

A shot in the arm

Of all the news coming out of Sequim, the best news is we are well into providing initial doses of COVID vaccine Moderna thanks to Jamestown S'Klallam Tribe/Jamestown Family Health Clinic, Clallam County Fire District 3, Sequim Police/Public Works, Community of Emergency Response Teams and a myriad of volunteers willing to get up before dawn two or three times a week until it's done.

I caught up with Brent Simcosky, Jamestown's director of health services, who gave me the background on what has become a massive community COVID-19 vaccination program.

Simcosky began by telling me that Jamestown stepped up to the task because Jamestown is the largest primary care provider in East Clallam County. He went on, "We felt we had a responsibility to vaccinate our patients and create a safe bubble around our tribal community."



THINK ABOUT IT ...

Bertha Cooper

Reflect on that statement for a moment.

We've heard a lot about safe bubbles starting with our own safe bubble in our households to which many of us have made a commitment to protect each other. National basketball

"Jamestown is set on nothing less than doing its part to make Sequim community a safe bubble community starting with its tribal citizens, their 17,000 plus patients who are older than 60 and Sequim health care workers."

teams created safe bubbles so they could play a season, again making a commitment to protect each other. Jamestown is set on nothing less than doing its part to make Sequim community a safe bubble community starting with its tribal citizens, their 17,000 plus patients who are older than 60 and Sequim health care workers.

Once started, they opened the criteria to include the broader community.

Simcosky commented that the tribe's status as a sovereign tribal government allowed it some flexibility to broaden their initial patient targets and delivery methods. They expanded the guidelines to 70 years of age and above and all health care workers in Sequim including police and ambulance drivers.

They work in collaboration with Dr. Allison Berry, Clallam County health officer, and are currently in discussions about how and when to move to essential workers. They are also working with the health department to provide in home vaccinations for those who are homebound.

Jamestown Health Services are moving as fast as they can and learning as they go. Simcosky recognizes the high demand and looking back thinks they might have started with 85 years and above to ease the difficulty of that population waiting it out in cars in the early morning. Now they have a computerized appointment system supplemented by a phone number for those without a computer, but both quickly fill the appointment schedule.

Jamestown patients are offered the vaccine on regular appointments but the clinic will not schedule an appointment for just the vaccine. Simcosky asks people to respect the limit because they need clinic appointment slots for people requiring medical care.

Jamestown Health Services may be the hub of ordering and maintaining the vaccine supply and delivering it into arms but Simcosky emphasizes that none of that would be possible without the support and effort of the City of Sequim, its police and public works staff, Fire District 3 personnel, CERT-trained volunteers, all volunteers and Trinity United Methodist Church.

Indeed, it takes a community to create a safe bubble community. So far, Jamestown is getting the needed supply of vaccine. If that continues, they plan to vaccinate more than

See COOPER, A-15

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OPINION

SEQUIM GAZETTE



Increased outdoor recreation impact treaty rights, resources

Already robust levels of hiking, camping, boating and every other kind of outdoor recreation in our region has exploded during the COVID-19 pandemic as many try to cure the effects of cabin fever.



BEING FRANK

Loraine Loomis

Increased outdoor recreation has led to unprecedented crowds in our parks and forests, and extensive environmental damage accompanied by little enforcement of regulations by short-handed local, state and federal authorities.

This spike in outdoor recreation has drawn attention to the growing impact on tribal treaty rights and resources that is only going to increase as the population of western Washington continues to increase dramatically.

The latest evidence confirms what tribes have been seeing across the landscape for years. Outdoor recreation – whether motorized or not – has significant impacts on the environment.

Even the most remote locations are seeing year-round damage. It includes theft of old-growth cedar and maple,

increased litter and human waste left behind by campers, vandalized cultural and spiritual sites that are sacred to our tribes, and human activities that affect the migration and health of fish, wildlife and habitats.

Twenty Indian tribes have treaty-reserved rights to fish, hunt and gather in western Washington. We understand the benefits that outdoor recreation provides to everyone, but our fish, wildlife, plants and their habitats need protection.

We watch with alarm as federal, state and local governments continue to plan, fund and expand recreation without looking at the cumulative impacts, without providing the necessary enforcement, and often without consultation of the treaty tribes.

That's why it's critical that treaty tribes, as sovereign governments and natural resources co-managers, be involved early in the planning, funding and development of any new or expanded recreation opportunities, recreational infrastructure

and recreation policy. Through the Northwest Indian Fisheries Commission, we have formed a working group to address these issues. We've also made a formal request to Gov. Jay Inslee to designate a task force to work with us to address concerns and develop solutions.

As co-managers of natural resources with the state of Washington, we have the right to a seat at the table when recreation management decisions are made and a voice in how they are implemented. Our cultures and treaty rights depend on the long-term health of these lands and resources.

A new park and parking lot here. Five miles of new trail there and two more somewhere else. It all adds up to death by a thousand cuts to our environment, fish, wildlife, and their habitats.

What we need is comprehensive recreational management. We should approach it as co-managers like we would any issue involving our environment, natural resources and treaty rights: Responsibly, thoughtfully and cooperatively.

Lorraine Loomis is chair of the Northwest Indian Fisheries Commission. See nwifc.org.

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- All letters must have a valid signature, with a printed name, address and phone number for verification. Only the name and town/community are printed.

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LETTERS TO THE EDITOR

Kudos to clinic staff, helpers

We would like to thank all those involved in the Moderna vaccination clinic on Feb. 6: the Jamestown Family Health Clinic, Fire District 3, CERT (Community Emergency Response Team) members and Boy Scout troop volunteers. What an exceptional job everyone did! So well organized that everything went smoothly and professionally.

Everyone there was truly kind and thoughtful and so happy to be ready to help us. It was a surprisingly wonderful experience.

We are very very grateful to all of you for your hard work, time and energy! You were amazing!

Barb and Tim Paschal
Sequim

Sequim schools are the real headliners

What is considered newsworthy reporting? In the Feb. 3, 2021, issue, the Gazette devoted front page and page 13 to "Sequim mayor draws national spotlight"; should just keep our mouths shut and never question their decisions. They are the educated experts and

serve national spotlight," accompanied by photos of children learning in person and remotely, along with challenges that both parents and school staff face on a daily basis.

If the school levy has successfully passed, it will not be with the Gazette's endorsement because there was none. A follow-up endorsement to the levy proposed article in the Jan. 27 Gazette issue to go along with the chamber of commerce and other endorsements mentioned would have been appropriate.

For the Sequim community to attract quality educators, quality health care providers, quality blue collar workers and technicians, to name a few, it all starts with quality schools.

Rita Thatcher
Sequim

Decisions leave resident feeling 'disenfranchised'

Our unelected city administration obviously think we should just keep our mouths shut and never question their decisions. They are the educated experts and



therefore we minions must unquestionably submit to their supreme authority!

To prove that, it looks like the medicine-assisted treatment (MAT) clinic is moving forward as ground work is proceeding. So much for the taxpayers, and other concerned citizens the right to choose what businesses are fitting for a community such as Sequim.

When the "powers that be" wrestled away my ability to be heard through my representative council as pertaining to the applicability of zoning laws as they stood, I felt disenfranchised. My property taxes should pay for more than just the city's provided

services, which are excellent! Furthermore, this latest attack upon our mayor by the supporters of our city manager and the agenda built around the MAT is not really about QAnon, a skull pin or his character. It's about forcing him from office and finding a more malleable mayor that the city administration can control.

Gary Miller
Sequim
Mayor, council deserve credit

I listened to Coffee with the Mayor, and was happy to hear the mayor's response to the charges being flung at him by a select few in the community

— most of whom don't even live in the Sequim city limits.

I am proud that our mayor supports our law enforcement, and I believe he loves our little town of Sequim and is working hard to do what is best for our citizens.

I especially appreciate the fact that the mayor and city council authorized financial help to the hurting small businesses in Sequim.

Keep up the good work, Mayor Armacost and city council members!

Jack Worman
Sequim

QAnon run rampant?

Now our wonderful city is known as a QAnon hot spot. Our mayor and who knows how many city council members are believers of the QAnon movement.

Being a conservative shouldn't mean you follow these ideologies.

I'm shaking my head at the absurdity of QAnon believers running our fine city's government.

Before you know it there's going to be a QAnon float in the irrigation festival parade.

Kevin Butler
Sequim

Reflecting on 40 years of federal recognition

Editor's note: This column was originally printed in the Jamestown S'Klallam Tribe's February 2021 Tribal Newsletter, and reprinted here with permission. — MD



GUEST OPINION

Ron Allen

a more stable federal government. Yet, this month is a time of reflection for our own Jamestown community.

More than 40 years ago, the Jamestown leadership embarked on a journey to reestablish its relationship with the federal government. For those of you who have "Thirty

Years and Time Immemorial," a book we produced for the 30th anniversary, it captures the recognition of the countless Tribal leaders who contributed to this Tribal achievement.

There were many who contributed to many versions of Tribe's petition to the federal government and you can find them on our website, in the exhibit in our online museum (tribalmuseum.jamestowntribe.org).

It is easy to reflect on how far the Tribe has come since Feb. 10, 1981, in our pursuit of self-governance and self-reliance. Our governmental political and legal infrastructure has developed to address our laws, codes, regulations, and policies to stabilize our operations and services in pursuit of our self-reliance vision, our business arm of the Tribe has done well with the 7 Cedars Casino and Resort operations

Here we are today, not just surviving, but thriving, proud of who we are as a unique Indigenous community with all our history, culture, traditions and strong resilient character.

including the longhouse and golf course, and of course, our medical and dental clinics and Northwest Native Expressions Gallery.

Our Economic Development Authority is continuing to grow and stabilize with the Jamestown Excavating, Storage operations, J-Net and providing the seed operations for our Tribal CDFI (Community Development Financial Institution) and now the Cedar Greens Cannabis business. Meanwhile, our Jamestown Seafoods continues to grow with expanding oyster farm, Port Whitney Hatchery and fish farming operations, and plans for a seafood retail operation. We keep expanding the diversification our business portfolio.

What we must celebrate is that the spirit of our Jamestown S'Klallam heritage has weathered many challenges since the 1800s (and earlier), and still survived. Here we are today, not just surviving, but thriving, proud of who we are as a unique Indigenous community with all our history, culture, traditions and strong re-

silient character.

All Tribes have enormous pride in their history and culture and so do we as Jamestown S'Klallam. We are proud of our sister S'Klallam Tribes and mutual relations with so many stories and experiences over the countless generations. Our Tribes over the past 40 years have been consistently building our Tribal foundation for our future generations.

I am proud of how much we have accomplished over the past 40 years, due to the vision and persistence of our past Jamestown warriors, and we have become an influencer in our community. When you think of our over 800 employees, we are the second-largest employer on the northern Olympic Peninsula and given the amazing success of our clinic we are on the front lines of getting the COVID-19 pandemic under control in our community. Jamestown has and is making a difference!

My expectation is that our younger generation leaders who are picking up our past and current effort,

e.g. Loni Greninger and Rochelle Blankenship, and others to come, will continue our journey. It does amaze me that no matter how much growth and success we achieve, we are always chasing even higher expectations. As I have said in the past, "We may have disappointments, but we never get discouraged."

President Biden has made many promises in his campaign including respect for our sovereignty, treaty rights, etc., and we intend on continuing our self-reliance journey leveraging those commitments. Our Tribe has never wanted to be dependent on federal programs, as our vision is to maintain our independent, strong historical S'Klallam character.

Meanwhile, I trust you all are staying safe and healthy in this crazy time we are experiencing due to the pandemic. We are all doing everything we can to get the virus under control, waiting patiently for vaccines to be available so that we can get back to normal lifeways.

I persist with my firm, unwavering faith that we will continue our journey that never ends to a better future for our Jamestown people and the 7 generations to come. Working with new, inclusive leadership in Washington, D.C., is reason for encouragement.

W. Ron Allen is Tribal Council Chair/CEO for the Jamestown S'Klallam Tribe.

January windstorm is reminder of value of diverse energy sources



GUEST OPINION

Kris Johnson

least two people were killed by the historic storm and some neighborhoods were without power for many days. In Chelan County, the wind took down trees, as well, knocking out power and causing a rock slide.

Washington is no stranger to winter storms, but the blast served as a good reminder of the things we take for granted — lights that come on when we flip a switch, heat we control from a thermostat on the wall — or on our smartphones — and the value of a diverse energy mix.

As the state moves forward with efforts to reduce carbon emissions, it's important to note the role that natural gas continues to play in Washington's energy portfolio, especially during the coldest

days of winter and the hottest summer days.

During last month's storm, gas fireplaces and stoves continued to work, as they always do, even when electricity was out. During the coldest days of the year, natural gas is an essential part of the energy system during peak demand days. And in the hottest days of summer, when California has experienced blackouts, Washington's diverse mix of energy is equally important.

Washington employers are committed to reducing greenhouse gas emissions, and we know that energy sources such as wind and solar will continue making important gains in the years to come. But natural gas provides reliable and affordable energy whenever it's needed, making

it a valuable part of the energy mix.

Despite this, lawmakers are proposing bans on natural gas. House Bill 1084, introduced this year in the state Legislature, would ban natural gas in new construction and impose several layers of additional costs on the natural gas system, raising costs for all consumers in Washington.

A similar effort is under way in Seattle where the mayor has asked the City Council to ban natural gas in most new commercial and large multi-family building construction. It's part of a nationwide push to ban natural gas in new construction.

The proposed bans are drawing opposition, including from some in California who

say they amount to a regressive tax on low-and middle-income households.

These bans are particularly problematic when natural gas is often the only energy option for our state's manufacturing sector.

Natural gas is also key to meeting the goals of Washington's Clean Energy Transformation Act, passed in 2019. The continued use of natural gas to supply heating to buildings was a key part of the calculations on what make the bill's goals possible.

Renewable energy is key to our state's energy future, but we also need to ensure that natural gas remains affordable and available for our industries that have no other option and for customers who value the ability to choose what energy

they use in their homes.

Our region is facing a shortfall of power adequacy and the solution to this is not to restrict and remove an entire fuel type, the use of which is supported by more 70 percent of residents in the Pacific Northwest. Population growth and growth of electric vehicles will only increase the need for additional electricity in our state.

We need to ensure that all options are on the table to continue to meet our state's growing power needs — in the cold of winter, the heat of summer and in the midst of a windstorm.

Kris Johnson is president of the Association of Washington Business, the state's chamber of commerce and manufacturers association.

Cooper

From page A-12

25,000 arms by the first week of May. Simcosky sums it up this way, "In the end, it is about protecting our community, creating a safe community and beginning to reopen businesses, schools and offices again."

The dark side of the sun

Not everyone agrees with the sentiment. Allow me to darken this spirit of community with the cold reality that we still have among us people who refuse to do their part to protect

themselves and those with whom they have contact. They have chosen to infect or prick, if you will, the safe community bubble.

The fact of the coronavirus is that it is highly contagious.

The fact of COVID-19, the disease of Coronavirus, is it can result in mild symptoms from feeling nothing to enormous suffering and death.

The fact of caring for those seriously ill with COVID-19 is that it is at best exhausting physically and emotionally and at worse being the witness to the unnecessary deaths of thousands upon thousands of people.

The fact of the coronavirus is that it is constantly mutating as it finds

new humans to infect and in them the opportunity to mutate.

Reflect on that statement for a moment.

An exposed person who contracts COVID-19 might not have symptoms but could well give birth to a more serious virus strain that could render our vaccinations less effective.

Our world is already churning out coronavirus mutations.

Pandemic deniers fueled by opportunistic elected officials have pride in going mask-less and gathering in groups of the same. They have no conscience about becoming vectors of death. Our businesses must deal with their bad behavior and righteous

indignation. Some of the more egregious behaviors include threats to persons and businesses. I know one incident that resulted in the arrest of the insolent man without the mask for assault.

I have no idea if these same vectors of death are getting vaccinated. Logic would tell us they won't but then, in my opinion, logic has not been a feature of their reasoning when it comes to masks and social distancing. Why would they resort to logic around getting vaccinated or not?

Yes, I am more than annoyed with this group of prideful people who deliberately step in front of efforts to achieve a safe community bubble

that allows the opening of businesses, school, offices, friend and family gatherings.

It is an extraordinarily self-destructive act of pride. We must understand that the destruction of safety bubbles will keep the much-desired herd immunity out of reach.

Bertha Cooper, a featured columnist in the Sequim Gazette, spent her career years in health care administration, program development and consultation. Cooper and her husband have lived in Sequim more than 20 years. Reach her at columnists@sequimgazette.com.

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SEQUIM GAZETTE

On hold ...

I've never been very good at being on hold. I generally pace and wonder when the person on the other end of the line is going to get to me. I am most comforted by the systems that tell me what place I am in the queue or how long I can expect to wait.

I'm not so comforted by the calls that have periodic messages telling me my call is important; I don't believe the sweet voice. I like the certainty that someone knows I am waiting.

I, along with everyone in the country and most other countries, are on the longest hold we've ever been on and with the luck of virus cycles to come, we will ever be on. This hold has so much more at stake than boredom and impatience, although,



THINK ABOUT IT ...

Bertha Cooper

most of us do and will experience much of each as we adjust to being at home alone or with family.

Our very health and that of those we love is our first concern. Most of us follow the direction to stay at home except for the most essential work and trips for provisions. We wash our hands, as a friend put it, like Lady Macbeth without the guilt. We stopped touching our faces. We carry hand sanitizer and disinfectant wipes to shop. We practice social distancing and are grateful to the grocery, pharmacy and provision stores that plan for our safety.

We comply or most of us do.

We stay on hold for information and hope.

We stay on hold and wonder about the future.

If we get COVID-19 ... What then?

My husband and I had the "what if" conversation. Besides inspiring us to be ever more vigilant, we could imagine, even feel the pain of what others are experiencing. What could be worse than seeing the person you love being taken away to an uncertain fate and you are left alone?

Compounding the nightmarish image is the confusion present about whether you or your loved would receive the necessary care. Physicians and other health care providers don't expect to have to choose who will get life-saving ventilator care. Yet we hear there will not be enough ventilators.

Instead and for weeks, we hear governors and mayors in states and cities in the throes of rapidly spreading COVID-19 trying to purchase more ventilators and personal protective equipment (PPE) — the new acronym we will never forget — to be prepared for the apex of the illness.

We hear the federal government's reluctance to centralize the purchase and implement dynamic deployment of equipment from areas of controlled outbreaks to areas of pending COVID-19 apexes.

Powerful state leaders are putting out red alerts so why should we not be worried about ICU care teams doing life-saving work at great risk to themselves. Why should we not be worried for all those who die alone and, in some cases, whose ICU care team could have saved them.

Vigilant handwashing husband and I know that our age puts us at the end of the queue if life-saving care becomes a choice between younger and older persons. We ask ourselves a powerful question — is it worth dying alone?

Let's all hope and pray that no one will have to answer that question because we are beginning to tap into our own strength to meet the virus head on.

How could this change us?

I don't have a doubt that we will change in several ways as a result of this strangest hiatus in our usual life. I'm not sure what the changes will be but believe they will revolve around the reorganization of our habits and our forced contemplation of values.

We are most fortunate to have the technological capability to stay in touch and with moving pictures no less. I heard a business leader predict that work from home would prove to be more productive in some cases and some work will be shifted home.

If enough of work while home happens, lunch cafes will continue catering and delivery. Traffic may well increase as delivery trucks, vans and Uber delivery cars flood the roads replacing all the former commuters.

We also will learn how much we value person to person social connection. And how much we value touch inspired by love and compassion. We may learn that fist bumps are better than handshakes and handwashing is important for all kinds of infection control.

We may well learn we get better results if we work together for the same goal.

How will this change our country?

The discussion on balancing the goals of keeping people and our economy healthy is important. In our best of times, we seem to pit one against the other in political characterizations. Universal access to health care is seen as socialism and a tax break for corporations is seen as benefiting the top 1 percent.

If ever an opportunity laid itself before us to dialogue and set national definition and goals for each, it is now. So far, COVID-19 doesn't seem to be bringing us together politically, but that could change. Several businesses have stepped up recently to use their facilities and capacity to support the health care teams with necessary equipment. That's working together for the same goal.

Let's hope we are just in time.

I think we are because we are an innovative and intellectually rich country. I have tremendous faith in scientists who are working 24/7 to find treatments and vaccines.

The Coronavirus will invade every corner of our country and soon we will know where and how the virus is spreading. That knowledge will help all the heroine and hero individuals and businesses who are stepping in and up. We will know if we have done enough, soon enough.

And those of us on hold will be answered with information and hope.

Bertha Cooper, featured columnist in the Sequim Gazette, spent her career years in health care administration, program development and consultation. Cooper's book "Women, We're Only Old Once" is due out this summer. Cooper and her husband have lived in Sequim over 20 years. Reach her at columnists@sequimgazette.com.

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Hopeful signs of fighting coronavirus are showing

Fifty years ago, an exasperated high school basketball fan marched into *The Missoulian* newsroom and directly to my desk. He plopped down three years of sports stories carrying headlines unintentionally branding his small town's winless team as bunches of losers.



GUEST OPINION

Don Brunell

I was the sportswriter who wrote most of those headlines using words such as hapless, throttled and lowly. While they were accurate in describing the games' outcomes and league standings, they inadvertently missed rest of the story — something we corrected.

So, how does that apply to the coronavirus pandemic which is out of control today? Well until the COVID-19 hit

America, we didn't know the entire story and thought it won't clobber us. Could we come together and fight this massive invasion? Could we change too?

Watching all of the political and media shenanigans, agronomy and rancor over the last few years, which was wearing thin on the American people, you had to wonder.

Until our country was suddenly blindsided by COVID-19 virus, the political and media discourse in this country was shameful. It hit rock bottom during the presidential impeachment. Something had to radically change and the coronavirus left us with no other option but to work together.

While the coronavirus

scares the socks off of people around the world, there are some hopeful changes afoot.

First, before the \$2 trillion federal relief legislation passed Congress, things hit rock bottom in our nation's capital. There was widespread disagreement on just about everything. Yet, the Republican controlled U.S. Senate and the Democrat controlled House of Representatives came together to pass historic \$2 trillion coronavirus relief package in record time. It cleared the Senate, 96-0, the House, 363-40.

Six weeks ago, if someone would have mentioned that Congress and President Trump would approve the largest relief bill in history, no one would believe it just as that small town basketball fan was surprised by our

See BRUNELL, A-11

LETTERS TO THE EDITOR

Keep yourself, others safe with distancing

Ever since the stay-at-home orders have been in effect, I have been going into town from my home in Sunland, one day a week to buy food. I've been doing my best to follow the new rule of at least 6 feet between people.

On Tuesday, March 31, I went into town to Safeway. I really wasn't expecting to see a lot of people there; oh, but I was wrong. To my surprise and sadness, I could not believe how many people and families bringing children into the store were there ... so many people that it was hard to keep any distance between each other.

I got what I just needed quickly and got out not wanting to spend any more necessary time than needed.

It has been shown, here in our own state, that during this time social distancing has been working to slow this virus down.

I'm writing to ask you to please share with your readers again the very dire importance of following the rules so that we can get past this time of sorrow and painful circumstances. Please reiterate that everybody needs to do their part and stay home more.

Julie Faas
Sequim

Thanks for the community support

Peninsula Friends of Animals thanks our community for the generous donations of dog and cat food for our Emergency Pet Food Bank

to assist the needy animals in our community whose owners have been affected by loss of revenue due to the COVID-19 crisis. Your response has been overwhelming and most appreciated.

For information on our rescue, spay/neuter and community outreach programs, check our website at www.safehavenpfoa.org or call 360-452-0414, x2.

Dannette Grady
Executive Director, Peninsula Friends of Animals
Sequim/Port Angeles

Take care with your donations

To all those wonderful helpers sewing masks, gowns, and helping to calm those that are vulnerable, thank you!

My concern is the washing of those items and the pre-washing of your fabric, it is not necessary and may actually cause harm. There are groups that are asking for sheets that are used to make into personal protective equipment (PPE); this fabric has been washed several times, if it was used.

Also, your choice of detergent may contain fragrance and dyes that are actually harmful to the wearer; for this reason I suggest not pre-washing any fabric even new at the store, as the fabric will not shrink enough to render the item too small.

Please ensure that all items made are taken to the hospital for washing their detergents are allergen-free as required by the Department of Public Health.

Your good intentions may result in an asthmatic person having an attack because of fragrance in your detergent on the mask or garment you made.

Carolyn Triebenbach,
Pegasus Cleaners
Sequim

Worth the disruption?

Recently looking in an internet search engine I determined that during the winter of 2018-2019, 61,200 Americans died from influenza. Our economy and way of life were not disrupted; it was just the damned flu.

Now we have this exotic coronavirus which has to date killed fewer than 2,000 Americans and American life is on hold. I don't get it. Since when has it been a good idea to give up living for fear of dying?

Now a response to "Term inspires racism" (Letters to the editor, *Sequim Gazette*, March 25, page A-15):

Did or did not our present mass illness originate in the Wuhan province of China? If it did, what's racist about saying so? Also China is a country, not a race; Asian is a race.

The winter of 1957-1958 saw the spread of the Asian flu pandemic (yes, it originated in China). There were no cries of racism and we didn't shut down the country because of it.

Our country is presently dealing with a flu bug that originated in the Wuhan province of China, that is

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Your opinions on issues of community interest and your reaction to stories and editorials contained in your Sequim Gazette are important to us and to your fellow readers. Thus our rules relating to letters submitted for publication are relatively simple.

- Letters are welcome. Letters exceeding 250 words may be shortened. We strive to publish all letters.

- Letters are subject to editing for spelling and grammar; we contact the writer when substantial changes are required, sending the letter back to the writer for revisions. Personal attacks and unsubstantiated allegations are not printed.

- All letters must have a valid signature, with a printed name, address and phone number for verification. Only the name and town/community are printed.

- **Deadline for letters to appear in the next publication is noon Friday.** Because of the volume of letters, not all letters are published the week they are submitted. Time-sensitive letters have a priority.

- Letters are published subject to legal limitations relating to defamation and factual representation.

- To submit letters, deliver or mail to 147 W. Washington St., Sequim, WA 98382; fax to 360-683-6670 or e-mail editor@sequimgazette.com.

Alternative versus conventional medicine



AGING SUCCESSFULLY
Crystal Linn

proven methods. Alternative medicine also has many different labels such as holistic medicine, natural medicine, and unconventional medicine. Like conventional medicine, alternative healthcare has many fields within it such as acupuncture, Chinese and

homeopathic.

It can be confusing when uninformed people insinuate these fields of treatment are a separate discipline of medicine and not under the umbrella of alternative medicine.

One difference between conventional and alternative medicine is conventional medicine focuses on healing the physical body of a sick patient. Alternative medicine's focus is on the entire person, body and mind, and on ways to keep both healthy.

There is an ancient medical textbook from China which dates back to 200 B.C., written by multiple practitioners. In addition to physical treatments this textbook includes tips on the importance of nutrition,

"Integrative medicine is a fancy term which means combining conventional and alternative treatments to cure a patient. This approach makes integrative medicine all-inclusive, from chemotherapy to herbal teas."

exercise and mental health.

A similarity between the two disciplines is researchers are running the same clinical trials on alternative remedies that they do on newly-developed prescription drugs. One famous clinical trial took place in 1740 when Dr. James Lind, a Scottish surgeon, boarded the HMS Salisbury determined to test whether or not citrus fruit was a cure for scurvy. Lind went on to become a pioneer in naval hygiene.

A third discipline of healthcare is integrative medicine, which is also called complementary medicine. Integrative medicine is a fancy term which means combining conventional and alternative treatments to cure a patient. This approach makes

integrative medicine all-inclusive, from chemotherapy to herbal teas.

A very important fact to remember is not every remedy works for everyone whether it is alternative or conventional. One example is if I catch a respiratory infection, the steroid prednisone is my "miracle" drug, along with a now archaic antibiotic. Yet I have a good friend who literally became disabled from taking prednisone.

Another example is St. John's Wort is the go-to herb for relieving depression. However, St. John's Wort has been known to increase depression in certain individuals.

There is a time and a place for both conventional and alternative medicine. Yes, there are bad provid-

ers in both areas, yet most doctors and health care providers are compassionate, caring and committed.

Before consuming any medicines be it prescription drugs, over-the-counter remedies or supplements check with a trusted and licensed health care provider. In addition, do your own research – and always ask as questions. Ask as many as you need to.

In closing, here is a piece of trivia for you. Nathan Smith Davis, the founder and first president of the American Medical Association was prejudiced against women and African-Americans being professionals, especially in the medical field. He created stringent policies and procedures to discourage everyone except affluent white males in becoming doctors.

Feel free to email me at information@crystallinn.com.

Crystal Linn is a multi-published author and an award winning poet. When not writing, or teaching workshops, Crystal enjoys reading a good mystery, hiking, and sailing with friends and family.



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Letters

From page A-10

identifying a place of origin, not racism.

In my opinion, the hegemony of modern progressive liberalism is the actual scourge besetting our society today.

Ethan Harris
Sequim

Thanks for the perspective

Your "Help in a time of coronavirus" column (*Sequim Gazette*, April 1, page A-12) was very uplifting, while striking a cautionary and constructive note in this time of anxiety.

And this, my first letter to an editor (who just happens to be my son!), is sent to congratulate you on sending positive energy to all the Gazette's readers. May all who read your column take encouragement from your message and contribute what they can to relief efforts.

We are truly all in this together.
Gini Dashiell
Bremerton
Editor's note: Thanks mom!

Keep Sequim clean

Roadsides are littered now and it's getting worse. The other day I put on some gloves and grabbed two trash bags and walked down our road. It took 20 minutes and both were filled.

Some of the trash was envelopes that mailbox robbers had tossed. Mailboxes are occasionally left open and emptied by thieves on our Sequim county road, and the junk mail is tossed into the ditches and shrubbery.

With all of the immediate health concerns, our roadside trash removal crews don't seem to be around. So, for us that are "sheltering at home" and taking walks, picking up trash is a good way to feel like you are contributing to the community as well as keeping nature "natural."

I remember a time before litter laws, where people tossed garbage out of the cars while traveling. It was so common, people gave it no thought. It was normal behavior in Seattle and elsewhere. Then a big "Don't be a Litterbug" campaign halted that, especially when the request became a law with penalties.

When I was collecting the roadside trash, I was thanked by some kind folks who were driving by. It was rewarding to be of service to our community and nature, and just a bit of work picking up the garbage can make a big impact.

Beauty is always all around, and we can work together to keep Sequim beautiful.

Sally Harris
Sequim

For everyone's sake, bag your canine's poop

While we are supposed to stay home, getting outside for fresh air is OK and so is walking the dog. On my daily morning walks, I can't count the number of dog poop bags left beside the trail. Better yet, the dog poop bags that are flung into the prickly vines that hang there for display.

It is unsightly and disrespectful to others that are simply there to walk the Dungeness Dike Trail for a variety of reasons. It's your responsibility as a dog owner to bag the excrement and dispose of it properly, instead of leave it for others to see or maybe walk in.

The problem is growing and getting way out of control and a violation to Mother Nature. On a warm day, the stench of the bagged poop sitting in the sun smells, but I know you dog owners really don't care what others think, as you continually do this without correcting the problem.

Solve the problem — bag your dog poop and carry it out, keeping the trail clean for others to enjoy.

Todd Katke
Sequim

Brunell

From page A-10

sports reporting alterations.

Second, unlike 9-11 when federal agencies were living in their own silos and independent, today there is better government coordination and cooperation at all levels. Watching the documentary on the Sept. 11, 2001, surprise attack and realizing that President Bush and Air Force One were stranded in midair after the attack without fighter jet protection because of confusion, it is gratifying to know governments at the federal, state and local levels are working together.

Third, business leaders from Wall Street to Main Street are working with government experts to get necessary funds and essentials — facemasks, hospital gowns and

ventilators — to people treating those infected with the coronavirus. Automakers are manufacturing ventilators and the large, often maligned pharmaceutical giants, have stepped up their research to develop new medicines to fight COVID-19.

Fourth, the government funds are being appropriated to airlines, hotels, local restaurants and pubs, small business and cruise ships who have been devastated by the COVID-19 pandemic. Expanded unemployment benefits and loans and grants hopefully will stave off, bankruptcies, permanent closures and massive long-term layoffs.

Finally, the President brought the nation's top health experts together. National, state and local government officials are implementing tough stay at home restrictions of the type we have not seen.

Federal Reserve Chief Neel Kashkari, a veteran of the 2008 Great Recession, summarized it best. A dozen years ago the federal government didn't act quickly enough to prevent a prolonged economic down turn. Government leaders have been quicker and their responses much more encompassing and effective.

The goal is to stem the contagion, find cures, get people back to work and businesses reopened. Hopefully, Americans can make this new found political cooperation and collaboration the blueprint for the future.

Don C. Brunell is a business analyst, writer and columnist. He retired as president of the Association of Washington Business, the state's oldest and largest business organization, and now lives in Vancouver. He can be contacted at theBrunells@msn.com.

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