

# OPINION

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## YOUR VOICE

### Thank you!

I would like the people of The Dalles to know how lucky we are to have police and firemen that will go beyond the call of duty to help us.

At about 3 a.m. I had my kitchen flooded. I called 911. Policeman Doug Cramer came and got the water shut off and proceeded to clean up the water and Captain Steve Brown arrived and proceeded to help also.

The work they did was way beyond the call of duty, and so much appreciated!

They deserve lots of thanks.

**Zelta Wasson**  
The Dalles

### Safety first

Please, 25 MPH means just that, 25 MPH. Let's be aware of our speed whilst traveling May Street and know it's OK to slow down.

**Natasha Markovich**  
Hood River

### Kudos for Bentz

I am very appreciative of Congressman Cliff Bentz who, against strong political headwinds from Republican Congressional leadership and the ex-president, voted in support of creating an independent commission to learn what led up to the violent Jan. 6 insurrection and storming of the U.S. Capitol. I agree with Congressman Bentz that we need to learn what happened and take steps to ensure it won't happen again.

While I cannot fathom why every congressman wasn't on board in voting for the commission, I'm thankful our representative voted for uncovering the facts, and supporting the Constitution and the rule of law over party politics.

**Bruce Ruttenburg**  
Hood River

### It's about the land

How strange when people condemn the Hebrew Scriptures without ever reading them. How in the world does one do that? Is that fair and honest or even reasonable?

Well, I acted exactly the same many years ago. Why do people

### Must be May



Rose bushes are in bloom next to Columbia Gorge News' The Dalles office on W. 10th Street.

Jacob Bertram photo

condemn the Hebrew writings without ever touching them, let alone read them? It is easy. It is easier to bash them than to take the time to read any of it. I did it. Why? What was my reasoning based on? Same as yours. Pastor and the church system destroy all respect these books deserve. If I read them would I act and speak like that?

It is impossible (nearly) to convince a reasonable intelligent person to touch the books let alone read a chapter of these very

mysterious maligned Hebrew Scriptures.

So how does someone like me with the duty and responsibility to inform one individual in the community that the Hebrew Scriptures hold the one truth when there is such contempt? Trust me it ain't easy. Since living in the Gorge no one has taken my suggestion. That is how much hate and contempt people have for a book they know nothing about. I did not know either until I studied and examined it.

Suggestion: Don't focus on the “miracles.” Don't be concerned with the difficult to comprehend Noah's Ark and the flood. It contains vital foundation principles, but wait. Don't even try to imagine the birth of a boy from a virgin girl. The ancient miracles within “the books” will not convince you of its divine source. Miracles must be visibly witnessed.

The entire world has been given a visible miracle. Yahshua and almost all the Hebrew prophets foretold

of the return of the Jews to “their” land. The political resurrection of Israel is a miracle. They have struggled with the world for over 70 years to fulfill this very specific prophecy. The Scriptures prove themselves genuine for only a creator could reestablish the nation of Israel amongst such international hostility. It is all about the land. Don't allow hate to blind the miracle you've been given.

**Gary Fischer**  
The Dalles

## COPING WITH COVID

# I survived the vaccine so I can survive COVID

Dr. Maile Anslinger, an internal medicine physician in The Dalles, has a persuasive message when she talks to patients about the safety and effectiveness of the COVID-19 vaccine.

She tells them: “I took this vaccine, and I did have some side effects. Even when I didn't feel well I was glad, because I knew it was working. I survived the vaccine so I can survive COVID. And I want you to get it too, so you survive.”

The main concerns she hears from her patients are about side effects, so she is upfront that they can be expected, but that they are short-lived and better than getting COVID.

She recounts that she was a bit tired and had a headache after the first shot. After the second, she felt achy with a bad headache and a fever. So she went to bed early and felt fine the next day. “I acknowledge there can be side effects, absolutely, but they will pass.”

Another top concern she hears is about safety. “People want to know, is it safe? And they want to know how I know it's safe. They're worried it has not been completely tested. And they ask, ‘Isn't it too soon to know if this is safe for us?’”

She said, “My response to that is, this may be a new type of infection, but vaccines aren't new. We have over a hundred years of study to know how vaccines work in our bodies. And I try to tell people, ‘Think of a vaccine as like a drill. We've spent many years, especially the last 50, developing the best possible drills that we can. When a new infection comes along, it's a little bit like changing out the bit. We

already had the vaccine technology, and we know how they interact with the immune system. It's like knowing how to plug in the drill and knowing how to turn on the drill. We just need the right bit to make it fit to the infection.”

“This is based on lots of solid science. It's not brand new, it's just a new infection.”

She said, “We know a lot about long-term vaccine safety,” and in fact, “These are being monitored more carefully than any other vaccine in our history.”

That was how the rare blood clotting disorder was found with the Johnson & Johnson vaccine. It was paused for 10 days and then returned to usage after officials found the benefits far outweighed the risks.

The clotting disorder is so rare Anslinger has only seen it twice in her 20 years in medicine. Neither instance was from a vaccine. It's very serious, but can be managed, she said.

For the 15 women who experienced the rare blood clots, “that was really, really hard, but there are also 8 million people that didn't have any problems and that's really important to keep in perspective.”

Many patients wonder why they should get the vaccine if they still have to wear masks in many places. She said, “It's important to remember that most vaccines don't prevent infections completely in everyone. The COVID vaccines do a very good job preventing you from getting so sick that you have to go into the hospital, and preventing you from getting so sick you might die. However, with so many people



Dr. Maile Anslinger, an internal medicine physician in The Dalles.

still not vaccinated, and able to spread the infection, it's best not to take a chance in indoor spaces with people who may have the virus and not realize they are spreading it. This is especially important for older people and those with health problems.”

While there were more fears a

few weeks ago from patients that the vaccines might not protect well against variants, she said the question has died down as we learned it wasn't as much of a problem and the story faded from the news. She tells them the vaccine may not be perfect, but she doesn't want them searching for something perfect

only to miss out on something good.

To patients who feel COVID is “overblown” or “just a bad flu,” Anslinger said even the flu can be dangerous and she's had patients die from it. She tells patients to get the flu shot every year because of that, even though it's been a long time since she had a patient die from flu. The COVID infection is a lot more dangerous, though, and she's had patients very sick from it.

“I've had to sign death certificates for people in this community who died of COVID and I don't want to do that for anyone else, I really don't.” She tells patients that maybe someday, when they're very old and it's their time, she will sign their death certificate, “but not right now, not for this, if we can help it — and we can.”

One patient reluctantly asked whether the vaccine would affect her DNA (it won't) or whether it might contain a microchip (it doesn't). She said it's tempting to dismiss those concerns, but she knows “it's hard to sort out what we should be scared of and what we can disregard.”

She empathizes with how people are “swayed by very passionate expressions of fear.” She encourages people to be thoughtful and ask questions of people who really know about the vaccine.

For more information, contact North Central Public Health District at 541-506-2600, or visit [www.ncphd.org](http://www.ncphd.org) or find them on Facebook.

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