# **Ethiopian Orthodox Church in Lynnwood** celebrates 100

The Aloha Spirit is alive and well at **Bobby's Hawaiian Style Restaurant** 



With new FAA ruling, unmanned drone delivery services likely

Real News > Real Impact

# Vaughn's Teaching Farm and Kitchen









## By MARIO LOTMORE

A chilly, grey summer's day isn't all that unusual for Puget Sound residents, and May 8 was no exception. To many, our perennially overcast skies paint a bleak portrait for the rest of the day, but this Saturday was anything but bleak in Lynnwood.

That's because the concentrated joy at Vaughn's Teaching Farm and Kitchen, who hosted their Start Sale from 9 a.m. to 3 p.m., outshone the mercurial skies.

The free event was hosted by 29-year Alderwood residents Eric and Rachel Vaughn. The Vaughns have been active community volunteers for over 20 years by supporting the Lynnwood Food Bank, assisting burn victims, and working with kids.

The three and a half acre Vaughn farm,

which includes the surrounding woods and wetlands, is in unincorporated Snohomish County and produces natural products as opposed to organic. Natural products are naturally produced and minimally processed. Organic products are grown using modern techniques and synthetic chemicals to improve its quality.

The farm has an education space and a petting farm for kids. At the petting

farm, two Rex rabbits, 30 chickens, and three prize-winning goats named Penny, Nellie, and Scarlet – with two kids well on the way – roam the area.

In the play area, Vaughn has a balance station in which kids get to practice their motor skills by placing vegetable-painted stones on scales until it comes to a balance.

Continued PAGE 08 >>

# Garden Senior Village 6425 196th St. S.W., Lynnwood

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# Mukilteo prepares for upcoming Housing Action Plan vote

By KIENAN BRISCOE

MUKILTEO, Wash. - BERK Consulting prepared a Housing Action Plan (HAP) drafted April of this year for the city of Mukilteo that will be voted upon after an upcoming public hearing for May 17. The vote is scheduled for the June 7 regular business meeting.

This HAP aims to address current and future housing needs within the Mukilteo community with the intention to better understand what housing challenges residents, workers, and employers face.

What was found through the Housing Needs Assessment (HNA), contributions from the Mukilteo community, and a review of the city's existing comprehensive plan and development regulations is that older adults may have difficulty remaining in Mukilteo and families are struggling to find suitable housing in Mukilteo due to rising costs, and local businesses may be unable to hire the best employees because housing prices make it less competitive employers.

The strategies set forth by BERK Consulting is to provide:

- Accessory dwelling units (Small lots on the same lot as a primary dwelling unit)
- Duplexes (two independent units in a same building)
- Cottage housing (Smaller scale, detached single family residential housing with a central common open space)
- Townhouses (dwelling units that



Mukilteo Loghthouse. Source: City of Mukilteo.

share walls with other residential units but have their own individual access, a private garage, and are usually owner-occupied)

- Mixed-used development (residential, retail, office, or commercial services all in one building)
- Process improvements (improve permit review processes)
- Zoning improvements (revisiting bulk regulations and evaluating permitted uses)
- Comprehensive Plan updates (Revisiting comprehensive plans every eight years, per Washington's Growth Management Act, to ensure progress is being made to meet current and emerging housing

needs

- Housing programs (provide a onestop resource for information of interest to the community)
- Additional Community-driven strategies (additional, community suggested strategies to help address identified housing needs).

The city of Mukilteo is primarily a residential community with much of the housing stock built in 1990 or later and in good condition, according to the HAP Project Scope of Service. At an estimated project total of \$100,000, the grant was funded through HB-1923 – a bi-partisan bill signed by Governor Jay Inslee in 2019 to increase urban residential building capacity under the

Growth Management Act.

"Affordable housing is federally defined as any housing in which the occupants spend 30% or less of their monthly income on housing," said councilman Louis Harris on the need for a HAP in Mukilteo. "In my perspective, regardless of the individuals and families that spend more or less than 30% of their income on housing, this is the type of information that the City, County, State, and Nation needs to make sound policy decisions to address the issues facing our residents.

"My job as a public servant is not

Continued PAGE 11 >>

# Marysville to undergo several upcoming construction projects

By **KIENAN BRISCOE** 

MARYSVILLE, Wash. - The city of Marysville is undergoing several construction projects to make the city more accessible for people with disabilities.

One of these is to install ADA ramps and rectangular rapid flashing beacons (RRFB) at the intersection of 100th ST NE and 59th, to improve safety for crossing pedestrians.

The city warns drivers to expect intermittent traffic delays and potential single-lane closures between 9 a.m. and 3 p.m. near the intersection of 100th Street NE and 59th Drive NE starting May 3. Crews will be installing new ADA ramps and related intersection

safety improvements, as part of the Highway Safety Improvement Program, according to a city news release.

Another project to improve accessibility is the state avenue Highway Safety and Improvement (HSIP) project, which will add ADA ramps as part of the signal replacement at 80th ST. Additionally this project will add ADA improvements at the 3rd, 6th, and 76th ST intersections along State Avenue. These ADA ramp improvements are funded by the Federal Highway Administration (FHWA) as part of the American with Disabilities Act (ADA).

Street NE and 59th Drive NE starting May 3. Crews will be installing new ADA ramps and related intersection These projects are funded by a grant awarded from FHWA's Highway Safety Improvement Program (HSIP). The

funds for this program are administered by WSDOT in partnership with local agencies like the City of Marysville, providing a total of \$651,220 in funds. The City Council awarded the project construction contract during the Council meeting on February, 8, 2021, to Colacurcio Brothers, Inc. in the amount of \$589,897, according to Senior Project Manager Steven Miller.

Although the construction began during National Autism Awareness month, the timing was completely coincidental, Miller said. The project was originally scheduled for early 2020 but underwent several delays in its process, pushing it back to early May of this year.

Apart from ADA improvements, massive construction projects are underway for the city of Marysville including an extension of the existing HOV lane from Everett to Marysville. The funding for this project was approved in 2015 by the Washington State Legislature in the Connecting

Washington Transportation Package, underwent design from 2017-2020, will be advertised in June 2021, construction to being in 2022, and scheduled to completed in 2024.

The City of Marysville had involvement in the early scoping of these improvements with WSDOT, who is the agency responsible for the project, and is funded as part of the State's 2015 Connecting Washington funding package, according to Miller.

The population of Snohomish County increased by over 400,000 residents between 1980 and 2018 and is expected to gain another 200,000 residents by 2035, according to the WSDOT.

Because of this explosive growth, the number of vehicles traveling northbound each day are around 65,000, as well as congestion created at the I-5/SR-528 interchange in Marysville, often lead to heavy congestion and long commutes according to WSDOT.

# LYNNWOOD TIMES

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# City Council talks Housing Action Plan and council vacancy

By **ERIN FREEMAN** 

LYNNWOOD, Wash. – At the May 10 business meeting, the Lynnwood city council held a public hearing on the city's housing action plan.

The city of Lynnwood's Department of Development and Business Services presented the proposed Lynnwood Housing Action Plan to the council and the community.

The Housing Action Plan serves to identify goals and policies regarding housing affordability, and the strategies that the city may undertake to help address housing affordability said the city's Director of Development and Business Services David Kleitsch.

The city's Senior Planner for Development and Business Services Kristian Holdsworth explained that the housing action plan forms Lynnwood's five-year goals and strategies to promote housing options that are safe and affordable for all community members.

Holdsworth outlined the plan's four main goals, which include producing housing that meets the needs of the community and preserving existing affordable housing. They also intend to partner with housing educators and providers to find equitable housing solutions while removing systematic barriers and prepare for the city's continued growth.

Council action on the Lynnwood Housing Action Plan is scheduled to take place during the May 24 business meeting.

In other business, the council held a discussion to review interview questions for candidates for the vacant city council position.

Each applicant interview will be limited to 30 minutes total, and each applicant will be asked to compose a three-minute introductory presentation and a two-minute closing statement. Current council members will have an opportunity to pose one question to the applicant that is relevant to the position.

Councilmembers Christine Frizzell and Ruth Ross stated that one question they would like to ask applicants is if they intend to run for the vacant position or one that is currently occupied.

Interviews will not be private per violation of the open meetings act, so one call for concern from council members was applicants interviewing after others potentially having an unfair advantage through knowing what questions are being asked and having additional time to prepare. In response, the council discussed preparing a set of questions that can be rotated through.

The candidates vying for the vacant



Lynnwood City Council members in the council chambers at city hall. Pictured left to right: Ian Cotton (vacated), Ruth Ross, Julieta Altamirano-Crosby, Christine Frizzell, George Hurst, Shannon Sessions and Jim Smith.

council seat left by former councilman Ian Cotton are: Michael Miller, Nick Coelho, Nicole Guenther, Nazanin Lashgari, Patrick Decker, Christine Eck, Neil Weiss, and Michael Wojack.

On May 17, the council will move into a meeting following interviews where council members will vote on the eight candidates, each ranking their top three. Votes will get tallied up, and then-Mayor Nicola Smith will announce how each member voted.

"At the end of the evening, people

will know how each council member has voted," explained councilmember George Hurst.

By June 2, the Lynnwood City Council will have a new council member, who will be sworn in that night.

Future Lynnwood City Council Business Meetings, Work Sessions and Committee Meetings can be streamed live by the public at https://www.youtube.com/user/CityofLynnwood/live.



# Edmonds Establishes HASCO as city's official Housing Authority

By **KIENAN BRISCOE** 

EDMONDS, Wash. - A motion was passed, 6-1, at Tuesday's city council meeting held May 4, for the city of Edmonds to partner with the Housing Authority of Snohomish County (HASCO).

The inter-local agreement (ILA) establishes HASCO as the city's official housing authority, allowing the organization the ability to provide additional housing in Edmonds for low-income households, should an opportunity arise.

Executive Director of HASCO, Duane Leonard, presented information about the countrywide agency and its work at the April 20 city council meeting concluding that Edmonds remains a 'challenging jurisdiction as real estate prices are extremely high'.

The Edmonds-HASCO partnership could focus on collaboration with existing resources and regional partnerships with other organizations or neighboring cities, as well as create the opportunity to explore long-term solutions, according to Leonard's report.

HASCO currently owns and operates three properties within the city of Edmonds. Two of these serve only seniors, aged 62+ and persons with disabilities, totaling 88 units but there are more than 100 people on the waiting list.

The third property is general income-restricted, with a legal requirement to rent at least half of the units to residents with an income below 80% area median income (AMI), with 60 of those units rented to residents at or below 50% AMI.

The ILA will not change any City codes, zones, densities or other planning-related items. It establishes HAS-CO as the City's official housing authority and allows the agency to buy and operate affordable housing properties within Edmonds in accordance with other City requirements, according to the presentation.

The partnership between the City and HASCO aims to promote:

- Research on housing statistics relevant to the City and Snohomish County, as well as information on best practices in affordable housing.
- Coordination on possible regional partnerships with neighboring jurisdictions, non-profit organizations, or other groups as the parties mutually deem appropriate.
- Regular communications between appropriate HASCO and City staff

to provide information on existing housing programs available to City residents.

Councilwoman Kristiana Johnson, who was one the only nay, voiced her opposition to the agreement..

"I will not be supporting this for the

simple reason that it was considered something that would be low hanging fruit from the housing commission. My objection is we have not talked through how we want to address the recommendations. It's imperative that we, as a group, decide how we want to handle

Continued PAGE 04 >>



# Beverly Elementary PTA organized a rock garden for Earth Day



### By **GERTI KATRO**

LYNNWOOD, Wash., — Under the motto, "Take one for inspiration, leave one for motivation," was an April 24 event organized by the Beverly Elementary School PTA that culminated with a rock garden. This event, held at the Sundquist Family Nature Park in Lynnwood was part of the Earth Day celebration and had intention to bring the community together.

A rock painting party that culminated with a rock garden, was the main

activity that brought together children and their families in this area of town. Another important reason was preservation of the park, which has potential to attract more nature lovers.

Cutting the Beverly Elementary rock garden ribbon and giving a start to the occasion was a special guest: The school mascot which, no surprises, is a dog named Beverly. The participants had a chance to not only display their rock painting skills but also to show love for nature by volunteering to trim, clean and cut bushes around the park.

"It has a good impact for the community. We have the rock paint garden as a symbol for preservation of the earth. By doing this we are doing a fun activity while taking care of the area around the park. This way we give something to nature and bring the community together," said Regina Jeffers, vice president of Beverly Elementary School PTA. Jeffers was one of the main organizers of the Rock Paint Garden event.

The event, which took place under strict social distancing rules including

the use of disinfectant, hand sanitizer and masks, continued, even when a rainy afternoon tried unsuccessfully to ruin plans.

To be part of the event, everyone reserved their spot ahead of time. There were different time slots, with a limit of four people per table. The attendees, who were mainly school students and their parents, could bring their already painted rocks or paint one on the spot.

"Everyone can bring or paint one rock and leave it for the garden but also can take one and hide it in the neighborhood for someone else to find. This will spread out the sense of community inspired by the garden," continued Ms. Jeffers. The painted rocks included different artwork but mostly earth symbols as a tribute to Earth Day.

Friends of Sundquist Nature Park secured approval of the garden space from Snohomish County Parks and Recreation Department. The garden will be maintained by the Beverly PTA. They promised this will not be the last activity of this kind.

The board plans to bring almost monthly, a similar get together for the neighborhood, including a carnival themed party in June that will take place in the parking lot of Beverly Elementary School.

# Mukilteo creating plan for American Rescue Plan Act Funding

By **ERIN FREEMAN** 

MUKILTEO, Wash. - Community members were invited to a virtual town hall to share ideas as to how the city should consider the \$4.6 million it will receive through the American Rescue Plan Act.

The \$1.9 trillion American Rescue Plan Act package includes the allocation of \$350 billion in emergency funding dispersed to state, local, territorial, and Tribal governments for coronavirus recovery. \$130 billion of that is set aside specifically for local governments to split between municipalities and counties.

The April 27 town hall was held to begin discussions regarding how the funding could be spent. The city is permitted to use funds to focus on recovery from the coronavirus pandemic but has yet to receive specifications as to if there are restrictions as to what the money can be used for. The city expects to receive specific details in May.

Funding is flexible, says the city, and according to the legislative package, American Rescue Plan Act funds may be used to respond to the COVID-19 public health emergency or its economic impacts, provide government services to the extent of reduced revenue due to COVID-19, or make investments in water, sewer or broadband infrastructure.

Mukilteo Mayor Jennifer Gregerson stated that she's already held a focus group with the Mukilteo Chamber of Commerce, business owners, nonprofits, as well as city leadership and department directors. Public input was desired as well to inform Mayor Gregerson and the Mukilteo City Council on how to use spending to invest in the community.

Ideas generated at the community town hall and focus group range from funneling funds into community health, increasing diversity in the community and city communications, city services, infrastructure and environment, community safety and economic recovery.

"I hope to fuel a successful recovery from the pandemic, for our residents and businesses alike," Gregerson told the Lynnwood Times. "I'm excited about the opportunity for transformative change and looking forward to the ongoing conversation in identifying our priorities. This will likely be a multi-year process, as we identify early projects, and others that will take place in 2022, 2023 and 2024."

Funds must be used by December 31, 2024.

Mayor Gregerson and staff will continue to gather ideas for use of the funds and will be reviewed against the guidance received in May. A preliminary proposal as to how the funds could be used will be created and the topic will



Mukilteo Mayor Jennifer Gregerson. Source: Jennifer Gregerson.

be discussed at one or more upcoming Land Use and Economic Development Committee meetings. The full Council will discuss fund distribution at the June 5th retreat. Community members can provide feedback and suggestions for funding at elected@mukilteowa.gov.

from page 3 **HASCO** 

it," Johnson said.

A need for this ILA was found through recent studies focused on housing development. One conducted by the Edmonds Citizens Housing Commission in January 2021, which passed a 14-1 vote, allowing HASCO to operate within Edmonds geographic boundaries. A second by the Snohomish County Housing Affordability Regional Task Force (HART) in January 2020, which encouraged cities to enter into cooperation agreements with HASCO and Everett Housing Authority, and third the Edmonds Housing Needs Study in

2018 which found 'Institutional capacity for administering rental assistance is limited.

According to Leonard, HASCO is a more effective solution as the City lacks the capacity to coordinate with existing public housing agencies for rental assistance.

# Local leaders attend South Lynnwood Park groundbreaking



Dignitaries posing in front of the new mural, "Grateful Steward," recently painted at South Lynnwood Park. Photo by Erin Freeman.

### By **ERIN FREEMAN**

On May 10, local leaders gathered for a ceremonial groundbreaking for the City of Lynnwood's South Lynnwood Park renovation and renewal project.

City of Lynnwood Mayor Nicola Smith, Lynnwood City Council members and Parks, Recreation and Cultural Arts Department staff gathered with U.S Representative for the 2nd Congressional District Rick Larsen and State Representative for the 32nd District Cindy Ryu, for the groundbreaking ceremony.

The project will include replacing and expanding the picnic area, moving the basketball court, and replacing the space with an artificial turf soccer field, while also resurfacing the tennis/multisport court and adding a new picnic for park and trail users is additionally planned and a new picnic shelter and seating will be added.

Improvements will be made to the restrooms, pathways, and drainage of the grass lawn and natural areas.

"Lynnwood has always been the gemstone of South Snohomish County and redeveloping this park area for our community is going to make a big difference," said Lynnwood City Councilmember Jim Smith. "It helps the families, it helps the sense of community and will be a great place to come to enjoy the community."

A compelling new characteristic is a mural painted by Gabrielle Abbott on the restroom building next to the playground. Her design titled, Grateful Steward, takes inspiration from First shelter and seating. A new bike station Nations cultures, with drawings and ideas for the mural's design collected from 5th graders at College Place Elementary after Abbott provided them with nature-themed art instruction.

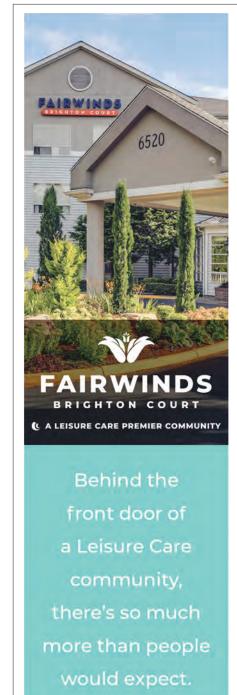
South Lynnwood Park is a 4.2-acre neighborhood park in the city's most racially diverse neighborhood. Developed in 1978, many of the amenities no longer meet the community's need for physical activity and community gatherings. The redevelopment aims to provide accessible recreation opportunities for South Lynnwood residents.

"For the residents of Lynnwood, the parks of our city are a vital part of our community," said Lynnwood City Councilmember George Hurst. "The redevelopment of the South Lynnwood Park is an important step in providing a great addition to the neighborhood. There will be open spaces for recreation, and a chance to have a peaceful retreat from the stress of our daily lives. The public artwork, the accessible play areas and the new outdoor sports amenities will create a true center of community for this area of Lynnwood."

Lynnwood City Councilmember Christine Frizzell says the park has a special place in her heart, having worked for the company that put in the original amenities as a college student. She says she's excited to see the park redeveloped to suit the current needs of the community.

"The redevelopment will give the place a sense of identity, and the mural goes a long way towards doing that," said Frizzell.

Construction for the park is expected to be completed by December 2021.



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# Snohomish County Festivals and Fairs - What to look forward to this season

### By KIENAN BRISCOE

It's beginning to enter festival and fair season in Snohomish County and, while some events have begun their planning, many still await local and state restrictions to announce their commencement.

### City of Snohomish

The Kla Ha Ya Days Festival in the city of Snohomish has begun its planning process with a scheduled carnival running from July 14-18 at Harvey Field, a Car Show Sunday July 18, on 1st Street in Historic Downtown Snohomish, and a Salman Bake Sunday July 18, at Hill Park/Blackman's Lake.

The Festival will kick-off with the carnival Wednesday July 14 at 5 p.m. and offer carnival games, skill contests, food trucks, and rides. Presale tickets will be \$22 and \$27 at the carnival ticket locations have yet to be determined. According to the event's website, plans are subject to change and 'ample notice for any changes or cancellations' will be provided as quickly as possible.

'We are working closely with city and county officials for all proper protocols so we can have the best experience for our guests. There is no one-size-fits-all but we want to assure the community we are doing our absolute best to put in plans for a safe and healthy festival season.

The health and safety of our guests, volunteers, sponsors, spectators and the community remains our top priority.

We are extremely grateful for all of our supporters during these challenging times so we ask for your patience and understanding as we navigate through these changes' the website states.

The Snohomish Wine festival has been given a rescheduled date of August 7, from 12-8 p.m. sponsored by Peoples Bank. The venue is to be determined and ticket sales are to be announced and non-refundable.

### Everett

In Everett, the Everett Farmer's Market continues to operate on Wetmore Avenue starting Mother's Day, May 9 and running until October 31 every Sunday from 11 a.m. to 3 p.m. offering early shopping for seniors and highrisk customers at 10:30 a.m. This year marks the 28th year the Farmer's Market has operated providing fresh and local goods from meats, fruit, wine, bakery goods, seafood, herbs, ciders, honey, and more.

Event coordinators urge attendees to take necessary COVID precautions including wearing a mask, social distancing, limiting table usage to one group at a time, and staying home if you feel ill. Additionally, in an effort to minimize congestion and crowding, only service animals are allowed.

### **Edmonds**

Planning is underway for the 2021 Garden and Summer Market season in Edmonds on 5th and Bell Street. The Garden Markets will be held Saturdays from May 1 to June 12 from 9:00 a.m. to 2 p.m. and the Summer Market will be Saturdays from June 19 to October 9 at the same time.

The Edmonds Art Festival, which has been held annually for the last 60 years, is scheduled to begin August 27 to August 29 at Frances Anderson Center. This event, which is produced entirely from community volunteers, hosts over 240 booth artists, gallery artists, performance art on the Main Stage Plaza, Student Art, demonstrations and food trucks. Over the years this festival has grown from a small community art fair to one of the most prestigious in the Pacific Northwest attracting artists from across the nation and Canada.

Taste Edmonds was cancelled last year, 2020, with no word whether the event will open this year. Summer concerts are also contingent on COVID guidelines with no announcement on opening.

### Marysville

Poochella, Marysville's dog festival, is planned to open June 5 from 10 a.m. to 1 p.m. at Jennings Park. The event

will host vendors selling dog treats and toys, animal care clinics, and the Marysville's K-9 police unit, as well as hold contests (like best trick and food eating), shows, and 'dogsplay' - doggie costume dress up. In addition to vendors and events, the Jennings Park Ballfield will be converted into a fenced-in play area for pups. The event is free and hosted by the Marysville Parks, Culture, and Recreation Department.

The first ever Virtual Kid's Fishing Derby will be hosted at Jenning's Park from May 1 to 17 for children aged two to 12. Kids will be able to cast their lines in the park's Kiwanis Fishing Pond, during the allotted dates, and submit their photos digitally for a chance to be entered in prize drawings. Limited appointments can also be made for kids to lean how to fish with the Everett Steelhead and Salmon Club; equipment will be provided.

Participation is free but registration is required through https://apm.active-communities.com/marysvillewa/Activity\_Search/6206 to be eligible for prizes.

Individuals or groups will have the opportunity to discover the hidden gems of the amazing Ebey Estuary and Trail during a scavenger hunt June 3-21. Entry is \$5 per family and participants will be emailed instructions and clues by June 3. The scavenger hunt will be

Continued PAGE 10 >>

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# Ethiopian Orthodox Church in Lynnwood celebrates 100 Years

By KIENAN BRISCOE

LYNNWOOD, Wash. - Members of the Debre Bisrat Saint Gabriel and Saint Arsema Ethiopian Orthodox Tewahedo Church gathered together, May 9, to celebrate the hundred-year anniversary of the building.

The Habesha Community Center bought the church November, 2017, with the goal to not only use it for prayer but to help children learn the language and culture of their country of origin and become outstanding citizens of Lynnwood and the United States.

The building, formerly known as the Masonic Temple, began construction in 1919 and was completed in 1921.

The ceremony included two songs performed by a choir of two groups of three children – Kidset, Yordanos, Timbet, Yeabsira, Eyuael, and Shemles – followed by a brief history of the century-old building.

"Eight men gathered here a century ago who said we need to build a community. These men volunteered their time, volunteered material to build this building. This beautiful brick building was one of the largest buildings in the city of Alderwood [at the time]. Today it still serves our community members, a community to the city of Lynnwood.

"Most of our members are hard-working first generation [Ethiopians] that come here to teach their children Ethiopian Orthodox. We are part of the history of the city of Lynnwood serving in this hundred-year-old building. But keep in mind the Ethiopian Orthodox Church is way older than 100-years old. This building is also a shelter to over 3,000 years of Ethiopian Orthodox beliefs. With that said, council members we rely on you to keep this building up to standard, up to code, for the city of Lynnwood," Michael said, a member of the church.

Youth church member Yeabsira then recited a passage from the Saint Mary book in the Amharic language.

City Council President George Hurst, who has driven by the building many times, said he now has a new education on what goes on inside.

"It is exciting to know that while this building is one hundred years old, it is now being used as a church. I know that you are building a community here and you are building on the heritage that you have but I'm also excited that you can be a part of the Lynnwood community and be able to share the diversity that we have in our city," Hurst said.

Hurst was in attendance along with council vice-president Jim Smith. An invitation was sent to Mayor Nicola Smith and the council to attend the Debre Bisrat annual festival, also celebrating Mother's Day and the 100-year anniversary of the building, from Selam Habte, Habesha Community Center President.

After the ceremony Michael offered a brief tour of the building, where shoes were removed, explaining the work they have done to preserve the beauty of the building. Elaborate drawings by Ethiopian artists adorned the walls of religious figures. Red carpets and curtains hung from blue walls while church members played drums and sung an Easter song in Amharic.

The building has three classrooms, roughly 250 square feet each, where church members can hold bible study in the language of the Ethiopian Orthodox Church and the rich history of their Ethiopian heritage.

"The main area of focus is teaching kids our language and we spend some time doing social studies as well," Melake Shahel Father Aweke Sidelel said.

Starting at the age of five, children study the biblical word, music, reading and memorization, as well as incorporating the arts - drawing images of the saints.

The church has around fifty kids, grouped by age, and offered four classes before COVID but now resorts to Zoom and Social Media platforms to continue their bible studies.

The building, being old, is not without its need for repairs such as water leaks and outdated ventilation which can lead to extreme temperatures. The church hopes with the support of the church members and the city of Lynnwood they can bring it up to the standard codes it should be, according to Michael.

After a robbery several months ago, the church has implemented security measures such as cameras but many other repairs are beyond the church's financial reach.

"We really cherish this building," Michael said. "We want to leave it for our future generations. To take the representation of the city of Lynnwood and keep it diversified and we hope to get your support to bring it up to that level," Michael said to the council members

During a conclusive open mic, a church member asked the council members in attendance: "In order to keep and maintain this building, is there any way you guys can give us a suggestion or direction as to how we can keep this historic building, as it is today, for future Ethiopian generations?"

"I think one of the important things is that if this building is on a national historical register, which I think it is. We can help you find the guidelines for what you can do... There are limitations on what you can do. But please, when you have plans, let the council know so we can help with that process. I think it's important for this city because of the historic nature of this building, but now it's even more important for the future use of this building," Hurst answered.

"This is the first step to getting things done. The city can't just allocate funds to rebuild this building, however we can be the catalyst. We can help guide to get organizations, to get groups together. With the support of the council members, with the support of the city we can give credibility. But just doing this today makes a big difference because we get to learn more about what you're doing. And we need to get more people to learn what's happening here so that we're all together in this,"



A few of the hundreds of parishioners who attend Debre Bisrat Saint Gabriel and Saint Arsema Ethiopian Orthodox Tewahedo Church. Source: Mario Lotmore.



A view inside the church. Source: Mario Lotmore.



Melake Shahel Father Aweke Sidelel, the Father of the Debre Bisrat Saint Gabriel and Saint Arsema Ethiopian Orthodox Tewahedo Church. Source: Mario Lotmore.



Michael (right) speaking with (L-R) Councilman Jim Smith, Selam Habte, President of the Habesha Community Center, and Councilman George Hurst. Source: Mario Lotmore.

councilman Smith added.

For more information on how you may provide assistance, contact Se-

lam Habte, President of the Habesha Community Center at selamhabte 78@ yahoo.com.

# Lynnwood teen earns Red Cross lifesaving award

By **ERIN FREEMAN** 

After saving his friend from drowning in July 2020, a former city of Lynnwood lifeguard has achieved the American Red Cross National Lifesaving Awards Certificate of Merit, one of the organization's highest honors.

The awards are presented to individuals who have saved a life as a direct result of Red Cross training. Certificates of Merit are signed by the President of the United States.

On July 29, 2020, Tristian Kossack, 18, saved his best friend's life when he began struggling to keep his head above the water while swimming in the city of Everett's Silver Lake.

In 2019, Kossack worked as a lifeguard at the Lynnwood Recreation Center for six months, where he trained in water safety and emergency preparedness through the city of Lynnwood's Aquatics Team. That team was recently recognized as a top training provider by the American Red Cross Northwest Region for its outstanding outreach in lifesaving skills education.

"Lifeguarding was a temporary summer job for me and without taking the lifeguard training course, the events of that day would have turned out very differently," said Kossack. "If I hadn't, my friend could've died."

Andrea Robertson, Safety Class Supervisor for the Parks, Recreation and Cultural Arts Department says that the aquatics team spends hours training and educating staff in a variety of ways, including how to prevent and respond to emergencies. She says this training often leads to increased confidence, people skills, critical thinking and multi-tasking skills.

"We strive to make a positive impact in our staff and in the community's lives," said Robertson. "Rarely do we hear of the outcome of this impression. This is the impact we leave with our staff and the individuals we train, there is no better feeling than knowing it has helped save a life. Tristan's award affirms that our dedication to training and coaching really does make a difference."

The Aquatics Management staff nominated Kossack for the lifesaving award after he contacted them to say thank you to those who trained him.

"I was surprised I was awarded," said Kossack. A lot of people at that pool saved lives as well but my story was a little bit unique. It's something that I'm going to look back at and something that's going to always be a part of me."

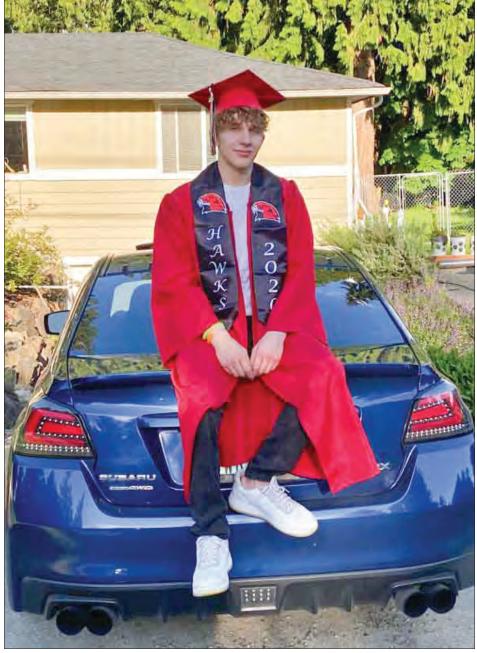


Photo of Tristian Kossack.

# Local competing contractors team up to help customer in need

By **ERIN FREEMAN** 

Three local contractors teamed up to install a brand new heating system at no cost to a customer who had been without heat for a decade.

When Dwight Miller, owner of Lifetime Heating, Cooling, and Electric became aware of a community member's situation through The Snohomies Facebook group, he reached out to two local competitors- CM Heating and Emerald City HVAC.

Eight years ago, Laurie Simmons was having chest pains and decided to go to the hospital as a precaution. On the way there, her husband had a massive heart attack and passed away.

years," said Simmons.

"She lost her spouse and her loved one; her support system," said John Giacomi, General Manager and Co-Owner of CM Heating.



in February. Due to her limited mobility, she has since been confined to the downstairs area of her 101-year-old home. The furnace then went out, and living on a limited income, she wasn't equipped to have it repaired. She's

"That was really a shocker for me be- Since her husband's passing, Simmons since lived without heat for ten years. cause we'd been married almost 40 developed diabetes, losing her leg to it "She was keeping warm through the winters with a space heater and heated blanket," Giacomi explained.

> Daughter Maggie Simmons was determined to figure out a solution for her mother but didn't have the financial

means to pay for the repair herself. On a whim, she reached out to her local community through the Facebook group, asking for recommendations for contacts or contractors that could help.

For no-cost, the three companies teamed up to install a brand new heating system on April 9. Lifetime Heating supplied the furnace, CM Heating supplied the labor and permits. Emerald City HVAC supplied the additional essential materials to complete the project.

"It was a collaborative project that had a real impact," Giacomi said. "It was nice to have us naturally put our competition with one another aside to have the opportunity to do something good... we're all ultimately fueled by wanting to make a difference in people's lives."

Simmons said that she is beyond thankful for the generosity she was shown.

"I'm very thankful for it," she said. "These companies came together and helped; three companies that are competitors."

from page 1 VAUGHN

The Vaughns are committed to teaching community members and particularly kids where food comes from and how best to enjoy it.

"We share food as a common language," she said. "We all speak different dialects and have different thoughts about it, but it's our commonality."

The Vaughns have a saying, "Start where you are, use what you have, do what you can." They reuse and repurpose on the farm and composting is a major part of that. Particularly worms who, according to Vaughn, are "the hardest workers" on the farm.

Worms aerate soil by burrowing tunnels through which allows nitrogen in. Worm defecation, or worm castings, makes compost rich because of the straw, food scraps or leaves they con-

In life, not everything is safe, and Vaughn says the farm is great place to learn about humanity, kindness, and empathy. That said, safety is a central concern for Vaughn who goes on daily safety walks to ensure everything is safe. There are multiple handwashing stations and, unlike other farms, they run warm water to kill more germs.

The Vaughn farm grows pumpkins, all kinds of squashes, herbs, melons, etc. People can come in and purchase the plants and grow them at home or wait until the July to September harvesting season at the farm to purchase them.

Farm visitor Katrina Frye loves the farm's kid-friendliness and is happy that Vaughn's dream has been brought "It's been so much fun," Frye said.

Vaughn hopes to secure educational state grants and has partnered with a cooking teacher at Edmonds-Woodway High School to talk about the different aspects of food and cooking. A perfect match since Vaughn has a food service background and manages the farm. She is in the process of filming a YouTube video to share her expertise with five classes at the high school.

Farmer Rachel, as Vaughn is affectionately called, wants kids to come out of

Continued PAGE 09 >>

# The Aloha Spirit is alive and well at Bobby's Hawaiian Style Restaurant

### By KIENAN BRISCOE

LYNNWOOD, Wash. – The first thing Bobby Nakihei and his wife Diana noticed when they moved to Lynnwood from Honolulu was how hard it was to find the staple authentic Hawaiian food they grew up loving.

In 1989, the year of their relocation, there were only a couple Hawaiian restaurants in the area but a noticeable need for the cuisine. So, the couple decided to open up their own. The result was Bobby's Hawaiian Style Restaurant, which opened in 2000 and has remained operational ever since.

It's mission statement reads, "At Bobby's Hawaiian Style Restaurant we offer meals of excellent quality and invite you to try our delicious food. The key to our success is simple: providing quality consistent food that taste great every single time. We pride ourselves on serving our customers delicious genuine dishes. Eat delicious food. Grab a drink. But most of all, relax! We thank you from the bottom of our hearts for your continued support."

Bobby and Diana decided to move to Washington in 1989, following their parents relocation a year earlier to stretch their retirement. They fell in love with the Pacific Northwest's seasons, mountains, and forests, then sold everything they owned to make it home.

The family-owned business used to have locations in Kent, Highway 99, and Everett within the Comcast Arena, but after Bobby underwent a heart and kidney transplant, the Nakiheis decided to "slow down" and focus on managing one location - Lynnwood.

Bobby has years of culinary experience, undergoing culinary school, and owning several bakeries in Hawaii before opening his restaurant.

Their conjoined sweet shop, Goody Goody Corner, which specialized in selling cakes, candies, and pastries from the islands, closed February of this year due to losses caused by the COVID shutdown.

Robert "Role" Jr. (42), and Psalms (35), Nakihei's son and daughter respectively, both work at the restaurant with hopes to someday take it over. Robert underwent many career changes over the years, including poker dealing at casinos, and has only been with the family businesses for a few years



Bobby's Hawaiian Style Restaurant owners, Diana and Bobby Nakihei.

but Psalms has been there since day one.

"There are a lot of Pacific Islanders in the Tacoma area, in the Kent area, in Seattle, Federal Way, but we're kind of number one in the north end of the Seattle area and this region has always been growing for us. We've been in business now twenty-one years and seeing an increase of Pacific Islanders coming to the Lynnwood area is pretty exciting," Diana Nakihei said.

The city of Lynnwood's population of Native Hawaiian or other Pacific Islanders consist of only 0.4% according to areaconnect.com, a website dedicated to population and demographic statistics. Aside from its small Pacific Islander population, the Nakihei family chose Lynnwood over all other Washington cities to call home because they loved the area.

"This area is absolutely gorgeous. You

got Mukilteo on the side of you, you got Everett, easy accessibility to the eastern side - which is Bellevue. The Lynnwood area is so beautiful. You have the best of the best as far as the surrounding communities," Nakihei said

The Nakihei family help the community of Lynnwood whenever they can. They help schools with donations, and host luaus which are "surrounded by food." They put on music, hula dancers, musicians, and provide food all in a way you'd experience in an authentic luau from their native state.

"We might not be in the islands, but it's still in our hearts so we still celebrate it. That's important to us as far as our culture goes. As far as the restaurant - when you step into our restaurant you feel like you just stepped off the plane [in Hawaii]," Nakihei said.

Bobby's Hawaii Style Restaurant is 259-1338.

more atmosphere-driven than you're typical Hawaiian restaurant, according to Nakihei, serving Hawaiian favorites such as macadamia ice cream, Kona coffee ice cream, guava cake, poi, kalua pork, lau lau, which is steamed for many hours, and the "true way of making" poke.

"Whether it's your first time, or your hundredth time, when you walk into our restaurant we want to make sure you feel the aloha spirit - the love, and the food backs it up," Nakihei said.

Even the decor, from its hanging Kanaka Maoli, Hawaii's native flag, to authentic decorations are meant to be the decorations many native islanders would have in their own homes.

"If you're from Hawaii, it's meant to feel like home," Nakihei said.

According to Nakihei, many of their competitors are not Native Hawaiian-owned operating under the 'Hawaiian' name but everything they do at Bobby's Hawaiian Style Restaurant is "authentic."

Bobby's Hawaiian Style Restaurant was featured on restaurateur and television personality Guy Fieri's show Diners, Drive-Ins, and Dives twice. Once in 2007 and another in 2018 to do a follow up, as well as being featured on Food Network. After being televised, business skyrocketed but the COVID shutdown last year decimated business with a loss of 41%.

Since reopening, Bobby's Hawaiian Style Restaurant offers delivery and pickup service doing personal deliveries through Gloria foods online, and is on the path to recovery. They are currently back to full-staff.

"Both my husband and I are actually Hawaiians. Not only do we serve Hawaiian food, but we are actually Hawaiian by descent. And It's our pleasure that we get the opportunity to share our culture, our food, with the people. And I appreciate that, and I appreciate our customers. To go through what we've gone through this past year...it's been hard. But having our community support us, and keep coming, I appreciate it from my heart," Diana said.

Bobby's Hawaiian Style Restaurant is located at 14626 Hwy 99 Suite 101 in Lynnwood. To view their menu or place an order visit www.bobbyshawaiianstylerestaurant.com or call 425-259-1338.

### from page 8 **VAUGHN**

the farm with curiosity and the desire to keep learning, growing, and asking questions.

Vaughn said many kids don't have an opportunity to go to the country to visit a big farm. However, they can visit their neighborhood farm, Vaughn's

Teaching Farm and Kitchen, and "get back in touch with their roots and where things come from."

"I've gotten more four-year-olds to enjoy kale," Vaughn said. "I'm proud of that!"

Vaughn's Teaching Farm and Kitchen is located at 2 503 191st Pl SW in

Lynnwood. For more information or to attend upcoming events visit www. vaughnsfarm.com or email Rachel at rachel@vaughnsfarm.com.



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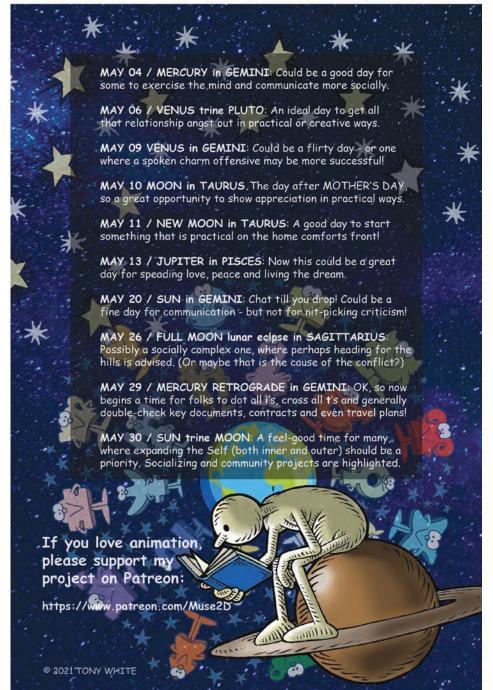


# "The Answer Always Lies in the Stars!"

The month of May could start out a little challenging for some. But when the **Sun** enters **Gemini** on 20th all our spirits may well be lifted. For some, the arrival of **Mercury Retrograde** on the **29th** might test them again though!

ARIES: All this talk about Mercury retrograde leaves me cold to be honest. I prefer to be physically out there where the action is, doing things. You won't hold me back, retrograde! TAURUS: I note that the New Moon this month is happening in my Sign. So, the I I th's a great day to start that project I've kept on the backburner - retrograde allowing of course! GEMINI: Why do us Geminis get a bad press for our chattiness - and I'm always saying that to everyone! Better get all my May talking done before Mercury goes retrograde though CANCER: I've been feeling so insecure about things of late. Perhaps the New Moon will be a time to snap out of that? Although who can think straight with Mercury retrograde coming! LEO: I feel so good about delegating everything to everyone else around me that I don't have time to worry about Mercury retrograde. As long they don't mess me up because of it! VIRGO: Yes, I'm a worrier - I admit it. So the idea of Mercury retrograde coming along and messing up all my best laid plans, gets me all in a tizzy. I do need to be perfect after all! LIBRA: For me, Mercury retrograde is a time to procrastinate. If things go wrong I'm a failure. But if they don't, I'm thought of as a smarty pants. I hate being either of those things! SCORPIO: I'm never going to show it but I do really feel nervous about Mercury retrograde. I can mess up just as well as anyone - but I simply won't ever admit to it, will I! SAGITTARIUS: Travel is important to me, so the throught of Mercury retrograde slowing me down at the end of the month is a worry. Perhaps I should leave long before then? CAPRICORN: I'm a long term planner, so I'm confident I can ride Mercury retrograde out if it affects me. Better still double-check everything though, as my career's at stake here! AQUARIUS: I'm free, and independent, and don't march to anyone's drum. So bring it on Mercury retrograde I'm ready for you! I'd write a protest song about it, but I've lost my pen! PISCES: Yes, people do call me a dreamer who can't face reality. But seeing that reality

is always letting me down, it's not surprising that I hide when Mercury retrograde's around!



NOTE: Whereas it's popularly believed that astrologers assert that all people of the same Sign of the Zodiac will experience the same things, it is not so. When we are born our Birth Chart shows specific sensitive points that are unique to us and us alone. Consequently, when the planets move through the Zodiac on a regular basis, they can trigger those sensitive points for us - which of course means that not everyone in a Sign is affected in the same way at the same time. Therefore it pays us all to know our personal Birth Charts well!

from page 4 **FESTIVALS** 

split between two parts beginning at Ebey Waterfront Park, 1404 1st Street, and the east side of the trail beginning at Olympic View Park. Both trails can be completed in a day or split between two different days. Once completed, participants can submit their photos to be entered into a prize drawing valued at approximately \$50; winners will be announced June 23.

Beginning July 16, Jennings Park will begin the Sounds of Summer Con-

cert Series Fridays 7 p.m. at the Lions Centennial Pavilion. Musical performances from the Lonely Hearts Club, Rangers and the Re-Arrangers, and the children's artist Eric Ode have been currently booked playing free and outdoor concerts for park-goers.

### Monroe

The Evergreen State Fair, the Pacific Northwest's largest county fair and the largest single attraction held in Snohomish County, has yet to form a decision on opening for the 2021 season.

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### **LEGAL NOTICE**

STATE OF RHODE ISLAND AND PROVIDENCE PLANTATIONS FAMILY COURT NOTICE TO THE NEWSPAPER DR-15 PROVIDENCE, SC P2013-2620

# OFFICE OF THE CLERK OF THE FAMILY COURT

WHEREAS, Ms. Jenica Parks, nee Hayward of the City of Providence, in the County of Providence has filed a Motion to Reopen, PURSUANT TO R.I.G.L. 15-5-3, AND ALL OTHER RELIEF AS THIS COURT MAY DEEM JUST.

Now, therefore, you said DEFEN-DANT **Spencer Parks** are hereby summoned to answer, if you shall see fit, before the Family Court, to be held at Judge Asquith's Virtual Courtroom via the following link 5 minutes prior to your hearing.

https://risupremecourt.my.webex.com/meet/pasquith, within the County of Providence on the 19th day of July 2021, at 10:45 a.m., then and there to answer said complaint. FAILURE TO APPEAR WILL RESULT IN DEFAULT AND DEFENDANT WILL BE DENIED CUSTODY.

Witness the Seal of the Family Court at Providence on this 13th day of May, 2021.

Ronald J. Pagliarini Administrator/ Clerk



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# With new FAA ruling, unmanned drone delivery services likely

### By **GEORGE FTIKAS**

Delivery via Unmanned Aircraft Systems (UAS), or more commonly referred to as drones, are a step closer with new Federal Aviation Administration rules that recently took effect. This new ruling allows for "small drones to fly over people and at night under certain conditions," but also addresses some security concerns by requiring the majority of drones in US airspace to have remote identification technol-

Companies are taking off to take advantage of the new rules, with the first hot coffee delivery reported in the US on May 4, but the use of delivery drones are not new. Amazon.com Inc. first announced Prime Air back in 2013 and several companies began testing various drone concepts in the following years. Including Prime Air, there are currently only three FAA-sanctioned drone delivery operators: the other two being Alphabet Inc.'s Wing and United Parcel Service Inc.

That list will likely grow, as one of Walmart's partnered companies, Flytrex—which has been operating under a limited waiver—recently applied for FAA approval. Kroger announced on May 3 that it will begin a pilot drone delivery service using Drone Express near their headquarters in Cincinnati, Ohio. Kroger initially began testing with Wing in 2019 after partnering with Walgreens. Even the Girl Scouts are aiming to put their cookies in the

These are still limited programs, however, so there are still a few years before drone delivery becomes more widespread. The industry also still needs to address concerns over reliability, weather limitations, insurance, security, privacy, and the potential loss of thousands of delivery jobs. That being said, the FAA has taken steps for increased security with remote ID.

According to the FAA, "remote ID will provide information about drones in flight, such as the identity, location, and altitude of the drone and its control station or take-off location. Authorized individuals from public safety organizations may request [the] identity of the drone's owner from the FAA." Drone manufacturers will have 18 months to comply with the new ruling and operators will have an additional erators are arguably common sense: year to provide remote ID.

So while this means casual drone operators will also need to adhere to the remote ID rulings, it shouldn't be difficult to integrate. Drone owners are already required to register the use of any drone over 0.55 lbs (8.8 ounces or 250 grams). The registration cost of \$5 will cover all of an operator's drones for 3 years. Operators must then place their FAA ID number on the exterior of their drone and have proof of registration on them while operating. While those are the only requirements for now, there is a knowledge test for recreational fliers in the works.

Most of the rules for casual drones op-

keep your drone in sight; don't fly near airports or aircraft, in restricted airspace, or over emergency response efforts; don't fly under the influence. Some other things to note are that drones may only operate at or under 400 feet and cannot be flown at National Parks.

Drones are also not permitted at Snohomish County Parks either, according to Park Code 22.16.080. This prohibits "any radio/remote controlled or self propelled model airplane, glider, car, boat or any model rocket within a county park except in areas specifically designated by the parks division and posted for such use." The county website continues with: "At this time, there are no designated areas."



"Knowing yourself is the beginning of all wisdom"

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from page 2 MUKILTEO HAP

to judge any one person's financial situation, especially as it pertains to housing. My job is to understand the community I serve and use that objective information to make policy decisions that better the quality of life for our residents. As such Mukilteo needs fewer negative impacts from residents foreclosing on their homes or renters being evicted because they can't pay their housing expenses."

Mayor Jennifer Gregerson, in a letter sent to Dave Anderson, Growth Management Services Management Director, applied for the grant in September 2019 with the agreement to adopt the resulting ordinances by April 1, 2021, acknowledging an understanding that the actions must meet the requirements of E2SHB-1923.

The grant was approved by the Mukilteo City Council in January, 2020, with a vote of 4-3.

"The housing element must be updated in 2024 so this grant let's us get in the leg work in advance so when we start that process next year of preparing that update, a lot of data will already be gathered because we got this grant. Without the grant we would have had to do it anyway just with city funds," Mayor Jennifer Gregerson said.

Over the course of several meetings between the planning commission, community, and outreach programs, the plan reached a final public hearing, at the planning commission level, on April 15 where the consultant approved the draft plan and recommended it to the council. The City Council approved the consulting contract with BERK

Consulting on July 6, 2020.

"I really appreciate the conclusions of the planning commission and I think I'm in alignment with their perspectives, but the council sets the policy direction, so it's up to them to hear about the plan and make their decision on which parts of the plan to adopt," Mayor Gregerson said.

Although the council voted in favor, twice, of moving forward with the HAP, some Mukilteo residents are resistant to its adoption.

Peter Zieve, CEO of Electroimpact Inc., formed the group Preserve Mukilteo (PM), a registered Political Action Committee (PAC) of 442 members, all signed and verified voters of Mukilteo, who think Mukilteo is "perfect the way it is and does not need any changes."

"I really appreciate how they've been a part of this process all along. They've made their voices heard and that's great," Mayor Gregerson said of the Preserve Mukilteo PAC.

Preserve Mukilteo holds the following principles:

- We implore the City Council not to study or adopt a Housing Action Plan (HAP).
- We are opposed to the \$100,000 HAP grant that was accepted by a 4:3 vote on January 21, 2020 without community notice, comment or debate.
- In reference to the action scheduled for July 6 we disapprove of the City Council hiring Berk Consulting for the development of a HAP. Berk Consulting is a downtown Seattle



values and culture of a community like Mukilteo.

- The HAP will not benefit the residents and voters of Mukilteo.
- The HAP when implemented will draw on and overburden services, infrastructure and schools.
- The HAP in any of its potential forms will cause discontent The widespread in Mukilteo. construction of auxiliary dwelling units (ADU) will cause discontent. A high-density housing zone will cause discontent. A large housing project (i.e. Vantage apartments) will cause discontent. - The best option is to leave Mukilteo the way it is.
- Preserve Mukilteo demands that any zoning changes proposed to implement the HAP be subject to a vote of the people.

"It's my impression the people [of

firm and does not understand the Mukilteo] were largely against it," Zieve said. "But there was never a

> Zieve sent out 9,000 postcards and 353 emails to Mukilteo residents and received 442 responses. The postcards had an area where recipients could sign and either send back or take a photo with their cell phones and text the image back.

> "I want to maintain the character of Mukilteo as much as they do, and I will continue to make decisions that are grounded in the city's capacity to keep its charm and uplift the voices of its residents," said councilman Harris regarding the Preserve Mukilteo PAC.

If the plan is voted in favor by the council on June 7, either as is or with revised strategies, this would set out ideas that the City's staff would work on over the next two to 10 years.

# Is it fair to ask: Is Twitter dying?

### By **GEORGE FTIKAS**

Twitter often makes the news cycle, but it is usually from something said on it, not about it. And like it or not, social media has and continues to alter modern society. Most Americans should be familiar with Twitter even if they don't use it—it was, afterall, basically an official outlet for former President Donald J. Trump. Following the Capitol Riots, Twitter banned Trump, which was the last time the social media giant was itself a major headline. With the hashtag #RIPTwitter recently trending, it is fair to ask: is Twitter dying?

Twitter's stock value did drop 11% in after-hours trading on Thursday April 29 and has continued to trend downward. The drop sounds significant, but this loss essentially cancels out the gains made in the month of February. Twitter reported \$1.04 billion in first quarter revenue this year, which is up 28% from last year's \$808 million. Daily users also grew by 7 million to 199 million: a 20% increase from a year ago. What is seemingly causing the current stock trend is that these increases are slightly lower than projected numbers and that Twitter cautioned investors that growth may be sluggish coming out of the pandemic.

As for #RIPTwitter, this hashtag has trended before. It often pops up for Twitter outages, but a previous iteration of the hashtag blew up in 2016 after BuzzFeed reported Twitter was planning to change to an algorithmic timeline—similar to Facebook—as opposed to the chronological feed. This was quickly debunked by Twitter CEO Jack Dorsey in a series of Tweets.

At the end of February, Twitter an-

nounced Super Follows, which would allow users to pay a subscription to accounts for exclusive Tweets and content. This did cause another surge of #RIPTwitter, with users saying they wouldn't pay for Tweets, but many also complained about the lack of an edit function on Twitter.

While there haven't been any additional updates about Super Follows, Twitter did launch Tip Jar on May 6. Senior Product Manager Esther Crawford did confirm on Twitter that Super Follows and Tip Jar are two separate things. Tip Jar allows users to send and receive money, though the feature is currently only available to a select number of English accounts. This transaction can be completed through PayPal, Cash App, Venmo, Patreon or Bandcamp, with Twitter receiving no cut of the money.

"Tip Jar is an easy way to support the incredible voices that make up the conversation on Twitter," said Crawford in an official blog post. "This is a first step in our work to create new ways for people to receive and show support on Twitter – with money."

Currently, #RIPTwitter is seemingly being used in tandem with #RIPTwitterCrop by users while testing Twitter's removal of its automated image cropping. This change on Apple IOS and Android allows for larger images to appear in a Tweet before they are cut off, or "cropped."

So doomsayers aside, Twitter doesn't appear to need funeral services. Changes to the platform will always upset some users and cause #RIPTwitter to reappear, but the micro-blogging service is here for the foreseeable future.

# **Back to Action: PEMF Therapy**

### By **REN CUMMINS**



Dr. Jerry Dreessen

Imagine a world fresh from the mind of Gene Roddenberry; where medical treatments can be as simple as passing an electronic device above an injury, and to in minutes experience recovery and restoration - where some injuries could be treated through a gentle nudge of the human body's own cellular regenerative processes and capabilities!

It is easy enough to brush those sorts of claims aside as simple science fiction, but science fiction does have a way of inspiring and in some cases predicting the kinds of technological advances we eventually discover.

One of the latest medical applications to gain attention in recent years is the use of Pulsed Electro-Magnetic Field therapy, or PEMF. PEMF therapy is the process by which small repeated bursts of focused electro-magnetic energy is directed at injured parts of the body in order to encourage cellular recovery, respiration and the expulsion of wastes, free radicals and toxins.

Our cells normally manage these pro-

cesses on their own, but with stronger and repeated injuries, the cells may take longer to recover; research has given great support to the success of PEMF therapy.

The history of PEMF therapy has been an unusual one. Originally employed by veterinarians in conjunction with race horses to treat leg injuries, and these successes led scientists to investigate whether similar benefits would be found in humans as well. While PEMF therapy has continued to explore its effectiveness at bone breaks, it has shown great success in helping with pain management as well as depression, it has been found to be effective in coordination with other therapeutic solutions, such as chiropractic care.

Lynnwood's own Dr Jerry Dreessen has spent years researching and developing the techniques of PEMF therapy, working with NASA scientists who have used the same technology on the International Space Station to help scientists maintain bone growth and combat inflammation experienced by astronauts in their extended space travel.

At his Back to Action chiropractic clinics, PEMF is used alongside more traditional chiropractic care to treat a broad range of musculoskeletal concerns, with great results.

As the exploration of just how beneficial Pulsed Electro-Magnetic Field therapy continues to grow, we are certain Dr Dreessen will continue to be on the forefront of this medical science, as it takes us further yet into the miracles of modern – and future – medical care.

For more information visit www.back-toaction.com or call 425-670-2600.

# What if every patient felt like the only patient?

What if every patient's health care experience felt less formal and more personal? More convenient. More one on one.

Creating this kind of experience will require people, capabilities, and technology at a scale beyond what any one health system can provide. That's why Virginia Mason and CHI Franciscan have come together as Virginia Mason Franciscan Health. With our combined resources, we'll be able to innovate your experience like never before—all while delivering the medical excellence you expect from us.

Our caregivers are united in a shared purpose to improve the health of the communities we serve—and in a shared belief that there is tremendous healing power unleashed through simple acts of kindness, empathy, and respect.

We can't wait to show you what's possible. Learn more at **vmfh.org**.

