the community, and tell them why you feel this person should be selected as Citizen of the year.

2. **Small Business of the Year:** Five employees or less. Give their name, civic involvement, contribution to the community and explain why

you feel this company should be selected as Small Business of the Year.

3. **Large Business of the Year:** Six employees or more. Give their name, civic involvement, contribution to the community and explain why you feel this company should be selected as Large Business of the Year.

4. **Community Service Person or Business of the Year:** Give their name and tell them why you believe this person or business should be selected.

QUAD CITY HERALD

© NCW Media Inc. 2021
310 E. Johnson Ave., Chelan,
P.O. Box 37, Brewster, WA 98812
Phone: (509) 689-2507
Fax (509) 682-4209

Office Hours
Mon. to Fri. 9:00 a.m.-5:00 p.m.

On The Internet
website:
www.qcherald.com
e-mail:
qchreporter@gmail.com
advertising e-mail:
ruthk@lakechelanmirror.com

Services
Back issues are available up to one year after publication for a small fee.

Contact Information

Publisher
Bill Forhan • 548-5286
publisher@leavenworthecho.com

Reporter/Photographer
Michael Maltais
qchreporter@gmail.com

Reporter/Photographer
lcmcditor@gmail.com

Advertising Sales Director
Carol Forhan • 548-5286
carol@leavenworthecho.com

Advertising Sales
RuthEdna Keys • 682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Contact Information

Classifieds/Legals
Trinada Caro
heraldads@qcherald.com
Circulation: 509-293-6780
Trinada Caro
circulation@lakechelanmirror.com

Classifieds/Legals
Classified ads can be placed during normal office hours by calling (509) 689-2507, e-mailing heraldads@qcherald.com

Weekly rates:
\$15.00 for the first 30 words
10 cents per word over 30 words

Borders, bold words, headlines, logos, photos subject to additional charges.

Place your ad online 24/7
WWW.NCWMARKET.COM

Deadlines

Letters to the Editor: Noon, Friday
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: 5 p.m., Thurs.
Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Deaths 4 p.m., Friday

Subscriptions

Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52

The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

Letters policy

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

News Tips


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.

Quad City Herald (USPS 241-920) is published every Wednesday by NCW Media, Inc.
215 14th St., Leavenworth, WA
Telephone: (509) 548-5286.
Fax: (509) 548-4789.
Periodical postage paid at Brewster, Wash.
Postmaster: Send address corrections to: Quad City Herald, P.O. Box 37, Brewster, WA 98812

NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle



Bringing the community to your door

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff

November 5
Welfare Check at the 4th at the 400 block of N. Roosevelt St., Waterville.
Welfare Check at the 400 block of Lake View Dr., Orondo.
Animal Problem at the 700 block of Fairview Ave., Bridgeport.
Disturbance at the 1500 block of Douglas Ave., Bridgeport.

November 6
Vehicle Theft at the 200 block of S. Columbia Ave., Waterville.
Vehicle Prowl at the 2500 block of Foster Creek Ave., Bridgeport.
Traffic Offense at SR 173 MP 2 E.B., Bridgeport.

November 7
Scam at the 2nd block of Kym's Way, Orondo.
Civil at the 1800 block of Foster Creek Ave., Bridgeport.
Assist Agency at the 2400 block of Tacoma Ave., Bridgeport.
Traffic Offense at SR 17 MP 136, Bridgeport.

November 8
Trespassing at the 500 block of SR 173, Bridgeport.
Welfare Check at the 200 block of S. Central Ave., Waterville.
Malicious Mischief at the 1600 block of Fairview Ave., Bridgeport.
Parking/Abandon at Sage St., Bridgeport.

November 9
Assist Agency at the 3rd block of S. Mansfield Blvd., Mansfield.
Sex Offense at the 800 block of E. Locust St., Waterville.

November 10
Suspicious Activity at the 300

block of S. Central Ave., Waterville.
Civil at the 600 block of SR 173, Bridgeport.
Harassment/Threat at the 800 block of E. Locust St., Waterville.
Malicious Mischief at 11 Old Ferry Rd., Orondo.
Vehicle Theft at the 600 block of SR 173, Bridgeport.
Harassment/Threat at the 1100 block of Jefferson Ave., Bridgeport.

November 11
Harassment/Threat at the 100 block of Hummingbird Rd., Waterville.
Harassment/Threat at the 1100 block of Douglas Ave., Bridgeport.
Assist Agency at US Hwy. 97 MP 231, Orondo.
Welfare Check at the 900 block of Foster Ave., Bridgeport.
Suspicious Activity at the 100 block of Morrow St., Mansfield.

Okanogan County Sheriff

November 5
Vehicle Prowl at S. Dawson St.
Animal Abuse at Hwy. 97.
Fail To Register at Calle Milagro.
Suspicious Activity at Copple Rd.
Burglary at E. Pine St. & S. Railroad Ave.
Suspicious Activity at Tacoma St. & Rogers Ave.
Citizen Assist at Brown Lake.
Trespassing at Copple Rd.
Animal Abuse at Conconully St.
Violate Order at S. Dawson St., Pateros.
Violate Order at S. 4th Ave.
Hunting Complaint at Hennepin St.

Unknown Accident at Old Hwy. 97.
Suspicious Activity at Tyee St.
Suspicious Activity at Tyee St. & S. 5th Ave.
Civil at B & O North Rd.
911 Abuse at Sand Flat Rd.

November 6
Burglary Alarm at Conconully Rd.
Suspicious Activity at Monse River Rd.
Civil at Mountain View Dr.
Unknown Injury Accident at Hwy. 20.
Harassment at Bentham Rd.

November 7
Civil at N. 2nd Ave.
Robbery at S. 2nd Ave.
Violate Order at S. 5th Ave.
Missing Person at N. 3rd Ave.
Civil at Kermel Rd.
Trespassing at N. Birch St.
Trespassing at N. Birch St.
911 Abuse at Monse River Rd.
Harassment at 1st Ave.
Stabbing at Hwy. 155.

November 8
Burglary at Rodeo Trail.
Vehicle Prowl at S. 2nd Ave.
Civil at Elmway.
Burglary at S. 2nd Ave.
Burglary Alarm at W. Bartlett Ave.
Suspicious Activity at Old Hwy. 97.
Threatening at Okanogan.
Lost Property at Chinook Way.
Civil at S. 5th Ave.
Vehicle Prowl at S. 2nd Ave. & Gordon St.
Suspicious Activity at Unger Rd.

November 9
Suspicious Activity at Maple St.

November 10
Malicious Mischief at Rodeo Trail.
Suspicious Activity at Maple St.
Vehicle Prowl at Riverside Dr.,

Omak.
Civil at S. Whitcomb Ave.
Theft Delfeld Rd. & Cameron Lake Rd., Brewster.
Suspicious Activity at Paradise Hill Rd. & Rat Lake Rd.
Malicious Mischief at N. 2nd Ave.
Threatening at S. 5th Ave.
Citizen Assist at S. 2nd Ave.
Suspicious Activity at N. 2nd Ave.
Vehicle Prowl at Pine St.

November 11
Burglary at S. 8th Ave. & Conconully St.
Vehicle Prowl at E. Pine St.
Non-Injury Accident at Paradise Hill Rd., Brewster.
VIN Inspection at Pedersen Rd., Pateros.
Civil at Bentham Rd.
Burglary Alarm at Rodeo Trail.
Suspicious Activity at Rodeo Trial & Armory Junction.
Unknown Accident at Hwy. 97 & Armory Junction.
Agency Assist at Brooks Tracts Rd., Omak.
Domestic Dispute at S. 3rd St.
Suspicious Activity at Nickell St.

Brewster Police Department

November 5
Domestic Dispute at W. Griggs Ave.
Fail To Register at S. 3rd St.
Intoxication at Hwy. 97 & Old Hwy. 97.

November 6
Animal Noise at E. Indian Ave.

November 7
Hit & Run Accident at S. Bridge St.
Unknown Injury Accident at the 27200 block of Hwy. 97.

November 8
Animal Noise at E. Indian Ave.

Shockers' Osborne, Garcia make First Team

Ceniceros voted MVP for CWB 1B All-League volleyball

By MIKE MALTAIS
STAFF WRITER

PATEROS – Senior volleyball standout Vanessa Ceniceros has been named the Most Valuable Player on the 2021 Central Washington 1B All-League volleyball team and a member of the All-League First Team.

Senior Ella Osborne and junior Alexa Garcia who both play for the Waterville/Mansfield Lady Shockers joined Ceniceros as First Team nominees as well.

Bridgeport senior Myrka Ibarra and Lady Shockers junior Harlie Zones were voted to the All-League Second Team.

Honorable Mentions include Pateros seniors Alley Piechalski and Noella Garcia, and Waterville/Mansfield sophomore Tiera Miller.

Waterville/Mansfield head volleyball coach Alyssa Polson was named Coach of the Year.



Mike Maltais/QCH
Vanessa Ceniceros voted Miss Volleyball at this year's Pateros Homecoming is the 2021 CWB 1B All-League volleyball MVP.

FFA

CONTINUED FROM PAGE A1

The Bridgeport students also got to visit the Indianapolis Motor Speedway, the Indiana State Museum, the Indiana State Zoo where they took in the dolphin show.

Funds that made the trip possible were raised at the annual spring plant sale held

in the school greenhouse every April.

The national convention features many events and projects one of which is National Days of Service. In 2020 National Days of Service sites included 8,014 volunteers representing 340 chapters from 45 states and Puerto Rico who logged 24,321 hours of service for \$661,531 in economic impact.

GEBBERS FARMS
apples • cherries
509-689-3424
www.gebbersfarms.com

Supporting our young Athletes!

GOOD HOUSEKEEPING
LeafGuard
16 YEARS BACKED BY THE SEAL

CLOG-FREE GUARANTEED*
Call today for a free estimate!
(855) 400-9062

- Seamless, one-piece system, keeps out leaves, debris & more.
- Eliminates the risk of falling off a ladder to clean clogged gutters.
- Durable, all-weather tested system.

\$99 Installation on a Complete LeafGuard System!
DOES NOT INCLUDE COST OF MATERIAL. EXPIRES 12/31/2021.

*Guaranteed not to clog for as long as you own your home, or we will clean your gutters for free.
LeafGuard operates as LeafGuard of Seattle in Washington under license number _LEAFGH1821RC

FAMILY HEALTH CENTERS
YOUR FAMILY, YOUR HEALTH, YOUR CHOICE

Did you know that FHC has a residency for Naturopathic Physicians?

In this residency, we host recently graduated physicians from Bastyr University, and give them a chance to work side-by-side with our very own Bastyr University alumni, Dr. Sarah Acosta Smith & Dr. Brendan Smith in our rural community.

Why choose a Naturopathic Physician?

Compared to conventional treatment, Naturopathic Medicine focuses on whole person health, using diet, lifestyle, and gentle treatments to support health and wellness.

Naturopathic Physicians can also prescribe medications that may be more often used by conventional medical providers.

They can be seen for a wide range of health conditions, as well as a wide range of ages, from children to adults.

1-800-660-2129

Bastyr Resident

We are happy to introduce Dr. Ariel Logan Rost, a Naturopathic Resident Physician in Brewster. Logan's special interests include primary care through the lens of health of the larger community, as well as working to ensure just and equitable medical care for all.



Ariel Logan Rost, ND, MPH, CHES

Bastyr Alumni



Sarah Acosta Smith, ND



Brendan Smith, ND

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

Healthcare Community Statement: Joint-statement regarding the 'mixing & matching' of COVID-19 boosters

SUBMITTED BY LAKE CHELAN HEALTH, COLUMBIA VALLEY COMMUNITY HEALTH, CONFLUENCE HEALTH, CASCADE MEDICAL, CHELAN-DOUGLAS HEALTH DISTRICT

NCW – The U.S. Food and Drug Administration (FDA), Center for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) and the Western States Scientific Review Workgroup approved the use of all three COVID-19 vaccine types for booster doses.

The Washington State Department of Health (DOH) adopted the federal recommendations to allow eligible individuals to receive a booster dose of the Pfizer, Moderna or Johnson & Johnson vaccine.

The FDA and CDC suggest that "mixing & matching" boosters is safe and effective. Booster doses do not

have to be the same vaccine type as your initial vaccine. For example, individuals who received a Pfizer or Moderna primary series can receive a Johnson & Johnson booster and those who received a Johnson & Johnson vaccine can receive a Pfizer or Moderna booster. It is important to note that the Pfizer and Johnson & Johnson boosters are full doses, while the Moderna booster is a half dose.

It is recommended that everyone 18 and older who received a one-dose Johnson & Johnson vaccine two months ago, get a booster dose. The following at-risk individuals who received a two-dose primary series of either the Pfizer or Moderna vaccine six months ago, are now eligible for a booster dose:

- Individuals 65 years and older
- Individuals 18 years and older who live in long-term

care settings

- Individuals 18 years and older who have underlying medical conditions

- Individuals 18 years and older who work or live in high-risk settings

Local healthcare providers including Confluence Health (Confluence), Columbia Valley Community Health (CVCH), Cascade Medical (Cascade) and Lake Chelan Health (LCH) are working with Chelan-Douglas Health District (CDHD) to offer equitable access for all three booster vaccines to the residents of Chelan and Douglas Counties. Local providers are currently offering the following booster vaccines:

- CDHD • Pfizer
- Confluence • Pfizer, Moderna, J&J
- CVCH • Pfizer, J&J
- Cascade • Pfizer, Moderna
- LCH • Pfizer, Moderna, J&J

Vaccine providers are working diligently to offer as many vaccine types as possible, so please note that booster clinic dates, times and locations vary and may change moving forward. If you are interested in scheduling a booster appointment with any of the healthcare facilities above, visit the websites below to self-schedule (if online-registration is available) prior to calling for an appointment. We appreciate your patience as we continue to respond to the COVID-19 pandemic.

Chelan-Douglas Health District: cdhd.wa.gov/
 Confluence Health: confluencehealth.org
 Columbia Valley Community Health: cvch.org
 Cascade Medical: cascademedia.org
 Lake Chelan Health: lakechelanhealth.org

COMMUNITY BULLETIN BOARD

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. 17-20

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. 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 brewsterchamber@gmail.com or Mike Mauk at 509-449-0605

Nov. 19, Dec. 8

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, Nov. 19, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Nov. 22

Okanogan County PUD meeting

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, Nov. 22, at 3 p.m. For more information okanoganpud.org

Holiday Care boxes for 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.

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
877-330-1491

FREE

7-Year Extended Warranty*
A \$695 Value!

Limited Time Offer - Call for Details

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



Icicle Fund opens grant program for 2022

Unrestricted grants offered to NCW non-profits

SUBMITTED BY CHRISTINE MORGAN, EXECUTIVE DIRECTOR

LEAVENWORTH – The Icicle Fund is now accepting applications from eligible non-profit organizations through its Community Grant Program. The deadline is December 10.

The Icicle Fund is again adapting its grant programs to further deepen its partnership with nonprofits that serve North Central Washington communities through engagement with the arts, environment, and history. Last year highlighted the power of

flexible funding in allowing nonprofits to deliver mission in innovative and impactful ways. Depending on organizational mission and service areas, unrestricted or project support is available this year.

This year, the Fund will award unrestricted funding to some organizations and full cost project funding to others. In effect, organizations are able to do their most important work in the community, implementing not only the high-profile but also the hard-to-fund projects while building and maintaining high performing organizations.

We believe that strong, thriving communities are created and maintained through engagement of all its members. The Fund acknowledges

the need for intentional strategies to remove barriers for community members who have been historically underserved through our programs.

To remove barriers in the application process, it has been re-designed to minimize the burden on applicants and include a no-charge, one-on-one coaching on financial reporting as well as availability of Spanish translation services as needed.

Icicle Fund is rooted in the belief that strong connections of people to place is built and nurtured through artistic expression, imagination, understanding of past, experience in nature, and care for wildlife and natural landscapes. As a catalyst for partnerships and collaboration, Icicle Fund helps to nurture these connections and as a result, strengthens and sustains the beloved region of North Central Washington. Since its 1998 founding by Harriet Bullitt, Icicle Fund has invested more than \$45 million in over 100 non-profits that support the environment, the arts, and history in North Central Washington. In 2019, Bullitt gifted her ownership of Sleeping Lady Mountain Resort to Icicle Fund, allowing her guests to also support this mission through the resort's proceeds.

Community Grants are single- or two-year grants of no less than \$3,000 to support non-profit organizations that have an impact in the Arts, Environment, or History in Chelan, Douglas, Okanogan, and/or Grant Counties.

Additional information and application instructions can be found at www.iciclefund.org

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

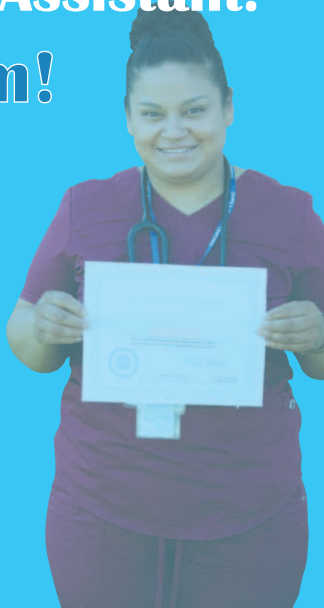
FAMILY HEALTH CENTERS
YOUR FAMILY, YOUR HEALTH, YOUR CHOICE

Want to expand your career and education as a Medical Assistant?

Join our team!

We, in collaboration with WACH, offer to pay for your education to become MA- Certified! A years worth of education with on the job training and online coursework.

Call:
509-422-7604



QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

New to the area?
On
Vacation?
These churches
welcome you!



CALVARY BAPTIST CHURCH
Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn



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



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



NEW TESTAMENT BAPTIST
Sunday 10 a.m., 11 a.m. & 6 p.m.
Wednesday 7 p.m.
Adult Prayer & Bible Study and King's Kids
509-689-2420 • 412 W. Hanson



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

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



A little bit Omak, a little bit Spokane.

EWU grad, biologist, and full-time mom: Omak's Kirsten Brudevold is a long-time member of both CDFCU and STCU.

The recent merger of our two credit unions ensures that CDFCU members have a partner committed to helping them achieve their financial goals. **Welcome to STCU.**

Food Inflation Weighs on US Households as Prices Soar in October

ANDREW MORAN

The U.S. annual inflation rate surged in October at its fastest pace in 31 years, driven by skyrocketing food and energy prices. Staples found in kitchens across the country were more expensive, weighing on families' monthly or weekly grocery budgets.

On the protein front, beef and veal prices increased 20.1 percent year-over-year. Pork cost 14.1 percent more, while ham prices rose 7.1 percent. The cost of chicken jumped by 8.8 percent; fish and seafood by 7.5 percent; and eggs by 11.6 percent.

The fruits and vegetables index rose at an annualized rate of 3 percent. Within this category, apples cost 6.7 percent more; bananas, 2.9 percent; potatoes, 1.7 percent; and citrus fruits, 3.7 percent.

Coffee, consumed by seven in 10 Americans, cost 4.7 percent more in the 12 months ending in October. Roasted coffee prices rose by 5.6 percent, while instant rose a modest 1.2 percent.

Nearly every food item, from white bread to margarine to salad dressing, became costlier for consumers.

Eating at a local restaurant or coffee shop is just as expensive for Americans. The food away from home index was 5.3 percent higher than it was at this time in 2020.

Is Relief Coming to Supermarkets?

The Federal Reserve and White House insist that inflation is transitory, despite trending at its highest level in three decades. Could higher supermarket and restaurant prices linger into 2022?

"It looks like it's going to continue for a while," Phillip Streible, chief market strategist at Blue Line Futures, told The Epoch Times, adding that the supply chain crisis and adverse weather conditions impacting many crops are driving up food prices.

This year, the commodities market has been booming, Streible said, fueled by a broad range of factors, such as record-high fertilizer prices, tightening inventories, and output



A woman walks past a stall at an outdoor food market in Manhattan on Nov. 5, 2021.

failing to satisfy demand. Sugar is up 29 percent, wheat has rallied 27 percent, corn has gained 18 percent, and cattle has surged 18 percent.

The fertilizer crisis could trigger upward pressure on the chief staple crops such as rice and wheat. Nutrien Ltd. and Mosaic Co., two of the world's largest fertilizer producers, anticipate a prolonged price surge that could affect nearly everything on dinner plates.

The U.S. Chamber of Commerce suggested that food inflation could persist until these four factors subside: the labor shortage, supply chain disruptions, the energy crisis, and higher wages.

"Anyone who has purchased food lately knows that food prices are rising and rising pretty sharply," noted Curtis Dubay, senior economist for the U.S. Chamber of Commerce.

In the energy sector, there has been a decline in capital expenditures and investment. In the food industry, meat-packing plants are catching up

Anyone who has purchased food lately knows that food prices are rising and rising pretty sharply.

Curtis Dubay, senior economist, U.S. Chamber of Commerce

on the backlog inventory, requiring employees to work weekends.

"They're running extra shifts on Saturdays [and] Sundays, and people aren't willing to do that for free," stated Jayson Lusk, head of the Department of Agricultural Economics at Purdue University. "That's what it took and is taking to keep workers in those plants running close to full capacity."

But food distributor Sysco Corp., which recently recorded product cost inflation of roughly 13 percent, pre-

dicts that sky-high inflation levels will moderate by the fourth quarter of the fiscal year 2022. The Houston-based company is anticipated to pass these higher costs on to its customers.

Streible is also forecasting food deflation sometime in the second quarter of 2022, citing excess inventories, an easing of the supply chain bottleneck, and less-robust demand.

Some market strategists assert that the data show inflation is looking like it is less transitory.

"More worryingly, it looks less and less transitory, because the rise is mostly due to the rise in cars prices, but also the rise in food prices (where you can argue it's volatile), the rise in energy prices (which could be temporary indeed, but the fact is that we have a growing energy crisis going on across the globe right now), and most worryingly, due to the rise in rents," Ipek Ozkardeska, a senior analyst at Swissquote, stated in a note.

"Higher rents and higher wages are factors that will make the rise in in-

flation stick around for longer, and at this point, we are really moving significantly away from the Fed's 2% average inflation target."

A Thanksgiving Tax for All Americans?

These market conditions will make this year's Thanksgiving feast more expensive, as most ingredients have risen considerably.

The American Farm Bureau estimates a Thanksgiving dinner that includes a turkey and various side dishes will cost as much as 5 percent more in 2021 than in 2020. For example, turkeys weighing as much as 16 pounds will cost 25 cents per pound more this year than last. Sauces and gravies are up 1.8 percent year-over-year.

"Just the cost of metal to put cranberries into a tin can has gone up," said Curt Covington, senior director of institutional credit at AgAmerica. "It's across the board and it's going to take the supply chain well past Thanksgiving and Christmas to get back to normal."

This could result in smaller holiday gatherings, says a new survey. A FinanceBuzz poll revealed that 63 percent of Americans expect rising food costs to impact their Thanksgiving dinner. Twenty-four percent noted they might need to cut back on food because of surging prices, while 21 percent plan to have fewer guests.

And Republicans, including Rep. Elise Stefanik (R-N.Y.), are utilizing these numbers to tie multi-year high inflation figures to President Joe Biden and the Democrats.

"This is Biden's #Thanksgiving-Tax," the House GOP wrote on Twitter on Nov. 9.

Despite soaring prices, Biden said Americans would prefer this Thanksgiving to last year's.

"But the bottom line is that I think that, and anyone who would prefer, as bad as things are in terms of prices, helping hurting families now, to trade this Thanksgiving for last Thanksgiving," the president told reporters during last week's press conference at the U.N.'s climate change summit in Glasgow, Scotland.

100 Volunteers Harvest 1,000 Acres of Land for Grieving Family After Farmer's Tragic Death

LOUISE BEVAN

More than 100 members of a tight-knit Iowa farming community came together after losing one of their own to harvest the crops he left behind.

Cole Vanatta, who managed more than 2,000 acres of row crops just south of Tabor, Iowa, with his father and grandfather, sustained a farming injury on Sept. 9 and died two days later. He was 36 years old and is survived by his wife and three children.

"He and his father, Tom, 62, and his grandfather Wayne, 93, all still worked together; it's a family farm," Vanatta's brother-in-law, Daniel Morse, told The Epoch Times. "They were just getting ready for harvest, they were prepping the land, they were prepping the equipment, and the accident happened."

Explaining the accident, Morse said the trio were trimming trees to clear a path for farm machinery when a tree limb snagged.

"Something that they take for granted, they do all the time, just went incredibly wrong that day," he said.

In the wake of the tragedy, the farming community rallied together to pay

their respects to Vanatta in the most fitting way, by helping to harvest the corn and soybean crops that he had tended.

"A local farmer—a neighbor and a friend of ours—put a simple post on Facebook and said, 'Hey, we're going to get together, we're going to honor Cole one last time,'" said Morse, who works as a Tabor city firefighter. "They had well over 100 people show up."

The industrious group covered 1,000 acres in just two 10-to-12-hour workdays, starting on a Friday at 7 a.m. and finishing around 8 p.m. the following day.

Together, they ran more than 20 combines to harvest corn and two or three for soybeans. Morse estimated the group's efforts reaped between 30 and 40 grain carts' worth of produce in total.

Witnessing the community come together, Vanatta's grieving wife, Shannon, was overwhelmed.

"They just said, 'I got this,' and took over. It's been great," the mom of three told WLWT 5. "I'll never be able to repay people for what they're doing today, but I'll try."

It wasn't just experienced farm-



Local farmers help harvest the corn and soybean crops that Cole Vanatta had tended.

ers who got involved, Morse said. "Wives, businesses, the whole community showed up. We had food donated from local restaurants, coffee houses bringing coffee, people catering breakfast ... multiple church groups."

Some had known Vanatta, but many

had not.

"Even if they weren't able to work in the field, they came in, they helped move stuff around, they dropped food off, they moved fuel barrels," he said. "We had one person, because it was cold in the morning, just run in and get new propane bottles so we

could run heaters. Everybody helped in whatever way they could."

Even Vanatta's and Morse's children helped out. Morse hopes this heartwarming experience teaches his own kids that there are "things bigger than yourself" in life.

"Their uncle passed away, and that's sad, it's horrible," he said, "but at the same point, their community showed up to help, just to show what that person meant to them."

Vanatta, according to his brother-in-law, was a polite man who always kept his cool and would give the shirt off his back to help another. He had a talent for fixing anything with an engine.

For Vanatta, his family meant everything.

"He spent his whole life working the land and trying to build something for his family," Morse said, "to keep a family legacy that he had going, and pass that on to the next generation."

Morse said the farming community has been supporting its members in times of need for years.

"A lot of times it goes unrecognized," he said. "Nobody's asking for recognition ... [but] it's happening on a regular basis and it's amazing to see these small communities come together and help each other out in that way."

"I'm trying to think of the right words, but that feeling that you're doing something bigger than yourself, for no other reason than it feels like the right thing to do, is something I think that we all need to take time to remember."

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

LEARN MORE AT

TheEpochTimes.com

THE EPOCH TIMES

TRUTH and TRADITION

Biden Threatens Action Against Nicaragua After Socialist Ortega Wins Election

JACK PHILLIPS

The Biden administration threatened sanctions against Nicaragua after longtime leader Daniel Ortega secured a fourth term in an election that observers say was a sham.

In statements released by the White House, President Joe Biden said Ortega, a former Marxist guerrilla fighter, and Ortega's wife and running mate—Rosario Murillo—“orchestrated” a “pantomime election that was neither free nor fair, and most certainly not democratic.”

“The arbitrary imprisonment of nearly 40 opposition figures since May, including seven potential presidential candidates, and the blocking of political parties from participation rigged the outcome well before Election Day,” Biden's statement reads. “They shuttered independent media, locked up journalists and members of the private sector, and bullied civil society organizations into closing their doors.”

Secretary of State Antony Blinken, meanwhile, said that the United States will use a variety of tactics to place pressure on the Ortega government.

“We will continue to use diplomacy, coordinated actions with regional allies and partners, sanctions, and visa



Nicaraguan President Daniel Ortega speaks to supporters during a march in Managua on Oct. 13, 2018.

restrictions, as appropriate, to promote accountability for those complicit in supporting the Ortega–Murillo government's undemocratic acts,” he said on Nov. 8.

Several unidentified U.S. officials

told Reuters last week that the Biden administration is already preparing sanctions against Ortega, Murillo, and other top Nicaraguan officials. And days before that, the House of Representatives, by a 387–35 vote, ap-

proved a measure that would implement more sanctions.

The Biden administration appears to be following a similar script as the Trump administration in dealing with Latin American regimes.

Former President Donald Trump placed Venezuela under significant sanctions after saying socialist leader Nicolas Maduro engaged in election fraud to keep himself in power, and the United States recognized opposition leader Juan Guaido as president of Venezuela.

Following Ortega's victory, Russian officials said they would stand behind him and told the United States to recognize the election results.

“As far as I understand, just yesterday in the evening, when the voting was over, the White House declared its refusal to recognize the election and called on other countries to do the same. We consider it inadmissible and strongly condemn such a policy,” Russian Foreign Minister Sergey Lavrov said on Nov. 8, according to the TASS news agency.

Nicaragua's Supreme Electoral Council said that with nearly all the ballots counted, Ortega had won more than 75 percent of the vote. The outcome was never in doubt after his government jailed seven of the leading potential opposition candidates, clearing the field for Ortega to sweep to a fourth consecutive five-year term.

The Associated Press contributed to this report.

10 States Sue Biden Over COVID-19 Vaccine Mandate for Health Care Workers

ZACHARY STIEBER

A coalition of 10 states led by Missouri's attorney general on Nov. 10 sued President Joe Biden over his administration's COVID-19 vaccine mandate for health care workers.

A federal court has blocked, for now, the administration's private employer vaccine mandate, although a stricter one focused on health care workers remains in place.

The health care worker mandate, which covers more than 17 million nurses and others, doesn't include a testing opt-out.

The coalition says the mandate is unlawful under federal law in part because the federal government is trying to wrest away compulsory vaccination power that has “always been the province of—and still properly belongs to—the states.”

“Vaccination requirements are matters that depends on local factors and conditions. Whatever might make sense in New York City, St. Louis, or Omaha could be decidedly counterproductive and harmful in rural communities like Memphis, Missouri or McCook, Nebraska,” the 58-page filing in federal court in Missouri states.

“Federalism allows states to tailor such matters in the best interests of their communities. The heavy hand of CMS's nationwide mandate does not. This court should thus set aside that rule as unlawful agency action under the Administrative Procedure Act.”

The mandate is poised to exacerbate an already “alarming shortage” of health care workers, the coalition said. As proof, they cite Dr. Randy Tobler, the CEO of Scotland County Hospital in Memphis, Missouri. He said that people working in his hospi-



Missouri Attorney General Eric Schmitt on Jan. 27, 2020.

tal told him that if the mandate takes effect, they won't work there.

Missouri Attorney General Eric Schmitt, Nebraska Attorney General

Doug Peterson, and Alaska Attorney General Treg Taylor filed the suit along with the attorneys general of Arkansas, Kansas, Iowa, Wyoming, South Dakota, North Dakota, and New Hampshire. All are Republicans.

The Centers for Medicare & Medicaid Service (CMS), the agency that issued the rule, and the White House didn't immediately return requests for comment on the lawsuit.

The Biden administration asserts that the mandate will curb the transmission and spread of COVID-19, the disease caused by the CCP virus. The rule acknowledges that many health care workers have recovered from COVID-19 and have some level of immunity as a result. But, citing a Centers for Disease Control and Prevention (CDC) study that was challenged by some scientists, CMS says natural immunity isn't allowed as an

alternative to vaccination.

CDC officials have acknowledged natural immunity exists but say even those with it can benefit from vaccination. A number of health experts share the view, but a host of others say vaccination isn't necessary among the recovered.

CMS officials say the agency has the legal authority to issue a vaccine mandate through several sections of the Social Security Act, though the rule notes that CMS has never required vaccinations before.

Health care facilities that don't comply with the mandate face a series of penalties, including fines. They could be ousted from Medicare and Medicaid programs, a senior administration official told reporters on a call last week.

One official later explained why there's not a testing opt-out, a major difference between the rule and the private employer mandate.

“We have a higher bar for health care workers, given their critical role in ensuring the health and safety of their patients,” the official said. “And so it's either vaccination or an exemption under the rules outlined.”

Durham Investigation: Main ‘Steele Dossier’ Source Pleads Not Guilty to Lying to FBI

Federal prosecutors said Steele had relied heavily on Danchenko in order to obtain information about some of the allegations contained in the dossier.

JACK PHILLIPS

A former Brookings Institution Russian analyst accused of providing false information in the controversial and widely discredited Steele dossier entered a plea of not guilty days after he was indicted by special prosecutor John Durham.

Igor Danchenko pleaded not guilty to five counts of making false statements to the FBI, entering his plea before Judge Anthony John Trenga in

the U.S. District Court for the Eastern District of Virginia on Nov. 10, according to reporters on the scene.

After his arrest last week, Danchenko was released on a \$100,000 bond. During the Nov. 10 court hearing, Trenga ordered Danchenko to remain free on bond and scheduled a preliminary trial date of April 18, 2022. Danchenko, 43, was charged as part of Durham's wide-ranging probe into the origins of the Trump–Russia investigation. Danchenko stands accused of lying to the FBI about claims that he provided to former UK spy Christopher Steele, who constructed the Steele dossier.

In turn, the dossier—a collection of opposition research notes that included numerous unproven claims, much of which later turned out to be false—became the basis for an FBI surveillance campaign into then-presidential candidate Donald Trump's campaign

and former Trump aide Carter Page, starting in October 2016. The agency, which utilized Foreign Intelligence Surveillance Act (FISA) warrants to spy on Page, subsequently renewed the applications multiple times.

Steele had been hired by investigative company FusionGPS, which had in turn been hired by high-powered law firm Perkins Coie, which had retained the Democratic National Committee and then-presidential candidate Hillary Clinton as clients during the 2016 election.

Federal prosecutors said Steele had relied heavily on Danchenko in order to obtain information about some of the allegations contained in the dossier. They are accusing him of lying to federal law enforcement about the sources of information he provided to Steele, which was included in the dossier, and making five false statements to the FBI between March and

November 2017.

The indictment alleges that Danchenko lied about obtaining information from Charles Dolan Jr., a Democratic public relations executive who had business ties in Russia. An attorney for Dolan told The Epoch Times last week that he's a witness in the case, and he wouldn't comment further.

Durham's team said Danchenko falsified a conversation that he claimed was the source of a salacious accusation contained in the dossier about Trump and a hotel room. According to the indictment, that allegation may have come from Dolan, who toured a hotel suite in 2016 that was once occupied by Trump. Prosecutors said that Danchenko lied when he told the FBI and Steele that the allegation came from the head of the U.S. Russian-American Chamber of Commerce.

Dolan also told Danchenko that he had obtained intelligence on Trump's campaign about alleged tensions regarding former campaign manager Paul Manafort's role from a Republican friend, according to the indictment. However, he actually based that information on public news reports.

During the Nov. 10 court hearing, prosecutors told Trenga that the next

step will be the discovery phase, noting that they hope to share materials with the defense soon. A “vast amount of classified information” needs to be reviewed as well, they said.

Last week, an attorney representing Danchenko accused Durham and his team of presenting a “false narrative” about his client.

“For the past five years, those with an agenda have sought to expose Mr. Danchenko's identity and tarnish his reputation while undermining U.S. National Security,” Mark Schamel, Danchenko's attorney, said in a statement. “From the moment he was inappropriately revealed, he has been the focus of unrelenting politically motivated attacks. This latest injustice will not stand. We will expose how Mr. Danchenko has been unfairly maligned by these false allegations.”

In September, Durham's team charged Michael Sussmann, a Perkins Coie attorney, of lying to the FBI when he spoke with former general counsel James Baker in order to provide him with information about Trump's campaign and claiming that wasn't doing so on behalf of Clinton's campaign. Sussmann, through his attorneys, has denied the charge.

THE
EPOCH
TIMES

TRUTH and TRADITION

“THE EPOCH TIMES IS A BEACON OF LIGHT IN THE ‘NEWS’ DARKNESS THAT PRETTY MUCH COVERS THE COUNTRY.” —Jonne Rosenau

LEARN MORE AT TheEpochTimes.com



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

CLASSIFIEDS

PUBLISHER'S NOTICE

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

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

ADMINISTRATIVE
Puzzle Solution



Administrative

Puzzle Solution

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

P	R	O	S	I	A	I	A	R	U	M			
S	I	N	C	E	K	O	I	A	W	A	K	E	
I	N	C	A	S	I	N	N	O	N	E	S		
G	E	R	M	A	N	E	N	G	L	I	S	H	
F	E	Z	O	N	U	S							
L	A	B	N	O	U	N	S	T	R	U	N	G	
A	L	E	S	T	R	E	E	S	E	N	O	R	
T	I	R	E	E	D	I	T	S	D	A	T	E	
I	B	E	A	M	U	R	A	L	O	G	E	E	
N	I	T	R	I	C	I	S	I	S	I	R	K	
R	I	S	C	E	E	K							
R	U	S	S	I	A	N	F	R	E	N	C	H	
S	T	A	L	E	A	C	R	T	E	E	U	P	
V	A	L	O	R	R	O	E	H	E	D	G	E	
P	H	E	W	E	S	I	T	E	L	I	J	O	T

Employment

Help Wanted

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

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.cascadesed.org EOE

Come Join Our Sales Team.
Newspaper Advertising Sales person wanted. If you are a people person and enjoy talking to our local businesses. **We have the job/career for you!**
The right candidate must be outgoing, and personable, have sales and computer knowledge. We will train the right person on our software. Stop in The Leavenworth Echo, 215-14th St. 10 a.m.-5 p.m. with a resume or call for an interview with Bill or Carol, 509-548-5286. Pay depends on experience. 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.

THREE RIVERS HOSPITAL
RADIOLOGY/ CT TECH
Full-time
Three Rivers Hospital is seeking a Rad/ CT Tech to produce CT scans and assist the Radiologist with interventional procedures that require CT guidance and to provide the best diagnostic images possible for the providers. Registered by the ARRT and Certified WA State. Graduation from an AMA - approved school of Radiologic Technology. Minimum of one year CT experience. (Technical staff can be crossed trained). Current BLS certification. Prefer ARRT certification in CT. 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
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

NOTICE is hereby given by the Board of County Commissioners of Douglas County that the County is soliciting interest from consulting firms with expertise in civil design, environmental analysis and permitting, and right-of-way acquisition for the Upper Pearl Hill Bridge Replacement project.
Submittal Requirements: Refer to additional information regarding this RFQ/RFP, including Submittal Requirements located on the Douglas County website: <https://www.douglascountywa.net/bids.aspx>. Questions regarding the project, solicitation and selection process should be directed to Jessie King, PE at (509)884-7173, jjking@co.douglas.wa.us. All proposals shall be marked "Upper Pearl Hill Bridge Replacement RFP/Q". Proposals are due Thursday, December 2nd, 2021 on or before 4:00 pm, to the Douglas County Public Services Building, 140 19th Street NW, East Wenatchee WA 98802 Attn: Jessie King.

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



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

Help Wanted

THREE RIVERS HOSPITAL
ER NURSE
Full-time/ Nights
Three Rivers Hospital is seeking an ER Nurse to provide nursing assessment, treatment and evaluation of ER patients and outpatients. Current WA State RN license required. Current BLS / CPR, ACLS, TNCC and PALS certifications. Two years' Med/Surg experience or one-year ER experience preferred. 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

Help Wanted

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

stcu
106 US-97
Brewster, WA
The Member Service Representative engages with and serves new and existing members through an interactive, consultative process that deepens relationships and member loyalty with STCU. Team Members in this role provide financial direction to assist members in meeting their current and future financial goals with the appropriate products and/or services, and is accountable for delivering an Unparalleled member experience by providing efficient and accurate service in teller and member service functions. Please review our website for more information and to apply at www.stcu.org/careers

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.cascadesed.org EOE

At CHPW, our mission is to bring health coverage to all Washingtonians and give them the tools they need to live healthier lives. Join us!
We are looking for a Regional Manager, Regional Systems Integration to join our team. You'll ensure appropriate systems are in place to facilitate coordination between CHPW's departments and community-based agencies to advance integrated managed care system.
<https://www.chpw.org/contact-us/chpw-careers/>

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

THREE RIVERS HOSPITAL
Informatics RN
Full-time
Three Rivers Hospital is seeking an Informatics RN to support the hospital and clinic in the application of the EMR. Experience teaching clinicians with EMR, strategic planning and development, and familiar with continuous quality improvement methods is preferred. Strong computer skills and experience working with healthcare informatics systems. Excellent interpersonal skills required. Current WA State RN license required; BSN preferred. 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
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



Help Wanted



OR Manager Full-Time

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/ GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary 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

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorrads@lakechelanmirror.com OR

Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

For Sale

General Merchandise

Greeting Cards for Sale 1/2 price

To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth cards like: Wish you were here with me in Leavenworth.

'Special Friends' Or I miss you.

Happy Birthday from Leavenworth!

Many more titles. No boxed cards.

Thank you for your support.

Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at

www.NCWMarket.com Register and pay on our secure site.

Want Print Only?

Call Lake Chelan Mirror Quad City Herald 509-682-2213 or email mirrorrads@lakechelanmirror.com or call

The Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@leavenworthecho.com

Deadline: Noon on Friday for all papers.

CLEAR SOME SPACE WITH A



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

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call 682-2213

Leavenworth Cashmere Call 548-5286

Your ad will appear online and in the newspapers for one low price!

Legals

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

CITY OF PATEROS REQUEST FOR QUALIFICATIONS

The City of Pateros, pursuant to (Chapter 61, Laws of 1981) is inviting statements of qualifications from consulting firms to provide professional engineering and/or survey services related to water, wastewater, streets, sidewalks, parks, and storm drainage systems. Services may include engineering planning, reports, project designs, funding applications and assistance, construction administration and inspection, environmental reviews, rate studies, survey services, and other work as directed.

Projects may be funded by agencies and programs such as the Community Development Block Grant (CDBG) Program with federal funds provided by the US Department of Housing and Urban Development, the Drinking Water State Revolving Fund Program, USDA-Rural Development, Washington State Department of Ecology, Washington State Transportation Improvement Board, FEMA, Washington State Recreation and Conservation Office, and other state and federal funding programs. As a result, a number of state and federal equal opportunity and affirmative action requirements will apply to this selection process and the City's projects.

The City of Pateros is an Equal Opportunity and Affirmative Action Employer and encourages minority and women owned firms to submit statements of qualification.

A digital copy of the SOQ must be submitted to the City of Pateros no later than: 4:30 PM Friday, December 3, 2021 Statements of Qualifications should be emailed to: City of Pateros Attn: Jord Wilson paterosparks@outlook.com or mailed to PO Box 8

Pateros, WA 98846 Published in the Quad City Herald November 10, 17, 2021 #3056

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 Vasilieff, 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

How to live with anti-estrogen medicines

"I ache all over. I just don't know how I can do this for the next 5 years."

65-year-old Sarah is a breast cancer survivor. Upon completing her successful chemotherapy and surgery 6 months ago, her doctor prescribed an anti-estrogen medicine called Arimidex® (anastrozole).

Anti-estrogen medicines help prevent breast cancer, treat it, or, like Sarah, prevent it from coming back. There are two types of anti-estrogen medications: estrogen production inhibitors and estrogen-blocking agents.

In women who have gone through menopause, a particular enzyme called aromatase is responsible for creating estrogen. Medications that interfere with aromatase are called aromatase inhibitors. Aromatase inhibitors like anastrozole (Arimidex®) and letrozole (Femara®) are often prescribed for 5 years after initial breast cancer treatment to decrease the risk of recurrence.

Estrogen blocking medicines prevent estrogen from binding to breast tissue. The estrogen blocker tamoxifen (Nolvadex®) is combined with other drugs to treat breast cancer and avoid its recurrence in high-risk women.

The most common side effects of anti-estrogen medicines are aching muscles or joints, hot flashes or night sweats, weight gain, dry skin and hair, and vaginal dryness and discomfort.

One way to combat dry skin and hair is to eat a "good fat" diet with olive oil like in the Mediterranean diet or coconut oil instead of vegetable oil or butter. Since I'm not a fan of the taste of olive oil, I use avocado oil, which has a buttery flavor.

Hot flashes and night sweats are common side effects of taking tamoxifen or aromatase inhibitors. Unfortunately, hot flashes from these medicines don't seem to respond to soy or supplements containing black cohosh like Remifemin® or red clover.

Unfortunately, Remifemin® and other herbal products sold for menopausal symptoms like hot flashes CAN act like estrogen in breast tissue. This is precisely what you DON'T need if you are concerned about your risk of breast cancer.

Fortunately, some prescription medicines can help relieve menopausal symptoms without estrogen. Antidepressants like venlafaxine and citalopram, and gabapentin, a drug that relieves seizures and nerve pain, can ease hot flush and night sweat symptoms.

Sarah is not alone; nearly half of women taking aromatase inhibitors experience aching muscles or painful joints. Although non-prescription medicines may offer relief, no option is better than any other.

One place to start is with either Tylenol 8-Hour® or Tylenol Arthritis® Extended Relief, which lasts twice as long as Tylenol® Extra Strength. Sarah could try one or two of the 650mg tablets twice daily every day. Anti-inflammatory



medications may also help muscle aches and joint pain, like Ibuprofen (Motrin-IB), naproxen (Aleve®), fish oil capsules, and cannabidiol (CBD).

Glucosamine may offer relief and has minimal side effects; it can also be added to other medicines without causing problems. I recommend glucosamine powder twice daily because it is less expensive and better absorbed than pill form. Allow 4-6 weeks of taking glucosamine to see the full effect before deciding if it's helping you.

If these don't help, please talk to your doctor. People differ widely in how drugs can affect them, and a different medicine could make a huge difference.

Here are 6 Tips for Taking Anti-Estrogen Medicines Successfully:

1. Try a "good fat" diet. Switching from a "low-fat" to a "good fat" diet like the Mediterranean diet can relieve dry skin and hair. "Good fats" include coconut, avocado, and olive oil. Taking a fish oil supplement may also help.

2. Avoid soy. Don't take concentrated soy products or herbal supplements marketed for menopausal symptoms. Although much weaker than prescription-strength estrogen, these alternatives can have similar effects on breast tissue and should be avoided by women at risk for breast cancer.

3. Keep moving. Physical activity discourages weight gain and helps boost your mood. It may reduce muscle aches and joint pain experienced by nearly half of women who take an aromatase inhibitor like anastrozole or letrozole.

4. Try a non-prescription remedy. Although they don't work in everyone, Tylenol® Arthritis or Tylenol 8-Hour® 650mg tablets, Aleve® (naproxen), or Motrin-IB (ibuprofen) may help Sarah's discomfort. Other options include glucosamine powder, fish oil capsules, or CBD, or even a combination of them.

5. Talk to your doctor. For hot flashes and night sweats, prescription medicines like the antidepressants venlafaxine and citalopram or the anti-seizure medicine gabapentin may help.

6. Speak UP. If you notice that your muscles or joints ache, don't blame old age; it may be your medicine. Talk to your doctor if your muscles or joints hurt. Switching to another medicine may improve your symptoms, making your next 5 years more tolerable.

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

Have spare room in your facility? Advertise on STORAGE NCWMarketing.com

CROSSWORD PUZZLE

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12			
13								14			15			
16								17			18			
	19				20			21		22				
								23			24			
25	26	27		28		29		30		31	32	33	34	
35			36					37			38		39	
40								41			42		43	
44				45				46			47			
48								49		50		51		52
								53		54		55		56
57	58	59	60					61			62	63		
64								65	66		67			68
69								70			71			
72								73			74			

THEME: LANGUAGES ACROSS

- Lacking imagination
- Bob of boxing world
- From then on
- Ornamental pond dweller
- Not asleep
- Cuzco valley people
- Overnight lodging
- 5th of 7 canonical hours
- "Brothers Grimm language"
- *Language considered to have most words
- Man's tasseled hat
- Cross to bear
- Retriever's word, for short
- Person, place or thing
- Like a bow or a racket
- Pale beverage, pl.
- It has multiple limbs
- Mister in Madrid
- Spare in a trunk
- Manuscript changes
- Romantic occurrence
- Letter-shaped girder
- Russian mountain range
- Curved molding
- Egyptian goddess of fertility
- Rub the wrong way
- CISC alternative
- Cry of horror, in comics
- *First language spoken in outer space
- *Once considered the language of diplomacy
- Like old cracker
- What acrimony and acrobat have in common
- Get ready to reward, on a golf course
- It's often rewarded with a medal in military
- Sturgeon yield
- Backyards separator?
- "That was close!"
- "C" ____ la vie!"
- "Silas Marner" novelist
- Pressure unit
- A year in a trunk
- Cozy accessory
- Unquestioning ones
- Similar
- H+, e.g.
- Flax-derived fabric
- Deserter's acronym
- Indian princess
- Luau instrument, pl.
- Mosquito net, e.g.
- Teenagers' emotions
- Nitrogen, in the olden days
- *Greek N, pl.
- Relating to dreams
- *"Veni, vidi, vici" language
- "My wife can vouch for me", e.g.
- Prince's "Raspberry ____"
- *Pakistani language
- Make over
- Eel in a sushi restaurant
- Annotator
- *Hellenic language
- Popular way to cook tuna
- *Greek H, pl.
- More like a fox
- Quaggier
- Langley, VA org.
- Be full of anger
- Rabbit trap
- Land on patellas
- Invitation acronym
- One of Four Corners states
- Price reduction
- Snail-like
- Guitar part
- Ghana monetary unit
- Designer Boss
- Trigonometry abbr.
- Favorite one

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR

12 days, departs May - Sep 2022

YACHT vacations promo code N7017

1-855-208-9533

FROM \$1,949 \$1,699*

FREE ONBOARD CREDIT

*Prices are per person based on double occupancy per cabin. Single occupancy and premium packages are available. All prices are in US dollars. Taxes and gratuities are extra. © 2021 Yacht Vacations. All rights reserved. Offer subject to availability. See website for details.

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

© StatePoint Media

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.

BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet!

2-YEAR TV PRICE GUARANTEE

\$64.99/mo. for 12 mos.

America's Top 100 Package

190 CHANNELS Including Local Channels!

CALL TODAY - For \$100 Gift Card. Press 0. 1-888-416-7103

© StatePoint Media