



Staffing Shortage

Through the Eyes of a Worker

By: MEGAN SOKOL
Staff Writer

After roughly 925k+ US residents died from COVID-19, many workers feeling that work is unsafe, while others have been able to draw from unemployment and pay bills, Chelan County employers and employees alike have been trying with little success to keep up with their usual pace.

For the past six months, almost every sector and industry has been feeling the effects of the pandemic. Many working-class people have communicated some concerns that they have with working. Here are some of their perspectives while working in the pandemic.

AnnaLee Zenkner is the hiring manager for Water from Wine in Leavenworth. Zenkner explained that former employees from Water from Wine were normally retirees, who saw the wine industry as a way to keep social. However since the pandemic, many of her former retired employees steered away from Water from Wine after the rising concern of COVID-19 kept them feeling unsafe to work.

“Now they’re not seeing the benefit of coming back to these jobs because once it was fun,” Zenkner explained. “Now you have customers who are extra demanding, extra entitled, and blatantly disrespectful.”

Zenkner described the lockdown of 2020 as an opportunity for those



FILE PHOTO. Shortage of workers is still a problem for all businesses wanting to hire workers.

in the food industry to see how toxic their workplace environment was, which she claims is a factor in why less workers are coming back to the food service industry.

“If you’re met with violence from a customer, you’re not going to want to go into work. I also think that there’s this ‘old-school’ mentality about employment, that after being out of work for so long, people don’t wanna come back to that tyrant boss.”

Zenkner elaborates on how staff, especially in the service industry, usually have more than one job and in the case of tourist towns like Leavenworth or Chelan, would need to commute to work and requires staff to commute daily due to lack of housing and reliable public transportation.

On top of that, Zenkner illustrates how her staff were met with unreliable hours from their second job that fluctuated greatly with spikes of holiday tourists.

“I’ve had employees come to me after leaving one place asking for more hours. Then weeks later,

finding out that the entire staff, where they had been, got laid off like the day after Christmas.”

In Wenatchee, Tammy Smith recalled quitting her hotel job on Dec. 31, 2021. Smith states that she quit due to the intensifying staffing shortage at her job along with other unhealthy conditions. She claims that employees were leaving due to the hotel’s lack of benefits and bonuses that other hotels were able to offer.

“They don’t offer benefits. They weren’t offering more money. They weren’t offering sign-on bonuses, which I think was a big downfall considering a few of these other hotels, especially the new ones, were offering benefits and everything,” Smith explained. “Our managers have jump ship and go into other hotels and now we’re stuck with no managers at that hotel. Nobody’s even applying.”

Smith was hired to work the front-end reception with a crew of 30 workers. However, in the last few months of her employment, she ended up working approximately

60+ hours per week with a skeleton crew of 25 workers. Smith was working in the kitchen, shoveling snow outside, and eventually cleaning the rooms.

“Our housekeeping staff has been so short that most housekeeping staff at all hotels are off by 3 p.m. at the latest. Ours would work until 6-8 p.m. almost every night just to get the rooms done.”

When asked how employers could improve their recruiting process, Zenkner states that on top of raising wages, employers need to make their workers to feel safe along with being treated fairly.

“Employers aren’t seeing the whole person when they hire, they’re just looking for a cog in the system and that’s not what people are,” Zenkner explained. “Employers have to look at their employees as full humans with a full set of other things going on in life. You might not necessarily need to know all the other things that are going in their life, but just consider that this is not their only situation.”

Mid-February school board meeting includes PRSA updates



Marlene Farrell
Correspondent

The first agenda item for the Cascade School Board’s meeting on February 15th was an update from Upper Valley Parks & Recreation Services Area (PRSA) representative and district liaison, Aaron Simon. Simon reminded the board that PRSA is a special taxing district whose footprint is almost identical to that of the school district. Homeowners pay a small tax annually for the PRSA.

The PRSA working group completed a recent needs assessment to understand the community’s top priorities, which included an indoor pool, shared use trails and a community center. As for the Osborn site, Simon was excited to announce that the city officially rezoned it as a public recreation zone, which is designated green space. Several community center concepts have been presented to the public, and the most popular concept increases the amount of green space over what is currently there and includes a multipurpose building, a playground, a splashpad and a covered area. The city will next research project funding.

With the assistance of US Representative Kim Schrier, the City of Leavenworth applied for and is hoping to win a large federal grant (\$941K) that would be split, with about two thirds of the money funding parts of the Osborn project and/or the pool, and the remaining third going toward affordable housing programs. If funding went toward the pool, it would be used for a temporary or permanent cover over the pool. “The PRSA is going to run an RFQ process to get costs and concepts for various designs,” said Simon. “We have not yet begun fundraising or grant writing efforts.”

Other pool updates include that the fee structure will remain the same this summer. The PRSA is hoping to work with the school district to bring back the swim program, in particular, for 3rd through 5th graders.

Chelan County is planning to widen the Icicle Road bridge, which will allow for a proper bike lane. Also, in conjunction with this bridge work, re-stripping of Icicle Road will occur to include a much-needed bike lane.

Finally, Simon shared that the PUD is working toward the valley trail that connects Leavenworth all the way to Wenatchee. It’s a challenge to get all critical landowners on board; however, the PUD is offering a half million dollars to fund goodwill projects.

Next, the board approved a three-night overnight trip for CHS and IRMS Technology Students Association members to attend the state conference in SeaTac. Board member Mike Worden asked if students report back to the board about highlights when they attend these special opportunities. Superintendent Tracey Beckendorf-Edou explained they hadn’t in the past, though the board learns about accolades achieved, such as when some qualify to go to Nationals. The board agreed it would be nice to hear from students more frequently in the future.

Under personnel there were several hires and resignations. Notable among them included the resignation of CHS and IRMS chorale director Mindy Wall at the end of the school year, and the hire of Carl Haberberger as assistant high school track coach.

The board reviewed policies, with many first readings and subsequent

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The Washington Outdoors Report

Outdoor Round Up

By JOHN KRUSE

STATE PARKS HIRING: It’s already time to think about a summer job if you are a college student or graduating high school and one great place to work if you enjoy the outdoors is with Washington State Parks. Some 350 park aides and an additional 40 senior park aides are hired to work at our parks from April through September. Typical work includes registering campers, maintaining trails and grounds, cleaning campsites and restrooms, performing maintenance chores and interacting with the public in a positive way.

My son worked as both a park aide and as an intern for Washington State Parks while in college and really enjoyed the experience. Many applicants will use these summer jobs as a stepping stone towards working full time with Washington State Parks. Others, looking fondly back at these summer jobs years ago, come back as retirees to work or volunteer in our parks. The salary range for these temporary positions range from \$16.09 to \$20.23 an hour, depending upon qualifications and experience. To find out more and apply go to www.governmentjobs.com. Once you are there, search for Parks Aide Jobs in Washington State.



Anglers with triploid trout at Rufus Woods

PHOTO COURTESY AUSTIN’S NORTHWEST ADVENTURES.

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Pedestrian underpass gains traction

By MEGAN SOKOL
Staff Writer

Amidst the uncertainty of whether or not state legislature will include the Confluence Parkway proposal in the “Move Ahead Washington” plan, Leavenworth sees a glimmer of hope for the Leavenworth Pedestrian Highway 2 underpass proposal.

The underpass is set to tackle onset safety concerns for bicyclists and pedestrians crossing US Hwy. 2. The project would connect residential neighborhoods north of US Hwy. 2 and downtown Leavenworth and Wenatchee River Waterfront and would be constructed near the Leavenworth Park and Ride.

The underpassing would be accessible via the Park and Ride lot to Sherbourne St. on the north and Division St. on the south.

The bill has been sponsored by the Chelan-Douglas Transportation Council and by Sen. Brad Hawkins, along with being part of the “Move Ahead Washington” plan. The “Move Ahead Washington” plan

is a \$16 billion transportation investment package that is investing in key construction projects needed to keep up with Washington growth for the next 10 years.

Mayor Carl J. Florea felt that

the possible acceptance of this proposal has looked promising so far, even with state government giving little acceptance to the Confluence Parkway proposal in Wenatchee. Although he is glad that this project is part of the “Move Ahead Washington” plan, he hopes that some of Hawkins’ bigger transportation projects make some headway.

“Senator Hawkins is not giving up and they’re still working hard to get some of those bigger packages that deal with the highway, especially the Cascade loop and the additional bridge across the Wenatchee River down in Wenatchee and tying in Olds Station.”

Florea also hopes to continue focusing on traffic issues that are related to US Hwy. 2, specifically to include the roundabout corner of US Hwy. 2 and Icicle Road.



Traffic Flow & Safety Improvement

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Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to Publisher@leavenworthecho.com or Reporter@leavenworthecho.com

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Contact the listed organizations or events for updates on the Covid-19 regulations.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.

Alanon Meetings, call 509-548-7939

Monday, 7 p.m., United Methodist Church, 418 Evans St.

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.

Leavenworth Rotary Club, Zoom meetings, Noon. For more information email, President Joel Walinski, jtwalinski@gmail.com

Alpine Water District: meets at the YMCA Camp 1 p.m. Contact: Anne Mueller, muellers5@msn.com (2nd Wed. each mon).

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for Zoom meeting information. (1st & 3rd Thurs.)

Leavenworth Lions Club, For more info. email President Anita Wilkie at leavenworthlionsclubwa@gmail.com

Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)

The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call Terri (509)393-8271 for more information.

Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.)

Chelan Douglas Republican Women, Meetings at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage only is \$7 (no outside food please). Check-in begins at 11:30 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)

Icicle & Peshastin Irrigation Districts Meeting Current meeting time 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)

Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)

Cascade Education Foundation. Contact: CEF@cascade.org

LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)

Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)

Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.

Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org
Open: 10 a.m. to 2 p.m. on Monday, Tuesday and Saturday. 10 a.m. to 7 p.m. on Wednesday and Thursday. 10 a.m. to 5 p.m. on Friday. Closed Sunday.

Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org
Open from 10 a.m. to 1:30 p.m. and 2:30 to 7 p.m. on Tuesday and Wednesday, 1 to 5 p.m. Thursday and Friday. 10 a.m. - 2 p.m. on Saturday. Closed Sunday and Monday.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Friday-Sunday, 11 a.m.- 4 p.m. Please check our Facebook page or our website at www.leavenworthmuseum.org for updates and information.

Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

Leavenworth

P.E.O. Upper Valley Scholarship Application

Applications are being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth, WA. The purpose of the scholarship is to assist women in need of financial help return to higher education at an accredited university, college or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30, 2022. Scholarship funds will be available by the Fall of 2022, and be sent directly to the school financial department upon confirmation of enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways:

- Applicant must be age 30 or above and reside in Chelan or Douglas County, WA
- Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence. The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study. Women interested in applying for the scholarship may receive more detailed

information concerning the application process, as well as request the application form by sending an email to Mimi Keller at the following address: peoleavenworth@nwi.net

Regional

The Wenatchee Valley Symphony

Announced the winners of the 2022 Angela Schuster Svendsen Memorial Young Musicians Competition. The winner will be featured at the WVSO concert on Saturday, February 26 at the PAC. This year's winner is Julian Frank a student from Leavenworth. For more information on the competition, contact Gordon Schuster, 509-669-1467, www.wenatcheesymphony.org for more information.

Upper Columbia Salmon Recovery Board

The Upper Columbia Salmon Recovery Board (UCSRB) Directors' will meet on Thursday, February 24 from 9 a.m. to 12:15 p.m. The meeting will be held as a webinar/teleconference call. To participate in the GoToMeeting or call in for the teleconference: Join via webinar: https://global.gotomeeting.com/join/251048853. Join via teleconference: 1-224-501-3412 access code: 251-048-853# For info: Alicia Meier, Natural Resource Coordinator, Upper Columbia Salmon Recovery Board, 541-420-5472, hwww.ucsrb.org/, Facebook www.facebook.com/UCSRB/, Twitter twitter.com/ucsrb, Instagram www.instagram.com/ucsrb/


Free Virtual Book Club Discussion about Navigating Conflict


Get support and find tools for navigating conflict during one of two free virtual opportunities to discuss the book High Conflict: Why We Get Trapped and How We Get Out by Amanda Ripley on Thursday, February 24, noon or Saturday, February 26 at 1p.m.

NCW Libraries is proud to partner with the Wenatchee Valley Dispute Resolution Center (WVDR) to host and moderate these discussions through Zoom. Attendees are encouraged to read the book in advance, available through NCW Libraries in multiple formats.

NCW Libraries mission is to connect the people of North Central Washington to vital resources and opportunities that foster individual growth and strengthen communities.

The Wenatchee Valley Dispute Resolution Center's mission is to change relationships through peaceful conflict resolution. "Building bridges, strengthening connections, and promoting community are goals that NCW Libraries and the WVDR share. Partnering on this program has been a perfect fit," said Amanda Brack, Communications and Community Engagement Manager for NCW Libraries. All NCW Libraries' virtual programs are free and open to the public. This event will be held through the zoom digital meeting platform. To participate, register at www.newlibraries.org. Registrants will receive an email with the Zoom meeting information.

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 **Sheriff/Fire/EMS**
The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

February 11

03:47 Assist Public, 2467 Salal Dr., Lake Wenatchee.
09:01 CPS/APS Referral, 6145 US Hwy. 97, Peshastin.
14:19 Non-Injury Accident, 34491 US Hwy.2.
14:20 Assist Public, 8300 Lynn St., Peshastin.
14:45 Assist Public, 611 Birch St.
18:28 Alarm, 219 Dempsey Rd.
18:51 Hazard, Fish Lake Sno Park, Lake Wenatchee.
18:59 Hazard, 500 Pine St., Lake Wenatchee.
21:59 Assist Public, 590 US Hwy. 2.
22:23 Trespass, 920 US Hwy. 2.
22:36 Assist Public, 900 Front St. #C.

February 12

01:13 Suspicious Activity, 10183 County Shop Rd.
10:43 Civil, 12686 Wheeler St.
17:13 Diversion, 22744 Lake Wenatchee Hwy., Lake Wenatchee.

17:25 Civil, 9860 Blewett Cutoff Rd., Peshastin.
18:27 Unknown Accident, 23400 Blk Lake Wenatchee Hwy., Lake Wenatchee.
21:51 Welfare Check, 2657 Alder Ln., Lake Wenatchee.
23:47 Welfare Check, Chumstick Hwy.. MP 4.

February 13

06:56 Parking/Abandon, 13030 Chumstick Hwy.
10:19 Property, 820 Front St.
11:05 Hazard, Chumstick Hwy. MP 12.
12:33 Property, 810 US Hwy. 2.
12:57 Welfare Check, 894 US Hwy. 2.
14:40 Disturbance, 116 River Bend Dr.
22:16 Diversion, 3343 Allen Ln., Peshastin.

February 14

06:21 Trespassing, 932 Front St.
07:51 Hazard, Chumstick Hwy. MP 5.
09:45 Vehicle Theft, 7375 Icicle Rd.

10:31 Malicious Mischief, 4637 US Hwy. 97, Peshastin.
17:06 Non-Injury Accident, Chumstick Hwy. and North Rd.
22:07 911 Call, 10495 Simpson Rd., Peshastin.

February 15

02:11 Noise, 100 Ward Strasse.
08:24 Alarm, 23379 Lake Wenatchee Hwy., Lake Wenatchee.
08:54 Theft, 8158 E. Leavenworth Rd.
09:21 Non-Injury Accident, US Hwy. 2 and Front St.
15:33 Assist Public, 1214 Commercial St.
18:29 Domestic Disturbance, 14905 Chumstick Hwy.
20:25 911 Call, 18451 Camp 12 Rd., Plain.

February 16

12:37 Assist Agency, 9605 E. Leavenworth Rd.
12:59 Burglary, 293 Pinedrop Ln.
14:15 Harassment/Threat, 10190 Chumstick Hwy.

February 17

09:38 Welfare Check, 18451 Camp 12 Rd., Plain.
10:18 Diversion, 100 Ward Strasse #B230.
10:50 CPS/APS Referral, 8300 Lynn St., Peshastin.
12:27 CPS/APS Referral, 4702 US Hwy. 97, Peshastin.
15:00 CPS/APS Referral, 39 Amas Pl., Peshastin.
15:52 Harassment/Threat, 100 Ward Strasse
17:48 Assist Public, 405 US Hwy. 2 #319.
18:30 Hazard, 9500 Blk E. Leavenworth Rd.
19:34 Lewd Conduct, 100 Ward Strasse.
22:04 Trespassing, 342 Wild Rose Ln.
22:41 Traffic Offense, North Rd. and Main St., Peshastin.
23:42 Alarm, 829 Front St.

CITY COUNCIL MEETINGS

Planning Commission, 7:00 p.m. (1st Wed.)
City Council Study Session, 8:30 a.m. (2nd Tues.)
City Council Meeting, 6:30 p.m. (2nd & 4th Tues.)
Design Review Board, 3:00 p.m. (2nd & 4th Wed.)
For more information, visit the city website CityofLeavenworth.org for Zoom meeting information. Call 509-548-5275. Email hello@cityofleavenworth.com



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Go online at Cascadesd.org or all menu updates.

Sports/Community



Cascade High School sophomore Mya Herrera wrestling Kennewick senior Veronica Arroyo during a 105-pound match. Mya took second place at the Girls Region 4 tournament on Saturday, February 12 at Ephrata High School and advances to the state Mat Classic in Tacoma on February 18 and 19th.



PHOTOS SUBMITTED BY ROGER HARNACK.

WIAA Region 4 Girls Results for Cascade (Leavenworth) (Girls)

- Mya Herrera (2-1) placed 2nd and scored 18.0 team points.
- Champ. Round 1 - Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 received a bye (Bye)
- Quarterfinal - Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 won by decision over Veronica Arroyo (Kamiakin (Girls)) 2-2 (Dec 11-9)
- Semifinal - Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 won in sudden victory - 1 over Alexia Fabian (Chiawana (Girls)) 1-3 (SV-1 4-2)
- 1st Place Match - Libby Roberts (University (Girls)) 6-0 won by fall over Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 (Fall 1:59)

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circulation@lakechelanmirror.com

2022 Ninth Circuit Civics Contest

The theme of this year's contest The First Amendment and the Schoolhouse Gate asks contestants to consider what rights the First Amendment provides to students engaging in free speech, both inside and outside of school. Participants are also asked to consider the responsibilities, if any, that students, schools, or the government have with

respect to speech by students, including whether it may cause harm to others. The United States District Court for the Eastern District of Washington will conduct a local contest to select finalists for the circuit-wide competition. The top three finishers in the essay and video competitions at the local level will go on to compete in the Ninth Circuit contest. To be

eligible for selection, entrants must reside in one of these counties Chelan, Douglas, Grant, Okanogan. The deadline for entries is March 18, 2022. For more contest information and rules, please review the contest website. Questions about the district-level contest may be directed to civicscontest@waed.uscourts.gov.

Cascade Technology Student Association goes to state

Submitted by Julie Winters
Cascade School District (CSD) is delighted to announce that its Technology Student Association (TSA) is heading to state competition.

TSA members compete in exciting individual and team competitions that include Engineering Design, Catapult, Robotics Challenge, Cybersecurity, Forensic Science, Software Development, Digital Photography, Fashion Design, Children's Book Illustration, and many more.

from Wednesday, March 16 through Saturday, March 19 in SeaTac.

If students place in the top five in a TSA event, they qualify to compete at the national competitions that will be held in Dallas, Texas from June 26-30.

TSA is a non-profit national student organization with a mission to inspire its student members to prepare for careers in a technology-driven economy and culture.

This year, Icicle River Middle School is sending 21 students to the state competition and Cascade High School is sending 14 students.

Cascade School District chapters started six years ago and that our students have earned spots to Nationals three times in the past. The IRMS TSA advisors are Jodie Tremberth and Kim Gilreath. The CHS TSA advisors are Teara Dillon and David Harvill.

TSA membership includes 200,000 middle and high school students from 2,000 schools spanning 48 states.

The competition takes place

COVID-19 testing supply and distribution update

Submitted by Veronica Farias

East Wenatchee, - The Chelan-Douglas Health District (CDHD) is now allowing asymptomatic individuals and those without an appointment to get tested for COVID-19 at the Town Toyota Center testing site.

kits, CDHD is able to offer and support the change in operations.

is working with local organizations and community agencies to offer various at-home test kit distribution sites through Chelan and Douglas counties. To find your nearest distribution site and get a free at-home COVID-19 test kit, visit cdhd.wa.gov/COVID-19#testing.

Due to a decrease in the number of tests conducted in the past few weeks and an increase in testing supplies and at-home COVID-19 testing

The Town Toyota Center testing site will continue to operate Monday through Saturday from 10:30 a.m. to 4:30 p.m. Pre-registration is no longer required and anyone who believes they were exposed to COVID-19 (with or without symptoms) can get tested.

For ongoing updates, visit www.cdhd.wa.gov and follow us on Facebook, Twitter and Instagram.

COVID-19 trends give leaders confidence to look towards next phase of pandemic response

OFFICE OF GOV. JAY INSLEE

With dropping hospitalization rates, improving vaccination rates, and broad access to masks and tests, Gov. Jay Inslee today announced the state can soon move into a less restrictive phase of the COVID-19 response. The lifting of statewide measures does not prohibit local governments from the ability to enact measures in response to COVID-19 activity in their communities.

from being overwhelmed again," Inslee said. "If you've been procrastinating, now is the time to get the shot."

Masks no longer required in most places beginning March 21

Beginning March 21, face masks will no longer be required in most settings, including K-12 schools and childcare facilities.

Masks will still be required in health care settings such as hospitals, outpatient and dental offices, long term care settings, and correctional facilities.

In addition, beginning March 1, vaccine verification for large events will no longer be required.

Businesses and local governments can still choose to implement vaccination or face mask requirements for workers or customers, and school districts can still choose to have students and teachers wear masks. Federal law still requires face masks in certain settings such as public transportation and school buses.

Guidance for K-12 schools will be updated

The week of March 7, DOH will issue updated guidance for

K-12 schools to go into effect March 21. The guidance will be released early to help schools prepare for this transition.

Schools will still be required to report COVID-19 cases and outbreaks, and cooperate with public health authorities in responding to these consistent with procedures for other communicable diseases.

Students and staff with symptoms of COVID-19 will continue to be required to quarantine away from school buildings. Schools must also ensure access to testing for staff and students who have symptoms of or who may have been exposed to COVID-19. If a student or staff member tests positive for COVID-19, they must remain at home and follow the CDC and DOH isolation protocol.

DOH will also shift existing requirements regarding distancing, ventilation, and sanitation so they become recommendations. Until Monday, March 21, the K-12 Schools Requirements 2021-2022 remain in effect.

"Our students, educators and school employees, and families have been incredibly resilient as we've navigated the impacts of the pandemic,"

said Superintendent of Public Instruction Chris Reykdal. "Our efforts over the past two years have led us to this moment. Nearly all of our school employees are vaccinated, the number of vaccinated students increases each day, and we have one of the most robust COVID-19 school testing programs in the country. Moving away from a statewide mask mandate to masks being encouraged is a safe next step as we move from pandemic to endemic."

Safe workplace protocols remain in place

COVID-19 remains a recognized workplace hazard. When masks are no longer required in the workplace, employers must continue taking steps to assess COVID-19 transmission risks to employees and taking steps to minimize those risks. Risks vary depending on the work space and conditions. Possible steps could include promoting vaccination, improving ventilation, offering face masks, encouraging social distancing or installing sneeze guards or barriers.

Employers are still required to notify workers of potential exposures when a co-worker

has a suspected or confirmed case of COVID-19. In worksites with 50 or more employees, report outbreaks of 10 or more confirmed cases to the state Department of Labor & Industries.

Employers must also allow workers to continue to wear masks if they choose. In 2021, the Legislature passed SSB 5254, which protects a worker's right to wear a face covering and other protective devices during a public health emergency. The governor is amending an existing worker safety and protection emergency order, Proclamation 21-08, to reflect this new state law. Proclamation 21-08 already prohibits employers from taking adverse action against a worker for taking COVID-related health actions, including getting vaccinated and taking time off to get vaccinated or seek treatment, and it will now also protect workers from any adverse action for wearing a face covering while we remain in a state of emergency.

"Caution, compassion and kindness is what will allow us to move forward, together"

While the transition to the next phase of the pandemic is reason for hope, Inslee emphasized many families and individuals will continue taking precautions such as wearing face masks at school

and work.

"People fall all along the spectrum when it comes to feeling safe and ready to be in public spaces," Inslee said. "And here's the hard truth: while we have the tools we need to fight back, COVID-19 is still a danger to many people. I encourage people to continue doing what's necessary to keep themselves, their families, or their workers safe. Caution, compassion and kindness is what will allow us to move forward, together."

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Community

School Board Meeting

CONTINUED FROM PAGE A1

discussions. Two policies about Special Education, related services and use of restraint and isolation were simplified to remove redundancies. Beckendorf-Edou explained that another policy about personnel leaves needed clarification about the procedure to request and use leave without pay after other forms of leave are used up. Dwight Remick, CSD business manager, recommended to the board, for another policy, to change the minimum fund balance from 8.5% to 10% for a healthier conservative minimum in expectation of future challenges such as COVID.

Final policies under review included one that clarifies when certain projects must go out to competitive bid and when it's not necessary, and another that explained when the district can cover the costs of a working lunch.

In response to a question from Mike Worden, Beckendorf-Edou explained that policies come up for review due to recommendations coming from the Washington State School Directors' Association (WSSDA) and also the day-to-day realities within the district that bring to light a needed update. WSSDA supplies the model language for policies and then that can be customized to suit the needs of each individual school district. Worden suggested that the board review all policies within a series at the same time for consistency. Beckendorf-Edou said she does something similar, which is to look at all cross-referenced policies connected to the policy being reviewed.

Teresa Disher, CSD facilities director, in speaking about the Dryden irrigation rights dispute, said that spring and summer watering of the softball fields will continue as needed because the district and others involved have two years to resolve the issue. The problem stems from a compliance issue between the PUD and the Department of Ecology, and this affects CSD and others who have agreements with the

PUD. Disher will be working with a PUD program manager to investigate solutions.

The board voted on the new name of the Beaver Valley soccer pitch from four options presented by a committee. Board member Zachary Miller explained the significance of naming it after James Adamson, an outstanding resident of Plain who contributed to the community in many ways and who was a former teacher. All board members voted in favor of naming it the James Adamson soccer pitch, though Mike Worden recused himself given his position as president elect of the Leavenworth Rotary Club.

CHS ASB officers, president Madi Gillespie, vice president Carli Ostrem, treasurer Britni Harris and secretary Olivia Cappellini, shared their revised constitution, explaining how they made changes to simplify language, to improve formatting and, most notably, add a section about how the ASB can continue activities during an emergency school closure. ASB went dormant at the beginning of the pandemic because there wasn't a clear procedure about how to continue to meet. School board members and the superintendent approved the changes and congratulated the ASB officers on excellent improvement efforts that are setting future ASB groups up for success.

Finally, the board approved a resolution for an emergency waiver of high school graduation credits. Due to the challenges presented during the pandemic's remote and hybrid learning, a few seniors might benefit from the waiving of a couple credits. This resolution mirrors similar resolutions passed in other school districts.

Beckendorf-Edou shared communications about a grant that Home Link teachers and students, in conjunction with Waste Loop, applied for and won from the Department of Ecology to improve district recycling. Also, the district received a thank you from the Leavenworth/Cashmere Community Farmers Markets for their partnership.

OBITUARY

Julia Ceceile "Julie" Larsen

September 21, 1950 – February 15, 2022
Leavenworth, Washington

Julia Ceceile (Mathena) Larsen passed peacefully on February 15, 2022. Julie lived with Alzheimer's Dementia for eight years, and while the disease darkened our lives, her laughter and bright smile remained.

Julie was born on September 21, 1950, in the old Leavenworth Hospital to Gladys and Cecil Mathena. The youngest of five siblings, Julie grew up surrounded by the chaos of a fun-loving family. She followed her father Cecil and older brothers into law enforcement, pursuing a degree in Police Science from Washington State University and working in the court system throughout her life.

Julie met and, after considerable persuasion, married Elmer Herbert Larsen in 1971. They lived for a short while in Cashmere before spending 8 years in Vancouver, Washington where Julie enjoyed hunting for treasures at Portland's



(Ron), husband Elmer, daughter Annie (Aaron), son Ben (Katie), grandchildren Ava, Stella, Erik, Penny, and Teddy, many nieces and nephews, and countless friends.

The family would like to thank the staff at Mountain Meadows in Leavenworth for their love and compassion.

A Graveside Service will be held at Mountain View Cemetery in Leavenworth on March 3, 2022, at 11:00 AM with a Celebration of Julie's life later in the spring. In lieu of flowers, donations may be made in Julie's memory to local Leavenworth non-profit organizations: Leavenworth Friends of the Library, Mountain Meadows, or the Leavenworth Museum. You are invited to view Julie's Online Tribute at www.HeritageMemorialChapel.com where you can share a memory with the family. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee and Cashmere, WA.

Saturday Market and spending time with family along the Oregon coast.

Julie and Elmer enjoyed 50 years together, returning to Leavenworth in 1984. Some of her happiest memories were made on the coast of Oregon, with the autumn leaves of New England, beside friends at Elro's Pizza, along the Cliffs of Moher in Ireland, and in visits to relatives in North Dakota. Julie and Elmer raised two children (Annie and Ben) and Julie cherished watching them grow.

Julie was engaged in many community activities

and for years she devoted her time and efforts to the Leavenworth Friends of the Library. Julie loved garage sales; some of her greatest treasures were Leavenworth memorabilia. She loved crime novels, history, and old things (including Elmer). Nothing made her happier than a bath, a good book, and laughing with those she loved.

Julie was preceded in death by her parents, sister Ramona, and brother Michael. Remaining to celebrate her life and honor her memory are her brother Daryl (Louise), sister Carolyn

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

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www.cashmerepres.org



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Pastor Lilia Felicitas-Malana



In-person: Sunday Worship Service, 10 a.m.
5800 Kimber Road, Cashmere
Online: christcentercashmere.com
The UNDERGROUND: Sunday, Middle School, 5 p.m., & High School, 6:30 p.m.
Steve Haney, Lead Pastor
Tim Williams, Executive Director
Andy Robinson, Director of Operations
Joyce Williams, Pastor of Congregational Care
Steffanie Haney, Director of Adult Discipleship
Kelsie Folden, Director of Youth Ministry
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leavenworthumc@outlook.com

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Email: info@leavenworthbaptist.com

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Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
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Worship 11 a.m. • Fred Smith • 509-860-3997



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Protesters on the east steps of the U.S. Capitol in Washington on Jan. 6, 2021.

Police Beating of Unconscious Trump Supporter Was 'Objectively Reasonable,' Department Rules

Internal Affairs Bureau conducted probe in response to a police-brutality complaint

JOSEPH M. HANNEMAN

The beating of an unconscious Trump supporter by a DC Metropolitan Police Department officer at the U.S. Capitol building on Jan. 6, 2021, was deemed to be "objectively reasonable" after an investigation by the department's Internal Affairs Bureau, The Epoch Times has learned.

The Internal Affairs investigation was opened in September 2021, based on a complaint filed by a Texas man who assembled video evidence of the officer striking an unconscious Rosanne Boyland with a steel baton and a large wooden stick at the entrance to the West Terrace tunnel at the U.S. Capitol.

Boyland, 34, of Kennesaw, Georgia, was pinned under a pile of protesters who fled the tunnel when police deployed crowd-control gas. After several minutes of being crushed by the weight of other fallen protesters, Boyland lost consciousness and stopped breathing, witnesses have said.

Boyland traveled to Washington that day to attend the "Stop the Steal" rally and hear President Donald Trump speak at the Ellipse. She became trapped in a crowd that sought entry to the Capitol through the West Terrace tunnel.

As Boyland lay unconscious, DC Metro Police Officer Lila Morris repeatedly struck her with a steel baton and what appeared to be a wooden walking stick, according to a video recording.

The sudden attack horrified Boyland's friend and traveling companion, Justin Winchell, who pleaded with police and protesters to provide first aid to Boyland. Police bodycam video shows Winchell's shock when he saw Morris strike Boyland in the head.

"She's gonna die! She's gonna die! ... I need somebody! She's dead!" Winchell cried.

While Boyland wasn't pronounced dead until more than 90 minutes later, she appeared lifeless when police dragged her body from the West Terrace tunnel entrance into the Capitol at 4:31 p.m.

For 11 minutes after Boyland fell, protesters made repeated attempts at CPR—efforts that were frustrated in part by police beating and squirting pepper spray into the faces of those trying to help her, video shows.

There is confusion about what life-saving efforts were made by police after Boyland was moved into the

There is nothing reasonable about hitting a nonresponsive woman lying on the ground over the head with a baton.

Philip Anderson, protester

Capitol. Testimony before a congressional committee suggested that police attempted CPR at 4:26 p.m., which wasn't possible because, at that time, Boyland still lay on the concrete receiving CPR by protesters Jake Lang and Ronald McAbee.

The DC medical examiner said Boyland died of an accidental overdose of Adderall, a prescription medication used to treat attention deficit hyperactivity disorder; that ruling has sparked skepticism and outrage from Boyland's friends and family. Her father, Bret Boyland, said Rosanne had been taking Adderall for about 10 years.

Citizen Complaint Filed in September 2021

The attack on Boyland disturbed Gary McBride of Decatur, Texas, so much that he filed a police brutality complaint with the Metropolitan Police Department on Sept. 14, 2021.

McBride, who spent most of his career in the oil and gas industry, has assembled a library of videos recorded at the Capitol on Jan. 6; he's become a professional video sleuth after studying thousands of hours of footage from that day.

McBride went back and forth with various Metropolitan Police Department officials for more than two months before being told via email on Nov. 15 that Morris had been cleared of any wrongdoing.

"The use of force within this investigation was determined to be objectively reasonable," wrote Capt. David K. Augustine, director of the Risk Management Division of the MPD Internal Affairs Bureau. "Officer Morris is still employed with the MPD and not facing criminal charges related to the use of force on January 6."

McBride said he found the reasoning and conclusion shocking.

"It told me right there that it's OK for them to do what they do. They are doing exactly what they want to do. They don't care if you know or see," McBride said.



Justin Winchell (top R) reacts to a Metropolitan Police Department officer striking his unconscious friend, Rosanne Boyland.



Bret Boyland with his wife, Cheryl, and daughter, Rosanne (R), during a family vacation.

"They just showed me that they're going to go beat somebody and kill them, but they have the power to say, 'That was objectively reasonable.' And we're supposed to accept that and say, 'OK.'"

Morris, who had just reached the front line in the West Terrace tunnel, is seen on bodycam video picking up what appears to be a walking stick or a tree branch. She raised the weapon over her head with both hands and struck Boyland at least four times in rapid succession. While the stick broke at one point, Morris continued to strike at Boyland until other officers pulled her back.

Morris, who was hailed as a hero after Jan. 6, was feted as a guest of honor at Super Bowl LIV in Tampa, Florida.

Philip Anderson of Mesquite, Texas, who was at the bottom of the same pile that crushed Boyland, called MPD's use-of-force ruling "absolute

[expletive]."

"There is nothing reasonable about hitting a nonresponsive woman lying on the ground over the head with a baton," Anderson, 26, told The Epoch Times. "They say it's reasonable because she [Boyland] was a Trump supporter."

Anderson says there was cause from the beginning for an independent investigation by a special prosecutor or a grand jury.

"The fact that they have been lying from the beginning is reason enough for investigation," he said. "The only reason why anyone even knows this is because I barely survived and am here to now call out their blatant lies [about] the woman that they killed."

McBride sent two videos as evidence along with his police-brutality complaint. One of the videos was removed from YouTube but is available on Rumble; the other video is still accessible on YouTube.

Bret Boyland asked the Metropolitan Police Department for copies of bodycam video from various police officers in the terrace tunnel. That request was denied.

"Wednesday was nine months from our daughter's passing and we still have many unanswered questions to what happened to her that day," he wrote in a Freedom of Information Act (FOIA) request in fall 2021.

[embed]https://rumble.com/embed/vrwsft/?pub=vuqsl[/embed]

On Oct. 12, 2021, Shania Hughes, a FOIA specialist with the Metropolitan Police Department, told Bret Boyland that MPD wouldn't release any bodycam footage.

"It has been determined that the information you are seeking is part of an ongoing investigation and criminal proceeding," Hughes wrote. "With exception of the portions of the video that has been shown publicly, MPD cannot fulfill your request. The release of this information could interfere with the enforcement proceedings by revealing the direction and pace of the investigation."

The Epoch Times also made a FOIA request for Morris's bodycam footage for her entire shift on Jan. 6, 2021. That request was denied, but for different reasons than those given to Bret Boyland. The department cited privacy grounds for denying the newspaper's request.

Officers Attempted CPR After Boyland Moved Inside Capitol

Bret Boyland said the family was initially denied a copy of Rosanne's full autopsy report, but since has obtained the document.

"Through our lawyer and additional FOIA requests, we have obtained the full autopsy report, which has been forwarded to the pathologist," he told The Epoch Times.

The family hired its own forensic pathologist to review the DC medical examiner's report on Rosanne Boyland's death.

Bret Boyland said heavily redacted bodycam footage he obtained shows that police did attempt CPR on Rosanne after she was moved into the Capitol.

"There were two BWC [body-worn camera] videos that started with the officers pulling Rosanne into the building past the police line," he said, "and it did show multiple officers attempting to revive Rosanne and gave CPR for about 10-12 [minutes] straight; then they appeared to load her on some kind of mail-room cart and moved her somewhere else."

McBride said one thing he found especially troubling on one of the videos is that despite being unconscious during the attack, it appeared Rosanne Boyland could feel the blows to the head.

"When she takes that second hit to the head, watch her left arm, her left arm straightens up and lifts off the ground," McBride said.

Winchell told an Atlanta television station in 2021 that when Rosanne was struck by Morris for the final time, Rosanne's nose started bleeding.

"In our mind, she was still alive at that point," Bret Boyland said.

Rosanne also suffered three or four broken ribs on each side of her chest, her father said. Those injuries could have come from the repeated CPR attempts, the pressure of being under the large pile of bodies, or from the baton blows from Morris, he said.

Augustine said a report on Officer Morris's use of force hasn't been released to the public. He said the factors involved in police use of force are outlined in MPD's online policy, updated in January 2021.

"Members of the Metropolitan Police Department (MPD) shall value and preserve the sanctity of human life at all times, especially when lawfully exercising the use of force," the policy states. "In situations where the use of force is justified, the utmost restraint should be exercised."

Bret Boyland said the family wants to know why Morris attacked Rosanne.

"She had a choice; that officer had a choice," he said. "She could have helped her right there at that point in time. But she chose to grab the stick and start hitting her."

THE
EPOCH
TIMES

TRUTH and TRADITION

"THE EPOCH TIMES IS A BEACON OF LIGHT IN THE 'NEWS' DARKNESS THAT PRETTY MUCH COVERS THE COUNTRY." —Jonne Rosenau

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Recreation/Opinion



Park Aides at one of our state parks

PHOTO COURTESY WASHINGTON STATE PARKS.

Outdoors Report

CONTINUED FROM PAGE A1

FISHING REPORTS:

COLUMBIA GORGE: Both the staff at Gorge Outfitters Supply in Rufus and creel checkers with the Washington Department of Fish and Wildlife report anglers are catching walleye out of both The Dalles and John Day pools of the Columbia River. Try trolling a Mack's Lure spinner worm harness deep and bait it with a nightcrawler. Once you find a fish, anchor up and try jigging for additional fish that may be schooling there.

YAKIMA RIVER: Bill at Red's Fly Shop near Ellensburg says fishing has been good. The water has had good clarity

and the trout are not in the deeper winter holes but the inside edges and softer water in the Yakima River Canyon. There have been no afternoon hatches and subsequently no dry fly fishing yet. However, fishing streamers and nymphs will work well right now. Try fishing a Skwala stone nymph or worm imitation for success.

LAKE ROOSEVELT/ROOSEVELT/RUFUS WOODS RESERVOIR: Austin Moser, owner of Austin's Northwest Fishing Adventures, has been doing quite well fishing near the net pens on Rufus Woods Reservoir though some days are better than others depending on current flows. High current flow days can be challenging. Having said that, the effort is worth it. These

trout are huge and known for their succulent fillets that are great for eating whether it be from the frying pan or the smoker. The limit is two triploid trout and the average size of the fish run from 5 to 8 pounds with some fish coming between 10 and 17 pounds.

As for Lake Roosevelt, the Kokanee and trout are what you are targeting this time of year. Moser fishes from Keller Ferry down to Grand Coulee Dam. The fishing for Kokanee has been good and the biggest one so far this was a 24 • inch salmon weighing 4 • pounds. The rainbow trout fishing has also been good and they are averaging 18 to 21 inches. Moser is trolling standard kokanee gear and also using side planers to get his fish.

The limit is two wild kokanee and five fin-clipped trout per day. Moser will be fishing both Rufus Woods Reservoir and Lake Roosevelt through March. If you want to book a trip with him, go to www.austinnorthwestadventures.com

FISH LAKE: Scott West at The Cove Resort at Fish Lake northwest of Leavenworth says the ice is not safe and there are very few people out on the ice that remains. Your best bet is to come here after ice-off to target the perch, rainbow and brown trout that are found at this 500-acre lake.

John Kruse - www.northwesternoutdoors.com and www.americasoutdoorsradio.com

Aspirin is the most widely used medicine in the world, the greatest medicine of All Time

It started out as a tea made of willow or poplar bark, which contains a natural form of salicylic acid. Starting in 1838, salicylic acid was used as a powder dissolved in water to ease fever and discomfort from headache and arthritis pain. Unfortunately, it tasted terrible and often caused nausea and stomach pain.

In 1899, scientists from the German company Bayer developed an improved version of salicylic acid, called acetylsalicylic acid, which they trademarked as Aspirin®. One year later, Bayer introduced Aspirin as the world's first water-soluble tablet, causing a revolution. Aspirin was everywhere, helping to relieve fever, headache, toothache, and muscular aches and pains.

Birchbark and wintergreen plants contain a compound similar to aspirin, methyl salicylate. Its strong characteristic aroma gives it the name wintergreen oil. Used in topical rubs for sore muscles, it is also available in Doan's pills. Initially sold in the early 1900s, Doan's Kidney pills were marketed for back pain. Today's formulation contains methyl salicylate in a dose equivalent to 500mg of aspirin or acetaminophen.

In the United States, there are two strengths of aspirin: 81 mg strength, also called baby aspirin, and 325mg tablets. Aspirin tablets containing 325mg are approved by the Food and Drug Administration (FDA) for "the temporary relief of minor aches and

pains associated with a cold, headache, backache, toothache, premenstrual and menstrual cramps; minor pain of arthritis; and reduction in fever."

The FDA also requires that all aspirin products include this statement on the label: Talk to your doctor or other healthcare provider before using this product for your heart.

Aspirin works to interfere with the action of specific cells in your blood called platelets. Platelets act to plug up blood vessels that are damaged and leak blood. Without enough platelets, you cannot stop bleeding and can bleed to death from minor injuries like bumps and cuts. Sometimes platelets clump up in the wrong places, blocking blood flow inside vessels in your heart and brain, causing a heart attack or stroke. Aspirin can help prevent that by interfering with how platelets form into clumps.

You can buy aspirin in several formulations: as an enteric-coated formula (Ecotrin®), two different buffered versions (Bufferin® and Alka-Seltzer®), combined with acetaminophen and caffeine (Excedrin® and Excedrin Migraine®), or plain (Bayer®), St. Joseph®.

One recent concern about aspirin is who should take it to prevent heart attacks and stroke. A study published in late 2018 in the New England Journal of Medicine showed that taking daily aspirin did

NOT prevent stroke or heart attack in healthy patients over the age of 65. However, it did increase the chances of experiencing stomach bleeding or bleeding into the brain, the most devastating type of stroke.

This suggests that taking daily aspirin should be limited to those whose risk of heart attack and stroke is high enough to justify the possibility of having severe bleeding.

In a survey published in 2019 of 14,000 adults 40 years old or older, 23% of people taking aspirin to prevent heart attack had no heart disease. In addition, 23% of those same people took a daily aspirin without their doctor's knowledge.

Here are 5 Tips to Taking Aspirin Safely:

1. Ask your doctor FIRST.

Aspirin does not prevent stroke and heart attack in healthy people with no previous stroke or heart attack or those who are not diabetic. Your doctor can tell you if you would benefit from taking it.

2. More is not better.

It only takes an 81mg dose of aspirin to protect against stroke and heart attack. Higher doses can double your risk of bleeding in your brain or stomach.

3. Any aspirin product will work.

Taking an enteric-coated or buffered aspirin version works just like plain



Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2022 Louise Achey

aspirin. Unfortunately, it won't decrease your risk of bleeding.

4. It's safe to take without food.

Taking aspirin with water is a good idea. You don't need food to "cushion your stomach" when taking an 81mg tablet of aspirin unless it bothers your stomach. The increased risk of stomach bleeding from aspirin is not from the tablet itself sitting in your stomach but from its generalized effects in your body.

5. Avoid using "full dose" aspirin if you take a blood thinner.

Taking aspirin for pain or fever increases your risk of bleeding if you take a blood thinner like clopidogrel (Plavix®), warfarin, Pradaxa®, Xarelto®, or Eliquis®. You should also avoid taking a daily aspirin unless your doctor recommends it.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2022 Louise Achey

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LETTERS TO THE EDITOR

Peshastin Dryden & Alpine Lakes Parent Teacher Organization Announces

Heartfelt Thank You to:

Leavenworth Community Partnerships. With the generous support of our community partnerships, each and every student who needed warm winter clothing at Peshastin Dryden Elementary and Alpine Lakes Elementary schools were provided for this year. The schools and PD-Alpine

Lakes PTO partnered with local businesses and our local Rotary club to raise funds, purchase clothing, and distribute those to kids in need. We would like to acknowledge the following community partnerships that made this possible:

- Mike West Leavenworth Realty
- Leavenworth Rotary Club
- A Little Twisted Leavenworth
- Nutcracker Haus & Tannenbaum Shoppe

• Magenta Boutique
Please join us in expressing our gratitude to these local partners along with volunteers of PD-Alpine Lakes PTO for their generous donation of time and money in this effort. We are fortunate to work with such community minded people.

2021-2022 PD-Alpine Lakes PTO Board:
Mercy Rome, President
Melissa Roe, Vice President
Pete Teigen, Recording Secretary

Jenelle Landgraff, Volunteer Coordinator
Jill Svlair, Treasurer
Taelor Carvitto, Teacher Support Chair
Chelsea Murphy & Mandy Terry, Enrichment Committee Co-Chair
Rebeca Wadkins Bagwell, Fundraising Chair
Elizabeth Foster, Scholastic Book Fair, Peshastin-Dryden Co-Chair
Anette Bjorklund, Scholastic Book Fair, Alpine Lakes Co-Chair

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