

## The Cuban Guy to address BMS Oct. 23

By MIKE MALTAIS  
STAFF WRITER



Courtesy Pinterest  
**Andres: The Cuban Guy**

BREWSTER – The Cuban Guy, a motivational speaker who at the age of 16 escaped his island home of Cuba and fled to America, arriving in Miami homeless, without parents, without money, and not knowing a word of English, will address the Brewster Middle School student body at 1:30 p.m., Wednesday, Oct. 23 in the school gymnasium.

In a message centered on motivation, The Cuban Guy will describe how he went from living his worst nightmare, homeless and living on the streets, to living his dream as a college graduate, author, nationally known speaker and CEO. He will also set aside an hour to speak with parents at 6:30 p.m. All parents are

welcome to attend the event to hear The Cuban Guy's inspirational message.

To learn more about The Cuban Guy, visit his website at reach.thecubanguy.com.

## Help improve state parks, active transportation in NCW

Public invited to open house Oct. 23 to share ideas

SUBMITTED BY WSDOT

Wednesday, Oct. 23,  
3-6 p.m.,  
Brewster Boys and  
Girls Club,  
601 West Cliff Ave.,  
Brewster

BREWSTER – Washington State Parks and Washington State Department of Transportation (WSDOT) invite the public to an open house to share ideas on ways to improve state parks and non-vehicular — or “active” transportation — in North Central Washington.

The gathering is scheduled for 3-6 p.m. Wednesday, Oct. 23, at the Brewster Boys and Girls Club, 601 West Cliff Ave., Brewster. The open house provides a venue for area residents to share ideas and talk with friends and neighbors. Complimentary hot dogs, chips and non-alcoholic beverages will be provided, as well as a chance at winning “State Parks Dollars” — gift certificates that can be used for stays at campsites, cabins and vacation houses and for merchandise at participating state parks stores.

By holding the meeting at the Boys and Girls Club and at the same time as an afternoon school program, the two agencies hope to attract more community members and encourage more dialogue. The two agencies chose the venue for its welcoming environment. Bilingual staff from the club also will be available.

### Improving recreation at Alta Lake and Bridgeport state parks

State Parks is engaged in long-term planning to improve recreation opportunities at Alta Lake and Bridgeport state parks. The agency began its Classification and Management Plan (CAMP) process for the two parks in May with public meetings in

Bridgeport and Pateros. Input from those meetings provided park planners some direction for future growth. State Parks staff would like to hear more from the public about day use, camping and overnight accommodations, parking, natural resources, visitor services, trails and other topics.

For more information about the Alta Lake and Bridgeport state parks planning process, contact Melinda Posner, State Parks planner, (360) 902-8671 or visit bit.ly/AltaBridgeport.

### WSDOT Active Transportation Plan 2019

WSDOT wants to hear from area residents about walking and bicycling options to get them where they want to go. At the open house, WSDOT staff will be asking attendees to help shape the agency's statewide plan and future projects. What enables or prevents people from walking or biking in their communities? Where and how should improvements be made?

For more information about WSDOT's Active Transportation Plan, contact Charlotte Claybrooke, active transportation programs manager, (360) 705-7302 or visit: http://bit.ly/WSDOT-2019-ATP

### ADA accommodations

The open house is accessible to people with disabilities. If special accommodations are required to attend, please make advance arrangements by calling (360) 902-8671, (509) 923-2473 or the Washington Telecommunications Relay Service (800) 833-6388.

## New Brewster police chief takes oath of office

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – The first order of business after mayor Art Smyth gavelled the regular monthly meeting of the city council to order on Wednesday, Oct. 9, was swearing in the city's new police chief.

Marcos Ruiz took the oath of office replacing former chief Nattalie Cariker and renewing a previous relationship he had with the Brewster Police Department for 15 years. Ruiz's father Marcos Ruiz, Sr., then pinned the chief's badge on his son's uniform.

Ruiz wasted no time putting his stamp on the department under his charge. The new chief said the city will now have law enforcement presence in the early morning hours thanks to the addition of a lateral officer on the force who is transitioning from police work in Western Washington back home to Brewster.



Mike Maltais/QCH  
**Marcos Ruiz Sr., right, father of Marcos Ruiz, pins the badge on the city's new police chief.**

SEE CHIEF ON PAGE A2

## American Legion hosts Four Season Fighters fundraiser

For veterans and first responders

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – Scores of supporters turned out for the Four Season Fighters fundraiser meet and greet dinner last Thursday, Oct. 10 at American Legion Columbia Post 97.

Four Season Fighters was founded by three friends whose backgrounds and shared interests brought them together to form a non-profit to help military veterans and first responders who have sustained injuries and disabilities.

President and co-founder Zach Ames of Arlington is an Army veteran and career firefighter with Bothell Fire in Bothell.

Vice-president and co-



Mike Maltais/QCH  
**Four Season Fighters staffers Mark Pepper, left, (Pro Staff), Zach Ames (President), Mike Groff (Secretary) and Tyler Beahan (Executive Officer) gather outside Columbia Post 97 headquarters in Brewster prior to the meet and greet dinner. Co-founder and vice-president Jose Martinez, a military veteran and triple amputee, was not available because he was off somewhere competing in a surfing competition.**

founder Jose Martinez served with Ames during Operation Enduring Freedom in Afghanistan in 2002. Martinez lost three limbs and sustained other injuries after stepping on an I.E.D. (Improvised Ex-

plosive Device in 2002. Secretary and co-founder Mike Groff is a career firefighter- lieutenant with Bothell Fire and Ames' co-worker. Other Four Season Fighters team members include trea-

surer Brittany Barnes, whose husband is a first responder; executive officer Tyler Beahan, and Mark Pepper, Steve Bush, and Tim Cowan on the pro staff.

SEE FIGHTERS ON PAGE A3

## New restroom, playground on Columbia Cove wish list

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – As city Public Works Director Lee Webster was concluding his report to the Brewster City Council at its regular monthly meeting on Wednesday, Oct. 9, he was asked by council member Emmanuel “Manny” Hurtado if there have been any new developments between the public works department and Douglas County PUD regarding new restroom and playground facilities at Columbia Cove Park.

The question sparked a discussion over efforts to have one of the city's most heavily used relief stations replaced with a new, larger and higher-capacity structure to handle



Mike Maltais/QCH  
**A new playground at Columbia Cove would be welcome upgrade.**

SEE WISH LIST ON PAGE A2



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Mike Maltais/QCH

The PUD restroom at Columbia Cove Park needs replacement to handle the increasing traffic that uses the facility. BELOW: Hand dryer inside the restroom.



## WISH LIST

CONTINUED FROM PAGE A1

the heavy seasonal traffic.

Not one to waste words, Webster made his assessment clear: "The bathroom needs to be gone and a new one built in its place."

Webster based his opinion on first-hand knowledge of the traffic the restroom handles from summer fishermen and recreationalists.

"We need far more capacity than it has," said Webster. "For three months of the year, it does not meet capacity needs."

City clerk/treasurer Misty Ruiz added that to help meet the demands of the decades-old structure the city supplies extra portable toilets during periods of peak use.

From outside appearances the painted cinder block restroom with the blue metal roof is clean and well-maintained. The inside facilities, however,

do show their age and invite attention.

Hurtado said he has been making inquiries with PUD officials to learn what the utility's future plans are, if any, regarding a new restroom facility and



The interior facilities reflect their age and make their own case for attention.

playground.

Ruiz pointed out that public works has been making repairs to the playground equipment over the years.

"If you take a look at the legs on that playground equipment,"

said Ruiz, "the reason why it's in as good a shape as it has been is because public works has gone down and made things to make it work."

Webster recommended comments in writing as the most

effective means of getting a response.

"The biggest thing is written letters," said Webster of communications with the PUD. "All comments on a project have to be filed."

## Flu shots coming to Senior Center

BREWSTER — Three Rivers Hospital staff will be at the Brewster-Pateros-Bridgeport Senior Center at 10 a.m., Wednesday, Oct. 23, to give flu shots, to all those who come and present their medicare cards. TRH will handle submission of billing information for payment.

## Pateros Mall project nears completion



Mike Maltais/QCH

Construction on Wellhouse #4 is nearing completion and landscaping is done on Pateros Mall with a promenade that connects the mall to Pateros Memorial Park on the water side of Lakeshore Drive.

## CHIEF

CONTINUED FROM PAGE A1

Council member Jan May asked if there have been any further vandalism or graffiti incidents. Ruiz said there were not and the presence of law enforcement on patrol during the off hours should help discourage further violations.

Ruiz said Brewster Police Department's newest recruit is doing well at the mandatory Basic Law Enforcement Academy and is scheduled to graduate in December.

When the chief received citizen complaints about loud noise from modified car exhausts, he opted for handing out information rather than infractions.

"I used the Three E approach," said Ruiz, "Education, Engineering and Enforcement."

First offenders were given a copy of the current RCW (Revised Code of Washington) governing proper mufflers on vehicles and allowed time to



Mike Maltais/QCH

Brewster mayor Art Smyth, right, administers the oath of office to new police chief Marcos Ruiz.

correct the problem

Council member John Housden inquired if truck compression brakes were part of the problem.

"No," said Ruiz "it's cars sounding like they are going a

million miles an hour when they are going five miles an hour."

Ruiz also reported on a Sept. 29 shots fired complaint. He said a group of people were standing in front of the McDonalds Restaurant when a truck drove

by several times and the driver displayed a firearm on the last pass.

"Both parties knew each other," Ruiz added.

When the McDonalds party heard shots fired a distance away, they reported the incident. Responding officers found shell casings and eventually an intoxicated individual was arrested.

"There were no injuries, and nobody was shot at," Ruiz said.

In other business council members approved the permit application for Trick or Treat on Main Street. They also gave the green light to the Haunted Hayride permit application from Brewster High School FFA.

An interlocal agreement was approved with Sourcewell, an equipment purchasing co-op through which the city has acquired equipment in the past. City legal counsel Chuck Zimmerman had recommended that the city be more than just a member of the co-op to remove any questions of compliance with auditor guidelines when the city decides to purchase a vacuum truck.

The Brewster City Council meets at 6 p.m. on the second Wednesday of the month in city hall chambers at 105 W. Third Street.

## HERALD

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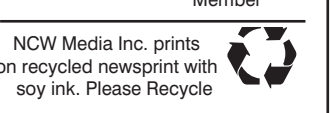
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# Tourism Council schedules Master Plan workshops

By MIKE MALTAIS  
STAFF WRITER

**BREWSTER** – The Okanogan County Tourism Council is seeking input from the public and stakeholders to develop a county-wide Tourism Destination Master Plan and will be hosting seven workshops throughout the county to discuss key tourism assets, existing issues and problems and plan strategies/Ideas.

Workshop dates, times and locations include:

Monday, Oct. 21, 5:30-7 p.m. YourSpace Building on the TwispWorks Campus, Twisp.

Tuesday, Oct. 22, 7-8:30 p.m. American Legion Hall, 314-14th Ave., Oroville.

Wednesday, Oct. 23, 10-11:30 a.m. Conconully Community Hall, 219 N Main St, Conconully.

Wednesday, Oct. 23, 2:30-3:30 p.m. Tonasket City Council Chambers, 209 N. Whitcomb,

**Monday, Nov. 4, 5:30-7 p.m. Brewster City Hall, 105 S. 3rd St., Brewster.**

Tonasket.

Wednesday, Oct. 23, 4-5:30 p.m. Okanogan City Hall, 120 3rd Ave. N., Okanogan.

Wednesday, Oct. 23, 6-7:30 p.m. Omak City Hall, 2 Ash St. N., Omak.

Thursday, Oct. 24, 6-7:30 p.m. Senior Center, 203 Main St., Grand Coulee.

Monday, Nov. 4, 5:30-7 p.m. Brewster City Hall, 105 S. 3rd St., Brewster.

Topics of discussion will include:

- Key tourism assets throughout the county and their characteristics of these assets. Where are the places people like to visit. What facilities currently serve their needs?

- Existing issues and prob-

lems within the current tourism network that warrant attention. What experiences, places, facilities, and services are needed to better serve visitors?

- Strategies, ideas, and opportunities that could be explored in the plan. What actions and projects would best promote, attract, and manage tourism and visitation throughout Okanogan Country?

All meetings are open to the public. To arrange special accommodations, receive digital copies of workshop materials or provide input via email or mail, contact Carolyn Davis Okanogan County Tourism Council (OCTC) phone: 509.826.5107, email: cdavis@economic-alliance.com or Mandi Roberts Otak, Inc., Planning Consultant to OCTC phone: 206.949.2741, email: Mandi.Roberts@otak.com.



Mike Maltais/QCH

More than 60 people showed up for the meet and greet dinner.

## FIGHTERS

CONTINUED FROM PAGE A1

Under the motto: Saving lives one season at a time, Four Season Fighters stated mission is to “help veterans, firefighters and police officers whose lives have been altered permanently because of the sacrifices they made while serving their country and communities making what they thought once impossible, possible.”

“I started it because I kind of find my peace in the outdoors and I know how much it helps me,” said Ames of his inspiration to create Four Season Fighters

Groff said he grew up fishing and hunting and wanted to give injured vets and first responders the opportunity to experience the healing power of the outdoors.

Columbia Post 97 had the honor of hosting the first Four Season Fighters fundraiser with the help of Brewster businesswoman and community activist Shan Miller who, with help from other volunteers, organized the event.

“I met these guys exactly one year ago,” said Miller

Miller told the audience of donors that she received a phone call from a friend who was trying to make last-minute arrangements for a hunting trip for some guests. The party included Ames and



Brewster businesswoman and community activist Shan Miller helped organize the Four Season Fighters dinner and sits on the group's Board of Directors.

Jose Martinez, an Army veteran who served with Ames during Operation Enduring Freedom in Afghanistan in 2002. Martinez lost three limbs and suffered other injuries after stepping on an I.E.D. (Improvised Explosive Device). A prearranged hunting trip for the group in north Okanogan County fell through so Miller made some calls to landowners she knew and secured a location for the hunting party.

That chance introduction evolved into the meet and greet dinner last Thursday and Miller's invitation to serve on the Four Season Fighters board.

For more information about Four Season Fighters or to donate visit [fourseasonfighters.org](http://fourseasonfighters.org) online.



Courtesy fourseasonfighters.org

Four Season Fighters co-founder Jose Martinez with the mule deer buck he brought down on a recent hunting trip.

## Is your flagon dry, Dragonfly?



This commissioned dragonfly sculpture created by artist Steve Love of Beyer Foundry in Pateros is destined to decorate the campus of Cascadia College in Bothell.

Mike Maltais/QCH



A pair of foundry workers pouring molten metal into a form provides a fair idea of the kind of work that goes on at Beyer Foundry.

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Courtesy Brad Skiff/Bridgeport School District

Bridgeport's Yareli Palacio, left, defends at the net against Oroville.

## Fillies look for first CW2B volleyball win

By MIKE MALTAIS  
STAFF WRITER

BRIDGEPORT – The Fillies varsity and JV volleyball teams traveled to Manson on Thursday, Oct. 10, and for most of the scoring it was a one-way trip in favor of the Lady Trojans.

Manson took all three varsity sets while the JV won the first of its three. The Bridgeport C squad fell in two sets to their hosts. The scoring, as provided by Fillies assistant coach Zoe Baxley is as follows:

**JV (first 3)/ C Squad (last two)**  
Set 1: 21-25 Bridgeport  
Set 2: 25-17 Manson  
Set 3: 25-16 Manson  
Set 4: 25-12 Manson  
Set 5: 25-16 Manson

**Varsity**  
Set 1: 25-17 Manson  
Set 2: 25-11 Manson  
Set 3: 25-19 Manson

The Fillies hosted Oroville on Oct. 8, with a better outcome for the JV team that swept the Lady Hornets in

three sets. The varsity sets, however, went all Oroville's way.

**JV**  
Set 1: 25-16 Bridgeport  
Set 2: 25-23 Bridgeport  
Set 3: 25-15 Bridgeport

**Varsity**  
Set 1: 18-25 Oroville  
Set 2: 10-25 Oroville  
Set 3: 20-25 Oroville

The Fillies were scheduled to celebrate Senior Night, Tuesday, Oct. 15, while hosting undefeated Brewster. Bridgeport will host Entiat at 6:30 p.m., Thursday, Oct. 17, and Tonasket at 6:30 p.m. next Tuesday, Oct. 22.

In other volleyball action, Brewster defeated Soap Lake, 3-0, on the road Oct. 8, and Liberty Bell at home, 3-0, Oct. 9.

Pateros shut out both Easton, 3-0, and Moses Lake Christian, 3-0, at home on Oct. 8 and Oct. 10 respectively.

Waterville-Mansfield kept its league record at 2-2 with a 3-0 win on the road at Tonasket, Oct. 10, and a 0-3 loss at Liberty Bell on Oct. 12,

## Bridgeport evens soccer record 4-4

By MIKE MALTAIS  
STAFF WRITER

BRIDGEPORT – The Fillies varsity soccer team evens its central Washington 2B league record at 4-4, with two wins over Lake Roosevelt with a 1-0 loss to second-place Liberty Bell sandwiched in the middle last week.

Bridgeport defeated the Lady Raiders, 4-1 at home on Oct. 8, and extended the win margin to 7-1 on the Lady Raiders' home turf on Oct. 12.

Bridgeport was scheduled to face non-league Okanogan on the road on Tuesday, Oct. 15, before hosting Manson



Courtesy Brad Skiff/Bridgeport School District

Bridgeport's Jaqueline Lombera, 5, center, kicks a goal attempt against the Lady Raiders' goalkeeper during home field action on Oct. 8.

at 4 p.m. Thursday, Oct. 17. The Fillies are in the middle of the CW2B pack behind 7-0 Tonasket, 6-1 Liberty Bell and 4-3 Brewster.

## Mustangs (barely) gallop by Billygoats, 42-20



Bridgeport senior running Gilberto Padilla, 35, encounters herd of Billygoats tacklers.

By MIKE MALTAIS  
STAFF WRITER

PATEROS – It was a close football game between two well-matched teams when the Billygoats varsity welcomes Bridgeport under the lights last Friday, Oct. 11, and the outcome was a nail-biter right down to the two-point conversion by Bridgeport to clinch the 42-40 road victory, its second win of the season.

"The Mustang offense was

powered by five touchdowns and 346 rushing yards from Gilberto Padilla on 23 carries, including a 98-yard TD run," said Mustangs head coach John McDougal. "Enrique Morales had 40 yards rushing, while Tony Flores had 29 yards on the ground, including a sensational 20-yard TD run. Miguel Mendoza scored the game-winning two-point conversion with about 3 minutes left in the game."

Julio Sanchez added 36 yards receiving and led the



Mike Maltais/QCH

Chris Poore, right, goes up to haul in a pass as Bridgeport's Santiago Moreno, 6, defends.

Billygoats defense with 22 tackles.

"We struggled at the start giving them 14 points to start the game with not being able to handle outside kicks," said Billygoats head coach Marcus Stennes. "We were able to come back and take the lead and compete until the end. We struggled

defensively to stop their run game."

The Billygoats tied the game 14-all two minutes into the second quarter and made it a close game down to the final buzzer.

The Mustangs have a bye week this week while Pateros prepares to host Entiat at 7 p.m. Thursday, Oct. 17.

## Bears notch second season win at Oroville

By MIKE MALTAIS  
STAFF WRITER

OROVILLE – On the heels of their 35-21 win over Manson on Oct. 4, the Bears varsity football team took its show on the road and scored an encore win at Oroville, 32-20, against the Hornets last Friday, Oct. 11.

"We played well in the second half," said Bears head coach Jake Johanson. "It took us a while to get going but eventually got rolling. I would have liked to see us tackle better and not have so many penalties on offense, but a win is a win."

"Adaih Najera had a great game rushing for 208 yards

on 17 carries and had three touchdowns," said Johanson. "Mason Kelly did a good job coming in and sparking us on offense."

Johanson said his team needs to improve on many fronts but is slowly going in that direction. With Davenport coming to town for a game at 7

p.m. Friday, Oct. 18, the Bears want to make those improvements quickly.

"Davenport will be tough," said Johanson. "They have a big squad that wants to run the ball a lot. We need to stay at home, do our job, and tackle well if we want to have a chance to win."

## Bridgeport XC teams compete at Omak

By MIKE MALTAIS  
STAFF WRITER

OMAK – The Bridgeport High School and Middle School cross country teams were among some 20 that turned out at the Omak Cross Country Meet on Wednesday,

Oct. 8. Coach Richard Neigel sent along the following results:

Seniors: Catalina Martinez ran the 3.1-mile event in 22:28 and took fifth place; Alan Andrade in 22:41; and Gage Fletcher in 21:22.

Juniors: Miriam Jimenez

ran the course in 22:20 and took fourth place; Luis Leon in 22:33; and Alex Parea 20:38.

Sophomores: Antonio Andrade ran it in 25:48; and Terri Campos in 27:37.

Freshman: Christian Lopez ran the course in 21:53.

Middle school runners

ran a 1.4-mile race and they included Brandon Garcia with a time of 19:02 and took eighth place in his division, Diego Salazar with 9:32 and Yair Lopez with a time of 9:25.

All runners doing a fantastic job.

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# NCESD adds Mario Martinez to its team

SUBMITTED BY NCESD

BREWSTER/BRIDGEPORT – North Central Educational Service District (NCESD) has announced the addition of Mario Martinez as a Network Support Technician serving the Brewster and Bridgeport School Districts.

Martinez is a graduate of the University of Phoenix and received his AA degree in IT/Networking. Previously, he served as an Operation Technician III with U.S. Electrodynamics, Inc which operates as a Space Satellite Earth Station.

The North Central Educational Service District is a resource to the 29 districts within the four-county service area, providing professional and timely tools to meet the needs of individual schools and districts, and a reliable point of education-related information for the communities served. The NCESD is a respected resource to other ESDs throughout Washington State.



Mario Martinez

# Okanogan PUD commissioners review EMP, 2020 draft budget

SUBMITTED BY SHEILA CORSON, APR, COMMUNITY RELATIONS COORDINATOR

OKANOGAN - Okanogan County PUD commissioners reviewed an equity management plan (EMP) and draft of the 2020 PUD budget at a regular meeting Oct. 7.

The proposed budget reflects revenues of about \$57.2 million, expenditures of \$48.3 million and debt service of \$3.6 million. Capital outlay amounts to \$13.3 million, funded by operations, reserves and debt issuance.

The district had developed a 10-year capital projects plan, which considered condition of the infrastructure, load requirements and overall reliability risk. If the overall plan were to be implemented, it would require additional capital funding, potentially a four percent rate increase. Staff recommended deferring 25 percent of that plan to later years to propose a lower rate increase of three

percent. Staff presented the draft budget to commissioners for the first time at the Oct. 7 meeting.

General Manager Steve Taylor said much of the capital includes catching up on replacing and upgrading equipment on more than 1,700 miles of distribution lines, such as poles (there are about 29,000 poles in the system). The district spends about \$2 million per year in regular replacements, upgrades and maintenance, but needs an additional \$4 million per year to fund depreciation, which would allow the district to borrow less and help catch up on aging infrastructure.

The capital budget also includes large multi-year projects throughout the county, including rebuilding the Tonasket substation and the Okanogan-to-Brewster and Loup transmission lines, and about \$7 million for Enloe dam safety work.

The equity management

plan, presented by Sergey Tarasov of FCS Group, showed that in order to keep its financial targets (cash on hand, debt ratios, etc.) that the district needs to balance how much it pays in cash and how much borrowing is done. Some bond issues will drop off in 2022, allowing for more debt capacity.

The big question was if the district deferred more capital projects, what would be the risk to the customer reliability and would it really save money? The capital plan is about “building for reliability,” so that outages are prevented or restored faster.

Stretching out the plan for replacements and upgrades would reduce next year’s need for funding, but add cost in the long run, as costs continue to rise and only doing portions of a project can mean paying for mobilization, bidding and risk evaluations multiple times.

Commissioners will con-

tinue to review the details of the draft budget before the next meeting. The budget hearing remains open, and will include the regular 3 p.m. board meetings as well as 6 p.m. special meetings to discuss areas of the budget Oct. 21, Nov. 4 and Nov. 18. The budget is draft only until its approval by commissioners in December.

In other business, the board heard both a power sales and telecom report from Director of Power Resources and Broadband Services Ron Gadeberg. Wholesale power sales were a bit better than budgeted for September, but August retail sales were under the expected amount. That leaves power sales revenue total for the year at about \$3.5 million under budget with overall mild weather, and brutal cold snaps in February and March. Telecom, however, continues to add customers and grow its revenue.

# Protecting your skin during radiation

**Q:** I'm starting radiation treatments soon for my newly diagnosed breast cancer. How can I help keep the treatments from burning my skin?

Nearly 8 out of 10 people with cancer who are treated with radiation will get skin irritation from it, called “radiation dermatitis” by doctors. It starts out with redness and warmth like a mild rash, then becomes increasingly sensitive to touch and may even feel “tight”. As radiation damage progresses your skin feels “dry”, starts to itch and can eventually peel, exposing tender red skin which oozes clear fluid.

You're more likely to have a serious skin reaction from radiation treatment if you have another skin surface rubbing up against the skin being radi-



ated, you've had surgery there in the past, if you smoke or if you have diabetes.

To reduce the risk of experiencing post-radiation irritation, which tends to peak about a week after treatment, treat your skin gently. Avoid rubbing or scratching the area being radiated. Keep the barrier of your skin intact by drinking plenty of water and applying a moisturizing cream to the area faithfully.

It's okay to use soap; in fact, washing your skin gently with mild soap and water has been shown to cause less skin reac-

tion compared to just rinsing with water. Most patients who start radiation treatment are advised to use a “mild, non-alkaline soap, preferably unscented”.

Unfortunately, there isn't much agreement about which soaps are best and no clear evidence that any specific soap is superior. Mild soaps like Dove®, Ivory®, or Neutrogena® are considered safe to use, but most experts agree that highly scented soaps such as Coast® and Irish Spring® should be avoided when undergoing radiation treatment.

You can safely wear deodorant or antiperspirant during treatment unless the skin of your armpit develops a cut, scratch or blister.

Applying a moisturizer after radiation sessions can help protect your skin from dryness, irritation and skin breakdown. There's a new option now available to help protect your skin from radia-

tion damage.

Your skin consists of a series of layers of flattened cells that form a flexible, self-renewing barrier that protects your body against exposure to infection and toxins. Your skin cells start out nice and plump, then gradually drying out and flattening into overlapping layers. Then the top layer flakes off, exposing the next layer down, continuing the cycle.

Ceramide molecules support the barrier function of healthy skin. A lower level of ceramides is found in dry, damaged skin compared to healthy skin, and applying ceramide-rich creams can help heal skin damage. Lotions and creams containing these vitally important compounds can restore skin integrity faster than creams containing only traditional moisturizing agents.

CeraVe® Moisturizing Cream has 3 essential ceramides and was recommend-

ed to one of my patients. I compared it to my previous favorite, Arbdoun's Abundantly Herbal Calendula Cream, to decide for myself if the claims about ceramides was real or just good marketing. I was QUITE impressed! My skin absorbed the CeraVe® quickly, it wasn't greasy at all, and my skin felt super smooth, even hours later.

My previous favorite moisturizer with calendula is Arbdoun's Abundantly Herbal Calendula Cream (\$20 for a 7-ounce jar). With olive oil, calendula and lavender, Arbdoun's helps protect your skin from radiation damage but it does take a little time to get completely absorbed. You should let it soak into your skin for about 5 minutes before putting on your clothes so that the fabrics don't stick to it.

You can also apply pure Aloe Vera juice directly to your skin. My stepmother, Joyce, used Trader Joe's Aloe

Vera Juice after each radiation treatment with excellent results.

Her Are 5 Tips to Help Protect Your Skin During Radiation Treatment:

1. Avoid rubbing or scratching.
- Itching causes the urge to scratch even when you sleep, so keeping your fingernails cut short and wearing cotton gloves or socks over your hands at night can really help.
2. Stay out of hot water.
- Avoid using hot water or strongly scented soaps when washing or bathing.
3. Don't scrub.
- Treat your skin gently. Avoid washing using harsh scrubbing tools like exfoliating cloths, rough washcloths, or loofahs.
4. Keep yourself hydrated.
- Irritated skin loses water more easily, making it feel dry and itchy. Drink plenty of water to help keep your skin well hydrated.
5. Apply a soothing cream.

Support the barrier function of your skin by protecting it with a skin moisturizer after each radiation treatment. Creams containing ceramides (CeraVe®, Curel®) or calendula can be particularly helpful.

*Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. © 2019 Louise Achey*



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

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THEME: HALLOWEEN

ACROSS  
1. \*Birds of ill omen  
6. Comes before flow  
9. Hair styling products  
13. B on Mendeleev's table  
14. Variable, abbr. 15. Lace loop  
16. \*Cemetery slab  
17. Paleozoic or mesozoic  
18. Orderly arrangement  
19. \*Vampire's bed  
21. \*Trick-or-treating garb  
23. Tan purveyor  
24. Best secret  
25. What highwaymen do  
28. Rossini's "La Scala di \_\_\_\_"  
30. 1 1/2 calorie breath mint  
35. Copycat  
37. Rotterdam or Singapore, e.g.  
39. Expressing an assertion  
40. Wine, to Pliny  
41. Hiker's path  
43. Ship to Colchis  
44. Finish  
46. Serengeti antelope  
47. Wyatt Earp action?  
48. Like Matryoshka inside Matryoshka  
50. Baggpiper's tartan  
52. Hankering  
53. \_\_\_\_ E. Coyote  
55. Precedes Sept.  
57. \*Full of ghosts  
61. \*Fearful reaction  
64. Acquiesce  
65. Metal-bearing rock  
67. Observatory observations  
69. \*Parents' post-Halloween nightmare?  
70. Epitome of easiness  
71. Phrase of explanation  
72. House of Lords member  
73. Mar. follower  
74. Lively

DOWN  
1. Gayle King's network 2. Drilling grp.  
3. Sandwich cookie  
4. CNN's Blitzler and Accept guitarist Hoffmann  
5. Blunders or bloopers 6. Fifty-fifty  
7. Fly hangout?  
8. Ankle support, e.g.  
9. Horizontal wall beam  
10. Common hosiery shade  
11. Type of rich soil  
12. Eye affliction  
15. Anise-flavored spirit  
20. All thumbs  
22. Make a choice  
24. James Corden's kind of singing  
25. \*\*"Once upon a midnight dreary" bird  
26. Express a thought  
27. Gives in  
29. Suit material?  
31. Republic in Africa  
32. Leave slowly  
33. Pond buildup  
34. \*Funny to some, scary to others  
36. Overwhelming defeat  
38. Cone-shaped quarters  
42. Whitman's famous flower  
45. Not silver  
49. \*Marilyn Manson: "Trick or treat till the neighbors gonna \_\_\_\_ of fright"  
51. \*Traditional alternative to pumpkin  
54. Parkinson's disease drug  
56. Glittery stone  
57. Door fastener  
58. Malaria symptom  
59. Egg on  
60. Not far  
61. \*Palm reader, e.g.  
62. Affirm  
63. Fake face  
66. \*Gravestone wish  
68. Chester White's home

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