Advice to my younger self: Dream big, without fear

By Cynthia Andrews

Betty Cobs was born in Louisiana and raised right here in the Pacific Northwest. It’s interesting that someone could be so successful by the second grade but Betty knew exactly what she wanted to! She was determined to become a principal, and she was offered the opportunity to attend, she was offered the opportunity to attend. This was a student of education, which she recognized the inequities of becoming a principal, Lynnette saw something in Betty and encouraged her to move forward. This is when Betty knew she wanted to be a teacher. She admired Mrs. Bartholomew and a teacher. She admired Mrs. Bartholomew, who was the first black teacher that she had ever seen. This is when Betty became Betty’s friend Shirley Walthall. Shirley was an educator named Shirley Walthall.  Shirley was Betty’s life was too busy and she was not aware of Betty’s strengths and determination. Her influence was strong and Betty realized that she had ever seen. This is when Betty became Betty’s friend Shirley Walthall. A teacher. She admired Mrs. Bartholomew, who was the first black teacher that she had ever seen. This is when Betty knew she wanted to be a teacher. She admired Mrs. Bartholomew and was wanted to be just like her. The other influence was Lynette Lifting, the colleague who encouraged Betty to become a principal. Although Betty was content teaching and had no aspirations to become a principal, Lynnette saw something in Betty and encouraged her to move forward in that role.

One would think that Betty’s life was too busy and so she did. She realized that she had no aspirations to become a principal, Lynnette saw something in Betty and encouraged her to move forward. This is when Betty knew she wanted to be a teacher. She admired Mrs. Bartholomew and wanted to be just like her. The other influence was Lynette Lifting, the colleague who encouraged Betty to become a principal. Although Betty was content teaching and had no aspirations to become a principal, Lynnette saw something in Betty and encouraged her to move forward in that role.

Betty Cobs has been an educator since 1973.

There is still help for those in need due to pandemic

By Adam Worcester

Financial help is still available for those with reduced income or increased expenses due to the COVID-19 pandemic.

Almost any kind of extra expense could qualify a household for a grant, said Mindy Wood, the City of Lynnwood’s senior low-income housing and human services director.

Wood administrations the Housing and Supplementary Relief Fund for Edmonds. The fund is distributing grants up to $1,000 to those who have suffered financially from the pandemic. Applicants must live within Edmonds city limits and earn 60 percent or less of the Snohomish County average median income.

Applications are processed through different nonprofits that can potentially help with other needs, such as Kids in Transition and Well Spring Family Services.

Applicants ages 65 and older have their grant requests processed through Homage.

That way they can be connected to all the other wrap-around services Homage provides, including meal delivery and home repair, Wood said.

For many seniors it’s not so much the financial impact; it’s the mental health impact, the emotional toll, she said. “Libraries are closed, restaurants are closed, coffee shops are closed. We have quite a large senior population.”

Edmonds has distributed about $80,000 of its $450,000 in funding so far — a combination of city reserves and the federal CARES (Coronavirus Aid, Relief, and Economic Security) Act. The city has distributed all of its $1 million in CARES funds, but Lynnwood has shelled out only about $26,000 of its $200,000 in CARES money.

As with Edmonds, grant terms require applicants to reside within Lynnwood.

“After that, it’s about releasing us as can possibly be,” said Ben Young, who administers the CARES grant via the Community of Colors (3C) Coalition. “We want to make sure we’re getting funds to the people who need them the most.”

The 3C Coalition is giving grants of $500 to $1,000 toward rent/mortgage, utilities and food, including meal delivery and home repair, and no identity information will go to the federal government.

Young said the COVID-19 pandemic accelerated a change in 3C’s focus from education and advocacy to providing more direct services.

In the past month the coalition has given away bags of groceries, at Homage Senior Services and Horizon Elementary School. In May it...
There is a silver lining in the dark clouds of the coronavirus pandemic and the related health conditions in which people are born, growing, working, living and age, and the conditions of daily life. Some of these factors are insecure food, housing, employment, transportation, social support, and others. Monetary, mortality rates, and the pandemic grew profoundly disproportionate among black and brown people. The economic impact of failing to adequately respond to these issues and unaddressed social determinants of health (transportation, housing, poverty, education, and digital divide) has placed all of us at risk for our health and our economy. The onset of COVID-19 has further exposed these inequities and highlighted the sharp focus that social determinants of health are a critical part of a healthy society that works in concert with other images of a pandemic and the related health and economic turmoil for everyone. The COVID-19 pandemic is changing the way we think about care and policy making support. Understanding how SDOH — life-style and environmental factors, such as job status, food and financial security, housing, transportation and others — impact a person, society's overall health are beginning to inform federal health care policy and healthcare plans to tailor their programs to address the evolving needs of their members and this rapidly evolving time.

For healthcare plans, valuable information can help them identify specific people who may be at higher risk of contracting COVID-19, or those who may be experiencing health issues related to social isolation, food insecurity or job losses, and to assist them with improving healthcare and well-being by providing the appropriate services. Healthcare plans are beginning to include social determinants of health as a meaningful opportunity to make a meaningful impact in the lives of some of our most vulnerable populations by fostering greater connection with their members and adjusting their programs to meet their current and future needs. Understanding the social determinants of health for their members is key to offering programs and resources that will offer more resilience, health, and life during this and future pandemics. We at Homage are committed to address the inequities of black and brown people in King County. Our staff and leadership are working to warrant access to the same services and programs that will ensure a better quality of life as they age.

References:
- Social determinants of health in the time of COVID-19: Policy and Practice Implications. 2019, by Almeda N. McNeely, DrPH, FAPHA
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How you can help with grassroots advocacy at Homage

By Michelle Frye Volunteer Manager

Consider volunteering to help with grassroots advocacy at Homage. This position will support and work with volunteers who support the community partners to advance health equity. This position is an opportunity to make a meaningful impact in the lives of some of our most vulnerable populations by fostering greater connection with our members and adjusting our programs to their current and future needs. Understanding the social determinants of health for their members is key to offering programs and resources that will offer more resilience, health, and life during this and future pandemics.

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Supporting the ‘Future of Tomorrow’

By Kate Gavigan
Outreach Specialist, Foster Grandparent Program, Homage

“What would we have done without technology?” is a refrain we are hearing a lot these days with the emergence of COVID-19 and the necessity of quarantine. The Homage Foster Grandparent program staff and volunteers have been sharing this very sentiment. The Foster Grandparent program aims to involve older adults with children who could benefit from mentoring and other additional support at non-profit settings. With COVID-19 forcing school buildings to close and students to learn remotely, the Foster Grandparents were not able to continue to serve students as they had in the past.

But then this summer, some resourceful Homage Foster Grandparents jumped at the opportunity to use technology to restat their service. Collaborating with the Seattle School District’s Summer School Program, the volunteers were back doing what they do best, serving children, but this time remotely through online support. One of our Foster Grandparents, Mary Floyd, shared: “This work enriches my life because I get to tutor the future of tomorrow and that holds true even when it’s on zoom. It helps me to know that I’m helping the child and the kids know I’m there to increase their success. Students have a variety of social and emotional needs and sometimes it can be challenging to figure out what their needs are. But I’ll listen to them about video games they like and they, in turn, listen to me when I tell them what they need to learn from their teacher. I remind them that this is not a test or a chore, but we’re going to have some fun doing this.”

As the volunteers navigate these new technology waters, they have been delighted to see that though things are very different in one way, many things are the same including that children need and benefit from connection and support. In a recent group Zoom meeting, chat with other Foster Grandparents, volunteers shared they help out in the virtual classroom by reading to children, assisting during breakout sessions and providing these virtual “thumbs up” as kids succeed. Foster Grandparent Sam Gilliam notes that, “Some kids take to the technology like a duck to water and other kids are hanging back a bit. But we’re here to help support them and bring them along.” The Foster Grandparent program is excited to be in conversation with school districts throughout King and Snohomish counties about the volunteers returning to school in the fall, even if the “return” will be virtual. To quote Mary, the program is here to support the “future of tomorrow” the children. The Foster Grandparent Program is a federally funded Senior Corps program and provides a small tax-free stipend to low-income volunteers for their service. The volunteers must be located and serve in either King or Snohomish counties. For more information, call 425-514-6188.

Foster Grandparent Zoom chat.
These and a long list of other restrictions and lack of childcare. I was feeling confident about my ideas, had learned from my failures, and was optimistic that growth was imminent. My projects and planning skills were honed; my March calendar in particular was packed with community events and speaking engagements. My groups and workshops were booked out through the end of the year, and I had a plan in place to fix the mistakes I had made in previous years. Four years ago I felt like a reluctant saleswoman trying to peddle depression; now I was a confident and polished presenter, enthusiastic about building true connections in the community. Cured the delirious ballon. I’ve been slow to make the transition to virtual support. I’m reluctant for all the reasons you would suspect— concern about fair and equitable access, desire to connect with people in person, reluctant to acknowledge that this won’t be a distant memory come fall, and anxiety over my own ability to manage a virtual audience. There is also the “I don’t want to” and “It’s not fair that I have to change” factor. That’s a big one. The truth is that I loved where we were going, and I’m pissed that it’s gone.

By Christine Vervitsiotis

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Free Consultation and $500 toward Your New Smile!
By Doug Shadel
AARP Washington State Director

As COVID-19 restrictions ease in Washington State, nursing homes and other long-term care facilities have resumed visits for families. Visits won’t be the same as before the pandemic, at least until the threat of coronavirus has passed. There may be limits on when, where, and for how long you can see loved ones, and distancing rules will likely be in place.

We’ve been through an unprecedented crisis with the pandemic. This was the first time many family members couldn’t visit in-person with their loved ones for such a long time. Even as restrictions ease, visits will look different for the near future.

If your loved one’s nursing home is resuming in-person visits, AARP recommends asking the facility five key questions to prepare:

1. What is the nursing home doing to help make it safe for visitors to come back? The federal Centers for Medicare & Medicaid Services, which regulates long-term care facilities, provided nursing homes with recommendations about resuming in-person visits, including:
   ■ At least 28 days without a new COVID-19 case in the facility.
   ■ Declining cases in the surrounding community.
   ■ Regular testing for residents.
   ■ Adequate supplies of personal protective equipment.

2. What kinds of health checks will be required for visitors? The federal guidelines include:
   ■ Checking visitors’ temperatures.
   ■ Asking visitors about COVID-19 symptoms and their potential exposure.
   ■ Observing visitors for symptoms or signs of infection.
   ■ Are visits restricted by time and place? Keep in mind that:
      ■ You may need an appointment for your visit.
      ■ Visiting hours may be limited or allowed only in designated areas.
      ■ You may be able to set a regular schedule for visiting your loved one.

3. What protective and social-distancing measures are in place, under federal guidelines? You may need to:
   ■ Wear a mask and use hand sanitizer — ask if the facility will provide these.
   ■ Stay six feet away from your loved one.
   ■ If you want to bring food or gifts, ask the facility about their policies first.

4. Are you doing everything possible to minimize risks to residents?
   ■ Don’t visit if you feel ill, even if the symptoms are mild, or if you have had close contact with someone with COVID-19 in the previous two weeks.
   ■ Keep visits short, and stay outdoors if possible.

5. Are you doing everything you can to make visits as safe as in-person visits resume.
   ■ The federal Centres for Medicare & Medicaid Services, which regulates long-term care facilities, recommends asking the facility five key questions to prepare:
   ■ Isolation has a negative impact on our physical and emotional well-being.

RSVP opportunities

Sponsored by Catholic Community Services, RSVP is America’s largest volunteer network for persons over 55 and the NES program where the collective contribution of the senior volunteer is recorded. RSVP exists to help volunteers 55+ find fulfillment in their volunteer work. Volunteer opportunities exist all over Snohomish County.

Hello to everyone and welcome to “Living with a Pandemic.” In this episode we will repeat what
By John McAlpine
RSVP Program Recruiter

we said the last time. Please continue to observe safety protocol by wearing masks if you are going to be within 6 feet of other people, washing your hands on a consistent basis and limiting your exposure by staying home. This is not making light of COVID-19 but a little humor can help make the situation bearable.

RSVP is still recruiting, and placing volunteers around the community. Food banks always need help so if you are looking for something to do, consider your local food bank. If you think yourself too old for the physical work at a food bank, be sure to ask about jobs involving telephones or computers (if you have the knowledge) and other jobs that don’t need you to be lifting and bending. RSVP works with food banks in all the large cities of the country, Arlington, Stanwood, Camano, Marysville, Granite Falls, Lake Stevens, Everett, Edmonds, Lynnwood, Mountlake Terrace, Mukilteo and Snohomish.

You can also get involved with the Red Cross and the Snohomish County Medical Reserve Corps at the Red Cross and the Snohomish County Medical Reserve Corps at this time. Give me a call to find out more.

With the cancellation of the Evergreen State Fair we find ourselves with some time that will allow us to visit my daughter in Richland and celebrate my birthday with her. I won’t tell you the number but will say it’s the 31st anniversary of my 39th birthday! Having a hopeful September brings good news on our progress of getting a handle on the pandemic. Give me a call or send me an email and we can discuss the 60 some organizations that we work with and find you something to do. Call me today!

If you have any questions about RSVP, volunteering or any of the agencies you see listed here please contact RSVP at 425-374-6374 or email me at johnm@cwmw.org

5 questions to ask before visiting a nursing home
Getting the health care you need during COVID-19

In-person visits
Regional Vice President for Health Services, Humana

6

tals began offering the service as a way to help keep patients safe. Now that medical offices and hospitals are accepting patients again for in-person visits and elective procedures, you may be wondering if you should return to your doctor’s office or stick to a virtual visit. Rest assured, your health care providers can help you decide what’s best as they work to ensure safe care for patients and staff. This includes changing the ways they deliver care like screening patients ahead of time to help determine if it’s best to go to a medical office or stay at home.

In-person visits

If it’s determined that an in-person visit is best for you, you’ll find that to reduce the risk of COVID-19 transmission, many facilities are taking the following steps:

- Screening arriving patients for COVID-19 symptoms and providing a mask and hand hygiene supplies before entering the center.
- Screening every employee for COVID-19 every shift and requiring them to wear masks at all times and appropriate personal protective equipment.
- Treating suspected and symptomatic COVID-19 patients in designated areas only.
- Promoting physical distancing with new clinic layouts.
- Cleaning and disinfecting exam rooms between each patient visit, and regularly disposing of high-trafic and high-touch areas.

Virtual visits

If you don’t require in-person attention, a virtual visit is still a good option. Many people are choosing virtual visits in non-emergency situations for routine follow-ups and non-life-threatening conditions. This option allows you to consult your primary care provider remotely from home or work.

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Commentary: New tools for your healthcare toolbox

By Dr. Shelly Finn

COVID-19 has unquestionably altered all our lives. Many in our community have lost jobs; some have lost loved ones. While some people feel isolated, others such as working parents of young children, long for a few minutes of independent time. Although most of us, myself included, are frustrated by these changes, our optimistic friends remind us that crisis can be a catalyst for innovation. For me, looking at our world through a medical lens, the widespread adoption of telehealth options would be a wonderful and welcome change.

Over the past century, technology has dramatically improved the quality of our medical care. In 1928, the Royal Flying Doctor Services of Australia (RFDS) was formed. When John Flynn created the new radio and airplane services, using computer assisted television to get advice from a war veteran was non-existent. Using equipment, an improvement which made chronic hemodialysis possible. When I started my practice in Everett in 1981, pacemaker function had to be evaluated by cardiologists in their offices. Now, many pacemakers can be monitored through cell phone connections to a cardiology office from a patient’s home.

Care health experts have recommended expanding American tele-health for over a decade, but it took the COVID-19 pandemic for a major change to occur. According to McKinsey and Company, 11% of health care consumers used tele-health options in 2019. By May of 2020, 78% of patients hoped telehealth would continue, and 74% of those who had used telehealth services were highly satisfied. While the initial target population for telehealth was busy, tech-savvy professionals and rural populations, many chronic conditions of older adults, such as diabetes and hypertension, can be safely monitored remotely with the help of glaucometers and blood pressure cuffs. Sure, on average, younger people are more comfortable with technology than older adults are, but we should not underestimate the power of older individuals to learn new skills. Seventy-three percent of Americans over age 65 use the Internet regularly. The Design Lab at the University of California at San Diego studied barriers to the adoption of technology by residents of assisted living facilities. Their recommendations included both teaching tech terminology to older adults and including older individuals in the development of technological equipment and tools, so that vision, hearing, and mobility limitations are identified and addressed prior to production.

Telemedicine will not work for every medical problem, and there are people, both providers and patients, who will always be more comfortable with in-person visits. Is there more work to be done? Absolutely. Absence of privacy and equity to Internet access need to be addressed. We need to continue to study how best to use telehealth to obtain the best patient outcomes and experiences. Have I personally used telehealth as a patient? Indeed, I have. Our local clinics are doing a fine job at safety and infection control. I have no fear of physically going to a clinic if that is my best option. But it was appropriate for me to use telehealth, so I decided to give it a try, and now I am a fan. Like Dad always said, it is best to have lots of different tools in your toolbox. For me, telehealth is the new tool in my healthcare toolbox.

Think about whether it would be a tool you would like to add to your box as well. There are no fears of physically going to a clinic which makes telehealth a fine option to use. Would you consider using telehealth in your healthcare toolbox?

Dr. Shelly Finn

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PERSPECTIVES ON THE PAST
Celebrating women’s suffrage

By Margaret Riddle

A century ago the 19th amendment to the United States Constitution granted women citizens the right to vote. But the struggle for suffrage has a long, back story and celebrating the 1920 victory reminds us there is still work to do.

While the women’s suffrage movement in the U.S. began in the East, suffrage victories came first in the Western states. In 1896 women in Wyoming, Utah, Colorado and Idaho could vote. In 1910 Washington became the 15th state to ratify and the women won new life to the national movement.

Snohomish County citizens were important in the 1910 vote. From 1880 to World War I, Everett’s industrial growth-enticed job seekers. Women were a large part of the workforce, photos showing them as teachers, waitresses, clerks, canning workers, laundresses, boarding house proprietors and homemakers.

As we look back at the 19th amendment to the United States Constitution, we remember the voters, especially the women, who fought for their right to vote and the right to work. Women in Snohomish County have been a large part of our community since the 18th century.

CONTINUED ON PAGE 8

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CONTINUED FROM PAGE 7

work conditions were sometimes dangerous and from news accounts at the time, sexual harassment was not uncommon. Without the vote, women had little power to make changes. Everett was a strong union town and labor supported women’s suf-fragists and Shirt Waist Cooks, Waiters and Waitresses, were among the earliest local unions to union town and labor supported women’s suffragists in the 1910s. Many supported women’s suffrage. One of the most influential suffragists in the 1910 campaign was Missouri Hannia of Edmonds, a single mother of three, who edited the Edmonds Review. Hannia began Votes for Women, a newspaper whose banner head declared “The Official Organ of the Washington Equal Suffrage Association”. The publication ran from 1909 through 1910, operating out of Seattle’s Arcade Building.

In October of 1910 the newspaper featured Snohomish County suffragists including teacher Mary McNamara who served as president of both the Snohomish County and Edmonds Equal Suffrage Clubs and Fannie Small, a 14-year veteran teacher in the Snohomish County high school district. Small served as County Superintendent of schools in 1909, was principal of Florence and Edmonds High Schools and was a pioneer worker in the Gauge movement.

A powerful voice for the cause was Everett physician Dr. Ida Noyes McIlrath. Before becoming a doctor, she was a journalist in Colorado where women won the vote in 1893. The Everett Suffrage Club regularly met in McIlrath’s clinic on Colby Avenue. She skilfully used the press to publicize and persuade, reaching thousands of readers through regular features in the Everett Daily Herald, the Everett Morning Tribune and the Labor Journal. The latter newspaper was editorially supportive under Editor Everett Marsh and Business Manager and State Representative John Campbell.

Operating from a third-floor room of the newly opened Commerce Block at 1110 Hewitt, Everett Suffrage Club members strung a large banner across Hewitt Avenue the day before election day with the legend: “Vote for Amendment Article V. It Means Votes for Women!” On November 8, 1910, Washington women won the vote and kept it.

The Washington state boost the national campaign, California, Kansas, Oregon and Arizona soon followed and momentum grew to pass Women’s Suffrage at the national level. New Jersey suffragist Alice Paul formed the Congressional Union to advocate for a Constitutional amendment. Black women were among votes for women’s suffrage, organizing through the National Association of Colored Women (NACW) and through the leadership and work of Ida B. Wells. Despite how they were seen, they were often asked to march at the back of the line by many white suffragists.

Paul visited Seattle and other Western states to gain support and a women’s march was organized in Washington D.C. uprooting President Woodrow Wilson inauguration in 1913. More moderate in her approach was Carrie Chapman Catt, president of the National American Woman Suffrage Association. Nationwide rallies followed, including a car caravan and a special train carrying women to the nation’s capital to lobby the legislature. Demonstrators were met with resistance and a number of suffragists were imprisoned. Despite World War I and the Spanish Flu, they persisted. By 1920 a number of suffragists were imprisoned.

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A powerful voice for the cause was Everett physician Dr. Ida Noyes McIlrath. Before becoming a doctor, she was a journalist in Colorado where women won the vote in 1893. The Everett Suffrage Club regularly met in McIlrath’s clinic on Colby Avenue. She skilfully used the press to publicize and persuade, reaching thousands of readers through regular features in the Everett Daily Herald, the Everett Morning Tribune and the Labor Journal. The latter newspaper was editorially supportive under Editor Everett Marsh and Business Manager and State Representative John Campbell.

Operating from a third-floor room of the newly opened Commerce Block at 1110 Hewitt, Everett Suffrage Club members strung a large banner across Hewitt Avenue the day before election day with the legend: “Vote for Amendment Article V. It Means Votes for Women!” On November 8, 1910, Washington women won the vote and kept it.

The Washington state boost the national campaign, California, Kansas, Oregon and Arizona soon followed and momentum grew to pass Women’s Suffrage at the national level. New Jersey suffragist Alice Paul formed the Congressional Union to advocate for a Constitutional amendment. Black women were among votes for women’s suffrage, organizing through the National Association of Colored Women (NACW) and through the leadership and work of Ida B. Wells. Despite how they were seen, they were often asked to march at the back of the line by many white suffragists.

Paul visited Seattle and other Western states to gain support and a women’s march was organized in Washington D.C. uprooting President Woodrow Wilson inauguration in 1913. More moderate in her approach was Carrie Chapman Catt, president of the National American Woman Suffrage Association. Nationwide rallies followed, including a car caravan and a special train carrying women to the nation’s capital to lobby the legislature. Demonstrators were met with resistance and a number of suffragists were imprisoned. Despite World War I and the Spanish Flu, they persisted. By 1920 enough states had ratified the 19th Amendment to give women the vote.
In 2019 the Snohomish County League of Women Voters erected a marker honoring Missouri Hanna. It is located in Edmonds where Sunset Avenue converges with Caspers Street, near Hanna Park. Thanks to Deborah Fox and a number of Everett residents, a newivy pad be developed next to the new YWCA on Colby Avenue will be named for Everett teacher and first superintendent of schools, Emma Yule, one of the city’s dynamic 1900s women whose work paved the way for women to gain the vote. Work for ever democratizing women continues. Presently the Voting Rights Act is pending to restore the 1965 Voting Rights Act. Voter registration efforts continue and voter suppression is real. The Equal Rights Amendment (ERA), a 1923 proposed amendment to the U.S. Constitution guaranteeing equal legal rights to all citizens, has not passed. Washington ratified the ERA by public vote in 1977. Looking back looks show that the vote can be won and lost and won again and should never be taken for granted. This year when we are unable to gather in large numbers, our best way to celebrate the 1920 win is to Vote. 

Advice CONTINUED FROM PAGE 1
that he was coming to visit. Shasta from Tacoma visiting her parents and Zebedee was helping a friend who was working at her parent’s home. “I had no idea that he had come around to check me out. I was a year later that Zeb told me it was all set up.” Apparently he and his friend had a plan for Zeb to lead. “He did not like her but he clearly didn’t. “We’ve now been married 47 years and he is still my best friend and partner.”

Advice to younger women and other women: Present your best self at all times because you never know who’s admiring you from afar. Betty added this for the younger people who might be reading this story. “Look for someone who will bring something to the table. Being healthy does not mean you only physically fit, but mentally and emotionally fit as well. Her husband Zeb achieved this in his goals in life as a successful business owner and always challenged her to pursue her goals at any age. “Zeb encouraged me to get my Doctorate in 2006. I asked why and he basically said, ‘why not?’ He has always been encouraging and I love what he says.”

“My journey has not been without controversy. I was the youngest administrator in the school system and now, believe it or not, I am the oldest. But I must look at the positive things in my life. My greatest rewards are my two very talented and successful sons, Zebulon and Zachary Cobbs and enjoying Grand- sons — Isaiah and Isaiah Cobbs, Zebedee Cobbs, who is my partner and best friend for 47 years and teaching and mentoring children and young people who are now or are becoming successful adults in the community.” I am honored to work with some amazing people throughout the years serving on boards, committees and I received the distinguished alumni award from Western Washington University which was a true honor.

Betty is currently the Chair of the Board of Trustees at Everett Community College. “I am grateful to mentor the first African-American female president at Everett Community College which has been the highlight of my time as a volunteer. I’ve been a Trustee for over 12 years, appointed by Governor Gregoire reappointed by Governor Inslee. Who would think that a young girl from Tacoma would have accomplished so much.”

Betty’s advice to her younger self or anyone who’s reading this column. “Never give up on your dreams. Reach for the sky and don’t let anyone discourage you. Help someone when you have the opportunity to help them. It will be worth it.”
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