

CITY OF *Snohomish*

SPRING 2020

QUARTERLY



Trees Matter:
Explore the Trees
of Historic Snohomish
Page 8

Community Spotlight:
Snohomish Running Company
Page 14

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Office Hours
Monday–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
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Fax: 360-568-8377
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Non-Emergencies: 425-407-3999

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Office Hours
Monday–Friday, by appointment

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

I’ve been working from home, grateful to work remotely and continue to provide service for our citizens. With a laptop and the help of the Historic Downtown Snohomish Association, we were able to create **Virtual Snohomish**, a digital portal to local businesses that offered their products or services online. We were the first Washington State city to create a virtual presence that promoted businesses that offered curbside pick-up, delivery or mobile services. Within hours, we were able to list over two hundred businesses and market that Snohomish was still open for business. We also created a Virtual Tip Jar so members of the service and gig economy could receive tips remotely from their clients and friends while they were sheltered at home. And you, our residents, immediately responded by purchasing gift cards and shopping online. We adapted. We changed our normal and our routines. We’ve all pivoted to keep this community healthy—and for that I am incredibly thankful.

After two months, I can tell you that I miss some of my routine, but not all of it. I’ve discovered that being outside is something I had taken for granted. Evening walks around my neighborhood have become more than a necessary distraction, but a means to connect with my neighbors—who I normally wouldn’t run into. Now, as more people are out for daily walks, I’ve been able to learn names and recognize who lives where. I’ve noticed new landmarks and interesting architecture. You might be enjoying a daily walk too, so in this issue, we published a walking guide featuring the beautiful trees of the historic district. You’ll find over two dozen different species around the city to enjoy while you’re adapting to your new routine.

And speaking of a new routine, on page 14, you’ll get to know Grant Harrington, owner of the Snohomish Running Company who has built his business around health and wellness. With many of his events cancelled, read how he has adapted and pivoted to keep his company, well, running.

There are some routines that need adapting. My hope is that wherever your new routine is, that you are safe and healthy.

–Wendy

CITY OF Snohomish QUARTERLY

In This Issue SPRING 2020

- Mayor’s Message4
- Council Corner5
- Midtown Planning District Process 6
- Pre-Application Process 7
- Trees Matter! 8
- Staff Spotlight11
- Calendar of Events 12
- Deputy of the Year13
- Community Spotlight:
Snohomish Running Company ... 14

On the Cover: Andy’s Fish House offers “Curbside Catch” to a local patron.
Photo credit: Wendy Poischbeg

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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
Jason Becker



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

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Our Remarkable Town

BY JOHN T. KARTAK, MAYOR

Difficult and strange times are no match for the love and kindness that are found in the Snohomish community. The coronavirus pandemic has been a challenge, but it also brought out the best in our nature. Only three months ago, I wrote about how “the economy is great, ...and the traffic stinks.” That powerful reality was flipped completely upside down just days into the worldwide crisis—this while the heart of our community remained unshaken. I summarize what is in that heart as *small-town values*. Here are some observations that reflect this:

In response to the emergency, nearly a dozen churches have taken turns to continue the Monday/Thursday community dinners at Saint John’s Episcopal Church by packaging up and then distributing the freshly-cooked meals outside in front. Likewise, the Snohomish Senior Center has continued their daily senior lunch program much in the same way. At the Snohomish Food Bank, an outpouring of volunteers have committed to providing parking-lot courier services so that patrons don’t leave the health and



safety of their own vehicles. Our School District has prepared and distributed 1,800 meals daily.

Grocery stores have set aside special hours dedicated to seniors and those with health concerns. Volunteers have been found across the Facebook and Nextdoor platforms offering services for shopping and delivery to those in need. I know of some who have gone up and down their street to donate paper towels and toilet paper to neighbors who

were in short supply. Faith communities and organizations have manufactured personal protection equipment to help meet medical and operational demands. Kusler’s Pharmacy donated hand sanitizer to our Police Department, Boys & Girl’s Club, and Food Bank. Skip Rock Distillers changed their operations to formulate, manufacture, and offer medical grade sanitizer to local hospitals, nonprofits, and the Department of Emergency Management. Lifetime Heating and Air Conditioning offered free duct sanitizing for local fire, police, and medical employees working on the

Our actions during this time have clearly shown that at the core, we are deeply united as one town. Love and kindness are measured when put to the test, and we passed with flying colors.

front lines. The Pursuit Church paid off all of the school lunch debt at one of our elementary schools. The volunteer group Spruce-Up Snohomish continued their efforts to clean up litter in parks, on trails, and along our streets. There are, just as certainly, countless others who have gone above and beyond, and I wish I had time (and room) to recollect them all here.

This has been a moment in our history of substantial proportion. As profoundly varied as we all are with regard to age, ability, education, wealth, religion, politics, social issues, and such, our definitive actions during this time have clearly shown, that at the core, we are deeply united as one town. Love and kindness are best measured when put to the test, and we passed with flying colors by expressing our small town values as actions, not just feelings and wishes. It has always been this remarkable community that makes Snohomish so special.

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-John
360-282-3154

What Are YOU Doing?

BY LARRY COUNTRYMAN, COUNCILMEMBER POSITION 6

You may have heard or remember the billboard from the early 1970's that said, "Will the last person leaving Seattle, please turn off the lights?" This was in response to the "Boeing bust" as some called it. I was working at the Seattle Times newspaper then and at the time they highlighted businesses that were still thriving and doing well. I am proud to say Snohomish is still thriving.

Fast-forward nearly 50 years and at the writing of this article, we're in the midst of a pandemic, one that we've never seen before. Our park-like City of Snohomish has had a long and unique history and there is no other small town like it in the vicinity.

From the historic downtown to the historic districts, we have attractions

that most cities do not have. We have unique businesses, antiques, specialty shops and restaurants where people want to come and visit. The architecture of our historic homes and manicured lawns and gardens make our town like one big park. One of the oldest businesses in Snohomish is our active airport where you can go on sightseeing plane rides, parachute, go on a hot-air balloon ride or just watch all of the activity. Besides the airport we also have many other family run businesses such as McDaniels Do it Center and Bickford Ford. More



recently we built the Aquatic Center where you can "float down the lazy river," surf the FlowRider, swim laps, take a class or just sit in the hot-tub. And of course, we have many parks and trails, boating and fishing to enjoy. And so much more.

We will get through these times, together. LET'S STAY IN SNOHOMISH, SUPPORT SNOHOMISH and SHOP SNOHOMISH and we will keep our economy healthy and thriving.

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Midtown Planning District Project

BY GLEN PICKUS, PLANNING DIRECTOR

In the middle of the City there is a prime 9.5-acre site that has been sitting vacant for the past 12 years ever since the County moved its public works facility out of town from 1201 Bonneville Ave.

For those years people have wondered how the highly visible site will be developed with its nearly block-long frontage on Avenue D. What were the County's plans? Would another public works facility be built there?

In an act of collaboration, County staff met with City staff to discuss future plans for the site. Once the site has been cleaned up from pollutants that migrated to the site from a dry cleaners on the other side of Avenue D, the County is going to either sell the property or manage its redevelopment in a way consistent with the City's vision for the area.

But what exactly is that vision and do the existing zoning regulations support that it?

In February the City Council proactively started a process designed to answer this question and to ensure the proper regulations are in place prior to the site's redevelopment. A 13-member Task Force has been selected by Mayor Kartak and confirmed unanimously by the City Council to lead the effort which has been titled the "Midtown Planning District" project.

The project's boundaries are the Avenue D commercial corridor from Sixth Street north to the roundabout at SR9.

The project's objective is to update the development regulations for the Commercial zone, where the site is located, so the land is redeveloped in a manner consistent with the community's vision and that makes the best use of the property. Two City Council goals are to expand the city's tax base and to provide additional housing options including affordable housing.

The Midtown Task Force will meet four times and hold one public open house. Due to the uncertainty caused by the coronavirus/covid-19 outbreak the original schedule has been discarded and a new one has not yet been set.

Two private consultants have been hired by the City to facilitate the Task Force meetings and to help them develop recommendations for design principles and standards and revised code language.

The Task Force will ultimately make recommendations to the City of Snohomish Planning Commission which will process the recommendations as proposed code amendments. That process will involve a couple of work sessions followed by a public hearing where community members are encouraged to provide their input.

The Planning Commission will conclude its public hearing by making a recommendation to the City Council which is the ultimate decision-making authority on code amendments.



For more information about the Midtown Planning District Project visit the web page created for the project at www.snohomishwa.gov/706/Midtown-District. If you have specific questions, contact City of Snohomish Planning Director Glen Pickus at pickus@snohomishwa.gov or 360-282-3173.

Pre-Application Process

BY GLEN PICKUS, PLANNING DIRECTOR

Everybody wants their development applications to be reviewed and approved as quickly as possible. And by everybody, I mean not only the applicant but also those of us at City Hall.

The best way to minimize the time between permit submission to permit issuance is to choose to go through the “pre-application” process.

Pre-application is a service offered to applicants as an opportunity to get early guidance from the City on policies, regulations, standards, submittal requirements, and code compliance before investing in expensive plans and engineering.

With your pre-application submittal you can ask questions, explore alternatives, and learn how to make your project move faster, in a more code-compliant manner. The benefits include a consolidated preliminary review and specific feedback from City staff.

Pre-application is free and voluntary (with a few exceptions) and highly

recommended. Applications that are decided by the Hearing Examiner or the City Council are required to go through the pre-application process. These include applications for subdivisions, conditional use permits, variances, and rezones.

It doesn't take a lot of effort to go through a pre-application review. At a bare minimum, all that is required to get back meaningful results is a sketch of a conceptual site plan and a narrative describing the proposed project. That said, the more information provided and the more detailed that information is, the more value will be realized through the pre-application process.

We strive to respond to pre-application requests within 1-2 weeks. Applicants receive a letter from our Permit Coordinator which includes comments from various city departments including Planning, Building/Fire Marshal, Engineering and Public Works (utilities). The Permit Coordinator

will describe what items will have to be submitted with the development application and what the fees will be. If specific questions are asked on the pre-application submittal, those will be answered.

While initially pre-applications don't include a meeting with staff, if after receiving the Permit Coordinator's letter an applicant wants to meet we're happy to schedule that.

By going through the pre-application process you can ensure your permit application will not only be complete but it will be high quality. A quality application is the single best way to make the permit review process go as swiftly as possible.

That's why we encourage all potential development permit applicants to request pre-application. We've kept the process as simple as possible and don't charge a fee, unlike other cities, so there really aren't any reasons to not take advantage of the pre-application service.

TREES OF HISTORIC SNOHOMISH:

Trees Matter!

People always have needed trees. We need trees for shelter, for fire, for shade. We need trees to breathe and to be fed. We always will need trees.

Trees teach us about our own human condition; about birth and death and rebirth. Trees are miracles of engineering, chemistry and faith.

We picnic by trees. We walk along streets with trees. We plant trees in our parks and on our properties. We take photos of trees. Kids climb trees. We simply love trees.

And we hope that you love our trees, too.

1 58 Maple Ave. (east of 51 Maple Ave.)
English Walnut (Juglans speciosa.)
 Gorgeous large upright clusters of white flowers appear in early summer, followed by long, bean-like seed pods.

2 105 Cedar Ave. Snohomish Carnegie Library
European Beech (Fagus sylvatica.)
 Near entrance. Green leaves; smooth gray bark reminiscent of an elephant's skin.

American Elm (Ulmus Americana.)
 On Pearl Street. This large elm is the lone remnant of a once-larger grouping.

Copper/Purple Beech (Fagus sylvatica.)
 On the alley next to 703 1st St. This species has purple leaves and smooth gray bark. See #7.

3 116 Union Ave. City Hall (former Snohomish Post Office)
Pin Oak (Quercus palustris)
 These two large giants are home to numerous crows who feed on their "pin"-sized acorns. The one to the left was dramatically trimmed in 2017 in an attempt to save it from splitting down the middle.

4 220 Union Ave.
Deodar Cedar (Cedrus deodara.)
 This large evergreen is native to the Himalayas.

5 906 3rd Street
Cherry (Prunus,) possibly Sweet Cherry (Prunus avium.)
 On the west side of the yard behind a picket fence. Magnificent large, twisted trunk.

6 317 Ave. A. (the back yard of 317 Ave. B.)
Horse Chestnut (Aesculus hippocastanum.)

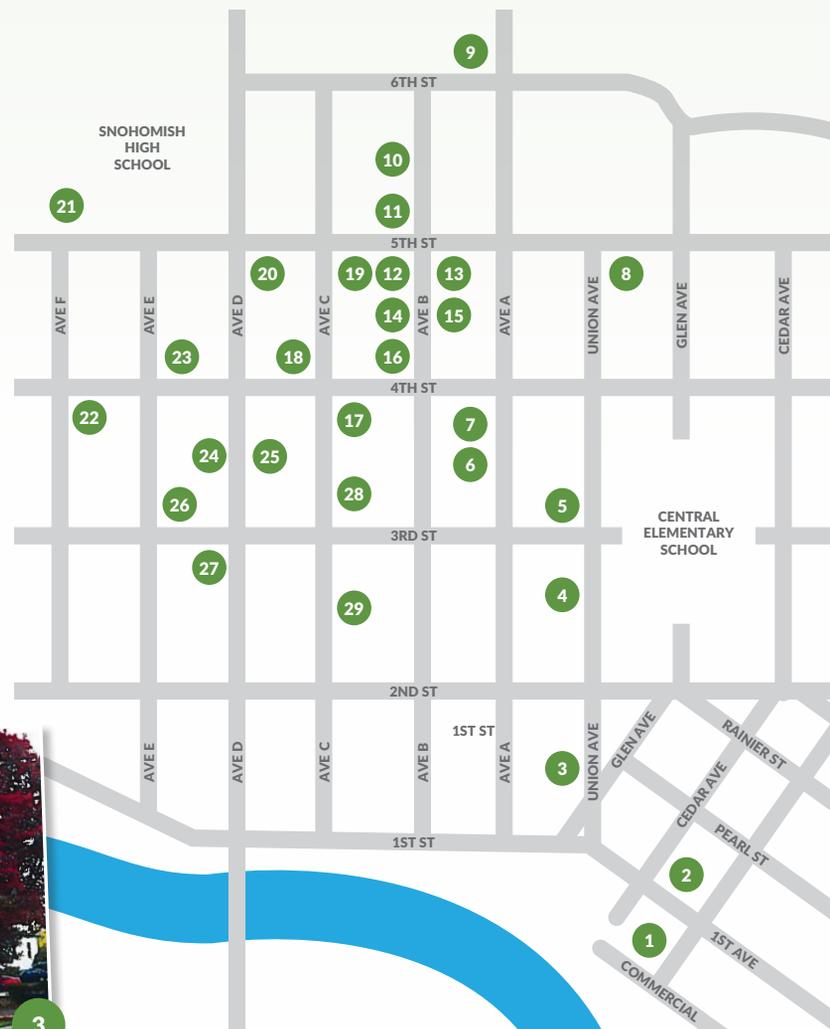
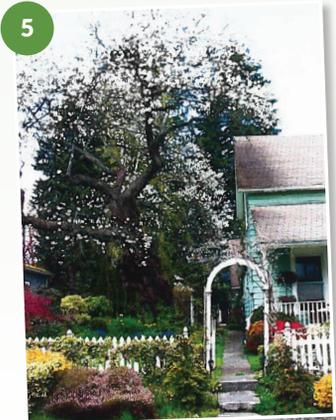
7 330 Ave. A, at the southeast corner of the lot
Copper/ Purple Beech (Fagus sylvatica.)
 Very large and generally long-lived tree. See #2.

8 429 Union Ave. 1898 Goodrich House
Camperdown Elm (Ulmus glabra 'Camperdownii.)
 Contorted branches and weeping canopy. Best viewed in winter, when its leaves don't obscure the branches.

9 602 Ave. A, southeast corner of the lot
Sassafras Tree (Sassafras albidum.)
 Varying leaf shapes, with an excellent orange-to-scarlet fall color. Bark of the roots sometimes is used to make tea.

10 516 Ave. B, on alley
Japanese Walnut (Uglans ai/antifo/ia.)
 "Champion Trees of Washington State" by Robert Van Pelt, which documents the largest known examples of species, credits this tree as featuring the "largest crown."

CONTINUED NEXT PAGE



11 506 Ave. B. 1902 Hendrie House

Chinese Chestnut (Castanea mollissima.)

This outstanding chestnut also is included in "Champion Trees of Washington State." Large edible nuts are enclosed in a prickly burr. Mr. Hendrie, one of the town's first druggists, brought the tree here as a seedling from his native New England.

12 430 Ave. B, near alley; best seen from 5th Street

Giant Sequoia (Sequoiadendron giganteum.)

This is a relatively young tree. There also is a young Coast Redwood (*Sequoia sempervirens*) on this lot. Another example is found at the corner of Maple & Ford Avenues.

13 429 Ave. B.

Shagbark Hickory (Carya ovata.)

Mature Shagbarks feature a trademark shaggy bark. They can reach 90 feet in height and live up to 200 years. Shagbarks bear leaves up to two-feet long and edible nuts with an excellent flavor. Note the keyhole in the trunk.

14 414 Ave. B. 1892 Henry House

American Elm (Ulmus americana.)

Several spectacular and large examples of this species.

15 East side of Avenue B., between 4th & 5th streets

Common Horse Chestnut (Aesculus hippocastanum.)

Street trees with large masses of white flowers with pink markings.

Red Horse Chestnut (Aesculus camea.)

Street trees with hundreds of 8-inch, reddish-pink flowers in April and May.

16 402 Ave. B

Copper/Purple Beech (Fagus sylvatica.)

See #2 and #7.

17 329 Ave. C.

Horse Chestnut (Aesculus hippocastanum.)

This is Snohomish's "Beloved Horse Chestnut," covered with a profusion of white flower spikes in May.

18 404 Ave. C, 1904 Wood House

American Elm (Ulmus Americana.)

19 431 Ave. C

California Bay/ Oregon Myrtle (Umbellularia ca/ifornica.)

An unusually large specimen with powerfully aromatic leaves which, when crushed, may be used as a more potent substitute for bay leaves in cooking.

20 429 Ave D.

Blue Atlas Cedar (Cedrus atlantica glauca.) -

cut down several years ago.

21 1316 5th St. Snohomish High School

Pin Oak (Quercus palustris.)

Referred to as "The Big Tree" by countless students. Very broad growth on this specimen, with a brilliant scarlet fall color.

29



17

22 331 Ave. F, 1907 McCormick House

Saucer Magnolia (Magnolia soulangeana.)

White and purple tulip-like flowers in April.

23 1314 4th Street, 1906 N.P. Hansen House, a former Episcopal rectory

London Plane Tree (Platanus x acerifolia.)

Peeling, cream-colored bark is a noticeable characteristic of plane trees.

24 329 Ave. D. street trees on both sides

Sourwood Tree (Oxydendron arboreum.)

Unbelievably brilliant, scarlet fall color. Sourwoods are a native understory tree in pine forests of the southeastern United States.

25 313 Ave. D, 1903 Foss House

Japanese Maple (Acer palmatum.)

to right of the house, behind two picket fences.

26 1314 3rd Street

Franklin Tree (Franklinia alatamaha.)

This oddly-shaped specimen of the rare Franklin produces large, white, fragrant camellia-like flowers, and in the fall features beautiful scarlet and orange foliage.

Monkey Puzzle Tree (Araucaria aracauna.)

On the west side of the lot. The Monkey Puzzle Tree, an arboreal oddity, is native to Chile.

Kousa Dogwood (Camus kousa or Camus k. chinensis.)

On the west lot line. White flowers in spring, followed by bright red fruit that hang from branches like strawberries; striking exfoliating bark; yellow to scarlet fall color.

27 323 Ave. D. next to alley

Ginkgo (Cingko biloba), male.

Ginkgos survived to present times only in China, but they once had a wide range. Petrified ginkgo forests are found in eastern Washington.

28 311 Ave. C.

Sugar Maple (Acer saccharum.)

This maple was planted in the early 1900s by Robert Hazeltine, the town's first mailman. It came from a tree in the Hazeltines' hometown in Whitehall, Mich., and served as a memory of their roots.

29 221 Ave. C, 1889 Walton House

Bigleaf Maple (Acer macrophyllum.)

Washington State's large, native maple.

Joe Hopper, Parks Lead

Tell us about yourself.

Hello, my name is Joe Hopper. I was raised in the small farming town of Stanwood. As a child, I remember having pinecone and huckleberry fights in the woods with friends using metal garbage can lids as shields, Saturday morning cartoons and riding my bike several miles to the nearest store to buy candy. My first job was picking spinach at the age of thirteen. After my first paycheck, I bought a “boom-box”, leather jacket and “GOTCHA” and “OP” bracelets. After high school, I started my career path which took me in several directions including tree climber and press assistant, to working for an up and coming coffee company. In 2008, I was hired by the City of Snohomish Parks department where I eventually became the lead in 2015. I will always remember the impression I got from Snohomish early on. It reminded me of home and the importance of community. I have enjoyed being part of the progress in the twelve years that I’ve been here and I am proud to have been able to contribute through projects with our incredible staff and committed community members. But the best reason why I enjoy working for the City is, it is where I met my beautiful wife.

What is your biggest challenge?

As any job, the biggest challenge is to stay motivated and to motivate others in a positive way. My vision for the Parks Department is that each staff excels to meet their full potential by utilizing their strengths. We are currently working on assisting with the Averill Field project, Carnegie landscaping and creating a new Maintenance and Operations plan.

How do you enjoy your time off?

On my time off, I like to go to different places and trying different things. I love the Northwest and all it has to offer like camping, hiking, playing in the snow or at the beach. I like to play my guitar, collect and play Wii games, and barbecuing after church. My dream is to someday open a small restaurant.



Calendar of Events

May 2

Citywide Parks Spring Cleanup
snohomishWA.gov

May 3

Snohomish Women's Run
 sign up for virtual run
snohomishwomensrun.com

May 9

Charm Walk
historicdowntownsnhomish.org

May 17

Sky Valley Motorcycle Show
skyvalleyabate.com

May-October: Thursdays

In new location
 Farmers Market
snohomishfarmersmarket.org

May 31

Snohomish Wedding Tour
mysnohomishwedding.com

June 13

Charm Walk
historicdowntownsnhomish.org

June 14

Evergreen 1/2 and 5 Mile
 sign up for virtual options
evergreenhalf.com

June 26 - 29

United Invitational
snohomishyouthsoccer.org

June 28

Snohomish Garden Tour
snohomishgardenclub.com

July 11

Sunsets in Snohomish
historicdowntownsnhomish.com

July 17 -21

Kla Ha Ya Days
klahayadays.com

July 25

River's Edge Brew Fest
riversedgebrewfest.com

July 30

Movies in the Park
snohomishwa.gov

August 6

National Night Out
snohomishwa.gov

August 7

Movies in the Park
snohomishwa.gov

August 8

Sunsets in Snohomish
historicdowntownsnhomish.org

August 9

Hard Cider Festival
snohomishciderfest.com

August 14

Teen Movie Night
snohomishwa.gov

August 13 -17

Bigfoot Soccer
snohomishyouthsoccer.com



Events with cross-through have been canceled by magazine publishing date. Be sure to check event websites for updates.

Deputy Sandt Awarded Deputy of the Year

BY CAPTAIN KEITH ROGERS

Deputy Sandt has been in law enforcement for 14 years and started his career in the state of Florida. Deputy Sandt came to the Snohomish County Sheriff's in 2017 and has been assigned to the city of Snohomish since 2018.

Deputy Sandt is a model example of a deputy that truly embodies the community outreach and trust needed now. He always seeks opportunities to connect with his community and puts forth a high level of commitment to his work.

Deputy Sandt could be considered the face of the Snohomish PD with his continued involvement in our social media posts that help us connect with the community. His approach to this is more than just posing for a picture. On 2/9/19 the region experienced a high level of snow fall and road conditions were icy and dangerous. Having a community safety oriented mindset, Deputy Sandt mounted his issued cell phone in his car and recorded a time lapse video of the ice and snow covered roadways. The video was later posted on social media with a statement about the dangers of driving in these conditions and some safety recommendations.

Deputy Sandt can be recognized by many members of this community due to his regular appearances at the events hosted throughout the city. Events like Coffee with a Cop, Senior Center lunches, Trunk or Treat event, school Walk-a-thons and any other that allow for positive community interactions.

Deputy Sandt also provides dedicated police services to the community and completes thorough investigations to bring justice to our victims whenever possible. On 7/11/19, Deputy Sandt handled a fraud case where a Snohomish citizen had their credit card used fraudulently. Deputy Sandt worked diligently on this case and with the assistance of local businesses, obtained video surveillance of the suspect. Within two days Deputy Sandt had identified a



suspect and gotten a written confession from that suspect.

Deputy Sandt also dedicated much of his time to the betterment of this agency by training deputies. Deputy Sandt is one of this agencies Field Training Officers, which is an experienced deputy who shares his/her knowledge with newly

hired deputies and prepares them for solo patrol within Snohomish County.

These are just a few examples of the level of pride, commitment and dedication Deputy Sandt provides to this community and what earned him the Deputy of the Year award for the Snohomish County Sheriff's Office.

City Transitions to Automated Phone/Text Notifications

Did you know that in March, the City transitioned to an automated phone/text messaging system that notifies customers regarding delinquent bills?

Now, the City will no longer place tags on the doors of single-family residences notifying of service shut-off.

Because of this, it is important for customers to update their contact information with the City.





Snohomish Running Company

A few times each year, downtown Snohomish, backcountry roads, and the Centennial Trail are swarmed with thousands of athletes ready to achieve the fantastic accomplishment of crossing a finish line. From cycling to running, Snohomish is a destination for many top tier sporting events, provoking professional runners and couch to 5K competitors to don a bib number for a chance to conquer personal demons, find inner strength, and to have a finisher medal placed around their neck.

With COVID-19 restrictions, most special events, including fun runs, marathons, and triathlons are cancelled through July. For Grant Harrington, owner of Snohomish Running Company along with his wife, Sarah Maxwell and partner Ron Montague, the largest running event promoters in Snohomish County now need to reimagine what running events will look like in order to stay well, running.

How will you pivot to adjust to the COVID-19 restrictions?

GH: Our first priority is to do whatever we can to service all the runners who are registered for events that have been cancelled. That's the most important thing for us right now. We have given these runners the option to either defer their option to the "Re-Run" on July 26th or a 2021 event, or take part in a virtual run. A virtual run is where we ship them the swag from the event, their finisher medal and bib number. The virtual run participants are then encouraged to share their run on Instagram, Facebook and Strava. We even send out random awards to some of the participants.

We've also rolled out the Snohomish Virtual Running Club. This will give runners a weekly opportunity to join a virtual running community and be provided with weekly challenges, advice and camaraderie.

We get asked a lot how people can support us. The best way to support Snohomish Running Company right now is to sign up for The Snohomish River Run Full, Half, 10K or 5K run on Saturday and Sunday, October 17th and 18th.

How can I donate a medal to a First Responder?

GH: We are working with our charity partners to find innovative ways to raise money. Our charity partners are vital to our live events and we normally provide large donations. Unfortunately with all of the lost registrations and no volunteer opportunities, our charity partners such as The Boys and Girls Club of Snohomish County and Girls on the Run of Snohomish County lose out on some really needed fundraising opportunities. To help with this we have started the SRC Run For Campaign. This is a really great campaign where each person who donated \$10 to a featured charity can have a finisher medal sent to a healthcare worker, first responder or essential worker to show some appreciation. Here is a link to that program: <https://snohomishrunning.com/run-for/>

Why is it so important to take care of our health and wellness right now?

GH: Quite candidly I don't feel it is any more important to work on your health and wellness right now as opposed to before COVID-19. I feel it's a vital necessity at all times.

I'm a recovering alcoholic with 16 years sober. At one time I was over 255 lbs. and couldn't even run a quarter of a mile. I smoked, chewed tobacco and my diet consisted of anything that was bad for you. It was through running and triathlon in which I was able to make the necessary changes in my life to become healthy.

We should always be preparing our mind, body and soul for these times in life which throw us curveball or when we are just powerless over life. Creating a healthy body and mind takes time. It doesn't occur overnight. I feel as if COVID-19 can be a good wake up call to so many that we never know when bad stuff is going to happen, and we need to prepare our brain and body for the unknowns on a daily basis.

COVID19 may kill upwards of 200,000 people this year. However, heart disease and cancer will kill over 1.25 million. I think it is great that we have a ton of people who are utilizing the COVID-19 spread as a wakeup call to change unhealthy habits. I feel running and running events specifically can give everyone the motivation and opportunity to continue with those healthy habits for long periods of time.



*Grant Harrington, Owner,
Snohomish Running Company*



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