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INSIDE: BHS comeback falls short, B9



BI mayor: Video on police-court facility 'propaganda'

BY STEVEN POWELL
Bainbridge Island Review

Mayor Rasham Nassar called it "propaganda." Councilmember Kirsten Hytopoulos said Bainbridge Islanders are "tired of it" and ready to move on. They were talking Tuesday night at their City Council study session about a new BI police station and courthouse. The topic has been an issue here for about two decades. City leaders hoped once city manager Blair King came on board as an outsider that he could play mediator and help solicit a solution. But it looks like the divide continues. King said city staff put together a video to reintroduce the issue to the public.

In it, he says the current police station "is the worse I've ever seen." Police Chief Joe Clark adds that space is limited for prisoners, victims, witnesses and staff. He said if there is more than one person in the lobby there "really is no privacy" when they are "talking about the most intimate moments in their lives." As for the courthouse, city Judge Sara McCulloch also talked about the lack of space. Your "first impression is, 'What is this?'" she said. For example, she mentioned that when people seek a protection order they are within feet of the accused. Also, she said she's "embarrassed" that when someone in a walker or wheelchair is in court officials have to move furni-

ture around to provide them access. Attorney Paul Cullen says in the video that he's been in hundreds of courtrooms, and the one in BI is "in the bottom three." Nassar said the video sends the wrong message. She pointed out that nationwide the trend is for cities to spend less on law enforcement and more on social services in an effort to stop crimes before they happen. Even though crime rates are low here, about 36% of the city budget is spent on police. "What do we want the future of policing to look like on Bainbridge Island?" she asked. Before anything else happens, she said the city needs to have a police needs assessment done. "What are our

policing needs?" she asked. "What level of spending should be allocated?" Those numbers should serve as the basis of what's done next. Nassar said everyone on the council agrees new police and court facilities are needed, but the questions remain how big, how much and where? She still has issues with the huge Harrison Medical Center being used for the site. She still alleges that millions of dollars were overspent in buying Harrison, and wondered why King and city staff had not investigated that. Hytopoulos agreed that there are "years of inaction behind us. Most of us were not involved in setting this path, but we're on this path, and it's time to



Courtesy photo
This building has been the police station since 2001, but it was built in 1945.

move forward." King said he was trying to spotlight that the police station and courthouse are inadequate. He said he understands the desire for a police needs assessment — "What the problem is before we find a solution." For next steps, he said city staff will look at the three sites still in the running for the facility and list the pros and cons of each.

TURN TO VIDEO | A8

BI workshops pack a punch for women

Mental empowerment, along with self defense

BY MARK KRULISH
Bainbridge Island Review

Self-defense classes have been around for decades, and the idea is simple — to teach women how to better physically handle dangerous situations. But there's a missing link between having the physical ability to handle anything and having the self-worth mentally to put that ability into action. And that's the idea behind a series of workshops being held on Bainbridge Island. Be Bold Be Brave, which bills itself as "Self-defense from the inside out," is run by two island residents, Dr. Allison Kress, a nationally recognized clinical psychologist and Master Steph Aduddell, a marital arts teacher and fourth-degree Tae Kwon Do black belt, who runs Pacific Fusion Martial Arts. The genesis of the workshops comes from one of Aduddell's often-repeated sayings to her students, "All the physical self-defense training in the world won't make a difference unless you feel worth defending." Kress, whose daughter is a student of Aduddell's, heard that mantra and realized it was the perfect concept to apply to her work. "That's exactly what I do by helping women turn personal challenges into opportunities for self-discovery and empowerment," Kress said. It was at that moment that Be Bold Be Brave was born — a holistic

approach to personal empowerment that addresses the whole person mentally, physically and spiritually. And the skills are transferable to every aspect of life — the classroom, personal relationships, athletic fields and the business world — regardless of age. Be Bold Be Brave has workshops for women of all different age groups, including middle and high school, college and adults. The workshops are age-appropriate and tailored to each group's unique set of needs. Workshops for adults also include fun activities, such as tapas and wine-tasting.

TURN TO WOMEN | A8



Each workshop takes place at Pacific Fusion Martial Arts on Bainbridge Island.



Courtesy photos
Be Bold Be Brave is a workshop that takes a holistic approach to self-defense and teaching women the mental empowerment to believe they are worth defending.

COVID-19 deaths as high as ever in Kitsap County

BY STEVEN POWELL
Bainbridge Island Review

The number of COVID-19 cases are going down a little bit in Kitsap County after skyrocketing earlier this month, but the death rate is still high. In Kitsap County, 16 people died this past week, after 15 died the week before. Those are the highest numbers since the pandemic began in March of 2020. On Wednesday, the Kitsap Public Health District confirmed three new COVID-related deaths, bringing the countywide total to 172.

The health district noted an active outbreak of 25 cases at the assisted-living facility Madrona House on Bainbridge Island and an outbreak of 23 cases at Poulosbo's Liberty Shores senior center. Outbreaks are listed as "active" if an associated case has been identified in the previous 28 days. Over the last seven days, the rate of positive tests on Bainbridge Island is 118.3 per 100,000 population, according to health district data from Sept. 16. That's higher than

last week, but still below South Kitsap and Bremerton, which are both still above 300. Hospitalizations at St. Michael Medical Center are higher than at any previous point in the pandemic, driven by unvaccinated COVID patients. Elective procedures are being delayed as a result. The rate of COVID cases has increased 14-fold from early July to early September — from about seven new cases a day to more than 100 — Health Officer Dr. Gib Morrow told the Kitsap County Health

Board at a recent meeting. Morrow attributed the "explosion" of cases to relaxation of guidelines, increased reopenings and summer events and gatherings, all occurring during the rise of the Delta variant. Case rates remain high among children up to age 18, but are still lower than those among adults. Children 11 years old and younger are still awaiting Food and Drug Administration approval for vaccination. Kitsap County vaccination rates (71.1% have initiated vac-

ination, 65.5% have completed their series) are below the state vaccination rate (75.8%, 68.9%). Over 166,000 Kitsap residents have received at least one dose of vaccine; 53% of children ages 12 to 18 are fully vaccinated. Morrow has called on local elected political and business leaders to enact vaccine requirements for their employees and customers. Employers in non-healthcare settings may choose to require COVID vaccines for their staff.

This week
Details on the 16 most-recent deaths have not yet been provided by the health district. Of the previous 156 deaths, 69 were ages 80 and older, 37 ages 70-79, 29 ages 60-69, 14 ages 50-59, five ages 40-49 and two ages 30-39. Additionally, 69 new COVID cases were also confirmed in the previous 24 hours, bringing the countywide total to 14,201 since the pandemic began.

TURN TO COVID-19 | A2

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Funds sought for Sluys' granddaughter's cancer treatment

BY TYLER SHUEY
Bainbridge Island Review

Melissa Hudson — the granddaughter of the late Marion Sluys, founder of Sluys Poulso Bakery — has been battling stage four breast cancer for five years but has recently seen improvement in her condition after trying a new treatment strategy in Houston, Texas.

But since the Burzynski Clinic is so costly at \$17,000 a month, more funds are needed to help Hudson. Her cousin, Stephanie Sluys of Poulso, has been trying to raise funds in support of Hudson. She started a GoFundMe account in January and has helped raise over \$46,000.

Because donations have slowed, Sluys decided to also start fundraising through the website heroeswalkstrong.com. The first event she hosted in July was a Superhero Pet Walk-A-Thon on Clear Creek Trail - where over \$4,000 was raised.

The next fundraising event is Oct. 23 when Nikki Johanson, owner of Pheasant Fields Farms, will donate some proceeds from her

annual corn maze festival to help support Hudson as they are longtime friends, having known each other since 1996. Hudson is friends with her daughter and spent a lot of time at her house in high school.

"I will continue to raise funds for her cause on a yearly basis as long as I operate this farm," Johansen said. "She is very (dear) to my family."

When Hudson, 40, was initially diagnosed, aggressive traditional therapies didn't help the cancer from spreading to her lung and bones. Since starting her treatment with the Texas clinic, Hudson's CT scans revealed her cancer bio-marker has reduced 75%, and she has had periods of being off oxygen 24/7. Hudson's four kids and husband have also noticed color coming back to her face.

"I began feeling better almost immediately after starting treatment with the Burzynski Clinic," Hudson said. "It was slow, but I was gaining strength and was off my portable oxygen for a time. We are currently working through some challenges

and setbacks."

Hudson said the Burzynski Clinic has joined her care team, alongside her local oncologist who has been with her for the past five years. She sees her local oncologist regularly for chemotherapy treatments as well.

"The Burzynski Clinic specializes in mutations and genetics associated with cancers," Hudson said. "We frequently do blood tests to see how my cancer is mutating to adjust my treatments accordingly."

Sluys talked about the effectiveness of the clinic. "It has less side effects than traditional therapies, and Dr. Burzynski discovered a strain of peptides in human blood and urine that has never been recorded in biomedical research," she said. "He discovered that people who were inflicted with cancer lacked these peptides and by manufacturing these missing peptides and giving them to cancer patients he found that patients started to be cured of their cancer confirmed by repeated diagnostic testing."

"Over the past 30 years,

Dr. Burzynski has treated and cured thousands of cancer patients, including stage 4 breast cancer, by administering these special peptides... He calls these special peptides antineoplastons, or ANP. Antineoplastons are chemical compounds found normally in blood and urine. They are made up of amino acids and peptides."

Hudson goes to the clinic for treatment, evaluations and discussion on treatments but does telehealth visits from home in Belfair so she can be with her family and loved ones. "She wears a fanny pack that has an IV pump attached that delivers the ANP every four hours," Sluys said.

Hudson worked at the Washington Veterans Home in Port Orchard as a nurse before her diagnosis. Her hobbies include coaching kids in basketball, Ragnar races, hiking and spending time with her family, whom she credits for helping her cope through difficult times.

"My kids are amazing," Hudson said. "I am blessed to have people in my life that send me encouraging notes, messages, meals and help



Courtesy photo

Melissa Hudson with two of her children.

me to feel genuinely valued. I have people in my corner that want me to fight and win against cancer."

Sluys said: "Melissa is the definition of what a hero is... when her body keeps telling her to give up her mind and heart never does. Her faith has given her the courage to have the perseverance she needs to keep on fighting. She's resilient, optimistic and the bravest person I know."

Upon her diagnosis, Hudson said she was "shocked. I was in complete disbelief. I was young, ran a lot, had a decent diet, and no history of cancer in my family, and so I requested a second opinion and was told I needed to start treatment

immediately because it was very aggressive."

Hudson described her spirits as "up and down" the past five years. "I decided I was going to beat it," she said. "We thought I had, but in 2019 when it came back we had to regroup and take it on again. This time it is metastatic and has not gone into remission, so there hasn't been any breaks from treatment. I am tired, but there is still fight in me."

With something like cancer, it is hard to predict how many more months of treatment Hudson will need, saying, "We take things day by day, month by month - constantly evaluating how I am responding to treatment."

VIDEO

CONTINUED FROM A1

Issue's history

In April, city staff postponed construction bid advertising for the retrofit of the 8804 Madison Ave. N building, purchased for \$8.975 million in 2020, until King came on board. The city has already spent \$759,000 on a redesign for that building. The current buildings are a seismic risk, lack security and are outdated for conducting effective and essential civic services, a study done in 2014 says. The city also has spent \$415,000 on studies to determine the best sites and \$222,000 on administrative costs.

Over the years, the city has analyzed 18 potential sites and spent roughly \$11 million. The city's three potential sites left are:

- Existing police station at 625 Winslow Way E. Built in 1945, became police station in 2001, includes 7,546 square feet on .89 acres;
- Suzuki property, 13.83 acres at the intersection of Sportsman Club and New Brooklyn Road, bought in 2000 for \$500,000;
- Former Harrison building. Has 3.13 acres. Two-story building with 18,000 square feet. Total cost including renovations will be \$20 million. In 2020, the city decided to use \$12 million in existing funds and to issue \$8 million in tax-exempt

limited tax general obligation bonds to pay for the building. If the bonds are not used correctly, that could affect the city's Aaa credit rating.

Problems with the current police station include:

- Existing building, originally built in 1945 for fire department, made of unreinforced masonry and likely to collapse during an earthquake
- No generator for power outages, and electrical circuits inadequate to power technology and equipment
- No secure areas for moving suspects between police vehicles and building, and inadequate privacy for victims and the public
- Workstations and evidence room lack space, and the department has to go off-site for staff meetings.

Courtroom deficiencies include:

- Does not meet ADA requirements
- Small courtroom puts victims and perpetrators in close proximity
- Jury uses staff workroom/break area for deliberation; restroom doubles as hallway from break room/jury room to court office
- No witness stand
- Lacks private areas for client-attorney meetings and thin walls do not ensure privacy

Huge fee hikes

The council also had a long discussion on increasing development

fees so the work pays for itself, rather than needing to be subsidized by the general fund to the tune of about \$900,000 a year.

"You should not wait fifteen years" to hike those fees. "It's a shock to the system," King said, adding it should be done every few years.

City staff studied actual costs in 2019 and found building permits only paid for 89% of the actual work involved while planning permits only paid for 32% and engineering just 3%. The overall average was 59% with \$954 charged at a cost of \$1,810.

A presentation showed BI was charging hundreds if not thousands of dollars less for certain fees than the actual cost of service. Compared to other cities, BI would go from charging among the lowest to among the highest if changes were made to reflect costs.

Planning director Heather Wright said if the charges were to start Jan. 1, 2022, there would be a rush of permit applications in the next few months to avoid the higher rates.

King was concerned if prices went up that much some people might do work without getting permits. "We don't want to add to that with excessive fees," he said, adding he'd like to see costs go up annually with inflation. To start, he mentioned raising costs gradually over three years.

Nassar said she has no problems

with developers paying higher fees, but doesn't want individual homeowners to have to. "That just pushes people off the island," she said. Nassar specifically mentioned what could have been \$1,210 to get rid of a single tree when homeowners are just trying to maintain their property. She'd like to see a tiered system based on the number of trees cut down.

Also, she objected to a fee for mobile homes. That says, "Bainbridge Island doesn't want mobile homes; Bainbridge Island doesn't want affordable housing." For any fee for homeowners, she'd like those who can't afford it to be able to get a waiver. "A cost-burdened family should not have any additional burdens" for permits, she said.

Councilmember Christy Carr said she'd like to see the fees reflect community values. Councilmember Joe Deets agreed, mentioning a solar permit as an example - "things we'd like them to do." Deets also supported an increase in fees over time. "A flood of applications would put a lot of stress on staff," he said.

Councilmember Brenda Fantroy-Johnson said the most complaints she hears about permits is they take too long to get. She said if the process is improved it would save staff time and reduce costs.

King said city staff will review the costs and council comments and come up with a plan for the public to review, but emphasized, "Those

who see the benefit pay the fee."

Tribal relations

Suquamish Tribal Chairman Leonard Forsman spoke to the council about an agreement signed in 2001 to strengthen the relationship between the two governments and to resolve specific issues. Once those issues were resolved the process went by the wayside, and he'd like to start it up again. Forsman said he could see the committee meeting at least annually, and also when the need arises.

Councilmembers, many of whom have been on the board for years, said they didn't even know about the agreement. "Did we drift away?" Hytopoulos asked. "How can we avoid that happening again?" Forsman didn't place blame. But councilmembers agreed they want to get that intergovernmental committee going again. It is supposed to contain three elected officials from both bodies. The council said it would pick them after council elections in November.

All agreed they share concerns on specific issues, especially the environment and managing growth. Deets mentioned the roundabouts on Highway 305. "Our issues are your issues" on that project, he said.

Deputy mayor Michael Pollock agreed with Forsman that treaty rights are supposed to be the "Supreme law of the land." He added he is looking forward to working with the tribe on the problem of "environmental degradation."

WOMEN

CONTINUED FROM A1

The next workshop will take place Sept. 25 at Pacific Fusion Martial Arts and is geared toward middle school girls.

A typical day starts with attendees receiving a swag bag, and then the group gathers to do an ice-breaker and get to know one another.

Kress will then lead the group, first working on internal empowerment and weaving in concepts such as self-defense and assertiveness. Workshops typically have a guest speaker as well as group work and will cover different topics. For example, Courtney Oliver of Bainbridge Youth Services joined a previous workshop with teenage girls to discuss dating, boundary setting and sexual assault.

Be Bold Be Brave also features a question-and-answer panel so that younger girls can ask older ones about things they wish they knew at their age. A workshop for middle schoolers will feature high school girls, for example.

Although the topics are heavy and treated with seriousness, the workshop is intended to leave students feeling positive and uplifted

rather than weighed down. "We want people leaving feeling like they're on top of the world," Kress said.

After lunch, the physical work begins with Master Aduddell. Students get to write on one side of the board something they find personally challenging, whether it's in their own life or a problem going on in the world. "It's a huge hit," Aduddell said. "We found they had some amazing topics to discuss at that point."

On the flip side, they write down what they hope to get out of the workshop and what possibilities might be opened up. "We break those boards we worked on," Aduddell said, "and we leave there incredibly empowered, hopefully, really working on that internal gut response."

The teaming of Kress and Aduddell is a natural one for both women. Kress has over 20 years of clinical practice experience and has led many female-focused therapy groups and presented a number of larger presentations for schools, parents and professionals. Aduddell, in addition to teaching martial arts, fills her classes with lessons about goal-setting, self-actualization and life skills.

Their respective areas of expertise combine perfectly. "I can dig into the physical,"

Aduddell said. "Allison can dig in on where we are at emotionally during these times and how we empower ourselves during those times."

The two women said they have built an excellent personal and professional relationship based upon mutual respect. Kress referred to Aduddell as "a powerhouse" as a role model, and the feeling is mutual. "If your kids aren't with you, you want them with Steph and her husband," Kress said.

The workshops are staffed with volunteers who assist and get to participate as well.

Also joining Be Bold Be Brave is intern Audrey Measer, a Bainbridge High School graduate and senior at Gonzaga University. Measer, who is majoring in public relations, said she was fortunate to find Be Bold Be Brave.

"It took me about five minutes to know this is really special," Measer said. "I want to spend time connecting with these two women and my home community."

To register, visit theboldbrave.com. Another workshop for high school girls, "Be Boundless," will take place Oct. 23, followed by "Rising Strong" for middle schoolers Nov. 6 and "Safe in the City" for adult women Nov. 13.



Courtesy photo

Students gather to write challenges on their boards before learning how to break them — a popular activity at the workshops.