

# LYNNWOOD TIMES



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**Real News** ⚡  
**Real Impact**

## Project Girl empowers young women of color to be their best



Young woman and girls at Project Girl in located in Lynnwood. Source: Project Girl.

By KIENAN BRISCOE

**LYNNWOOD** – At Project Girl, young women of color are provided a safe place where they can feel appreciated and connected. Through various resources including mentorship, counseling, life-skill coaching, and even working with courts to get troubled teens' lives back on track. At Project Girl, young women of color are empowered to be

proud of themselves.

“Historically and systemically women of color aren't represented,” Olympia Edwards, Founder and CEO, told the Lynnwood Times. “Here we're providing a space where their life story and their life journey doesn't have to be what society thinks of them. It doesn't have to be a struggle. They're entitled to a comfortable life; they're en-

titled to a fruitful life. We're trying to change that narrative and that's why it's important for Project Girl to be here.”

It all started with a vision Edwards had when she was working with teens in crises shelters. She noticed a lot of the girls she helped, lacked coping skills and a safe community space.

“I gotta do something,” she

told herself.

Edwards began partnering with school districts around the area in 2012, offering an after-school mentorship program for women of color a place to hang out, do their homework, and talk about whatever's on their mind. But all of that changed when the pandemic shut down in 2020.

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## County Council approves 5-0 Snohomish Health District integration

By BO JOHN BRUSCO

**SNOHOMISH COUNTY** – The Snohomish County Council unanimously voted to integrate the Snohomish Health District (SHD) into the County during its General Legislative Session on Wednesday, June 8. Some benefits of this integration include minimizing bureaucratic obstructions, streamlining permitting operations, and creating an overall unified effort in prioritizing public health. The integration process will begin immediately following today's decision, and by January 2023, Snohomish County will join the 30 other counties in Washington state that have integrated health departments.

“I want to assure you and the public that our goal here is to really strengthen public health in the County and support the incredible work they do,” County Executive Dave Somers said during the session before the vote.

“As we've seen over the pandemic, we really came together as health district and county to work together on many issues. A lot of the main public health issues we face today really require that integrated approach,” he said before listing homelessness, mental health, and opioid use as some of the top health issues in the County.

Repeating what he stated in a memo sent to County Council members last month, Executive Somers added, “By permanently unifying, we can make formal what has been merely informal the last two years.”

While the pandemic tightened the knitting between the County and District, the two have a historical working relationship dating back to the SHD's incorporation in 1959. And according to last month's memo, the integration has been a long time coming.

“There have been discussions for at least ten years to stabilize and prioritize public health by integrating the Snohomish Health District and Snohomish County, like most large coun-

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## World Elder Abuse Awareness Day on June 15

By DOMESTIC VIOLENCE SERVICES OF SNOHOMISH COUNTY

World Elder Abuse Awareness Day (WEAAD) was launched 16 years ago, on June 15 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. This annual recognition serves as an opportunity for communities everywhere to promote a

better understanding of abuse and neglect of the older generations.

Elder abuse is a prevalent yet underreported issue. It's estimated that 1 in 10 Americans aged 60 and older have experienced abuse, and those are the reported cases. Fear of retaliation, feelings of shame and embarrassment, or simply their dependency on the abuser can often prevent a person from reporting their abuse.

Learning what elder abuse is and knowing the signs can help keep older adults safe. The sooner abuse is recognized, the quicker a person can get help. There are five types of elder abuse: physical, emotional, financial, neglect, and sexual. Signs of abuse can include: fear, anxiety, depression, changes in sleeping patterns, and unexplained injuries such as bruises, sores, or broken bones.

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# The Select Committee to commence public hearings of the Jan. 6 U.S. Capitol incursion



Several hundred thousand attendees at the January 6, 2021, rally in Washington D.C. awaiting President Donald J Trump to speak. Source: Lynnwood Times.

By MARIO LOTMORE

WASHINGTON, D.C. – On Thursday, June 9, 2022, the Select Committee to Investigate the January 6th Attack on the United States Capitol will hold its first of several public hearings on the January 6 investigation at 8 p.m. EST. Other public hearings are scheduled for 10 a.m. on June 13, 15, 16, and 21, and 8 p.m. on June 23. These events will be streamed live at [january6th.house.gov](http://january6th.house.gov) and on YouTube.

According to a Twitter post by the January 6th committee, “The Select Committee will hold a hearing to provide the American people with a summary of our findings about the coordinated, multi-step effort to overturn the 2020 presidential election.”

More than 1,000 people have been called for interviews by the Select Committee and 125,000 documents have been collected, almost 500 leads pursued through its confidential tip line, and text messages between President Donald J Trump’s closest advisers and family members have been examined.

Many of the most important witnesses around President Trump have refused to fully cooperate with the investigation. Steve Bannon, Mark Meadows, Peter Navarro and Dan Scavino have all been held in criminal contempt of

Congress for failing to respond to subpoenas, and Bannon and Navarro have been indicted by a federal grand jury. On Friday, June 3, 2022, the U.S. Department of Justice said it would not pursue charges of criminal contempt against Scavino and Meadows for refusing to comply with the subpoenas.

House Speaker Nancy Pelosi created the nine-person Select Committee, comprised of seven Democrats and two Republicans. Her efforts to create an independent commission to investigate the January 6th Capitol breach, and not a Select Committee, was thwarted by Senate Republicans. Democrat senators Patty Murray (D-WA) and Kyrsten Sinema (D-AZ) did not vote on the bill.

After the Senate vote, Sen. Ted Cruz (R-TX) released a statement calling the legislation to create the commission “politically motivated.”

“The January 6 terrorist attack on the Capitol was a dark moment in our nation’s history, and I fully support the ongoing law enforcement investigations into anyone involved. Everyone who attacked the Capitol must be prosecuted to the fullest extent of the law and brought to justice. I also support the Senate committees of jurisdiction who are exercising their proper oversight roles to provide an in-depth and complete account of the

attack. With multiple investigations already underway, I do not support the politically motivated January 6 Commission led by Sen. Schumer and Speaker Pelosi.”

House Republican Representatives for Washington state including Jaime Herrera Beutler (WA-03) and Dan Newhouse (WA-04) voted in support of the establishing a January 6 commission. Both Beutler and

Newhouse are facing Republican challengers in August as political blowback for their support to impeach President Donald J Trump.

On January 16, 2021, the Washington State Republican Party State Committee overwhelmingly passed a Resolution by a vote of 111 to 2, condemning the impeachment of President Donald J Trump and expressing disappointment in U.S. House Democrats, and Republicans Rep. Jaime Herrera Beutler and Rep. Dan Newhouse, who voted for impeachment on Wednesday, January 13, 2021.

Joshua Freed in a statement to the Lynnwood Times accused the Washington state House Representatives of allowing “themselves be weaponized” and specifically criticized Rep. Jaime Herrera Beutler and Rep. Dan Newhouse for being “used by the opposition.”

## TIMELINE OF INCURSION OF THE U.S. CAPITOL ON JANUARY 6, 2021

On January 6, 2021, hundreds of thousands of people gathered in front of the White House to attend a pro-Trump rally. At noon, President Trump began speaking to rally-goers. Ending his speech at approximately 1:10 p.m., President Trump said to the

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## LETTERS TO THE EDITOR

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# Lynnwood Council discusses ARPA funds for housing and equity survey results

By KIENAN BRISCOE

## LYNNWOOD

The Lynnwood City Council reviewed its findings from the city's Community Equity Survey, discussed potentially utilizing ARPA funds for rental assistance and rapid-housing through Volunteers of America, and was briefed on Community Transit's long range planning strategy at their Business Meeting, Monday, June 6.

## COMMUNITY EQUITY SURVEY

The City of Lynnwood launched its inaugural Community Equity Survey and engagement effort in 2021 to better understand community members' experience with Lynnwood as a safe, welcoming, and equitable community. The survey explored how community members view belonging, safety, civic engagement, and interactions with government.

In partnership with BDS Planning, the City of Lynnwood executed a distribution and engagement strategy to ensure Lynnwood's most underserved communities would feel supported in engaging in the survey. Spanning 36 questions and covering various topics participants were asked questions including if

they felt safe, accepted, appreciated and what they would like to see the city do differently.

In order to ensure the survey properly reached the most unserved populations, the city partnered with the Latino Education and Training Institute, Snohomish County Korean Woman's Association, the YWCA, and the Lynnwood Food Bank.

At the close of the survey collection period, a total of 824 surveys were collected across four languages (Spanish, Korean, Vietnamese, and English). The findings reflect a largely representative sample of the Lynnwood population at 64% White, 14% as Asian, 7.7% Black or African American, 8.9% as Multicultural, and 19% as Latino or Hispanic.

The survey found that 63% of respondents ultimately felt safe in Lynnwood and only 14% said otherwise. Respondents also said they rarely experienced unfair treatment when interacting with other people or institutions, however for those that identify as BIPOC, LGBTQ+, or disabled the frequency of those feeling unfairly treated was higher than those who did not classify as one of these categories. The most common responses to why they

felt unsafe related to dealing with police, government, or the physical environment (pedestrian, construction, or inadequate transportation. According to the survey, 47% of participants reported that they genuinely feel their culture is accepted in Lynnwood.

Low-income housing, expended child care, and better public transportation were shared as ways to improve quality of life in Lynnwood, as well as some other issues such as police response and pot holes.

"I want to underscore just how important I think this work is for Lynnwood as it moves deliberately and diligently toward a future that is much more diverse, multi-cultural, multiethnic, and varied than at any moment in Lynnwood's past. Brian Scott, founder of BDS Planning, said. "I just want to applaud the city for making this effort to understand how the community's changing."

## ARPA FUND OPTIONS

Representatives from Volunteers of America (VOAWW), Galina Valchova and Brian Smith, also shared with council potential programs to invest their

*Continued PAGE 08 >>*

# Sound Transit Board to vote Julie Timm as its next CEO on June 23

By SOUND TRANSIT



SEATTLE – The Sound Transit Board of Directors CEO Selection Committee yesterday recommended Julie Timm to serve as Sound Transit's next CEO. If selected, Timm would oversee a budget of approximately \$3.4 billion.

The recommendation, which goes to the full Sound Transit Board of Directors for consideration at its June 23 meeting, follows the committee's work to solicit input on priorities and review of more than 90 applicants from across the country.

"Julie Timm's deep experience, leadership skills and passion for public transportation will make her a great leader for Sound Transit as we work to deliver the largest transit expansion program in the nation and dramatically expand our operations in the years ahead," said Sound Transit Board Chair and University Place Mayor Kent Keel.

"I am thrilled and humbled to be considered for the opportunity to support the Sound Transit Board and staff in delivering investments that are tru-

*Continued PAGE 04 >>*



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# Sheriff Adam Fortney announces staffing changes to offset attrition

By MARIO LOTMORE

**SNOHOMISH COUNTY** – The Snohomish County Sheriff’s Office announces a permanent reassignment of specialty units to patrol to offset staffing shortages and provide a safer working environment for deputies. The staffing changes will take effect this month.

“Over the past couple years, law enforcement in the state of Washington has faced staffing challenges for several reasons, including some elected leaders and some of the media depicting law enforcement as a less than honorable profession,” Sheriff Adam Fortney wrote in today’s announcement.

Currently, there are 27 deputy vacancies, Courtney O’Keefe, Director of Communications for the Snohomish County Sheriff’s Office, shared with the Lynnwood Times.

“It takes approximately 1 year for an

entry-level [deputy] to be fully trained and on solo patrol,” O’Keefe wrote in a statement to the Times. “And it takes approximately 2-3 months for a lateral officer to be fully trained and on solo patrol.”

The three specialty units impacted by the staff reassignments to fill vacancies are:

- Office of Neighborhoods, 4 positions
- Directed Patrol, 2 positions
- K-9, 5 positions

“This does not mean we have given up on these units, it simply means that for the foreseeable future (6-12 months) they will be working full time patrol beats and responding to 911 calls for service,” Sheriff Fortney wrote.

Snohomish County Executive Dave Somers in a statement to the Lynnwood Times shared that safety is a top priority and his team is looking into alternative means of deploying social workers

from the Office of Neighborhoods.

“Public safety is Snohomish County’s top priority,” Executive Somers wrote. “We will continue to do all we can to support the Sheriff’s Office as it works to fill open deputy positions. We are also looking to find alternative means of deploying our social workers from the Office of Neighborhoods.”

The Office of Neighborhoods (OON) currently has four deputies who team up with social workers to go into the field to identify, locate, and connect with homeless and vulnerable populations within Snohomish County. Founded in 2015, OON began as a part of the city of Everett’s safe street initiative, a multi-agency task force comprised of different organizations and businesses within the community, working to develop creative and innovative solutions to homelessness throughout the county.

Directed Patrol (DP), usually has three deputies, but currently only has two

who will both be reassigned to patrol, is a proactive unit focused on reducing criminal activity, arresting warrant subjects and proactively patrolling the county to keep residents safe. This specialty unit typically results in the recovery of illegal firearms and drugs off Snohomish County streets.

The K-9 unit currently has five deputies who assist law enforcement agencies all over the county (including city agencies) with tracking, locating and apprehending criminals.

According to O’Keefe, employee attrition – resignation and retirements – are up 50%. The Sheriff’s Office has only been able to fill 16 of the 30 deputies it has lost so far this year.

To read Sheriff Fortney’s press release in its entirety, visit [www.lynnwoodtimes.com/2022/06/06/staffing-changes-220606](http://www.lynnwoodtimes.com/2022/06/06/staffing-changes-220606) or scan the QR code to the right.



## from page 3 SOUND TRANSIT

ly transformative and historic in their scale and impact,” Timm said. “Public transportation is about serving people and improving lives, and I am eager to work alongside the region’s communities to continue making the region’s vision for its future into reality.”

Timm is currently CEO of Greater Richmond Transit Company, where her more than 400 employees operate successful regional bus routes serving the Richmond, Virginia area. Timm is known as a highly collaborative leader who forges strong relationships with community groups and partners, and for building an agency culture focused on dedication to public service and equity.

From 2016 through 2019 Timm served as Chief Development Officer for WeGo Public Transit in Nashville, Tennessee. Her efforts included directing development activities and agency staff across functions including en-

gineering, outreach, customer care, planning, grants, marketing, communications, service quality and Innovation. She oversaw the implementation of major regional capital projects associated with the more than \$6 billion nMotion Strategy that the Nashville region adopted in 2016.

From 2012 through 2016, Timm served as Transit Development Officer and Title VI and Environmental Justice Compliance Officer for Hampton Roads Transit in Norfolk, Virginia. She worked with state and local partners and the Federal Transit Administration to manage capital project and strategic planning processes supporting light rail and other transit projects through approval, funding and implementation.

From 2000 through 2012 Timm worked in North Carolina in senior positions developing transit, highway and other projects for Moffatt and Nichol, Carter and Burgess, and URS Corporation. From 1996 through 2000 she worked as a contract employee managing proj-

ects and programs for the United States Air Force Air Combat Command Headquarters in Virginia.

Timm earned a Master of Business Administration degree from Vanderbilt University as well as bachelor’s and master’s degrees in biology from Old Dominion University.

The CEO Selection Committee was chaired by Keel and vice chaired by Dow Constantine, who is Vice Chair of the Sound Transit Board and King County Executive. Other board mem-

bers serving on the committee included: Nancy Backus, Auburn Mayor; Bruce Dammeier, Pierce County Executive; Debora Juarez, Seattle Councilmember; Ed Prince, Renton Councilmember; and Dave Somers, Vice Chair of the Sound Transit Board and Snohomish County Executive.

The committee’s action directed Keel, Constantine and Somers to lead work with Timm to negotiate proposed contract provisions for consideration by the Board on June 23.

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# Lynnwood hosts “Let’s Talk About Public Safety” forum



Deputy Chief Cole Langdon accompanied by Lynnwood Councilwoman Julieta Altamirano-Crosby and Pastor Hector Garfias-Toledo of Trinity Church talking with Lynnwood residents. Lynnwood Times | Bo Brusco.

By BO JOHN BRUSCO

**LYNNWOOD** – Local leaders and community members gathered at Lynnwood’s Lutheran Trinity Church to discuss public safety in an open forum setting. Residents were given two minutes to ask Deputy Police Chief Cole Langdon questions about their safety concerns.

The event was the first of its kind and was organized by Lynnwood City Councilwoman Julieta Altamirano-Crosby. Mayor Christine Frizzell, Council President Jim Smith, and Councilman Patrick Decker were also in attendance.

calls, and text messages regarding safety in the City,” Councilwoman Altamirano-Crosby said, recounting why she organized the event. “For me, safety is the priority. Receiving all those messages, I felt a commitment to do something as a public servant.”

Within the Lynnwood area, there has been three shootings in the last two months. The first was in April with a fatal shooting in Daleway Park. On May 11, a 14-year-old boy was shot while walking with his friends near 186th PL SW and Highway 99 and five days after that, a man was shot outside the Arco Gas Station at 1515 164th St SW.

cilwoman reached out to Pastor Hector Garfias-Toledo of Trinity Church who sits on the Lynnwood Police Chief’s Advisory Committee, and volunteered to host the event at his monastery. Councilwoman Altamirano-Crosby also contacted Deputy Police Chief Cole Langdon, who loved the idea and agreed to participate.

“The community deserves this,” said Altamirano-Crosby, “and the community needs to talk to us so we can know exactly what their safety priorities are.”

In addition to asking questions verbally during the forum, attendees were also invited to list their top three concerns about safety in Lynnwood on a paper handout, which will later be tallied and considered among City officials and directors.

Roughly twenty residents turned out for the event. Participants voiced concerns ranging from lighting in the City’s parks to rumors of gang violence, with volunteer translators assisting when necessary.

## WHAT THE LYNNWOOD POLICE DEPARTMENT NEEDS FROM YOU

The first question of the night came from a resident who wanted to know how community members could help the local police department. “What do you need from us?” They asked. “What things can we do to help you and our neighbors?”

mate of accountability,” said Deputy Chief Langdon. While mentioning the tragedy at Daleway Park, Langdon implored residents to “have some level of faith in the processes we have [and] allow them to play out,” pointing to the Snohomish County Multiple Agency Response Team’s (SMART) investigation into the matter.

Langdon also noted the importance of having a strong relationship between the community and the police department. “We’re only as good as the community that we serve,” he said. “The more that we can engage to have these conversations, the better.”

“You should feel comfortable that if something is happening in your neighborhood that is unsafe, to call the police department,” he added.

Speaking about the civil upheaval in the wake of the pandemic has sewed anger and distrust towards law enforcement officers, Langdon asked that the community to, during heightened moments, realize that police officers are fallible human beings, allow the process to play out, and wait till all the information has been gathered before rushing to conclusions.

Langdon concluded his response, saying “Let us be a part of the community.”

According to Crime Prevention Volunteer Coordinator Nic Li, neighbor connections are an integral component of

“We received a lot of emails and phone

Determined to take action, the coun-

“Great question. Let’s create the cli-

Continued **PAGE 09** >>



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# Upcoming Community Events in Snohomish County

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**Date:** Saturday June 4, 2022  
**Time:** 3 PM  
**Place:** Bellingham at Bellingham High School  
**Ticket Prices:** \$25/\$20

**Date:** Saturday June 11, 2022  
**Time:** 3 PM  
**Place:** Edmonds at The Edmonds Center for the Arts  
**Ticket Prices:** \$25/\$22/\$15



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**REGISTER TODAY FOR 2022 LYNNWOOD POLICE YOUTH CAMP, DEADLINE IS JUNE 17**

Registration is now open for the Lynnwood Police Camp for youth ages 11 to 14 years. All county youth are encouraged to apply; however, space is limited!

It's a fun week of learning safety skills, team building, leadership development, physical activities and much more!

Camp Dates: July 18-21, 2022. from 8:30 a.m. – 4:00 p.m. each day  
Registration Fee: \$125 per child, limited scholarships are available  
Application deadline: June 17, 2022

Registration: To register, contact Connie Avalos-Galer at [cgaler@LynnwoodWA.gov](mailto:cgaler@LynnwoodWA.gov) or 425-670-5613. or visit: <https://www.lynnwoodwa.gov>.

This will give youth a chance to interact with law enforcement and have positive experiences with the police, as well as learning safety tips, team building challenges and leadership development.

Some highlights include spending a day of team building at High Trek Adventure for a high ropes course challenge. Participants will also learn about police science, work with the K-9 unit and participate in SWAT team activities, plus much more!

**Rotary Club of Lynnwood**

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**CHALLENGE RACE 2020**

The event is Saturday, June 25, 2022, from 9:00 a.m - 2:00 p.m. at Lynnwood Elementary School located at 18614 44th Ave W. Gravity car races allow kids with developmental disabilities (Co-Driver) the experience of a thrilling soap box derby-type race. Two cars race down the course to the finish line. **Registration is required.** Go to <http://www.rotarycluboflynnwood.com/co-driver-registration-form-2/> or scan the QR code.



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# Volunteering at the Lynnwood Food Bank, JUST SHOW UP!

Op-Ed by KIENAN BRISCOE

**LYNNWOOD** – I was living in Brooklyn when Hurricane Sandy tore through New York City in 2012. It was the deadliest hurricane of that season killing 233 people and inflicting nearly \$70 billion in damages. While the effects weren't quite as catastrophic in the Tri-State area as, say, the Caribbean, it definitely left its mark. Streets and subway stations were flooded, power was lost, and homes were destroyed leaving many without a place to live or eat.

The Rockaways, in Queens (not too far away from where I was living in Bay Ridge), were especially devastated. As I walked the streets in its aftermath, I remember the surreal sight of sailboats that crashed on city blocks from the immense flooding.

In the days following I, like many New Yorkers, wanted to join with my community to help those most affected. I did this by volunteering at a distribution site providing fresh cooked meals to anyone who walked through its doors, no questions asked. It was such a rewarding experience to help those in need, listening to their stories, and seeing how appreciative they were. I told myself I wanted to keep coming back; However, for whatever reason, I never did.

Since moving to Snohomish County, I continued my interest in getting involved in volunteer work but always found excuses not to. Oh, I'm too busy, oh the process to sign up is complicated, so on, and so forth. I could not have been more wrong.

When I volunteered at the Lynnwood Food Bank the first thing I noticed was how easy it was to get involved.

"Just show up" they told me when I sent an email expressing my interest,

so I did. For some reason I had this idea that I would show up and they would say, "Sorry we don't need any more volunteers, we're all full up." But instead, I was greeted graciously, and they expressed their need for more volunteers.

The second thing I noticed was the fresh quality food we distributed. To my ignorance, for some reason, whenever I would think "food bank" visions of World War II – breadlines would waft through my head, people lining up for expired coffee shop pastries or a bowl of soup. This could not have been more wrong.

Depending on the individual's need, each was wheeled out a cart stocked with milk, grains (like rice and beans), meats, eggs, cheese, a bag of fruit, a bag of veggies, loaf of bread, canned goods, and a desert. There were even Asian, Latin, and Halal options.

When a family drove up, they were met with the smiling faces of a volunteer who would, essentially, take their order. That is, they would gather if there were any dietary restrictions or preferences, and what they needed. This included supplies beyond food such as toiletries, hygiene products, pet food, face masks, and other things. Their orders would then be printed out in the facility and a runner, like my position, would fill a cart with supermarket fresh groceries and wheel them out, contact-free.

In the building was a front desk and office, tables and shelves stacked with food, a walk in-freezer, and a walk-in refrigerator. All the hustling, able-bodied, volunteers I spoke to seemed genuinely happy to be there.

Jinx Singleton, Operations Manager, showed me the ropes of the operation. A "well-oiled machine" is how I would explain it – not foreign to anyone with



A volunteer at the Lynnwood Food Bank. Lynnwood Times | Kienan Briscoe.

retail experience, deployed stations with positioned workers operating in synchronicity.

We served over 100 families by the time my shift ended. That's 100 families that went home with free food for their families. Annually, the Lynnwood Food Bank collects and distributes over 1.3 million pounds of food per year, serving an average of 1,881 households a month – not bad for a city of 39,000. But they need volunteers to help make this happen.

Roughly 9.6 million workers in the

U.S. lost their jobs during the first few quarters of the COVID pandemic, according to Pew Research, leaving many scrambling to make ends meet. With inflation rising, it only gives more importance to the work the Food Bank does, making a dent in the roughly 38 million people in the country who are food insecure.

Although I have only worked a single shift at the Lynnwood Food Bank so far, I will definitely be going back. I also urge anyone, with the slightest interest in community service, to do the same as I did and "JUST SHOW UP."

## Volunteer Opportunities throughout Snohomish County

By KIENAN BRISCOE

For hyperlinks to all the of the volunteer opportunities mentioned in this article, scan the QR code or visit [lynnwood-times.com](http://lynnwood-times.com).



### COUNCIL ON AGING

Lend a helping hand to our community's elders through the Snohomish County Advisory Council on Aging. Old age is a sensitive time for many who require care and comfort to live healthy lives. By assisting the older population through councils like this it ensures they are being taken care of, not taken advantage of, and helps the future look brighter.

The Snohomish County Advisory Council on Aging, mandated by the Older Americans Act of 1965, was established by Snohomish County as the Advisory Council to the County Executive and to the County's Human Services Department, Aging and Disability Services, Long Term Care and Aging (LTCA).

The purpose of the Council on Aging is to advise, assist, and advocate for older persons and those adults with disabilities in Snohomish County by

keeping elected officials up-to-date with the needs of the older population, and guiding the work of the Long Term Care and Aging group.

To apply visit <https://snohomishcountywa.gov/OnlineBC-BAForm>

### WASHINGTON STATE UNIVERSITY (WSU) BEACH WATCHERS

Summer is coming up and beach season is among us. In order for people to enjoy them properly, the county needs volunteers like the WSU Beach Watchers to preserve and protect our beaches properly.

WSU Beach Watchers are community members who protect Puget Sound waters and wildlife through education, research and restoration. They receive 100 hours of university-level training on Puget Sound natural resources and stewardship skills in a seven week time period. After the training each Beach Watcher volunteers 100 hours over two

years. Beach Watchers craft their own personal volunteer experience by selecting from many volunteer opportunities.

To embark on volunteer training visit <https://extension.wsu.edu/snohomish/beach-watchers/volunteer-training/Parks>

### COUNTY PARKS VOLUNTEER PROGRAM

Just as important as the beaches are to our community and the residents that use them, so are our parks. The County Parks Department has a list of various ways you can become a steward of public land from cleaning up litter, to becoming a campground host.

To help preserve the lush Pacific Northwest landscape, or to find a complete list of services visit <https://snohomishcountywa.gov/5168/Parks-Recreation>

### SHERIFF VOLUNTEER ORGANIZATION

Has it always been your dream to be a real-life crime stopper? Upholding law and order? Well then you might be a great fit for the Snohomish County Sheriff Volunteer Organization by helping the department file data, patrol and prevent crime. Volunteering your time to public safety provides the Sheriff's Office services they normally otherwise could not provide which includes citizen patrol, clerical or data processing work, crime prevention activities, and helping track those with the tendency to wander such as people with Alzheimer's, autism, and other conditions.

To fill out a volunteer form and begin your life as a crime stopper visit <https://snohomishcountywa.gov/DocumentCenter/View/85008/Volunteer-Interest-Form-PDF>

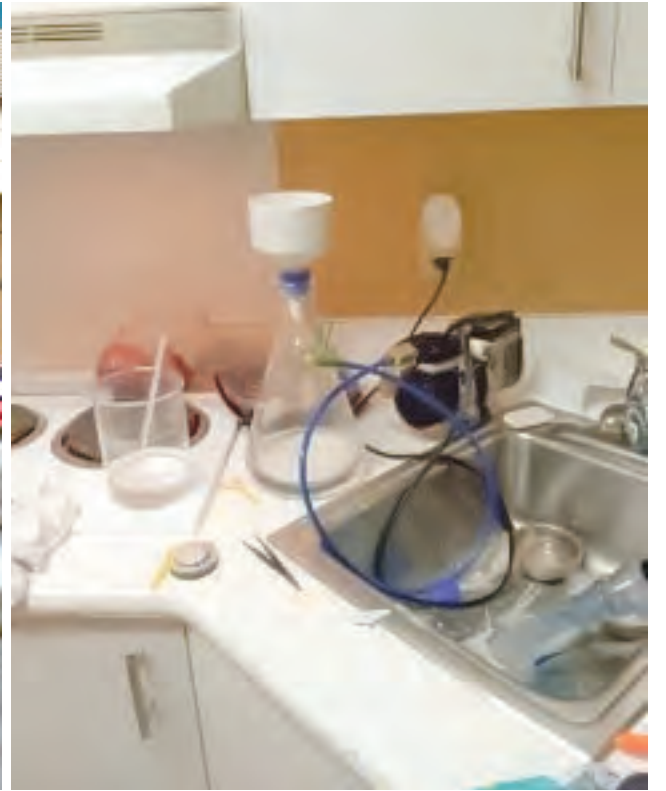
### GUARDIANSHIP MONITORING PROGRAM AND COURT

Continued PAGE 10 >>

# Methamphetamine lab found at Lynnwood hotel



Extended Stay hazardous materials incident on June 4, 2022. Lynnwood Times | Mario Lotmore.



Picture inside the hotel room. Source: Lynnwood Police.

By **MARIO LOTMORE**

**LYNNWOOD** –The Lynnwood Police and several fire agencies responded to a 9-1-1 hazardous material call at approximately 11:42 a.m. on Saturday, June 4. After first responders isolated the hazard, the case was initially turned over to the Washington State Department of Ecology before handing it over to be investigated by the Snohomish County Drug Task Force.

After a judge approved the search warrant, law enforcement was able to confirm that several drug chemicals, unknown liquids, and glassware were discovered in the room, indicating an active lab to produce methamphetamine.

According to Leslie Hynes with South County Fire, other agencies responding to the call were Everett Fire, Marysville Fire, and Snohomish Regional

Fire & Rescue. Some hotel occupants were briefly evacuated. The Lynnwood Times was told that the incident was contained and that no one in the hotel is in danger.

“The cleaning crew went in to clean the room and saw stuff that didn’t look right,” Sgt. Blakley of the Lynnwood Police Department told the Lynnwood Times.

Extended Stay America provides long-

term stays for business travelers, students, tourists, and those relocating to the area.

“I was confused about what was going on at first,” a hotel guest told the Times. “The staff is great, and I am thankful to the cleaning staff.”

The investigation is ongoing. No suspects have been brought into custody as of Tuesday afternoon (June 7).

## from page 3 LYNNWOOD CC

American Rescue Plan Act dollars to address the issues of housing and rental assistance in the area.

Councilwoman Julieta Altamirano-Crosby met with VOAWW previously to discuss rental assistance and believes the program is a good option to serve Lynnwood residents.

VOAWW has received about \$100 million for rental assistance, Valchova stated, and currently has about \$19 million left. With this money Valchova added that VOAWW has been able to stabilize around 15,000 Snohomish County households. The remaining \$19 million will be able to stabilize about 2,000 more homes, Valchova speculates, but most of the families helped were determined to require repeat assistance.

Lynnwood residents qualify for the VOAWW rental assistance program if they have financial strains that are directly linked to the pandemic. The program pays up to 18 months of rental assistance per household.

Council Vice President Jim Smith expressed some concerns that residents may take advantage of the program and added that he would like to make sure the dollars would be going to landlords and not tenants directly.

After some clarifying questions from council, Brian Smith presented another options: Rapid Rehousing, which is a way of targeting chronic homelessness by providing a roof over people’s head, for up to a year, while they get their feet back on the ground.

VOAWW is requesting \$250,000 from the city’s ARPA funds to go toward this effort and, if council votes to approve,

the County has agreed to match the dollar amount for a total of \$500,000.

Councilwoman Shannon Sessions asked VOAWW if it came down to one option or the other, which VOAWW would provide. Valchova noted that it really comes down to what the council ultimately decides that is most needed for the area.

“It’s up to the city of Lynnwood to decide what is the most meaningful approach with the funds you have available,” Valchova said.

Councilman Patrick Decker mentioned that if it came down to deciding one program to fund, he would prioritize rental assistance over rapid re-housing to help those in need that already have current living situations.

Councilman Jim Smith expressed concerns for the program making the point that many people who are experiencing homelessness are also experiencing drug abuse and he would prefer to see them get assistance with that first before placing them in housing.

No decision was made and the decision to vote on the proposed programs will return to council at a later date.

## COMMUNITY TRANSIT 2024 NETWORK AND LONG-RANGE PLANNING

Ric Ilgenfritz, CEO for Community Transit, closed out the meeting by presenting council an update on Network and Long Ranging Planning for future transportation services and how it will align with regional transportation.

Some highlights are focusing on a zero-emission strategy, expanding

service to the Swift Blue Line (down to Shoreline), the Swift Orange line, the Swift Green Line (down to Bothell), and emphasizing corridor focus for other frequent routes. Community Transit has also begun planning a Gold Line that will run north to Arlington in the near future.

The Lynnwood on-demand Pilot project, is also expected to begin testing in late 2022 which would allow

residents to request transportation services through a mobile app, pick them up at a set location, and drop them off along a specific route (in this case around the Alderwood area).

“COVID has changed many things for us in the northwest and one of those is transit,” Ilgenfritz said. “These initiatives are really trying to get at the future of transit.”

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# No idea is too small for Lynnwood's "Big Ideas Month"



DBS Senior Planner Kristen Holdsworth (left) with Lynnwood Mayor Christine Frizzell at Lynnwood City Hall. Lynnwood Times | Bo John Brusco.

By **BO JOHN BRUSCO**

**LYNNWOOD** – The month of May was “Big Ideas Month” in Lynnwood, where residents were invited to share how they envision the City’s future. Lynnwood’s Development and Business Services Department (DBS) posted several questionnaire stations around town to gather input from the community in preparation for the City’s 2024 Comprehensive Plan update and the City Center + Alderwood (CC+A) Plan. So far, the department has received more than 500 ideas.

The DBS has been serious about gathering community input, too. Along with the questionnaires, the department sent multiple emails to over 18,000 addresses, mailed pre-paid postcard questionnaires to over 15,000 Lynnwood addresses, repeatedly posted on social media, and distributed flyers to businesses and community organizations last month to invite city-wide participation.

Members of the DBS also attended several community events and gatherings to promote Big Ideas month, starting in late April at a Joint Boards and Commissions meeting and ending on June 4 at the Cops with Kids event. But even though May has ended, residents can still voice their ideas.

“Just because ‘Big Ideas Month’ is over, it doesn’t mean it’s the end of our conversation,” says DBS Senior Planner Kristen Holdsworth. “You can still reach us in all the ways that you could during Big Ideas Month. We just won’t have as many email blasts, social media posts, or questionnaire stations posted around the City.”

According to Holdsworth, the physical questionnaire stations have been retired as of June 4, but the online questionnaire will remain active until late summer. Available in multiple languages, the questionnaire gauges how residents currently feel about Lynnwood and how they would like to see it improve over the next 20 years.

The two-decade timeline comes from the City’s 2024 Comprehensive Plan, which envisions Lynnwood’s future for the next 20 years, determining its long-term strategy for growth, infrastructure, and services. The plan was last updated in 2015.

Lynnwood’s City Center + Alderwood (CC+A) Plan follows the same timeline as it’s projected to become the heart of the City with the construction of light rail stations and residential units, which will also increase job growth.

Holdsworth says that the concept behind this Big Ideas movement was about thinking big together. “[A]nd we need the community’s big ideas because this is the community’s plan,” she explains. “I’m helping guide it through the process, but it’s not supposed to be my plan. It’s really supposed to be the vision of the community, and so we wanted their big ideas and the community’s big ideas for what our future will be like.”

Even though new responses won’t be a part of the first summary report, Holdsworth says they will be included in the next round of community input set to begin in the second half of the year. “The next round of engagements are going to be focused a little differently,” she explains, “because it will be building off our findings from this first round of questionnaires.”

## MAYOR FRIZZELL SAYS NO IDEA IS TOO SMALL



Lynnwood Mayor Christine Frizzell at the questionnaire station at Lynnwood’s City Hall | Bo John Brusco.

To residents who worry their ideas are too insignificant to share, Lynnwood Mayor Christine Frizzell says, “When we’re in school, we’re told there’s never a dumb question. There’s no dumb idea. There’s no bad idea there. We’re looking for each and every idea. You can send it in anonymously if you want. We want ideas, and we’re extremely sincere about that.”

Since she first took office, Mayor Frizzell has been enthusiastic about sharing and growing ideas. During an interview at the beginning of this year, Mayor Frizzell shared with the Lynnwood Times her favorite book: “What Do You Do with an Idea,” by Kobi Yamada.

The story is about a child who “one day [...] had an idea” and didn’t know what to do with it. The idea, depicted as a golden egg with legs wearing a crown, follows the protagonist around as they wonder, “What do you do with an idea?” At first, the child worried about what others would think of the idea, but eventually, they let it grow so big that it changed the world.

“And that’s what we’re trying to do with Big Ideas Month is to take those ideas that [the City] hasn’t thought of yet, but people in our community have thought of, but maybe they’re just a little reticent about putting them out there, [...] and start to give them life,” says Mayor Frizzell.

While the book didn’t exactly inspire Big Ideas Month, Mayor Frizzell says the two are definitely tied into each other.

## THE UNOFFICIAL RESULTS OF BIG IDEAS MONTH

According to Holdsworth, more than 500 responses have been submitted so far and each idea is being considered. “We’re considering everything we’re reading,” she says. “There’s a real person reading all of it—multiple people reading all of it. And really what we’ll do is we’ll filter those ideas into future conversations with the community and further outreach to really refine what we’re hearing and to dig into what some options could be around what we’re hearing.”

From the first round of questionnaires, Holdsworth says that the DBS will create a summary report that should be released by the end of summer, and noted that the department will continue gathering information throughout the process via the online questionnaires. In the meantime, she shared with the Lynnwood Times some unofficial trends in the community’s feedback so far.

“People love Lynnwood’s recreational opportunities,” she says. “This isn’t statistically accurate at this point, but far and away, I’m seeing [that people love] the Recreational Center, the Senior Center, the trails, the parks.” Noting how Lynnwood has a diverse

population, Holdsworth says, “The other thing people are really talking about is that they feel like they have a strong community, and they feel welcome here.”

## SHARE YOUR IDEA!

Residents who haven’t had a chance to share their big ideas for Lynnwood’s future can click here to fill out the electronic questionnaire, email ideas to DBS at [planning@LynnwoodWA.gov](mailto:planning@LynnwoodWA.gov), or call the department at 425-640-5410.

## from page 5 LYNNWOOD SAFETY

public safety. “Get to know each other,” Li said, explaining how the department puts on events to bring neighbors together.

“Even something as simple as having a contact list among your neighbors—that’s probably one of the best things you can do,” he said.

Li also highlighted the various volunteer opportunities available to community members who’d like to get involved, including the Department’s Citizen’s Patrol and Volunteers in Public Safety programs.

## SAY SOMETHING TO IMPROVE PUBLIC SAFETY

“If people don’t feel safe, then that affects everything,” said Mayor Christine Frizzell. “They have to feel safe,” she said before referring to Maslow’s Hierarchy of Needs, a concept in psychology that suggests that basic needs must be met before humans can reach ‘self-actualization.’

“That’s what we’ve got to provide so that people can get to the next level,” she added.

After the forum concluded, Mayor Frizzell said, “One thing I want to tell people is if you see something, say something.”

“I’m an accountant at heart, and if you don’t call 9-1-1, it doesn’t go into the crime stats. We don’t know if a problem’s bigger than it is because people say it doesn’t matter or it’s too little of a problem, so if you see something, say something.”

Altamirano-Crosby echoed the Mayor’s sentiment, reiterating how the purpose of Thursday’s event was to create trust and better understand the community’s concerns. “And without this [forum], we can only assume, right? So this will help us make an intentional plan,” she explained.

The “Let’s Talk About Safety” public forum is looking to become a regular event, according to Altamirano-Crosby, who said the next one will be held sometime this fall.

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from page 1 **HEALTH DISTRICT**

ties in the state,” Somers wrote.

The vote to pass Motion 22-248, which indicates the county’s intent to withdraw from the Snohomish Health District at the end of the year and immediately establish a county health department as required by RCW 70.46.090, was motioned by County Councilmen Jared Meade, seconded by Councilwoman Stephanie Wright, and passed 5 – 0.

### **SNOHOMISH COUNTY COUNCIL COMMENTS**

“Our priority is to strengthen public and environmental health in Snohomish County,” said Snohomish County Council Chair and Board of Health Member Megan Dunn. “As Snohomish County grows, we must adapt to ensure we will be able to meet the needs of our residents. Today’s action ensures we are prepared for the future public health needs of our county.”

“While the COVID-19 pandemic is not completely over just yet, now is the time to start transitioning to prepare for whatever may be coming next,” said Snohomish County Council Vice Chair and Board of Health Member Jared Mead. “A unified public health effort will ensure we are being as efficient as possible and using every opportunity to leverage county and public health assets for the benefit of all residents.”

“Today’s action is another step towards providing more robust public health services to our residents,” said Snohomish County Councilmember and Board of Health Chair Stephanie Wright. “We will find every opportunity available to us to strengthen public health, working to reestablish and expand clinical services, while addressing today’s threats and preparing for those that may be coming tomorrow.”

“The Snohomish Health District and Snohomish County have always worked together closely, and today’s decision will ensure we are being as efficient as possible with resources,” said Snohomish County Councilmember and Board of Health Member Nate Nehring. “We want to ensure that Snohomish County’s residents have a dynamic and effective public health department.”

“This is another step in Snohomish County’s efforts to ensure we are making decisions today that will serve our growing community in the long term,” said Snohomish County Councilmember and Board of Health Member Sam Low. “We are committed to looking out for both our rural and urban communities. We will continue to collaborate with our cities and towns as they work to solve pressing public health issues.”

### **PUBLIC COMMENTS ON SNOHOMISH HEALTH DISTRICT INTEGRATION**

Several local leaders voiced their support during the legislative session. The benefit most widely cited by public commenters revolved around how, with a county health department, cities won’t have to financially assist public health entities.

“I’m here to talk in favor of the public health moving over to the county because if we do, we’re going to have more money for public health in general,” said Mountlake Terrace Mayor

Kyoko Matsumoto.

“Also, all the cities will have access without being asked to contribute when funds are low, because in the past we were always asked to contribute when the health department was not doing well financially [...] Now, this will be more of an equal across the board.”

Marysville Mayor John Nehring, attending virtually, said, “I believe the time is right to make this move. I’m optimistic that this move will allow for increased collaboration and increased resources being put towards many of our public health priorities, not the least of which is the twin crisis of mental health and substance abuse that are really among the most difficult issues we’ve faced in local government here in some time.”

The Director of Engagement with the City of Everett, Nichole Webber, commented on behalf of Mayor Cassie Franklin, saying, “We feel this transition will only strengthen the outstanding public health service in our communities that everyone has grown to appreciate and expect.”

One public commentator raised concern over the review process of the integration. Jeff Clarke, a chair of the Board of the Health District’s Public Health Advisory Council, said that the Board of Health was “not given a chance to discuss or take an action” on the subject, and had to make a decision on the same day the resolution was presented to them.

“I’m not here today to argue against the move,” Clarke concluded. “I’m simply saying that it is a complicated matter of great importance to public health in this county, and the county and Board of Health should give it the time and review necessary to make the right decision.”

### **THE INTEGRATION PROCESS INTO THE NEW PUBLIC HEALTH SNOHOMISH COUNTY**

The six-month integration process is now underway, and by January 2023, all Snohomish Health District employees will officially be designated as County employees.

Despite the approximately 135 new employees the County is set to receive, the integration isn’t expected to impact the County’s general budget, according to County Executive Communications Manager Kent Patton.

Since SHD is currently funded by the County and government grants, the Health District will transfer its entire budget to Snohomish County during this transition.

“The specific mechanism for doing that will be determined in the next six months,” Patton explained. “Once the health department is launched on January 1, 2023, the Health District budget will become the health department’s budget. Of course, there may be an additional step in transferring grants, but that level of detail will be worked out later this year.”

Patton also noted how the Snohomish County Health Department will have a separate county budget, much like the County’s Human Services Department and Paine Field Airport.

While this integration is new for

Snohomish County, county-operated health departments are more common than rare in Washington state, especially for larger counties like King, Pierce, and Clark. Out of Washington’s 39 counties, 30 have county health departments.

A change in public health leadership is also in Snohomish County’s future, but not necessarily because of the integration. The County’s soon-to-be public health department is still expected to have a Health Officer at the helm. But as SHD Health Officer Dr. Chris Spitters announced last December that he would be stepping down from his role at the end of this month, the Board of Health is currently searching for his replacement.

The SHD’s Health Officer leads the District in partnership with its Administrative Officer. Shawn Fredrick, SHD’s current Administrative Officer, is expected to fill the Director role in the County’s public health department come 2023.

With the health department coming under the County’s umbrella, the County Executive and Council will have the ultimate financial authority over the department, but Snohomish County’s Board of Health will continue to play an integral role in setting priorities for public health.

Snohomish County’s Board of Health is currently comprised of 15 County and city council members from the County’s five districts and is one of the largest health boards in Washington state. To see who currently sits on the board, [click here](#).

### **HOW THE INTEGRATION WILL IMPACT PUBLIC HEALTH**

As the Lynnwood Times recently reported, Executive Somers noted the integration’s array of benefits in his May 24 memo to Council members. Some of those benefits include:

- A more unified effort to the Fentanyl/Heroin/Opioids Crisis
- Better collaboration on Disease Prevention and Control
- Improved management of volunteers for sheltering issues
- Stronger leveraging position for acquiring competitive grants
- Streamlined Permitting process
- Integration of Diversity, Equity, and Inclusion efforts
- Additional leverage to address nuisance properties

During the legislative session, Executive Somers reiterated how this move will resolve the “inefficiencies and holes” that come from having a split system. “We really feel this will be able to provide those wraparound services in an integrated way,” he said, adding how the unified approach will help address the County’s “big issues,” including homelessness, mental health issues, and the opioid epidemic.

One of the first priorities of the soon-to-be Public Health Snohomish County, according to Executive Somers, is to restart direct service deliveries for public health. “There’s no formal proposal yet, but we will be looking at it over the next six months,” he said.

The Snohomish County Health District was first established in 1959 as an “independent special purpose district responsible for public health in Sno-

homish County,” according to [snhd.org](#). Some of the SHD’s priorities this year have been focusing on Coronavirus, Housing and Health, Equity, Mental Health, Vapor Products, and Foundational Public Health Services, with its annual budget coming in at around \$31.5 million.

from page 7 **VOLUNTEERING**

### **APPOINTED SPECIAL ADVOCATES**

The County courts are also a great way to donate your time to law and you can do this through a couple different ways. The first is through the Guardianship Monitoring Program assisting the Snohomish County Clerk and the Courts with the oversight of guardianship cases and assisting lay guardians with their reporting requirements.

Opportunities exist to volunteer as administrative staff and researchers. Hours are Tuesday, Wednesday and Thursday from 9 a.m.-12 p.m.

Another way to lend your services to the judicial system is becoming a Court Appointed Special Advocate. Nobody longs for a safe and loving family more than a child in foster care. Volunteer court appointed special advocates (CASA) are empowered by the courts to help make this dream a reality by reporting to the court with their recommendations, attending court hearings for the child, and visiting the child on a regular basis.

CASAs are often the one consistent adult in the child’s life, speaking up for them throughout the dependency process and making recommendations as to what is in the child’s best interest.

To apply visit <https://www.snohomish-countywa.gov/FormCenter/CASA-81/Application-596>

### **FOOD BANKS**

Volunteering at a food bank can be a rewarding experience. Roughly 9.6 million workers in the U.S. lost their jobs during the first few quarters of the COVID pandemic, according to Pew Research, leaving many scrambling to make ends meet. With inflation rising, it only gives more importance to the work food banks do, making a dent in the roughly 38 million people in the country who are food insecure.

Almost every city in Snohomish County has a food bank looking for volunteers so this one may be the most convenient of all. Help in any way you can to feed a hungry family today by visiting the following.

- Lynnwood Food Bank
- Everett Food Bank
- Mukilteo Food Bank
- Lake Stevens Food Bank
- Mill Creek Community Food Bank
- Marysville Food Bank
- Edmonds Food Bank
- Snohomish Community Food Bank
- Mountlake Terrace Concern for Neighbors Food Bank

Whether you volunteer your services to cleaning our parks, feeding families, representing children, or upholding public safety the people you’ll meet and serve, and the enrichment it brings to your life will be an experience that will last a lifetime.

from page 1 **PROJECT GIRL**



**Olympia Edwards, Founder and CEO of Project Girl.**

While Edwards continued offering mentorship to girls remotely, she realized a lot of them still needed a safe place to build a sisterhood, to have a fresh meal, or whatever else they needed in their personal or family life. She began searching for a facility and opened her first Project Girl location here in Lynnwood at 4114 198th St SW Suite 4.

“It’s all about building a community, a sisterhood, letting people know that they are seen, letting people know that we appreciate you no matter how you are,” Edwards said.

The entire approach to Project Girl,

Edwards described, is taking a holistic approach to building a community not only through mentorship, but family dinners, music, affirmations and much more.

When walking through Project Girl’s doors, you can expect to be immediately greeted with a smiling face and offered a snack or something to drink.

When mentees break out their homework, staff members are there to help in any way they can. They also touch on issues such as hair care, self-esteem, attitude, and family life. Although Project Girl abides by the 8-pillars of wellness as its basic guide, the girls and young women are empowered to lead conversations because many of them may not have the same control at home.

Girls meet from 3 p.m. until 6:30 p.m., Mondays through Thursdays during the school year and meet in the summer from 10 a.m. to 4 p.m. The summer program is a bit more structured focusing on affirmations and teaching lessons like financial wellness, self-care, and effective communications.

After the pandemic, Edwards quickly realized women of color were in more of a need of mentorship than ever. She expanded her team with five new hires with program assistants, program coordi-

ners, and positions that participate in connecting and mentoring young women.

One of these new hires is Amber Jacobs, Program and Grant Manager. Some notable recent grants secured are through Verdant Health, the Hazel Miller Foundation, and the Community Foundation for Snohomish County. As a certified 501(c)3 nonprofit, Project Girl relies on these funds for food and hygiene and products. Nearly a quarter of their mentees are food insecure. The organization hopes to eventually gather enough funds to offer clothing.

“Every day we get to touch these girls so that when they look back on this later, they’re going to feel empowered, they’re going to feel included, they’re not going to feel alone because they know we’ve been here to help them,” Jacobs said. “We espouse embracing who you are, as you are, and not asking you to be anything other than authentic.”

On Jacobs’ first day she practiced self-care on a mentee by doing her hair. She explained that, in African culture, hair is an important symbol of a girl’s social status and self-esteem, so it was a rewarding experience to allow her to feel seen.

In another situation, Jacobs shared the

how just being there for someone broke down barriers of antisocial behavior. After Jacobs offered a space in her office for the young girl to paint and put on some music, just 30-minutes later the girl shared with her a beautiful painting and began opening up about her day.

It’s moments like these that Jacobs, who just joined the team three weeks ago, said are “truly amazing.”

Project Girl also offers a detention program, in partnership with the Denney Juvenile Justice Center, and hosts drop in counseling, in partnership with Verdant Health, for those who are need of more serious behavioral or psychological help.

“It’s different than the mentoring because she’s certified and trained and can recognize self-harming behaviors,” Edwards said.

While Project Girl has remained successful in securing grant funding to keep them operational, they are always in need of donations for additional supplies. Gift cards are always a welcome donation, as well, which are gifted to mentees observing birthdays or other celebrations.

To learn more about Project Girl or to donate, visit [www.project-girl.com](http://www.project-girl.com).

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from page 1 **WORLD ELDER ABUSE AWARENESS DAY**

A person might show signs of malnutrition, lack of basic hygiene, or appear overly medicated. The person might be left without important aids like glasses, walker, or medications. A spouse might prevent the other from attending social functions or family events, or going out alone to grocery shop. There may be unusual or sudden changes in a person’s will or financial documents, find stacks of unpaid bills or utilities turned off, forged signatures or lines of credit opened that they did not create. Perhaps a stranger or “friend” moves into the home, claiming to take care of or look after the elder. One partner might control all the money, not allowing the other to spend or hold joint accounts, creating secrecy within their financial affairs.

If an older adult discloses that they are being abused, neglected or exploited, it’s important to take them seriously, even if the signs aren’t obvious to you. Listen to their concerns. Tell them that you care. Assure them that the abuse isn’t their fault. Don’t tell them what to do, rather ask how you can help. Stay calm, be non-judgmental, and remind them that help is available.

Decreasing isolation is key in preventing elder abuse. There are things we can all do. Regularly check in on loved ones or neighbors. Volunteer as a friendly visitor to a nursing home resident or house-bound person in your neighborhood. Offer rides to social functions, grocery stores, medical appointments, or senior centers for activities and companionship. Provide respite breaks for family caregivers. There are services within the county that can help, like our senior centers. They create a safe space for exercise, community meals, art programs, and friendship. Services like these are crucial in keeping seniors engaged and connected, decreasing their chances of becoming isolated and abused.

The Elder Abuse Advocacy program at Domestic Violence Services (DVS) of Snohomish County was created in partnership with Homage Senior Services. The partnership provides bi-weekly support groups to anyone who has experienced any form of elder abuse, facilitates a monthly vulnerable adult task force, supports Homage social services staff with training and support related to elder abuse cases, and provides opportunities to connect elder abuse survivors with a multitude of resources including care coordination, mental health, transportation, nutrition support. “Our partnership with DVS has been an incredible boon for our older adult clients”, states Homage Mental Health Programs Supervisor, Kris Lau. “Our intensive case management team in coordination with DVS has really streamlined the process of connecting our clients with supportive resources and getting them out of dangerous situations.”

At DVS we help seniors, aged 60 and older, navigate intimate partner elder abuse -- a type of domestic violence that occurs within an intimate relationship like a spouse or partner. Through one-on-one support, we assess the client’s immediate needs, develop safety plans, and discuss options for services and next steps. We have an emergency shelter and legal advocacy program. We connect survivors with external community resources like housing assistance, counseling, or financial support, if appropriate.

If you or someone you know is experiencing intimate partner elder abuse, or if you have questions, call the DVS hotline at 425-252-2873. Suspicions of abuse of a vulnerable adult: call Adult Protective Services at 877-734-6277. For emergencies: call 9-1-1.

Let’s acknowledge this important day: Learn what you can do to prevent and address elder abuse. Let’s create a community where our older adults can age with peace and dignity, free of abuse and isolation.

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from page 2 **SELECT COMMITTEE**

crowd, “So let’s walk down Pennsylvania Avenue. I want to thank you all. God bless you and God bless America. Thank you all for being here. This is incredible. Thank you very much. Thank you.”

Earlier during his speech to attendees at the rally, President Trump said, “We’re going to walk down to the Capitol, and we’re going to cheer on our brave senators, and congressmen and women. And we’re probably not going to be cheering so much for some of them because you’ll never take back our country with weakness. You have to show strength, and you have to be strong....”

“...I know that everyone here will soon be marching over to the Capitol building to peacefully and patriotically make your voices heard.”

However, by 1 p.m., ten minutes before President Trump ended his speech to hundreds of thousands of supporters, a wave of protesters breached the outer police barrier surrounding the west side of the U.S. Capitol, just five minutes before House Speaker Nancy Pelosi officially commences the joint session of Congress to certify the Electoral College votes.

The distance from the rally at The Ellipse to the west side barrier of the U.S. Capitol is 1.3 miles, to the north side barrier is 1.4 miles, and walking around the U.S. Capitol, is 1.63 miles to the east side barrier. According to the Centers of Disease Control and Prevention, the average walking pace is 2.5 to 4 mph; therefore, it would take most people without the distractions of walking in a crowd, between 20-31 minutes to arrive at the west side barrier, 21-34 minutes to arrive at the north side barrier, and walking around the U.S. Capitol, 25-39 minutes to arrive at the east side barrier.

Therefore, members of the crowd would have to depart the rally to the U.S. Capitol no later than



The crowd of rally-goers on the U.S. Capitol grounds – west side of the U.S. Capitol building on January 6, 2021.

approximately 12:30 p.m., mid-way during President Trump’s speech, to begin the incursion of the Capitol’s western barrier.

By 1:12 p.m., the joint session of Congress separates into House and Senate chambers to debate the objection of Arizona’s electoral college votes led by Rep. Paul A. Gosar (R-AZ) and Sen. Ted Cruz (R-TX). At 1:30 p.m. the crowd outside the U.S. Capitol Building begins to grow as rally-goers from The Ellipse some 1.3 miles away.

A mix of possible Antifa rioters disguised as pro-Trump supporters and pro-Trump supporters breached the U.S. Capitol, breaking windows and climbing inside the building around 2:15 p.m. and five minutes later both houses of Congress adjourned and began to evacuate and/or shelter in place.

Vice President Mike Pence reopened the U.S. Senate at 8:06 p.m. and Speaker Pelosi called the House back into session at 9 p.m. After both the House and Senate reject challenges to Biden’s wins in Arizona and Pennsylvania, at 3:42 a.m. on January 7, Vice President Pence officially affirmed the election results, declaring Joe Biden the president-elect of the United States.

During the incursion of the U.S. Capitol, five people died and hundreds were arrested in the months following the incident some of whom are still detained in a Washington, D.C. prison without due process.

President Trump released a video on January 13 denouncing and condemning the violence of January 6, 2021.

“No true supporter of mine could ever endorse political violence. No true supporter of mine could disrespect law enforcement or our great American flag. No true supporter of mine could threaten or harass their fellow Americans. If you do any of these things, you are not supporting our movement, you are attacking it and you are attacking our country. We cannot tolerate it,” said President Trump during his video address on Twitter.

**PRESIDENT DONALD J TRUMP ACQUITTED OF “INCITEMENT OF INSURRECTION”**

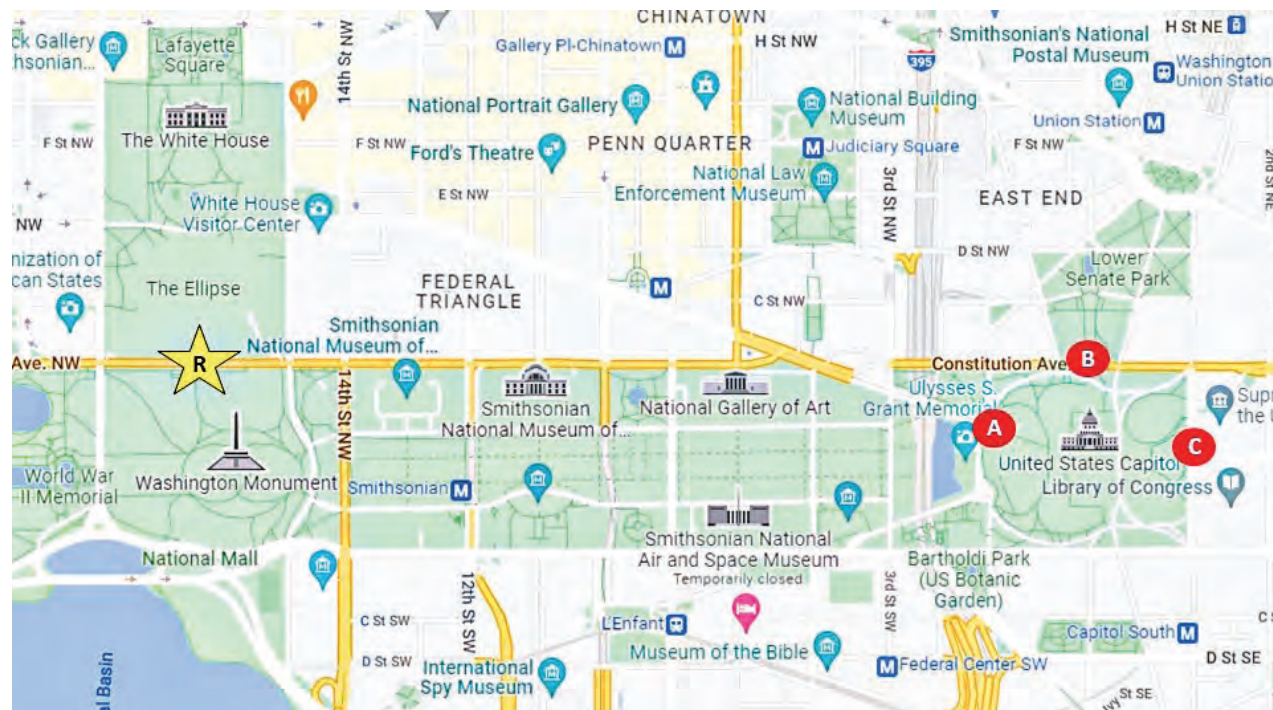


President Trump survived a House resolution requesting Vice President Mike Pence to invoke the 25th Amendment to declare the President incapable of executing the duties of his office.

A January 13th impeachment effort against the President led by the House failed on February 13, 2021, after the Senate fell short of the two-thirds majority vote needed. This resulted in President Donald J Trump officially being acquitted of “incitement of insurrection” against the United States government.

**WHAT MATTERS TO YOU?**

The Lynnwood Times wants to know what issues you would like us to ask the candidates on your behalf. Email your issues in a form of a question to [editorial@lynnwoodtimes.com](mailto:editorial@lynnwoodtimes.com) or call 425-308-8371.



Map of the National Mall in Washington, D.C. showing the location of the January 6 rally at The Ellipse in front of the White House denoted with an “R.” The letters A, B and C denote the west, north and east police barriers at the U.S. Capitol respectively over a mile away from the rally.



A mix of people, many of whom were dressed in black-clad on the Capitol Building trying to get into the building on January 6, 2021.