

CITY OF *Snohomish*

WINTER 2020

QUARTERLY



Meet your electeds

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Emergency checklist

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City Hall

City of Snohomish
116 Union Avenue
Snohomish, WA 98290-2943

Phone: 360-568-3115

Office Hours

Monday–Thursday, 8 a.m.–4 p.m.
Friday–by appointment

Please see the City’s website to report a concern or for additional information at www.SnohomishWA.gov.

Police

230 Maple Avenue
Snohomish, WA 98290
Phone: 360-568-0888

Fax: 360-568-8377

Emergency: 911

Non-Emergencies: 425-407-3999

Patrol deputies are on duty 24 hours a day and can be reached by calling 911.

Office Hours

Monday–Friday
8 a.m.–4 p.m.

Department Contacts

John T. Kartak, Mayor
360-282-3154
kartak@SnohomishWA.gov

Steve Schuller, City Administrator/
Utility General Manager
360-568-3115
schuller@SnohomishWA.gov

Debbie Burton, Finance Director
360-282-3197
burton@SnohomishWA.gov

Glen Pickus, Planning Director
360-282-3173
pickus@SnohomishWA.gov

Pat Adams, City Clerk/Human Resources
360-282-3155
adams@SnohomishWA.gov

Wendy Poischbeg, Economic Development
& Communications Manager
360-282-3176
poischbeg@SnohomishWA.gov

Keith Rogers, Police Chief
360-568-0888
snohomishpd@SnohomishWA.gov

Did you make a New Year’s resolution for 2020? A goal to improve your health and wellness, or be more active in the community? Did you resolve to work harder or be more present? We’re about a month in—how are you faring?

With a New Year brings renewed incentives to set goals and make improvements in our home life and work. If improving your business relationships are part of your New Year’s goals then be sure to check out the **Engage Snohomish** networking events, a new monthly meet-up to help strengthen business connections, access new job opportunities and advance your career. I’ve listed some great networking tips on page 8. If improved health and wellness is part of your 2020—you’ll find a list of Snohomish gyms, wellness centers and resources on page 10. I’ve even collected some words of wisdom from health and fitness experts to help you stay motivated. Cheers to a prosperous and healthy New Year!



–Wendy

CITY OF Snohomish QUARTERLY

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PUBLISHER
Peter Philips:
206-284-8285
peter@philipspublishing.com

ADVERTISING SALES
Julie Applegate 206-753-7250
julie@philipspublishing.com

EDITOR
Wendy Poischbeg

DESIGN & PRODUCTION
Cindy Suzumura



CITY HALL
116 Union Avenue
Snohomish WA 98290
360-568-3115

Philips Publishing Group

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On the Cover:

2020 City of Snohomish elected officials
Photo credit: Jared Burns

“The Economy Is Great! ... and the Traffic Stinks.”

BY JOHN T. KARTAK, MAYOR

These were the first words said to me by Roger Millar, Washington State Secretary of Transportation, when asked about the condition of our state highway system. The truth in that quick, humorous response runs deep. Economic health has a symbiotic relationship with travel and mobilization, but they are not always well aligned.

Let's start with the economy. Our exceptional rights and individual freedoms in this country and our responsibility to serve one another under equal and fair laws come together to form a unique free-market system which is the basis and *life-blood* for this economy. Roads and highways work together to provide a vital *circulatory system* for this economy. But success brings growth, and growth increases vehicle demands placed on our existing infrastructure.

We are currently living in what has been the second fastest growing county in the Nation for some time now. Cities all around us have been experiencing unusually fast-paced development,

and our East County highway system is not keeping up. State Route 9 gets so congested during peak hours that commuters bypass the highway and

take creative pathways that send them racing down a variety of streets and avenues here in Snohomish. Our town is not designed to serve this regional demand—nor should it be.

Over the decades, we have watched segments of additional travel lanes slowly added onto State Route 9 starting from

its southern end in Woodinville. We have watched where points of traffic congestion would move northward to the location of each new segment where two lanes of traffic would funnel down into one merged lane. This lengthening of each additional lane in both directions has worked well to help the overall flow of traffic, and now it seems our turn to get these lanes extended to our Second Street access ramps.

Thank you former Mayor Karen Guzak, for leading the Highway 9 Coalition several years ago. In 2015,

their efforts resulted in \$142 million in gasoline tax funds being identified for a new bridge over the Snohomish River to provide an additional lane of travel for each direction. Design work began last year, and construction is penciled in for a 2025 completion.

I have been working with my fellow East County mayors and County Councilman Sam Low in advocating

We are currently living in what has been the second fastest growing county in the Nation for some time now.

for specific enhancements to safety and traffic flow on Highway US 2. I am also working with the Highway US 2 Safety Coalition. Finding solutions to our regional transportation needs is one of my priorities. It requires strong relationships with other cities, and there are no quick or easy answers.

Until our highways are brought up to speed with a growing demand, I'm sorry to report that congestion is here to stay. More traffic lights on Bickford Avenue are coming. The number of vehicles cutting through town will increase, and wait times will get longer. So, yes, ... the economy is great—and the traffic stinks.



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-John
360-282-3154

What are YOU Doing?

BY LINDA REDMON, COUNCILMEMBER POSITION 5

I had the honor of writing this column two years ago as I was just assuming my new role as City Councilmember. I reflected back on the combative and divisive rhetoric that was swirling around the elections and made a plea for us all to get offline, meet face to face and build bridges. For a time, there were some concerted efforts to mend the rifts and reestablish a collaborative atmosphere. I commend the two mayoral candidates for immediately establishing a respectful working relationship so the business of city governance could proceed efficiently.

If we all strive to be our best selves, we can solve problems, heal damage and build the world we want to live in, together.

I note now with chagrin that a number of people chose to continue to rant online, deepening the ideological divide present in our community. Some people who led these activities two years ago have continued their harassment of those whose views they don't agree with. I am all for free speech, but online harassment and threats, justified with conspiracy

narratives based in loose associations and discredited rumors, are dragging our community's discourse down. The toxic environment online has now leached out into the "real" world and poisoned face to face interactions, making people wary of interacting with others in the community.

These tactics are destructive, not productive and have become all too common.

In response, I have some questions for you, gentle reader. How do you feel about this state of affairs? What role are you

playing in this situation? If your answer is that you are aware of this issue but not involved and not playing any role, think about that. It has been said that the only thing necessary for the triumph of evil is for good people to do nothing. I think each of us, as we start this new year, should examine what our personal responsibility is in the world around us. Examine your personal actions, contributions, influence, and effect on your community, the world, and current and future generations. Ask yourself what I ask myself in all decisions I make as an elected official: Does what I'm

doing reflect my values? Am I walking the walk? Am I showing courage? Am I doing what I can to make the world a better place? Approach these questions and all of your decisions with a spirit of discovery and humility. Make your assessment and then think about the world you want to see, the life you want to live, and the example you want to set. Ask yourself, "What can I offer?" Then set about doing it. If we all strive to be our best selves, we can solve problems, heal damage and build the world we want to live in, together.



-Linda

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Your 2020 City of Snohomish Elected Leaders

Front Row L-R: Councilmember Donna Ray, Mayor John T. Kartak, Councilmember Judith Kuleta
Back Row L-R: Councilmembers Linda Redmon, Jason Sanders, Tom Merrill, Steve Dana, Larry Countryman

John T. Kartak

Mayor
 360-282-3154
Kartak@SnohomishWA.gov

Mayor Kartak grew up on a small, local farm and “came home” in 1996. He and his wife Jayme have seven grandchildren and raised five sons in their 1885 Victorian house. He has been a General Contractor from 1985 up until his full-time service as mayor at City Hall.

In 2016, John worked on a citizen-driven ballot measure that won voter approval for a change in city-government form so that we now have a local, Executive Mayor, elected by the community to lead the operations at City Hall. In 2017, he was asked to run for the position and is now serving his third year in office. He is vice president of KLa-HaYa Days; board member on Snohomish County Tomorrow, U.S. Navy League, Garden City Grange and American Legion Post 96 (SAL); member of Snohomish Kiwanis, Snohomish Sportsmen’s Club and Snohomish County Farm Bureau; and Executive Liaison to Historic Downtown Snohomish.

Donna Ray

Councilmember, Position 1
 Phone: 425-327-6252
d.ray@SnohomishWA.gov

Donna Ray has lived in Snohomish for 15 years and is the founder and co-captain of Morgantown Neighborhood Watch. She was appointed to the Snohomish Public Safety Commission in 2016 becoming chair in 2018. Donna was elected to the Snohomish City Council in November of 2019.

Donna believes that focusing on what we have in common in an atmosphere of respectful engagement is key to building a strong community and productive government. Her focus is on community outreach and involving the community in decisions that will affect their quality of life and future.

Donna has a professional background in procurement, contract management and small business ownership. In her spare time she enjoys gardening, reading and painting.

Judith Kuleta

Councilmember, Position 2
 Phone: 425-327-6162
kuleta@SnohomishWA.gov

Judith has resided in Snohomish since 2001, raising two SHS graduates. Judith earned a Master’s Degree from UW, a BA from Marylhurst University and two AAS degrees in Fire Science and Paramedicine from University of Alaska.

Judith has a long career in public service working as a nurse (LPN), and a fire chief both in Alaska and Oregon. Judith served as director and faculty for the fire science program at Bellevue College. She recently retired from working as an estate manager.

Judith has a lifetime of volunteerism as CPR instructor, ski patrol, search and rescue and EMT. Since her time in Snohomish, she has volunteered with HDS (Historic Downtown Snohomish), youth soccer coach, participated in neighborhood cleanup and volunteered during KLa Ha Ya Days. Judith’s lifetime of public service has led her to the position as city councilmember and she is looking forward to serving her community.

Jason Sanders

Councilmember, Position 3
425-327-7754
Sanders@SnohomishWA.gov

Jason Sanders has lived in the City of Snohomish since 1993 with his wife and two sons, both SHS alumni. He was appointed to the Snohomish City Council (January 2017) and has held a variety of positions including Council President and Mayor Pro Tempore (2018-current), Youth Council liaison (2018-current), Snohomish Economic Development Committee (2015-2018), Evergreen Health Monroe Foundation (2015-current) and Snohomish County Chapter of the American Red Cross (2017-2019).

Jason has worked for the past 21 years with Puget Sound Energy and currently manages the Business Services department. He has a B.S. Biology (WSU), M.S. Industrial Hygiene and Safety (UW) and completed the UW Business School Executive Program. Jason and his wife love to fly fish and travel including trips to Nepal, Tibet and Beijing.

Tom Merrill

Councilmember, Position 4
425-327-6668
Merrill@SnohomishWA.gov

Tom Merrill was elected to the council in 2017. Tom moved to Snohomish six years ago after meeting and marrying his wife Karen, a 40 year resident of Snohomish. The community values of Snohomish are the ones he learned growing up in a small Colorado town in a family that emphasized community participation. Tom is an active volunteer having served on the Snohomish Open Government Committee, the Shoreline Community College Curriculum Advisory Committee, and is currently on the Sharing Wheels Community Bike Shop board. He is council liaison for the Economic Development Committee, the Public Safety Commission, and Community Transit.

Tom was formerly an IT Director of Technology at PACCAR Inc. (retired) and owner of ShavanoWorks Coaching. He has a B.S. from Colorado State University in Computer Information Systems and an M.A. from Antioch University. Tom is an avid reader and loves to bike ride, kayak, and watch Karen work in the garden.

Linda Redmon

Councilmember, Position 5
425-327-5748
Redmon@SnohomishWA.gov

Linda is looking forward to the next two years as your councilmember. She has thoroughly enjoyed collaborating with the council, the mayor and city staff to keep Snohomish special and to ensure this is a community we can all be proud to live in.

In the last two years, Linda has approached city issues with an eye to equity and fairness, ensuring that all community members are heard and represented. She has sought greater youth involvement, helping to create the Youth Council, and for accurate assessment of public safety issues that so many community members have asked about. She has also pushed for greater awareness and implementation of emergency planning and preparedness by community members.

Linda encourages everyone to reach out to her via phone, text, email, postal mail, in the grocery store and on Facebook and Twitter should you have any issues you would like to discuss.

Larry Countryman

Councilmember, Position 6
425-327-7376
Countryman@SnohomishWA.gov

Larry was born in Snohomish at the hospital no longer existent today. He has been married for over 50 years to his wife, Sandy, and has six children all of whom have since graduated from Snohomish High School. Larry also graduated from Snohomish High school in 1960. For more than 33 years, he owned and operated a small Bed & Breakfast in a historic Victorian home he refurbished in the Historic District in Snohomish—which he helped to establish.

Prior to being elected to his current term in office, Larry had served the residents of Snohomish as an elected councilmember for 12 years and served as the Mayor Pro-Tem for about four years. Larry's professions include being an artist and builder.

Steve Dana

Councilmember, Position 7
425-327-5948
Dana@SnohomishWA.gov

Steve Dana grew up in Snohomish and really never left. After living in Everett for a couple years he and his wife Noreen moved back to Snohomish in 1979, living most of that time on Ford Avenue. He and Noreen owned The Hub for 25 years. Steve now sells real estate at Century 21 North Homes Realty.

Since 1987, Steve has served the city in some capacity both as an elected councilmember and mayor and as a volunteer on the old Board of Adjustment and for the past nearly 20 years on the Planning Commission. In addition to that, he served terms on the boards of the Food Bank, the Senior Center, the Affordable Housing Group and the Chamber of Commerce. At different times over the past 50 years he served in the Jaycees, the Lions and currently the Snohomish Kiwanis.



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Engage Snohomish!

New after-hours business networking event

Grab your business cards and hone your elevator speech for Engage Snohomish, a new after-hours networking event intended to create meaningful business connections.

Engage Snohomish will be held the third Wednesday of every month from 4:30 to 7 p.m. at a rotating location in Snohomish. It's a mix-and-mingle social and anyone can attend. Unlike other evening networking events, admission is free of charge, and there are no boring speakers or sales pitches. There will be raffle prizes, (everybody loves a door prize) and an opportunity to donate something to give-away.



Engage Snohomish Upcoming Events:

February 19

Looking Glass Coffee
801 First Avenue. Snohomish

March 18

SnoTown Brewery
511 Second Street. Snohomish

April 15

Blanc and Rouge
801 First Avenue. Snohomish

New to networking? Here are some tips that can ensure your networking success.

1 Choose the right venues. Not every group of people will be right for you. Choose groups where people congregate who share your interests and/or are potential clients. Chambers of Commerce, men's and women's organizations, networking groups, special interest groups and associations are all potential choices.

2 Develop relationships. Networking is not about selling, but rather developing relationships that can lead to sales or referrals. The idea is to get to know people and allow them to get to know you.

Often, people approach networking with the hope of making a sale or getting a client after one visit to an appropriate group. That's not how it works. People do business with those they know and trust and it can take time to build up that knowledge and trust. So approach a networking event without any expectation of getting new business. Instead, go with the idea of meeting new people or schmoozing with those you've already gotten to know.

3 Dress appropriately and professionally. Establish yourself as a successful person, which you can do by dressing the part. This does not mean that you need to wear expensive clothes, but do wear something professional.

4 Be prepared. Bring plenty of business cards, but only give them to people who show a real interest in what you do. Brochures or printed postcards can also be effective. Also, craft a short description of what you do—no more than 10 or 15 seconds.

5 Ask questions and listen. You don't have to talk a lot about what you do in order to find potential customers. Rather, ask people you meet questions about them and their business, then listen carefully to their answers. Find points of commonality that you can bring into the conversation.

6 Sit with people you don't know. Many events have walk-around networking followed by a sit-down meeting of some sort. During the walk-around, do talk to people you have met before to enhance your relationship, but sit with people you don't know in order to widen your network and meet potential customers.

7 Talk to people who are standing alone. People attend networking events to meet others. If someone is standing alone, that's the perfect opportunity to make a new contact. You might want to start the conversation by saying, "May I join you?"

8 Move on—politely. Don't spend all of your time talking to one person. Gather the information you need, exchange business cards, if appropriate, and move on. I often say, "I'd like to do some mixing now. It's been a pleasure speaking to you."

9 Give to get. Focus on what you can do for others, not what they can do for you. Perhaps you know someone who could use your prospects services. If you do, make the referral.

10 Follow up. If you make a good connection with someone, after the event, send a note saying how much you enjoyed meeting them. If appropriate, send an article or some kind of information that they might find helpful. Do not add them to your mailing list without their permission.

Networking is a process, not a one-off event. Take the time to develop relationships with people who interest you. Be proactive and invite someone to a one-to-one meeting so you can get to know them.

Remember that most business owners and practitioners are looking for connections. Networking is about sharing, not taking. It is about forming trust and helping one another toward goals. Regularly engaging with your contacts and finding opportunities to assist them helps to strengthen the relationship. By doing this, you sow the seeds for reciprocal assistance when you need help to achieve your goals.



Snohomish School District is **BUILDING FOR OUR STUDENTS' FUTURE!**

CAPITAL BOND: FEBRUARY 11, 2020

The February 2020 bond will:



Provide access and opportunity for each student

Funds from the bond will be used to replace our oldest elementary schools, so all students have the same access to an optimal learning environment no matter which school they attend.

Improvements include adding more classroom space to reduce the use of portable classrooms across the district.



Enhance school safety and security for students and schools

Safety and security upgrades will include improved digital access control systems, new district-wide radio system, redesigned vestibules in secondary schools, new and upgraded existing camera systems, emergency responder enhancements, and improved school lockdown capabilities.



Continue community pride

This bond will ensure our schools continue to be a source of pride in our community. We know that the success of our students and quality schools are a reflection of our community and a source of pride.

What is the cost to build for our students' future?

If approved by voters on February 11, 2020, the tax rate for the Snohomish School District capital bond would be \$0.98 per \$1,000 of assessed valuation (*data based on 2019 voter-approved Snohomish School District tax rates*).



Want to learn more about the Snohomish School District capital bond?

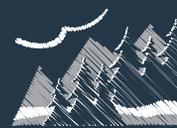
Please visit www.sno.wednet.edu/2020bond or contact the district's Communications Department at communications@sno.wednet.edu or 360-563-7263.



FEBRUARY

11

**Please remember to vote by
Tuesday, February 11**
(No stamp needed)



SNOHOMISH
SCHOOL
DISTRICT

New Year—New Goals!

Picking the right wellness program for your goals will help keep you fit and motivated!



Every New Year, new gym goers try as hard as they can to undo a lifetime of bad decisions in a few weeks. When you try to rush progress in the gym, you make yourself susceptible to injuries or burnout from fatigue. The best advice I can give to anyone getting started in their fitness journey is to be sure to fit in time for rest and recovery into their programs. Fitness is not just about weights and cardio. When you combine proper nutrition, flexibility, and sleep along with all the other aspects of training, you will reach your goals safely and effectively.

~Jason Morris, owner WildStyle Gym



The best tip I have for those looking for health, wholeness and harmony is practicing yoga. This practice—and it is a practice—has served me for over 30 years. Yoga is

much more than the physical postures—as important they are for building strength, stretching, and finding balance. The core of yoga is mental and emotional—inviting self-reflection, self-care, and kindness as basic tenants. We use the body and breath to calm the mind and open each one of us to our own unique authentic self—hearing the call to live fully, in happiness and health. Science confirms the wisdom and the many benefits of yoga in all of its manifestations—from very vigorous to very gentle.

~Karen Guzak, Owner Yoga Circle Studio



Let yourself be on the receiving end, it has a way of smoothing out the interior wrinkles. Allow time for self-care, it's a nourishing movement towards honoring who you are. Do what you love repeatedly, it will sustain you and inspire others.

~Catherine Aguilera, Owner, Mariposa Day Spa

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Aquarela Pole Dancing Studio

1101 First Street

Crossfit Snohomish

16326 SR 9

Iron Hide Crossfit

723 Ave. D

Life Elite Fitness

19126 State Route 9 SE

Snohomish Aquatic Center

516 Maple Ave.

Snohomish Fitness

112 Ave. D, Suite B

Snohomish Senior Center

www.snohomishcenter.org

Team Mean MMA

1824 Bickford Ave., Suite B

Wild Style Gym

1207 13th Street, Suite E

YOGA

Spark Hot Yoga

2603 Bickford Avenue

Yoga Circle Studio

707 Pine Avenue

MARTIAL ARTS

Bulwark Jiu Jitsu

1101 First Street

Karate Northwest

203 B Cypress Way

Taekwondo Way

2529 Bickford Ave.

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Diamond Massage Spa

1205 Ave. D, Suite C

Essential Peace Massage

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Fresh Spa

1202 First Street

The Gated Sanctuary

16404 14th Street NE

IGH Massage

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Kellie Lawler Naturopathic & Acupuncture

1212 10th Street, Suite A

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Snohomish Naturopathic Clinic

1101 Ave. D, Suite D103

Steven Olson Naturopathic Clinic

401 Union Ave.



Photo credit: Stephanie Zakas

The fitness industry is always trying to tell us we are failing and makes attempts to convince us we need to change our body, especially as we hit the New Year. I believe instead of hating our body and wishing for change, the New Year is a great time to increase our awareness of what our bodies can achieve and have gratitude for what we are able to do. Loving our bodies where we are and being grateful for what we can accomplish is a sure fire way to increase happiness.

~Lacey Ramon, owner,
Snohomish Fitness Center



Health begins in the inner man with a ripple effect that is boundless.

Restored faith, hope and joy is far more infectious than disease.

~Richelle Lynee' Walker,
Joy Centers

Calendar of Events

February 1

Groundfrog Day
www.SnohomishChamber.org

February 7-9

Citywide Antique Sale
www.historicdowntownsnohomish.org

February 14

Coffee with the Mayor
www.SnohomishWA.gov

February 19

Engage Snohomish
www.SnohomishWA.gov

March 7-17

Leprechaun Quest
www.historicdowntownsnohomish.org

March 7

Snohomish Wine Festival
www.snohomishchamber.org

March 12

State of the City
www.SnohomishWA.gov

March 13

Coffee with the Mayor
www.SnohomishWA.gov

March 18

Engage Snohomish
www.SnohomishWA.gov

April 4

Resident Household Cleanup
www.SnohomishWA.gov

April 11

Snohomish Easter Parade and Bonnet Contest
www.snohomishchamber.org

April 25

Snohomish on the Rocks
www.snohomishontherocks.com

April 25

Snohomish Garden Club Plant Sale
www.snohomishgardenclub.com

May 2

Citywide Parks Spring Cleanup
www.SnohomishWA.gov

May 3

Snohomish Women's Run
www.snohomishwomensrun.com

May 17

Sky Valley Motorcycle Show
www.skyvalleyabate.com



Tim Cross, Public Works Operation Manager

Tell us about yourself.

I've been with the city since 2008, beginning as the Senior Construction Inspector. That job entailed inspecting all new developments, city capital projects and reviewing plans for compliance. I grew up in the industry as my parents owned a couple of construction companies. I got my feet wet as a general laborer learning many aspects of road and utility construction. I began my apprenticeship in 1988 with Dyad Construction out of Woodinville, WA and worked throughout Washington, Oregon and Alaska before joining the City of Arlington in 2004 as their Senior Construction Inspector. As the new City of Snohomish Public

Works Manager, I am leading the Streets, Parks and City Fleet Departments, as well as Facilities.

I have been married for 28 years to my wife Tammi, and have one son, Casey, who is 24 years old.



What do you enjoy about your job?

I most enjoy working with the staff to solve complex issues. Each project is different, from one division to the next, so it provides a lot of diversity from day to day.

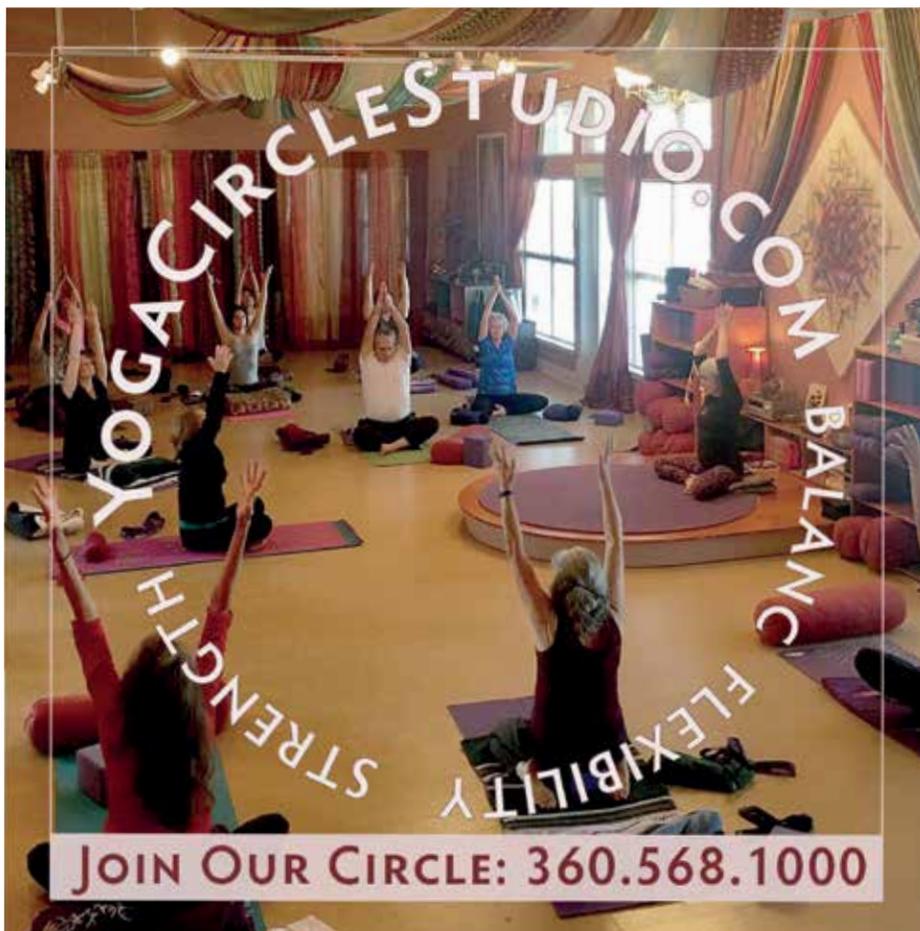
What is the biggest challenge you're working on?

My biggest challenge is ensuring our crews are prepared for inclement weather conditions, such as snow and flooding events. I need to make sure that we have the proper tools and equipment to clear roadways, close them when necessary, and remove debris for the public's safety. Our new snow plow helps (we now have three) and new street sweeper has made a big difference in our ability to clear storm drains quickly to protect roadways from flooding from too much leafy debris.

How do you like to enjoy your off-time and why?

I love to spend my off-time with my family because they're awesome! We love to hike into the backcountry of the Henry M. Jackson and Glacier Peak Wilderness, and fish in the high mountain lakes. We spend a lot of time at our friend's ranch in northeastern Oregon cattle driving, riding ATV's and fixing fences—it's not work when we go there. As you can tell, I like to be outside. I don't sit around much.

-Tim



Board Members:

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The Snohomish Carnegie Foundation is a non-profit organization committed to the rehabilitation and restoration of the Snohomish Carnegie building and grounds.

Thank You!

After many years of hard work and support from our community, business leaders, elected and City officials, we are excited to announce that restoration has begun!



"Demolition of the Annex", art work by Aidan Lewis of Snohomish High School

Beginning on January 20, 2020 the demolition of the 1968 annex to the Carnegie Library will make way for a new grand entrance, restoration of the original exterior building walls and an expansive green area to dedicate to the Veterans Memorial Monument.

The Snohomish Carnegie and grounds will provide a place for events that will help drive the economic engine of our historic downtown business district and expand the downtown corridor of historic buildings. For enhancing existing events such as the Farmer's Market, to hosting new events normally only available in larger towns, we will once again say, "Meet me at the Carnegie".

The way it used to be



A special thank you to Enterprise Holdings Foundation for their generous \$2,000 contribution towards the development of the Veterans Memorial Park. For more information about how you can join the team to help build the Veterans Memorial Park, visit our Facebook page or website at snohomishcarnegie.org.

The Snohomish Carnegie Foundation

www.snohomishcarnegie.org • snohomishcarnegie@gmail.com • Find us on



Hill Park Restoration

Students from Snohomish High School’s science program worked alongside City of Snohomish parks staff to refurbish the shoreline at Hill Park. The students, along with members of the Snohomish Conservation District and the Snohomish Sportsmen’s Club, introduced new native plants that are needed as screening to prevent waterfowl

from easily accessing the park in the spring and summer, and provide a third rain garden to catch and filter water from the parking lot. In addition, the rain garden will feed the new plants.

The high school science students received extra credit to be part of this project.

Smooth Roads on Bickford

You may have noticed a smoother drive along Bickford Avenue recently as crews completed Phase 1 of the Bickford Avenue Overlay Project. This work has improved ride quality, reduced noise levels, and reduced the full life cycle costs of the surface.

The 2019 Bickford Avenue Overlay Project began in September and was completed in late October. It included overlaying and striping Bickford Avenue between the SR 9 overpass and Weaver Road. The contractor was Northshore Paving, Inc. from Bothell, Wash.

The city was awarded a Federal grant through the Puget Sound Regional Council (PSRC) for this project from their Surface Transportation Program. The grant covers 86.5% of the cost with the other 13.5% to come from the city’s Transportation Benefit District fund. The original grant allotment was \$384,000 and the final cost was just under \$261,000. In 2020, Phase 2 will be completed with overlay applied from the 15th & D Roundabout and the SR 9 bridge.





Are You Prepared for an Emergency?

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of

empowerment. Make sure you have enough supplies to last for at least **three days**. Think about where you live and your needs. Consider having a large kit at home (enough supplies for two weeks), and smaller portable kit in the car or your workplace. Tear out this checklist and use it collect your emergency supplies.

- Water, one gallon of water per person per day for at least two weeks, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Alert Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers or charging device
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet(s)
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container



- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



Do you know your Important Phone Numbers?

Spouse: _____ Spouse: _____

Parent's Name: _____ Cell# _____ Work # _____

Parent's Name: _____ Cell# _____ Work # _____

Doctor: _____ Phone: _____

Health Insurance: _____ Policy Number: _____

List name, cell phone number, allergies and medical conditions

Child 1: _____

Child 2: _____

Child 3: _____

Child 4: _____



SOLD!



SOLD!



SOLD!



SOLD!



SOLD!

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