



Celebrating Cascade School District's Principals



Elia Ala'ilima-Daley

By MARLENE FARRELL

The four Cascade School District principals lead through their service to all students, families and staff. Their impact on the success of students deserves recognition in celebration of National Principals Month.

Emily Ross, Peshastin Dryden Elementary principal: "Emily Ross is



Emily Ross

a perfect fit for an elementary school principal," said Vicki Harrod, second grade teacher. "She is an incredibly positive person. Greeting everyone with a big smile is in her nature. Every day, she is genuinely happy to be at school.

"Emily cares deeply for her school and doesn't hesitate to tell the staff how appreciated we are. Her door is always open, and parents



Mike Janski

and community members are very comfortable approaching Emily with a concern, question or to share a story. Her leadership style is one of collaboration and thoughtfulness. She rarely makes a decision without getting the entire staff involved. Emily is an asset to the district."

Kenny Renner-Singer, Alpine Lakes Elementary and Beaver Valley Elementary principal: "If your



Kenny Renner-Singer,

actions inspire others to dream more, learn more, do more and become more, you are a leader.' This is a quote from President John Quincy Adams. John Quincy Adams said exactly what Mr. Renner-Singer is to all of the staff at Alpine Lakes and Beaver Valley Elementary," said Sonia Davenport, ALE and BVE secretary.

Mike Janski, Icicle River Middle

School principal: "Mike is a good listener and seeks input from the teams before making decisions," said Lea Boggs, eighth grade English and language arts teacher. "He really cares about the well-being of his staff by demonstrating empathy and compassion. This is especially appreciated during these extraordinarily stressful times. Mike seeks to make the learning experience personal with kids and looks to their complete background in order to support them. Finally, he is a real whiz at spreadsheets!"

Elia Ala'ilima-Daley, Cascade High School principal: "Elia Ala'ilima-Daley is not only a leader, role model, and great person at work but also outside of work," said Rudy Joya, CHS assistant principal. "He is always looking for ways to help students, staff, and anyone he encounters. I look forward to coming to work every day, and he is one of the main reasons why. It is always great to know you are going to have a boss who is going to listen, support, and encourage you on a daily basis."

"Elia has not only made a difference in the lives of many students and staff but also my life. I can't say enough about him."

School Board Discusses Hybrid Education Next Steps

By MARLENE FARRELL

The Cascade School District (CSD) Board meeting on Oct. 26 over Zoom began with two presentations. First, Teresa Disher, Director of Facilities, gave an overview of snow removal procedures in the past and anticipated changes for this winter.

In previous years the district contracted out the snow removal for most of the large parking lots, while taking care of smaller areas in-house. The annual costs averaged \$18,500. The preferred vendor is no longer

in business, so Disher recommended the board consider doing more in-house this winter, while still calling on a list of smaller contractors to help when needed. This would avoid having to go out to bid for this work.

The board will study the issue and asked for information about the equipment and personnel needs if snow removal is done more in-house.

Peter Jelsing, Director of the Wenatchee Valley Technical Skills Center (WVTSC), gave a second presentation. At WVTSC, high

school students from the region can take more vocation-oriented courses, ranging from culinary and automotive, to criminal justice and video game programming.

Students do not have to give up their regular high school experience. They split their time, spending a half day at each school. Students can still be involved in their local school sports, clubs and activities. They earn equivalency credits for their WVTSC classes, and some qualify for college credit through Wenatchee

Valley College

The WVTSC programs help a segment of teenagers thrive through more hands-on learning and off-site work opportunities with local businesses. Having to go virtual due to COVID-19 has lowered enrollment this year, but generally WVTSC averages about 350 students.

In other news, after a policy review, there was a short discussion about the Osborn property. The City of Leavenworth's appraisal did not match that of CSD, but the

discrepancy was due to the building not being included in the former. The city council will discuss the appraisal and some concerns about asbestos removal and soon inform CSD if they want to buy it. At an earlier session of public input, there was a lot of community interest in the Osborn property being converted to a green space.

The board made several decisions in terms of the next stage of hybrid

SEE SCHOOL BOARD DISCUSSES ON PAGE A4



Dr. Malcolm Butler's weekly video newsletter is now available on our local website. You can find the link at the top of the home page. Just click on the picture and the video will play. Dr. Butler gives a weekly report and answers questions about the COVID-19 Pandemic. This week he provides several helpful reports about testing and infection rates across the region. Dr. Butler is the health officer at the Chelan-Douglas County Health District. The video is free content. You do not have to be a premium subscriber to view it. His video is part of the "Front Page Slide show" so you may have to wait until his image comes up to click on the link.

City plans deep cuts in reserves to balance 2021 budget

By BILL FORHAN

It comes as no surprise that lodging tax receipts and retail sales tax have taken a big drop this year. Currently, the city is estimating lodging tax will be down \$965,000 or 40 percent from 2019. Expenses for the lodging tax fund have not been reduced as the city is showing 2020 revenues less expenses will put the fund in the hole by \$1,029,000 for the year. For 2021 the city is expecting lodging tax to improve by 17 percent or \$247,000. Lodging tax expense for 2021 will be reduced by \$267,000 still leaving another drop in the lodging tax reserves of \$514,000.

The two year lodging tax plan projects revenues to climb another 10 percent in 2022 leaving the total collections still \$540,000 below 2019 actual receipts.

Another big revenue item for the city is retail sales tax. Leavenworth enjoys a significant boost to the local retail sales taxes as a result of our tourism based economy. The city's latest report on retail sales tax collections currently project the revenue will be down \$402,000 for 2020. Retail sales tax goes into the

general fund which only shows a drop in reserves for 2020 of \$18,040. It is unclear at press time how the city is reducing the impact of the loss of retail sales tax.

What is clear from a review of the budget is the city is planning to spend \$2.9 million more than it will receive in revenue for 2020. That is 13 percent more than total expected revenues of \$22 million for 2020. Nearly 1 million of this is from the sewer fund and \$582,000 is from the parking fund. A good portion of the parking fund deficit is expected to be made up in 2021 as a result of the parking meter project.

As reported two weeks ago the city is considering adding four new positions for 2021. Those positions are a Parking Enforcement Officer for \$87,092, a Development Services Senior Planner for \$98,538, an Assistant City Clerk for \$40,337, and a Communications Analyst at \$89,921. All of the compensation numbers include salary and benefits as shown in the preliminary budgets. That is an increase of \$315,888 in expenses.

On the property tax side the city

SEE CITY PLANS TO DEEP CUTS ON PAGE B4

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Inside The ECHO this week

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Semper Reformanda

I have never before been more convinced about our need for Reformation as I am today. With an absence of hearing from the Word of God, a reluctance to engage the culture with a robust Christian worldview, and the gospel obscured and buried underneath entertainment and man-centeredness, the church in many respects has lost not only its Confession but its power.

Think for a moment of the malady that made the Protestant Reformation of the

16th century necessary. The errors of Roman Catholicism caused a massive drift away from the source, the Bible, and placed in front of the gospel obstacles and barriers through the misuse of the sacraments to the point that John Calvin, a pillar of the Reformation, said that it turned into a form of “ugly and unbearable tyranny.” People would go to church, stand and listen to the priest speak to them in a language they couldn’t understand (Latin), and read from a book

that they couldn’t read for themselves. Christianity had been reduced to an empty tradition and unable to spark the fire of true and living faith.

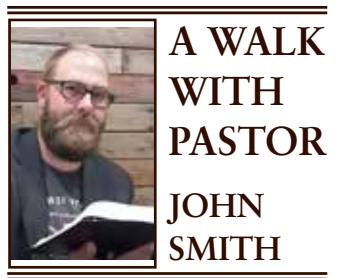
Of course, that changed in 1517 from the hammer of Martin Luther nailing his 95 Theses to the door of Wittenburg church which sparked the fire of renewal of Christianity that spread across the European continent. For the first time in a long time, people were actively engaged in their faith. They were able to read the Bible for themselves, listen to sermons preached in their own language and come to understand that

salvation is by grace alone (Sola Gratia) through faith alone (Sola Fide) in Christ alone (Solus Christus) according to the Scriptures alone (Sola Scriptura) and all for the glory of God alone (Soli Deo Gloria). The Reformation’s impact on history cannot be overstated. If it never occurred, who knows what Christianity would have looked like today or even if we, as a nation, would exist.

The point of the Reformation was that the church needed to get back to the source: The Bible. In fact, the cry of the 16th century was the Latin phrase Ad Fontes, which means “back

to the source” and it is only when the church goes back to the source of our faith, the Word of God, then it can right the errors of the present. As stated earlier, the errors of the present are in clear display. Ligonier in its survey of the “State of the Theology” conducted every two years, discovered that a third of all Evangelicals believe that Jesus was merely a good teacher and not God. Furthermore, 42% of Evangelicals adhere to a form of religious pluralism. In other words, God accepts the worship of other religions. This notion clearly contradicts the plethora of verses that say otherwise, most notably John 14:6 where Jesus says, “I am the way, the truth, and the life. No one comes to the Father except through me.”

Not only do we have problems in our theology but in our ecclesiology (what we understand and believe about the Church). As I have written about before, this “crisis” has revealed that we don’t really understand what takes place when we gather together to worship God. We have reinforced the idea that you can “do church” in isolation and in the comfort of your own living room. I have even heard churches encouraging people to partake of the Lord’s Supper and even do baptisms all within the confines of their own home and away from the gathered saints of God. How one manages to baptize



A WALK WITH PASTOR JOHN SMITH

themselves, I am still trying to figure that one out.

For the sake of Christ, the Church in America, your church, my church has to go back to the Bible as the all-sufficient rule of faith and obedience. Otherwise, we will remain listless, powerless, and unnecessary to the community that we are placed in. What will stem the tide of godless pagan worldviews that our nation is inundated with, will not be clever campaigns or slick video production, but an open Bible and its words proclaimed with clarity and authority.

I pray that we would stand as Luther did when the whole weight of the Roman Catholic Church was bearing down on him and say, “My conscience is captive to the Word of God. Here I stand. I can do no other. God Help me. Amen.”

May we Semper Reformanda, always be reforming, always going back to the Scriptures.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.

Chaplaincy: Answering The Call



JOYCE WILLIAMS

PASTOR OF CONGREGATIONAL CARE

of Presence.” Looking in the eyes of hopelessness with the love of Jesus lifts burdens, reduces panic, brings comfort, and provides hope. Just being there. Listening. Offering to pray. Without personal or team agenda. Without pay. Invisible. Simply to serve. And not only to serve the victims of tragedy, but business leaders, city government officials, and those on professional management teams who attempt to minimize panic, determine solutions to difficult challenges, and find themselves overwhelmed, exhausted, and sometimes far from home.

Our second priority is to “assist” or “cooperate” with the other agencies involved in a crisis or disaster. While those in professional positions are trained to look for “product” from volunteers, we see from a spiritual perspective. Our goal is not to presume to be in charge, but rather to come alongside by providing support and manpower for those who are trained to assess situations and execute workable solutions, or to step up and lead if that is needed and/or requested.

Both of these priorities rest on the foundation of community involvement when life is routine. We live with integrity, with compassion, and with care. We coach soccer,

belong to Rotary, serve with the food bank; the list goes on. And we come from all walks of life, from the college student to the 86-year-old widow. Being involved in the community, building good relationships with our fellow citizens, goes a long way in opening doors when there is a crisis. We each are committed to one constant passion: to be obedient and faithful to serve others as the hands and feet of Jesus.

This passion has taken us as far from home as Louisiana and Oklahoma for flood and hurricane recovery and as close to home as Pateros, Chelan and Broadview/Wenatchee for wildfire recovery, to Steven’s Pass for avalanche tragedy support, and our local schools for death by suicide and kids-at-risk mentoring. And while we each do our part, taking the chaplaincy training course and then making ourselves available, ultimately we rely on the Holy Spirit to set up divine appointments, guide our activities, and help us show respect for the property and the pain of those who are suffering.

Chaplaincy, a sacred calling, breaks down barriers, opens hearts, and demonstrates God’s love in tangible ways.

My name is Joyce Williams. I serve as Pastor of

Congregational Care and staff representative for the Chaplaincy ministry at Christ Center in Cashmere, Washington.

As a contributing author, my emphasis is what is termed “the ministry of presence.” Looking in the eyes of hopelessness with the love of Jesus lifts burdens. It reduces panic. It brings comfort, and it provides hope. Just being there. Listening. Offering to pray. Without a personal agenda. Without expecting payment. Invisible. Simply to serve. That is the heart of chaplaincy.

To facilitate this ministry, Christ Center has developed a written plan of action which includes a local, functioning program that responds to congregational and community needs as well as providing manpower for world-wide disaster relief. In addition, because preparation is critical, we also offer an annual certified training event that equips those who sense a call to chaplaincy, broadening their opportunities and insuring that the sacred calling of chaplaincy is as effective as possible.

But chaplaincy is only one part of the bigger missions picture. If you are looking for new possibilities and practical strategies to broaden your scope of ministry, you will find both in this book.

The King will reply, “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” Matthew 25:40

A pair of gloves and a shovel. A cup of cold water. A listening ear. All are snapshots of the ministry of chaplaincy; the call to lift burdens and absorb grief and trauma.

A foundational value of our Christ Center church family is touching lives through service. A major expression of that is our chaplaincy program. What began when a few staff members attended a training week in the Seattle area has continued to grow, until today trained team leaders provide management for Disaster Relief, Community Care, and Congregational Care, and trained chaplains volunteer when there is a need, covering everything from suicide support to sifting through the rubble of a burned home.

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Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

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<p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p>	<p>ST. JAMES EPISCOPAL CHURCH Morning Prayer, Evening Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions. Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.</p>	<p>SPIRIT LIFE CENTER 210 Benton Street • 548-7138 Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p>
<p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Worship & Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p>	<p>EVERGREEN BAPTIST CHURCH 5837 Evergreen Drive • 782-1662 • Sunday School - 9:45 a.m. • Morning Worship - 11 a.m. • Evening Service - 6:00 p.m. • Pastor John Smith www.christforcashmere.org</p>	<p>MONITOR</p> <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 782-2601 Church Service & Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana</p>
<p>CHRIST CENTER Cashmere Assembly of God • 509-782-2825 Worship Services are available ONLINE ONLY at 10 a.m. Sundays All updates on COVID-19 can be found at christcentercashmere.com/cc-updates Underground High School Group, ONLINE ONLY at 6 p.m. Sundays Lead Pastor, Steve Heney Children’s Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Director of Operations, Pastor Ian Ross High School Director, Kelsie Folden</p>	<p>DRYDEN</p> <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2618 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org</p>	<p>PESHASTIN</p> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org</p>
<p>LEAVENWORTH</p> <p>CASCADE MOUNTAIN BIBLE CHURCH “Where God’s Word Remains The Pillar Of Truth” 11025 Chumstick Hwy. • 548-4331 Sunday School 9 a.m. • Sunday Worship 10:30 a.m. AWANA (Youth Program) Weekly Bible Studies Wednesday 6:30 p.m. (school year) Pastor Todd James • www.cmbiblechurch.org</p>	<p>LEAVENWORTH</p> <p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.</p> <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.</p> <p>FAITH LUTHERAN CHURCH - ELCA “Reconciling Works Congregation” 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org</p> <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com</p> <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Mark Miller Youth Pastor, Kent Wright www.LCN.org</p>	<p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com</p>

See solutions on page B4

Maybe your family would enjoy...      ...learning about the Cherokee Nation.  Kids: color stuff in! 

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Cherokee Nation (Eastern Band)


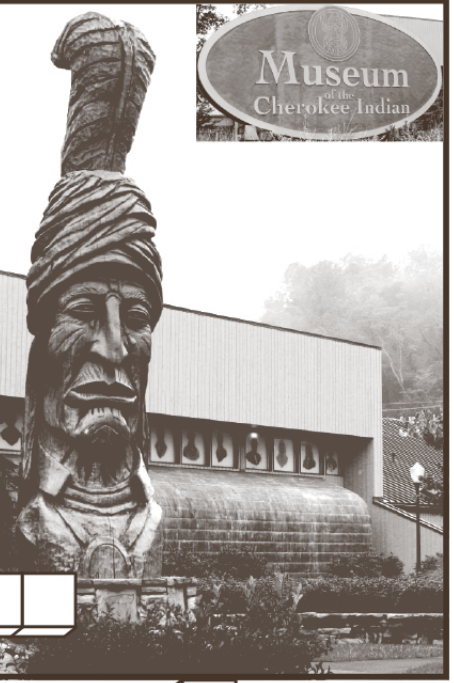
Did you know that archaeologists think the first people to live in North America were the Paleo-Indians? At the end of the last Ice Age (around 12,000 years ago) these people moved from Asia into North America on a land bridge that existed then. It is believed that they lived in small family groups and moved constantly to **hunt** animals like the mastodon (an elephant-like animal that is now extinct) and to **gather** foods like berries and nuts. Arrowheads for spears and other tools mark places where they lived.

In the Archaic period (8,000 to 1,000 BCE), families had homes with wooden poles covered with hides, which could be **moved**. In the spring they would move to the river valleys to **fish** and **collect** shellfish. In the fall they would move to the forest to hunt deer or turkey and gather nuts and berries. Archaeologists have studied **tools**, soapstone bowls, burial grounds and pottery to understand these people's ways.

In a more recent period, Woodland Indians, people are thought to have had villages as well as seasonal camps. **Corn**, a key part of the Indian diet, was introduced. The first evidence for the bow and arrow were found. It is believed that people were **trading**: salt, beads, shells, fish, pottery and animal skins.

During the next period, Mississippian Indians, settlements became more permanent. Squash, corn and beans, known as the **Three Sisters**, were important and foods from hunting and gathering were now added to the foods harvested from gardens. Beautiful **jewelry** and pottery were created too.

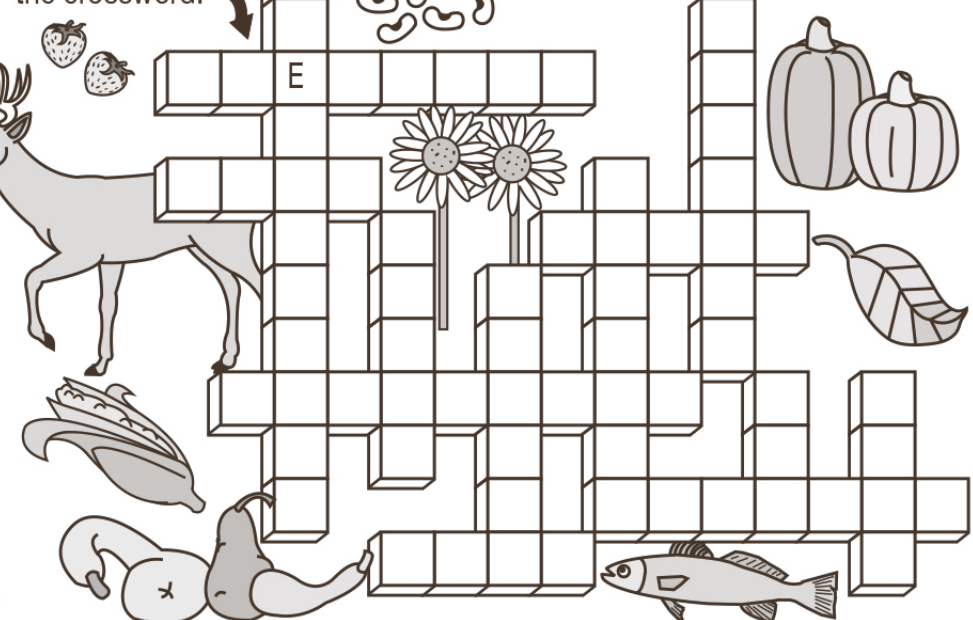
After 1650, when Europeans arrived, there were years of both peace and fighting. In 1836, the U.S. Senate accepted a **treaty** signed by a small group of **Cherokee** to sell their land and the Cherokee were forced to leave the east to be **resettled** in Oklahoma. They were expected to walk 1,000 miles to get there! On this hard walk, now called the "Trail of Tears," an estimated 4,000-8,000 people died. Some Cherokee refused to move and **hid** in the mountains. Many of their descendants now live on Qualla Boundary, a preserve.

WELCOME CHEROKEE INDIAN PRESERVE

About 15,000 Cherokee Indians live in North Carolina, mostly on tribal land. The town of Cherokee is in the Great Smoky Mountains.

Find the 14 words or phrases in **bold print** in Forest's story. Fit them into the crossword.



Burdens of COVID hit hardest among marginalized students

(StatePoint) Students are the greatest hope for the future, but for many, their plans are threatened due to burdens posed by COVID-19. Here are just a few of the issues students and families face today, and steps being taken to address these concerns:

- The digital divide: Recent images of two Latino children doing their online schoolwork in a Silicon Valley restaurant parking lot calls attention to the deepening digital divide in the COVID-19 era. Nationwide, 16.9 million lack the home internet access necessary to support online learning. A phenomenon known as the "homework gap," this issue disproportionately impacts students of color. According to the Alliance for Excellent Education, one out of three Black, Latino, and Native American/Alaska Native households doesn't have access to a home internet connection and one in six doesn't have access to a computer or device.
- Housing insecurity: For students in the LGBTQ community, campus closures have sometimes meant the loss of in-school counseling and the support of like-minded, accepting peers. When "home" is an unwelcoming or even unsafe environment, students can be at a greater risk for depression, anxiety, abuse and homelessness.

- Educational barriers: Distance learning creates new educational hurdles. With parents taking on an unprecedented instructional role, language barriers for non-English speaking parents can prove significant, like for Asian and Latino immigrants. What's more, certain programming for students with disabilities, including speech and physical therapy, can be tough, if not impossible, to provide virtually. Lastly, certain learning disabilities can make virtual lessons especially difficult to follow.
- Military family and school options: Continued access to quality education has always been a concern for military families, who often have no choice but to send their children to the nearest public school, whether it's the right fit or not. Today, this problem has grown in severity, as the level and quality of remote instruction can vary wildly among school districts.
- Lack of financial resources: Despite the economic disruption caused by the pandemic, colleges and universities are largely maintaining or increasing their tuition costs, leaving financially struggling students and families in a lurch.

Efforts to Help
In the face of today's many unprecedented challenges, help

is on the way. New emergency grants are being provided by organizations like UNCF, Thurgood Marshall College Fund, APIA Scholars, Point Foundation for LGBTQ youth, American Indian Graduate Center, Hispanic Scholarship Fund and Scholarship America for military veterans and people with disabilities. Career sites like Zippia offer annual scholarship lists for students such as this curated list for LGBTQ college students: zippia.com.

Additionally, organizations like Wells Fargo recently completed their new Wells Fargo Student Impact Scholarship in September 2020

to help students impacted by COVID-19. This initiative will provide 200 students with \$5,000 each in funds, which could help them cover various costs for their instruction and potentially make the difference in being able to continue their education. Since 2010, Wells Fargo has provided more than \$87.8 million across all higher education programs and sponsored events. For additional resources, visit the Beyond College Webinar Series for online training modules for students and recent graduates at collegesteps.wf.com.

While the hardships of the COVID-19 era can make it incredibly difficult to be academically successful or even continue school at all, new efforts are helping close the gap during this difficult time.



PHOTO BY DRAZEN ZIGIC / ISTOCK VIA GETTY IMAGES PLUS. Minority students face additional challenges in the COVID-19 remote learning environment.

CONTINUED FROM PAGE 1

two half-days per week. All schools in the district need to follow a similar schedule for the sake of the bus routes. Superintendent Tracey Beckendorf-Edou also mentioned that they're trying to match up sibling schedules so they are in school on the same days as much as possible.

Eight hours a week of in-person instruction is an important first step toward eventually bringing students back to the classroom for longer stints. The superintendent and the board don't want to rush the process. "It's better to make a little progress, so we're advancing with caution," said Beckendorf-Edou.

On a final note for the good of the order, Emily Ross, principal of Peshastin Dryden Elementary, described what she was seeing in the classrooms these days. "There was joy. But it also felt relaxed, and the children were learning," she said. "Everyone had to work hard to come together and make this a smooth transition."

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THE WASHINGTON OUTDOORS REPORT



PHOTO COURTESY DAN AYRES, WDFW.

Night Time Razor Clam Dig

Razor Clamming On Hold In Washington

By JOHN KRUSE

The Washington Department of Fish and Wildlife has announced razor clam digs in Washington are closed through November 12 and it's possible the closure could extend to December.

The reasons are twofold. One of them has to do with domoic acid. It's a toxin found in shellfish and at high levels can cause serious illness if you eat them. Razor clams near Long Beach (one of four razor clam digging beaches) were found to have domoic acid levels that made them unsafe for human consumption. Larry Phillips, the WDFW Coastal Region Manager said, "these toxins

have a tendency to hang on – it's not inconceivable that we'll have to wait until December before we're clamming again." So far, razor clams have tested as safe to eat at Washington's three other beaches (Twin Harbors, Copalis and Moclips).

So why are all of the beaches closed to clamming through November 12? According to the Washington Department of Fish and Wildlife, it's all about Covid-19 and preventing the spread of it to both clam diggers and the rural communities they visit along the Southwestern Washington Coast.

WDFW opened up razor clamming early this year, starting in September, to increase opportunities for those interested in participating in this activity. It turns out there

has been a lot of interest. Jason Wettstein, a WDFW spokesperson, said there have been several days since the September opening that have brought up to 10,000 clam diggers a day visiting the open beaches. Asked whether they are complying with social distance guidelines Wettstein replied, "Some are...and some aren't".

The importance of social distancing and wearing masks while visiting ocean beach towns has been a consistent message sent by tourism bureaus and chambers of commerce up and down the coast. These rural communities do not have a robust health infrastructure like large population centers do and there is a real fear the health

care providers in these rural settings could be overwhelmed if a Covid-19 outbreak occurs.

Asked about whether increased visitation has caused any outbreaks, Wettstein replied there have been increases in the number of Covid-19 cases in these

counties but he stated the healthcare authorities in the affected communities would be the ones to ask about this. Checking the Pacific County Health Department website Covid-19 cases have nearly doubled since the beginning of September from 60 on September 2 to 118 on October 27. However, only eight individuals have been hospitalized for Covid-19 in Pacific County and none have been admitted to hospitals since the middle of August. It is worth noting Covid-19 cases have been rising statewide since September 1 at a similar rate to what Pacific County is reporting so it is unclear what (if any) effect clam digging visitors to Pacific and Grays Harbor Counties are having when it comes to Covid 19 increases.

In spite of this, WDFW officials, after a series of meetings with county health officials along with mayors and county commissioners in this area, all agreed it would be best to close all of the beaches to razor clam digs for now. This prevents large crowds from congregating on the remaining open beaches.

This closure is a significant economic hit to these communities. With summer beach goes gone, razor clam digs are a healthy shot in the arm to the hotels, restaurants, stores and shops in these coastal communities.

The next scheduled clam dig is supposed to occur from November 13 and 19. Clams will be tested for toxins a few days before that happens. As for reopening during this continuing season of Covid-19? That will be another joint decision that will come out of meetings between WDFW and local community stakeholders.

In the meantime, you can go clamming along the Northern Oregon Coast but not for razor clams. Unsafe domoic acid levels have been found here too, prompting a closure. However, there are excellent bay clamming opportunities available at Nehalem, Netarts and Tillamook Bay. Just be sure to socially distance and wear a mask when around others!

John Kruse – www.northwesternoutdoors.com and www.americaoutdoorsradio.com

What will your legacy be?



DENISE SOROM
Director of Philanthropy

Every year arts organizations throughout North Central Washington get a financial boost thanks to Fred Johnson. Every year aspiring agriculture students receive scholarships thanks to Jane Lovejoy. Every year nonprofits throughout the Methow Valley will receive grants thanks to Ken Westman. Lives will be changed, communities will grow stronger, and dreams will be realized thanks to these donors. What is most remarkable is that Fred, Jane, and Ken are no longer here with us, but they have left behind a legacy of gifts through their wills.

Much ink has been spilled about the relentlessness of 2020, this year that keeps bringing us all to the brink with so many looming threats. For many of us, it has caused us to explore some pretty heavy "what if" scenarios: What if I lose my business due

to the shutdown? What if I lose my house in a wildfire? What if my children fall too far behind in school? What if I or a family member falls victim to this virus? People are also asking themselves what really matters to them in life, what values do they hold dear and how will these values be carried forth beyond their lifetimes.

At the Community Foundation of North Central Washington, all this questioning has resulted in a surge of donors who are deciding what their legacies will be in this community. Just as Fred, Jane, and Ken did, people are considering what causes they care about most, what types of youth might need a leg-up to achieve their future goals, or what communities they want to see prosper.

Luckily, it is our specialty at CFNCW to help people with these exact questions and to develop customized plans that will meet their needs. While many of you may know the Community Foundation from the grant-making, fundraising and scholarship work that we do throughout Chelan, Douglas and Okanogan Counties, the reality is that none of this work would be possible without the

core of what we do: stewarding permanently endowed charitable funds established by donors either during their lifetimes or through their estate plans. Over the past 34 years, we have worked with countless donors on their charitable goals. Some folks want to make sure that their church or a specific charity continues to receive funding from them beyond their lifetime. Some donors care deeply about the environment and want to see all groups doing good work in that field receive support. Other donors care about a specific community and want to see future generations succeed there. Some may want some combination of all of the above. Some donors want to be anonymous and some would like their family name to be remembered.

What is most important to realize is that one does not need to be a millionaire to leave a legacy. CFNCW has worked with all variety of donors, from schoolteachers to physical therapists and orchardists to physicians. We are happy to sit down with you and help you decide what you want for the generations that follow you. It does not take a huge fortune to leave a legacy, only a huge heart.



PHOTO COURTESY DAN AYRES, WDFW.

Sunset Razor Clam Dig

Should you get the new shingles vaccine?

This week, I've given two senior ladies their second shot of Shingrix®, the "new" shingles vaccine. Next week, I have a 92-year-old man scheduled to get his first one. He has already had shingles and wants to avoid the misery of another episode.

For most seniors, insurance covers at least part of the cost of the newer shingles vaccine, Shingrix®. One lady paid only \$36 for each dose of the Shingrix® vaccine, and insurance covers the entire cost for both injections for my other two patients.

This wasn't the case with Zostavax®, the previous shingles vaccine. While most available vaccines are at least 90% effective in most people, Zostavax® was only about 50% effective in preventing shingles in older adults. Most insurance companies refused to cover it. If you wanted Zostavax®, it cost about \$240 for the one injection.

What causes shingles?

Shingles is caused by the same virus that causes chickenpox, called herpes zoster. Shingles is not really a "new" infection. Instead, it's a reactivation of the herpes zoster virus. After you've recovered from having chickenpox, the herpes zoster virus isn't completely killed off. Instead, it sticks around, held in a suspended state inside your nerve cells by your immune system. If your immune system weakens, it may become unable to prevent the virus from multiplying again inside your nerve cells. This creates a different type of infection: itchy blisters on your skin accompanied by burning, tingling, and pain.

What is post-herpetic neuralgia?

Shingles happens when the chickenpox virus invades your nerves, causing burning, tingling, and often excruciating nerve pain, called "neuralgia." After recovering, some people will experience periodic "flares" of shingles from time to time. The painful tingling and burning from these episodes can last for months, even years.

Unfortunately, most of our pain medicines do not relieve neuralgia very well, making post-herpetic neuralgia a painful and lingering reminder of a shingles infection.

Why does this newer vaccine, Shingrix®, work better?

A compound called an adjuvant has been added to Shingrix® to help the vaccine boost your immunity to the herpes zoster virus. Adjuvants work to increase a vaccine's effectiveness by triggering a more robust reaction to it than your body otherwise would have, which boosts your immunity to it. The better your immune system responds to the vaccine, the better protection you get from both shingles and its unfortunate result, post-herpetic neuralgia.

Who should get this new shingles vaccine?

Anyone 60 years old and older should consider getting the new shingles vaccine. That's because older adults are much more likely to have a severe shingles infection or painful complications like post-herpetic neuralgia.

What's different about this new shingles vaccine?

The new vaccine, Shingrix®, is over 95% effective in preventing shingles when compared to Zostavax®, which is only about 50% effective. Instead of only one shot, Shingrix® is a course of two injections spaced 2 to 6 months apart. Each contains an adjuvant, which is a compound added to boost your immune response to the vaccine.

Where can I get the Shingrix® vaccine?

Your local pharmacy is your best bet. Shingrix® is billed through private insurance or through Medicare supplemental insurance under Part D, which covers medications. Most pharmacies have Shingrix® available and have staff that can administer the vaccine to you as well.

How much does Shingrix® cost?

That depends on your



Ask...
Dr. Louise

insurance. Without insurance coverage, expect to pay just over \$300 for the entire series of two injections.

Here are 5 Things To Know About Shingrix® Vaccine:

1. It's more effective than Zostavax®.

Shingrix® is over 95% effective in preventing shingles. The older vaccine, Zostavax®, was only about 50% effective for the prevention of shingles.

2. You will need 2 shots.

For best protection against shingles, you'll need 2 shots of Shingrix® spaced 2 to 6 months apart. Don't forget to schedule your second vaccination.

3. If you have already had shingles, Shingrix® can help.

Shingrix® helps reduce or prevent painful episodes of post-herpetic neuralgia, whether or not you have already had shingles.

4. It doesn't matter if you have already had Zostavax®.

You can get vaccinated with Shingrix® even if you already have received Zostavax®.

5. It's less expensive.

Even though they wouldn't pay for the older vaccine Zostavax®, insurance companies are much more willing to pay for Shingrix®. For example, two of my patients this week have their insurance covering the entire cost. My other patient is only paying \$72 for the complete series of two shots.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Check out her NEW website *TheMedicationInsider.com* for daily tips on how to take your medicine safely. 2020 Louise Achey

GIVE10

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Community Foundation of North Central Washington

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN

in re: IRMA HERNANDEZ, Child, IRENE DAWN SPEARS, Petitioner, and ASHLEY CROWELL, Respondent. NO. 17-3-00403-9

SUMMONS SERVED BY PUBLICATION (SMPB) SUMMONS SERVED BY PUBLICATION TO: Jenaro Hernandez. I have started a court case by filing a petition. The name of the Petition is: Non-Parent Custody Petition. You must respond in writing if you want the court to consider your side.

Deadline! Your **Response** must be filed and served within 60 days of the date this **Summons** is published: November 4, 2020. If you do not file and serve your **Response** or a **Notice of Appearance** by the deadline: No one has to notify you about other hearings in this case, and The court may approve the requests in the **Petition** without hearing your side (called a **default judgment**). Follow these steps: 1. Read the **Petition** and any other documents that were filed at court with this **Summons**. Those documents explain what the other party is asking for.

2. Fill out a **Response** on this form (check the **Response** that matches the **Petition**): [X] FL Non-Parent 415, **Response to Non-Parent Custody Petition** You can get the **Response** form and other forms you need at The Washington State Courts' website: www.courts.wa.gov/forms Washington Law Help: www.washingtonlawhelp.org, or The Superior Court Clerk's office or county law library (for a fee). 3. Serve (give) a copy of your **Response** to the person who filed this **Summons** at the address below, and to any other parties. You may use certified mail with return receipt requested. For more information on how to serve, read Superior Court Civil Rule 5. 4. File your original **Response** with the court clerk at this address: Chelan Superior Court Clerk 350 Orondo Street, Suite 501 Wenatchee, WA 98801 5. Lawyer not required: It is a good idea to talk to a lawyer, but you may file and serve your **Response** without one. Signed on October 30, 2020, at Wenatchee, Washington. JEFFERS, DANIELSON, SONN & AYLWARD, P.S. By: JORDAN MILLER WSBA #38863 Attorney for Petitioner Irene D. Spears. Published in The Leavenworth Echo/Cashmere Valley Record on November 4, 11, 18, 25, and December 2, and 9, 2020. #1068

Public Notices

City of Leavenworth Request for 2021 Comprehensive Plan Amendment Proposals

The City of Leavenworth is entering into the annual Comprehensive Plan Amendment cycle and is now receiving requests for proposals to amend the City's Comprehensive Plan, including the Land Use Zoning Map. For a proposed amendment to be considered for sponsorship by the City Council, submittal is due by December 31, 2020. Privately sponsored map proposals are due by January 31, 2021. Applications for amendments to the Comprehensive Plan are available online or by contacting the Development Services Manager, Liliith Vespier, at (509) 548-5275, or by e-mail at dsmanager@cityofleavenworth.com or mail City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826.

Published in the Leavenworth Echo/Cashmere Valley Record on November 4, and December 2, 2020 #1069

Public Notices

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE FINAL 2021 BUDGET

The City of Cashmere Preliminary 2020 Budget has been filed with the City Clerk-Treasurer. The Cashmere City Council will hold a public hearing on the Final 2021 Budget for the City of Cashmere on Monday, November 23, 2020, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. Copies of the preliminary budget are available by November 20th at Cashmere City Hall, 101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday. The public is invited to attend said hearing and make comment. Please call City Hall the Friday before at (509) 782-3513 for information necessary to connect to the public hearing, if in-person participation is not permitted by law. Written comments can be sent to Kay Jones, City Clerk-Treasurer at Kay@cityofcashmere.org. Kay Jones City Clerk CITY OF CASHMERE Published in The Cashmere Valley Record on November 4, and 11, 2020. #1015

Public Notices

CHELAN COUNTY PUBLIC HOSPITAL DISTRICT #1 NOTICE OF SPECIAL MEETING AND BUDGET HEARING CASCADE MEDICAL CENTER

NOTICE IS HEREBY GIVEN that the Board of Commissioners of Cascade Medical Center have scheduled a Special Meeting for the purpose of a rescheduled public hearing on the 2021 Budget. The Special Meeting/Budget Hearing will be held Wednesday, November 11, 2020 at 2:30 PM. The hearing will be held in the Arleen Blackburn Conference Room at Cascade Medical Center, 817 Commercial Street, Leavenworth. Due to Washington State Proclamation 20-28.11 regarding open public meetings, the public may attend via phone or Zoom video connection. Zoom Meeting ID: 981 6311 5670, Passcode: 497082 or dial in by calling 1 253 215 8782. Connection information will also be available on Cascade Medical's website at cascademedical.org or by emailing Adminoffice@cascademedical.org by 12:00 PM, Wednesday, November 11th. Published in The Leavenworth Echo/Cashmere Valley Record on October 28, and November 4, 2020. #1044

Public Notices

NOTICE OF PUBLIC HEARING

Notice is hereby given the Upper Valley Park and Recreation Service Area, Chelan County, Washington will conduct a public hearing via Zoom Conferencing on Thursday, November 12, 2020 at 9:00 AM at the Leavenworth City Hall, located at 700 US Highway 2, to review and approve the 2021 Final Budget that includes proposed expenditures, revenue sources, and a possible increase in property taxes. Copies of the proposed budget will be available by November 6, 2020. The public is invited to attend said zoom conferencing hearing and make comment; for more information on zoom conferencing, copies of the budget, or general questions you may contact Chantell Steiner, Finance Director/City Clerk at 509-548-5275, ext. 123. Published in The Leavenworth Echo/Cashmere Valley Record on October 28, and November 4, 2020. #1044

Help us honor and show support to our Veterans Veterans Day - Nov. 11

This is a **FREE SERVICE** to HONOR our Troops & Veterans Send us your Photo & Information by Nov. 4 | Publishes Nov. 11



Veterans Information Active Retired Deceased

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Medals & Commendations: _____ Service Branch: _____

_____ Service Location: _____

_____ Years of Service: _____

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ECHO RECORD 215 14th Street PO Box 39 Leavenworth, WA 98826

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Ad deadline Wed., Nov. 4 Publishes Nov. 11

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CROSSWORD PUZZLE

THEME: CARTOON CHARACTERS ACROSS

1. Brocadopa or Larodopa
6. They are often covert
9. Used for watering
13. Vexed
14. Took the bait
15. Spot for boutonniere
16. Old West pack animal
17. Big-headedness
18. Render harmless
19. *Bamm-Bamm's dad
21. *Angelica, Tommy and Dil
23. Opposite of yang
24. Archipelago unit
25. Solemn pledge
28. Depletes
30. Works, as in a bakery
35. Kind of beige
37. Hammer or sickle
39. ___ firma
40. Lecherous look
41. Computer key
43. Lure for a dieter, on a package
44. Tropical smoothie flavor
46. Health club offering
47. Hourglass filler
48. Popular saint's name
50. Pea ___ pl.
52. Limit, to some
53. Peace symbol
55. Like King George, 1760-1820
57. "Ill-tempered fourth-grader's last name"
61. *Beast Boy and Starfire
64. Rossini's offering
65. Lobe locale
67. Sure sign of fire
69. Pretend, two words
70. Number cruncher, acr.
71. Lusitania destroyer
72. Gave the boot
73. Pivotal

74. Santa Maria's companion DOWN

1. Party choice, abbr.
2. Clobber
3. Southern stew staple
4. *Stepbrothers' bipedal platypus
5. Apollo Creed's son
6. Toe the line
7. *Peppas or George's last name
8. "The buck here"
9. *King of the Hill
10. Milky-white gem
11. Dry as dust
12. Popular street-lining trees
15. Aglow
20. Related on mother's side
22. Type
24. Carbon-12 or carbon-13
25. *The "brains" of Scooby-Doo's group
26. Billy of '80s Billboard charts
27. Small songbirds
29. *Pinky Pie or Fluttershy
31. Unagi, pl.
32. A in A-ab, pl.
33. Did it to Kool-Aid
34. *Land mammal in Bikini Bottom
36. Give a pep talk
38. *Emmet Brickowski's brick
42. Spokes of a wheel, e.g.
45. *Mr. Magoo or Mr. Burns, e.g.
49. Bygone bird of New Zealand
51. Opposite of 'lies down'
54. Sweater style
56. More than one iamb
57. Float liquid
58. Mt. Everest to Earth
59. Network of nerves
60. Walked on
61. Cafeteria carrier
62. High part of day
63. 3-handed card game
66. *Magilla Gorilla, e.g.
68. Pilot's announcement

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			6	4				5
			8				7	
	1				2			9
	7		3		9			5
3			6					2
	2				1			
5			4	8				
6		9		2				

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CONTINUED FROM PAGE 1

is expecting to receive \$25,430 in new revenue based on \$22,878,377 of new construction. If the city elects to assess their 1 percent increase that would add another \$6,172 to the property tax revenue.

For years the property tax has fallen short of the public safety costs. The Chelan

County Sheriffs contract, Rivercom, Fire Marshall, Jail Services and Prosecution services for 2021 will total \$786,535. While property taxes will only provide \$652,130. Some safety costs are projected to decline slightly but it appears that is based on a reduction in the number of cases or calls. For example, prosecution charges are projected to


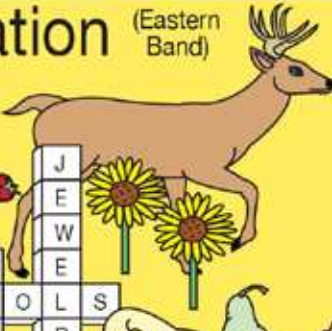

decline \$7800 but the per case charge increased 10 percent.

The council passed a motion to advertise a Request for Proposal concerning what the city should do if they purchase the Osborn School site. Council woman Sharon Waters said she opposed the motion because she believed the community had made it clear what they wanted. She was concerned

that it could become another Adventure Park controversy. The motion was passed.

Finally, the city went into executive session to discuss the Osborn School purchase. Following the executive session the council passed a motion to provide an option to the school district. Details of the offer were not available at presstime.

Cherokee Nation (Eastern Band)

TREATY

CHEROKEE

FISH

SOGLRY


RESETTLED

RDHCRIU

CORN

SEQUOYAH INVENTS AN ALPHABET

Sequoyah liked papers and books since they could be used to exchange ideas. He called them:



Arts and Crafts

- pottery
- beadwork
- doll
- baskets
- wooden items
- belt made by finger weaving
- masks
- stone artwork
- jewelry

- woven from river cane, white oak or honeysuckle
- carved from maple, cherry, butternut
- formed from clay, fired in pits of wood fires
- made of glass, used on clothing and for jewelry
- traditionally made from tree bark, gourd or animal fur
- may be made of buffalo fur, mulberry bark, some beads
- carved from soapstone, pipestone (a clay stone used for making pipes)
- may be made with stone, silver, beads
- made from cornshucks, cloth

Check the weathercams on the web before travelling over the mountain passes!

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www.cashmerevalleyrecord.com

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SNOQUALMIE PASS
Interstate 90
click here to see webcam

STEVENS PASS
U.S. Highway 2
click here to see webcam

NCW School Districts receive \$106,633 from Community Foundation

SUBMITTED BY JENNIFER DOLGE

The Community Foundation of North Central Washington has disbursed \$106,633 to all school districts in Chelan, Douglas, and Okanogan counties from donations made to the Back to Basics school fundraising campaign in September. The funds will directly help students and families who are struggling from the effects of the pandemic.

“Earlier this spring when schools shut down, we heard a few stories about students having a hard time staying engaged in remote learning because they were having to care for their younger siblings, or their parents lost jobs and were struggling to put food on the table” said Beth Stipe, the foundation’s executive director. “We knew we had to do something about it, and help provide some basic needs so they could focus on their education as much as possible.”

The Board of Trustees approved \$55,000 to kick-start the campaign. Each district received a portion of these funds based on their district’s population and number of low-income students. Donations

from the public were directed to the districts of their choice.

School district family advocates, teachers, and counselors who work closely with students will identify and distribute the funds. This

process is already in place in schools; the funds will simply provide greater opportunities to help students.

“When we reached out to the family advocates and counselors, they were

so grateful for the added support” said Jennifer Dolge, director of donor services and communications. “They see first-hand the challenges many students and their families face, especially during this year of with the pandemic and wildfire. Now they will be able to give them even greater support.”

Funds will be used for food, clothing, school supplies, health and personal hygiene needs, and sanitation items.

While the campaign is complete, donations can always be made to school districts or PTAs to support students who really need our help this year.

For more information, visit www.cfnw.org or call 509-663-7716.

The Community Foundation of North Central Washington’s mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$85 million in assets through 500+ individual funds and has awarded over \$35 million in grants and scholarships.

BACK TO BASICS RECIPIENTS		
1.	Brewster School District	\$4,740
2.	Bridgeport School District	\$4,272
3.	Cascade School District	\$5,599
4.	Cashmere School District	\$3,911
5.	Eastmont School District	\$14,631
6.	Entiat School District	\$2,922
7.	Lake Chelan School District	\$5,094
8.	Mansfield School District	\$3,272
9.	Manson School District	\$3,709
10.	Methow Valley School District	\$3,103
11.	Nespelem School District	\$3,602
12.	Okanogan School District	\$4,172
13.	Omak School District	\$5,222
14.	Orondo School District	\$2,902
15.	Oroville School District	\$2,975
16.	Palisades School District	\$1,937
17.	Pateros School District	\$3,257
18.	Stehekin School District	\$2,047
19.	Tonasket School District	\$4,590
20.	Waterville School District	\$2,912
21.	Wenatchee School District	\$21,769

Five reasons we must increase diversity in medical research

(StatePoint) For better or worse, the COVID-19 pandemic highlights the devastating impact health inequities have on people of color; especially members of the Black and Hispanic/Latino communities.

Mentions of medical studies are at an all-time high, given the focus on the search for a COVID-19 vaccine; but it’s important to understand that research has existed since the advent of modern-day medicine. It is through research that we learn if a treatment is safe and works as it is supposed to.

Participation in medical research is particularly important if you are from a racially and/or ethnically diverse background because these groups have been historically underrepresented. Here are five reasons why this matters and what you can do for yourself and others.

1. Shifts in Population. According to U.S. Census data, Black/African Americans represent 13% and Hispanics/Latinos make up 18% of the

U.S. population. However, from a clinical research perspective, the U.S. Food and Drug Administration (FDA) reports that Blacks only represent 5-7% and Hispanic/Latinos 1-6% of the volunteers in medical research. Caucasians account for 67% of the population, but 83% of research participants.

2. Treatments proven to work for everyone. Medical research, and the people who volunteer for it, are essential to the development of ways to fight illnesses. Research has shown that certain populations can be at higher risk for different diseases, such as diabetes and heart disease. That’s why it’s important for studies to include diverse volunteers who represent the population most likely to be treated with the medicines or devices being studied.

3. Equal access to care. Everyone deserves quality healthcare but, unfortunately, not everyone has equal access to it. According to the U.S. Department of Health and Human Services, members of

the Black/African American community are 30% more likely to die from heart disease than Caucasians. Additionally, The Center for American Progress reports that one in five Hispanics/Latinos in the U.S. don’t seek medical care due to language barriers.

4. Knowledge is power. Research shows that by putting your health first, you may fare better. As you learn more about your health risks, it’s important to consider learning about medical research that may benefit you. By volunteering, you might gain access to cutting-edge treatments and ensure your condition will be closely monitored. Talk to your doctor about the studies underway and search for clinical trials by visiting www.clinicaltrials.gov.

5. Safety for all study volunteers. It’s understood that there’s a level of mistrust in medical research based off historical abuses experienced by women and people of color. That does not happen in today’s research as it is

closely monitored to ensure protection of all volunteers. When volunteering for a study, you will be given information explaining what will take place and before anything happens, you must give your approval to participate. If at any time you’re not comfortable, you have a voice to express your concerns with your physician.

One initiative working to improve inequities is the Boston Scientific Close the Gap program, which aims to help all patients understand their medical condition and different therapies available to help them live better lives. This includes broadening clinical trial participation. More information can be found at knowyourhealth.com.

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