

LYNNWOOD

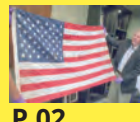
TIMES



Sheriff's youth mentor program "leads the way" to brighter futures
P.04



Rep. Lauren Davis: Lynnwood's Community Recovery Center
P.02



9/11: Revisiting Everett's role in paving American history
P.02

Real News ⚡
Real Impact

Rebuilding a Life: From homelessness and drug abuse to self-redemption



City of Snohomish Mayor John Kartak (left) with Billy McGarry. Source: Billy McGarry.

By KIENAN BRISCOE

SNOHOMISH, Wash. – Billy McGarry, 35, lost track of how many days he had been awake with no sleep. It was the middle of winter, and he had just been kicked out of the McDonald's bathroom where he passed out on the floor. He hadn't eaten in days but had no appetite, a symptom of the methamphetamines in his system. He had no idea where he was, watching the people he went to high school with pass by in their cars with their children in the backseat, as he picked up cigarette butts by the bus stop.

When he began flailing uncontrollably, he knew it was time to take heroin to

bring himself down. This was his average cocktail. He was his own pharmacist.

"I could have died. When you're up for days with no sleep, haven't eaten, dehydrated, on meth, and you put heroin in your system, your heart could stop," McGarry told the Lynnwood Times.

The next thing McGarry remembers was being awoken by Snohomish Mayor John Kartak beside the dumpster where he had passed out.

Living in active addiction

McGarry struggled with drugs and alcohol throughout his 20s. Although

he grew up in a loving home, raised by his Aunt Norma and Uncle Alan, he always felt like he didn't belong in normal society. He struggled in school, had a hard time focusing, never felt goal-oriented, and never had an urge to get involved in extracurricular activities.

"I was one of those kids that had so much potential but just didn't apply myself," McGarry told the Lynnwood Times. "I wasn't completely goal-oriented, wasn't in high school sports, I kind of went to the beat of my own drum."

Continued PAGE 08 >>

Parents talk COVID at Edmonds School Board meeting

By OLIVIA THIESSEN

EDMONDS, Wash. – On September 14, the first Edmonds school board meeting of the 2021-2022 school year took place over Zoom amidst rising Covid cases in the county. The meeting predominantly focused on the district's commitment to safe reopening measures. Meetings will continue to take place over Zoom for the duration of the year.

The meeting began with the Indigenous land acknowledgment, which was read aloud verbatim over Zoom by Superintendent Dr. George Balderas.

Following the Pledge of Allegiance, the superintendent issued the Oath of Office to the board's five student advisors. These students applied for the position and will be attending school board meetings regularly to represent the students of their respective schools and provide student insight. The student advisors sworn in this year are as follows:

- Daniel Kim, Edmonds-Woodway HS
- Isabel Vergara-Ramos, Edmonds-Woodway HS
- Roshni Gill, Edmonds-Woodway HS
- Lia Addisu, Lynnwood HS
- Ritika Khanal, Mountlake Terrace HS

The Superintendent's report

The bulk of the presentation revolved

Continued PAGE 07 >>

Christine Frizzell
for Mayor of Lynnwood

9/11: Revisiting Everett's role in paving American history

By KIENAN BRISCOE

EVERETT, Wash. - When Sgt. Mike Atwood of the Everett Police Department returned home from a graveyard shift at Snohomish County Jail on September 11, 2001, the last thing he expected was to be awakened by his family notifying him of the attacks on the world trade center.

He watched the towers fall on the television, speechless, and thought to himself, "The world will never be the same." On that day, he never could have predicted that in 15 years he would honor the Americans who responded and fell, ultimately contributing to American history as a whole.

A year after the 911 attacks, Mike Atwood joined the Everett Police Department, and in 2016, while working for the Major Crime Unit, his partner James Massingale was called to the captain's office with an urgent matter. Atwood grew concerned after some time had gone by, wondering if a serious issue were at hand. When Massingale finally emerged, his face was stricken with pensiveness. Atwood began joking with him about being in trouble, asking what the meeting was about, but Massingale kept repeating



Former Everett Mayor Ray Stephanson (right) and Deputy Chief Mark St. Clair display the 9/11 flag. Source: City of Everett.

he couldn't talk about it.

A short time later, Massingale approached Atwood with a special case. An American flag had been turned in to the department that had possible ties to 911.

Thomas E. Franklin's iconic photo of three New York City firefighters erecting an American flag on a piece of the destroyed World Trade Center instantly

became, and remains to this day, one of the most famous and identifiable images taken on that fateful day. But just five hours after that photo was taken, the flag went missing.

Brien Browne, former Marine Corps and collector of American historical artifacts, was watching the History Channel in his Everett home when his jaw dropped. The episode of Lost History revealed that the famous U.S. flag

from Franklin's photo – the flag raised and celebrated from Yankee Stadium to the Arabian Sea – was not the flag they thought it was. The program asked, if the flag sent all over the world were the wrong flag, where was the real flag? Browne knew the answer; it was upstairs in his collection.

Years previous, an unnamed New York man married an Everett woman and returned to New York City where the man had been hired as a first responder. The man responded to the call to the World Trade Center site on September 11, cut down an American flag after Franklin photographed it, folded it, and placed it in his pocket. He would eventually pass away from health problems directly linked to responding to the terror attacks. Alone and devastated, the man's widow decided to return to her hometown of Everett to be closer to family, taking her husband's possessions with her, and with them, the flag.

When she was finally able to relieve her deceased husband's belongings, the woman gifted the flag to Browne's friend, who then gifted it to Browne at a BBQ, noting his interest in American historical relics.

Continued PAGE 08 >>

One-on-One with Rep. Lauren Davis: Lynnwood's Community Recovery Center

By BO JOHN BRUSCO

Rep. Lauren Davis (Lynnwood) has worked tirelessly with the Recovery Center task force over the last several weeks. The task force, established by Lynnwood Mayor Nicola Smith, was charged with reexamining the Community Justice Center's (CJC) programs and purpose. In collaboration with her fellow co-chair Lynnwood Police Chief Jim Nelson and other leaders on the task force, Davis helped bring forth the reconfiguring of the CJC.

Central to the new layout is the inclusion of a Community Recovery Center (CRC); a space specifically dedicated to addressing the behavioral health needs of the community. The Lynnwood Times had the opportunity to ask Rep. Davis a few questions regarding the CJC and this new CRC development.

Q: How will funding and budgeting proceed for the new Community Recovery Center proposal?

Short Answer: The budgeting will proceed in three phases. The first involves allocating Behavioral Health Grants,

which was already accomplished in July. The second phase is applying for a RFP (Request for Approval). Finally, state representatives will write a supplemental capital budget.

Rep. Davis's Full Answer: It would come in three different phases, more than likely. I mentioned this in my comments on Monday night, but in 2018 we shifted the way we invested in health facilities away from these large state-run facilities and into what we call "community behavioral health" — so the smaller facilities that are actually in communities like Lynnwood. So we've (the state) put close to three hundred million dollars in the last three years toward those efforts. And this project is consistent with that same trajectory and in line with that trajectory.

Every year in the capital budget there's sort of two different types of projects. There's direct appropriations, which is basically a line item that says, you know, "Lynnwood Recovery Center: x million," and then there's also competitive grants, and we had already allocated competitive behavioral health grants that went live July 1 of this year in the biannual budget that passed this

year. And they're in a bunch of different categories. There's money for in-patient psychiatric facilities. There's money for what's called Enhanced Services Facilities that serve folks like your geriatric population who also have psychiatric challenges.

And then there's also money for crisis stabilization and that's a two million dollar allocation currently and this project would be extremely competitive because projects that are competitive are projects that are shovel-ready — projects that have multiple funding partners and we already have a commitment from the county, and those are incredibly attractive. And again, the fact that the first floor of this is already going to be built and we're adding kind of a second a third story — what happens and what has happened historically is state money goes towards projects, some of which never materi-

alize maybe because of push-back from neighbors, maybe because the funding doesn't come together, but again, this project would be extremely competitive because we have all our ducks in a row and we've got the money and we got the project, you know, there's a lot of stakeholders involved.

So we would apply for that RFP (Request for Proposal) and if it's competitive again, then I would argue we are very competitive with what we can put forward. And that money, the RFP goes out this fall. I'm not exactly sure when the check would be received to the kind of winning facility.

And then in addition to that, we will write a supplemental capital budget. That money goes out in March of 2022. And it is the intention of our legislative

Continued PAGE 06 >>

LYNNWOOD TIMES

CONTACT INFORMATION

<p>PUBLISHER Mario Lotmore publisher@lynnwoodtimes.com</p> <p>MARKETING SPECIALIST Michele Mitsuchi-Stork sales@lynnwoodtimes.com</p> <p>REPORTERS Kienan Briscoe kienan.briscoe@lynnwoodtimes.com</p>	<p>Bo John Brusco bo.brusco@lynnwoodtimes.com</p> <p>George Ftikas Jr. george.ftikasjr@lynnwoodtimes.com</p> <p>Olivia Thiessen olivia.thiessen@lynnwoodtimes.com</p> <p>Gerti Katro gerti.katro@lynnwoodtimes.com</p>
---	--

LYNNWOOD TIMES

12918 Mukilteo Speedway C23, PMB-162 Lynnwood, WA 98087
P: 425-308-8371 | Website: Lynnwoodtimes.com | Subscription: \$96/Year
(Mail Checks Payable to Lynnwood Times at above address)

READI SPAGHETTI
FAST-ITALIAN-KITCHEN

NEW!

Grab-a-Bucket

\$13.00

feeds 2-4 people

Please present this coupon at store to receive offer. Online ordering and delivery available

12822 Mukilteo Speedway, Lynnwood, WA
Next to Taco Time

425-212-9866

Mon-Sat 10am-10pm • Sun 12pm-9:30pm

Council approves Community Justice and Recovery centers, PSE contract, and technology improvements

By **BO JOHN BRUSCO**

LYNNWOOD, Wash. – After nearly two hours of hearing public comment, the council voted to move forward with the Community Justice Center (CJC) and the Community Recovery Center (CRC) proposals. Unfortunately, during the public hearing portion of the meeting, callers spewed threats and racial slurs. Mayor Smith and Council President Hurst condemned these acts in a public statement.

Council Items: IT Improvements and Puget Sound Energy

After public comment, Michelle Meyer gave a presentation recapping council items that have been discussed in past councils. Meyer reiterated the funding requests for items such as body-worn cameras for county sheriff officers and restoring public sector capacity to pre-pandemic levels.

Per the latter item, the council voted on the following motions regarding the American Rescue Plan:

- Motion to authorize Council Chamber IT improvements not to exceed \$150,000 from American Rescue Plan Act funding, authorizing the Mayor to sign any required agreements, and include the expenditure authority in the Mid-biennium amendment.
- Motion to fund the following positions for 2022 in an amount not to exceed \$656,000 from American Rescue Plan Act funding and include the expenditure authority in the Mid-biennium amendment:
 - 5.2 Full Time Equivalent positions in Parks, Recreation and Cultural Arts
 - 1 Full Time Police Evidence Officer position in Police
 - 1 Full Time Legal Specialist I in Municipal Court
 - 1 Full Time Custodian in Public Works

The first motion passed with a 4-3 vote. The council voted to amend the second motion to read “not to exceed

\$656,000 from the general fund with a review of city revenues in the Mid-biennium amendment,” which amendment passed with a 5-2 vote, with Councilmembers Shannon Session and Christine Frizzell voting against. Then the council passed the amended main motion with a vote of 5-2, with Councilmembers Shannon Session and Ruth Rose voting against.

Next, an ordinance titled “Franchise Agreement with Puget Sound Energy for Operations of Natural Gas Facilities” was passed with a unanimous vote. The ordinance summary reads as follows:

An of the City of Lynnwood, Washington, granting Puget Sound Energy, Inc., a Washington corporation, its successors and assigns, the right, privilege, authority and franchise to set, erect, lay, construct, extend, support, attach, connect, maintain, repair, replace, enlarge, operate and use Facilities in, upon, over, under, along, across and through the Franchise Area to provide for the transmission, distribution and sale of gas for power, heat and light, and any other purposes for which gas may be used.

Motions for the Community Justice and Recovery Centers

Finally, the council motioned to vote on the construction contract for the CJC — this just after hearing multiple public complaints about the prospect. Before the vote, many council members addressed these concerns.

“I know there’s been a lot of heartstrings that have been concerned tonight, and I want people to know that we recognize that,” council Vice President Jim Smith said.

“I see this, as has been presented by the councilmembers, I see this as being — actually moving in the correct direction; the right direction of having a better facility than we have currently,” he continued.

Councilmember Patrick Decker echoed a similar sentiment, “I would echo what

Vice President Smith said — extremely difficult decision. But fact one, for years Lynnwood has been exporting individuals who need to be incarcerated to other communities — not just neighboring communities, but communities far away from Lynnwood,” he said.

Councilman Decker explained how exporting incarcerated individuals takes them further away “from their support systems, away from their families, away from our jurisdiction, and away from a facility over which we have responsibility but also oversight.”

“By building this facility we can keep those individuals here in Lynnwood, and we can and will hold responsible the individuals who are tasked with their safety and are tasked with ensuring that they are cared for as they ought to be per law and per how a civil society should. This is repairing a lot of unhealthy situations which occurred because of our very old facility. This will benefit the individuals who are required to stay in our facility in a multitude of ways. We have got to update our very old, very inadequate, and completely — in my view — unacceptable facility we have now,” he concluded. “This is the only way to do it in a realistic time frame.”

Councilmember Shannon Sessions shared her thoughts as well. She reiterated that the forthcoming CJC has been in the works for multiple years. Then, after stating that it would be irresponsible not to build this new facility given the poor condition of the current one, she said, “It’s the right thing to do to care for those who do find themselves in our jail and the rest of the community.”

After the subsequent comments from members of the council, the contract award for the Community Justice Center passed with a vote of 6-1, with Councilmember Ruth Ross voting against the motion.

One of the final points of interest was

Continued **PAGE 06** >>



FAIRWINDS
BRIGHTON COURT

*It's More Than Retirement.
It's Five-Star Fun.*



Your new lifelong friends are waiting.

At Fairwinds – Brighton Court, the day is always yours. With a variety of classes, activities, and social events, you can play as much or as little as you'd like. Our friendly staff plays friend-maker too, making sure all new residents find the social scene that works best for them.

You'll feel the difference at
FairwindsBrightonCourt.com



(425) 243-6431
6520 196th Street SW
Lynnwood, WA
FairwindsBrightonCourt.com

A LEISURE CARE PREMIER COMMUNITY



Happy Hour

1/2 Price Appetizers

3pm-6pm










For locations

buzzinnsteakhouse.com

Sheriff's youth mentor program "leads the way" to brighter futures

By KIENAN BRISCOE

SNOHOMISH COUNTY, Wash. – Snohomish County Sheriff Adam Fortney's first Lead the Way program for youths at the crossroads in life, came to a close with a graduation ceremony at Sno-Isle TECH Skills Center on Thursday, September 2.

Over the past eight weeks, attendees of this first-ever Sheriff's Office program met once a week for two hours, beginning July 5 through August 23. Students aged 13 to 17 discussed goal setting, racism and racial equity, decision making, drug and alcohol abuse, and career and professional directional advice.

Students participated in classroom-based seminars led by community leaders, Sheriff's Office personnel, and local business professionals. Participants also had the opportunity to engage in community service and go on a field trip to the Snohomish County jail.

The purpose of the program is to provide leadership, encouragement, and direction to youths living in Snohomish County. All nine of the starting participants showed up for all eight weeks and were in attendance for their graduation.

"It's been quite the experience," Sheriff Fortney told the Lynnwood Times. "There's been a lot of good stuff, and there's been a lot we've learned. I'm proud and I'm excited that every child that started this is here today."

As a new program, many of the organizers, including Fortney, did not know what to expect. Fortney shared with the Lynnwood Times that he was nervous some of the students would drop out before reaching the graduation ceremony, but once seeing every one of them return for the second week, his nerves began to settle.

"When I first came here I was pretty nervous cause I thought this was like a camp for kids that have done bad stuff," Brennan, Lead the Way graduate and Freshman at Everett High School told the Lynnwood Times. "But when we learned the first couple lessons, I thought, yeah I could get behind this... It turned out to be a really great experience."

Classes comprised of two hourly-segments. The first portion was an open discussion where students shared whatever was on their mind including what they felt was working and not working with the program. The second hour welcomed guest speakers to talk on a variety of subjects.

Week one welcomed America's Promise Alliance, an organization whom Fortney has worked with since the beginning of 2020, to talk about racial concerns involving law enforcement, a contentious issue as of late. The class also covered the difference between obtainable and unobtainable goals.

Week two featured speaker and co-founder of the Lead the Way program, Tyler Ware, who was once a Washington's Most Wanted and struggled with a life of addiction and prison sentences. Ware provided his



Lead the Way Program graduates with mentors. Front row: Jaiden, Brennan, Issac, Mason, Treyvon, Issac, Donevan, Trey, and Gillian. Source: Mario Lotmore/Lynnwood Times.

personal testimony battling addiction and a life of crime until "something snapped" and he decided to turn his life around for the better.

"I was done with this [lifestyle]. I was so sick of seeing these guys, looking over my shoulder, running from the police...I just didn't want to live that way anymore. Every day I woke up I was completely miserable," Ware told the Lynnwood Times.

Since Ware's Washington Most Wanted days, he switched his life from prison inmate to marathon-running family man. He works as a Real Estate Agent for Bushnell Real Estate Solutions, just bought his first home in Everett, and has two children, Chance (3), and Tyson (9 months), with his newly-wed wife Christina.

"I left that guy five years ago. I wouldn't change a damn thing, because if I did I wouldn't be who I am today and I wouldn't know what I know today," Ware told the Lynnwood Times.

When Sheriff Fortney first coined the idea for the Lead the Way program, he reached out to Ware after seeing his redemption story on Q13 and asked if he would help co-organize the program. Ware enthusiastically agreed and much of the organizing of the program was held over coffee at Starbucks between the two. Fortney was the first law enforcement officer Ware had encountered after leaving prison, this time under drastically different circumstances.

"I'm blessed. I'm honored to be a part of this and I'm honored to be able to give back," Ware told the Lynnwood Times.

Week three focused on the Pros and Cons of social media. Originally a virtual presentation, the allocated hour-long presentation was cut at 40-minutes once it became apparent it was not holding the student's attention. Fortney shared that this was an example of an improvement when planning for the program's return.

Week four featured the topic of hope and opportunity. It featured ex-gang member turned community outreach leader Jose "Neaners" Garcia, the Executive Director of Hope for Homies which helps those who are



Snohomish County Sheriff Adam Fortney with (L-R) Isaac, Donevan and Gillian. Source: Mario Lotmore/Lynnwood Times.

transitioning from a life of crime and incarceration to becoming outstanding members of society.

Week five featured Captain Alonzo Downing, Snohomish County Jail, who brought in many friends from his U.S. Navy days to talk about their experiences in the military and potential career paths participants could consider.

For week six, students took a field trip to the Snohomish County jail to understand first-hand the life behind bars, even including the option of trying jail food.

Jenny Knight, pastor of the Rock Church in Monroe, shared her personal story of the impact to losing her parents in an Alaskan airlines airplane crash for week seven's class. She shared the message that even if one makes the right decisions in life, sometimes life doesn't go your way. It is more important how one faces adversity than the challenge itself.

On the final week, students became involved in community service, offering donations of food and clothing to those in need to teach them the importance of giving back.

After the students had completed the eight week-long program, the Sheriff's Office hosted a graduation ceremony at Sno-Isle TECH to commemorate their completion with framed certificates, gift bags, a custom-made sweatshirt from Medusa Apparel, dinner from Meatheads Smokehouse, and dessert

from Snohomish Pie Co.

"It's been an incredible experience," Bureau Chief Jamie Kane told the Lynnwood Times. We did this for the kids to enrich their lives and show them that there are different avenues, but I learned so much from [the kids] and I didn't expect that."

Fortney, in his commencement speech, reminded the graduates that his commitment and that of his deputies does not end with graduation. Included in the student gift bags are contact numbers for all of the mentors featured in the Lead the Way program.

"If we get one kid texting with a question in a couple weeks then that makes all of this worth it," Fortney told the Lynnwood Times.

Every student told the Lynnwood Times that when they showed up for the first week, they were nervous to enter a class full of law enforcement, but by the second week, they quickly realized that law enforcement officers are just regular people. Reflecting on their experience, they had nothing but positive memories.

"I think it's a good program. My parents signed me up so I had to go by force, but I actually kinda liked it, I was actually excited about going," Jaiden, Lead the Way graduate told the Lynnwood Times.

Jaiden was nervous to be in a room full

from page 4 **LEAD THE WAY**

of “cops” at first, but quickly became excited to return every week to see the friends she made along the way. Her favorite part was the community service.

“It was pretty fun meeting new people and hearing about their experiences. I think it really opened my eyes to what’s going on out there and how you can end up,” Gillian, Lead the Way graduate and Stanwood High School student told the Lynnwood Times.

Gillian feels more mindful of her actions since starting the program. She shared that Tyler’s story in particular really shined light on how decisions can impact one’s life. Her favorite part was the jail tour adding the food, which she chose not to eat, as in her words said it resembled “canned dog food.”

She hopes to become a cardiologist after her time at Stanwood High.

Isaac, a Mariner High School student, told the Lynnwood Times that the program taught him how to be a better person. His grandmother is thankful to Sheriff Fortney for the program in attests to a positive change in her grandson.

“The eight weeks has changed him from seeing the circumstances he could get himself into... It is giving him some reinforcement, confidence and skills to deal with temptation.”

Many of the students shared how the program removed barriers of social isolation. They are grateful to have engaged with not only officers but their fellow peers.

“I liked how interactive it was,” Mason

shared with us. Mason hopes to pursue the path of being a restaurateur after completing his studies at Marysville-Getchell High School.

Donevan of Lakewood High School who is considering a career as a psychologist also emphasized the importance of engagement in the program.

“This was very eye-opening. I learned how to develop social skills to talk to people my age,” Donevan said. “Before I came here, I really wasn’t like, the most social person. After the program I am very talkative.”

Sgt. Didy Quick told the Lynnwood Times that she learned a lot from the students when asked to share her experience as a mentor in the program.

“This was so valuable to me as a person.

I looked forward, every day, to coming in, to being someone they can look up to... a role model, as a female working in a male-dominated profession.”

Every parent told the Lynnwood Times that their kids were genuinely excited about the program and would come home talking about what they did and what they learned.

Among the many attendees at yesterday’s ceremony was Snohomish County Councilman Sam Low.

“I’m proud of our young people and the opportunity to see them graduate is a great accomplishment,” Sam Low told the Lynnwood Times.

After the success of the program, Sheriff Fortney committed to its return in 2022.

ADVERTISE

FOR MORE INFORMATION

CALL: 360-334-0898 • EMAIL: SALES@LYNNWOODTIMES.COM

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!

Lots of job openings. Every one with a mission.

UW Medicine is hiring. Every day, nurses, medical assistants, custodians, trade workers, pharmacists and thousands of other team members come together with one mission: to improve people’s lives. **Join us at uwmedicine.org/careers.**

UW Medicine
A higher degree of healthcare

from page 2 **REP LAUREN DAVIS**

delegation — so myself and Cindy and Jesse — to request funding in the supplemental capital budget. But just to give you a gauge, that capital budget, as a whole, is generally much smaller 'cause of the supplemental, right? Our capital budget we just passed for 2021 — the whole capital budget was 6 billion. And the capital budget that will pass in 2022 is about 82 or 83 million, so significantly smaller. So the intention is that our delegation will make a request for funding in the supplemental, but it won't be a huge check because it's a smaller budget. And then we would ask for the difference — whatever is left, right? In the 2023 bi-annual budget because that's when you get a large capital budget again somewhere in the 6 billion neighborhood or if not north of that — assuming the economy continues to clip along.

Q: How will the operational costs of the Community Recovery Center be covered?

Short Answer: Operational costs are not a significant concern as the majority of services that will be offered at the CRC will be insurance billable. For the smaller portion of patients who don't have insurance, the costs for their services will be paid for by the Behavioral Health Administrative Services Organization.

Rep. Davis's Full Answer: That's a great question. So we definitely need to have some additional stakeholder conversations to make sure that we have willing providers, which I don't doubt that we would, and then kind of working on the math of the operational cost. But I'm not particularly worried about the operational cost and the reason is, what we're proposing to put there are insurance billable services. And so the bulk of the operating cost would be paid for by whoever the payers are of the people who receive services in that facility.

I would suspect that a substantial chunk of the individuals who receive services there would be medicaid patients so that is a state and federal match that pays for that. Also I suspect that we will see a number of individuals with private insurance, and so particularly at the behavioral health urgent care you're going to see a lot of folks with commercial insurance. And so those costs are billed to the Premeras and the Regences and the Kaisers of the world.

And then you're going to have a smaller portion of folks who are uninsured and those costs are generally paid for

by what's called the BHASO (Behavioral Health Administrative Services Organization).

So it's a blend, but for the most part the services are all billable and so they're billed to the appropriate insurer. And it's kind of like the well that never runs dry because it's like any other health-care facility. So the reason why some places struggle is because they're providing services that are not insurance billable. And so if you're providing housing services, for instance, you can't bill insurance for that, and so then they really have to hustle to try to cobble together funding for ongoing operations. That's not really the case where you're talking about a behavioral health facility where you're billing health insurers.

Q: Regarding the recently passed SB 5476 Bill, when it comes to operational costs, do you think that some of the bill's provisions will go towards the center as well?

Short Answer: No. The services included in the bill are not insurance billable services. The provisions will direct patients to the Community Recovery Center, but the facility won't be funded out of that bucket.

Rep. Davis's Full Answer: That's a great question. No, is the short answer. The services that are in that bill are largely not insurance billable services and they serve people who are not currently connected to care. So not all, but the bulk of the funding in that bill goes to what's called a recovery navigator program. In the original bill it was called forensic navigator and then it got changed. And the recovery navigator program's primary purpose is to connect with individuals who have untreated substance abuse disorders who are not connected to services.

So people who might be experiencing homelessness, people who might be presenting to the emergency department, people who might be coming into contact with law enforcement because of their substance use disorder and actually providing intensive case management and bringing those folks into our existing array of services.

We know that only about 11% of substance use disorders ever actually access services, and a lot of that is not because they're not interested. It's because there are so many barriers for folks to navigate and access the system and it's very challenging to access even for people who are highly educated and highly motivated. Let alone people who have more barriers right?

Whether it's barriers because of poverty or english language proficiency or transportation issues or whatever. So the recovery navigator program would direct people to receive services at this facility, but the facility would not be funded out of that bucket.

Q: As 36 beds were removed from the CJC's initial design to make room for the Community Recovery Center, what will be the capacity for the new CRC?

Short Answer: It depends on how many floors will include rooms for beds and if those rooms will house one or two beds each. The current estimation is anywhere between eight and 16 beds.

Rep. Davis's Full Answer: That's a great question. It depends on the exact service array. The current intention would be crisis stabilization — at least one floor would be crisis stabilization, and if you put two people to a room, you could easily do sixteen beds on a floor out of 5000 sq feet. If you made two floors into beds you could do 32 if they were doubled rooms, or sixteen total if they were single.

But there's a strong interest from community partners in this behavioral health urgent care modality, which is actually an outpatient modality. So people are not over-nighting and if we do one of the floors as a behavioral health urgent care, you're going to have patient rooms right? Like you'd have at your typical med-urgent care. But you're not going to have overnight beds. So if I had to guess right now with my crystal ball I would probably guess one floor is going to be an overnight inpatient type for the crisis stabilization and that would be somewhere between 8 and 16 beds depending on how you configure it. And the other floor, in my dream world it would be a 24/7 urgent care, but people are not over-nighting there. So you're really just having sort of patient rooms and things like that.

Q: What services will be offered in the Crisis Center section of the CRC?

Short Answer: The Crisis Center will offer various types of services that cater to patients whose condition does not warrant a trip to the ER, but aren't necessarily in a safe enough condition to go home either. These services include helping people suffering from mental health issues, such as suicidal thoughts or severe anxiety attacks; as well as people suffering from substance abuse issues.

Rep. Davis's Full Answer: So it's a little bit lower acuity than inpatient-psych. So people who would receive services at a crisis stabilization center are not so acute that they need to be in in-patient psychiatry, but they're also not stable enough to go home. And so we have a lot of people that fall in between and two things happen to them. We either send them into in-patient, where they don't really belong and it's a poor use of resources, or we send them home and they're not really safe to go home when there's an emergency of some kind — the person is having a suicidal crisis or the family doesn't know how to care for them or what have you.

So crisis stabilization, it tends to be shorter than in-patient psychiatric stay, so we're talking somewhere between like three and seven days. Oftentimes the people who will need these services are going through a sort of mental health crisis of some kind. So that could be significant depression; it could be someone who's experiencing an anxiety attack. It could be someone who is having auditory hallucinations of some kind, or a suicidal crisis of some kind. So if somebody had attempted suicide, they're going to need to go to the emergency department 'cause there's probably something medical that needs to happen, whether its lacerations or whether they've ingested something. But if they're having suicidal ideation or suicidal thoughts but have not acted, they could certainly receive services at this facility.

And then the third category would be some kind of substance abuse challenge for someone who is using opioids or methamphetamine or alcohol and is interested in stopping or reducing their use could receive services at this facility. Someone who is having some sort of behavioral symptoms that are associated with substance abuse could receive service at this facility.

Concluding Comments

"The community understandably has a ton of questions," Rep. Davis said, concluding her comments with the Lynnwood Times. "I think behavioral health in general is not very well understood and so the more we can help educate the public (the better). And when this facility, God willing, if the council approves and it comes online, we want people to use those resources. We want them to know that it's there. We want them to know what types of situations would be appropriate, so the more information we can get out to the public the better."

from page 3 **LYNNWOOD CITY COUNCIL MEETING**

the council's vote regarding the Community Recovery Center resolution, which reads as follows: A resolution of the City of Lynnwood, Washington, to build a Community Recovery Center on the site of the Community Justice Center, as a separate entity, which will serve the growing behavioral health needs of Lynnwood and the South Snohomish County community.

The resolution passed 6-1, with Councilmember Ruth Ross voting against the motion.

A message from Mayor Smith and Council President Hurst regarding

racial slurs used during the September 13th City Council Meeting

During the public hearing portion of the Business Meeting, citizens would call into the Zoom chat and voice their comments and concerns. Unfortunately, threats and racial slurs were uttered during this time. In response, Mayor Smith and Council President Hurst issued the following public statement:

We outright condemn the use of racial slurs of any kind. Additionally, we condemn threats of violence.

During the September 13th Lynnwood City Council Business Meeting, there were individuals asking to participate in the meeting to provide public com-

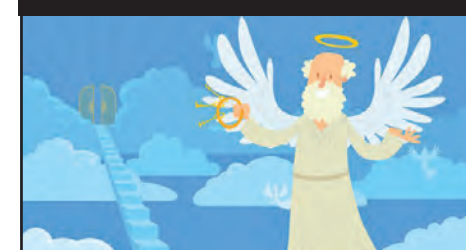
ment, however, these individuals used the public forum instead to spew racial slurs.

Our City Council meetings and other related City meetings are a place for healthy community discourse. We encourage all voices and we understand that we will not always agree and we all have different communication styles. However, we will not accept the use of racial slurs or any other type of derogatory language.

These individuals were muted and removed from the speakers panel as soon as our meeting moderator was able to do so. We are consulting with our Information Technology professionals and City Attorney to see what can be

done to identify the individuals who committed these acts of hate, and we will be reviewing our process for public comments.

LOW PRICE



Two burial plots near fountain, azalea garden, Floral Hills Cemetary. \$1,000 each. Tele. 425-245-7128

Parents urged to take precautions to prevent window falls

South County Fire is urging parents and caregivers of young children to take precautions as injuries from child window falls are nearing record-setting levels in Snohomish County.

“At least 10 window falls have occurred in Snohomish County since April – including three in the last week,” said Wendy Burchill, Snohomish Health District Healthy Communities communications specialist. “We’re still compiling summer data, so we don’t know the full picture just yet. We typically see eight window falls per year and our record a few years back was 12. We are on pace to exceed that number this year.”

Half of the falls reported occurred in South County Fire’s service area, which includes Brier, Edmonds, Lynnwood, Mountlake Terrace and unincorporated southwest Snohomish County. Injuries have ranged from minor to severe.

“An alarming trend is that caregivers are bypassing 911 and taking their children to the emergency room in their private vehicles. The danger in this is that if the child has a serious injury, such as a spinal cord injury, moving them could cause further damage and a lifelong disability or even death,” explained Shawneri Guzman, South County Fire outreach manager and coordinator for Sake Kids Snohomish County childhood injury coalition.

Prevent Window Falls

*Screens keep bugs out,
not kids in.*

- Always supervise young children.
- Use window locks or guards to prevent windows from opening more than 4in.
- Move chairs, cribs and other furniture away from windows to help prevent window falls.
- Never move a child who appears to be seriously injured after a fall – call 911.



South County Fire and Safe Kids offers these safety tips to prevent child window falls:

- Adult supervision is key. Unattended children run the greatest risk of falls and injuries, so the best first step is to watch children as they play.
- Screens are meant to keep bugs out, not children in. Screens can

easily give way under a child’s weight.

- For crawlers and climbers, move chairs, cribs and other furniture away from windows.

- Install window locks or guards to prevent the window from opening more than 4 inches. Window locks and guards are affordable and can be found at hardware stores and online. If you need assistance, many local fire departments can help, including Everett Fire Department, Marysville Fire District, South County Fire and Snohomish Regional Fire & Rescue.

Safe Kids Snohomish County is a local coalition of Safe Kids Worldwide. Our mission is to eliminate accidental death and injury in children.

from page 1 SCHOOL BOARD

around the school district’s Covid-19 policies, which, according to Balderas, derive directly from the Snohomish Department of Health.

He encouraged parents who have voiced concerns about their children’s academic achievements to show grace toward schools and educators this school year, as students have “not been in school for over 20 months.”

Balderas also explained the precautions he believes parents and students should be taking this school year, reiterating emphatically, “Mask up and vax up. We need to get shots in arms . . . and we need to wear our masks . . . because we want to keep kids in school.”

Public comments

All public speakers were given three minutes to speak with a timer counting down the seconds as they spoke.

Two paraeducators voiced their disappointment in the district for compensating certified educators but not paraeducators, who they said were working just as hard to transition students to remote learning last school year.

Three parents spoke during public comments, one requesting stricter COVID safety measures, two discussing issues with existing measures.

A mother of an elementary student voiced concerns about the third-grade class eating lunch indoors without masks and suggested holding outdoor lunches exclusively.

Another parent voiced concern that students are being treated unequally based upon vaccination status through school policies which are “discriminatory, as

they negatively impact a subset of students and their educational opportunities,” the woman said. She added that the school district’s policies were coercive, rewarding vaccinated students with educational opportunities while penalizing unvaccinated students.

A father voiced similar concerns after his son was harassed after a teacher asked vaccinated students to raise their hands in class. His son, who is unvaccinated, was subsequently bullied because of his vaccination status. Despite discussing the issue with the school’s principal Allison Larson who acknowledged this as a violation of federal law, a few days later another teacher asked the same question to students.

District-wide COVID-19 safety measures

The school board also discussed its commitment to contact tracing. Any student who has had close contact and who presents symptoms of COVID must immediately isolate in the containment room and will be offered a shallow nose test with the student and parents’ consent. Students who did not have close contact but display symptoms will be required to show a negative Covid test and must be fever-free and symptom-free for 24 hours before returning to school.

Students who refuse to take a COVID test will be treated as though they received a positive test result. These policies apply regardless of vaccination status, but for unvaccinated students, the isolation period extends to 14 days from exposure.

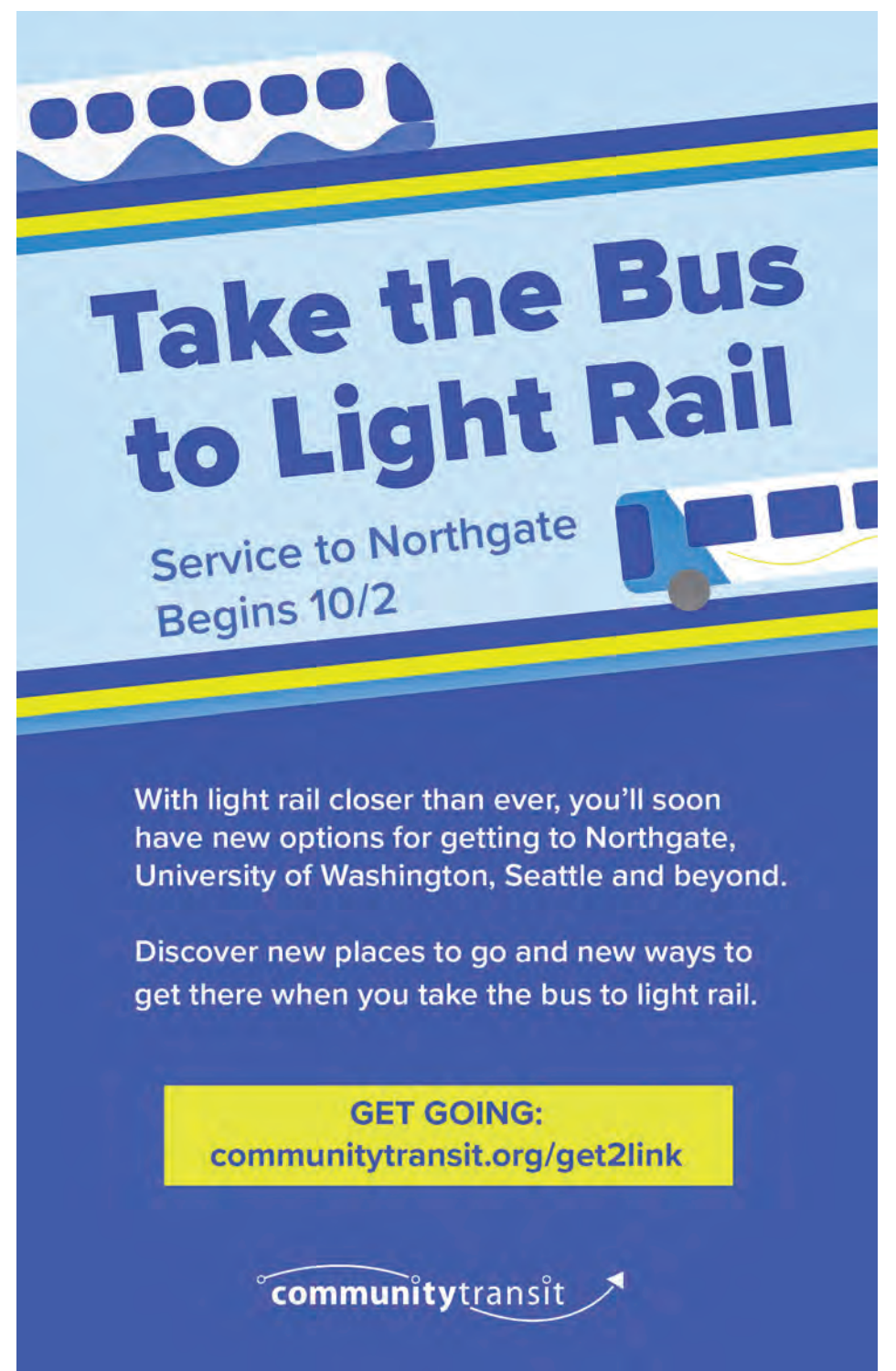
The full September 14 school board meeting is available online through this link: <https://edmondssd.new.swagit.com/videos/139584>.

Now Enrolling for 2021-22 School Year!
Preschool / Kindergarten



DR. JUN'S INSTITUTE OF MONTESSORI EDUCATION

6009 168th St. S.W. Lynnwood WA 98037
Call 425-742-2644
info@drjunsmontessori.org




Take the Bus to Light Rail

Service to Northgate Begins 10/2

With light rail closer than ever, you’ll soon have new options for getting to Northgate, University of Washington, Seattle and beyond.

Discover new places to go and new ways to get there when you take the bus to light rail.

GET GOING:
communitytransit.org/get2link



from page 1 **REBUILDING A LIFE**

McGarry and his younger sister began living with their aunt and uncle at a young age because of their mother's increasing drug and alcohol problem. They attended church every Sunday at Central Christian and were very involved in their church community.

"My uncle and aunt did their best to raise me with proper values," McGarry said.

Although his uncle and aunt set a loving environment free from the influences of drugs, McGarry's mother's addiction would soon catch up with him hereditarily. He began hanging out at the skate park where it was easy to find prescription pills like Percocet and Oxycontin and before he knew it, he advanced to heroin and meth. At this point, McGarry's life began to spin out of control.

After driving McGarry to rehab for the fourth time, his uncle turned toward him and said, "You know what? I can't deal with this anymore. I'm leaving this in God's hands."

"Nobody is equipped to deal with drug addiction. You can't make someone get clean who doesn't want to get clean," McGarry said.

McGarry began living with his grandmother in Marysville but would soon be kicked out after getting loaded in her house and walking around in the middle of the night for nights on end. She gave him 20 minutes to pack his things. He continued to couch surf at friends' houses until he had exhausted all of his options and fell into homelessness at the age of 27. It was then when he wondered if he struggled with addiction.

"Hitting rock bottom can be different for many people, but mine was hitting rock bottom for the 8th or 9th time," McGarry told the Lynnwood Times.

Hitting rock bottom

McGarry began to increase his methamphetamine use as a survival tactic while living on the streets. The drug would raise his core temperature, suppress his appetite so he wouldn't have to look for food, and kept him awake and busy so he didn't have to worry about being attacked or killed.

"I've seen it many times. People get drunk and just take a bike frame to a person sleeping [on the street]," McGarry said. "You can get killed just by being in the wrong area when you're homeless."

McGarry's weeklong meth and heroin binges, dehydration, malnutrition, and full weeks of no sleep led to psychosis, delusions, hallucinations, and lead to confusion about where he was at any given time. Despite these issues, he never got into thievery or home invasion to fuel his habit.

Although McGarry knew of many shelters around the Everett area where he found himself most of the time, many homeless would be denied entry if they were suspected of drug use. In the rare instances in which he was allowed entry, he was given week-old, unsold Starbucks pastries for food.

"It was like biting into a frosted croissant," McGarry said.

He was allowed to shower at the shelters but would feel uncomfortable stripping down in front of strangers, and his clothes would sometimes get stolen when he laid them down.

McGarry's drug binge lasted three years.

A chance encounter leads to a path of redemption

When City of Snohomish Mayor John Kartak awoke McGarry outside a Snohomish dumpster that day, McGarry

was taken aback by how kind and calm he was. Before Kartak approached him, all of McGarry's interactions with people on the street were either dangerous people looking to rob him or aggressive police officers telling him not to loiter.

"He wasn't belittling or mean. He was the only one concerned about my safety. He made me feel significant, I didn't feel invisible anymore," McGarry said.

Mayor Kartak expressed concerns that McGarry could get hit by a car and asked if he had a place to go.

"I told him, 'I'm a father, and as far as I'm concerned, you could be one of my kids,'" Mayor Kartak told the Lynnwood Times. "I said, 'You got your whole life ahead of you, and it's heartbreaking to see someone throwing their life away.'"

Neither Mayor Kartak nor McGarry would know this at the time, but there was some similarity between Billy and Kartak's own kids. The two would later learn that McGarry attended Snohomish High School at the same time as his own children.

Kartak walked McGarry to the nearest cold weather shelter, talking like friends and offering to connect him with resources such as the Salvation Army.

"He just wanted to help. . . . Who does that? I was just like, who is this guy? He still walked with me. He still treated me like a human being," McGarry said.

After that night, McGarry decided to admit himself to rehab for the sixth and final time.

"I admitted to myself that I had a heroin problem and I needed help. It took a long time, but I finally did, and I went to treatment," McGarry said.

Living in active recovery

When McGarry celebrated his 30th birthday in rehab, he realized he was running out of time and needed to turn his life around. He found a sponsor and began actively involved in twelve-step programs such as Alcoholics Anonymous and Narcotics Anonymous. He moved to Yakima, Washington to separate himself from his past and began working for American Rocks, laying asphalt for highways.

"The best advice I can give to someone struggling with this is to move away from your hometown and get linked up with a good support group," McGarry told the Lynnwood Times.

To this day, McGarry is four years and five months sober, contributes to a 401k, and is working to buy his first house with his girlfriend.

"It might sound cheesy, but not all angels have wings. It really shows what the world is going through, and I really appreciate what John did," McGarry told the Lynnwood Times. "The joys of being clean and sober, having a life I've never had before, is the greatest thing in the world."

Mayor Kartak and McGarry remain friends, communicating regularly over Facebook and getting together for a burger whenever McGarry visits town.

"Billy is such a heartwarming success story for our community," Mayor Kartak told the Lynnwood Times. "I think most people want to help, they just don't know what they can do."

Although Billy rekindled a relationship with his mother in his early 20s, their relationship revolved around their shared substance abuse. His mother passed away two years ago from complications within the methadone program while seeking help for her addiction.

from page 2 **9/11 FLAG**

The doorbell rang at the Everett Fire Department Station 1 on Rucker Ave and 36th Street shortly after Browne realized what was in his possession. Knowing unexpected announcements such as these typically include medical emergencies, Everett Fire Fighters responded to the call with urgency only to see a man, who appeared healthy and in no harm, standing outside the station. The man held up a plastic Joanne Fabric and Craft bag to the confused firefighters and told them he had a piece of American history. The man was Browne.

The firefighters withdrew the flag, noticing it had ropes and electrical tape around it, removed them to give the flag a better look and put it back in the bag to give to administration.

During a discussion about the history of flags between Deputy Chief Everett PD and Assistant Fire Marshall from the Everett Fire Department, the fire marshal revealed that a flag had been turned in the previous day by a citizen, claiming to be the famous flag featured in Franklin's iconic photo. Astonished, the Deputy Chief asked to see the artifact, which was in the fire marshal's office, and immediately turned it in to the evidence room, assigning Massingale the case of verifying whether this

mind-boggling claim held merit.

"Detective Massingale is a former Army ranger and an incredibly patriotic man. It was really fitting that he was assigned this case," Atwood told the Lynnwood Times.

When Atwood and Massingale received the flag, they treated it as evidence from a crime scene and could not put the flag back together the way it was turned in. They took pictures of it, handled it with gloves, and began their investigation which would last the next two years. Atwood told the Lynnwood Times that visually it looked like a match, down to the number of wraps of electrical tape around the rope. The original flag from Franklin's photo was taken from the yacht Star of America docked in the Hudson River and erected on a 20-foot pole found in the debris of the attacks with electrical tape and rope.

The two-year investigation was kept in high security with only a total of about four people ever knowing what was going on to avoid issues such as theft or tampering.

Detective Steve Paxton of the Washington State crime lab was brought in to conduct the forensics for authentication. When Atwood and Massingale approached Paxton's supervisor about the case, a member of their office bumped

into a computer desk which activated the monitor displaying Franklin's photo as the background image. It was then when the importance of this case sunk in.

Analyzed by Bill Schreck of the Spokane Washington State Patrol Crime Lab, the flag turned in by Browne was determined to be America's missing flag. In his forensic report, the DNA of the FDNY firefighters that held it on September 11 along with the debris from the fallen World Trade Center towers were conclusive.

When the two Everett detectives held a meeting to discuss this finding, they invited in fellow Everett PD officer Edward Golden, who served with the NYPD during the September 11 attacks and was a first responder to the attacks. Golden walked to the flag, gripped it, and put it to his face, and said, "That's the smell I remember; I will never forget that smell."

"[Golden is] Probably the nicest person I've ever met. His name is Golden and he is pretty much that," Atwood told the Lynnwood Times.

When the flag was folded for the last time in Everett, before the History Channel and Chub Insurance delivered it back to New York City, Golden was chosen to do the honors.



Register Now!
K - 12 After-school Enrichment
&
Summer Camps
Coding, Robotics, Science & EE
425-405-STEM(7836)
10100 Mukilteo Speedway www.stemtree.com/mukilteo

"Any American, and even non-Americans, have a belief and a feeling and a thought when they see an American flag. Everybody's perception of that flag is different; everyone has had different experiences in this country . . . and that's what I think every time I see an American flag," Atwood told the Lynnwood Times.

To this day the flag is on display at the 9/11 museum in New York City.

"Flags are symbols – symbols of hope, symbols of strength, symbols of us. But on this journey, I've also realized that flags are mirrors, this flag especially. And when you look at it, you will see what you need, and you will see something about yourself," Brad Melter, History Channel and host of the show Lost History, said.