



Two celebrated **Lynnwood Police** Officers retire from



**COVID vaccine: Authorizations,** truths, myths, and progress

Real News 🗲 Real Impact

# Welcome to the "real world" Class of 2021











By KIENAN BRISCOE

EDMONDS, Wash. - Commencement is a word that means 'to begin' and on June 19, and June 20, the 2021 graduating classes of Meadowdale High School and Lynnwood High School celebrated their commencement into the real world of adulthood at Edmonds Stadium.

Over the last year, from quarantines and state-wide shutdowns, remote learning and civil protests, the high school students of the Edmonds School District demonstrated perseverance, courage, and ultimate success as they were awarded their diplomas and

opened the next chapter of their lives.

Both were blue bird sky days. The bright green grass of the track field glistened beneath the sun, setting the perfect tone for the many bright futures. The

Continued PAGE 08 >>



ElectJimSmith.com

## Gov. Inslee rescinds three COVID-19 proclamations

By MARIO LOTMORE

OLYMPIA, Wash. - In anticipation of the statewide June 30 reopening date Gov. Jay Inslee announced three of the proclamations related to the COVID-19 pandemic he plans to rescind with many more coming.

#### **Unemployment conditions** reinstated July 4

Proclamation 20-30, which suspends statutory job search requirements for applicants seeking unemployment insurance will be rescinded effective July

In order to remain eligible for unemployment benefits, one must look for work and document:

At least three approved job search activities each week if you are re-

ceiving regular unemployment insurance benefits or Pandemic Emergency Unemployment Compensation (PEUC).

At least one approved job search activity each week if you are receiving Pandemic Unemployment Assistance (PUA). We strongly encourage those receiving PUA to still complete at least three each week. See the FAQ about PUA job search on our website to learn

Additional information for job seekers is available from the Employment Security Department here.

#### Repeal of protections for high-risk workers June 28

Proclamation 20-46, which provides protections for high-risk workers, has been substantially replaced by Engrossed Substitute Senate Bill (ESSB) Proclamation 20-76, which limited the 5115 and was made immediately effective. This new law, which was signed and made effective immediately, is known as the Health Emergency Labor Standards Act (HELSA), applies to workplaces only during a declared public health emergency involving an infectious or contagious disease.

HELSA protects high-risk employees from being discharged, permanently replaced, or discriminated against in the workplace for seeking accommodation from exposure to an infectious or contagious disease during a public health emergency

Information about these protections is available here. This rescission is effective June 28.

**Immediate Repeal of Food Delivery Fees Limits** 

fees that third-party delivery services could charge restaurants for delivering food to customers. This rescission is effective immediately.

A third-party food delivery platform such as GrubHub, DoorDash, or Uber Eats are no longer constrained to a maximum 18% fee amount to an establishment for the use of their services, including the delivery fee.



## **Edmonds City Council sacks Salary Commission**

By **GEORGE FTIKAS JR.** 

After a long round of contentious debate, the Edmonds City Council repealed its Salary Commission in a 4-3 vote during their meeting on June 15. Council members Kristiana Johnson, Diane Buckshnis and Vivian Olson voted against the repeal. Those in favor of removing the commission stated equity as their primary reason.

The motion to bring forward the ordinance to repeal the commission passed with the same respective votes during the meeting on June 8.

The ordinance reads that "the city council would like to analyze the compensation of its future members with an eye toward making service on the city council more accessible to

people who need to work full time to support their families."

Council Member Adrienne Fraley-Monillas spoke of a desire to see a wider variety of citizens serving on the city council. According to Fraley-Monillas, 5 of the 7 current council members reside in "the bowl or view corridor" of Edmonds—largely considered a wealthier section of the city.

"Unfortunately, if you have to work a job because you have to support yourself, you can't run for office and be successful at it. You can't attend meetings during the daytime," Fraley-Monillas said.

Essentially, they are arguing that the current compensation system is only viable for those who are more financially well-off. Lower income individuals would either be forced to make serious sacrifices or be unable to serve on the council.

"I'm supporting the repeal of this because I think we need a more inclusive, holistic look at this process... it's not about just tweaking just some COLA here or some inflation there." Council Member Luke Distelhorst said. "Not everyone in our community can do something 'not for the money."

"This is a democracy. Anyone who wants to run for public office may do so and the compensation for running for office is minimal," Johnson said in disagreement.

Arguably, this portion of Johnson's argument only reinforced the opposing

side's point: be wealthy enough to not worry about the salary.

In the June 8 meeting, City Attorney Jeff Taraday did clarify on adjusting compensation for all council positions.

"So if you want all 7 seats to be paid at the same rate in any given year and... if you want to set the rate yourselves, 2026 is the earliest that could be done," Taraday said.

This means that any changes the city council makes to their positions would not take place during their term.

According to the council agenda item printout, Edmonds had a Citizens' Commission on Compensation of Elected Officials, but repealed it in 2014. The current Salary Commission was enacted with Ordinance 4057 in 2017.

## Fireworks banned in most Snohomish County cities

By MARIO LOTMORE

SNOHOMISH COUNTY, Wash. -New for this Fourth of July, all fireworks use is banned in unincorporated areas of southwest Snohomish County.

The county ban applies to the densely populated unincorporated areas within the Southwest Urban Growth Area. The Snohomish County Council unanimously approved this ban to begin in 2021 after voters weighed in on the issue in a 2019 advisory vote.

"More than 59% of the ballots cast in the South County Fire service area supported banning fireworks. We ask residents to respect the will of the voters, your neighbors, and the ban this Fourth of July," said South County Fire Chief Thad Hovis.

People who violate the ban will face a fine up to \$500 (depending on city) and their fireworks may also be confiscated by law enforcement, who will be conducting extras patrols on and around July 4.

Fireworks banned in most Snohomish County cities

With this change, fireworks use is now banned year-round in South County Fire's entire service area, including the cities of Brier, Edmonds, Lynnwood, Mountlake Terrace and unincorporated Snohomish COunty neighborhoods. A map of the ban area is available at the South County Fire website: www. southsnofire.org/fireworks.

For public safety, most cities in Snohomish County ban fireworks completely, even on private property. It is illegal to set off fireworks at any time in the following cities:

- Arlington
- Brier
- Edmonds
- Everett
- Gold Bar
- Index
- Lynnwood Marysville January (effective
- 2017) Mill Creek
- Mountlake Terrace
- Mukilteo
- Woodway
- Washington State Parks
- **Snohomish County Parks**
- Federal land, including those managed by the Department of Natural Resources and the U.S. Forest Service

You can legally discharge fireworks on July 4th in the following cities:

Bothell

- Darrington
- Granite Falls
- Lake Stevens (except at city parks)
- Monroe
- Snohomish Stanwood
- Sultan

#### **Prohibited locations**

You are never allowed to use fireworks in or on:

- Public property, including schools, parking lots, streets or sidewalks
- Snohomish County parks

- State parks or land managed by the Department of Natural Resources
- Federal land, including U.S. Forest Service land

For those who want to see fireworks this Fourth of July, public displays are being planned in several communities, including Edmonds.

To report noise complaints or illegal use with no fire, no injury, and no immediate threat, call the Snohomish County 911 non-emergency line, 425-

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## Two celebrated Lynnwood Police Officers retire from force

By KIENAN BRISCOE

LYNNWOOD, Wash. - Sergeant Byrd and Detective DeGabriele, two celebrated Lynnwood Police officers, retired from the force May 27 and June 17, respectively, after years of dedicated service.

#### Sergeant David Byrd

Sergeant David Byrd's interest in law enforcement came from a young age, when as a boy living in Ohio, he had his bike stolen from his front porch. At that moment he realized that people have to be held accountable for their actions.

Byrd's uncle was in law enforcement and his mother was a nurse. According to Byrd, 'service before self' always ran in his family.

Byrd moved to Seattle during high school and joined the Lynnwood Police force in 1989, beginning his career as a patrol officer before joining the Special Enforcement Detail – now known as the Special Operations Section. Officer Byrd was promoted to Sergeant in 2007.

During his 32-year career with the Lynnwood Police Department, he served as a School Resource Officer, a Detective Sergeant, and oversaw Lynnwood's Community Health and Safety Section.

He was recognized several times as "Police Officer of the Year," voted "Supervisor of the year" in 2020, received a commendation for the development and implementation of Lynnwood's Narcan program in 2017, and in 2018 he was commended for leading a team of officers in de-escalating a suicidal individual armed with a gun outside a Lynnwood hotel.

"I've really enjoyed my time on my last unit at Community Health and Safety. It was a difficult task but it's work that needs to be done - working with people that need assistance. COVID really put a big dent in a lot of stuff, which probably helped facilitate my retirement," Byrd said.

In 1994 Officer Byrd became a K-9 Handler which he said was the most rewarding part of his career.

"You have this awesome tool of this four-legged-creature, you build that bond with that dog and you're out looking for really violent people. A lot of the times these people would have never been caught if it weren't for the dog," Byrd said.

Byrd first worked with the K-9 Duke for three years, then K-9 Cliff for six, who both had their own unique abilities. While Duke was a great tracking dog, Byrd admitted that Cliff may have been his favorite, having saved his life in two different instances - one of them, the most intense call of his life.

When Byrd answered a benign call in an apartment complex by Alderwood Mall, from a grandmother being assaulted by her grandson, he encountered a twenty-year-old adult under the influence of something that had granted him "super human strength."

He saw that the grandmother had been injured and called the suspect, who was pacing erratically. The man rushed at Byrd aggressively and immediately began a physical altercation.

Byrd opened the K-9 vehicle and Cliff rushed to his rescue. Byrd is not sure if the suspect was under the influence of methamphetamine or PCP but it took nine police officers to apprehend the man and, according to Byrd, if it wasn't for Cliff he could've been seriously injured or killed.

In another incident in 2001, after a man rammed a couple police cars and sped off into what became a 35-minute high speed chase, a suspect ran into an Edmonds supermarket - Byrd and Cliff in hot pursuit.

Byrd was ambushed by the man in the bread aisle. The suspect went for his gun, and the two wrestled for retention of it while Cliff "went to town."

"If it wasn't for that dog, either I would've been shot or that guy would've been shot," Byrd said.

The suspect served ten years for this case. Afterwards he returned home to Yakima, repeated a similar crime, and killed two people.

Byrd's biggest regret in his career is not shooting the man, which he believed in the situation would have been justified and prevent the future murder of two innocent people. He spent his entire career with the Lynnwood Police Department never discharging his firearm on anyone.

Second to his time on the K-9 unit, Byrd's favorite moments from his career came from working as a School Resource Officer at Meadowdale High School where he met one of his best friends, a school administrator at the time. She married one of his friends from work and, according to Byrd, they are now like "brothers and sisters."

To this day, Byrd looks back upon his work with the Edmonds School District as being some of his favorite moments but believes the school made a "horrible mistake" when deciding to get rid of the School Resource Officer Program and hopes it is something the schools will reinstitute.

"It's a super valuable program. People have no idea what police deal with on a daily basis; and if they think things are bad now when the police do keep walking away from what's going on then they're really gonna wish we were coming back," Byrd said.



Photo courtesy of the Lynnwood Police Department. Pictured are Community Health & Safety Section Outreach Team members (L-R) Social Worker Ashley Dawson, Sgt. David Byrd, Police Officer Justin Gann, and Police Officer Denis Molloy.

The relationships he built with the Edmonds School District, the students, and the teachers were "very enriching to [his] life." The memories he shared with people in general, during his career, he will always cherish.

"We've had tremendous support from the city [of Lynnwood] over the years, particularly within the last eight years with Mayor Smith," Byrd said.

#### **Detective Robert DeGabriele**

Detective Robert DeGabriele, who retired June 17, was hired by the Lynnwood Police Department in 2001. He is a proud former Marine and graduate of the University of Washington who spent time in the private sector before pursuing his career in law enforcement.

DeGabriele moved from a patrol unit to the Special Operations Section, working many years as a Field Training Officer, then joined the Criminal Investigations Division in 2014, as a Property Crimes Detective.



Photo courtesy of the Lynnwood Police **Department. Pictured is Detective Robert** DeGabriele (left).

Detective DeGabriele specialized in fraud, identity theft, and Adult Protective Services crimes investigations.

Together, Byrd and DeGabriele appre-

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## Garden Senior Village, check out this affordable 55+ community



#### SPONSOR FEATURE By **REN CUMMINS**

The World Bank has reported that in the past 50 years, the average life expectancy of Americans has risen from 70 years old to nearly 80. With the increase in longevity thanks to advances in medical science and the quality of life, the challenge is not to simply provide the needs for more people living more years, but to be able to offer a continued quality of life which offers independence and a sense of community.

Garden Senior Village in Lynnwood recognizes this high bar and manages

to clear it with room to spare. Offering one- and two-bedroom apartments with enclosed hallways and friendly community space for its residents is just the beginning.

One of the great features of this charming location is its allowance of pets (with a deposit, of course), ensuring that even residents with their furry companions can have a comfortable and secure place to call home.

Ronit Lyons, who with her husband Randy make up the two on-site managers of the Garden Senior Village, is proud of the quality and security they

Their priorities include offering an opportunity for the residents to enjoy their lives with whatever level of activity they may choose, as well as what social activities are possible, such as gardening or holiday cookouts, ice cream socials, game nights and more.

Even with the social distancing restrictions or for those who may not look first for social functions, there is much to enjoy on site, most notably the extensive greenery and gardens that adorn the space.

One of the areas Garden Senior Village excels in is the personal focus and attention the Lyons' give to the residents. From engaging with them individually on matters of financial concern or helping with access to resources such as the various benefits available online, the Lyons work hard to ensure that all residents can enjoy the satisfaction of living independently.

Additionally, seniors who require the attention of caretakers are able to continue to do so, though live-in caretakers would also be subject to the residence's age requirements.

Nikki Miller has lived at the Garden Senior Village for three years and enjoys the location as well as her proximity to family. "It's fantastic

have helped establish on their property. living in an apartment building," she says, "it's nice knowing that there are other people nearby who are going through the same things as you."

> Since the emergence of Covid-19, the Lyons have been vigilant in their approach to protecting their residents from the likelihood of infection: through such aspects of antivirus management as signage, availability of antibacterial dispensers and wipes, and working with all delivery services to ensure no-contact delivery.

> Garden Senior Village can be found in the heart of suburban Lynnwood, close to Edmonds College and the Lynnwood Municipal Golf Course, as well as many of Lynnwood's other parks, shopping and restaurants.

> To schedule a visit or to learn more, call 425-931-1374 and ask for Ronit.



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

#### NOW LEASING AFFORDABLE ONE & TWO BEDROOMS...CALL 425-775-0881

An affordable 55+ community with all the conveniences for the Lynnwood lifestyle! Enjoy dining, shopping, three grocery stores, salons, gyms, and more within a 10 minute walk!

Fireworks

**Food Trucks** 

#### from page 2 **FIREWORKS**

407-3999. Call 911 for emergencies when there is an immediate threat to life or property, including a fire or in-

#### Fireworks complaints, concerns

The 911 call centers normally see an increase in firework-related complaints in the dates surrounding the Fourth of July.

For complaints related to noise or illegal fireworks, please call the Snohomish County non-emergency number at 425-407-3999. Only call 911 for an emergency where there is an immediate threat to life or property.

On New Year's Eve, fireworks are illegal throughout south Snohomish County, in both cities and unincorporated areas.

#### Fireworks stand permits

Fireworks may legally be sold in unincorporated Snohomish County between noon on June 28 and noon on July 5 of each year. A fireworks permit from the Snohomish County Fire Marshal's Office is required to operate a fireworks stand.

#### Illegal fireworks

At no time may you possess or dis-

charge illegal fireworks such as firecrackers, bottle rockets, M-80s, dynamite, or homemade fireworks. Many fireworks sold on tribal land can only be legally set off on the reservation.

To report the illegal discharge of fireworks, call 425-407-3999. Only call 911 if there is an immediate threat to life or property.

#### Tips on the safe use of fireworks

Be prepared...before you light fireworks:

- Use legal fireworks, available at licensed outlets
- Store fireworks out of children's
- Keep pets safe indoors
- Always keep water handy

Be Responsible... after you finish:

- Soak used fireworks in water
- Be considerate clean up used fireworks
- Keep matches and lighters away from children
- Be prepared. Only use legal firework available at licensed outlets.

REMEMBER: Fireworks and alcohol and/or marijuana don't mix! If you are in a jurisdiction where firework discharge is legal and you plan to partake, please assign a designated "shooter" who stays sober and unimpaired.





from page 3 LPD RETIREMENTS

hended hundreds of criminals over the span of nearly a decade.

"If I could do it all over again I would. I wouldn't even be surprised if you'd see me back in a uniform in six months pushing a patrol car around," Byrd said.

DeGabriele is pursuing a new career as a Medicaid Fraud Investigator with

the Washington State Attorney General's Office in Eastern Washington, near where he grew up.

"While both Sergeant Byrd and Detective DeGabriele's departures are bittersweet, we are grateful for their contributions to the department and couldn't be happier for them as they embark on their new paths," said Joanna Small, Public Affairs and Communications Manager.

## Smith mayoral campaign kicks off at Moonshine BBQ



Lynnwood Councilman Jim Smith with his wife (right) and daughter.

#### By LYNNWOOD TIMES STAFF

LYNNWOOD, Wash. - Scores packed Moonshine BBQ, Tuesday, June 8 to support Councilman Jim Smith for his bid to become Lynnwood's next chief executive.

Smith was born in Seattle and graduated from Edmonds-Woodway High School. He then attended Central Washington University where he earned a double bachelor's degree in business administration and law and justice. He and his wife Sherry have four daughters and two grandchildren.

platform Smith's campaign

homelessness, public safety, and taxes.

"We need to be thinking about the people of Lynnwood first, not the big corporations," Smith said.

Smith aims to be an active mayor. He commits to hosting and attending community events as mayor and resolve resident concerns that arise.

Lynnwood The 25-year Councilman currently serves as council vice president. Smith has also been the Chairman for the Snohomish County Board of Health and is an active community member, acting as liaison to various organizations, like

the Human Services Commission, in addition to volunteer work at the Lynnwood Food Bank.

If elected, Smith's first year in office will focus on addressing the street homelessness issue.

"By the second year of my term, we're going to make Lynnwood into the safest place in South County," Smith said. "Lynnwood will be the gemstone of South County like it used to be."

Lynnwood resident Derek Hanusch first found out about Smith three weeks ago through a Facebook group. Hanusch supports Smith because he does not want Lynnwood to become like Seattle, "where they won't arrest anyone."

Joining the campaign is Edmonds resident and native of Veracrúz, México, Karina Gasperín who will serve as Smith's Director of Community Outreach.

"We need to elect someone who can lead and benefit our communities," Gasperín said. "It doesn't matter your race or language; we can [all] make Lynnwood better."

For more information on Smith's campaign, visit his website https:// electjimsmith.com/ or his Facebook https://www.facebook.com/ ElectJimSmith/

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Because behind each Leisure Care community is nearly **50 years of** experience creating environments where seniors thrive.



## Hurst mayoral campaign kicks off at Hilton Garden Inn

## By LYNNWOOD TIMES STAFF

LYNNWOOD, Wash - George Hurst kicked off his campaign for Lynnwood Mayor on Thursday June 17th at The Hilton Garden Inn in Lynnwood.

The 39 attendees were treated to complimentary snacks, coffee, and Coca-Cola. At the start, the campaign showcased multiple videos about Hurst and his work on the city council including advocating for Whispering Pines residents, the Lynnwood Walkabout, and the Lynnwood Community Justice Center.

Hurst's campaign themes are housing, business tax relief, roads and infrastructure, and public safety.

"If people come and talk to me about problems, I will try to find a resolution; that's what a councilmember and a mayor should do," Hurst said.

Pam and George Hurst have been married for 45 years and have lived in Lynnwood for over 27 years. Their four children all graduated from Lynnwood High School and the Hursts attend Lynnwood's Creekside Church.

Hurst graduated from the University of Washington with a bachelor's degree and earned a Master's Degree from the University of North Carolina in Chapel Hill. He's a 30+ year veteran of the commercial lighting industry and recently retired his real estate broker license.

Lynnwood resident Rick Michels hasn't been politically involved in years but supports Hurst because he believes Hurst is a man of integrity who will prevent Lynnwood from becoming "Seattle North."



"Hurst means what he says and says endorsed Hurst. what he means; he cares about people and the community," Michels said. "Hurst is what we're looking for when it comes to public officials.'

The two-term Lynnwood City Councilman currently serves as council president. Hurst sits on the Puget Sound Regional Council Executive Board and serves as the Lynnwood Planning.

Commission Liaison. He has sat on various boards and committees in the past like the Community Transit Board and was the Chairman of the Lynnwood/Fire District 1 Regional Fire Authority Planning Committee.

Past candidates and current elected officials were present at the kickoff like former Lynnwood City Council candidate Rosamaria Graziani, former 32nd Legislative District state senator Marilyn Chase, and current South County Fire Commissioner David Chan, who

"He talks to regular citizens; he is not a politician," Chan said. "The people of Lynnwood need someone [who's not a politician]."

Hurst reflected that the event went well and was lighthearted which made it different from "typical political kickoffs."

"I was able to tell people what I've been able to do a city councilman with concrete examples," Hurst said.

The campaign will host two separate meet and greets at Lynndale Park on Olympic View Drive July 24th and August 28th.

For more information on George Hurst and to support his campaign visit his website https://www.hurst4lynnwood. com/ or his Facebook https://www. facebook.com/hurst4lynnwood/.

## By Paul Ellis, CIMA®, Ellis Wealth Management

Everywhere you can see advertisements designed to sell you something: A luxury vehicle, vacation, timepiece or the latest technology. Perhaps it's a professional service or a perfect smile.

Very few of these items I would consider investments. Why? Because a vehicle, as beautiful as it may be, is to ride in. The more you drive it, the lower its blue book value becomes.

Technology is surpassed every year by newer, more powerful and relatively cheaper technology.

Who still uses a palm pilot, or a 412k Mac on a daily basis? A few people perhaps, but these devices are not considered investments. An investment that grows in value or reproduces over time is seen as a good investment. An investment that declines or deteriorates is seen as a bad investment. We often hear that real estate is a good investment. It may be.

The price of a single-family residence has definitely risen dramatically since the last economic downturn.

According to the Northwest Multiple Listing Service and R1 Washington, a national network of independent real estate agents and brokerages, in April 2021, Snohomish County home prices were in up excess 15.5% compared to last year, selling for a median price of \$475K. Since 2012 homes prices have risen 100% in market value.

Of course, that is since the bottom of the market – after average prices had plummeted more than 30% – and some much more than 40% in a short time.

Those who lived through that downturn learned a very powerful lesson; real estate can go down as well as up!

It has also been said that a house does not equal a home. I would argue that a real investment is not the roof and the yard, but rather what is under the roof. Life. Family life, and the investment of fatherhood.

An investment of time or money is an investment of yourself and effort. It comes from your labor, your wisdom, your creativity. It is part of your life. Children are that and more!

#### **Build on Success as a Family**

I once heard Hall of Fame football star

Michael Irvin lament that in the black community, and particularly for black professional athletes, that the next generation were perpetually needing to "start over" after previous successes. They weren't building on the wealth, and knowledge of that success.

He said this was partly due to poor financial investments, and partly because fathers were not being active in the lives of their children. Michael Irvin went on to say that his dream was for his own successful ceiling to become his children's floor, so they could build on that success as a family.

Not merely wanting to make it and leave his family for selfish pursuits, and now older and more mature, Michael wanted to be purposefully involved in the lives of children and grandchildren, and to pass on knowledge he has gained. He escaped 'the hood' and had no plans for either himself or his family to return to that old address.

That is the dream of many Americans: A better life for themselves and their children. That dream is achieved by actively investing in your children and your family life, not merely pursuing more things.

In a recent Wall Street Journal article entitled, "The Rise of Baseball's Second-Generation Players," discussing the rise in 2nd and even 3rd generation athletes, it is noted that some children of professional athletes – who have been around their parents during their careers have, outside of their DNA, another advantage in their athletic and life pursuits. The article affirms:

It stands to reason that youngsters who grow up around pro athletes pick up cues on how they behave. They [the children of professional athletes] do get vivid, up-close views of their dads and their dads' teammates—the best in the world at a particular set of skills.

"Of course, you and I can watch the same guys on TV or video, but the effect is not the same," says Dr. Marco Iacoboni. "For reasons we don't fully understand, watching a screen doesn't activate our minds the same way. It's the difference between a face-to-face meeting and a Zoom call. Our brains are built for direct experience."[1]

Of course, this is not limited to professional sports. You don't have to be wealthy, or a professional athlete, to be a positive model for children. But exposure to professionals can provide a unique vision for their children and strengthen their confidence for their own future pursuits.

#### A father's involvement can make the difference between success and frustration or failure

In a study regarding higher education, the U.S. Education Department's National Center for Education Statistics, states that students of college-educated parents are much more likely to pursue and complete a college degree than their peers whose parents did not attend college.

According to Grace Bird's article, The Impact of Parents' Education Levels, "One-third of first-generation students dropped out of college after three years, compared to 14 percent of their peers whose parents had earned a degree. About two-thirds of the children of college graduates were set to graduate on time three years after enrolling, compared to 48 percent of first-generation students."

Attending college is important. Finishing is the point. The support of a parent who has gone before can make the difference, especially if that support is coming from a father. Don't believe

north seattle natural medicine

617 5th Ave. S, Edmonds, WA 98020

me? Ask a group of graduating college students. No doubt mom will be there at the graduation ceremony. Will Dad?

The desire to have the father's secure presence at the time one has achieved one milestone and is launching onto the next is worth more than gold. It is a jewel you cannot buy. The calm quiet nod of a father's approval and trust that says, "You've got this!" is priceless. Trust me. I've lived it. I know what I'm talking about.

A father's involvement can make the difference between success and frustration or failure. Children with a father's investment of his personal involvement are:

39% more likely to earn mostly As in school

45% less likely to repeat a grade 60% less likely to be suspended or expelled

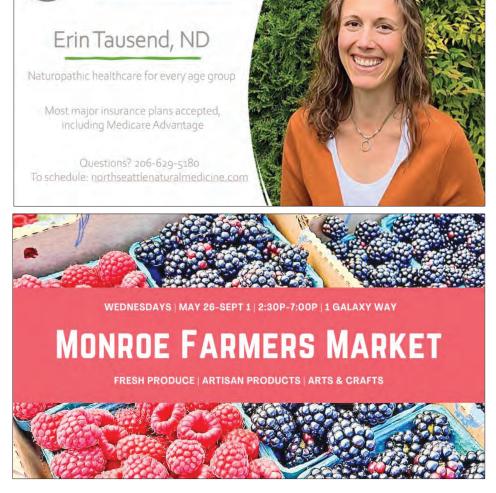
2x as likely to go to college and find stable employment after high school 75% less likely to have a teen birth 80% less likely to spend time in jail[1] In simple terms, that's an increase of up to 200% upside, while dramatically reducing the downside. No program has that level of success. Ask any financial professional — that's an investment worth making.

## Accepting the Responsibility of Manhood

Malcolm X once said, "Husband means you are taking care of your wife, father means you are taking care of your children...you are accepting the responsibilities of manhood." The responsibility of manhood creates an unshakeable confidence in success. The pride of watching children grow, become wise and strong is well deserved. It takes a lifetime – and can last for generations. It's a legacy that will live on. It's the best of you and it's real wealth.

While not glorified on television, behind the scenes real investors are taking care of their holdings. The farmer waters and takes care of his

Continued PAGE 08 >>



#### By **GEORGE FTIKAS JR**

A few weeks ago, Pfizer/BioNTech and Moderna applied for full FDA approval for their COVID-19 vaccines. The two pharmaceutical companies, along with Janssen of Johnson & Johnson, have been able to provide COVID vaccines to the American public due to Emergency Use Authorization (EUA) from the FDA.

With many questioning the safety of the vaccines and the EUA process, it felt pertinent to compile some information on the subject.

## What is an Emergency Use Authorization?

Pfizer was the first to get emergency use authorization for their COVID vaccine back in December, with Moderna receiving authorization a week later and Johnson & Johnson following suit in February.

According to the FDA, EUA "may allow the use of unapproved medical products, or unapproved uses of approved medical products in an emergency to diagnose, treat, or prevent serious or life-threatening diseases or conditions when certain statutory criteria have been met, including that there are no adequate, approved, and available alternatives."

It is important to note that one of said criteria are clinical trials and studies. This means they are still required for emergency use authorization and are only valid if conducted according to FDA standards.

Dr. William Moss, the executive director of the International Vaccine Access Center at Johns Hopkins Bloomberg School of Public Health, spoke about some of the differences between EUA and full approval in an interview with ABC News.

Moss told ABC that while "both authorization and approval are rigorous processes that look at the safety and efficacy of a vaccine," time is a key factor. Authorization requires "at least two months of follow-up data from phase 3 clinical trials" whereas approval needs at least six months of follow-up.



"We have more data on vaccine safety than with any other vaccine, even before the review of the full approval," Moss said.

This phase 3 Moss mentions is where a vaccine is administered to thousands of participants from broad demographic groups in randomized, controlled clinical trials. Because of emergency declarations, some testing steps were done on overlapping schedules rather than consecutively.

#### **Vaccine Truths & Myths**

There are plenty of myths surrounding the COVID-19 vaccines, ranging from valid concerns to claims that sound like articles from The Onion: looking at you, magnet theory. The claim that the COVID-19 vaccine will magnetize the recipient is reminiscent of the late James Randi, magician and psychic skeptic, debunking claims of a magnetic man. For those unfamiliar, after applying some talcum powder, the so-called magnetic man could no longer stick metal objects to himself.

In terms of other, more reasonable claims, Johns

Hopkins released a collection of myths being busted by two doctors. The whole piece is educational, but a common myth seen online is that the vaccine infects the recipient with COVID-19. The Johns Hopkins doctors refute this, writing:

"The two authorized mRNA vaccines instruct your cells to reproduce a protein that is part of the SARS-CoV-2 coronavirus, which helps your body recognize and fight the virus, if it comes along."

Even Snohomish Health District (SnoHD) got in on this one, tweeting: "COVID-19 vaccines don't give you COVID. The vaccines don't contain the virus itself, so you cannot catch the virus from the vaccine."

#### **Vaccination Progress**

As of June 22, the CDC estimates that 150.5 million people—or roughly 53% of those 12 and older—are fully vaccinated throughout the US. SnoHD reports over 833,000 doses of COVID-19 vaccines administered and over 396,000 people being fully vaccinat-

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from page 1 CLASS OF 2021

school bands played Elgar's Pomp and Circumstance as the classes, in their black caps, gowns, and shawls, filled the seats in the middle of the track field enshrouded by evergreens.

The bleachers were filled with proud families and friends as commenters on the virtual YouTube live feed shared their congratulations to loved ones.

Teacher Robbie Rutherford took to the podium to commence the ceremony for Meadowdale.

"Tonight is the celebration of the completion of thirteen years of schooling for our graduates," Rutherford began while acknowledging the faculty and staff

Caps were removed while the band played the National Anthem. Valedictorian Alex Hernandez Marquez took the mic to reflect his experiences from football games to remote learning.

"We are officially done with zoom meetings and ready to begin the next phase of our lives, whether that is pursuing a higher education or other aspirations," Hernandez Marquez said.

Valedictorian Sierra Moll then mourned the time lost due to a year of remote learning, but celebrated the growth that the 2021 class had in isolation.

While she mentioned that the past year forced each student to grow up separately from one another, being the graduating class of 2021 will always be the thread that keeps each other tied to one another.

"No amount of time apart can ever taken that away from us," Moll said. "The world is going to be shaped by our brilliance...Because you don't survive and grow from 464 days of school shutdowns, state lockdowns and zoom classes without having all of the above. Here's to the next 464 days and beyond - let's go show the world what we're made of."

The school orchestra and choir stunned the crowd with a chilling, yet uplifting performance showcasing the artistic talents of the school. Lynnwood High School celebrated their commencement ceremony the following day.

"The class of 2021 is a wonderful class that will always hold a special place in the hearts of the Lynnwood High Community. This class demonstrated tremendous resilience, grit, and empathy. I have no doubt this special group of students will continue to do amazing things as they graduate and move into the next step of their life's journey. Go, Royals!" Michael Piper, Lynnwood High School Principal, shared with the Lynnwood Times.

Lynnwood Senior Austen Schneider mesmerized the crowd with his jazzy rendition of the National Anthem on tenor saxophone before Gary Noble, Edmonds School Board Director, took the mic first thanking the crowd for voting for the levy in April.

"This levy is so important with approximately half of our schools being over 50 years old it is really important", Noble began. "And for you seniors I just want to briefly urge you to become life-long learners.

"What's happened to you up until now, through the last twelve or thirteen years, you've had an education but the difference has been that your education has been prescribed by a bunch of adults that told you what you needed to learn.

"The difference now, once you graduate high school, the choice becomes yours. So, I urge you to make those choices wisely."

Valedictorian Ji-won Ha shared a story about how, as a young kid, she enjoyed watching the film Finding Nemo because "in a way it reflected [her] life".

"Let's just say I had a lot of obstacles. I was raised by a single mom and was protected under her unconditional love. My life was great but one day I learned I would have to spend six hours away from her embrace to go to a place called school."

Ha shared her experiences with school, learning social and educational skills that would further her dream of becoming a veterinarian, and personal experi-

## from page 7 **COVID VACCINE**

ed. SnoHD estimated that 56% of those 12 or older are now fully vaccinated, putting Snohomish County slightly ahead of the national average.

Earlier this month, Governor Inslee announced a vaccine lottery in an effort to increase vaccination rates, as any vaccinated Washington State resident is eligible to win. However, the measure hasn't appeared to have increased vaccination numbers, according to SnoHD Health Officer Dr. Chris Spitters during a Snohomish County Health Briefing.

"We are still seeing substantial numbers of people getting vaccinated, but it's not the surge we had early on," Snohomish County Executive said during the briefing.

"Early on, we got all the low hanging fruit and now we're trying to reach the harder to reach people. People who are hesitant, less available to go to mass clinics... so naturally those numbers come down," Dr. Spitters said. "But we still vaccinated 25,000 people last week. We want to see that continue."

#### from page 6 **FATHERHOOD**

crops; the timepiece collector takes care of his clocks, the landlord takes care of his property and fathers have the opportunity to take care of and bless their children. Teach them. Tote the bag. Tell them you love them. Literally pronounce a blessing over them and let them hear you. Share your wisdom and coach them through the challenges they face, now and later.

We often hear it said that we stand on the shoulders of those who went before. There are no bigger shoulders than that of dad and grandad. We are, in many ways, the answered invested prayers of our great grandparents. Let's keep that investment going. Best of all, you don't have to be rich. You just have to be present. "The Investment of Fatherhood" – it's a legacy worthy of our soul.

ences with racism.

She recited a quote by Bob Marley, "If the people that are trying to make this world worse are not taking a day off how can I? Light up the dark."

"We shouldn't rest a day to make our future a better place to be in because we are the ones to light up the darkness," Ha continued.

Valedictorian Tyler Tran then took the mic

"It's been a journey, to say the least. We had a snowmageddon, quarantine, quarantine the sequel, and then hybrid but...but that didn't stop us so I'm not sure what can at this point."

Tran, who turns 18 in less than a week, continued to say he wants to continue enjoying the childish things in life, using children's cartoons to represent how adults miss being a child so "why not revel in it?"

"I feel like there's a pretty intense narrative for high school students to grow up," Tran said.

Ton Cady, Social Studies teacher, then took the podium to share his thought on the importance of time.

"Tonight, your past, your present, and your future are all on our minds as we celebrate graduation during this commencement ceremony. It's your time... spend it wisely," Cady said.

Cady continued to say the memories of high school students will have in the future will probably not be the assignments or distant learning, but the clubs joined, the teams competed in, and most importantly the friends made and all the mentors who offered their encouragement along the way.

He urged students to spend more time in the real world than virtual ones, to spend time listening and learning from people who are different, and to spend time fighting for the rights for those "who have less power than you do."

Elected student speaker Esther Himmelfarb reflected on her time at Lynnwood High School, from the friends made, the dances attended, and the memories formed she will never forget.

"We sit on this field together to celebrate what we've done and what we've become," Himmelfarb reflected.

Superintendent Dr. Gustavo Balderas shared the following statement to the Lynnwood Times on the Class of 2021.

"I want to congratulate all of our graduates on their achievements! Over the past 15 months of the COVID-19 pandemic, our seniors have shown resilience, time and time again. I am so proud of each and everyone of them. My hope is they go out in the world with all they learned, and make a difference. Congratulations to the Class of 2021."

The Foundation for Edmonds School District has awarded \$138,000 in post-secondary scholarships to 55 graduating seniors at six Edmonds School District schools.

The Hazel and Morris Miller Memorial Scholarship of \$5,000 was awarded to Zoey Morris and Tyler Sutton of Meadowdale HS and Sierra James and Charles Chambers of LHS.

