



Naturopathic wellness center Renew Medical of Edmonds **P5**



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Real News ⚡
Real Impact

Sisterhood and joy, Project Girl's 7-week summer program empowers young women



Olympia Edwards, founder of Project Girl, shares her 7-week Summer Immersion Lab. Lynnwood Times | Mario Lotmore.

By **EMILY CHU**

LYNNWOOD—Stepping into Project Girl headquarters in Lynnwood, one could feel an immediate sense of home. An amalgamation of pleasant aromas, paintings adorning the walls, couches plentiful with colorful pillows, and vibrant laughter in the background, accompanied with study and meditation rooms, and a fridge fully stocked with snacks, one can't help but feel the love and encouragement of a sisterhood within its walls.

"No matter what background they come from, they deserve the best," Olympia Edwards, founder of Project

Girl, said. "A lot of times, people who look like us don't get those experiences, especially out here."

Project Girl's 7-week Summer Immersion Lab, invites young women of color between the ages 11-18, to focus on self-love, confidence, and sisterhood. Sessions were Monday through Thursday, that included art therapy, outdoor excursions, multimedia art, and career expiration, to name a few.

"They teach you things you wouldn't really learn in school," said one Project Girl mentee. "Like how to love yourself, and how to love others."

Having joined in the second week of the immersion lab, Amira believed the other girls would have already established friend groups, and therefore been unreceptive to new members. But when she arrived, that wasn't the case.

"Honestly I was super surprised," the mentee continued. "Everybody was so friendly and nice, and I just felt really welcomed."

Her statement was echoed by many of the young women, who were hesitant on their first day, but quickly found friends and community within each

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Meadowdale HS to receive new clinicians to support mental and behavioral health

By **KIENAN BRISCOE**

LYNNWOOD—Meadowdale High School will be receiving two new School-based Clinicians that will offer mental and behavioral support for Lynnwood students in the coming months. The program will be offered through the Center for Human Services and paid for with approximately \$200,000 from the city of Lynnwood's American Rescue Plan Act funds.

The clinicians will be based out of Meadowdale High School's new Community Health Center, but students enrolled in Meadowdale High School, Meadowdale Middle School, Meadowdale Elementary School, and Lynndale Elementary will all have access to their services.

The program is open to supporting more schools in the future, so long as they reside within the Lynnwood city limits, but these are just the four schools who have expressed a need for mental and behavioral health support for the time being, Lynnwood Councilman George Hurst explained.

At its Business Meeting August 14, the Lynnwood City Council approved the

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HHS announces the first drugs for Medicare drug price negotiations

By **OFFICE OF REP. RICK LARSEN**

WASHINGTON, D.C.—The U.S. Department of Health and Human Services (HHS) announced the first 10 prescription drugs covered under Medicare Part D selected for price negotiations which was made possible by the passage of the Inflation Reduction Act.

The drugs selected impact approximately 144,000 Medicare Part D enrollees in Washington state to treat some of the most common diseases like diabetes, heart disease, arthritis, blood clots and cancers. The negotiations with participating drug companies will occur in 2023 and 2024, and any negotiated prices will become effective beginning in 2026.

"This is great news for tens of thousands of Northwest Washington seniors and their loved ones who rely on Medicare to prevent and treat diabetes, heart disease, arthritis, blood clots and cancer," said Larsen. "Thanks to the Inflation Reduction Act, more people can focus on improving their health and well-being without worrying how they will be able afford essential prescription drugs."

The enrollee estimates are according to HHS for the time period between June 1, 2022 and May 31, 2023. The list of Medicare drugs for price negotiations includes:

- Eliquis
 - Used to prevent and treat blood clots
 - 58,000 Washington enroll-

- ees benefit from Eliquis
- Jardiance
 - Used to treat diabetes and heart failure
 - 26,000 Washington enrollees benefit from Jardiance
- Xarelto
 - Used to prevent and treat blood clots; reduces risk for patients with coronary or peripheral artery disease
 - 27,000 Washington enrollees benefit from Xarelto
- Januvia
 - Used to treat diabetes
 - 9,000 Washington enrollees benefit from Januvia
- Farxiga
 - Used to treat diabetes, heart failure and chronic kidney disease
- 6,000 Washington enrollees benefit from Farxiga
- Entresto
 - Used to treat heart failure
 - 6,000 Washington enrollees benefit from Entresto
- Enbrel
 - Used to treat rheumatoid arthritis, psoriasis and psoriatic arthritis
 - Fewer than 500 Washington enrollees benefit from Enbrel
- Imbruvica
 - Used to treat blood cancers
 - Fewer than 500 Washington enrollees benefit from Imbruvica
- Fiasp; Fiasp FlexTouch; Fiasp

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County recognizes Duffner Family Farm for 100 years of farming in Snohomish County

By KIENAN BRISCOE

SNOHOMISH COUNTY—Snohomish County’s Department of Conservation and Natural Resources (DCNR) recognized the Duffner Family Farm during the Evergreen State Fair’s opening ceremony on August 24 for 100 years of farming.

Every year Snohomish County recognizes a farm that has been in constant production on the same land, and the same family, for 100 years or more. The DCNR has recognized 40 different farms in Snohomish County since it began this recognition process.

In 1920 George and Lisa Marie Wilson purchased 40-acres of farmland in the city of Snohomish. They were born in Estonia, immigrated to the United States, then moved to Canada for a few years where some of their children were born.

George grew up in Forest Grove, Montana, a town known for its farming community where he ultimately got the farming bug. One of his son’s oldest photos of him is from the 1930’s showing him sitting on a horse-drawn sickle mower.

George was a tailor in Everett and the family raised cows and vegetables for their family’s own use. At home on the farm, he raised approximately 150,000 “fryer” chickens annually, or chickens for meat.

At that time the Snohomish Valley was known for its pea production so the Duffner family would take their green peas down to Cedar Green Cannery for



Gary Duffner (center right) with family and friends recognized by the Snohomish County’s Department of Conservation and Natural Resources (DCNR) on August 24, 2023 . Lynnwood Times | Kienan Briscoe.

processing. When Cedar Green Cannery shut down it drastically changed the face of agricultural production in the area.

Following Lisa Marie’s death in 1950 their son Daniel took over the farm. In 1960 their daughter Marie and husband Larry Duffner purchased the farm.

Marie was born inside the farmhouse and continued to operate the farm until her death in 2019. Marie specialized in the commercial production of fryer chickens, or chickens for meat. At the

time, the amount of food they produced for their community was tremendous.

“That was really common back then,” said Linda Neunzig, Coordinator for Agricultural Services for Snohomish County. “We think of dairy when we think of Snohomish County but the poultry production in the county, especially in the seventies, was huge and it was all fryer production.”

Marie and Larry raised pigs, cows, and hundreds of thousands of fryer chickens, as well as maintained a large veg-

etable garden and a small grove of fruit trees for their family. Their son Gary Duffner owns and operates the farm now, continuing their legacy of raising cows and chickens.

Gary Duffner returns to the farm, after years of working as a golf course superintendent on the peninsula, to raise beef, chickens, goats, and grow a small amount of produce.

He has fond memories of growing up

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Beloved music teacher, Bob Burton, 90, passes away



Robert “Bob” Burton

Bob Burton died peacefully, alongside family in his Edmonds home near midnight on Thursday, August 10, 2023, after several weeks in hospice care due to ill health resulting from congestive heart failure and a stroke. A lover of ice cream, beautiful sunsets, spectacular music, his view of the Puget Sound and his children and grandchildren, he was able to die with all of these surrounding him.

Bob was a trumpet player, a sailor, a legendary music educator, a proud and playful father and grandfather, and a long-time Edmonds resident. And Bob

was a funny guy who loved to tell funny stories. We know the highlights of Bob’s life because of how passionately (and frequently) he told stories about them. Bob was born in Seattle on the morning of July 4, 1933. His mother, Miriam Denison Burton, loved to tell us that his early difficulty with breathing was instantly relieved when he heard the sound of the trumpets marching by the hospital in the 4th of July parade. This clearly was the reason he became a trumpet player, she said.

He spent his first years in Seattle’s Queen Anne and Magnolia neighborhoods until his father Charles Lowell Burton (“Chuck”) decided to explore a business opportunity in Southern California. The family moved to an orange ranch in Whittier, California, where Bob and his older brother Paul attended school and his father started a construction business.

When World War 2 began, however, they needed to make a change, and returned to the Seattle area where his father began a new job as a purchasing agent for Guy F. Atkinson Construction. Miriam (and Bob) often described the challenge of slowly driving the family car up from California with all the household possessions, a cat and dog, and two young boys during the period of gas rationing. It took over a

week apparently, and she did it without her husband’s help as he needed to start work in Seattle. They landed at a small house rented sight unseen near Lake Ballinger in Edmonds where they then made a home. Miriam (“Denny”) soon became a primary school teacher and later school principal at Maple Park Elementary.

Bob attended Esperance Elementary and then Edmonds Jr. High and High School, where he ran hurdles on the track team and participated actively in the band as a lead trumpeter. He also loved sailing, swimming, diving and ice skating on Lake Ballinger and made many memories there with neighbors and friends. He loved to tell his grandchildren about where he walked in downtown Edmonds to get ice cream cones, what islands and stumps he dove off in Lake Ballinger, where he sat in the Edmonds auditorium during concerts and assemblies, and where he stood on 76th Street as a school patrol boy. He worked summers at Haines Fishing Wharf in Browns Bay near Meadowdale and spent the rest of his life telling stories about the elevator used to raise and lower the boats, the line of cars eagerly waiting to get a boat, and the lessons he learned about jobs and hard work from his boss, ‘Cap’ Haines. He was active later

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LYNNWOOD TIMES

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LYNNWOOD TIMES

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P: 425-931-1374 | Website: Lynnwoodtimes.com | Subscription: \$72/Year
(Mail Checks Payable to Lynnwood Times at above address)

Man linked to seven overdoses in county jail found guilty of fentanyl possession

By MARIO LOTMORE

EVERETT—Back in May of this year, an inmate held in the Snohomish County Jail in Everett was accused of possessing fentanyl in a county jail, which led to the overdose, and subsequent hospitalization, of seven other inmates.

Justin Michael Sims, 37, from Arlington, was booked into jail on May 16, 2023, for Theft 3 warrants stemming from an Arlington Police investigation.

At approximately 7:35 p.m. on Wednesday, May 17, Corrections Deputies called a medical emergency at the Snohomish County Jail. A corrections deputy was inside a housing module when he observed an inmate displaying symptoms of an opiate overdose.

While jail staff were treating the first inmate, a second inmate in the same module began displaying similar signs of an overdose. A total of seven inmates began displaying physical signs of an overdose and were administered Narcan.

Everett Fire responded and transported all seven inmates to Providence Regional Medical Center. All the inmates were conscious when transported and have since returned to the Snohomish County Jail.

The housing module where the medical emergencies occurred was in lockdown and all inmates strip searched.

Officers Greg Mueller and Detective Ehrhart located torn pieces of paper in Cell#36 which had a white powdery substance on it hiding in a box of crackers. The total weight of the powder was 22.90 grams. Cell#36 belonged to Sims and cellmate Erich Thompson, who had been assigned there before Sims' arrival. The torn pieces of paper had Sim's name on it and appeared to be from his court appearance order.

SCSO Jail Deputy Williams advised that he had been the one to initially clear this cell prior to SRDTF detective's arrival, the police report states. Deputy Williams advised that he had kept each cell's cleared property separate from each other and led Officer Mueller to the proper cell and the property it contained at the time of the overdoses.

Mueller deduced the pieces of paper belonged to Sims. A commercially available test kit used for detecting fentanyl tested positive later.

Several of the victims described the supplier of the overdose related narcotics as being either "new to the cell unit and/or an overweight, bald male with a beard", records read. Other inmates told officers the source of the substance

came from Cell#36.

Sims was not among the seven inmates who were transported to Providence in response to this incident.

Three charges were referred on Sims for possession of a controlled substance inside a correctional facility, a Class C felony, and two counts of possession of a controlled substance with intent to manufacture or delivery, both Class B felonies. He was found guilty of all three charges on August 11 and sentenced to 12 months in prison at the Washington State Corrections Center.

Earlier this month, another Snohomish County Jail inmate was found in possession of fentanyl, which resulted in the overdose of two of his cellmates.

Jail staff reviewed security footage and noticed the inmate passing something back and forth to other inmates. A strip search was conducted on the inmate and jail staff noticed something strange but he "pushed it back up," Captain Ogawa said.

The inmate told officers he had a hernia although the jail nurse disagreed.

For the first time ever, a Snohomish County judge and Bureau Chief issued a warrant for a cavity search of the inmate suspected to be in possession of the drug. An Everett-based gastrointes-

tinal specialist later found a baggie full of fentanyl hidden in the man's rectum.

Harborview in Seattle, Providence in Everett, and Swedish in Edmonds all refused to conduct the procedure even though it was deemed a medical emergency, Kiro 7 reported. Officers said if the bag had ruptured it could have been fatal.

The inmate is being charged with pos-

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School of Rock Lynnwood is Rockin' and Rollin'

By KIENAN BRISCOE

LYNNWOOD—Like many businesses School of Rock Lynnwood was faced with the threat of closing its doors when the COVID-19 pandemic swept the globe in 2020. But now, with the help of Lynnwood and Snohomish County funds, its enrollment numbers are the highest they have ever been since opening its doors in 2017.

School of Rock provides students aged 6 to late 70's an exciting and engaging music lesson experience, rehearsals with fellow bandmates, all culminating with a rocking performance at a local festival or venue. Lessons are available for bass, guitar, singing, drum, and piano, and draw from all different styles of Rock, teaching theory and techniques through songs from legendary artists.

While most School of Rock alumni don't typically go on to pursue careers in music, some have secured record deals and perform on shows like American Idol, the Voice, and even Broadway theater.

School of Rock's Lynnwood location is owned by husband and wife, Gayle and Jon Scherrer, who have been with School of Rock since 2017. Before School of Rock, Gayle was a local preschool teacher with a concentration in music education, and Jon is an ex-technology executive, turned music non-profit founder and local music education advocate.

"Gayle and Jon Scherrer are exactly the type of people we look for to lead a School of Rock franchise," said Rob Price, CEO of School of Rock. "They are passionate about their community and eager to provide opportunities for students to further their music education. I look forward to watching School of Rock Lynnwood grow as their students thrive."

Jon helped establish several music projects in the North Seattle area, including starting SeaJazz, an educational program for music students in the Edmonds School District, and Seattle Teen Music, a music non-profit that he started with his daughter in 2009, and is currently the President of the Seattle Peace Concerts, bringing free park concerts to the Seattle area.

"Jon and I have lived and raised our family in the area for over 30 years, and when the need to move our school came up, we found a tremendous amount of support to keep us rooted here, where we feel we can make the biggest impact and difference through music education," said Gayle Scherrer. "The support we received from our customers, teachers, and community was amazing. We hope the new location will continue to serve and give back to the community, as they've given to us, for years to come. The City of Lynnwood itself has truly made us feel at home and appreciated."

Jon and Gayle's children were one of the first students to attend the Seattle



SOURCE: School of Rock Lynnwood

School of Rock around 2015. That was the married couple's first introduction to the School of Rock and they've been in love ever since.

"The School of Rock program, not only does it teach music lessons and get you up on stage but the cool thing about it is it becomes a social community that binds together students that may not be down that sports path, although we do have a lot of sports kids too, but it's becoming this place where kids can plug in socially," Jon told the Lynnwood Times.

When Jon was leaving his tech job, he was trying to figure out what to do next. His wife Gayle suggested they open their own School of Rock franchise in their home city of Lynnwood based on their love of music, teaching kids, and their everlasting positive impression from when their own children attended School of Rock in Seattle.

They opened School of Rock Lynnwood in 2017 and were doing great until the pandemic hit four years later, dropping their student enrollment from approximately 150 to around 80. After three months of closing, Jon was able to work with the State of Washington to get an approved plan to continue to do rehearsals. In order to do this, he had to convert the existing building into more of a recording studio where kids could be in separate rooms, their instruments run through a single mixer. The City of Lynnwood and Snohomish County both were paramount in helping support this conversion as well as helping the business pay their lease and other expenses.

"If it wasn't for the support of the city and the county, we probably would have to close the doors," said Jon.



Gayle and Jon Scherrer. SOURCE: School of Rock Lynnwood

In 2021 School of Rock Lynnwood's lease was expiring at their original location on 196th and at that time Jon and Gayle learned their building was scheduled to be torn down. They had to do an "emergency move" overnight from 196th to 198th, closer to Alderwood Mall. Within a year of their move, they more than doubled their enrollment.

"We're up over 250 students which is the highest we've ever been. Not

only did we hit where we were before COVID but the new location, community festivals...the community is really leaning into the school and it's just been really great for us," said Jon.

On May 14, 2022, the school held a grand opening and relocation event at their new location at 3503 188th Street Southwest with crafts, snacks, free trial lessons, school tours, and performances

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Naturopathic wellness center Renew Medical of Edmonds celebrates its second anniversary

By KIENAN BRISCOE

EDMONDS—A new naturopathic wellness center, Renew Medical, opened its doors for business on Thursday, August 17, with the goal of empowering individuals to understand their health needs and make choices to maximize their physical performance and mental well-being.

A ribbon cutting ceremony was held on Thursday morning to celebrate its second anniversary with a delicious spread of food and refreshments.

“The Chamber serves a really cool function in that we support Edmonds businesses and we’re really big on forming relationships and make connections. Ribbon cuttings like this are a great way to do that,” Caitlin Hoover, Events and Project Coordinator for the Edmonds Chamber of Commerce, told the Lynnwood Times.

Renew offers a variety of services including nutrient therapy, body sculpting, biofeedback, facials, integrative medicine, bioidentical hormone replacement therapy, acne treatment, IV therapy, pain management, and more, custom fit to tailor to its clients unique and individual needs.

The clinic is owned and operated by husband-and-wife duo Dr. Emma Corbilla Doody and Don Doody. A second doctor, Jason Allen, also joined the team a couple of months ago.

Dr. Doody is a licensed Naturopathic Physician with a Doctorate from Bastyr University. She is a Navy Nurse veteran with 15 years serving in emergency departments and over 30 years of experience working as a nurse. In 2003, she founded and operated a concierge medical practice in Edmonds.

Emma’s husband Don, 57, who funded the project, handles the operations of the clinic as General Manager bringing with him years of experience as a former executive for two large companies that were eventually sold for private equity.

In May 2020, the world was in short supply of ventilators due to the beginning of the COVID-19 outbreak and its subsequent impact on emergency rooms and ICU’s. Many companies shifted into manufacturing ventilators including General Motors. Don’s company engineered the electronics that went into the 30,000 ventilators GM was producing. He retired in December of 2021.

When Don was gearing up for early retirement, Emma expressed interest in starting her own business, quickly becoming burnt out working in emergency rooms for the last 25 years. The decision to disengage from working in hospitals, however, was further cemented when Don almost lost his life due to a fall breaking several ribs and puncturing his lungs.

“It was after he almost died...I was in the waiting room and he just wasn’t getting any better,” said Dr. Doody. “I was disappointed in his recovery, so I gave him the option to continue with



Renew Medical ribbon cutting ceremony on August 17, 2023. SOURCE: Lynnwood Times | Mario Lotmore.

conventional care, because that’s what he was familiar with, or to integrate what I know as a naturopath.”

While tending to her injured husband, Dr. Doody began to consider overall wellness and why it wasn’t being promoted in the current healthcare system. She thought there could be a market niche for a business cultivating overall wellness for individuals.

“Private insurance companies are not good at wellness care, they’re good at ER care, they’re good at the sick care part of the system,” said Don. “We decided to focus on wellness and practice medicine as consumer-oriented for educated people who are interested in looking better, feeling better, and ultimately living their best life.”

The biggest difference from practicing medicine at a hospital and a private practice, Dr. Doody said, is that she can practice what she believes is right for the patient where while working at a hospital she had to adhere to “cookie cutter care” that’s never customized for an individual’s unique needs.

Don’s definition of wellness is “getting your body to the optimal state of health that you’re capable of so that you can do the things you want, see the people you want to see, and live the best life you can possibly live.”

Renew opened fairly quickly taking just around six months from concept to opening. After considering several locations, the couple ultimately settled on 190 West Dayton Street for its ample parking, tucked away from traffic, and proximity to the nearby Edmonds Waterfront.

Dr. Jason Allen joined the staff a couple months ago to help alongside Dr. Doody.

With approximately 80% of its nearly 500 clients classified as reoccurring, Renew is still considering if they want to grow the business and expand. However, for the time being, Don Doody shared they are focused on perfecting their daily operations. An internal analysis found that Renew could process up to 60 patients a day but they currently serve on average 15

a day.

Ruth Horst, 90, one of Renew’s oldest customers, shared with the Lynnwood Times that she began seeing Dr. Doody one year ago after getting chronic bladder infections. She would be given antibiotics from her primary care doctor, but the infection would return in a manner of months. After 30 days of attending Renew Medical, Ruth’s bladder infections disappeared for good, and she’s been returning ever since.

“I immediately had more energy and thought this must be working,” Horst told the Lynnwood Times. “I feel like Renew has given me a better quality of life.”

Renew Medical is currently accepting new patients. It is located at 190 West Dayton Street, Suite 204, in Edmonds. To request an appointment or to learn more visit www.renewmedicalwa.com or call 206-880-1407.

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Gear up for a bigger Mukilteo Lighthouse Festival

By **KIENAN BRISCOE & EMILY CHU**

MUKILTEO—Delicious food, warm sunshine, laughter with friends, and bright fireworks...the Mukilteo Lighthouse Festival is back for 2023! The Lighthouse Festival is set to run for three days, from Friday, September 8 to Sunday, September 10.

The Mukilteo Lighthouse Festival — originally named the Mukilteo Pioneer Festival — was created to increase awareness of Mukilteo history while simultaneously earning money for a future museum. The first ever festival took place on September 10, 1966, and though it was a resounding success, was unable to meet fiscal expectations.

By 1971, the City was unable to continue the festival due to waning funds and lack of volunteers. But despite financial challenges, unwavering support from city leaders, businesses, and individual volunteers enabled the festival to continue for over 50 years with minimal disruptions.

As in previous years, the Mukilteo Lighthouse Festival will showcase its main attractions: the Mukilteo Lighthouse Parade, Kiwanis Club of Mukilteo's annual Salmon Bake, Run A Muk 5k/10k, and Beer Garden.

The Beer Garden is an event sponsored by the Mukilteo Chamber of Commerce and is a 21+ adults area only. Bands will be playing at the Beer Garden for all three days, and patrons are able to purchase beer and wine at the Garden.

The salmon bake remains a favorite among locals and has a large seating area for Mukilteo residents to enjoy freshly baked salmon.

This year, the Mukilteo Lighthouse Festival will be hosting more vendors than ever before, with 20 food vendors and 64 marketplace vendors participating. The children's area currently includes four booths and five bouncing houses. Entertainment will also be different this year, from a Lion Dance to K-9s and K-pop to a Magician, the Family Stage is completely booked out during the festival. Also, McDonalds will be adding to the festivities by offering free French Fries during the Lighthouse parade.

"A lot to look at, a lot to see, Sit down and have a coffee, or a meal with your friends," Candance Felt, former president of Lighthouse Festival said. "There's plenty to do with your children, and with the entertainment stage, there's something for everybody all day long. It's a beautiful atmosphere. It really is."

With a bigger Mukilteo Lighthouse Festival comes enhancements to parking and traffic control for vendors with new a software called Community Boss that will assist with parking arrangements. The Volunteers will now escort the talent to the Family Stage providing a hassle free experience getting to and from the stage.

Because the Port of Everett purchased the old ferry terminal property and turned it into a parking lot, this allows for more parking near the festival. Though this parking is paid, it's an option for those who would rather not use the shuttle buses. Shuttle buses will still be available for those who prefer



The pirates of the Mukilteo Lighthouse Festival. SOURCE: Mukilteo Lighthouse Festival

not to drive, offering transportation from locations such as Kamiak High School and Olympic View Middle School to/from the lighthouse.

Volunteers play a crucial role in making the event a success, and the festival is looking for community members willing to take action and assist. To learn more about volunteer opportunities, click here. One cannot have a festival without sponsors. To be a sponsor of the festival visit <https://mukfest.com/sponsors/>.

For the latest updates, news, and highlights, follow the Mukilteo Lighthouse Festival on Facebook and Instagram.

UPCOMING ENTERTAINMENT AT THIS YEAR'S MUKILTEO LIGHTHOUSE FESTIVAL

Friday, September 8

Kamiak Barbershop Singing, 6 to 7 p.m.



The Kamiak barbershop is a state ranked A Capella group that sings in a variety of community gatherings, in regional and state competitions, and hosts their own pops music concert every year. There are 20 members in the 2023-2024 school year, ranging from sophomores to seniors. The barbershop consists of three groups: one with all 20 members, named the MidKnights, another with 9 soprano-alto members, called the Starry Knights, and a tenor-bass group, with 11 members. The barbershop is lead by the Kamiak choir director Mrs. Duck, as well as by student leaders Kelsey Schaaf and Andrew Brown.

Saturday, September 9

Reptile Man Scott Peterson, 12 to 1 p.m.



Zoologist, educator, and author, Scott Petersen, presents 12 live reptiles in a 40-minute show that teaches the importance of all animals in nature. Scott has been featured nationally on Disney's Bill Nye the Science Guy and on PBS' Biz Kids. He has appeared on Northwest Afternoon, Evening Magazine, and NPR Radio. Many corporations such as Microsoft, Boeing and Nintendo have used Scott to educate and entertain.

Square Dancing by Whirlybirds Square Dance Club, 1 to 1:45 p.m.

Dancing and Communing in Lynwood for over 40 years, the Whirlybirds Square Dance Club was started many years ago as a group of friends who wanted to have fun dancing and along the way. Come on by, join a square, and have fun!

K9's Meet and Greet with Police Dogs, Public Safety Message by Snohomish County Sheriff's Office, 2 to 3 p.m.



The men and women of the Snohomish County Sheriff's Office are committed to serving its community with dignity, integrity and pride. Sheriff Adam

Fortney is proud to lead his uniformed deputies and dedicated civilian personnel as they work every day to provide professional and dedicated service to Snohomish County. The agency's motto is Lead the Way, which is reflected in everything they do to serve and protect communities.

Tae Kwon Do by Master Cho's Tae Kwon Do, 3 to 3:30 p.m.



Master Cho's Taekwondo has been serving the greater Lynnwood area for over twenty years. Led by beloved Grand Master Cho Ki Seung, Ninth Degree Black Belt in Kukkiwon Taekwondo, the school focuses on providing its students with a balance of physical activity, mental discipline, and personal development through the study of traditional Taekwondo -- helping to sharpen students' focus and discipline wherever they may go. Master Cho's Taekwondo has participated in the festival and parade for a number of years -- and "the school is honored to be able to," says Grand Master Cho. Coming together to help bolster and foster community within the area is something the school takes pride in doing, and Grand Master Cho actively encourages students to be leaders and examples within the communities wherein they reside.

Lion Dance and Martial Arts by NW Kung Fu, 3:30 to 4 p.m.

Performed by kung fu practitioners,

Continued **PAGE 07 >>**

from page 6 **MUKFEST**

traditional Lion Dance is a symbol of good luck, hope, happiness and celebration. Performed throughout the year for joyous events, the Chinese Lion Dance and Kung Fu in Seattle is most seen during Chinese New Year festivities. People from all over the world watch the lion dance in celebration of what is to come and delight in the sounds and beats of the drum.



Modern Dance by Allegro Dance Studio, 3:30 to 4 p.m.

The Allegro Dance Studio's Dance Team in Mukilteo is a dynamic group of 29 talented dancers who have captivated audiences with their performances. Originally founded in Mukilteo in 1998, this exceptional dance team has grown into a local sensation.



Under the guidance of Shelley Etherington and numerous staff, the team has earned a reputation for their precision, creativity, and versatility in various dance styles, including contemporary, hip-hop, ballet, and jazz. They have consistently wowed audiences at regional competitions and community events, earning numerous accolades and awards along the way.

Beyond their impressive dance skills, this team embodies unity, discipline, and the joy of expression through movement. They are not just a team; they are a family, united by their love for dance. Allegro Dance owes its future to a dedicated group of parents who have given their precious time and resources to the new location in Mukilteo!

Tae Kwon Do by Tae Kwon Do Way, 4:30 to 5 p.m.

Taekwondo Way's mission is to empower students with the life skills of Taekwondo: Courtesy, perseverance, integrity, self-control, and indomitable spirit. Building these character traits through the rigors of Taekwondo training, students develop the confidence and responsibility needed to be leaders in their own lives and in their communities.

Taekwondo Way is staffed with a professional team of Black Belt instructors who receive ongoing education and training each week. All of our instructors are passionate about

teaching the sport, art, and life skills of Taekwondo!

Belly Dancing by RakasaFit, 5 to 5:40 p.m.



RakasaFit™ encompasses belly dance movement with strength-building cardio into one complete core workout -- a truly feminine form of training that welcomes everyone and supports all levels. Classes and instruction are online and in-person, and there is also instructor training and certification.

Harnessing the benefits of belly dance in a fitness format that brings people of all walks of life together, Seattle-based belly dance professional and fitness devotee Suzanna Davis founded RakasaFit™ in 2017. The flowing structure allows participants to think less about choreography and focus on movement quality. It's an excellent way to stay in shape and regular practice leads to improved stamina, stability, range of motion, technique, posture, physical expression, and strength in all activities.

At 5pm on Saturday, September 9th at Mukilteo Lighthouse Festival, RakasaFit™ presents a variety of belly dance and invites everyone to participate in a mini-workout with several local instructors!

Scandinavian Band music by Six Feet Back, 5:40 to 6:30 p.m.

The Six Feet Back Band plays tunes from Norway, Denmark and Sweden. They began six feet back in Mukilteo in April 2020 with Nick Ericson on

trader and Jared MacFarlane on fiddle, and currently features a flautist, Lyn Jackson on guitar and banjo as well as other local Scandinavian folk musicians. Check out the band's YouTube channel by searching for Six Feet Back Band.



Sunday, September 10

Indian Classical Performance, 12 to 12:30 p.m.

A cultural and educational performance in a classic Indian tradition.

Drum Circle by the Rumble Group, 12:30 to 1:15 p.m.



Come find your inner rhythm groove at the Drum Circle brought to you by Jim Boneau & The Rumble Group. Our family friendly, community drum circle is an opportunity for everyone to join the band. Jim and John Hayden from JamtownLive will help everyone connect around a common beat and explore their rhythmical potential. Jim and John lead rhythm events across the Northwest at schools, elder care centers, workplaces, and community events.

We supply the drums and percussion; you supply the spirit and willingness to share and connect with your

community. Group drumming is something everyone can join and enjoy -- no experience needed. And you'll leave energized and enjoying all the benefits of playing music with your friends.

For more information, check out therumblegroup.com or jamtownlive.com. Jim and John are both certified drum circle facilitators and trainers for Village Music Circle, the global leader in drum circle facilitator training.

K-Pop Victorious Dance Company, 2 to 2:30 p.m.

A dance performance to Korean Pop hits.

Modern Dance by Applause Studio, 2:30 to 3 p.m., and singing from 3 to 3:30 p.m.

Applause Studio is located near Silver Lake in Everett. Its team performs at multiple events throughout the Puget Sound area (and sometimes beyond!). Applause Studio is the ideal place to learn dance, theatre, and music for students ages 3 through adult!

Nate Jester Ace of Illusions, Magician, 3 to 4 p.m.,



Nate Jester is a nationally known magician and mentalist who's performed illusions across the country. He's been featured on America's Got Talent and Netflix. He's also worked with Lionsgate Films Now You See Me 2 movie. Audiences of all ages will enjoy his magic, mind-reading, and clean comedy.

Aztec Dance by Yolihuanzi Aztec Dancers, 4 to 4:30 p.m.



A cultural and education dance in the Aztec tradition.

2023

LIVE MUSIC & BEER/WINE GARDEN

SEP 8-10

11 BANDS

AT THE LIGHTHOUSE FESTIVAL

<p style="font-weight: bold; color: #e91e63;">FRIDAY 4-11PM</p> <p style="color: #e91e63;">Road Trips Riff Raff ENGAGE</p>	<p style="font-weight: bold; color: #e91e63;">SATURDAY 12-11PM</p> <p style="color: #e91e63;">Lyle Ronglien Sherry Robert Grimes Outside the Lines False Sense of Security Legacy SH80s</p>	<p style="font-weight: bold; color: #e91e63;">SUNDAY 12-4PM</p> <p style="color: #e91e63;">BREWS, BLUES & BBQ!!</p> <p style="color: #e91e63;">Annie Eastwood & Her All-Star Band Billy Stapleton's Powerhouse</p>
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Mukilteo



from page 4 **SCHOOL OF ROCK**

by the Lynnwood Adult Performance Group, student House Band, and other special guests.

School of Rock Lynnwood has an upcoming performance on October 14 performing classic grunge hits at the Vessel. The event will be tied in with the school's Zombie Prom where School of Rock's around the area get together for a night of Halloween-themed music.

Verdant Health Commission brings community resources to residents at first annual Block Party

By MARIO LOTMORE

LYNNWOOD—The Community Life Center was a buzz Thursday evening as hundreds attended the first annual Verdant Health Commission Block Party for free food, games, healthcare screenings, and fun.

“We love the community turnout and all of the partners today that showed up to support residents,” Lisa Edwards, Superintendent of Verdant Health Commission, told the Lynnwood Times. “The goal is to bring all the resources to the residents and make it easy as possible.”

Some of the community partners attending Thursday’s Block Party were Project Girl, Volunteers of America of Western Washington, Millenia Ministries, Evergreen Goodwill, LETI, Providence Swedish Hospitals, Washington Therapy Dogs, Community Transit, Domestic Violence Services of Snohomish County, and Foundation for Edmonds School District.

“We are responding and pivoting to community needs,” Leonard Jackson, Chief Financial Officer of Millenia Ministries said. “One of the biggest needs is access.”

On August 23, Verdant Health Commissioners awarded \$3.4 million to 19 nonprofit organizations through a competitive grant process. Key criteria for Verdant in awarding funds were healthcare access and addressing food insecurity. On November 1, Verdant will accept applications for the upcoming Spring 2024 funding cycle.

“You see a lot of families out here,” Kirk Mathis, Digital Marketing & Communications Manager said. “There is free food, free drinks, and everyone seems to be enjoying themselves.”

Mathis joined Verdant a year-and-a-half ago after the economic downturn because of the COVID pandemic. He thanked Sandra Huber and Kaysi Caballero for their support in putting the Block Party together. He shared that their next big event is the Community Network Luncheon for their partners that will take place on November 3 at the Lynnwood Event Center. Last year, Verdant Health partnered with local law



(Top) Olympia Edwards and the young ladies of Project Girl jammin’ to the beats of DJ SupaSam at Verdant Health Block Party on August 24 at the Community Life Center. (Bottom-left) Verdant Health Commission’s first annual Block Party on August 24 at the Community Life Center. (Bottom-right) Kaysi Caballero, Thursday’s cook serving hotdogs during Verdant Health Commission’s first annual Block Party on August 24 at the Community Life Center. Lynnwood Times | Mario Lotmore.

enforcement’s National Night Out, but this year is hosting its own community Block Party in Lynnwood. Besides the free hotdogs, attendees enjoyed

free balloon animals, raffles, music by DJ SupaSam, and entertainment by the Bundi Brothers.

Verdant to host free suicide prevention workshop, keynote speaker Kevin Hines

LYNNWOOD—The public is invited to attend a community conversation on suicide prevention at the Lynnwood Event Center on Saturday, September 16th from 10:00 a.m. to 2:30 p.m. to learn more about how diverse groups may be more disproportionately impacted by suicide, including youth, Native Americans, older adults, veterans and LGBTQ+ individuals. Participants will also gain insight into alternatives to suicide and how our actions, no matter how big or small, may provide hope to those who are struggling.



Register Here

Featured speaker is Kevin Hines, the Golden Gate Bridge Jump Survivor, who in 2000, attempted to take his life by jumping off the world-renowned bridge. Many factors contributed to Hines miraculous survival including a sea lion that kept him afloat until the Coast Guard arrived. Hines now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness and the ability to survive pain with true resilience.

Suicide is preventable and requires strategies at all levels including learning the warning signs, promoting prevention and resilience, and a committing to social change.

Lunch will be provided at approximately 12:15 p.m. Assorted gourmet sandwiches (Gluten free, vegan, and vegetarian options available) along with cold beverages will be available.

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. Join Verdant Health to help shift public perception, spread hope and share vital information to people affected by suicide. Verdant Health’s goal is for individuals, families and communities to have access to the resources they need to discuss suicide prevention and to seek help.

Due to the nature of the information provided, it is suggested that children are age 10 and above.

from page 2 DUFFNER FARMS

on the farm, watching newborn calves prance around the fields like puppies, rounding up the neighbors for “chicken picken” every twelve weeks where they’d have to catch chickens for processing.

Chicken production in the county came to a standstill in 1979. Duffner still has chickens to this day but now exclusively for eggs. He currently has 60 hens for fresh farm eggs, which he sells out of his garage for \$5 a dozen. Duffner’s eggs are so popular he informed the Lynnwood Times he “can’t keep them in the fridge,” although his wife’s flower arrangements have taken some of the spotlight as of late.

“They’re totally different than your store-bought egg,” said Duffner. “They’re brighter yellow, when you crack that egg, it’s going to be firm and stand up...It’s night and day.”

Duffner also has about 35 cows for beef, two bulls, and a dozen goats to eat invasive plants. When his cows are of age, after about 18 months to two years, he sells them to Silvana Meats to be processed for about \$3 a pound.

“Even though [Duffner] doesn’t have a whole lot of animals, if we look at the affect that it has on the community, his friends, and neighbors and their ability to have fresh local protein it makes an

impact on everybody around him and it keeps agricultural life in our county,” said Neunzig. “The more we feed people the healthier they are. It’s our food security.”

Free range, grass-fed beef also tastes different than store bought, Neunzig added. The marbling, the way it cooks, the fat, the texture, and even the way it looks. There are also a ton of health benefits to eating farm fresh protein, Neunzig continued, with typically higher Omega 3’s and lower Omega 6’s, lowering your bad cholesterol.

“When you eat meat like this it’s what meat is supposed to taste like, it’s a completely different product,” said Neunzig.

The agriculture industry is a large sector of Snohomish County’s economy, representing \$157 million, according to the most recent U.S. Census of Agriculture (2017). “Agriculture has been a dominant feature of Snohomish County’s fertile landscape since the county was founded in 1861,” said Neunzig. “Congratulations to the Duffner Family on more than 100 years of farming in Snohomish County!”

You can stop by Duffner Family Farm, located at 14510 Three Lakes Road, to purchase its farm fresh eggs, local produce, and gorgeous flower arrangements any day of the week.

FEMA and FCC plan nationwide emergency alert test on Oct 4

By LYNNWOOD TIMES STAFF

WASHINGTON, D.C.—The Federal Emergency Management Agency (FEMA), in coordination with the Federal Communications Commission (FCC), will conduct a nationwide test of the Emergency Alert System (EAS) and Wireless Emergency Alerts (WEA) this fall.

The national test will consist of two portions, testing WEA and EAS capabilities. Both tests are scheduled to begin at approximately 2:20 p.m. ET on Wednesday, October 4, 2023.

The WEA portion of the test will be directed to all consumer cell phones. This will be the third nationwide test, but the second test to all cellular devices. The test message will display in either English or in Spanish, depending on the language settings of the wireless handset.

The EAS portion of the test will be sent to radios and televisions. This will be the seventh nationwide EAS

test.

FEMA and the FCC are coordinating with EAS participants, wireless providers, emergency managers and other stakeholders in preparation for this national test to minimize confusion and to maximize the public safety value of the test.

The purpose of the October 4 test is to ensure that the systems continue to be effective means of warning the public about emergencies, particularly those on the national level. In case the October 4 test is postponed due to widespread severe weather or other significant events, the back-up testing date is October 11.

The WEA portion of the test will be initiated using FEMA’s Integrated Public Alert and Warning System (IPAWS), a centralized internet-based system administered by FEMA that enables authorities to send authenticated emergency messages to the public through multiple communications networks. The WEA test will be administered via a code sent to cell

phones.

This year the EAS message will be disseminated as a Common Alerting Protocol (CAP) message via the Integrated Public Alert and Warning System-Open Platform for Emergency Networks (IPAWS-OPEN).

All wireless phones should receive the message only once. The following can be expected from the nationwide WEA test:

- Beginning at approximately 2:20 p.m. ET, cell towers will broadcast the test for approximately 30 minutes. During this time, WEA-compatible wireless phones that are switched on, within range of an active cell tower, and whose wireless provider participates in WEA, should be capable of receiving the test message.
- For consumers, the message that appears on their phones will read: “THIS IS A TEST of the National Wireless Emergency Alert Sys-

Continued PAGE 10 >>

The 15th BRICS Summit ended with an invitation to solidify energy dominance



BRICS founding member countries. SOURCE: BRICS website.

By MARIO LOTMORE

JOHANNESBURG, SOUTH AFRICA—Heads of State and Government, and their diplomats, of thirty-eight countries from around the world convened in Johannesburg for the 15th annual BRICS international relations summit that took place August 22 through 24 under the theme: BRICS and Africa: Partnership for Mutually Accelerated Growth, Sustainable Development, and Inclusive Multilateralism.

Discussions over the three-day summit focused on multilateral reforms in trade, investment, global food security, and expansion.

“As the five BRICS countries, we have reached agreement on the guiding principles, standards, criteria and procedures of the BRICS expansion process, which has been under discussion for quite a while,” BRICS Chair, South African President Cyril Ramaphosa said during a media briefing on the outcomes of the summit. “We have decided to invite the Argentine Republic, the Arab Republic of Egypt, the Federal Democratic Republic of Ethiopia, the Islamic Republic of Iran, the Kingdom of Saudi Arabia and the United Arab Emirates (UAE) to become full members of BRICS. The membership will take effect

from 1 January 2024.”

With the acceptance of the world’s top oil producers Saudia Arabia, Iran and UAE and current members Russia, China, and Brazil, some 40% of global oil production can potentially be leveraged by BRICS to aid in economic development of the Global South or against Western oil consumers.

During the summit, Brazilian President Luiz Inacio Lula da Silva called for “de-dollarization” with the creation of a common currency for trade and investment between member nations.

The US dollar is currently 90% of global foreign exchange transactions. However, according to International Monetary Fund data, its share of official FX reserves fell to a 20-year low of 58% in the final quarter of 2022, and 47% when adjusted for exchange rate changes.

The BRICS bank already lends in Chinese yuan and announced that it would also do so in South African and Brazilian currencies. China’s CIPS system is the alternative to the Euro-centric SWIFT banking system – a messaging network that financial institutions across the globe use to securely transmit information

for monetary transactions. This trend of “de-dollarization” works to Russia’s advantage to insulate itself from Western sanctions due to its military operation in Ukraine.

“The Summit agreed to task the BRICS Finance Ministers and/or Central Bank Governors, as appropriate, to consider the issue of local currencies, payment instruments and platforms and report back to the BRICS leaders by the next Summit,” President Ramaphosa said.

Russian President Vladimir Putin did not attend the summit in person due to an International Criminal Court warrant for the alleged abduction of children from Ukraine.

BRICS nations are those developing countries expected to be the dominant suppliers of manufactured goods and raw materials by 2050. The original four-member group— Brazil, Russia, India, China—called BRIC, held its first summit in Yekaterinburg, Russia on 16 June 2009. South Africa joined the BRICS group in 2010. BRICS nations account for 41% of global population, 24% of global GDP, and 16% of global trade.

Interns share summer experience in WM Recycle Corps

SNOHOMISH COUNTY—At a recent Farmers Market in Arlington, college environmental sciences interns Katie Lynch and Martine Pfefferwright spoke face-to-face with kids about the value of recycling, while chatting with residents about the benefits that composting offers homeowners and the local waste stream.

“Getting to work at events educating the community and talking with the kids was so much fun,” said Pfefferwright, a soon-to-be Western Washington University graduate. She and Lynch are two members of the Waste Management (WM) Recycle Corps who fanned out across Snohomish County this summer to up the public’s knowledge about recycling.

Recycling can be a puzzle, said Karissa Miller, WM manager of Public Education and Outreach. The company deployed teams of well-trained college students this summer to help businesses and communities across Western Washington put the pieces together.

“In addition to attending community festivals, the WM interns also affix new decals on recycling containers

at local restaurants, host public recycling collection events and, thanks to more emphasis on recruiting multilingual college students, help to remove recycling barriers in communities and multi-family properties where different languages and cultures come together,” Miller said.

To help local businesses organize their recycling systems, the interns share best practices and advise on a customized recycling plan based on each business’ unique waste stream.

The WM Recycle Corps is an award-winning program that WM initiated in the Puget Sound in 2010.

Lynch and Pfefferwright have learned plenty during their internship about single stream, or “single sort” recycling that mixes recyclable materials.

They also know a few things that the public should be more aware about.

For example: Plastic shopping bags are by far the most troublesome item that people toss in their green recycling bins.

They gum up the works, shutting down

and tying up WM assembly lines. The solution? Drop off your clean plastic bags and other film-like plastics in take back drop off boxes at the entrances of most local grocers.

wm recycle corps
One factoid that surprised Lynch was learning that individuals on average generate 4.4 pounds of solid waste per day. According to the EPA, the average American person will produce about 5.91 pounds of trash, with about 1.51 pounds being recycled, leaving 4.4 pounds the rough daily average per person.

Miller said WM works with the community to recycle right and reduce contamination that happens when people put plastic bags, food and garbage in recycling carts, winding up in landfills. She said when people put the right materials in recycling carts – such as cardboard, paper, tin and aluminum can, plastic bottles, tubs and jugs — it helps keep local recycling programs strong, healthy, and sustainable.

Miller said the intern program has become an incubator for sustainability professionals, with many alumni now

working as professionals across the green sector.

The interns were grateful for the insider opportunity to get to know WM and its operations and facilities better.

“It was a really good experience working with Waste Management staff and met with staff from a lot of cities as well,” Lynch said.

from page 9 **FEMA ALERT**

- tem. No action is needed.”
- Phones with the main menu set to Spanish will display: “ESTA ES UNA PRUEBA del Sistema Nacional de Alerta de Emergencia. No se necesita acción.”

WEA alerts are created and sent by authorized federal, state, local, tribal and territorial government agencies through IPAWS to participating wireless providers, which deliver the alerts to compatible handsets in geo-targeted areas. To help ensure that these alerts are accessible to the entire public, including people with disabilities, the alerts are accompanied by a unique tone and vibration.

Important information about the EAS test:

- The EAS portion of the test is scheduled to last approximately one minute and will be conducted with the participation of radio and television broadcasters, cable systems, satellite radio and television providers and wireline video providers.
- The test message will be similar to the regular monthly EAS test messages with which the public is familiar. It will state: “This is a nationwide test of the Emergency Alert System, issued by the Federal Emergency Management Agency, covering the United States from 14:20 to 14:50 hours ET. This is only a test. No action is required by the public.”

from page 1 **MEDICARE DRUGS**

- PenFill; NovoLog; NovoLog FlexPen; NovoLog PenFill (insulin)
- Used to treat diabetes
- 11,000 Washington enrollees benefit from this drug

According to estimates from the House Budget Committee Democrats, the Inflation Reduction Act benefitted:

- Approximately 29,000 people who signed up for an Affordable Care Act marketplace plan in Northwest Washington are saving an average of \$1,110 on their health insurance.
- Approximately 3,400 Medicare beneficiaries in Northwest Washington are saving an average of

\$570 each year on their insulin because of the \$35/month cap on insulin prices

- Approximately 344,000 people in Washington state will save an average of \$410 on prescription drugs every year when cost-reducing policies in the law – like a \$2,000 cap on annual out-of-pocket pharmacy costs for Americans with Medicare – go into effect in 2025.

from page 3 **FENTANYL**

session of a controlled substance within a county facility and the case is currently under investigation. It has yet to be determined if the inmate smuggled in the drug or obtained the fentanyl

within jail walls.

Due to the rise in fentanyl in our community, in early 2023, all Snohomish County Corrections Deputies began carrying Narcan while on duty.

At 284 total fatal overdoses – opioids as well as other drugs – Snohomish County lost more than five people per week on average in 2022. Between 2017 and 2022, the number of opioid-related overdose deaths reported in Snohomish County more than doubled. The number of those that involved fentanyl jumped from 24 to 189, which represents a nearly eight-fold increase. Snohomish County has already exceeded 80 fatal overdoses within the first quarter of 2023, with more than half of them tied to opioids.

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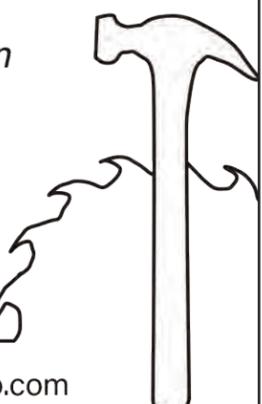


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“We'll lick 'em - JUST GIVE US THE STUFF!”

from page 1 **SCHOOL-BASED HEALTH CONSELORS**

funds to provide School-Based Clinicians for Lynnwood schools within the Edmonds School District for behavioral and mental health support. The final motion, which passed 5-2, was brought forward by Councilman Joshua Binda and seconded by Councilman George Hurst.

The monies will fund two full-time mental health professionals for up to one year from the Center for Human Services by the City of Lynnwood to offer therapeutic mental and behavioral services for students.

Councilman Hurst initially brought the proposal back in July of this year after months of working diligently with Lynn Sordel, Director of Parks, Recreation, and Cultural Arts for the City of Lynnwood; the Human Services Commission; Verdant Health Commission; and Edmonds School District to bring the motion for a council vote.

To date, Lynnwood City Council has allocated roughly \$9.8 million of the ARPA monies it has received. There is still a little over \$800,000 remaining.

Back on February 3, 2022, the Human Services Commission forwarded three ARPA funding requests to the City Council: School Based Mental Health Counseling, Strengthening Child Care in Lynnwood, and a Guaranteed Income pilot program for residents. The Commission later presented these funding requests on April 20, later expressing disappointment afterwards that the City Council did not seem interested in any of the proposals.

On September 19, 2022, the Human Services Commission, alongside ESD Superintendent Dr. Rebecca Minor, Lisa Edwards with the Verdant Health Commission, and Vanessa Villavicencio, Mental Health Director at Center at Center for Human Services, presented to council specific data on the health issues the school district was witnessing, particularly with high school and middle school-aged students.

During that presentation, Dr. Miner noted 62% to 74% of students (depending on grade) reported feeling nervous or anxious within the last two weeks of being surveyed – as part of the district’s Healthy Youth Survey which is conducted every two years. Additionally, 44% of 12th graders, 26% of 10th graders, and 31% of 8th graders reported feeling so hopeless or lost that they stopped doing daily activities and 15% of 8th graders, 18% of 10th graders, and 19% of 12th graders also considered attempting suicide at some point recently. Each of these data points represents an increase compared to pre-COVID numbers.

At its May 1, 2023 meeting, ARPA funding is again returned to the Council agendas. ESD superintendent, Dr. Minor, and fellow school board members requested support of the Human Services Commission’s School Based Mental Health Counseling proposal. Some Council members pushed back because of Edmond School District

budget cuts of arts departments.

Around this time, community member Wally Webster came forward with his Access Project proposal which led to him and Councilman George Hurst sharing each other’s support for the wellbeing of Lynnwood’s youth. This was the impetus of moving the School Based Mental Health Counseling proposal forward, Hurst told the Lynnwood Times.

“Wally had his proposal to try and help kids and here was this proposal that really is so Lynnwood focused, that I think in the end it finally made sense for some folks,” said Hurst.

At the July 17, 2023, Council meeting Hurst brought forward the School-Based Mental Health Counseling proposal as a reminder to the Council that this request is still up for an August 14 vote.

“We’re not hiring more staff for the school district we’re hiring mental health professionals to help serve kids in Lynnwood. I was just happy that it finally passed,” said Hurst.

Hurst added that Lynn Sordel, who has been the liaison to the Human Services Commission for nearly four years, was a key player in getting the motion on the table.

The Commission with Sordel, worked tirelessly to create some very meaningful and responsible recommendations to the council, especially concerning the use of the city’s American Rescue Plan Act funds.

“We have focused our attention to services that would directly be provided to the community and things that we believe are important to the community and things that have been validated by other work,” Sordel told the Lynnwood Times. “There’s a mental and behavioral health issue that has been messaged to the council by the Edmonds School District, by Verdant Superintendent Lisa Edwards, myself, and two other presentations by the Human Services Commission.

When Sordel heard it finally passed on August 14, he was on vacation at Pacific Beach watching the council meeting remotely. He informed the Lynnwood Times that he was overcome with gratitude and pride for all of the hard work the Commission and partners put in to make School Based Mental Health Counseling a reality for Lynnwood’s schools.

“We worked very hard to create a proposal that would provide a very valuable trusted partner, which we did with the community health services organization because they have been providing mental and behavioral health therapists in the school for a number of years – Verdant has been funding some of those,” said Sordel. “These positions are not funded by the district, that is why this proposal makes so much sense, to help provide additional trained therapists in Lynnwood schools. This is an investment. This is not spending ARPA money, this is what ARPA was set up to do: to help, to res-

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cue. Our children, our youth has been impacted by the impact and it has been very clearly messaged that they need help... This investment will benefit our youth in our city.”

Meadowdale High School Principal David Shockley knew there was some collaboration between the Edmonds School District and the city of Lynnwood in favor of the proposal. When the motion passed, he was sitting by Edmonds School District Superintendent Dr. Rebecca Minor checking off votes and informed the Lynnwood Times he was extremely grateful it did.

“Any time we can get some resources from outside of the school that doesn’t impact our budget and that’s helping kids, we’re going to look at it very seriously,” said Shockley. “This is a net positive for our kids. Our students have come back from COVID from two or three years of isolation, self-supervision, and loneliness. Those three are very big barriers to them being successful in school.”

Shockley shared that although the school has outstanding guidance counselors and support personnel such as a Family Resource Advocate, a student intervention coordinator, and a school psychologist; these positions do not provide ongoing therapeutic services.

The two mental health counselors will be based at the Meadowdale High School campus. The high school recently received a grant from the county’s ARPA funds in June of this year that will go toward building a new outdoor structure dedicated to mental and behavioral health services.

Edmonds School District has been operating its School-Based Health Center at Meadowdale High School since September of 2022 – the first SBHC in the county. Since then, it has been seeing up to 10 students a day on average.

Meadowdale High School was selected by Community Health Center (CHC) of Snohomish County and Edmonds School District in part due to their distance from existing community health center access points and the surrounding community’s lower income levels compared to other high schools in the district. An SBHC meets students where they are, in schools.

“We’re always happy to have more resources for our students,” Mara Marano-Biano, Edmonds School District’s Director of Health and Services told the Lynnwood Times. “We’re just so excited that the school-based center is really meeting the needs of our students and we hope to grow it in other high schools.”

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from page 2 **BOB BURTON**

in helping to create and name Haines Wharf Park in honor of this history.

After graduating from Edmonds High School in 1951, Bob attended Whitman College in Walla Walla where he joined the Beta Theta Pi fraternity and majored in Music. In summers, he worked on a fishing boat in Puget Sound and loved sharing stories about how purse seiners did their work, the voices of his crew mates, the Orca sightings, and the many beautiful bays and headlands he came to know. At Whitman he made life-long friends, directed his fraternity singing in a choral contest, developed his skills as a music educator, and met his wife-to-be Joan Marston, from Seattle. He enjoyed playing in dance bands in Walla Walla, being the showman on the band stand for college dances, and playing pranks on his fellow band mates and fraternity pals. He was thrilled to reconnect one more time with a few of these friends at a 65th college reunion last fall, and left many college staff and younger alumni giggling at his silly jokes and stories.

Bob graduated from Whitman in spring of 1956 and was subsequently drafted into the US Army. He married Joan in December of 1956, and was then sent off to a deployment in South Korea, where he was posted in the 8th Division infantry band as a trumpeter. His tour of duty ran to July of 1958. Though it was a challenging time for him, he often shared reflections (and frequent slide shows) about the many life-changing experiences he had in the mountains of Korea, grateful that he could “play trumpet, so he didn’t have to play guns.” He was very fond of the incredible friends he made then and always wanted us to understand both the laughs and the pain they shared. In fact, he spoke again of these friends fondly on the day before he died.

After returning from Korea, he was hired as a band and choral director

at Cleveland High School in Seattle where he worked for 2 years. He and his wife Joan had settled in Edmonds, however, so he soon secured a new position in the Edmonds School District, first as a teacher at Mountlake Terrace Junior High, and then hired to be head of the music department at the brand new Meadowdale High School in 1963 in Lynnwood. At Meadowdale, he taught bands, music theory and choral music. As the program grew, he hired a new instructor to take on the bands and spent the rest of his years at Meadowdale as the director of a large and successful choral music program. He worked hard to recruit students to sing and make choir popular for all types of students – even those who never thought of themselves as musicians.

His sense of humor and playful teaching style made his classrooms very appealing for teenagers, and his choirs grew in numbers. As a jazz trumpeter, he was particularly eager to create a jazz/swing vocal group and started a small ensemble called ‘The Impressions’ that continues on at MHS to this day. He wrote the school fight song, adapted the Whitman College Hymn to become the Meadowdale Alma Mater, wrote many vocal arrangements and took his choirs to perform in numerous festivals and competitions throughout the Northwest. His teaching colleagues at Meadowdale, some of his students, as well as other choral and band directors in the region became life-long friends.

As a warm, playful and compassionate teacher, he often became a key adult in the lives of many of his students. His children remember student visits to the home as a regular part of their family life. The impact of his teaching, and the significance of musical education to people’s lives, was particularly evident on the occasion of his 90th birthday when nearly 260 former students from his 26 years at Meadowdale gathered to celebrate and sing together at the Edmonds Waterfront Center in

June of this year.

Bob retired from teaching in 1989, and subsequently began a second career as a driver/guide for Grayline Sightseeing Tours of Seattle. He absolutely loved showing the region off to visitors from other parts of the world, and telling jokes to a captive audience unable to get off his bus. He kept a journal of his tours and the various groups and individuals that he drove and took great joy in sharing anecdotes about the tourist responses to Mt. Rainier, or to Snoqualmie Falls, or the Space Needle. He also enjoyed playing a role in landmark Seattle events and activities by driving sports teams, political VIPs, and Microsoft “bigwigs” to and from their events. He never wanted to retire from this increasingly part-time job, but after turning 80, his family suggested he stop. For several years, he also wrote a history column for the Edmonds paper on ‘Days Gone By’ and was passionate about researching this history and sharing it with others. He just loved Edmonds, and never stopped wanting to try new scenic routes, showing friends, children and grandchildren the best viewpoints, and the low tides, watching dogs play at the dog park at the beach, and just watching the ferries come and go.

Bob was beloved by family, friends, students and service providers everywhere for his easygoing style and humble but unstinting humor. Long after he needed to, he still looked forward to trips to the bank, the post office or the grocery store, so he could tease and tell stories to clerks and tellers. He routinely looked for opportunities to make people smile, and put others at ease.

After a divorce in 1985, he stubbornly lived alone in the family home overlooking Meadowdale beach and the Puget Sound where he kept music playing nearly 24 hours a day, and focused much energy on trimming the tops of trees that blocked his view. He loved visits from his children and their

families, and did everything he could to attend and cheer loudly at recitals, concerts, frisbee tournaments, plays, dance performances and fundraisers until nearly the very end. Without a doubt, Bob lived a life dedicated to laughter, love of friends, family, beautiful music, the view of the Puget Sound, and his home. And, if you asked him, he would say he was most proud of his knowledge of local history, of climbing Mt. Rainier, of his great pranks with old friends, his children and grandchildren, and his goofy homemade household gadgets.

Bob is survived by older brother Paul Denison Burton of Lake Forest Park, his former wife Joan Burton of Seattle, his daughter Barbara Burton (and husband Jim Wehmeyer), his son Richard Burton (and wife Lynne Dodson), his daughter Carol Burton (and wife Robin McCain), his granddaughter Cecilia Miriam Burton-Wehmeyer, and his grandson Henry Charles Burton-Wehmeyer, all located in Seattle. He also has a step-granddaughter Kia Sanger, a step-grandson Joey Sanger and two new step great-granddaughters, Willow-Rain DeKlerk Sanger of Chang Mai Thailand, and Helena Lluvia Rodriguez Sanger of Puebla, Mexico as well as numerous nieces, nephews, grand-nieces and grand-nephews throughout the Mid/West and Northwest.

Although a memorial has not yet been scheduled, the family invites donations in his name to the Meadowdale High School Music Department via the MHS booster venmo site: @MHS-Mambo, or at the website <https://mambo-213932.square.site/>

The family would like to express their grateful appreciation to Evergreen Hospice and Interim HealthCare for their kind, compassionate and skillful care during his final weeks.

from page 1 **PROJECT GIRL**

other.

“Project Girl will support you in anything. If you tell them, ‘I have this dream’ they’ll help you out,” another Project Girl mentee shared.

“[Project Girl] is like a sisterhood,” a third mentee added. “You’re never alone, you’re never judged, and you always have someone to talk to... My dream is to be an artist, and there are a lot of art activities here, and as we’re continuing to do those activities, I’ve learned to love art even more.”

As word of mouth spread, so did Project Girl, expanding from 10 girls, to 20, and eventually to over 200 girls annually across their 7 programs. In 2022, Edwards was named one of three Lynnwood Times’ Persons of the Year for her hard work and dedication to serving women of color.

Edwards, fifteen at the time, came up with the Project Girl concept while sitting in a women’s conference.

“I thought [of a] really good pro-



Project Girl mentees about to start their yoga lesson. SOURCE: Lynnwood Times | Mario Lotmore.

gram where all girls would be celebrated,” she said. “[I wanted] to create programs to let people know, let girls know that I see you. I see the struggle that you’re going through.”

When working with teens in crisis centers, Edwards realized that many of the young women she mentored lacked coping skills and didn’t have a safe community space where they could just be themselves. Edwards felt like she had to do something.

“A lot of people are thinking that, especially teens, they don’t deal with anything, everything in their

lives are perfect,” Edwards said. “And that’s not true. Like it could be grades, it could be family stuff. But a lot of teens are dealing with stuff. And a lot of times it’s adult problems that they’re trying to figure out.”

In 2012, she started working with schools and created an afterschool program for girls of color to relax, do homework, hangout, or just talk about life. But when the pandemic hit in 2020, Edwards was forced to change her model. It became evident that the girls needed a safe place to relax and just be girls and

in that same year she opened a dedicated space for Project Girl headquartered in Lynnwood.

The entire approach to Project Girl, Edwards described, is taking a holistic approach to building a community. Project Girl abides by the 8-pillars of wellness as its basic guide, and the young women are empowered to lead with conviction. During the Summer Immersion Program, students learned practical skills by visiting juvenile court to understand their rights. They also gained knowledge about Civil, Structural, and Surface Transportation Engineering and Surveying from Reid Middleton, a company specializing in these areas.

“You’re never bored in the summer, and you’re also learning. You can hang out, you can have fun but they’re also teaching you really valuable things,” a mentee told the Lynnwood Times.

Edwards hopes the girls take away from the summer program a sense of joy and how to be self-reliant.

“You can choose to have joy despite everything else that’s going on in your life,” said Edwards.