



SEQUIM GAZETTE

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Councilors OK new city manager contract

BY MATTHEW NASH
Sequim Gazette

If he accepts a slightly amended contract, Sequim's next city manager Matthew Huish of Sandy, Utah, could start the day before the Nov. 2 General Election, when five city council seats are up for the vote.

In another 4-3 split, Sequim

city councilors voted Monday night to offer Huish \$180,000 in annual salary, \$17,000 in relocation expenses, and city retirement and health benefits.

The vote follows a decision earlier



HUISH

this month when councilors chose Huish, Sandy's chief city administrative officer, as city manager following a three-month search and two days of in-person interviews on Sept. 9 and 10.

Huish was unavailable for comment Tuesday, but said in a previous interview he'd prefer to wait

until negotiations are finalized to comment.

City staff said his contract isn't finalized until he signs off on an amendment that omits a \$2,000 stipend for temporary housing and related expenses if permanent housing cannot be secured prior to relocation.

Councilors voted 4-3 for the amendment, with councilors Rachel Anderson, Brandon Janisse and Tom Ferrell opposed.

There was no discussion before or after the votes and a 30-minute executive session.

See **MANAGER, A-15**

PDC: Sequim School board candidate not allowed to hold seat

June signature with state prevents Schmeck from campaigning, accepting contributions

BY MICHAEL DASHIELL and MATTHEW NASH
Sequim Gazette

After signing an intent to suspend her campaign in June with the Public Disclosure Commission, Kristi Schmeck — a candidate for a Sequim School board at-large position — must not accept the position if she wins in the general election, PDC agency staff said last week.

Schmeck attempted to withdraw her candidacy after filing week in mid-May, but because she missed the May 24 deadline to officially withdraw Schmeck automatically moved onto the General Election, Clallam County Elections Office officials said.

As the top vote-getter in the Aug. 3 primary, Schmeck received 3,057 votes, or 28.85 percent of votes between portions of Clallam and Jefferson counties in the Sequim School District without campaigning.

She moved onto the Nov. 2 General Election with Virginia Sheppard, who tallied 3,029 votes (28.58 percent) ahead of Rachel Tax with 2,842 (26.82 percent) and Derek Huntington with 1,651 votes (15.58 percent).

Schmeck told the Gazette in an Aug. 18 email that she withdrew for personal reasons, but after speaking with Elections staff and seeing the primary results, she changed her mind and said, "I will be campaigning from this day forward."

However, PDC staff report that Schmeck signed/submitted a "Statement of Termination of Campaign for Public Disclosure Commission" on June 4.

It states she will not campaign for her election, solicit or accept campaign contributions, and not make campaign expenditures, including from personal funds.

Kim Bradford with the PDC said via email that candidates who file formal statements of termination with the PDC after candidate

See **ELECTION, A-15**

RIVER'S RESTORATION CONTINUES



Work continues this week at Clallam County's Lower Dungeness Floodplain Restoration Project as workers with Scarsella Brothers install a new culvert in Meadowbrook Creek, a tributary to the Dungeness River. The ecosystem restoration effort includes setting back a portion of the Dungeness Levee to offer greatly improved flood protection while restoring acres of lost floodplain needed as habitat for endangered salmon, according to project manager Cathy Lear of the Clallam County Department of Community Development. Project funding comes from Floodplains by Design and the Puget Sound Partnership's Puget Sound Acquisition and Restoration Program. The project is identified in the Puget Sound Chinook Recovery Plan. Dungeness Chinook population must be recovered in order for endangered Puget Sound Chinook to be delisted. Photo by John Gussman

New option to help tame tremors from afar

Sequim woman gets virtual treatment for disorder, a first in Washington state

BY MATTHEW NASH
Sequim Gazette

Brushing her teeth with two hands, splattering ingredients on the kitchen wall while cooking, and using her left, non-dominant hand for everyday life became an unwanted normal for Cathie Osborne.

Living with essential tremor — a progressive, neurological disorder causing involuntary rhythmic contractions and relaxations — was "getting in the way of life," said Osborne, 74.

However, a new virtual option through Swedish Medical Center and Abbott laboratories

has her doctor check-ups online and technical adjustments for increasing tremors treated remotely.

It wasn't until her 30s when Osborne said friends noticed her head wobbling.

"I was surprised," she said. "You don't notice it until you're looking in a mirror."

Two years ago, Osborne was able to make the shaking in her right hand stop with help from Swedish's doctors in Seattle and Deep Brain Stimulation (DBS). As she describes it, Osborne said a neurostimulator was installed

See **TREMORS, A-5**



Every few months, Cathie Osborne will meet with her doctor at Swedish via Zoom and with a magnet and cell phone, her treatment for essential tremor can be adjusted remotely by medical staff in Seattle without making an all-day trip. "Knowing we don't have to make those trips is such a relief," she said. Sequim Gazette photo by Matthew Nash

weather outlook:

	THURSDAY, SEPT. 30 ▲59 ▼45
	FRIDAY, OCT. 1 ▲58 ▼44
	SATURDAY, OCT. 2 ▲62 ▼47

- Gardening A-4
- Community briefs A-5
- Police blotter A-7
- Business A-8
- Sports A-10
- Opinion A-14
- Obituaries A-16
- A&E A-17
- Classifieds B-1
- Crossword Section B



Biologist Scott Edmundson studies algae at the Pacific Northwest National Laboratory — Sequim campus. Researchers in Sequim analyzed the potential of algae's antiviral potential. Photo by Andrea Starr/Pacific Northwest National Laboratory

Sequim science lab looks to fight viruses with algae

BY REBEKAH ORTON
Special to the Sequim Gazette

When the coronavirus pandemic thrust the world into turmoil last year, a group of bioenergy researchers at Pacific Northwest National Laboratory (PNNL) saw an unconventional way to fight the pandemic — algae.

Ranging anywhere from the size

of single cells forming a green film on a pond to seaweed the length of a redwood, algae are a diverse group of photosynthetic organisms. Over the millennia, they have evolved an arsenal of compounds to protect them against a vast array of environmental stressors. And many of them live in the ocean, where just

See **ALGAE, A-6**



COMMUNITY NEWS BRIEFS

Sequim Bay closed to shellfish harvesting

Sequim Bay, along with areas along the Strait of Juan de Fuca from Cape Flattery east to the Jefferson County line — including Dungeness Bay — are closed to all species for recreational shellfish harvesting, the Clallam County Department of Health and Human Services' Environmental Health Division said last week.

Ocean beaches are similarly closed (seasonal).

For more information about the closure, call the Shellfish Safety Hotline at 800-562-5632, or visit the Washington state Department of Health's shellfish safety website at doh.wa.gov/shellfishsafety.

Thrift shop sets sale

The Sequim Dungeness Hospital Guild Thrift Shop, 204 W. Bell St., is open Thursday-Saturday, Sept. 30-Oct. 2, with a special sale. The shop features a large inventory of Christmas and holiday items, large Lladro figurines and an oak table, chairs and matching hutch.

All proceeds donated to local health needs at the Sequim Free Clinic, Volunteer Hospice of Clallam County, Clallam County Fire District 3 (Sequim), Olympic Medical Center and Peninsula College's nursing scholarships.

Donations are appreciated and accepted between 10 a.m.-1 p.m. on Mondays and Tuesdays, and when the shop is open.

'Bash' and auction set in October

"Olympic Discovery Trail Blaze Bash: Twice the Fun in 2021," the Peninsula Trails Coalition's annual fundraising event, is slated for 6:45-8 p.m. on Saturday, Oct. 16, with an online auction set the week prior, Oct. 10-16.



Above: Donna Jones, left, and Penny Smith, both of Sequim, peer into a heavily shaded side channel of the Dungeness River as hundreds of salmon hide in the shadows to spawn on Sept. 23 at Railroad Bridge Park in Sequim. Inset: Thousands of the fish were making their way upriver to their spawning grounds. Photos by Keith Thorpe/Olympic Peninsula News Group

Sequim salmon on the run



The Pink salmon run is in full force below the Dungeness Railroad Bridge on Sept. 20. Watch the salmon run video on line. Still image for video by Jay Cline

Purchased tickets get participants access to the "Bash" — an event to be live-streamed from the 7 Cedars Hotel — and to the online auction.

Contributors are invited to book a room at the 7 Cedars Hotel the weekend of the virtual event and to ride/run on the nearby Olympic Discovery Trail; the event is live-

streamed to each hotel room or to one's device.

For more information or to register, go to trellis.org/olympicdiscoverytrailblazebashtwice

Tremors

From page A-1

in her skull with a wire to a generator/battery about the size her palm placed inside her chest just below her left collarbone telling her hand not to shake (through low-intensity electrical impulses to nerve structures).

Those everyday tasks became less of a chore.

"I could sign my name again," she said. "It's just neater, and I hadn't written a letter in years, and it also helped at work where I had to write numbers."

She's also been able to continue her stamp collecting hobby, which was "something I couldn't do with my non-dominant hand very well."

"I'm thrilled," Osborne said.

First patient

Now, she's the first patient with DBS treatment to be calibrated remotely in Washington state using Abbott's Virtual Clinic (Neurosphere), according to Jay Lee, a company territory manager for Washington and Alaska.

"It's a real revolution," Lee said. "It was sped forward due



To control and limit tremors on her right side, Cathie Osborne said a neurosurgeon at Swedish installed a neurostimulator in her skull with a wire to a generator/battery about the size of her palm placed inside her chest just below her left collarbone. Now she is able to have it calibrated remotely through Zoom calls with her doctor every few months as needed. Photo courtesy of Cathie Osborne

to COVID, but a lot of Parkinson's and (essential tremor) patients don't think of DBS as a solution because of the commute.

"With this new innovation, it's definitely a new possibility," he said.

Each Seattle visit for DBS check-ups meant 12-hour days, Osborne said, as her husband Rick would drive to Bainbridge Island, she'd take the ferry due to traffic concerns, and then a taxi to the hospital.

Once at the clinic, her DBS

treatment would be adjusted based on if her tremors had progressed.

Now her 12-hour days are one-hour appointments done over the computer via Zoom once every few months.

"Essential tremor does get worse, but (doctors and nurses) can adjust the system to cover the worst of it," Osborne said.

While on a Zoom call, she said doctors can increase the system output from afar with Osborne needing a pre-programmed cell phone and a



Jay Lee, an Abbott territory manager for Washington and Alaska, said the company's new Virtual Session allows patients with Deep Brain Stimulation to receive adjustments to their treatment remotely. "(Patients like Cathie Osborne of Sequim) are able to receive programming from the comfort of their own home," Lee said. Photo courtesy of Abbott

special magnet.

Virtual Clinics just recently went full market release with help from physicians nationwide, Lee said, with more than 3,000 virtual programming sessions so far and appointments initiated in all 50 states. One appointment was conducted from Seattle in Juneau, Alaska, and a handful are signed up for the treatment in the coming months in Washington, he said.

"(Patients) are able to receive programming from the comfort of their own home," Lee said.

"For the citizens of Sequim,

they may not have the time or resources to drive to Seattle for quarterly check-ups."

Swedish's staff has worked hard to get word out to its patient population and the "response has been fantastic," Lee said.

"We want to educate them about our product and with (other) competitors out there we want to make sure whether or not our product is the best one for them," he said.

Prior to the DBS treatment, he said patients must respond positively to the medications carbidopa and levodopa before it's an option.

He said for patients with Parkinson's disease, doctors/neurosurgeons can install implants, similar to Osborne's on both sides of the brain with one or both sides turned on to help with tremors as the disease progresses.

"It depends on the physician and/or neurosurgeon when/if to activate a second side later on," Lee said.

For Osborne, DBS was installed on the left side of her brain and chest to help her right side's tremors.

"Using a spatula was a nightmare, and so was trimming my nails and wrapping presents," she said of her essential tremor.

"You don't realize how many things are affected and knowing we don't have to make those trips is such a relief."

The Food Drug Administration approved DBS for Parkinson's disease and essential tremor, Lee said.

Along with Swedish, Bobby Beeman with Olympic Medical Center said they have the ability to do DBS via its neurology service, too.

For more information on Abbott's Virtual Clinic, visit neurosphere.abbott/virtual-clinic.

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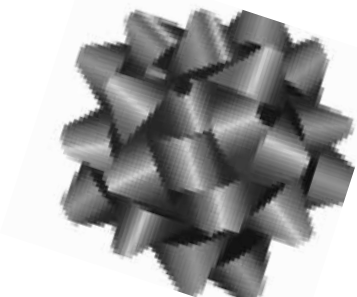
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