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Remembering **Bobby Nakihei:** a Lynnwood **Hawaiian legend**



Lynnwood Vet helps veterans overcome PTSD with psychedelics



Q&A with **Lynnwood Mayoral** and City Council **Candidates**

Real News > Real Impact

Jim Smith the deciding vote to eliminate \$40 vehicle fees just days before General Election



Mayoral candidate Jim Smith

don't need the money more than our citizens need this money, than our families need the money. "?

Councilman Patrick Decker, Councilwoman Christine Frizzell, Council Vice President Jim Smith, and Council President George Hurst at Monday, July 26, 2021 City Council meeting. Source: Lynnwood Times/Mario Lotmore.

By **BO JOHN BRUSCO**

LYNNWOOD, Wash. – On Monday, October 25, the City of Lynnwood's mayor and city council members met via Zoom for their regular Business Meeting. The agenda's big-ticket item was the ongoing debate and eventual vote regarding the \$40 car tab fee residents pay annually.

The ordinance to remove the fee was brought forth during the council's October 11 Business Meeting. From there, the ordinance got pushed into a Work Session on October 18 so that council members could debate its merits.

After a 4-3 vote, the ordinance passed and \$40 vehicle fees will be eliminated

Public comment from Tim Eyman

Prior to the council's discussion and vote, they heard public comments. The first came from Tim Eyman, who, since 1999, has sponsored and promoted initiatives to limit the state's vehicle fee to \$30 a year.

On three separate occasions, Eyman brought forth initiatives (I-695, I-776,

and I-976) to accomplish the same thing — limit car tab fees. And as Eyman noted in his public comment during yesterday's meeting, "the voters have three times voted over and over and over again — they want their car tabs to be \$30, not \$30 plus \$40, not \$40 plus what Sound Transit taxed on top of it," he said.

"They want it to be \$30."

Directing his comments to the councilmembers, Eyman continued: "The law is very clear. If you're going to go above \$30, you have to get the voters' permission. You didn't do that. So you've been taking \$40 from Lynnwood voters without asking their permission — which is against what the

Eyman then shifted gears to share insight on I-976, the most recent initiative to limit car tab fees. He explained that during the initial campaign, "the opponents spent \$5 million telling everyone to vote no. We had zero dollars, yet it overwhelmingly passed," he said. "If we had actually had an equal amount of money, it would have been an absolute blowout."

While 53% of voters said yes to I-976 in 2019, the state's Supreme Court ruled the initiative was unconstitutional in 2020, arguing that it violated the single-subject rule. The court's conclusion states, "We hold that I-976 violates article II, section 19 because it contains multiple subjects and an inaccurate ballot title."

Regarding the ballot title, Eyman refuted claims that the ballot was confusing for voters. "They had nine justices on the supreme court saying the voters were confused. I don't believe the voters of Lynnwood were confused about what \$30 is," he said during yesterday's meeting. "If their bill isn't \$30, they're going to be upset. They're going to be furious."

But at least they're going to see some council members that are going to be fighting for them and listening to them, rather than ignoring them the way nine justices did," he continued.

After expressing his support for the council to eliminate the fee, Eyman noted how Lynnwood City Council would be among the first in the state to do so if the ordinance passed. "I'm really really hopeful that you'll pass it because it will show that at least one

city council in the state of Washington was willing to listen to the voters, not ignore the voters, and not insult the voters' intelligence by somehow giving the impression that the voters didn't know what they were voting on."

"The voters have said three times — \$30 tabs," Eyman concluded. "Repealing this \$40 will actually go a long way to renewing some public trust that the people deserve to have in their elected

The ordinance to eliminate \$40 Vehicle Fees

After public comments, Council President George Hurst brought the motion forward to discuss the ordinance (#3400) with the council, and Vice President Jim Smith seconded it. Hurst began by reiterating his case for eliminating the fee, and Councilwoman Sessions followed by restating her case to

Councilwoman Sessions' counter

Shannon Sessions countered Hurst's approval of the ordinance. Referring to

Continued PAGE 10 >>



Vote Frizzell by November 2nd! Lynnwood Mayor

'I urge you to keep this great city and diverse community progressing responsibly and compasionately by voting for Christine Fizzell to serve as your mayor." - Nicole Smith, Current Lynnwood Mayor

'Our community needs to continue this momentum, excitement, and progress by voting - Wally Webster, Community Leader

Remembering Bobby Nakihei: a Lynnwood Hawaiian legend



By KIENAN BRISCOE

LYNNWOOD, Wash. - For many, Robert Kala Nakihei was the epitome of the aloha spirit. As the owner and founder of Bobby's Hawaiian Style Restaurant in Lynnwood, he was an active member in the music, church, Hawaiian, and culinary communities surrounding Snohomish County. Those who knew him said he always made people around him feel like family.

As a Vietnam veteran, having overcome Agent Orange exposure, a heart and kidney transplant, stroke, and diabetes, Robert, "Bobby," was known by his friends and family to be a survivor. But on October 3, he ultimately lost his life to the COVID-19 virus. He was 66-years old and fully vaccinated.

"I was confused. We all assumed that he was going to come out of it," Robert Nakihei Jr. (42), Bobby's son, told the Lynnwood Times. "It's confusion, then of which closed after Bobby's heart it's making sure that everyone is strong enough to process it. I might be going through it, but so is my family, so it's

making sure the family unit comes together to get through this."

Bobby graduated from Moloka'i High School in 1972 and attended several colleges before enlisting in the Navy, proudly serving in the Vietnam War. He met his wife of 46-years, Diana, at He'eia Elementary School while coaching his volleyball team from James B. Castle High School.

Before moving to Washington, Bobby was a bus driver in Honolulu and played bass guitar in several Hawaiian music bands, a passion of his that lasted his whole life.

The two moved to Lynnwood from Honolulu in 1989 and, upon noticing the lack of Pacific Islander food in the area, decided to open their own restaurant. They opened their first location in Everett in 1999 and a second location in Lynnwood in 2000, the first transplant when the couple decided to "slow down."

Bobby always had a passion for cooking, attending culinary school and owning several bakeries in Hawaii before opening his restaurant.

Active in his faith, Bobby was a certified minister and extremely involved in his Everett church. He loved to play music and supported many charitable luaus and events throughout the Puget Sound

"One of his best qualities was how he pursued his passions. He would talk about things then go after it. He always inspired me to do a lot of things and not really settle. If he believed in it, there was not much you could do to change his mind," Robert Jr. said.

Bobby's Hawaiian Style Restaurant was featured on restaurateur and television personality Guy Fieri's show Diners, Drive-Ins, and Dives twice, once in 2007 and again in 2018, as well as being featured on the Food Network. For the last 30 years, Bobby served the communities of Everett and Lynnwood with his Aloha spirit and authentic cuisine, remaining open throughout the pandemic, despite countless setbacks.

At the beginning of September, Bobby and his wife began to display symptoms of the COVID-19 virus. They had fevers, low energy, coughs, and trouble breathing. After deciding to get tested, they learned they contracted the virus.

Bobby was emitted to UW Hospital when his trouble breathing persisted. He was given a variety of medications to help bring air into his lungs. A month later, he passed away. His wife Diana has since made a full recovery.

"It was a struggle from the beginning. He was the one who showed me that life is gonna hit you in the chest, but you pull your pants back up and you push forward. He showed me strength," Robert Jr. said.

Following Bobby's passing, the restaurant closed for a week to allow the Nakihei family the opportunity to grieve. Within the past few weeks, hundreds of people stopped by to pay their respects, bringing flowers, cards, and memories showcasing the terrific influence Bobby had on his community.

"As far as the community and family, he just kind of held it together," Robert Jr. said.

A memorial service was held Friday, October 22, at the Evergreen Memorial Funeral Home in Everett. The Nakihei family deliberately did not choose to create a GoFundMe and kindly requested that no one else do so.

According to Bobby's son, "There is no GoFundMe and there never will be." If people would like to offer the Nakihei family their condolences, they can do so through prayer, messages, or phone calls, which he said "really does help the grieving process," and thanked everyone who has already done so.

"If I could send my father off with one thing, I would ultimately say thank you

Continued PAGE 12 >>

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Election Day is November 2nd!

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CONTACT INFORMATION

PUBLISHER

Mario Lotmore publisher@lynnwoodtimes.com

MARKETING SPECIALIST Michele Mitsuuchi-Stork sales@lynnwoodtimes.com

REPORTERS Kienan Briscoe

kienan.briscoe@lynnwoodtimes.com

Bo John Brusco bo.brusco@lynnwoodtimes.com

OOD TIMES

Goerge Ftikas Jr.

george.ftikasjr@lynnwoodtimes.com

Olivia Thiessen olivia.thiessen@lynnwoodtimes.com

Gerti Katro gerti.katro@lynnwoodtimes.com

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)



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> George Hurst Council President City of Lynnwood

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Jim working the Food Bank.



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Pumpkins in Lynnwood at Vaughn's Teaching Farm



By BO JOHN BRISCOE

Rachel Vaughn and her husband Eric founded Vaughn's Teaching Farm and Kitchen earlier this year. Located at 2503 191st Pl SW in Lynnwood, WA, the farm is an agricultural sanctuary in the city. Aside from the Vaughn family, the land is home to goats, chickens, rabbits, dogs, and a duck. They grow seasonal crops at the farm as well. If you chat with Eric, he'll convince you to try some kale fresh off the plant (and you'll never want store-bought kale again).

With Halloween creeping up, the Vaughn's are hosting a small pumpkin patch and a spooky forest every weekend from 10 am - 4 pm until October 31st. Though it's not a commercial-sized pumpkin patch, visitors won't be disappointed. There are all sorts of pumpkins and squashes, fun little outdoor games for children, and some stellar apple cider.

The spooky forest at Vaughn's farm is ideal for children ten years and younger, as there are no jump scares but plenty of creepy things to look at, like spiders, rats, and bats. The walk is



brief too, so it's no time commitment to check it out and enjoy breathing in the fresh outdoors amidst the spooks.

Rachel Vaughn is a natural educator, explaining why "Teaching" is in the farm's name. Whether you're a grownup looking to be more self-sufficient, or a child curious to know more about farm animals, there is something to learn for everyone.

"We're a teaching farm," explains Rachel explains, "we teach from seed to table."

"So everything from learning how to grow, things that help it grow, from ladybugs to worms, compost. And we learn how to use that, and we do it age-appropriate at all levels," she continued. "And we teach you what to do with what you've grown. So that people understand and have a better connection with their food."

One of the central missions of Vaughn's Farm is to connect people with their food. "You don't get to taste things at the grocery store; they frown upon that," she says jokingly. "So when you come to a farm, you get to see how it

grows, where it grows, and you get to taste it — and you feel like you have some say in the matter. And kids and adults are more likely to enjoy things when they get to have a say in it."

Rachel also believes that food can unite people and strengthen their sense of community. "Food is a common language between everybody," she says. "It's a language we all speak. Everyone bringing their food to the table connects us and unites us."

While the season is winding down, Rachel plans on letting the farm rest. "After the pumpkins, we'll wrap everything up for the winter.





Everything that needs to grow needs to rest. Farms need to rest," she explains.

While the farm gets to rest, Rachel anticipates being busy with planning and scheduling for spring. "We do a lot of growing classes [in the spring]," she says. "A fun one is compost and worms. A lot can be learned by sifting compost, finding worms, talking about them. They are the hardest workers on my farm."

Those interested in learning more about Vaughn's Teaching Farm and Kitchen can click here to visit their website and follow them on Instagram at @vaughnsteachingfarmandkitchen.



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Lynnwood Times Mayoral candidates interview



By KIENAN BRISCOE

LYNNWOOD, Wash. - In preparation for the upcoming November 2 election, the Lynnwood Times met with Lynnwood mayoral candidates Jim Smith and Christine Frizzell on October 6 to discuss their platforms and important issues within the city.

Both candidates were asked the same eight questions with opportunities to rebut when necessary and hold closing remarks to ensure the voters of Lynnwood make the decision that will best represent their beliefs and needs this upcoming election season.

The mayor is the chief administrative officer for the city, in charge of staffing, responsible for its daily operations, and implements legislation passed by the council. What will your top three priorities be if elected to office?

Frizzell's top three priorities, if elected mayor, are to listen, learn, plan, and execute. To her, there are many things the city council cannot understand fully without engaging with departments to better address their strengths, weaknesses, and needs. Additionally, she plans to utilize her background in finance to begin planning and working on the budget as soon as possible.

"People entrust us with their most sacred possession that they give to the city and that's money. I want to make sure that we're meeting the needs as well as the wants of individuals and we're making Lynnwood a place we all want to be whether we live here, work here, play here, or like I do – all three," Frizzell told the Lynnwood Times.

Public safety is Jim Smith's number one priority and has been throughout his 25 years serving on the city council. The second is lowering taxes. Lynnwood has some of the highest taxes in Washington state, and Smith hopes to reduce them by addressing where the city could trim its spending. His third and final priority is reducing street homelessness and drug use by giving alternatives to those living on the street or suffering from drug abuse.

What do you feel are the top concerns facing small business owners in Lynnwood and what do you propose to address those concerns?

Concerning small businesses, Frizzell believes her priority will be fighting the "ease of online shopping," particularly coming out of the COVID environment, by getting out and supporting small busi-

"Right now, we need to get through COVID, we need to get people out into the neighborhoods, out into the small stores so they can thrive and stop feeding Amazon," Frizzell told the Lynnwood Times.

Frizzell also plans to aid small business owners by working with the state and federal governments to rethink Lynnwood's head tax, a fee that is charged to businesses when they relicense based upon part-time and full-time employees, and to work with the Chamber of Commerce to educate businesses of existing resources while developing new programs such as a "Shop Lynnwood" app that would allow Lynnwood residents to learn about local companies.

Smith believes one of the biggest problems small businesses in Lynnwood face is feeling ignored. As part of his platform, he hopes to work closely with businesses within the city, utilizing his experience as a small business owner to help bring customers and traction to their services.

"I know the struggles that the businesses have, and I plan on rolling up my sleeves and getting out there and actually helping them with making them successful. They are crucial to the city of Lynnwood," Smith said.

Excluding changing housing and zoning codes, how would you make Lynnwood better for seniors?

Addressing how she would make the city of Lynnwood better for seniors, Frizzell plans to focus on making the city more accessible by expediting ADA ramps, fixing the sidewalks, and investing in the places where seniors can go, like the Senior Center, to feel they have a sense of community and support. "My 88-year-old dad lives with me; we're in the house together and he doesn't go out, and he doesn't react to people nearly as much anymore and it's taking its toll. We need places for people to go, and especially seniors, they need to know that they have community," Frizzell said.

For years, Smith noted that he has been helping the senior community of Lynnwood by hosting what he calls "music therapy shows," putting on over 150 shows a year under normal circumstances. He noted that he was responsible for bringing the Senior Center to Lynnwood in the first place 15-20 years ago so that Lynnwood seniors would have a place to go instead of traveling to Edmonds. Smith plans to continue putting on shows for the senior population, even if elected mayor, while continuing to be personally involved in the community.

In what ways could the City's Comprehensive Plan be improved to facilitate Lynnwood's Housing Action Plan of an additional 9,826 units by 2044?

Frizzell differs from Jim Smith's platform as she wants to prepare the city of Lynnwood for future generations by making the best use of space. Frizzell does not believe in adding accessory dwelling units nesses in-person while encouraging others to do the (ADU) or duplexes to every single-family neighbor-

hood, as she feels it would ruin the look and feel of them. She believes in "creating space" for those who may want to move to Lynnwood in the future. She believes that this is a collaborative effort that should be discussed with builders' and developers' input that would then be written into the city's comprehensive

"We're landlocked. There's not a thing we can do about that, but what we can do is make room," Friz-

Jim Smith believes in preserving Lynnwood's single-family residents. He believes in taking care of residents first, focusing on safe and affordable housing before focusing on building more. For Smith, expansion in Lynwood is inevitable, but he believes that there can be more single-family homes per acre than what is currently available, which he believes will serve the public better than high-density living.

"We are elected to represent them, the people of Lynnwood, and that's what I plan to do," Smith said.

How do you recommend diversifying revenue for the city?

Frizzell noted that the city does not have the resources to diversify revenue more than what they already do, in accordance with state statutes and other regulations. However, she noted that Lynnwood has been extremely successful in securing grant funding at both a state and federal level, which can be a way to leverage the money the city does get to pay for projects.

Jim Smith has served the city of Lynnwood for 12 budget periods and believes the city does not need more revenue sources. To him, the city has always been focused on raising money but never discusses how to cut back or be more frugal with its money.

An example he provided is the city leasing property for the DBS portion and paying \$25,000 a month for those rentals. The lease will last another six years. His focus is to put an action plan in place that will cut back expenses and be more frugal with spending over adding more sources of revenue.

"Fifteen years ago we didn't have any utility taxes. Slowly but surely we've maxed out every single one." Smith said.

After considering the debt accumulated from both the Convention Center and Recreation Center, city financial advisors determined that approximately \$79.6 million of bond capacity can be leveraged without voter approval. Given that approximately \$79 million is estimated for both the Community Justice Center and the new Community Recovery Center, how would you propose the city fund future development projects?

Referring to the debt accrued by the Social Justice Center and funding future projects, Frizzell explained

Continued PAGE 06 >>

Patrick Decker

- Public Safety **Growth Management** - Traffic Improvement

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that as chair of the finance committee, she is committed to rational and transparent ways of funding future projects by partnering with state and federal governments. As far as the Justice Center bond, she is confident that there is a well-thought-out plan to repay the debt by using part of the county sales tax and other means.

Smith added that the numbers given are actually "much, much, higher," referencing the added costs for services to assist people with mental illness and drug abuse issues, millions of which have been promised by the state and the county. According to Smith, as the city grows its capacity, it will also grow its ability to deal with these costs.

Earlier this year the Washington State Legislature passed a series of police reform laws regarding use of force. Overwhelmingly, law enforcement officers throughout the state argue that these new laws inhibit them from catching criminals and keeping communities and themselves safe. Would you support a resolution requesting the Governor, the Washington State Legislature, and the Attorney General to assist in providing clarification of these new law enforcement standards and requirements (specifically referring to ESB 1054, ESB 1310, ESB 5051)?

In response to the new law enforcement legislation, Frizzell does not necessarily believe there needs to be a resolution, but she does believe there needs to be consistent communication within all counties in Washington state.

"I know this was not created in a vacuum – that there were a lot of civic-minded people who helped enact this legislation – but I'm not sure that they thought about how it's played out on the streets," Frizzell said.

Smith believes that the new legislation has been "extremely problematic." He believes that the job of law enforcement is to keep Lynnwood safe and he believes law officers currently feel their "hands are tied." When law enforcement officers feel they are restricted due to this legislation, according to Smith, they cannot help residents who may be suffering from mental issues or drug abuse properly access resources.

"We need to be able to help our police, and we can't do that if we stay locked in our closet and say to police, just stay home and we'll call you if it's a big emergency," Smith said.

There is much discussion about the term equity. What does equity mean to you?

Equity, to Frizzell, means that if it doesn't work for some that it doesn't work for all. She believes we need to be mindful of that as the city looks at policies and programs while receiving input from other cultures that have chosen to call Lynnwood home.

She believes the city of Lynnwood needs to start thinking about things in a more global way and hopes to utilize the new social justice coordinator to devise policies that do not take away from anyone but helps everyone to thrive.

To Smith, equity means that no matter what happens, the same result should occur. He believes the term is more detrimental than helpful. Although he believes in equal opportunities and that anyone who comes to Lynnwood should experience equality, he wants the city to be colorblind.

"I think there's a lot that we can do to help people help themselves. As mayor I will do that," Smith said.

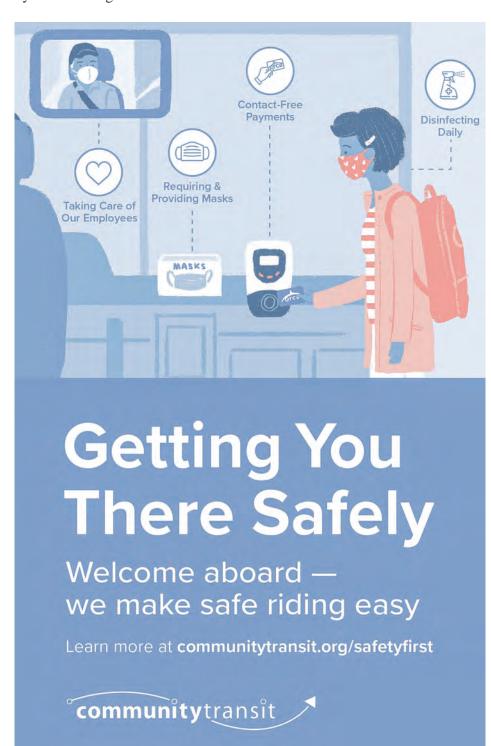
Closing remarks

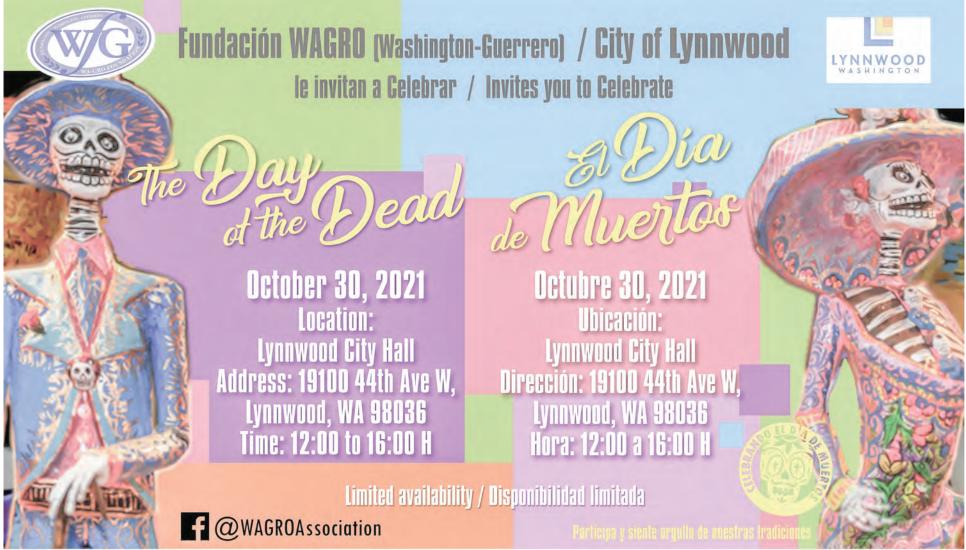
Frizzell: "Politics is kind of an ugly term these days, but it's really about governance and leadership, and that's what I bring. A number of years ago, after a trip to the Congo, I thought, I can get involved in this – I can make

a difference. I appreciate that Jim has a historical perspective, but what I'm looking at is fresh ideas, fresh ways of doing things, ways that maybe we haven't done before but ways that really speak to the people who are part of Lynnwood and generations to come."

Smith: "The mayor of Lynnwood needs to be totally engaged with the people and the stakeholders of this community. From day one, I'll bring my 25 years of management experien-

Continued PAGE 08 >>























Lynnwood Times Lynnwood City Council candidates interviews



By KIENAN BRISCOE

LYNNWOOD, Wash – The Lynwood Times sat with Lynnwood City Council candidates Shirley Sutton and Nick Coelho (Position 1), Patrick Decker and Naz Lashgari (Position 2), and Lisa Utter (Position 3) to hear their take on important issues within their city.

After confirming his attendance, there was one no call/no show from the cadidate Josh Binda (Position 3).

Candidates were asked questions with opportunities to rebut when necessary to ensure the voters of Lynnwood make the decision that will best represent their beliefs and needs this upcoming election season.

What inspired you to run for office and what will your top three priorities be if elected to office?

Position 1 candidates

Shirley Sutton first had the idea of entering politics as a little girl watching the Civil Rights movement on television. Her platform is and will always be "people first" and seeks to represent everyone, not just the upper class.

For Nick Coelho, he wished to "be the change" he always wanted to see. He believes in public safety, supporting the Community Justice Center, and tackling the homelessness problem above all else.

Position 2 candidates

Naz Lashgari chose Lynnwood as home and that was enough for her to want to run for council. She joined the diversity commission and Mayor Nicola smith and other councilmembers inspired her to run for the position. Her priorities are growth management, safety, and healthcare equity.

Patrick Decker believes infrastructure is way behind where it needs to be, holding this as his top priority. Second to this he holds public safety as an added priority.

Position 3 candidate

Lisa Utter's focus is on transportation, affordability, desirability, and sustainability. She hopes to use her experience in transportation to work with the city and its new Lightrail Transit Center to build a transportation infrastructure suited for its predicted growth.

What do you feel are the top concerns facing small business owners in Lynnwood and what do you propose to address those concerns?

Position 1 candidates

For Coelho it was uncertainty going

into the pandemic that was the biggest concern for small businesses. Now, 19-months after, he hopes to partner with the Lynnwood Tourism Department to introduce programs that would educate the public of certain existing businesses to aid in their success.

Sutton believes we need to know the how first before we can answer a question like this. She supports cultural diversity and infrastructure into our environment which she believes are interrelated issues.

Position 2 candidates

Decker believes the ability to hire should be a focus and that it ultimately advances businesses. He supports the idea of free apprenticeship training especially for the financially underprivileged.

Lashgari believes it is important to support local businesses so they can sustain economic growth and keep doors open. She advocates for buying local goods and supports state and federal funds to be given to businesses to keep them operational.

Position 3 candidate

Utter believes survival and sales are critical for small businesses and aims to support them in whatever way she can.

Excluding changing housing and zoning codes, what would you propose to make Lynnwood a better for seniors?

Position 1 candidates

Safe passageways and ADA accessibility to ensure seniors have safety maneuvering the city is Sutton's proposition to make Lynnwood better for seniors.

Coelho agreed that accessibility is a big factor, adding that he would like to see integration of Lynnwood's senior citizens into the community and government involvement to ensure their needs are being heard and met appropriately.

Position 2 candidates

Lashgari believes in providing mixeduse homes so seniors have access to shopping and public transportation. She also vouched to provide seniors with exercise opportunities and classes the educate them about technology.

Decker returned to his stance on infrastructure believing seniors need access to safe ways to get around, which include ADA compliance.

Position 3 candidates

Utter believes in public outreach and

thinks council needs to be looking at other alternatives for affordable housing and introducing programs that will help seniors find housing above all else

In what ways could the City's Comprehensive Plan be improved to facilitate Lynnwood's Housing Action Plan of an additional 9,826 units by 2044?

Position 1 candidates

Coelho wants to look at what negatives affect affordability. He is a supporter of gentle development, small or modern. He believes in reforming the system to bring more dense development without jeopardizing the character of the city.

Sutton believes the council should be more vigilant. She believes that council should have oversite over building companies to hold them accountable for the promises they make.

Position 2 candidates

Decker supports keeping people in one place adding that buildings can grow taller. He believes Lynnwood should annex open land and bring it under the legislative authority to control areas and to complement the downtown corridor

Lashgari acknowledged that the priming department has done a great job with producing housing that meets the needs of the community. She hopes to remove systematic barriers for people of color so more people can join the city without oppression and wants to prepare the city to continue setting itself up for growth, maintaining a great quality of life.

Position 3 candidate

Utter advocates for accessory dwelling units or backyard cottage apartments because they are more in-scale and critical for Lynnwood's increasing density.

What do you think is the most important infrastructure project in Lynnwood right now?

Position 1 candidates

Sutton believes it's important for us to be prepared for an increased population. She also added that the city needs to be looking at old building and bringing them up to date to be prepared for natural disasters such as hurricanes and tornadoes, which she believes Lynnwood is not set up to do.

Coelho wishes to bring a Town House Park to the city, which he says will create a space where people can gather and hold events. A meeting place, a city center, is a necessary addition to

Continued PAGE 08 >>



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from page 7 LYNNWOOD CITY COUNCIL INTERVIEW QUESTIONS

any city according to Coelho.

Position 2 candidates

Naz's focus is on the area where the Light rail will be opening and seeks to upgrade infrastructure to ensure areas to support the hub as well as updating/replacing aging infrastructure. She hopes to improve the city's sewer and water as well.

For Decker, he believes the most important infrastructure is city grid streets in the downtown are of Lynnwood. He wishes to see walkable streets with overpasses and easy access to freeways from public transportation as well as a city park.

Position 3 candidate

Utter stands for an updated east-west transportation option, that she believes will be pertinent to absorb growth.

If given a \$500,000 grant to use in Lynnwood how would you allocate it in the best interest of residents?

Position 1 candidates

Coelho believes the American Rescue Plan Act funding is an excellent example of how to use that funding. Although he stated that \$500,000 is not a lot when it comes to city funds, he thinks the best way to allocate that money would be a capitol investment project, such as his Town Hall Center idea.

Sutton would invest the money in economic development to stimulate job growth.

Position 2 candidates

Decker would use the grant to settle eviction issues and invest in his City Center Park idea.

Nashgari would invest in healthcare equity and create more green spaces for the city.

Position 3 candidates

Utter would try and fund a way to build some facilities that would house home-

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less people.

If there's ever a budget shortfall or a recession, what recommendations would you present on how to mitigate the shortfall?

Position 1 candidates

Sutton would cut expenses very carefully and really determine where the investment would be placed. She believes the city loses a lot of money from not offering what the city wants and hopes to fix that.

Coelho believes promoting a plan to have a clear guidance when it comes to cuts is a must, as well as being on the same page as other councilmembers. He stated that he is just one of seven and it is important to discuss with council to resolve issues such as these.

Position 2 candidates

Decker would invest in infrastructure because the costs of materials would not grow any cheaper.

Nashgari would cut some programs without losing staff and hold a hiring freeze until the shortfall stabilized.

Position 3 candidate

Utter highlighted the importance of sales tax to the city. She hopes to steer away from that importance by looking at other means of bringing money to Lynnwood.

Would you support a resolution requesting the Governor, the Washington State Legislature, and the Attorney General to assist in providing clarification of new law enforcement standards and requirements?

Position 1 candidates

Coelho believes it needs to be clarified with the legislator's office. Based on Coelho's conversations with the chief of police, Jim Nelson, he realized there was a lack of communication but does not believe there should be a resolution.

Sutton had no additional comment and agreed with Coelho. She agrees with the defund the police movement but wished to clarify that it does not mean taking money away from the police but rather calls for reallocating some of their budget to public safety like mental health issues.

Position 2 candidates

Lashgari does not support the resolution trusting Governor Inslee and attorney general, Bob Ferguson, believing we elected them to make that decision and she supports that it was made with dutiful research.

Decker supported the resolution to clarify but did not support the legislation. He added that legislators have a history of unintended consequences. He believed that the legislation is a "slippery slope" for how officers can do their job.

Position 3 candidate

Utter believes that there are certain iterations of clarification. She believes police response is a great concern. As far as public safety, she believes approaching and knowing where homeless encampments are is important and supports police department's response to mental health crises. She feels we have been unfair to police officers but also believes in building out systems for treating mental health.

What do you think the city can do to increase engagement by people of color or underrepresented communities in the city's economic development?

Position 1 candidates

Sutton believes in bringing different communities together and informing the public. She added that the city can learn from different culture's life experiences and that it is necessary for a thriving city of diversity.

Coelho believes in council going out to the public and asking what their needs are, showing the city that there are ways to actively help and facilitate growth.

Position 2 candidates

Decker is against the defund the police movement adding that leadership supports law enforcement of all types and should be valued.

Nashgari believes the funds could be used in other areas of the community such as a new social worker to deal with homelessness and mental health issues. She believes police should not be responsible for what isn't their job and a new department should be in

charge of dealing with those issues.

Position 3 candidate

Utter thinks the pandemic has pointed out that we have a huge digital divide in the community and supports access to the internet and providing a way for people to engage in a personal way.

What does equity mean to you?

Position 1 candidates

As a student of history Coelho believes equity is acknowledging history. He believes that there are different perspectives and not everybody has been treated equally. He thinks that if we believe that everyone starts from the same ground he falsely understand history.

Sutton believes equity means fairness and justness.

Position 2 candidates

Lashgari believes equity provide opportunities that result in an equal outcome. To her there is a difference between equity and equality.

Decker believes it means "equal opportunity". He wishes to partner with the state to assess what barriers exist and remove as many of the barriers as possible.

Position 3 candidate

Equity means to Utter equal access to opportunity but not having structural barriers to reach a successful outcome.

The election is now just days away. Ballots have been mailed and the voting period has begun. Ballots are due, 8 p.m. on Election Day, November 2.

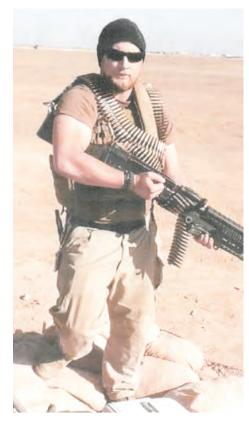
from page 6 LYNNWOOD MAYORAL INTERVIEW QUESTIONS

ce and drive to the city of Lynnwood. As mayor, I'll represent you."

"One thing I'd like to say, don't Seattle our Lynnwood. We need to make a point that the problems we see down in Seattle do not infest our Lynnwood community. We need to have a safe, prosperous city. I appreciate you, and I appreciate your vote."



Lynnwood Vet helps veterans overcome PTSD with psychedelics



By KIENAN BRISCOE

LYNNWOOD, Wash. - Throughout most of his life, 34-year-old Jared Rinehart always felt a sense of depression and purposelessness, feelings that only intensified when he returned home to Lynnwood after serving in the Middle East. From suffering Post Traumatic Stress Disorder (PTSD) to survival guilt, Rinehart, like many veterans, struggled to find his way back into civilian life. Until he found ayahuasca, a powerful psychedelic, in the heart of the Peruvian Amazon rainforest.

Jared Rinehart joined the United States Marine Corps in 2006. When he enlisted, Rinehart was in a dark place in his life. He had just transitioned from a leadership position in his old job, was going through a devastating breakup, and ultimately feeling directionless in life. He sought retribution for the September 11 attacks and Rinehart felt that death in combat defending his country was the only way to give his life meaning.

Serving as an infantryman from 2006 to 2011, Rinehart worked his way up to corporal and eventually sergeant. He worked as a Security Force Marine in Washington state his first two years, but all he wanted was to go overseas in a combat role. He constantly applied to units that were known to be deployed in Iraq or Afghanistan, eventually being assigned to a Marine Expeditionary Unit (MEU) sailing around the South Pacific.

When Rinehart was released from the military, never engaging in the combat for which he was trained, his feelings of emptiness intensified. Like many veterans, he had a hard time integrating into civilian life. He was unable to hold a job, abused alcohol, and guilt constantly stirred within him for not serving in Afghanistan where many of his friends fell serving their country.

In 2013, he became a contractor and protected a base in the southern province of Afghanistan where he experienced combat for the first time. After his contract expired, however, he returned home to Lynnwood, returning

which he was familiar.

He immediately began looking for more contracts that would send him back to the Middle East, the only place that made himself feel validated - this time to Iraq.

During his Iraq contract, his girlfriend at the time introduced him to DMT on leave, which changed everything Rinehart felt and understood about the world.

"I'm pretty grounded. I wouldn't describe myself, at that time, as being a spiritual person. But when I had that experience I was transported to a place that felt so familiar. I felt like I was home," Rinehart said.

During Rinehart's psychedelic trip, something informed him that all of his questions would be answered "in the jungle." when he told his thengirlfriend about his trip, she told him of ayahuasca which grows in the jungle. It wasn't long before Rinehart chased this vision to the jungles of Peru, to the Nimea Kaya Ayahuasca Retreat Center where he spent nine days with the Shapibo tribe guiding him through four Ayahuasca rituals.

those four "After ceremonies everything changed in my life. The three things I took from that experience was to have unconditional love. unconditional trust, and unconditional acceptance for everyone and every thing," Rinehart told the Lynnwood Times. "After ayahuasca I realized that

to the depression and alcoholism with
I am a part of an unfolding process and I understood that everyone is."

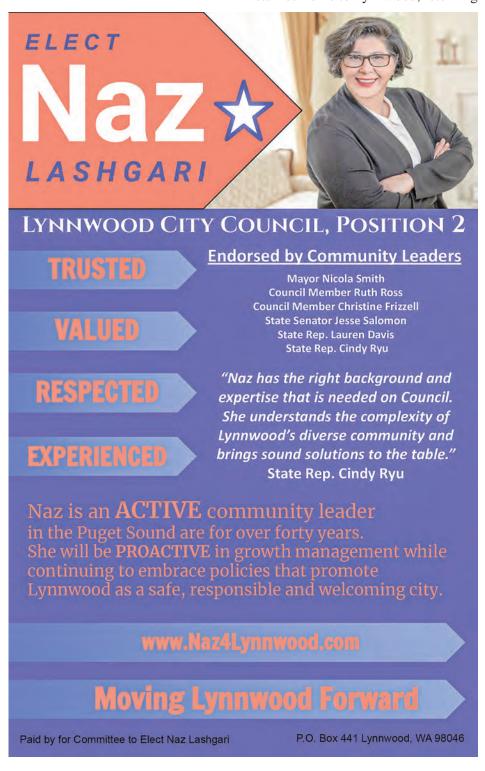
> When he returned to Iraq from his nine-day retreat, Rinehart quickly realized his life purpose was no longer in combat. Although he recognized and appreciated those who continued to serve, something compelled him to give back to the community that cured his depression.

> He returned to the Amazon to live with the Shapibo people, learning their culture and plant-based medicines and volunteering at the ayahuasca retreat center that transformed his life view.

> As a volunteer, he aided several people through the ayahuasca ritual realizing that his purpose in the world was to help as many people as he could through the power of love, compassion, and psychedelic healing.

> Later, he was called to share his story in a documentary on veterans with PTSD where he met Jesse Gould, founder of the Heroics Hearts Project, a nonprofit pioneering psychedelic therapies for military veterans suffering from traumas including PTSD. Rinehart knew this was where his heart was. This was his purpose: to help others like himself overcome the demons he knew too well. He received his certification at Being True to You and began working for the nonprofit as a Psychedelic Integration Coach guiding and consulting with veterans who are curious about utilizing psychedelic

> > Continued PAGE 12 >>





from page 1 **CAR FEES**

Eyman's remarks, she said, "the comments made me in favor even more of not eliminating it because I learned a couple things — that the community voted for \$30 tabs and we have \$40 tabs, so that's \$10's difference, not \$40's difference."

"Also, what I heard is that we're the only city in the state doing this," Sessions continued, "so that means no other city is considering eliminating this? That tells me too that it's probably not a good idea right now. So all that is to say I will be voting no to eliminate this tax tonight."

Councilwoman Altamirano-Crosby asks what does \$40 mean to you?

Councilwoman Julietta Altamirano-Crosby said that she would seek the community's opinion on the matter between council sessions. "This is a hard topic, I believe, for everyone. But I always go outside to the community," she said. Altamirano-Crosby then explained how she asked residents a simple question: what does \$40 mean to you?

These were some of the responses:

- It means gas for my car. We live paycheck to paycheck, and with the price of gas being so high, it helps a lot.
- It means I can buy more food for my family.
- With \$40, I can pay for classes for my children.
- With \$40, we can go to the movies, but my husband and I have two cars that's \$80.
- With \$40, I can buy hand sanitizer and facemasks.
- With \$40 I can buy internet for my home.
- With \$40, I can pay for ten visits to the Community Center.
- I can pay for seven swimming lessons for my child.
- \$40 is money for my [home's] heating.
- With \$40 I can buy a Christmas present for my children.
- For \$40, I could get a massage. I've never had that luxury.
- With \$40, I could pay the electricity bill.

She concluded by explaining how the pandemic has affected everyone, and that \$40 could mean even more now for Lynnwood families and residents. One more impactful example she shared was how a resident shared with her that with \$40, they could feed their family in Mexico for a week. "That means a lot to me," she said.

After noting how residents also acknowledge the need to fund roads and transportation, she said, "it's time to give relief to the families."

Councilwoman Frizzell's concern over cutting corners

Councilwoman Christine Frizzell began by explaining how much thought she has given this ordinance and expressed her concerns about the procedure. "Again and again, I think that procedurally, a lot of corners were cut to bring this to council so quickly," she said. Frizzell had shared this same concern during a previous council session.

Not wanting to act too quickly, Frizzell again suggested postponing the issue. "We can put it off until we get more

information," she said.

"I think it's extremely short-sighted to just, with the stroke of a pen, slash a million dollars from our budget when we are behind on our road maintenance, our signal replacement, our ADA ramps, and our sidewalks," she reasoned.

Frizzell countered Councilwoman Altamirano-Crosby's case in support of the ordinance. After acknowledging that \$40 can help residents and families, she said, "With \$40, the city can't do a whole lot, but with a million dollars, we can make a difference for our community."

She explained how the car tabs help families by funding sidewalks so children can walk to school and parks safely, and that the fees benefit seniors in the same way. "We need to be upgrading for everyone," she said, "not just those people who have that \$40 in their pocket, but for our children and for our seniors."

Frizzell added that Lynnwood residents voted to increase the tax rate by 1% in 2016 to further fund roads and transportation — the same year the vehicle fee was raised from \$20 to \$40. To her, this indicates that voters do want to prioritize transportation and roads. "That issue passed," she explained. "Nobody had a problem with 'hey, I'm already paying \$40, but I understand where our streets are at."

She then cited how the tabs have enabled the city to fund street upgrades in 2018 and again in 2020. Expressing her concerns over funding future projects without fees like the \$40 car tab growing the city's reserves, Frizzell noted that the city is often required to match federal and state grants and fears it might not be able to do so without those built-up reserves.

"As we look down the road, we need our streets ready for increased traffic," she concluded. "Removing a million dollars with the slash of the pen without taking time to see how it and its ripples will affect our community vision and our strategic plan, I think is irresponsible."

"I don't disagree with cutting taxes, but what I do have a problem with is that we haven't gathered enough information. We haven't mulled it over. We haven't discussed it. [...] I suggest that we wait to get an informed decision from our financial instructor, from our public works director, from all of the staff, and it makes sense to do it when we next go into a budget cycle — not now."

Council Vice President Smith's Evaluation

Council Vice President Jim Smith challenged the common phraseology used when taxes are increased. "People keep talking about how 'if we just add this tax it's only going to be a pizza a month — it's not that bad. People can afford it," he said.

"My argument in the past has been, now we're up to 175 pizzas a month because it just increases little by little. As a city, we have raised all these taxes," he explained. Smith then recalled when the city was considering raising utility taxes during last year's budget season, but the ordinance to do so was vetoed because "the city needed the money more."

"We don't need the money more than our citizens need this money — than our families need the money," he said.

Smith then revisited his case for prioritizing local streets. "All this money has come in, this \$40, and our streets have deteriorated," he explained. "All this money has been coming in for years and years and years, yet we have not been prioritizing all these sidewalks, roads, ADA's, etc."

Smith concluded by suggesting the council does two things: one, eliminate the \$40 fee, and two, prioritize local roads.

President Hurst refocuses on voters

Council President George Hurst began by saying, "I respect our directors. I respect our staff, but I respect the voters even more." He then stated that delaying the ordinance is a "tactic" and would not lead to eliminating the fees.

In response to Councilwoman Sessions' remark about not removing the vehicle fee because no other city has yet, Hurst stated that the town of Orting "has paid away their car tab fees now."

"So we're not acting alone," he continued, "and we're actually one of the few cities that can do this because we charge both the sales tax and the car tabs."

More accurately, Orting does still have a car tab; however, the town did take action following the I-976 vote. But instead of eliminating the fee entirely, Orting reduced their vehicle fees to only \$30 in February 2020.

Hurst defended Tim Eyman's efforts with I-976 and said it was clear to voters that the initiative was about a \$30 tab fee, referring to a shirt Eyman frequently wore which read "\$30 TABS."

Articulating the sentiment he's observed in voters, Hurst said that many of them feel their voices and votes are futile. He believes that a bulk of voters don't think politicians listen to them and often ask themselves, "what's the point of getting involved?"

"I think this is a step towards listening to them," he said.

After reiterating his argument from the last session about being one of six cit-

ies in Washington that has both a sales tax and the car tab fee, Hurst said, "I think it's time now to actually honor the vote of the people."

The Vote

Ruth Ross – No Shannon Sessions – No Jim Smith – Yes Julietta Altamirano-Crosby – Yes Patrick Decker – Yes Christine Frizzell – No George Hurst – Yes

The ordinance passed with a 4-3 vote.

Post-vote comments

Councilwoman Christine Frizzell defended her dissenting vote. "I support cutting taxes when time is taken to prepare equal cuts to expenses. All who live, work, and play in Lynnwood are well aware of the need for better maintained roads, potholes, sidewalks in school zones, ADA ramps, and walkable sidewalks," she told the Lynnwood Times.

"To cut funding that directly impacts these needs is short sighted and with disregard for all our community members."

Frizzell restated her earlier concerns about cutting corners, saying, "This issue was rushed to the City Council, jumping over procedures detailed in our Council rules and in our Strategic Plan."

This claim regarding procedure was made earlier by Councilwoman Sessions during the October 11 Business Meeting. She claimed that it was "irresponsible" and "inappropriate" that President Hurst put the ordinance on the agenda without the support of two council members.

Frizzell echoed similar sentiments following Sessions' remarks, calling the move a "waste of public funds" because Hurst used "attorney time" to bring the ordinance forward.

In that same meeting, Hurst defended his actions by explaining to council members that the only time two or three council members are needed to bring something forward during a Work Session is if it requires a significant amount of staff time. To this point,

Continued PAGE 12 >>





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I am ecstatic that Jim Smith is running for Lynnwood Mayor

Jim's several decades of experience on the City Council confirm his committment to Lynnwood and have made him thoroughly familiar with the City's issues. Furthermore, he makes up his own mind and isn't going to be a rubber stamp for high taxes or for Lynnwood being absorbed into the greater metropolitan area.

He is responsive and willing to meet with his constituents—which is how I met him. I have seen Jim welcome all kinds of people and speak honestly about a multitude of issues yet remain steadfast, composed in the face of adversity.

What's more, the multifaceted campaign he's run—for example, advancing through the primary without any signs, his "no-plastic" campaign and now using the striking, environmentally-safe fabric signs—demonstrates that he has a creative, original mind, and proves that he has the vision needed to bring Lynnwood into the bright future we have ahead of us.

He currently serves as City Council Vice President and was the Founder and President of the Lynnwood Chamber of Commerce amongst other accomplishments.

But most importantly, his dedication to the community. His service to the Lynnwood Food Bank and securing \$50K funding for the Food Bank's truck specifically for aid during COVID-19 struck a chord with me as someone who was once homeless.

I can't help but be impressed by the breadth and depth of his experience. I am so happy and honored to support him and urge everyone reading to Vote Jim Smith for Lynnwood Mayor this November 2!

Derek Hanusch Lynnwood



Endorsement of Naz Lashgari for Lynnwood City Council, Position 2

It is with honor and a great sense of responsibility that I support and endorse Naz Lashgari for Lynnwood City Council, Position 2. I am endorsing Naz because of her spirit, vision and character traits - truth, integrity, and honesty; her interpersonal relationship skills - collaboration, cooperation, civility, and consensus building that make her the best candidate for the position.

During the last eight (8) years, the City of Lynnwood has undergone tremendous transformational changes: two major retail warehouse outlets opened – COSTCO and Home Depot; Alderwood Mall and Lynnwood Square are being transformed from shopping malls into a multi-level residential, entertainment and retail sites; several major high-rise apartments are being planned or are under construction; and light rail from SeaTac Airport to Lynnwood is scheduled to be operational in 2024.

Lynnwood's residential population is projected to double during the next ten (10) years. This residential increase is in addition to the transit population doing business and shopping at regional entities, such as Alderwood Mall and Edmonds College.

Lynnwood is no longer your father's small town. The City of Lynnwood needs council members and other leaders, who are visionary and understand how policy decisions made today will impact the quality of life in Lynnwood for future generations. The population and infrastructure growth you are seeing in Lynnwood today cannot be stopped. However, futuristic leaders can manage current and future growth in ways that benefit all — our seniors, like me, current, and future

residents, as well as small and regional business growth and expansions.

Like all parts of this country, Lynnwood is experiencing population growth from multi-diverse and economic spheres of life, including ethnic, cultural and nationality diversity, migration and immigration diversity, and socioeconomic stratifications, such as income, race, education, gender, and occupation.

In order for Lynnwood to continue on its journey as a "Welcoming City, it must continue on the path of appreciating and valuing the strength of diversity. We need city council members — legislative leaders who value and understand the strength of a city that has diversity woven into the fabric of Lynnwood's residential population.

Naz Lashgari has the vision, knowledge, understanding, passion, and leadership qualities to help propel us forward into the future. I humbly request and urge you join me in voting for Naz Lashgari for Lynnwood City Council, Position 2.

Wally Webster II, Lynnwood



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





I support the candidacy of Christine Frizzell for Mayor of Lynnwood

I write today in support of the candidacy of Christine Frizzell for Mayor of Lynnwood.

In my opinion, there is no other candidate as qualified as Christine to be Mayor. In her years of professional accounting experience, she is unmatched as a wise budgeter and controller of finances. She has helped innumerable private clients to fiscal health and has shown the same acumen as a member of Lynnwood's City Council.

Add to her high competency with finance, her compassion for all people. Christine is a strong proponent of

Diversity, Equity, and Inclusion. Her circle of friends, professional contacts, and clients include a truly broad range of individuals who can keep "Chris" informed of the concerns of our minority communities and her deep care for people will continue to spur her to act on those concerns.

No one in Lynnwood need fear being "left out" as far as Christine is concerned. Unlike some, who only talk about helping the homeless, Christine has devoted innumerable hours to actually helping those experiencing homelessness, through "Neighbors in Need" food and clothing program and through the Jean Kim Foundation's

programs at the "Shower Station" and "Shepherd's Village" on the campus of Good Shepherd Baptist Church.

This compassion also makes her a good person to work with or for. She will always go the extra mile to understand a different point of view, to heal ruptured relationships, and to find a way forward even in extreme difference of opinion. I have never known her to turn her back on someone because of a disagreement.

In my work and friendship with Ms. Frizzell, I have found that she is diligent and a woman of her word. If she tells you that she will help, she

will. If she tells you she will study a matter, she will.

Unlike some with whom I served or whom I have observed on Lynnwood City Council, Christine has always been well-prepared for discussion or action.

Christine Frizzell has my highest confidence as she seeks the office of Mayor of Lynnwood. She has my vote.

Rev. M. Christopher Boyer Lynnwood

from page 09 **PSYCHEDELICS**

substances as a cure for their PTSD.

Throughout his time at Heroics Hearts Project, Rinehart has helped over 75 veterans and 20 civilian clients through his private practice which uses psychedelic substances as a tool of overcoming mental illness.

"I think a lot of people think of psychedelics as a magic pill which they're not. They're a tool. It's the work that you do before and after that really makes the difference," Rinehart told the Lynnwood Times.

In a study conducted earlier this year, psychedelic drugs including MDMA (popularly known as "Molly" or "ecstasy") was found to reduce symptoms of people suffering from PTSD when paired with talk therapy. Of the 90 people who took part in the study, those who were given MDMA



experienced significant reductions to their symptoms compared to those given placebo samples. Two months after the experiment, 67 percent of subjects given MDMA no longer qualified for a diagnoseis of PTSD with no severe or adverse side effects.

Earlier this month, Seattle became the largest U.S. city to allow the cultivation

and consumption of mushrooms and other psychedelic substances in non-commercial instances. The new resolution aims to protect those who share and cultivate psychedelics for "religious, spiritual, healing or personal growth practices," Rolling Stone magazine reported.

"If you're curious, do your due diligence. Whatever you feel most comfortable with is the best way to go. Make sure you set your intention - ask yourself what you want your life to look like after you take the substance. Ask yourself what you are looking for," Rinehart said.

Rinehart recently shared his experience and his practices on an episode of the Portier Psychedelic Podcast. You can learn more information about his psychedelic coaching by visiting his website at https://www.jaredrinehart.com/

from page 10 CAR FEES

Hurst reminded council members of how they had already heard a presentation during the previous Work Session.

Frizzell concluded her post-vote comments, saying, "Time was not given for it to be fully vetted by our Finance and our Public Works departments. For these reasons I did not vote for this ordinance at this time."

Tim Eyman was elated by the vote. "I wish there were more city council members like these four that were willing to listen to what the voters have said three times," he said. "What they

did today should be the rule, not the exception."

Eyman added that the money accumulated via car tab fees is "stolen money," saying, "they shouldn't have it in the first place."

"This tax relief for our Lynnwood people is way overdue," Council Vice President Jim Smith said. "For me, I can afford it, but that \$40 can do a lot for those that need it most." Smith also expressed how pleased he is with the other council members who joined with him in voting to pass the ordinance

Council President Hurst reiterated to the Times how eliminating the car tab fee is something for which he has advocated since 2017. "We had both a sales tax devoted to roads and the car tab fee, and I always felt that if the voters passed the sales tax, I would advocate removing the car tab fee because it was a councilmanic decision," he explained.

Hurst also expressed his contentment with the other council members who voted yes. "I'm really happy that three other council members decided that it was a good decision," he said.

"I really do feel that because 54.6% of the voters approved I-976, it still reflected that people in Lynnwood wanted to get rid of the car tab fee, and this is the best we could to get rid of it."

"I still think roads are a priority, and I do believe that we could create a budget that will put them as a priority," Hurst said while pointing to the 2023 timeline.

"I don't think we're going to miss car tab fees at all," Hurst said.



from page 2 BOBBY

for doing the best job you could with whatever was available to you. He did it his own way, but he did it to the best that he could. And I'm very thankful for that, and my family is very thankful for that. Not only do I appreciate everything you taught me and showed me, just know that we got it from here," Robert Jr. told the Lynnwood Times.

Bobby's restaurant will reopen NOVEMBER 10 with Bobby's two children, Robert Jr. and Psalms (32) assuming management.



LYNNWOODTIMES



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