

LYNNWOOD

TIMES



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Mexican folk dance performance a win for Sister City program



Dance Troupes around Puget Sound perform traditional Mexican folk dances at Cedar Valley Gym on Sunday, August 15, 2021. Source: Lynnwood Times/Kienan Briscoe.

By **KIENAN BRISCOE**

LYNNWOOD, Wash., August 17, 2021 - Following a week of hard work and rehearsal, dance troupes Bailadores de Bronce and Herencias Mexicanas stunned audience members at Cedar Valley Gym Sunday with traditional folk dances from Guerrero and one from Oaxaca, Mexico.

Mexican dance legend Concepción Bello Nava (Conchita), the artistic director for the renowned Chilpancingo dance troupe Campañiade Danza Folklórica Xochicalli, arrived in Lynnwood a week ago to teach the groups three dances that represent the folklore and vibrant culture of these Mexican states. Since then, the groups have been meeting at Silver Creek Family Church for rehearsals where they practiced four hours every day before performing for the public on Sunday.

“It has been hard work, everything from wearing face masks to the hot weather, all the preparation...but I saw all the desire in the young people and how many traveled from so far to practice to dance and to share the passion

and love for our culture,” Conchita told the Lynnwood Times. “I feel very happy and satisfied to bring my culture and tradition here with all these people around.”

Guerrero has seven regions in total. However, each of the three dances performed represented just three of those regions: Central, Costa Chica, and Tierra Caliente. All of the clothing worn by the dancers were woven to represent each respective region meticulously, including such details as the flowers that grow in each region.

Although the performance mostly featured dances that exhibit the culture of Guerrero, Conchita decided to close the show with a dance from Oaxaca to pay homage to the large community of Oaxacans living in Washington State.

The dance included pineapples as props, which, according to Conchita, represent friendship and offering. Pineapples are a local crop of the Oaxaca region. The gift-giving element was realized at the end of the performance when the pineapples were offered out to audience members, one to council-

woman Julieta Altamarino-Crosby, who helped organize the event.

“I’m very thankful to see all of the families that came to enjoy [the performance], and I’m thankful for everyone that helped put it together and to the city of Lynnwood to let us use the gym,” councilwoman Altamarino-Crosby told the Lynnwood Times. “Sometimes we forget our roots and this brings the connection [to] where we come from through the culture and how we can share that with others.”

Crosby, who was born in Guerrero, stated that she was so moved by the dances on the first day of rehearsal that she teared up in her car.

“My heart is just filled with joy,” Altamarino-Crosby said.

Councilman Jim Smith, like many of the 100-plus spectators, was blown away by the skill and execution of the dance troupes’ hard work and diligence.

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Compass Health and Lynnwood PD partner to address mental health

By **KIENAN BRISCOE**

LYNNWOOD, Wash. – Compass Health and the Lynnwood Police Department announced a partnership, August 5, to embed a mental health professional with the Lynnwood Police Department Community Health and Safety Section to better manage the health and safety needs of individuals and the community.

“This is a great opportunity to engage in folks better than we otherwise may have engaged with them...we’re hoping this helps reduce the amount of law enforcement contact that folks have and get them the right resources at the right time,” Charissa Westergard, Director of Healthcare Integration at Compass Health told the Lynnwood Times.

Compass Health is a community-based healthcare agency which integrates behavioral health and medical care services to form a key section of the community safety net and serve clients and others in need of care and support. The non-profit organization serves people of all ages throughout Snohomish, Skagit, Island, San Juan, and Whatcom counties.

The organization first implemented the Community Transitions model in partnership with South County Fire in Snohomish County in 2016, providing a range of community response services, which includes crisis outreach through Mobile Crisis Outreach Teams (MCOT), the new Integrated Model of Police and Crisis Teams (IMPACT) program, and ongoing care coordination and non-emergency services such as the Community Outreach and Recovery Support teams.

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from page 2 **MASK DIRECTIVE**

Masks should be worn when entering the establishment, when speaking to others, and when not eating or drinking. This directive does not impose any capacity or distancing requirements.

Do gyms, fitness studios and other recreational or entertainment facilities need to follow the directive?

Yes, all indoor spaces that are open to the public, customers or clients should have all individuals wearing face coverings. People do not need a mask when in an indoor pool or hot tub, but should wear them when out of the water, in locker rooms, etc. This directive does not impose any capacity or distancing requirements.

Can people wear something other than a mask, like a face shield?

Some masks work better than others to help slow the spread of the virus that causes COVID-19. Note: N95 respirators approved by CDC's National Institute for Occupational Safety and Health (NIOSH) should be prioritized for healthcare personnel.

The CDC does not recommend using face shields as a substitute for masks, as they have large gaps below and alongside the face. Respiratory droplets may escape and reach others around you, potentially exposing others, and will not protect you from respiratory droplets from other people.

If you must wear a face shield instead of a mask, like for interacting with those who are deaf or hearing impaired:

- Choose a face shield that wraps

around the sides of your face and extends below your chin or a hooded face shield. This is based on the limited available data that suggest these types of face shields are better at preventing spray of respiratory droplets.

- Wash your hands after removing the face shield. Avoid touching your eyes, nose, and mouth when removing it.
- Clean and disinfect reusable face shields according to the manufacturer's instructions or by following CDC face shield cleaning instructions. If you use a disposable face shield, wear it once and throw it away according to the manufacturer's instructions.

Why do I need a mask if I am fully vaccinated?

The CDC has stated that people in high transmission areas (including Snohomish County) should continue to wear a mask indoors to maximize protection from the Delta variant and prevent possibly spreading it to others. COVID-19 vaccines are safe and highly effective at preventing serious illness and death, but it is still possible to become infected, but at a much lower rate than vaccinated persons—about 80-90% lower. If you become infected, you can spread it to others.

Masks also help protect the unvaccinated – which includes kids under age 12 who are not yet eligible for vaccines. Unvaccinated people are at a much higher risk of getting sick with and spreading the disease, as well as developing complications from COVID-19.

Won't this directive hurt our local

identity, as well as share our culture," Altamirano-Crosby told the Lynnwood Times.

The event was organized the Guerrero Association which is a connection between Guerrero and Washington State founded as part of the friendship between Guerrero and the city of Lynnwood.

"It's really amazing that we can have this exchange with two different cities," Karina Gasperin, member of the Guerrero Association, told the Lynnwood Times. "I think it's really important for us as parents to teach our children that you are American but you are also Mexican so you have to learn to love your two cultures because you live here but you cannot forget where you come from."

Bailadores de Bronce was founded in 1972 at the University of Washington (UW) by a group of students, led by Josefina Jaramillo Alvarez, who began to question the lack of a Mexican dance group at the UW as a product of the Civil Rights and Chicano movements. They aim to promote the beauty and richness of Mexican traditions through music and dance in the Pacific Northwest.

"We're really thankful that the city of Lynnwood could makes this happen," Olivas told the Lynnwood Times, "This is purely cultural. It has nothing to do with politics or money or anything, it's just pure knowledge that's being handed down to another generation."

Herencia Mexicanas is a newer group, founded in 2009 in Lake Stevens before moving to Everett, where they

businesses?

The directive does not impose any capacity or operational restrictions. Instead, it provides clear guidance that everyone should wear a mask when in public spaces indoors. This is our best public health advice to protect you, your family, and our communities. This will help reduce the risk of COVID-19 to the public, including customers and workers. It will also help stem the increase in COVID-19 cases and hospitalizations and decrease the spread of the highly contagious Delta variant happening in our state.

How long will this directive be in place?

This directive will remain in effect until the Snohomish Health District confirms that COVID-19 disease rates decline to low levels of transmission as defined by the CDC or until this directive is otherwise rescinded.

Other factors to be considered may also include testing positivity rates, healthcare system capacity, and hospitalization and death rates.

from page 3 **RSJ COORDINATOR**

Raiford, who is originally from Miami, Florida, has a Bachelor's Degree from Barry University in International Advertising and Communications. He has past experience working for the Department of State in Washington, D.C.

Douglas Raiford comes to the City of Lynnwood from Cascadia College where he worked with international students and in the Office of Equity and Inclusion.

from page 6 **OLYMPICS**

Press, Takashi Kitajima, the general manager of the Athletes Village where the beds were being installed, explained how the beds could hold up to 200 kilograms (440 lbs). He even added that they are "stronger than wood."

The beds clearly were not designed to deter any athlete's sexual activity, as a TikTok now posted to YouTube shows one of these beds withstanding the weight of eight Israeli athletes, but why cardboard? According to Kitajima, "The organizing committee was thinking about recyclable items, and the bed was one of the ideas" (Video of athletes jumping on a bed on City Sports Network's YouTube channel).

Next Year's Olympics

The next Olympic Games will be held in Beijing, the People's Republic of China, in 2022. The last time the games were held there was in 2008, which was also the first time. China set a high bar for the Opening Ceremonies that year. The production value cost tens of millions of dollars, had more than 15,000 performers, and the New York Times published a piece on it titled, "China's Leaders Try to Impress and Reassure the World."



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from page 1 **MEXICAN DANCE**

"I was very impressed with all the dancers and was pleasantly surprised to learn they have only been working on this for six days," Councilman Jim Smith told the Lynnwood Times. "It just goes to show the talent of all of the dancers and the teaching of the instructor. This whole thing was incredible."

On September 14, 2020, Mayor Nicola Smith and Hector Astudillo Flores, Governor of Guerrero, appointed the city of Chilpancingo in Guerrero, Mexico, Lynnwood's sister city. This relationship allowed the cities to cultivate international relationships, educational opportunities, trade, tourism, and art. The relationship also fosters cultural awareness between the people of both cities through international visits, exchange programs, humanitarian acts, and community events.

Less than a year later, as part of the Sister City program, Cecilia Garcia, Executive Director for Herencias Mexicanas, approached Adrian Olivas, Executive Director for Bailadores de Bronce, about bringing in a dance instructor from Guerrero. They reached out to councilwoman Julieta Altamirano-Crosby, who serves as liaison for the Sister City committee. Altamirano-Crosby worked with community members who brought Conchita to teach the two Washington-based dance groups some new techniques and refine their repertoire.

"I think that this is amazing because when we live here, as Mexicans, or immigrants, [sometimes] we forget our roots. So this is an opportunity to learn and connect [with] our roots, our



Concepción Bello Nava (Conchita), the artistic director for the renowned Chilpancingo dance troupe Campañade Danza Folklórica Xochicalli, teaching local dance groups Bailadores de Bronce and Herencias Mexicanas traditional Mexican folk dances. Source: Lynnwood Times/Mario Lotmore.

practice every Thursday and Saturday.

Attending the rehearsal held Tuesday was Mayor Nicola Smith who stated this event does nothing but contribute to the richness of culture, not only in Mexico but also in Lynnwood. As Mayor, this is one of the ways she has attempted to engage local community members.

City executives of Lynnwood first appointed Damyang, South Korea as a sister city in 2019 as Koreans make up the largest demographic in Lynnwood, second to Whites. The third largest demographic is Latinx, mostly Mexican, which led to the relationship established with Chilpancingo. The next largest demographic is Ethiopian leading to the extension of the sister city program forming a relationship be-

tween Lynnwood and Bole Kefle Kefle Wereda, which was established January of this year.

According to the U.S. Census Bureau, Whites make up 59.2% of the almost 40,000 residents living in Lynnwood. Second to this is Asians at 18% and thirdly Hispanic or Latino at 13.7%. Black or Africans, mostly Ethiopian, make up 8%.

"I think [this is] wonderful," Mayor Smith told the Lynnwood Times. "It helps people not only of Mexican heritage but also the rest of us to open our awareness and knowledge of the richness of their culture which only contributes to ours as well."