Rachel Fitt takes first place at Mt. SAC Invitational

Nurse: Get tested and get treated

New treatment lends hope to those with Hepatitis C

By Tramaine Nodala Managing Editor

Jennifer Slepin, a registered nurse and long-time volunteer for the University of California at San Francisco’s HCV Project ECEP, spent a few weeks in Inyo County meeting with local health care providers about the importance of area residents getting tested for Hepatitis C.

Slepin recently founded the Hepatitis C Clinical Education Group in the state of California, which provides training for primary care physicians. She has also worked with the National Institute of Health for Disease Control, Chronic Hepatitis Foundation and University of California’s ECHO program. She believes that “Hepatitis C is a treatable disease that remains cureable. Even if it is not cured it can be controlled.”

The ECHO program is a telehealth program where medical staff and patients are connected via video conferencing. It has been successful in the area, and the program’s impact is expected to be even greater when more people are knowledgeable regarding services.

Slepin said in 1993 she gave blood at the American Red Cross drive and was later informed that her blood had tested positive for Hepatitis C.

“Yet that time there was very little out there as far as treatment,” she added. “And what you were told was very ineffective and pretty horrible.”

Now that there is a treatment for Hepatitis C, that involves 8 to 12 weeks of treatment and is 98 percent effective. It started off a major issue.

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Solar stewardship

Julia Silliker’s fifth/sixth grade class of Lee Vining Elementary School has pledged to clean the new Pioneer Solar Pavilion in Hess Park in Lee Vining as a stewardship project. The pavilion, built this summer with volunteer labor and funded totally through donations, provides WiFi, charging plugs, shade, seating and exhibits on clean energy and the pioneer families of the Mono Basin.

Stephanie Debaptiste and Eva Gentry are smiling as they head off on a road trip back on July 24.

Do you have a Smile of the Week photo you want to share with us? Simply email comp@inyoregister.com

LOTTO

Following is the menu provided by the kitchens at senior centers in Bishop and Lone Pine, as well as the Meals on Wheels program. Menus will be the same at both locations and the meals are subject to change. All breads are baked from scratch.

Menu subject to change.

SUNO

SENIOR CENTER MENU

Seine Senior Center serves up hot lunches Monday through Friday except for holidays.

Tuesday, Oct. 23

Teriyaki beef strips, brown rice, broccoli, green salad, pineapple.

Wednesday, Oct. 24

Roast beef, mashed potatoes, gravy, dinner roll, fruit with cottage cheese.

Thursday, Oct. 25

Turkey sandwich, broccoli cheese soup, macaroni salad, fruit cup.

Friday, Oct. 26

Barbecued meatballs, rice pilaf, Malibu veggies, green salad, apple.

Monday, Oct. 29

Chili stuffed potato, peas, corn muffin, green salad, orange.

Tuesday, Oct. 30

Teriyaki beef strips, brown rice, broccoli, green salad, pineapple.

Wednesday, Oct. 24

Roast beef, mashed potatoes, gravy, dinner roll, fruit with cottage cheese.

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Barbecued meatballs, rice pilaf, Malibu veggies, green salad, apple.
T-shirt and gray sweatpants walked out of her house and Chalfant teen are no updates. {
ongoing, there Sheriff Ingrid Braun said}

Main St., Bishop, will have its Presbyterian Church, 585 N. (760) 872-2124.

Salvation Army is located at and income verification. The along with proof of address Identification for everyone in

Nov. 2 from 10 a.m. - 3 p.m. Thanksgiving baskets, costume with an adult can for the first 25 guests.

10 a.m. - 4 p.m. Oct. 27 at Wilson Library, 122 N. M., Bishop, will be free and craft projects for children.

as Skip and grandchildren, Max Berman and Livi Barton was better than a good one anywhere else!

In its first year, the event was hand-crafted by School media arts students.

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with the remain-

program." Continued from front page

In its first year, the event was hand-crafted by School media arts students. Light massage treatments for the first 25 guests.

Walking with the remain-

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Comrade Trump is a veritable Vehementus of vituperation and loves spewing it out and around at various tar- gets via Twitter and at his rallies, and the media duti- formally does its part by helping him uproot the word. His favorite target is Elizabeth Warren – “quahog” as Trump calls her. She is a Harvard Law School grad she had some Cherokee blood and identified with it in a country that has been reduced to a bunch of mon- keys slogging fresh dung from their mental cages this would be an immoral enough statement – especially since my knowledge of the country she simply stated this, and is not trying to pass it off as anything. She is not trying to get herself registered as a Cherokee, or seeking special treatment as a member of an oppressed minority. I took the Geno 2.0 DNA test a few years ago just for fun and as it turns out I am 1.2 percent Neanderthal – typical of people of European descent. My hir- spite and the fact that my knuckles drag would have suggested more, and I am unfortunately, multi- racial. I can say otherwise, but I am simply not capable of living with it. Since one does not get to choose their par- ents I am neither proud nor ashamed enough of my ancestry to desire to be defined by it, though if I had some moiety of exotic blood in my veins I might think it was as cool as, say Elizabeth Warren’s and if your family roots were correctly identified with it. Since one does not get to choose their parents or the identities being expressed as fact. 

The Inyo Register

Mike Gervais Publisher | TERRANCE VESTAL Managing Editor

LETTERS TO THE EDITOR

Differing between ‘fact,’ ‘fake’ and opinions

The recent letter talking about fake news hit a spot. I do not think that fake news is the issue, the issue is determining if it is news or opin- ion. There is a very good reason for producing opinion instead of fake news as CNN can watch Fox and get left slants on the “news” or watch Fox and get right slants on the “news.” It is interesting to hear this from someone that has claimed confirmation bias. Most of us have a strong bias or opin- ion about politics. Depending on our political viewpoint, we get confirmation of our bias by watching the channel of our choice. Most of us that have higher education learned to be skeptical of fascist or opinion- ated news and to evaluate criti- cally what we hear. It isn’t fake news but an effort to spin the news to make a political point. We should not take what was as cool as, say Elizabeth Warren does of the cup of American blood she has. Chances are you feel the same way about whatever blood flows through your veins. And why shouldn’t you? We are all mutts after all, and if your family roots are correct you are some Amerindian blood in you as well. It is or should be, more interesting and fun than a point of con- tention and something a president of the US, would make it a point to disparage at his endless road- shows. But in this era of identity politics we cannot have that kind of fun anymore for fear of offending the identity-polit- ical parade while providing sticky and fuel for the fight. The liars of Comrade Trump and his fellow allies to fake news. While the political correct- ness and the Trumpance generally loathe each other they collaborate from time to time. Fox News brought Pocahontas descendant Debbie White Dove Porreco to join Comrade Trump in piling on Warren. According to Pocahontas native Americans “feel betrayed, they feel disparaged, and at this point she needs to come back and apologize to everybody for what she’s done.” Being from the Phoenix – when things had to make sense or rise, I scratched my 1.2 percent Neanderthal ancestor of the U.S. And make it a point to disparage what the president of the U.S. would do. As it turns out it is what they do. It isn’t fake news but an effort to spin the news to make a political point. We should not take what was as cool as, say Elizabeth Warren does of the cup of American blood she has. Chances are you feel the same way about whatever...
Halloween Guide | Get Crafty

Easy Costumes For Adults

Whether you’re dressing up to volunteer an elementary school party or a no-kids-allowed costume party, find quick and easy costumes that you can put together at the last minute. The blogger at Creating Really Awesome Fun Things (C.R.A.F.T.) has lots of creative ways to dress up for Halloween.

Become a stick figure by using clear packing tape to attach glow sticks to a black leotard, sweat suit or other all-black outside. You need at least 14 glow stick necklaces per adult costumes.

Miss Playing Operation? Get a light-colored sweat suit, cut out paper cutout of construction paper and attach that to your clothes. Don’t forget about the bright red (lighting up is optional).

If you already have an all-red outfit, go as a ladybug. Affix black dots made of felt or vinyl to your red outfit and you’re ready to go. This can be a good option for work. It’s easy to take the dots and headband off.

Make a white sandwiches board out of poster board or cardboard, put a smiling picture to one side and dress up as your own Facebook wall. You can even invite coworker and partygoers to write on your wall.

Break out your red and white vertical stripes and a red and white bear and become Waldo.

If you’ve got the time to blow up a couple dozen balloons to different sizes and tape them to the suit. Women can don a dark purple sweat suit, blow up the balloons in different sizes and tape them to the suit. Men can don a dark blue collared shirt, tie their hair up in a red and white polka dot bandana and take on Halloween as Rosie the Riveter. Flexing is required for maximum effect.

If you’ve got a bandana and a red or purple sweat suit, blow up the balloons in different sizes and tape them to the suit. Men can don a dark blue collared shirt, tie their hair up in a red and white polka dot bandana and take on Halloween as Rosie the Riveter. Flexing is required for maximum effect.

Create your own Facebook wall costume to one side and dress up as your own Facebook wall. You can even invite coworker and partygoers to write on your wall.

Don’t Pitch that Pumpkin

It’s Nov. 2, the candy has been picked over and all the chocolate bars consumed, the costumes are packed away for next year and Halloween is officially over. But the jack-o-lantern, perhaps now more sad than scary, sits on the front porch.

You could throw that pumpkin away, or you could take one of Mother Nature Network’s suggestions to giving one of Mother Nature Network’s suggestions to giving the pumpkin cool, then peel the pumpkin inside and out in the oven until it’s tender. Let the pumpkin cool, then peel the skin away. You can purse it in the blender and use it in any recipe. It also goes well in risotto or pasta, or make a savory pumpkin soup.

EAT IT!

Carving pumpkins don’t have quite as much flavor as pie or sugar pumpkins, but add a little extra nutmeg and you can be surprised by how tasty your pumpkin pie. The pumpkin has lots of antioxidants and is full of vitamins A and C.

DECOMPOST IT

If you leave the pumpkin out long enough, it is going to rot. Why not use that to your advantage? If you do your own composting, or want to give it a shot, throw your pumpkin onto the pile with other plant products and wait for it to decompose into a thick, loamy soil that will be great on your garden come spring.

PUT IT ON YOUR FACE

Sound weird? Orange, fleshy vegetables aren’t just good for your insides. Pumpkins have vitamin A and C, and are full of antioxidants, and you can make a face mask, hair conditio

PUT IT ON YOUR FACE

Sound weird? Orange, fleshy vegetables aren’t just good for your insides. Pumpkins have vitamin A and C, and are full of antioxidants, and you can make a face mask, hair conditioner, pumpkin body scrub or even a pumpkin pedicure. According to How Stuff Works, you mix half a cup of pumpkin puree, a raw egg and a bit of honey, then apply that to your feet and wrap them up with plastic wrap for 15 minutes.

COMPOST IT

If you leave the pumpkin outside long enough, it is going to rot. Why not use that to your advantage? If you do your own composting, or want to give it a shot, throw your pumpkin onto the pile with other plant products and wait for it to decompose into a thick, loamy soil that will be great on your garden come spring.
Do you think the mid-term election will be higher or lower than usual, and why?

By Register Staff

“Howlately, I don’t watch the election news. I don’t pay attention because I feel like whatever I hear is pretty much a Lie. It’s biased and it’s from one person’s perspective so it’s someone else’s truth. I only trust local news.”

– Oliver Martin, native Californian

“I think it will be lower because after the past election when a lot of people were really enthusiastic about voting, people might have dropped the towel this time.”

– Adrian Mouyian, Mammoth

“As members of Jehovah’s Witness, we are politically neutral so we don’t vote and so I am not really following the election.”

– Janet Castillo, Anaheim and June Lake

“I think that people don’t vote as much in midterms, but this time, they are much more aware of this election so the turnout will be higher and also, it will be higher because the country is so polarized.”

– Carol White, Mammoth Lakes

“I do believe it will be higher because people might feel their vote will matter. I think that might help people realize that their vote matters.”

– Queenie Barnard, Mammoth

TV FOR TUES./WED.

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<td>ABC</td>
<td>&quot;Modern Family&quot;</td>
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<td>CBS 2</td>
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Wednesday 24 October 2018

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"The Simpsons Guy" (1999) Stephen Hillenburg, Matt Groening. A boy with magical powers. The adventures of a family with a mother, a father, a son, and a daughter. The family is led by the father, who is the main character. The show is set in Springfield, a fictional town in the United States. The main characters are Homer Simpson, his wife Marge, their children Bart, Lisa, and Maggie, and the family dog, Snowball. The show is known for its humor, satire, and cultural commentary. The show has won numerous awards and has been praised for its writing, voice acting, and animation. The show has been a staple of American animated TV for over two decades, and has become one of the most recognized shows in the world. The show has spawned numerous spin-offs, merchandise, and a feature film. The show has also been broadcast on many other networks around the world, and has been translated into many languages. The show has been praised for its ability to keep up with current events, and has also been criticized for its portrayal of characters and situations. The show has also been the subject of much controversy, with some episodes being censored or引起 in different countries. The show has also been praised for its ability to appeal to audiences of all ages, and has been praised for its ability to keep up with current events, and has also been criticized for its portrayal of characters and situations. The show has also been the subject of much controversy, with some episodes being censored or引起 in different countries.
Both JV and varsity have strong showings in first meets
By Sofi Hernandez

The mathletes returned from Tehachapi with a second-place team finish.

The varsity team traveled to Tehachapi on Sept. 12 where their first meet took place at Tehachapi High School. The six, team-mates came home with a third-place team finish with a total of 22 points at the end of five rounds. An individual award was awarded to Jennifer Velazquez for third place with a total sum of 7 points of 10.

The junior varsity team traveled to Tehachapi on Oct. 3 for their first meet and finished with a second-place team finish. Individual awards were given to seven of the 11 team members. Second-place individual awards were given to Clara Dorf, Garret Wesling, Branden McGrale and Lyndsey Hildenbrand, all scoring 5 points; a third-place individual award was given to Kai Colley with 6 points; and fourth-place individual awards were given to Jordan Cooper and Owen Velazquez for third place with 7 points each.

BUHS Mathletes coach Deedee Buchholz said, “We are off to a great start. Both teams are filled with dedicated students who are working hard to bring home some Bishop victories!”
Cast and crew members of the upcoming stage production "Willy Wonka Jr." pose for a group photo during a recent rehearsal. The show, a production of Playhouse 395, will be presented Nov. 9, 10, 16, 17 at the Bishop Union High School auditorium.

Photos by Gayla Wolf/The Honey Bee

Jeniffer Velasquez and Indigo Ganoung rehearse a scene.

Pictured is the "Willy Wonka Jr." production team of Susan Kunze, producer, Karen Keehn, set design, Don Kunze, stage manager emeritus, Lynn Lamb, props mistress, and Sofi Hernandez, stage manager.

Navaeh Trim, Malena Twomey and Anwyn Benson rehearse a chewing gum scene.

Pictured are "Willy Wonka Jr." assistant director Carlie McKinley and director Diana Lanane.

Cast and crew members of the upcoming stage production "Willy Wonka Jr." rehearse for the upcoming production of "Willy Wonka Jr."
COMMUNITY CALENDAR

The Inyo Register offers calendar events for free. Events of special interest are highlighted.

DECEMBER 15TH FAIR
The Bishop Lions Club and the First United Methodist Church present the Bishop Lions Club’s Christmas Fair.

The fair will be held at the First United Methodist Church, 204 N. First St., from 10 a.m. to 5 p.m. The fair will feature many gift items, including baked goods, crafts and food.

WEIGHT WATCHERS
The Bishop chapter of Weight Watchers meets every Thursday at 5 p.m. at the Bishop Council on Aging, 450 N. Main St. Call Diane Nicholson, (760) 873-5839, for more information.

SUNDAY, December 16

BINGO AT SHERMAN CENTER
The Sherman Senior Center hosts its regular bingo game in the evening. The game begins at 6 p.m. and lasts until 8:30 p.m. The cost is $10. Call Debbie Spellman, (760) 872-6729, for more information.

VENDORS AND VENDORS
There will be a craft sale and craft show at the Bishop Council on Aging. The event will feature handmade crafts, baked goods, and other items.

MONDAY, December 17

WEIGHT WATCHERS
Weight Watchers meets at 5 p.m. at the Bishop Council on Aging, 450 N. Main St.

TUESDAY, December 18

COMMUNITY RUNS - SUNDAY, DECEMBER 16
The Bishop Lions Club and the First United Methodist Church present the Bishop Lions Club’s Christmas Fair.

The fair will be held at the First United Methodist Church, 204 N. First St., from 10 a.m. to 5 p.m. The fair will feature many gift items, including baked goods, crafts and food.

WEIGHT WATCHERS
The Bishop chapter of Weight Watchers meets every Thursday at 5 p.m. at the Bishop Council on Aging, 450 N. Main St. Call Diane Nicholson, (760) 873-5839, for more information.

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BINGO AT SHERMAN CENTER
The Sherman Senior Center hosts its regular bingo game in the evening. The game begins at 6 p.m. and lasts until 8:30 p.m. The cost is $10. Call Debbie Spellman, (760) 872-6729, for more information.

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The Inyo Register

2017 FOCUS FORD

2018 TRIDENT TIGER 100 ABS

6th Annual Inyo Register CALENDAR PHOTO CONTEST
Beginning October 18th, 14 photos will be selected to make up this year’s calendar.

(One for each month, one cover and the one for the 2020 page)

This year’s theme for the calendar will be “Beautiful Eastern Sierra”

This year’s calendar will be distributed to all Inyo Register subscribers as an insert in the Tuesday, Dec. 4, 2018 newspaper. Copies of the calendar will also be sold at Independence, CA 93526.

Rules for the contest:

- Photos can be submitted by any resident of Inyo or Mono County.
- Each person can submit up to 3 photos.
- Photographs must be in digital format. Photos are accepted by one of this year’s contest coordinators, whose email addresses are:
  - Klsummers@live.com
  - wcarson228@gmail.com
- All photos must be horizontal. No vertical photos will be considered.
- Each person can submit up to 2 photos.
- Photographs must be in digital format. Photos are accepted by one of this year’s contest coordinators, whose email addresses are:
  - Klsummers@live.com
  - wcarson228@gmail.com
- The photograph must be wildlife scenes shot in nature of a place that no other party has any right, title, claim or interest in the material taken by the Contest entrant. By entering the Contest, entrant grants to The Inyo Register the unrestricted right to use all statements or photos submitted in the Contest. Display or publication of the photograph must be as follows:
  - All entries must include the following information: Entrant’s full name, age, telephone number, address, city and state, and date of birth.
  - All entries shall be the work of original creation solely by the entrant. By entering the Contest, entrant acknowledges and warrants that the submitted photograph is an original work created solely by the entrant, that the photograph represents, acknowledges and warrants that the submitted photograph is a high score. The entries selected in Round One will proceed to Round Two. (See Judging Criteria below for Round One scoring criteria.)
  - The entries selected in Round Two will be individually scored and then selected the fourteen (14) highest scoring entries or winners of the Contest.
- The photograph must be wildlife scenes shot in nature of a place that no other party has any right, title, claim or interest in the material taken by the Contest entrant. By entering the Contest, entrant grants to The Inyo Register the unrestricted right to use all statements or photos submitted in the Contest. Display or publication of the photograph must be as follows:
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Judging Consists of Two (2) Rounds of Evaluation and All Entries Will be Judged in Accordance with the Judging Criteria, as Follows:

- By entering the Contest, all entrants grant an irrevocable, perpetual, non-exclusive license to
  - Reproduction, distribution, sale and creation of derivative works of all the entries (along with non-exclusive license to

- The Inyo Register reserves the right to use any additional consideration or seek any additional approval

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BUHS cross country runner Rachel Fitt takes first place at Mt. SAC invitational meet

By Mike Chaconera

The Bishop University Broncos varsity cross country team competed at the Mt. San Antonio College Cross Country Invitational Friday in Walnut.

Bishop’s Rachel Fitt finished first in the Varsity Division I race with a time of 19:44 to lead the Bishop team coming in with a score of 375. Martin Cruz took first place runner. Finishing places/times for Bishop varsity boys:

1/19:44, Sierra Burror, Sierra Burror, left, is pictured wearing her third-place medal, along with Rachel Fitt with her first-place medal, which they both won Friday at the Mt. SAC Invitational meet.

Bishop varsity cross country runners Lauren Wesling, 95/27:26. Yarbourgh 80/26:11, and Tylar Banta 68/25:11, Haley 3/20:02; Samantha Burns Bishop girls:

was 130 placing them fourth place overall.

she finished strong second place 19:44 to finish a strong 13 Division 4 race with a time of 20:02.


Bishop varsity boys team placed 11th overall with a score of 375. Martin Cruz led the Bishop team coming in with a time of 18:20. Finishing places/times for Bishop boys:


Bishop varsity football wins against Boron to remain undefeated in league play

By Mike Chaconera

The Bishop Union Broncos varsity football team defeated the host, Boron Bobcats, 40-15 in Friday’s league bout.

The Bishop offense put up 7 points in the first quarter by a 1 point, the Broncos added 13 points to their score to end the first half of play leading Boron 20-4. In the third quarter of play Bishop added another 11 points to their score with Boron managing to pick up 7 points. Going into the fourth quarter Bishop continued to lead Boron by a score of 33-15. Boron failed to add anything to their score in the final quarter of play. Bishop, however, scored another 7 points to finish the game by a final score of 40-15.

During the game, Bishop ran a total of 41 Plays, made 9 first downs and lost a total of 35 yards on four penalties. Individual Bishop players’ statistics against Boron:

Passing – Clay Omohundro 3/7, 25 yards; Luke McClean 3; Paco 1

Rushing – Wesley Pettet 1/3, 27 yards; Anthony Diaz 1

Receiving – Braithwaite 1/8, 12 yards; Mayhugh 1; Darren Dondero 1;垂 5 points on four penalties.

Individual Bishop players’ statistics against Boron:

Passing – Clay Omohundro 3/17, 27 yards

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