



## CITY COUNCIL MEETING MINUTES

Vancouver City Hall | Council Chambers | 415 W. 6th St.  
PO Box 1995 | Vancouver, WA 98668-1995  
[www.cityofvancouver.us](http://www.cityofvancouver.us)

Anne McEnery-Ogle, Mayor

Bart Hansen • Ty Stober • Erik Paulsen • Sarah J. Fox • Diana H. Perez • Kim D. Harless

## August 7, 2023

### WORKSHOPS

Vancouver City Hall - Council Chambers - 415 W 6th Street, Vancouver WA

*Workshops were conducted in person in the Council Chambers of City Hall. Members of the public were invited to view the meeting in person, via the live broadcast on [www.cvtv.org](http://www.cvtv.org) and CVTV cable channels 23 or HD 323, or on the City's Facebook page, or [www.facebook.com/VancouverUS](http://www.facebook.com/VancouverUS).*

*View the CVTV video recording, including presentations and discussion, for workshops at:*

[https://www.cvtv.org/vid\\_link/35793?startStreamAt=0&stopStreamAt=7206](https://www.cvtv.org/vid_link/35793?startStreamAt=0&stopStreamAt=7206)

### **4:00-5:00 p.m. Clark County Jail Discussion**

*David Shook, Director of Clark County Jail Services*

#### **Summary**

Staff led Council through a discussion of the Clark County Jail Discussion.

### **5:00-6:00 p.m. Housing Action Plan Updates & New Initiatives**

*Samantha Whitley, Housing Programs Manager, 360-487-7952*

### **Summary**

Staff led Council through a discussion of the Housing Action Plan Updates and New Initiatives.

**Councilmember Hansen was late to the workshops.**

**Councilmembers Perez and Harless were absent.**

## **COUNCIL DINNER/ADMINISTRATIVE UPDATES**

### **COUNCIL REGULAR MEETING**

*This meeting was conducted as a hybrid meeting with in person and remote viewing and participation over video conference utilizing a GoToMeeting platform. Members of the public were invited to view the meeting in person, via the live broadcast on [www.cvtv.org](http://www.cvtv.org) and CVTV cable channels 23 or HD 323, or on the City's Facebook page, [www.facebook.com/VancouverUS](http://www.facebook.com/VancouverUS). Public access and testimony on Consent Agenda items and under the Community Forum were also facilitated in person and via the GoToMeeting conference call.*

*Vancouver City Council meeting minutes are a record of the action taken by Council. To view the CVTV video recording, including presentations, testimony and discussion, for this meeting please visit: [https://www.cvtv.org/vid\\_link/35795?startStreamAt=0&stopStreamAt=2144](https://www.cvtv.org/vid_link/35795?startStreamAt=0&stopStreamAt=2144) Electronic audio recording of City Council meetings are kept on file in the office of the City Clerk for a period of six years.*

### **Pledge of Allegiance**

### **Call to Order and Roll Call**

The regular meeting of the Vancouver City Council was called to order at 6:30 p.m. by Mayor McEnemy-Ogle. This meeting was conducted as a hybrid meeting, including both in person and remotely over video conference.

**Present:** Councilmembers Fox, Paulsen, Stober, Hansen and Mayor McEnemy-Ogle

**Absent:** Councilmembers Harless and Perez

**Motion by Councilmember Stober, seconded by Councilmember Hansen, and carried unanimously to excuse Councilmembers Harless and Perez.**

## **Approval of Minutes**

Minutes - July 3, 2023

**Motion by Councilmember Paulsen, seconded by Councilmember Hansen, and carried unanimously to approve the meeting minutes of July 3, 2023.**

Minutes - July 10, 2023

**Motion by Councilmember Stober, seconded by Councilmember Paulsen, and carried unanimously to approve the meeting minutes of July 10, 2023.**

Minutes - July 17, 2023

**Motion by Councilmember Fox, seconded by Councilmember Hansen, and carried unanimously to approve the meeting minutes of July 17, 2023.**

## **Community Communications**

Mayor McEnery-Ogle opened Community Communication and received testimony from the following community members regarding any matter on the agenda not scheduled for a Public Hearing:

- Dmitri Stoyanoff

There being no further testimony, Mayor McEnery-Ogle closed Community Communication.

## **Consent Agenda (Items 1-6)**

Council requested items 3 and 5 be pulled for discussion.

**Motion by Councilmember Hansen, seconded by Councilmember Stober, and carried unanimously to approve items 1, 2, 4 and 6 on the Consent Agenda.**

**Motion by Councilmember Fox, seconded by Councilmember Stober, and carried unanimously to approve item 3 on the Consent Agenda.**

**Motion by Councilmember Stober, seconded by Councilmember Hansen, and carried unanimously to approve item 5 on the Consent Agenda.**

1. **Increase spending limit on Contract C-100140: Piggyback City of**

## **Seattle #4358 Concrete Beveling Services**

Staff Report: 147-23

*The City currently uses Precision Concrete Inc. to provide repairs on uneven sidewalks and other concrete walkways.*

*Since November 2019, Precision Concrete Inc. has repaired trip hazards to meet ADA standards along sidewalks adjacent to all City properties, the Renaissance Trail and some walkways within City-owned parks. An additional 1786 sidewalk trip hazards have been brought into compliance in other high demand pedestrian areas, such as Fourth Plain Blvd.*

*The City's project amounts have totaled \$296,212.50 and there continues to be an ongoing need to reduce the number of trip hazards across the city. Increasing the current contracted amount will allow capacity to continue these projects and decrease City liability.*

Request: Approve an increase of \$150,000 for contract C-100140: Piggyback City of Seattle #4358 Concrete Beveling Services to a total contract amount of \$450,000 through November 1, 2023.

*Ryan Miles, Engineering Program Manager, 360-487-7708*

**Motion approved the request.**

## **2. Public Safety Testing Contract Increase**

Staff Report: 148-23

*The City of Vancouver, through the Human Resources Department, contracts with Public Safety Testing, Inc. to provide entry level and promotional testing and background screening services as needed for the City of Vancouver Police and Fire Departments. The services required may include but are not limited to developing test and study guide materials for the applicants in compliance with Civil Service Rules and Regulations, and provide comprehensive background investigations on as-needed basis.*

*The contract period for Public Safety Testing, Inc. is April 1, 2021, through March 31, 2026. Recent cost drivers include ongoing recruitment for Police Officers and the increase of entry level and lateral Fire Fighters with the support of Proposition 2 funding. It is anticipated the contract not-to-exceed amount (C-100598) of \$275,000 and the amendment No. 1 increase amount of \$25,000 to total of \$300,000 will be exhausted by the end of July if not increased. Staff requests an increase to the authorized amount of the contract.*

Request: Authorize the City Manager or designee to execute an amendment increasing the authorized not-to-exceed amount of the contract with Public Safety Testing from \$300,000 to \$800,000.



Lee Lofton, Deputy Human Resources Director, 360-487-8415

**Motion approved the request.**

**3. Shumway Purchase Agreement**

Staff Report: 149-23

*Between 1998 and 2000 the City acquired and developed 0.44 acres known as Shumway Neighborhood Park under a school-park interlocal agreement with Vancouver School District (VSD). The park adjoins the Vancouver School of Arts and Academics (VSAA). The interlocal agreement included maintenance and a joint use provision for a portion of VSAA property to facilitate public access to the school field and track area. The agreement expired in 2020 and terminated at the request of VSD in preparation for a significant expansion of VSAA and a corresponding increased parking capacity. The school district's original development proposal was to locate school parking on three sides of the current park ownership, creating a notable decline in the quality and aesthetics of this small park footprint.*

*Following significant public involvement regarding the school development, an agreement was reached and approved by Vancouver School District and City Council to address neighborhood concerns regarding traffic congestion on residential streets while retaining the size and function of Shumway Neighborhood Park and connectivity with the surrounding area.*

*Per the 2020 agreement, school parking was relocated downslope and west of the park to provide a more visible connection to the adjoining neighborhood along F Street. Rather than exchanging properties as originally anticipated in the agreement, the Vancouver School Board approved the surplus, disposition, and sale agreement for the subject parcel to expand the park.*

*The proposed acquisition would fulfill the intent of the agreement and public input to create a property ownership realignment that would improve park access, visibility connectivity and public safety. The proposed 0.15-acre acquisition from VSD adjoins the southern boundary of Shumway Neighborhood Park. The school district razed a residential structure previously located on the parcel, followed by grading, seeding and installation of irrigation to blend the property with the adjoining park ownership and site improvements.*

*The park is located in PIF District A, which provides a level of service of 3.99 acres of park land per thousand residents, or 80% of the adopted standard. The ½-mile service area surrounding the park (10-minute walk) specifically includes approximately 900 residents.*

*The VSD property assessed at \$210,760 and appraised at \$180,000. VSD and City staff negotiated purchase of the property at the appraised value through the attached purchase and sale agreement. The acquisition is eligible for PIF funding and identified in the capital facilities plan. The proposal is consistent with the Parks, Recreation and Cultural Services Comprehensive Plan, Capital Facilities Plan, and the PIF Technical Document. Expansion of the park will improve public access to parks and natural areas and offer future development opportunities to help meet the recreational needs of this underserved area.*

Request: Authorize the City Manager, or their designee, to accept the Purchase and Sale Agreement for acquisition of the Vancouver School District property through a Statutory Warranty Deed.

Monica Tubberville, Senior Planner, 360-487-8353

**Motion approved the request.**

**4. Visit Vancouver WA Destination Master Plan**

Staff Report: 150-23

**A RESOLUTION** approving Visit Vancouver Washington's implementation of the 2023-2033 Visit Vancouver Washington Destination Master Plan consistent with the terms of the 2023 Lodging Tax Grant to Visit Vancouver.

*RCW 67.28.180 allows municipalities to impose a 4% lodging tax on stays of less than 30 days at hotels, motels, campgrounds, bed and breakfasts and RV parks. Those funds can only be used for tourism-related projects, events and facilities. The RCW requires that in order to expend lodging tax funds, the City's Lodging Tax Advisory Committee, comprising equal numbers of lodging tax generators and potential lodging tax recipients, must review and recommend proposed expenditures to the City Council. In 2022, the Lodging Tax Advisory Committee advised City Council to approve a grant to Visit Vancouver WA. Visit Vancouver WA then entered into a professional services agreement with the City of Vancouver and used a portion of the funding to create the City's first Destination Master Plan.*

*Destination Master Plan Link*

*Implementation Matrix for Destination Master Plan Link*

Request: On August 7, 2023, approve the resolution for Visit Vancouver WA's implementation of the Destination Master Plan consistent with the terms of the Lodging Tax Grant to Visit Vancouver WA.

Teresa Brum, Deputy Economic Development Director, 360-487-7949

**Motion adopted Resolution M-4242 to approve the request.**

**5. Adoption of updates to Procurement Ordinance, Vancouver Municipal Code 3.05**

Staff Report: 151-23

**AN ORDINANCE** of the City of Vancouver relating to the amendment of city procurement requirements set forth in Vancouver Municipal Code (VMC) Chapter 3.05; adopting legislative findings; adding VMC Section 3.05.015 to clarify the applicability of federal procurement standards; amending certain sections of VMC Chapter 3.05 to simplify and clarify code language, incorporate best practices, adjust procurement thresholds, and reflect recent changes in state law; providing for severability; and setting an effective date.

*The City updated its Procurement Ordinance in 2010, and again in 2012 and 2016. Staff has reviewed the current ordinance and proposes several changes to create consistency, transparency, and efficiencies throughout the procurement process. Changes proposed in this ordinance update include:*

- *Section 3.05.015 Federal Funding and Grants – New section to be added to address the use of federal funds.*
- *Section 3.05.030 Emergency Procurement – Authorization – Update language to be consistent with the applicable RCW.*
- *Section 3.05.040 Special Market Conditions – Removal of several items from the list of special market conditions to be consistent with best practices and other agencies of similar size.*
- *Section 3.05.055 Contract Amendments – Update the section to make consistent with current policy/practice for Construction projects.*
- *Section 3.05.100 Competitive Processes – Purchase of supplies, materials or equipment or services other than professional services – When Required – Update this section to remove the references to services throughout to create efficiencies and provide consistency. Update thresholds.*
- *Section 3.05.200 Professional Services – Defined – Update the name of this section to Services to create efficiencies and provide consistency.*
- *Section 3.05.210 Competitive Solicitation and Approval of Professional Service Contracts – Update the name of this section to Services to create efficiencies and provide consistency. Updates in this section also include removing the expedited informal procurement process to be consistent with current practice and remove the language that allows for not advertising projects to help increase participation and transparency.*
- *Section 3.05.240 When Bids are Required for Public Works and Improvements – Update the language to be consistent with 2019 legislative updates.*

*Staff is also recommending updating thresholds throughout the ordinance to be consistent with federal thresholds and other agencies of similar size. In addition to these changes there are several changes for general clean-up and consistency with current practices.*

*Staff recommends approving the updated version of the City Procurement Ordinance, Vancouver Municipal Code (VMC) Chapter 3.05.*

Request: On Monday, August 7, 2023, approve the updated version of the City Procurement Ordinance, Vancouver Municipal Code (VMC) Chapter 3.05, on first reading, setting date of second reading and public hearing for Monday, August 14, 2023.

*Anna Vogel, Procurement Manager, 360-487-8429*

**Mayor McEnerny-Ogle read the title of the ordinance into record.**

**Motion approved the request.**

**6. Approval of Claim Vouchers**

Request: Approve claim vouchers for August 7, 2023.

**Motion approved claim vouchers in the amount of \$29,896,508.47.**

**Communications**

**A. From the Council**

**B. From the Mayor**

**Federal Heavier Truck Legislation**

Mayor McEnerny-Ogle discussed the Federal Heavier Truck Legislation with Council. Council decided to send a letter opposing heavier trucks to Congress.

**C. From the City Manager**

**Climate Community Advisors Group**

Tara Bassi, Harvard Bloomberg Fellow and Stacey Dalgaard, Associate Climate Project Coordinator, discussed the Climate Community Advisors Group.

**Adjournment**

7:06 p.m.

DocuSigned by:  
*Anne McEnerny-Ogle*  
6C89D9089EC5424...  
Anne McEnerny-Ogle, Mayor

Attest:

DocuSigned by:  
*Natasha Ramras*  
BCF6734E40E92AE...  
Natasha Ramras, City Clerk

The written comments below are those of the submitter alone and are not representative of the views of CVTV or the City of Vancouver, its elected or appointed officials, or its employees.

**From:** [Jason](#)  
**To:** [City Council](#)  
**Subject:** Submission: City Council Contact Form  
**Date:** Monday, July 17, 2023 1:19:46 PM

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# City Council Contact Form

**Submitted date:** Monday, July 17, 2023 - 1:19pm

## Contact Information

**First name:**

Jason

**Last name:**

Cromer

**Email address:**

[REDACTED]

**Phone number:**

[REDACTED]

**Street address:**

[REDACTED]

**ZIP code:**

98660

## Inquiry Information

**Subject:**

Comment on an upcoming Council agenda item

**Recipient:**

All of Council

**Message:**

Hello City Council members,

In regards to the workshop today, I'd like to speak on the topic of the Main Street project.

Cities around the world, and even in the US, are changing the way they're building cities. From car-centric designs (yes, even in Europe), cities are transforming themselves into platforms for people instead by removing ample amounts of parking, closing streets and entire city districts to cars, and

prioritizing transit and micro mobility. Some examples include Barcelona SuperBlocks, and recently the 10-block closure to vehicles in Santa Barbara, California on their "main" street called State Street, which has been so successful, that business owners on adjacent blocks even want their streets closed to vehicles.

This brings about several benefits at no cost: Quieter, safer, and cleaner streets with far fewer exhaust emissions that people walking would be breathing in. Transportation and movement of people increases dramatically as traffic, street lights, and other car-centric issues no longer block or slow the movement of people. One of the largest benefits is the increase to small business: On retail/restaurant streets where parking is removed, or vehicles are prohibited entirely (aside from commercial loading/unloading and emergency vehicles), what we see are 10%, 20%, and often 50% or higher increases in revenue for small businesses on these streets.

The new Main Street project is allocating over 54% of its width to cars, in a decade where cities everywhere are removing them. Our Transportation System Plan, 2040 Vision, Zero Vision, and Climate Action Goals clearly state that we aim to reduce vehicle miles driven, lower greenhouse gas emissions, and increase alternative modes of transit, all while reducing collisions that vehicles cause.

If these are our goals, why does the new Main Street design remain car-centric and in clear violation of all of these initiatives?

There is a misconception by some, including many Main Street business owners, that removing parking or vehicles will hinder business. However, we have thousands of examples of city data from cities across the country, and the world, that show that the opposite occurs: revenue for businesses increases as foot traffic dramatically increases when you build a street that is designed for people, not cars.

So my question to you all is: Why are we not adopting a modern, data-driven, and proven approach to city design instead of the car-centric designs of the past that have riddled our community, and cities everywhere with a plethora of issues? Thank you.

Best,  
Jason

**Upload a file:**

**From:** [Nielsen, Kristin](#)  
**To:** [Dollar, Sarah](#)  
**Subject:** FW: Please don't make the Main street Promise be known as the "Broken Promise"  
**Date:** Monday, July 31, 2023 10:17:40 AM

---

fyi

-Kristin

---

**From:** City of Vancouver - Office of the City Manager <CMO@cityofvancouver.us>  
**Sent:** Monday, July 31, 2023 10:07 AM  
**To:** Nielsen, Kristin <Kristin.Nielsen@cityofvancouver.us>  
**Subject:** FW: Please don't make the Main street Promise be known as the "Broken Promise"

Hi Kristin,

We got 1 more

-Amelia

---

**From:** Ed Falsetti [REDACTED]  
**Sent:** Monday, July 31, 2023 9:41 AM  
**To:** City of Vancouver - Office of the City Manager <[CMO@cityofvancouver.us](mailto:CMO@cityofvancouver.us)>  
**Subject:** Please don't make the Main street Promise be known as the "Broken Promise"

You don't often get email from [REDACTED]. [Learn why this is important](#)

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi-

Please re-think how to use the \$20M dollars for the Main Street Promise. Please consider a "Non-Automotive" plaza for this redesign.

While living in the town of Iowa City, Iowa in the 1970s, the city leadership took 3 sections of streets and made them pedestrian/bike only, and so many were opposed. The businesses on this street are thriving, and the area immediately became a destination.

It seems that what Vancouver is proposing is incredibly shortsighted.

There are numerous cities that during COVID closed down streets and put tables outside to entice guests.....You know what, those cities are fighting to get money to beautify the areas and keep them pedestrian only. You can look at Mountain View CA as an example. You should call their civic leaders.

I attended University of California at Santa Barbara, when I went back for a re-union, I was amazed



at what they have done with State street.

<https://santabarbaraca.com/explore-and-discover-santa-barbara/neighborhoods-towns/santa-barbara/downtown-santa-barbara/state-street-promenade/>

You have an unbelievable opportunity to be forward thinking and make a mark on Vancouver, please seize it!

Please don't make the Main street Promise be known as the "Broken Promise"....You have a great Opportunity, don't squander it!

Best Regards,

Ed Falsetti

██████ ██████████ ██████████

Ridgefield, WA, 98642

**From:** [Nielsen, Kristin](#)  
**To:** [Dollar, Sarah](#)  
**Subject:** FW: the plan for Mainstreet - good idea to look at other successes  
**Date:** Monday, July 31, 2023 12:22:51 PM  
**Attachments:** [attachment.png](#)

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FYI

-Kristin

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**From:** City of Vancouver - Office of the City Manager <CMO@cityofvancouver.us>  
**Sent:** Monday, July 31, 2023 11:40 AM  
**To:** Nielsen, Kristin <Kristin.Nielsen@cityofvancouver.us>  
**Subject:** FW: the plan for Mainstreet - good idea to look at other successes

We got another one.

Thank you,

-Amelia

---

**From:** Christine Toscano [REDACTED]  
**Sent:** Monday, July 31, 2023 11:34 AM  
**To:** City of Vancouver - Office of the City Manager <[CMO@cityofvancouver.us](mailto:CMO@cityofvancouver.us)>  
**Subject:** the plan for Mainstreet - good idea to look at other successes

You don't often get email from [REDACTED]. [Learn why this is important](#)

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Dear City Council,

Here is something to consider when planning Main street improvements which will help merchants and restaurants as well as increase enjoyment of people visiting.

When we visited Santa Barbara last year, we learned the downtown was thriving since it closed some blocks off entirely to cars. It managed to thrive in a singular way even during the pandemic. Santa Barbara is demonstrably very successful financially due to its management. Here is an article about their positive experience when closing to cars a section of downtown.

### [Santa Barbara CA State Street to remain closed to cars](#)



[San Luis Obispo Tribune](#)

<https://www.sanluisobispo.com › local › article276971923>

Jul 3, 2023 — The Santa Barbara City Council voted to **keep nine blocks of State Street**

**closed to vehicle traffic**, benefiting downtown restaurants.

One of the reasons I feel our new waterfront is so successful is that it provided premium walkability. We made a place for people to amble and this contributes a lot to the success of the new waterfront. This was successful The parking works and people love to stroll with their families or friends.

A simple frequent Trolley is classy alternative to cars as well for those rainy days - San Francisco which has been a beacon to people for years was synonymous with its cable cars and is more similar to vancouver because it has cold weather 1/2 the year. Let's truly upgrade the experience of downtown ... not just give it the same old same old. Cars and more cars are not the future!

Thank you, Christine Toscano



**From:** [Nielsen, Kristin](#)  
**To:** [Dollar, Sarah](#)  
**Subject:** FW: Concerns for Main Street renovation  
**Date:** Monday, July 31, 2023 2:35:28 PM

---

FYI

-Kristin

-----Original Message-----

From: City of Vancouver - Office of the City Manager <CMO@cityofvancouver.us>  
Sent: Monday, July 31, 2023 2:19 PM  
To: Nielsen, Kristin <Kristin.Nielsen@cityofvancouver.us>  
Subject: FW: Concerns for Main Street renovation

Hi we got one more

-Amelia

-----Original Message-----

From: ALLISON STAFFORD [REDACTED] >  
Sent: Monday, July 31, 2023 1:56 PM  
To: City of Vancouver - Office of the City Manager <CMO@cityofvancouver.us>  
Subject: Concerns for Main Street renovation

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Hi City Council, I wanted to voice concern regarding the renovation/modernizing of Main Street. Wider side walks sound great, but what about the bike lanes? I frequent Bike Clark County and see many folks cycling in downtown. I personally would rather have safer bike lanes and speed bumps as a result of the renovation of Main Street. Thank you for your time and consideration.

~Allison Stafford  
Vancouver Bicycle Club member  
Frequenter of downtown (can I add this to my resume?)

**From:** [Karissa](#)  
**To:** [City Council](#)  
**Subject:** Submission: City Council Contact Form  
**Date:** Monday, July 31, 2023 12:13:34 AM

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# City Council Contact Form

**Submitted date:** Monday, July 31, 2023 - 12:13am

## Contact Information

**First name:**

Karissa

**Last name:**

Page

**Email address:**

[REDACTED]

**Phone number:**

[REDACTED]

**Street address:**

[REDACTED]

**ZIP code:**

98682

## Inquiry Information

**Subject:**

Share an opinion about a City project or initiative

**Recipient:**

All of Council

**Message:**

Hello,

I am writing to express my disappointment with the Main Street Project plans and to urge a course-correction. At a time when the climate crisis is taking us into uncharted territory due mostly to the burning of fossil fuels, this plan makes little to no attempt to follow the city's recently passed Climate Action Framework to lower vehicle emissions. The CAF states that we need to create "a more connected, walkable, and bikeable city by supporting pedestrian-and bike-friendly infrastructure." There are more than enough examples showing that pedestrianizing local economic hubs is good for

business while also being good for the health and safety of citizens. You don't even have to reinvent the wheel!

Please reject this version of the MSP and support smart city planning by instead pedestrianizing Main Street from 5th to 15th Street.

**Upload a file:**

**From:** [Dollar, Sarah](#)  
**To:** [Young, Jonathan](#); [Cook, Nena](#); [Mori, Jeff](#)  
**Cc:** [Dollar, Sarah](#)  
**Subject:** FW: Submission: City Council Contact Form  
**Date:** Thursday, August 3, 2023 5:30:38 PM  
**Attachments:** [Submission City Council Contact Form.msg](#)

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Please find the attached and below comment.

**Sarah Dollar** | Assistant to the City Council  
CITY OF VANCOUVER, WASHINGTON  
City Manager's Office  
*Pronouns: She/Her/Hers*  
[www.cityofvancouver.us](http://www.cityofvancouver.us)

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**From:** tylilly [REDACTED]  
**Sent:** Wednesday, August 2, 2023 9:24 AM  
**To:** City Council <council@cityofvancouver.us>  
**Subject:** Submission: City Council Contact Form

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City of Vancouver, Washington



# City Council Contact Form

**Submitted date:** Wednesday, August 2, 2023 - 9:23am

## Contact Information

**First name:**

tylilly

**Last name:**

santiago

**Email address:**

[REDACTED]

**Phone number:**

/

**Street address:**

/

**ZIP code:**

/

## Inquiry Information

**Subject:**

Request information

**Recipient:**

All of Council

**Message:**

Why has an officer that sexually assaulted a citizen not been terminated and charged with felony sexual assault? I'm referring to the incident whereby a vancouver officer pulled someone's pants down, exposing their genitals, and threatened to tase them. This is all on video, yet somehow the officer is on paid leave. This demands an immediate termination if we are to take sexual assault seriously, this is beyond disgusting. As a victim of sexual assault, this person is a danger to men, women and children.

**Upload a file:**

|



**From:** [John](#)  
**To:** [City Council](#)  
**Subject:** Submission: City Council Contact Form  
**Date:** Wednesday, August 2, 2023 9:36:35 AM

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# City Council Contact Form

**Submitted date:** Wednesday, August 2, 2023 - 9:36am

## Contact Information

**First name:**

John

**Last name:**

Winterburn

**Email address:**

[REDACTED]

**Phone number:**

[REDACTED]

**Street address:**

300 E Mccloughlin Blvd

**ZIP code:**

98663

## Inquiry Information

**Subject:**

Share an opinion about a City project or initiative

**Recipient:**

Mayor Anne McEnerny-Ogle

**Message:**

As the mayor of vancouver, are you ok with police officers pulling 19 year old suspect's pants down and threatening to zap them to gain compliance? Is this how far we have fallen? Who is hiring these people? I voted for you because I saw a fair person, we need accountability, we need an instant firing, and a serious prosecution, this person should never be able to carry a gun again. The public deserved better. I assume you will take the necessary steps to prevent this happening again by pushing for the officer to be criminally charged for a clear an obvious sex assault on someone who was nearly a child! Disgraceful.

**Upload a file:**

**From:** [Dollar, Sarah](#)  
**To:** [Olsen, Shannon](#); [Lopossa, Ryan](#); [Drennan, Kate](#); [Kennedy, Rebecca](#); [Pluckhahn, Lon](#)  
**Cc:** [Dollar, Sarah](#)  
**Subject:** FW: Submission: City Council Contact Form  
**Date:** Thursday, August 3, 2023 5:31:06 PM

---

Please find the below public comment.

**Sarah Dollar** | Assistant to the City Council  
CITY OF VANCOUVER, WASHINGTON  
City Manager's Office  
*Pronouns: She/Her/Hers*  
[www.cityofvancouver.us](http://www.cityofvancouver.us)

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**From:** Tom <webresponse@cityofvancouver.us>  
**Sent:** Tuesday, August 1, 2023 4:54 AM  
**To:** City Council <council@cityofvancouver.us>  
**Subject:** Submission: City Council Contact Form

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City of Vancouver, Washington



# City Council Contact Form

**Submitted date:** Tuesday, August 1, 2023 - 4:53am

## Contact Information

**First name:**

Tom

**Last name:**

Donovan

**Email address:**

[REDACTED]

**Phone number:**

[REDACTED]

**Street address:**

**ZIP code:**

98664-2492

## Inquiry Information

**Subject:**

Comment on an upcoming Council agenda item

**Recipient:**

All of Council

**Message:**

Good morning City Council!

My name is Tom Donovan and I live in the North Garrison Heights neighborhood. As we approach the planning season around the 2024 annual budget, I have a request for your consideration.

Would it be possible to allocate additional resources for median maintenance? Many of our medians and rights of way are full of weeds and trash. Mill Plain east of I-205 is an example of weeds growing on the median 2-3 feet high. There are many other examples in our fair city.

A tidy, neat appearance of the city will foster pride, a better quality of life and be helpful in terms of economic development (firms looking to relocate will find the city more attractive).

I would estimate another \$50k-\$100k to hire temps for the summer might go a long way to help in this area.

Thank you for your consideration.

Regards,

Tom Donovan

**Upload a file:**

|

**From:** [Dollar, Sarah](#)  
**To:** [HART Team](#)  
**Cc:** [Dollar, Sarah](#)  
**Subject:** FW: Submission: City Council Contact Form  
**Date:** Thursday, August 3, 2023 5:31:18 PM

---

Please find the below public comment.

**Sarah Dollar** | Assistant to the City Council  
CITY OF VANCOUVER, WASHINGTON  
City Manager's Office  
*Pronouns: She/Her/Hers*  
[www.cityofvancouver.us](http://www.cityofvancouver.us)

---

**From:** Jeremy <webresponse@cityofvancouver.us>  
**Sent:** Monday, July 31, 2023 8:01 PM  
**To:** City Council <council@cityofvancouver.us>  
**Subject:** Submission: City Council Contact Form

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

City of Vancouver, Washington



# City Council Contact Form

**Submitted date:** Monday, July 31, 2023 - 8:01pm

## Contact Information

**First name:**

Jeremy

**Last name:**

Houtsma

**Email address:**

[REDACTED]

**Phone number:**

[REDACTED]

**Street address:**

12605 NE 10th Ave,

**ZIP code:**

98685

## Inquiry Information

**Subject:**

Share an opinion about a City project or initiative

**Recipient:**

All of Council

**Message:**

My name is Jeremy Houtsma

I am a business owner at 101 East 8th St. in Downtown Vancouver

I am a mental health worker and have been so for 10 years. I have owned my own business in Vancouver for 6 years. What I say is as someone who has worked closely in the past with chronically homeless. I will be blunt in the past 3 months the amount of mentally ill, drug addicted homeless I have encountered within a 4 block radius has been incredibly alarming and concerning. Just a month ago my 4 year old was scared leaving the downtown library because as he exited there was a mentally ill, homeless woman yelling about her Vagina. We won't be going downtown to the library anymore because my child should not be scared in his own library that we pay for. This same child picked up a capped needle in Grand central station a couple years ago. As a tax payer, business owner and parent I can't tell you how angry this makes me. This is totally unacceptable to me and this is not a city I want to grow my family if this is the norm. I read the Point in time Count. A 40% increase in homeless in the area is appalling on every level but the amount of people I see crossing the bridge from Portland to Vancouver must be acknowledged too.

My question is how is this city actively discouraging open drug use, camping , loitering and vagrant behavior? We have little resources for citizens as it is that want to get clean to handle people who have no interest. The recovery rate alone from Fentanyl is abysmal. I watched as these drug addicted treatment resistant homeless wreak havoc on mine and my neighbors safety in Portland and I have no interest and letting that happen here and the amount of people I see on a daily basis growing has me concerned. Furthermore I work with teens, they have expressed their uncomfortableness in the past with the homeless downtown. As a business owner this is

unacceptable. Ask any Mental Health professional or Nurse staff and they will tell you that Fentanyl is a different beast that rots peoples brains until they are no longer functionable in society. If you ask many recovered addicts they will also tell you that jail is the place they got sober and made a change. Let us be honest and recognize that there are a subset of homeless who are beyond reach. I say this as someone who has worked with this population. They don't want services and they are content to use drugs, sit in filth and destroy the natural plant and soil habitat they live in.

Here are some suggestions.

1. We must acknowledge that Fentanyl is a new and unprecedented monster we have never dealt with. It is powerful, destructive and is permanently damaging to peoples brain leaving them damaged for life. They will be chronic problems to themselves, the healthcare system and other citizens.
2. We should not make it comfortable to be homeless in Vancouver. A recent article in the NY times noted that homeless drug addicts had openly said they were coming to Portland because "the heroine is plentiful as well as hospitable to homeless." they are coming and where are they gonna go when they get kicked out of Portland.
3. Loitering laws should be enforced or created if not already there
4. Open drug use should be made illegal. If people can't openly drink they shouldn't be allowed to do hard drugs out in the open with no fear of reprisal.
5. Make laying down on sidewalks or public places a fineable offense if there for more than 20 mins.
6. Make it known that Vancouver is not a place to be an unproductive member of society. This can be done by constantly sweeping camps and making it uncomfortable to refuse services.

I feel as if I am writing this in vain. In fact I don't even expect anyone to fully read this but it is out of desperation. I was traumatized in Portland and I refuse to live in a city that allows its thriving city be taken over by addicts and those who have no interest in being productive members of society.

Sincerley

Jeremy Houtsma LMHC

**Upload a file:**

|

**From:** [Michael Walker](#)  
**To:** [Dollar, Sarah](#); [Delapena, Amanda](#)  
**Subject:** FW: VDA TMC Statement  
**Date:** Friday, August 4, 2023 3:48:08 PM  
**Attachments:** [image001\[17\].png](#)  
[image002\[82\].png](#)  
[image003\[5\].png](#)  
[image004\[39\].png](#)  
[image005.png](#)  
[image006.png](#)  
[image007\[49\].png](#)  
[image008.png](#)

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Hi Sarah & Amanda,

I sent the Transportation Mobility Commission a statement regarding business support and public outreach for the Main Street Promise project.

Please forward my comments to city manager & city council.

Thank you,

**Michael Walker**  
**VDA**  
**Executive Director**

Office: ( [REDACTED]  
[REDACTED]  
Vancouver, Washington 98660



---

**From:** Michael Walker <[REDACTED]>  
**Date:** Friday, August 4, 2023 at 3:17 PM  
**To:** Kennedy, Rebecca <Rebecca.Kennedy@cityofvancouver.us>  
**Subject:** VDA TMC Statement

Hi Rebecca,

I attended the recent TMC meeting regarding the Main Street Promise project, I did not have the opportunity to speak. Please on my comments below to the committee:

The Main Street Promise project has received robust and enthusiastic support from a multitude of local businesses, underscoring its potential to create a flourishing and vibrant commercial hub for the community.



The Main Street Promise project has actively involved and engaged hundreds of stakeholders from our community. 70% of the recent participants at Open House #2 expressed support and excitement regarding the project. As we move forward, it's crucial that we not only recognize but also honor the valuable feedback they have provided through these extensive outreach efforts.

Thank you,

---

**Michael Walker**

**VDA**

**Executive Director**

Office: ( [REDACTED]

[REDACTED]

Vancouver, Washington 98660



**From:** [Linda Glover](#)  
**To:** [Dollar, Sarah](#)  
**Subject:** Main Street Promise  
**Date:** Friday, August 4, 2023 4:35:02 PM  
**Attachments:** [Main Street Promise Project.docx](#)

---

You don't often get email from [REDACTED]. [Learn why this is important](#)

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Sarah,

Could you, please, distribute this letter tot he City Council?

Thank you!

Linda

--

Linda Glover, Executive Director  
Gifts For Our Community  
[REDACTED] Vancouver, WA 98660  
[Web: Divine Consign](#)

Dear Members of the Vancouver City Council,

I am writing this statement as Executive Director of Divine Consign, the largest actively operating retail establishment on Main Street for the past 20 years. I wish to express our enthusiastic support for the Main Street Promise Project.

As stakeholders in the Main Street community, we are proud to have been a part of this vibrant neighborhood for two decades, witnessing its growth and transformation. We wholeheartedly believe in the potential of the Main Street Promise Project to uplift the corridor and create a more accessible, inviting, and thriving regional destination. We acknowledge the need for progress and improvements to ensure the continued prosperity of local businesses, and we are excited about the opportunities this project presents.

It is crucial to recognize that Main Street serves as a hub for not only Vancouver residents but also attracts visitors from neighboring areas, making it a regional destination. We have seen firsthand the significance of striking the right balance between pedestrian-friendly infrastructure and vehicular access. Many visitors and customers depend on vehicular transportation to reach our businesses and experience the unique offerings of Main Street.

In conclusion, we extend our full support to the Main Street Promise Project while advocating for a balanced and pedestrian-centered corridor. As the largest actively operating retail establishment on Main Street, we understand the significance of maintaining vehicular access to preserve the vitality and economic prosperity of this vibrant corridor. We look forward to collaborating with the City Council to ensure that this project becomes a resounding success, benefitting the entire community, and preserving the unique identity of Main Street.

Thank you for your time and consideration.

Sincerely,

Linda Glover

Executive Director, Divine Consign

**From:** [Arenz, Julie](#)  
**To:** [Dollar, Sarah](#)  
**Subject:** FW: Repeat email submissions: Main St Promise Feedback -  
**Date:** Monday, August 7, 2023 9:08:36 AM  
**Attachments:** [Main Street Promise.msg](#)  
[image001.png](#)

---

Fyi.

---

**From:** Arenz, Julie <Julie.Arenz@cityofvancouver.us>  
**Sent:** Monday, August 7, 2023 9:07 AM  
**To:** Brum, Teresa <Teresa.Brum@cityofvancouver.us>; Lopossa, Ryan  
<ryan.lopossa@cityofvancouver.us>; [REDACTED]  
[REDACTED]  
**Subject:** Repeat email submissions: Main St Promise Feedback -

Fyi, the below email – plus the one from Peter yesterday – are repeat email submissions.

**Julie H. Arenz** | Small Business Project Manager  
CITY OF VANCOUVER, WASHINGTON  
Economic Prosperity and Housing Department  
P: 360-487-7940 | TTY: 360-487-8602  
[Julie.Arenz@cityofvancouver.us](mailto:Julie.Arenz@cityofvancouver.us)  
[www.cityofvancouver.us](http://www.cityofvancouver.us)



---

**From:** Samin Sepasi <[saminsepasi@gmail.com](mailto:saminsepasi@gmail.com)>  
**Sent:** Sunday, August 6, 2023 11:51 PM  
**To:** Hansen, Bart <[B.Hansen@cityofvancouver.us](mailto:B.Hansen@cityofvancouver.us)>; Stober, Ty <[T.Stober@cityofvancouver.us](mailto:T.Stober@cityofvancouver.us)>; Paulsen, Erik <[E.Paulsen@cityofvancouver.us](mailto:E.Paulsen@cityofvancouver.us)>; Fox, Sarah <[S.Fox@cityofvancouver.us](mailto:S.Fox@cityofvancouver.us)>; Perez, Diana <[D.Perez@cityofvancouver.us](mailto:D.Perez@cityofvancouver.us)>; Harless, Kim <[K.Harless@cityofvancouver.us](mailto:K.Harless@cityofvancouver.us)>; City of Vancouver - Office of the City Manager <[CMO@cityofvancouver.us](mailto:CMO@cityofvancouver.us)>; McEnerny-Ogle, Anne <[A.McEnerny-Ogle@cityofvancouver.us](mailto:A.McEnerny-Ogle@cityofvancouver.us)>; Transportation and Mobility Commission Agenda Calendar <[TransMobilityCommissionAgendaCal@cityofvancouver.us](mailto:TransMobilityCommissionAgendaCal@cityofvancouver.us)>; Brum, Teresa <[Teresa.Brum@cityofvancouver.us](mailto:Teresa.Brum@cityofvancouver.us)>; Arenz, Julie <[Julie.Arenz@cityofvancouver.us](mailto:Julie.Arenz@cityofvancouver.us)>; Lopossa, Ryan <[ryan.lopossa@cityofvancouver.us](mailto:ryan.lopossa@cityofvancouver.us)>; [jirving@mackaysposito.com](mailto:jirving@mackaysposito.com); Kennedy, Rebecca <[Rebecca.Kennedy@cityofvancouver.us](mailto:Rebecca.Kennedy@cityofvancouver.us)>; Michael Walker <[director@vdausa.org](mailto:director@vdausa.org)>; [admin@vdausa.org](mailto:admin@vdausa.org); Cooley, William <[William.Cooley@cityofvancouver.us](mailto:William.Cooley@cityofvancouver.us)>  
**Subject:** Main St Promise Feedback

Some people who received this message don't often get email from [REDACTED] [Learn why this is important](#)

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hello all,

My name is Samin and I'm a Vancouver resident. I use walking and biking as my primary modes of transport. The time is now to decide whether we want to build a Vancouver for residents, families, visitors, or cars. I urge you all to consider closing off Main St to car traffic.

While we need to make sure everyone can access Main Street regardless of their mode of transport, the drawbacks of allowing vehicles on Main St far outweigh the benefits. We need to decide how we will set Vancouver apart as a destination for visitors and tourism, and all major destinations around the world have pedestrianized streets to draw in visitors.

Personally I can't tell you the last memorable street I visited and walked around in which had cars running through it. I don't feel safe in such streets, they're not enjoyable and I try and get in and out as fast as possible. Even currently I avoid dining at restaurants on Main Street due to the noise and pollution from cars. There are countless studies that show businesses in pedestrianized streets benefit greatly from increased foot traffic and more time spent by visitors in local shops and restaurants.

We need to keep the momentum of positive gains post Covid such as increases in space for outdoor dining, walking, and biking. Such space will encourage visitors to enjoy all that downtown has to offer and spend more time and money to also support local businesses. A pedestrianized street will be a huge boon for tourism and I ask you all to design a street for the future economic growth of Vancouver.



Thank you

**From:** [Peter L. Fels](#)  
**To:** [Hansen, Bart](#); [Stober, Ty](#); [Paulsen, Erik](#); [Fox, Sarah](#); [Perez, Diana](#); [Harless, Kim](#); [City of Vancouver - Office of the City Manager](#); [McEnerny-Ogle, Anne](#); [Transportation and Mobility Commission Agenda Calendar](#); [Brum, Teresa](#); [Arenz, Julie](#); [Lopossa, Ryan](#); [jirving@mackaysposito.com](#); [Kennedy, Rebecca](#); [Michael Walker](#); [admin@vdausa.org](#); [Cooley, William](#)  
**Cc:** [Jan V](#); [Jason Cromer](#); [Heidi Cody](#); [dan.packard@gmail.com](#); [Amy Horstman](#); [Wayne Nussbaum](#); [peter@BikeClarkCounty.org](#); [BCCShop](#); [Don Steinke via 350.org Campaigns](#); [zagatton@gmail.com](#); [zefreak@gmail.com](#); [Sara Schmit](#); [Ken Williams](#); [michael@opszero.com](#); [israel@ilopez.com](#); [Lisa Giacchino](#); [Mike Farber](#); [Samin Sepasi](#); [Jim Thomas](#); [Karissa Halstrom](#); [Jim Byrne](#); [billait@gmail.com](#); [Paul Sochacki](#); [chaznw@gmail.com](#); [Carole](#)  
**Subject:** Main Street Promise  
**Date:** Sunday, August 6, 2023 10:46:52 PM

---

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Dear Mayor and Councilors,

Last week, along with many others, I testified at the Transportation and Mobility Commission regarding the current proposed redesign of Main Street. The proposal is unimaginative, a mere facelift that does nothing to modernize our city and fails to meet any of the goals of the Climate Action Framework.

Over the years, Main Street has lost almost all of its retail businesses. While there have been increases in downtown's vitality since the 1990s, cosmetic changes to the parking on Main Street are not going to make the street more attractive to pedestrians, cyclists or outside visitors. What is going to bring people to lower Main Street is a unique car-free experience where people can stroll or ride on a silent electric tram and children can play in a safe, tree lined environment.

I expect other commenters will send you examples of places that have converted streets to exclude private cars, such as Santa Barbara CA, Burlington VT. and various European cities. I have wandered in a number of car-free Italian city centers, Dublin, Barcelona, The Grove in Los Angeles, Third Street in Santa Monica and streets in Brooklyn that were temporarily closed to traffic. They all were crowded with people enjoying the experience, dining and shopping.

Vancouver has ambitious goals to reduce greenhouse gas emissions. To get there we need to reduce single occupancy vehicle traffic and increase pedestrian, bicycle and transit use. I have advocated for several years for establishment of a hop-on-hop-off electric tram that circulates along Main Street from the Waterfront to Fourth Plain as a way to get people out of their cars and to connect Uptown, Downtown, the Waterfront and soon, the Waterfront Gateway.

Lower Main Street with an increased tree canopy, a tram and limits on cars could help us move toward the Climate Action Framework's goals while showing that it is worth visiting.

Please tell City planners that the current proposal for Main Street Promise is backward thinking and should be replaced with a truly pedestrian friendly car-free design.

Thank you.

s/

Peter Fels

[REDACTED], Vancouver



**From:** [City of Vancouver - Office of the City Manager](#)  
**To:** [Dollar, Sarah](#)  
**Subject:** FW: Main Street Promise Feedback  
**Date:** Monday, August 7, 2023 10:22:42 AM  
**Attachments:** [West-Loop-Pedestrian-04.png](#)

---

fyi

-Kristin

---

**From:** Jason Cromer [REDACTED]  
**Sent:** Monday, August 7, 2023 10:16 AM  
**To:** Hansen, Bart <B.Hansen@cityofvancouver.us>; Stober, Ty <T.Stober@cityofvancouver.us>; Paulsen, Erik <E.Paulsen@cityofvancouver.us>; Fox, Sarah <S.Fox@cityofvancouver.us>; Perez, Diana <D.Perez@cityofvancouver.us>; Harless, Kim <K.Harless@cityofvancouver.us>; City of Vancouver - Office of the City Manager <CMO@cityofvancouver.us>; McEnerny-Ogle, Anne <A.McEnerny-Ogle@cityofvancouver.us>; Transportation and Mobility Commission Agenda Calendar <TransMobilityCommissionAgendaCal@cityofvancouver.us>; Brum, Teresa <Teresa.Brum@cityofvancouver.us>; Arenz, Julie <Julie.Arenz@cityofvancouver.us>; Lopossa, Ryan <ryan.lopossa@cityofvancouver.us>; Jason Irving <jirving@mackaysposito.com>; Kennedy, Rebecca <Rebecca.Kennedy@cityofvancouver.us>; Michael Walker <director@vdausa.org>; admin@vdausa.org; Cooley, William <William.Cooley@cityofvancouver.us>  
**Subject:** Main Street Promise Feedback

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hello City Council members, Mayor Anne, and City Staff,

We're about to enter the year 2024, and one thing that's been at the forefront of urban design globally in the last decades, but especially since the Covid epidemic, has been removing cars from cities, and instead using that space for **people**.

Have you travelled outside of the US and gone to the popular places around the world? Barcelona, Munich, Kyoto, Utrecht, Vienna, Prague, Paris, Copenhagen, Oslo, Amsterdam, Tokyo, and small towns and villages all over the world? Any chance you've also been to an amusement park too, like the Enchanted Forest, or the world's most popular one: Disneyland?

People from around the world flock to these locations for many reasons, but they all have one thing in common: They have a focus on being car-free. The cities and towns mentioned above all have car-free town squares, streets, and/or entire districts. Amusement parks are entirely car-free and are quite literally modeled after car-free European cities. Why? Because these are places built for **people** to enjoy.

Now compare these examples to the new Main Street design. Over 54% of the width is allocated to vehicles, meanwhile pedestrians are squeezed into 7 feet of space, barely wide enough for two people to walk side-by-side. This isn't a revolutionary or bold new design, as is marketed, and it

certainly isn't anything close to being a place for people to stay at and enjoy.

[Studies have repeatedly shown](#) that pedestrians and cyclists [outspend those who drive](#). I understand the concern from businesses on Main that they fear losing their parking will be detrimental to their business. However, this is a [misconception, and bears no truth](#). We should absolutely not be building infrastructure in our city based on the misconceptions of a handful of business owners, especially given the overwhelming abundance of data that proves contrary to their fears. The overwhelming response at the open houses, public response, social media, and the TMC meetings have been to build a car-free Main Street, yet the voice of the **people** of Vancouver are being completely ignored. We see that car-free streets work in low density towns in the US, like Burlington Vermont, Charlottesville, Santa Barbara California, and Cumberland Maryland, just to name a few. We see that that work in medium density cities, like Boise Idaho, Riverside California, and Salt Lake City Utah. We see that they work in high density cities like San Francisco, New York, and Los Angeles.

We see that they work everywhere, because they create an environment that **draws people in**, and gets **people to stay**. This creates more foot traffic and generates more revenue for small businesses, and it draws people in to stay for longer periods of time. This is the opposite of what the current Main Street design accomplishes, and it is precisely why Main Street has performed so poorly in the past.

I've heard members of the project team say that this opens the door for a car-free Main Street in the future. To that I ask: Why not start now while we have a clean slate?

The issue with building a car-centric street now is that if we do decide to shut it down to cars in the future, we will still have a 40-foot concrete desert in the center of Main Street. That is not a pleasing place for pedestrians. Let's use the one opportunity that we have for the next **50+ years** to design a place that is pleasing for **people**, not just cars, and create a design that is truly innovative, bold, and in line with our city goals. Otherwise, we are just wasting 20 million dollars on a repavement that will continue to see Main Street businesses suffer.

Below are some images of car-free Main Streets in cities across the US. There's no debate that anyone would rather be at any of these places than the new Main Street design. Why? Because the places below are built for **people**, not cars.

Best,  
Jason













**From:** [City of Vancouver - Office of the City Manager](#)  
**To:** [Dollar, Sarah](#)  
**Subject:** FW: Car-free Main Street  
**Date:** Monday, August 7, 2023 11:23:31 AM

---

FYI

-Kristin

---

**From:** Eli Andrew <[REDACTED]>  
**Sent:** Monday, August 7, 2023 10:48 AM  
**To:** Hansen, Bart <B.Hansen@cityofvancouver.us>; Stober, Ty <T.Stober@cityofvancouver.us>; Paulsen, Erik <E.Paulsen@cityofvancouver.us>; Fox, Sarah <S.Fox@cityofvancouver.us>; Perez, Diana <D.Perez@cityofvancouver.us>; Harless, Kim <K.Harless@cityofvancouver.us>; City of Vancouver - Office of the City Manager <CMO@cityofvancouver.us>; McEnerny-Ogle, Anne <A.McEnerny-Ogle@cityofvancouver.us>; Transportation and Mobility Commission Agenda Calendar <TransMobilityCommissionAgendaCal@cityofvancouver.us>; Brum, Teresa <Teresa.Brum@cityofvancouver.us>; Arenz, Julie <Julie.Arenz@cityofvancouver.us>; Lopossa, Ryan <ryan.lopossa@cityofvancouver.us>; jirving@mackaysposito.com; Kennedy, Rebecca <Rebecca.Kennedy@cityofvancouver.us>; Michael Walker <director@vdausa.org>; admin@vdausa.org; Cooley, William <William.Cooley@cityofvancouver.us>  
**Cc:** Jason Cromer <jasonmcromer@gmail.com>  
**Subject:** Car-free Main Street

Some people who received this message don't often get email from [REDACTED] [Learn why this is important](#)

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Dear Mayor and Councillors,

I am writing to urge you to support a car-free vision for Main Street. As a resident of Vancouver, I tend to only visit Main Street on rare occasions because I find it to be very unwelcoming to pedestrians. When I heard about the proposed changes to Main Street I realized that this could be our opportunity to build a welcoming environment for people rather than vehicles.

As we, like many other cities, try to revive our downtowns, it's important to remember to design our spaces for people over everything else. It's no surprise that people don't want to spend much time in an area with high volumes of vehicle traffic, and where more space is given to parked vehicles than the actual people who are using the space.

The choice ultimately comes down to you. Do you want to decide to let Main Street continue to be another bad example of car first street design, or do you want to be the ones who decided to do something different? You have the chance to create an iconic street in North America, one that people will visit Vancouver to see, and one that our fellow residents will be proud of and want to visit over and over. I urge you to do the latter, to leave a lasting legacy on this city and to let Vancouver live up to its true potential.

Best,  
Eli Andrew

**From:** [Sarah DeRue](#)  
**To:** [Peter Brack](#)  
**Subject:** RE: What is the fate of trees with bark removed by arsonist?  
**Date:** Monday, August 2, 2021 1:07 PM  
  
Written public comment.

**Sarah DeRue** | Assistant to the City Council  
CITY OF VANCOUVER, BRITISH COLUMBIA  
City Manager's Office  
*Forward: See the files*  
[www.vancouver.ca](#)

**From:** PETER BRACK [mailto:[peter.brack@vancouver.ca](#)]  
**Sent:** Monday, August 2, 2021 1:07 PM  
**To:** Ray, Charles <[Charles.Ray@vancouver.ca](mailto:Charles.Ray@vancouver.ca)>  
**Cc:** City Council <[council@vancouver.ca](mailto:council@vancouver.ca)>  
**Subject:** What is the fate of trees with bark removed by arsonist?

[You don't often get email from [peter.brack@vancouver.ca](#), learn why this is important at [https://aka.ms/whythisemailaddressisimportant](#)]

CAUTION: This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.  
What's gonna happen to all the trees that have had their bark removed east of Ardrossan along burnt Bridge creek.  
Will these trees have to be cut down ?

The unboarded continue to cut trees, remove, bark degrade and pollute the environment.











Theresa Peter

**From:** [Wynn Grcich](#)  
**To:** [Dollar, Sarah](#); [Rebecca Messinger](#)  
**Subject:** Watch "Lies My Government Told Me: And the Better Future Coming - Dr. Robert Malone" on YouTube  
**Date:** Friday, July 21, 2023 2:35:53 PM

---

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

<https://youtu.be/mhNwE2bban0>. Send to council members and MELNECK. Put on public record and confirm that you did. Thanks from Wynn

**From:** [Wynn Grich](#)  
**To:** [Rebecca Messinger](#); [Dollar, Sarah](#)  
**Subject:** Fwd: Washington State Department of Health Action: Open Comment Period – Office of Radiation and Protection’s Federally Required Chapter Updates  
**Date:** Tuesday, July 25, 2023 4:17:32 PM

**CAUTION:** This email originated from outside of the City of Vancouver. Do not click links or open attachments unless you recognize the sender and know the content is safe.

----- Forwarded message -----

From: **WA Department of Health** <[waDOH@public.govdelivery.com](mailto:waDOH@public.govdelivery.com)>  
Date: Tue, Jul 25, 2023 at 10:23 AM  
Subject: Washington State Department of Health Action: Open Comment Period – Office of Radiation and Protection’s Federally Required Chapter Updates  
To: [REDACTED] >

**Please send to the city councils and Melneck. Put on public record and confirm that you did.**

**Thanks from Wynn**

DOH-ORP



[GovDelivery notice for Proposed Rulemaking \(CR-102\)](#)

## **Washington State Department of Health Action: Open Comment Period – Office of Radiation and Protection’s Federally Required Chapter Updates**

On July 19, 2023, the Washington State Department of Health (department) filed a [CR 102 Proposed Rule Making](#) to amend:

- [Chapter 246-221 WAC Radiation Protection Standards](#)
- [Chapter 246-231 WAC Packing and Transportation of Radioactive Material](#)
- [Chapter 246-237 WAC Radiation Protection – Physical Protection of Category 1 and Category 2 Quantities of Radioactive Material](#)
- [Chapter 246-240 WAC Radiation Protection](#)

The proposed amendments are intended to amend four chapters of rules to adopt federally required rule changes without making material changes to the rule. This rule making adopts the following NRC rule changes that are identified by NRC Regulation Amendments Tracking System (RATS) numbers as follows:

- **2020-2** Social Security Fraud Prevention – [85 FR 33527](#) and [85 FR 44685](#): Amends chapter 246-240 WAC to make miscellaneous corrections that are non-substantive changes to clarify rule language.
- **2020-3** Miscellaneous Corrections – [85 FR 65656](#): Amends chapters 246-221, -231, and -240 WAC to make non-substantive changes such as updating titles, removing outdated requirements, and updating outdated calculations.

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Please visit our [website](#) for more information on the proposed rule revisions.

For questions about this rulemaking please contact, Earl Fordham, Deputy Director, Office of Radiation Protection at (509) 628-7628 or email at [earl.fordham@doh.wa.gov](mailto:earl.fordham@doh.wa.gov) or Nina Helpling, Rules Coordinator at [nina.helpling@doh.wa.gov](mailto:nina.helpling@doh.wa.gov). Please feel free to forward this information to anyone you think may be interested in this rulemaking.



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**To:** [Dollar, Sarah](#); [Rebecca Messinger](#)  
**Subject:** Watch "One in 35 myocardial injury" on YouTube  
**Date:** Thursday, July 27, 2023 8:05:07 AM

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**From:** [Wynn Grcich](#)  
**To:** [Rebecca Messinger](#); [Dollar, Sarah](#)  
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**Date:** Saturday, August 5, 2023 12:35:58 PM

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# American College of Cardiology Pushing COVID-19 Vaccines

Organization Endorses Heart Damage as a Necessary Price to Pay

PETER MCCULLOUGH, MD

AUG 5 · [PREVIEW](#)



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By Peter A. McCullough, MD, MPH

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**From:** [Wynn Grich](#)  
**To:** [Rebecca Messinger](#); [Dollar, Sarah](#)  
**Subject:** Fwd: Washington State Department of Health Action: Open Comment Period – Office of Radiation and Protection’s Federally Required Chapter Updates  
**Date:** Tuesday, July 25, 2023 4:17:32 PM

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Date: Tue, Jul 25, 2023 at 10:23 AM  
Subject: Washington State Department of Health Action: Open Comment Period – Office of Radiation and Protection’s Federally Required Chapter Updates  
To: [REDACTED]

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[GovDelivery notice for Proposed Rulemaking \(CR-102\)](#)

## **Washington State Department of Health Action: Open Comment Period – Office of Radiation and Protection’s Federally Required Chapter Updates**

On July 19, 2023, the Washington State Department of Health (department) filed a [CR 102 Proposed Rule Making](#) to amend:

- [Chapter 246-221 WAC Radiation Protection Standards](#)
- [Chapter 246-231 WAC Packing and Transportation of Radioactive Material](#)
- [Chapter 246-237 WAC Radiation Protection – Physical Protection of Category 1 and Category 2 Quantities of Radioactive Material](#)
- [Chapter 246-240 WAC Radiation Protection](#)

The proposed amendments are intended to amend four chapters of rules to adopt federally required rule changes without making material changes to the rule. This rule making adopts the following NRC rule changes that are identified by NRC Regulation Amendments Tracking System (RATS) numbers as follows:

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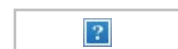
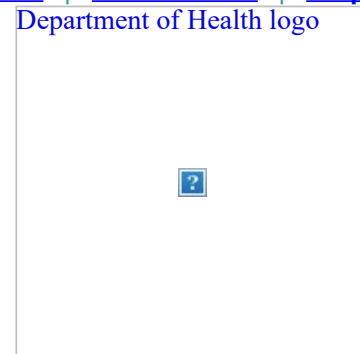
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Wynn Grcich, Vancouver

In the first three months after the shot there is a higher risk of blood clots. A natural anticoagulant with great promise is n-acetyl cysteine (NAC), as it has anticoagulant<sup>35</sup> and antithrombotic effects.<sup>36</sup> This means it prevents clots and breaks up those that have formed.

---

In the subacute phase it's important to avoid antibody dependent enhancement (ADE). The key is to implement a prophylactic protocol. Any symptoms of upper respiratory infection should be treated immediately. COVID is a multiphase disease. The first phase lasts five to seven days and is most easily treated. After Day 7, it typically progresses to the inflammatory phase, which requires different treatment.

---

A combination of a zinc ionophore such as quercetin, hydroxychloroquine or ivermectin, plus zinc is an important component of early treatment and prevention. If you want to use either hydroxychloroquine or ivermectin and live in a state that restricts their use, look for online telehealth options.

---

A The American Frontline Doctors is one resource. Most only charge \$90 for a consultation and you will be able to get the prescription that you need. Do not use Ivermectin from veterinary sources as it may be contaminated and is not designed for human use.

---

Optimize your vitamin D level in the range of 60 ng/mL to 80 ng/mL year-round. After a blood test to determine your current level, consider the Grassroots calculator to determine the necessary dose.

---

Vitamin C is another important component, especially if you're taking quercetin, as they have synergistic effects. To effectively act as a zinc ionophore, quercetin needs vitamin C.

---

The take-home message here is that if you've gotten the jab, consider yourself high risk for COVID and implement a daily prophylaxis protocol. This means optimizing your vitamin D, and taking vitamin C, zinc and a zinc ionophore daily, at least throughout the cold and flu season.

# Excerpts from America's Frontline Doctors Lawsuit

Filed July 19, 2021

IN THE UNITED STATES DISTRICT COURT FOR THE NORTHERN DISTRICT OF ALABAMA

America's Frontline Doctors, et al Plaintiffs

vs.

Xavier Becerra, Secretary of the U.S.

Department of Health and Human Services, et al., Defendants

img1.wsimg.com/blobby/go/3c6a0774-cfad-46fa-aa97-af5aa5e74f00/M%20for%20PI%20file%20stamped.pdf

**The Unlawful Vaccine Emergency Use Authorizations:** The emergency declaration is the necessary legal predicate for the issuance of the Vaccine EUAs, which have allowed the mass use of the Vaccines by the American public, even before the completion of the standard regimen of clinical trials and FDA approval.

The emergency declaration and its multiple renewals are illegal, since in fact there is no underlying emergency. Assuming the accuracy of Defendants' COVID-19 death data, SARSCoV-2 has an overall survivability rate of 99.8% globally, which increases to 99.97% for persons under the age of 70, on a par with the seasonal flu. However, Defendants' data is deliberately inflated.



On March 24, 2020, DHHS changed the rules applicable to coroners and others responsible for producing death certificates and making "cause of death" determinations — exclusively for COVID-19. The rule change states: "COVID-19 should be reported on the death certificate for all decedents where the disease caused or is assumed to have caused or contributed to death." In fact, DHHS statistics show that 95% of deaths classed as "COVID-19 deaths" involve an average of four additional co-morbidities. The CDC knew "...the rules for coding and selection of the underlying cause of death are expected to result in COVID-19 being the underlying cause more often than not."

## Polymerase Chain Reaction (PCR) Test Have A High Number Of False Positives:

Similarly, the actual number of COVID-19 "cases" is far lower than the reported number. DHHS authorized the emergency use of the polymerase chain reaction ("PCR") test as a diagnostic tool for COVID-19, with disastrous consequences. The PCR tests are themselves experimental products, authorized by the FDA under separate EUAs. PCR test manufacturers use disclaimers like this in their product manuals: "the FDA has not determined that the test is safe or effective for the detection of SARS-CoV-2." Manufacturer inserts furnished with PCR test products include disclaimers stating that the PCR tests should NOT be used to diagnose Case 2:21-cv-00702-CLM Document 15 Filed 07/19/21 Page 4 of 67 -5- COVID-19. This is consistent with the warning issued by the Nobel Prize winning inventor of the PCR test that such tests are not appropriate for diagnosing disease.



**Virtually all scientists, including Dr. Fauci, agree that any PCR test run at a CT value of 35-cycles or greater is useless.** Dr. Fauci has stated, "What is now evolving into a bit of a standard is that if you get a cycle threshold of 35 or more that the chances of it being replication competent are miniscule..."

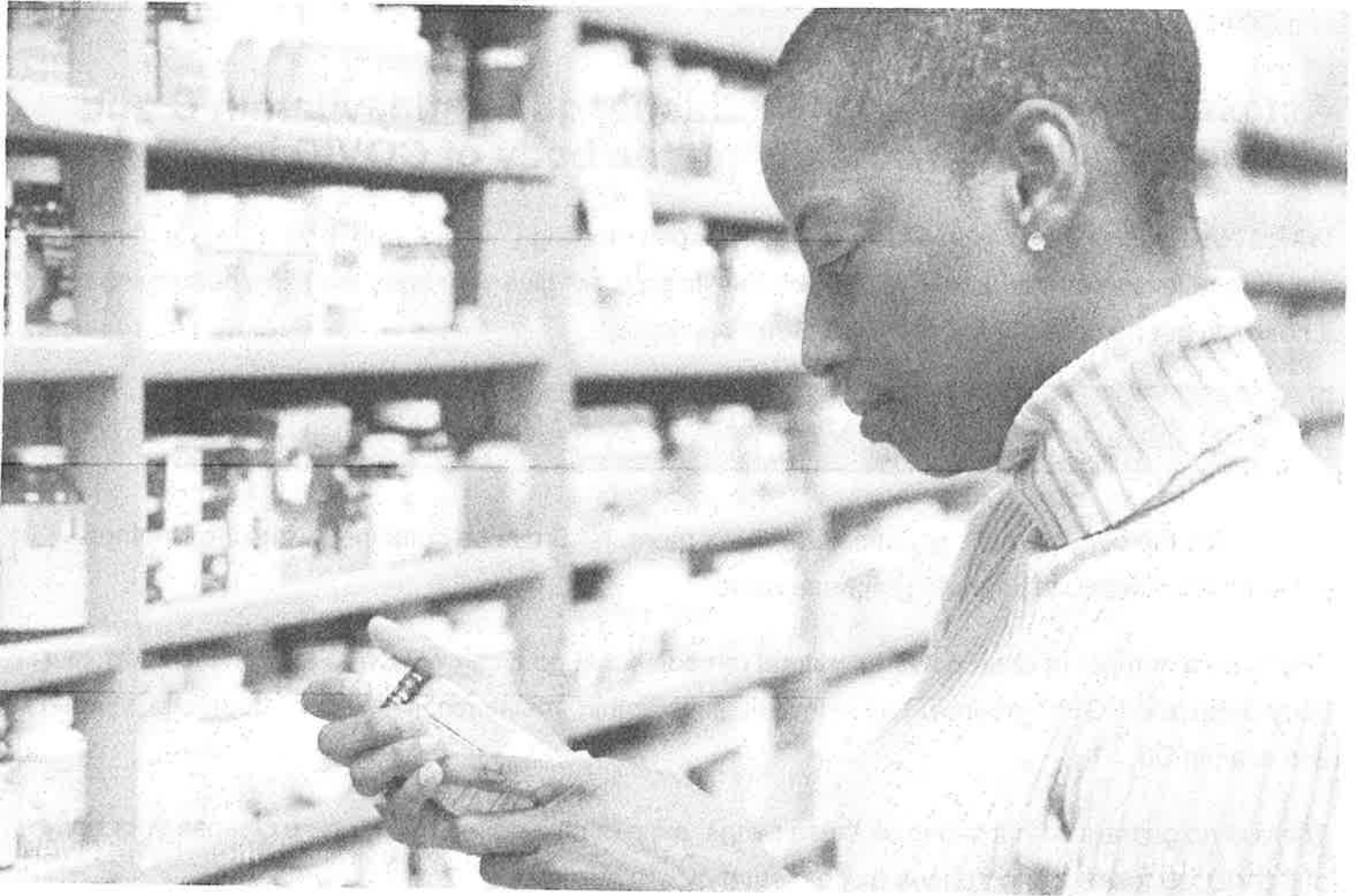
We have patients, and it is very frustrating for the patients as well as for the physicians...somebody comes in and they repeat their PCR and it's like 37 cycle threshold...you can almost never culture virus from a 37 threshold cycle. So I think if somebody does come in with 37, 38, even 36, you gotta say, you know, it's dead nucleotides, period. In other words, it is not a COVID-19 infection. 1027kearney.com/kpgz-news/2020/11/9/covid-tests-may-inflate-numbers-by-picking-up-dead-virus (last visited July 15, 2021).

# Super-antioxidant N-acetylcysteine helps clear body of mRNA jab toxins

Tuesday, June 06, 2023 by: Ethan Huff

Tags: *alternative medicine, coronavirus, COVID, detox, detoxification, dietary supplement, goodhealth, goodmedicine, graphene oxide, mRNA, N-Acetylcysteine, NAC, natural remedies, spike proteins, supplement, supplements, vaccination, vaccines*

**This article may contain statements that reflect the opinion of the author**



(Natural News) The presence of graphene oxide and other noxious chemicals in Wuhan coronavirus (COVID-19) “vaccines” is taking a major toll on the health of every person who got injected with one – and possibly on the unvaccinated who are being “shed” on as well. There is a solution, though: *N-acetylcysteine*, also known as NAC.

NAC can help to rid the body of graphene oxide, spike proteins, and whatever other poisons are hidden inside COVID injection vials because of their super-antioxidant powers. NAC can help to stop the things that damage cellular function and DNA integrity, including COVID jabs.

“NAC can help remove graphene oxide because it’s a precursor to glutathione,” says Brendon Fallon of “Vital Signs,” a program of *The Epoch Times*, quoting Drs. Yuhong Dong and Ann Corson, who authored an article about the subject.





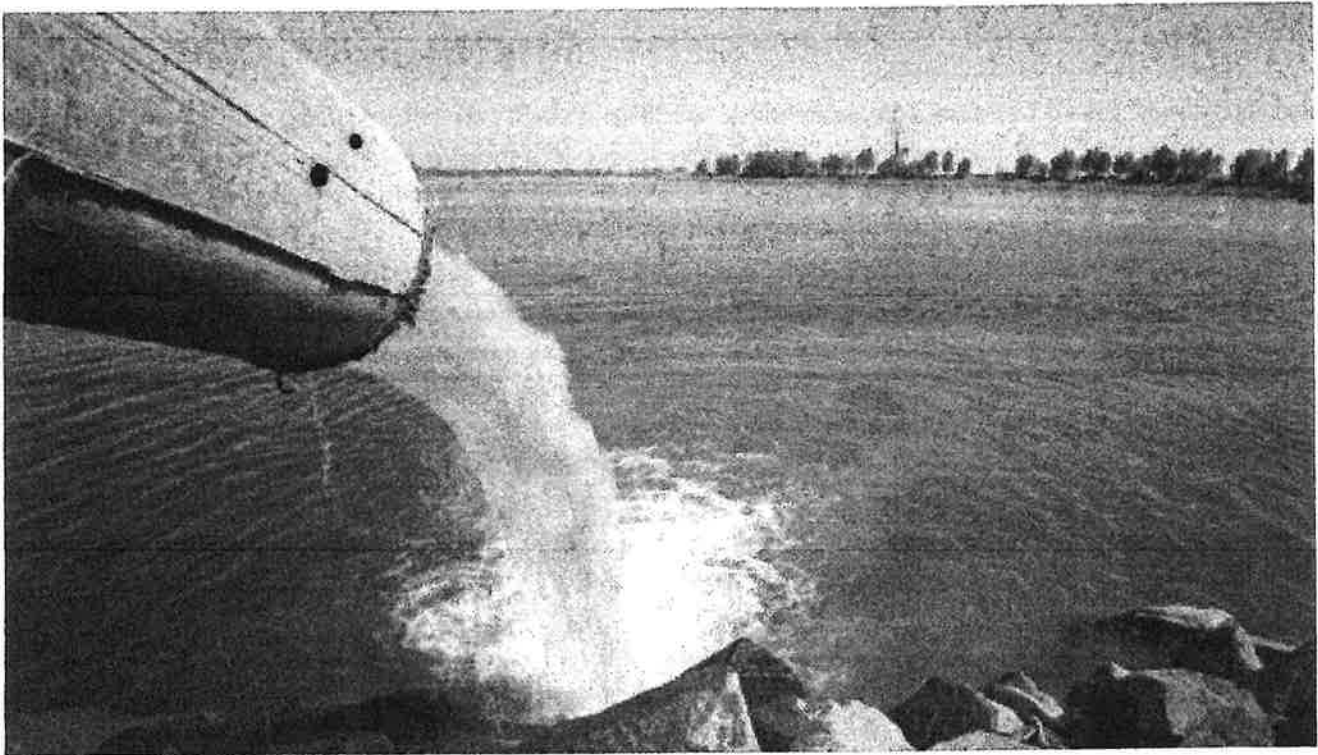
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## Experts find 30 trillion gallons of toxic liquid injected into earth poisons ground water

By Pro Publica

Thursday, June 21, 2012 13:26 EDT



**By Abrahm Lustgarten ProPublica**

Over the past several decades, U.S. industries have injected more than 30 trillion gallons of toxic liquid deep into the earth, using broad expanses of the nation's geology as an invisible dumping ground.

No company would be allowed to pour such dangerous chemicals into the rivers or onto the soil. But until recently, scientists and environmental officials have assumed that deep layers of rock beneath the earth would safely entomb the waste for millennia.

There are growing signs they were mistaken.

Records from disparate corners of the United States show that wells drilled to bury this waste deep beneath the ground have repeatedly leaked, sending dangerous chemicals and waste gurgling to the surface or, on occasion, seeping into shallow aquifers that store a significant portion of the nation's drinking water.

In 2010, contaminants from such a well bubbled up in a west Los Angeles dog park. Within the past three years, similar fountains of oil and gas drilling waste have appeared in Oklahoma and Louisiana. In South



# TAINTED DRUGS: ARE OUR PRESCRIPTIONS SAFE?

Several high-profile drug recalls have rattled consumer confidence. Here's what you need to know

**S**usan Haskell Maxson had just purchased a three-month refill of the blood-pressure-lowering drug valsartan in the summer of 2018 when she got a scary warning letter. The U.S. Food and Drug Administration was recalling the generic medication due to contamination with N-nitrosodimethylamine (NDMA), a chemical that may pose a cancer risk.

After her doctor switched her meds, says Maxson, 73, of Laguna Woods, California, "it took two months to stabilize my blood pressure. Now I've developed breathing problems and lung nodules. No one knows if valsartan was involved. I even called the FDA about it. I never used to think about the safety of medications before. Now I do."

Tainted blood pressure and heart failure drugs have been in the headlines in recent months. More than a thousand lots of these generic ARBs (angiotensin II receptor blockers) from roughly two dozen drugmakers were recalled between July 2018 and mid-October 2019 after unsafe levels of NDMA—as well as another probable carcinogen and a third potential carcinogen—were discovered in FDA tests. In June 2019, an independent testing lab warned of another impurity in valsartan: the probable human carcinogen dimethylformamide (DMF). To treat high

blood pressure and congestive heart failure, and to help prevent strokes, doctors wrote more than 79 million prescriptions for ARBs in 2016, according to government statistics.

Meanwhile, prescription and over-the-counter (OTC) versions of Zantac® and generic ranitidine, digestive medicines known as H2 blockers, have been recalled by some drugmakers and pulled from drugstore shelves after tests found low levels of NDMA in many of these products. In late October, five more makers of ranitidine announced voluntary recalls. So how worried should you be? Are your drugs impure?

The FDA is still investigating, but the sources of the various problems seem to be very different: In the case of ARBs, there appear to be serious issues in the manufacturing of active ingredients in the drug. Compounds in the other drug, ranitidine, seem to form NDMA as the drug is broken down in the body—a process not previously suspected.

Experts differ about what it all means for the safety of America's drugs, many of which are produced outside the U.S.

"This is a very serious problem. I think it raises a lot of potentially serious questions about the supply chain and where drugs come from," says Mark Benson, a cardiologist at Beth Israel Deaconess Medical Center

Zantac and its generic, ranitidine, were recently recalled by some drugmakers and pulled from store shelves across the nation after tests found levels of NDMA in them.

in Boston. "Physicians and patients are users in a very complicated, worldwide context, but neither group completely understands the situation."

But Caleb Alexander, M.D., codirector of Johns Hopkins Center for Drug Safety and Effectiveness, counters: "Of course you can't trust generics. The recalls are highly visible and very disconcerting, but the general supply chain is safe. These are isolated events."

Leigh Purvis, director of health services research at the AARP Public Policy Institute, notes that "there is no real evidence that generics are less safe than brand-name drugs." The U.S. Food and Drug Administration is trying to harmonize inspections with other countries. We've always been very vocal with the AARP that the FDA should have the resources to do its job.

Here's what the experts say you should know—and do—if a drug you take has been recalled or pulled from drugstore shelves.

**► How can I check for a drug recall?**  
You may get a call, letter or email from your pharmacy or your doctor's office if a prescription drug you take has been recalled.



(DR. JANE RUBY) INJECTED [WITH A POISON] "BLOOD" PROOF [STEW PETERS SHOW]

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# The Blaylock Wellness Report

*Living a Long, Healthy Life*

by Russell L. Blaylock, M.D.

June 2023

Vol. 20, No. 6

## Key Points

- The 'authorities' were wrong again and again about COVID vaccines
- 'Sickness behavior' reflects immune response
- Priming makes the brain's immune cells more destructive
- COVID injections damage the brain's white matter
- Rates of new cancer and cancer relapse are increasing
- Vaccines are associated with sudden cardiac death

## PLUS

- Nano-triphala kills bad bacteria

## ASK DR. BLAYLOCK

- What will lower BP?
- How can I fight chronic fatigue?

# COVID Vaccines Are Linked to Brain Degeneration, Cancer, and Heart Problems

The so-called pandemic was perhaps the most manipulated occurrence in world history, and we are only now getting some inkling of the truth behind its origin and its development. Evidence points to the virus having been created in a Chinese lab. Evidence also suggests that leaders at the National Institutes of Health (NIH) were working with the individuals who created the COVID-19 virus.

But in my opinion, the real pathogen may not be the virus, which is generally no more dangerous than a flu virus. It's the "vaccine."

In this month's issue of The Blaylock Wellness Report, I will attempt to make the case that the vaccine itself could lead to greater damage than the virus it was meant to fight.

## Components of COVID Vaccines Present Dangers

Analysis of the amino acid sequence of SARS-CoV-2 — the virus that causes the disease COVID-19 — indicates that it was created in a lab. This is not a virus that accidentally jumped from a bat to humans, as we were originally told. That falsehood has been exposed by some of the world's most renowned virologists.

It has also been established that the spike protein on the outside of the virus is the pathogenic (disease-causing) part. In fact, the virus itself is virtually harmless.

The COVID "vaccines" contain an enclosed, protected messenger RNA (mRNA) that rapidly and continuously reproduces the spike protein — not only the part that causes acute illness, but the part that causes long-term effects for the nervous system.

After vaccination, a person's bloodstream becomes filled with the spike protein from the injection. As a result, that spike protein attaches to the endothelial cells that line the inside of blood vessels (arteries, veins, and capillaries).

In addition, the nano-lipid encasement of the mRNA causes

considerable harm. And it is resistant to destruction by the immune system.

Still, the spike protein is the most harmful part. Keep that in mind.

We now have young people — who are essentially at no risk from the COVID-19 virus itself — getting this dangerous vaccine. In fact, the Centers for Disease Control and Prevention (CDC) has had the COVID-19 shot added to the vaccine schedule for public school attendance. That's insane.

Now let's explore what this all means.

### 'Authorities' Were Wrong Time and Again

As noted, the COVID vaccine is made of the mRNA that generates the spike protein encased in a nano-lipid carrier sac, which prevents the body from destroying the foreign mRNA. The sac itself has been shown to be toxic because it causes an abnormal immune reaction.

And the mRNA not only produces the spike protein, it also enters the nucleus of the cell and changes the DNA code. This was denied. But it has been proven.

The nano-lipid carrier, with its deadly load of mRNA, goes everywhere in the body, including the heart and the nervous system (brain, spinal cord, and nerves).

We have no idea how long it stays, but we know it's at least months — and possibly a lifetime.

The people who created this vaccine assured the public that the contents remained at the site of injection. But it goes everywhere.

They also assured the public that the spike protein only lasted a few days — which is demonstrably false.

Then they told us that the vaccine had been tested for safety and it was safe. That wasn't true, either.

One fabrication after another was backed up by regulatory bureaucrats at the NIH, the CDC, and the Food and Drug Administration (FDA).

Despite being threatened by the federal government, real scientists published numerous reports and studies about the dangers of spike proteins, trying their best to avoid linking it to the injections, even though the vaccines produce greater amounts of spike protein for a much longer period of time than a natural infection does.

Now we're hearing numerous reports of young people who are in excellent physical condition either dying or developing myocarditis or neurological diseases after receiving the vaccine. Despite this, the injections go on.

And still, the mainstream media treats any objection to their preferred narrative as "misinformation."

### 'Sickness Behavior' Is an Immune Response

The condition known as "sickness behavior" is a well researched neurological process that was named for the response to a viral infection, such as influenza.

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Health

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In a series of careful studies, researchers discovered that activating the body's primary immune system automatically activated the central nervous system's immunity. This prepares the nervous system for an invading pathogen.

Within the nervous system, there are a number of cells that secrete pro-inflammatory cytokines, such as macrophages, microglia, and astrocytes.

Microglia, astrocytes, and endothelial cells are the primary immune cells of the nervous system. Macrophages, lymphocytes, and neutrophils invade the nervous system to help fight an infection.

When you contract the flu infection (or another viral infection), you feel sleepy, avoid social interaction, lose your appetite, and develop a fever. These reactions are not caused directly by the virus, but by the body's immune reaction to the invasion.

(If you take Tylenol to fight the infection you actually interfere with this immune reaction, which explains why children die at a higher rate when they're given Tylenol for infections.)

This reaction by the nervous system constitutes sickness behavior. The same thing happens with any kind of inflammation and/or immune activation — your brain's immune system is activated.

Research has discovered that if there is any type of pathological problem or pre-existing issue in the nervous system — even if it's completely dormant — that will magnify the brain's immune reaction.

Many people have developmental defects of the brain or lesions on the brain that they are unaware of. If such a person undergoes even a minor surgery or suffers an injury, this systemic immune activation worsens the nervous system's reaction.

In most cases, this response is shut down quickly and the damage will be repaired.

But repeated infection can eventually lead to a neurodegenerative disease of some kind — such as Parkinson's, Alzheimer's, or ALS.

The same thing happens to children who are given many vaccines early in life, and continuing throughout their life. Unfortunately, this risk has been ignored by the pediatricians and bureaucrats.

In addition, most vaccines use aluminum as an adjuvant. The aluminum reaches the brain and spinal cord immune cells, and remains deposited there for a very long time. These aluminum deposits act as

## Things That Are Known to Worsen Excitotoxicity

Several conditions are known to worsen the destructive process of excitotoxicity:

- Low energy from mitochondria
- Low magnesium levels in the body
- Systemic immune stimulation.
- Mercury (especially ionic mercury)
- Histamine excess (activation of mast cells)
- Fluoroaluminum

- Pesticides/herbicides and other neurotoxic chemicals (Roundup)

- Activation and release of interleukin 6 (IL-6)

All of these conditions occur with the COVID injections. Even with COVID infection, the people with the highest level of IL-6 are most likely to die — now we know why. They have the highest level of glutamate in all of their tissues, including the heart's electrical system. That IL-6 worsens excitotoxicity.

immune stimulants that lead to the destruction of neurons in the brain and spinal cord over the course of many years.

The mRNA vaccines also act as chronic immune activators of the nervous system and other tissues, such as the heart. Despite extensive research in this area, it has been ignored.

The mRNA injection fills the body and organs (including brain and spinal cord) with spike proteins that act as powerful activators of immune cells.

## Microglial Priming Makes the Brain's Immune Cells More Destructive

In addition to the nervous system reaction, inflammation can trigger a process called "priming" of immune cells.

This simply indicates the state of an immune cell (microglia, macrophages, etc.) that has been exposed repeatedly to immune activators, making it much more destructive.

When this happens, the immune cell revs up all the enzymes — such as proteases, inflammatory cytokines, and excitotoxins (glutamate, quinolinic acid, and aspartate) — that cause neurological destruction.

The next immune stimulation of any kind causes these primed immune cells to release very high levels



of inflammatory chemicals (cytokines, chemokines) and excitotoxins.

As we age, our immune cells become primed automatically. This is why older people have worse immune reactions and develop neurodegenerative diseases late in life.

Recent studies have shown that high levels of inflammatory cytokines (such as a threefold increase interleukins of in primed immune cells) can cause neuron destruction indirectly, and that excitotoxins, not immune cytokines, are the most destructive substances.

But they work together to cause this damage (a process called immunoexcitotoxicity). Both produce high levels of free radicals and lipid peroxidation products — and the brain is made up of 60 percent lipids (fats).

In addition, excitotoxins have several very destructive mechanisms that become activated.

These mechanisms are also triggered by the COVID spike proteins.

### Why Older People Are in Danger From Vaccines

The mRNA COVID vaccines kill mostly the elderly, because these individuals have senescent (old) immune cells, which secrete very high levels of inflammatory substances, and senescent astrocytes (and probably microglia) leak destructive excitotoxins spontaneously.

These cells also secrete fewer repair chemicals, such as neurotropic compounds.

The combination of less repair and more destruction leads to either sudden death or slow neurodegeneration.

We also know that repeated immune activation (as occurs with many vaccines) increases the misfolding of proteins in neurons, which can lead to serious conditions, such as prion diseases and Parkinson's disease.

It is also known that the spike protein, as generated by the COVID injection, accelerates immune senescence.<sup>1</sup>

Essentially, the vaccine is making the whole process worse.

Some cytokines, such as TNF-alpha, have a profound effect on this process. This inflammatory cytokine suppress enzymes that prevent excitotoxicity

(glutamine synthetase), and increases enzymes that generate excitotoxins (glutaminase). It also reduces protective receptors, raises glutamate levels, and increases the most destructive glutamate receptors (calcium-permeable AMPA receptors).

This links the immune process and excitotoxicity together, triggering immunoexcitotoxicity.

### COVID Injections Damage the Brain's White Matter

It has been shown that cells infected with spike proteins form abundant exosomes (extracellular carriers) that contain the noncoding RNAs microRNA, MIR-590, and MIR-148a, which destabilize a substance called IRE9. Microglia cause a sharp decline in IRE9, making the inflammatory response much worse.

Removing IRE9 worsens microglia excitotoxicity in the brain. So the injections themselves worsen the brain destruction.

One study included six patients with severe respiratory COVID-19, which caused severe neurological injury.<sup>2</sup> MRI scanning was normal in all six.

Using a special scanning technique (DTI imaging) that highlights the white matter of the brain showed that the white matter had suffered the worst damage, especially within the brain stem.

Autopsies of these individuals demonstrated that they all had extensive microglial activation — once again, especially in the brain stem. Other studies have confirmed this.

Another study using mice infected with the COVID-19 virus found that the spike protein had mutated and interfered with the clearance of glutamate, and that blocking the calcium-permeable

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**This month's password is: vaccines**  
(Please remember to use lowercase letters.)

**BLAYLOCK TIP****Natural Compounds Can Regulate Immune Reaction**

Traditional medicine is more or less blind to the role played by the lymphatic system in health and disease.

This special circulatory system helps cleanse cells and tissues, is critical for healing, and has a central role in immunity. When the lymphatic system fails, severe diseases can result.

Almost nothing is written about the lymphatic system in textbooks, and little is taught about it in medical school.

Few studies are done on the lymphatic system, and doctors hardly ever consider it, except in the cases of cancer.

Great advances in natural

medicine have been made in controlling immunity with natural compounds.

One of the most interesting areas of study is immunomodulation — which is the practice of boosting a weak immune system and dampening immunity when it is overreacting (as occurs with autoimmune diseases).

A number of natural compounds can also stimulate a weak immune system, which is critical to dealing with many diseases.

For example, beta-1,3/1,6 glucan — a compound found in the cell walls of yeast and some mushrooms — selectively activates immune cells such as macrophages, neutrophils,

and lymphocytes. This is a major weapon against bacteria, viruses, fungi, and cancer.

Beta-1,3/1,6 glucan also calms immune overreaction in the brain by calming microglia — the brain's immune cells.

Other compounds that calm immune overreaction include:

- Ashwagandha
- Astragalus
- Curcumin
- Quercetin
- Taurine
- Grape seed extract
- Tocotrienols
- Luteolin
- Apigenin
- Saffron

AMPA receptors dramatically improved recovery from the paralysis that occurred.<sup>3</sup> Nano-grape seed extract has been shown to block this destructive receptor.

It was also noted that the spike protein attached to the ACE2 receptors in the brain stem, and that the brain stem controlled blood pressure, breathing, and sympathetic nervous system control. This includes heart function.

We are seeing two problems related to these brain stem centers that may be caused by both the COVID infection and the vaccines: postural tachycardia syndrome (POTS) and sudden heart failure.

POTS is also a common reaction to the Gardasil vaccine. It causes people to pass out upon standing, having lost much of their blood pressure control.

The COVID injections cause a loss of brain stem autonomic control because these brain stem nuclei are very sensitive to excitotoxicity.

Control of the heartbeat is impaired when autonomic brain stem control is damaged.

**How the Spike Protein Affects Endothelial Cell Function**

All blood vessels are lined by endothelial cells, which

are considered the “brain” of the vessel. They control the vessels’ reaction to chemicals and gases, and as a result they control blood flow.

It is also known that these cells have abundant ACE2 receptors that allow the spike protein to enter the cells.

When this happens, the spike protein acts as a constant source of vessel inflammation and excitotoxicity, both of which not only increase atherosclerosis but also acts as a constant peripheral source of immune activation. This leads to sickness behavior and eventually neurodegeneration.

It can also cause an ischemic infarction (stroke) or hemorrhages in the brain, which are commonly described at autopsy.<sup>5</sup> In addition, it can cause microstrokes in the brain.

Lastly, the spike protein damages the blood-brain barrier, which protects the brain from chemicals in the blood.<sup>4</sup>

**Effect of Spike Protein on Brain Function**

A recent study found that injecting the spike protein into the hippocampus of a mouse — without causing damage from the injection — resulted in cognitive deficits similar to the characteristics of long COVID,

**BLAYLOCK TIP****Regular Mammograms Do Not Prevent Breast Cancer Death**

Women are flooded with propaganda about the importance of having a yearly mammogram. What most women are told is that yearly mammograms save lives.

But is it true?

A Canadian study that was reported in the *British Medical Journal* followed some 89,835 women ages 40 to 59 and compared those who had received annual mammograms to women who got no mammograms.

After 25 years of follow-up, there was no difference in death rates from breast cancer between the two groups.

Of equal importance was the finding that 22 percent of the women who got mammograms were misdiagnosed with malignant tumors.

What this means is that millions of women have undergone unnecessary and potentially dangerous surgeries even though they were not suffering from breast cancer.

Keep this study in mind the next time someone tries to frighten you into getting a mammogram.

which occurs not only with cases of infection, but also from the vaccines.

The researchers found that the S1 subunit of the spike protein alone could induce death of neurons in the hippocampus, which is the seat of recent memory and also has the highest level of ACE2 receptors in the brain.

The loss of brain cells equaled 59 percent in the top (dorsal) of the hippocampus and 63 percent of the lower (ventral) hippocampus.<sup>5</sup>

The dorsal hippocampus is the site of learning and memory, and the ventral regulates personality.

**Effect of the Spike Protein on Mitochondrial function**

Other researchers conducted a detailed analysis of the mitochondrial function in brain cells exposed to the COVID spike protein.<sup>6</sup> They found that the spike protein caused a switch from normal metabolism to glycolysis in microglia. This is the type of metabolism that occurs in cancer cells.

Exposure to the spike protein also halved mitochondrial DNA, which is necessary for its reproduction. And the researchers saw a dramatic rise in oxidative stress from free radicals that are very destructive of cells.

In addition, they saw induction of lipid peroxidation and immune receptors.

In a separate study to evaluate mitochondrial metabolism, researchers found the same extensive chemical changes in the mitochondria exposed to spike protein as was seen in those exposed to the COVID vaccine and those exposed to COVID infection.<sup>7</sup>

Inflammasomes (receptors that induce inflammation in response to infections) and free radicals in cells also increased by 64 percent when exposed to the spike protein.

The spike protein alone increased a cellular chemical called HIF-1-alpha, which enhanced the brain's cytokine response by 57 percent.

These studies show that the spike protein — either from infections or the vaccines — causes harmful effects on brain function.

The difference is that exposure to the vaccines causes the spike protein to keep reproducing (for how long we don't know), while the infection is quickly cleared.

These effects not only make the mitochondria more likely to be damaged by the spike protein, but also impair mitochondrial energy production.

This leads to the weakness and fatigue that are commonly seen from both COVID vaccination and

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Please note that this advice is generic and not specific to any individual. You should consult with your doctor before undertaking any medical or nutritional course of action.



## BLAYLOCK TIP

**Curcumin: The Yellow Miracle**

Curcumin comes from the spice turmeric, which contains a 3.1 percent concentration of the extract. Turmeric is used heavily in a lot of Indian foods, and researchers have noted that the incidence of colon cancer and Alzheimer's disease are dramatically lower in India than in the United States.

Studies using curcumin have demonstrated improvements in inflammation disorders such as:

- Asthma
- Cancers
- Multiple sclerosis
- Diabetic complications
- Arthritis
- Autoimmune disorders

• Inflammatory bowel diseases  
Curcumin is a powerful anti-inflammatory and a potent antioxidant that inhibits viral growth, improves immunity and blood flow in small blood vessels, prevents atherosclerosis, protects brain connections (synapses), calms microglia (the brain's primary immune cells) and macrophages (white blood cells that are part of the immune system), reduces excitotoxic damage to the nervous system, protects the blood-brain barrier, and lowers the risk of strokes.

It also protects the heart, liver, and kidneys. Studies have shown

that curcumin, even in very high concentrations, has a very high degree of safety.

Several animal model studies have shown that even in low doses, curcumin can significantly prevent the main pathological changes that occur in Alzheimer's dementia and Parkinson's disease. In fact, curcumin enters the brain very easily once it is absorbed from the gut, and accumulates in areas where the most damage from Alzheimer's and Parkinson's occurs — which means it is going to the site of the trouble. Curcumin also limits excitotoxicity, causing the damage we see in these diseases.

infection, and greatly worsens the function of the kidneys, heart, lungs, and the nervous system.

**How the Spike Protein Influences Autoimmunity**

Another study showed that the vaccines contain "lookalike" (molecular mimicker) proteins of a number of tissues and organs that can make autoimmune diseases more likely. After that study, my friend who is an immunologist, Dr. James Lyons-Weiler, found even more lookalike proteins and a greater risk of autoimmune diseases associated with the vaccines.<sup>8-10</sup>

There is evidence that the most destructive element of all autoimmune reactions is not immunologic but rather excitotoxic. This includes immunoexcitotoxic reactions, which end in excitotoxic receptors being altered and enhanced by the immunological inflammation.

This is what occurs in cases of multiple sclerosis, in which most of the damage is caused by excitotoxic reactions, not immune reactions.

**Increase in Rates of New Cancer and Cancer Relapse**

A number of latent viruses are known to be related to cancer:

- Herpes virus 1
- Herpes virus 2
- Herpes virus 6
- Herpes virus 7
- Cytomegalovirus
- Epstein-Barr virus

There are several mechanisms by which these latent viruses can cause cancer, including chronic inflammation, insertion of cancer-causing genes (oncogenes), and induction of cell-signaling devices that cancer cells use, such as cell metabolism.<sup>11,12</sup>

Military and independent pathologists such as Dr. Ryan Cole and Dr. James Thorp have found that COVID-19 vaccination increases the appearance of new cancers, as well as increasing the reappearance and rapid growth and spread of cancer that had been previously controlled.<sup>13</sup>

There is also ample evidence that glutamate triggers an increase in the growth and spread of cancers.<sup>14-17</sup> We find glutamate receptors on virtually every organ and tissue in the body; therefore, they can stimulate the growth, invasion, and spread of cancers.<sup>18</sup>

As I have written before, glutamate levels outside a cell (where it is very dangerous) increase a great deal under certain conditions, such as impaired mitochondrial function, high calcium levels, low

## BLAYLOCK TIP

**Tocotrienols Fight Pancreatic Cancer**

Tocotrienols, compounds in vitamin E, have been shown to have beneficial effects against a number of cancers, including pancreatic cancer, which is one of the most deadly types. One study that used an animal model for pancreatic cancer compared the anticancer drug gemcitabine alone to tocotrienols plus gemcitabine. Of the animals receiving no treatment, only 10 percent were alive 16 weeks later. Meanwhile, approximately 30 percent that had received gemcitabine alone were still alive at the end of the study, and 70 percent of animals receiving a combination of tocotrienols plus gemcitabine were still alive.

In another study, tocotrienols were given in high doses for 13 days before surgery and then on the day of surgery to 25 patients with pancreatic ductal cancer. The researchers found extensive destruction of the tumors by the treatment. These patients had not received chemotherapy at the time of the study. With such a dramatic effect on existing pancreatic cancer, tocotrienols may prove to be a powerful way to prevent pancreatic cancer from developing at all.

magnesium levels, and chronic inflammation. These are common conditions, especially among consumers of the typical Western diet, and among the elderly.

As we have seen, the spike protein in the vaccines greatly enhances mitochondrial malfunction, increases microglial secretion of inflammatory cytokines and excitotoxins, and endangers cells in other ways.

Several studies have shown that blocking certain glutamate receptors slows cancer growth and prevents spread.<sup>19-22</sup> Be aware that there are many foods that have naturally high glutamate levels — portabella mushrooms, black beans, soy products, and many pastas. Regularly eating these foods, especially soy products, worsens cancer growth.

**COVID Vaccines and Sudden Cardiac Death**

Two things make the heart subject to sudden failure: low magnesium intake and high excitotoxin levels.

A study on monkeys' hearts found that the organs contained glutamate receptors in the atrium,

myocardium, electrical system (AV and SA nodes), and the various elements of the heart's electrical conducting system.

Another study was conducted using the hearts of people who were dying from heart disease.<sup>23</sup> In this study, researchers found that glutamate receptors in the heart could cause rapid heart failure from arrhythmia.

Inflammation of the heart — which occurs with COVID vaccination — can substantially increase the sensitivity of the glutamate receptors in the heart's electrical conducting system and result in sudden cardiac death. We see this at all ages, but especially in the young.

In addition, control of the heart's electrical system is based in the brainstem and controlled by glutamate receptors.<sup>24,25</sup> Overstimulation of both systems can result in sudden cardiac death, especially if a person has been exercising intensely or has eaten foods that are high in glutamate.

Finally, glutamate has been shown to greatly accelerate atherosclerosis, which means the spike protein generated by the vaccine will accelerate it as well.<sup>26</sup> This occurs because excitotoxins generate storms of free radical and lipid peroxidation products inside the blood vessels.

Furthermore, excitotoxins are produced by the spike protein, which becomes attached to the endothelial cells.

This explains why heart attacks are more common among vaccinated elderly people and sudden cardiac death is more common for the young and athletic. ■

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# Health and Nutrition Updates

## Obesity Epidemic May Be Caused by MSG-Like Substances

When Dr. John Olney was alive, he invited me to his house and lab. There, he told me the story of how he discovered excitotoxicity. In the course of the conversation, he said that he had been injecting baby rats with monosodium glutamate (MSG) to see the effects on the brain. His assistant asked him: "Have you noticed that all the injected animals are obese as adults?" Dr. Olney showed me a photo of before and after the injections. Sure enough, it was obvious that the injections had resulted in obesity. I put the story in my book, *Excitotoxins: The Taste That Kills*.

Since then, it has been demonstrated that if you feed young animals MSG, they will become grossly obese later in life, and it's very difficult to exercise the excess fat off the animals. German scientists have shown that the increase in obesity around the world has happened in conjunction with the use of MSG and other excitotoxin additives (soy, hydrolyzed proteins) in foods for infants and toddlers. The additives were taken out of infant foods after a threat from Congress (following testimony from Dr. Olney), but manufacturers continued to use disguised names for use in toddlers' foods.

In the ensuing years, I have corresponded with a researcher who told me that the obesity epidemic has been caused by the combination of these excitotoxins and high fructose corn syrup.

And the problem has been exaggerated by children leading more sedentary lifestyles (i.e. playing video games rather than playing outdoors).

These excitotoxins damage the anterior hypothalamus. That causes obesity. Human beings are far more sensitive to these substances than any other species — and babies are many times more sensitive than adults.

**'It has been demonstrated that if you feed young animals MSG, they will become grossly obese later in life, and it's very difficult to exercise the excess fat off the animals.'**

Excitotoxin additives, high fructose corn syrup, and sedentary lifestyle should be discouraged early in life.

And artificial sweeteners are not better options. Aspartame contains aspartic acid, which is a major excitotoxin.

## Dangerous Chemical Structure Exists in mRNA Vaccines

As reported in the *International Journal of Vaccine Theory, Practice, and Research*, biochemist Dr. Gabriele Segalla carefully analyzed the toxicity of the carrier lipid sac used in the COVID-19 vaccine. We have known for some time that this nano-lipid carrier is itself quite toxic.

In fact, the vaccine makers designed it to last a long time after injection. Dr. Segalla confirmed not only that the carrier is toxic, but that the report of its toxicity was disclosed by the manufacturers. It's just another reason to avoid mRNA injections.

## Nano-Triphala Kills Bad Bacteria

A fairly recent study found that a number of very dangerous bacteria isolated from HIV patients were killed by the ingredients of triphala. This extract inhibited the growth not only of *Staphylococcus aureus*, but also many

of the bacteria that kill by infecting the lungs, such as *Pseudomonas aeruginosa*, *Klebsiella pneumoniae*, and the gastrointestinal toxin *Shigella*, as well as others. Once these bacteria are suppressed, a healthy immune system can kill them off.

The idea is to help the immune system kill the invaders. The nano brand of triphala made by One Planet Nutrition is very pure and well absorbed.

## Methylene Blue May Combat Neurogenerative Diseases

I have about written about how the dye methylene blue helps mitochondria produce energy with less



production of free radicals. Now researchers have sought to discover if this medication can benefit amyotrophic lateral sclerosis (ALS). Using an animal model of the disease, they found that while methylene blue did not cure the disease, it did drastically slow its course. As we learn more about the cause of the disease, there may be a chance to actually stop ALS by combining therapies.

We know that ALS is related to brain injury, even though it is described as a spinal cord disease. And it has the same factors involved — aluminum toxicity, free radicals, and immunoexcitotoxicity.

Vaccines are the number one source of aluminum in the body. It is poorly absorbed from the gastrointestinal tract, even though many foods and medications have had aluminum added. The strongest link is toxic metals, especially aluminum, and herbicides, as we see with Roundup (glyphosate). These should be avoided as much as possible.

### **Autism Spectrum Disorders Continue to Increase**

More than a million children have developed autism spectrum disorders since the mid-1980s, when the childhood vaccine schedule was grossly expanded by the Centers for Disease Control and Prevention (CDC).

Some researchers have expressed certainty that the increase was caused by mercury in the vaccines — which is only partially true.

In fact, once most vaccines had the mercury removed, the rate continued to climb.

I was one of the few people who warned that autism rates would continue to increase despite the removal of mercury from vaccines. But I was dismissed. And since then, the autism rate has continued to accelerate.

At the time, I said the chief culprit was the aluminum used in vaccines. I was proven right, and now all the research is directed at aluminum. Unfortunately, when they find a substitute for the aluminum as an adjuvant, it will continue.

The reason is that so many have missed the boat — it's immunoexcitotoxicity stimulated by the adjuvant, whatever it is, that triggers the problem. A new adjuvant will only introduce a new trigger.

The proponents of childhood vaccines have convinced the public that death from childhood

infectious diseases will return if we stop. That is nonsense, as has been demonstrated. Death from childhood infectious diseases waned long before the vaccination program started.

The rate of autism spectrum disorders is now one in 36 born, and rising. I predict that adding the COVID-19 vaccine to the childhood schedule will make things worse.

Dr. James Lyons-Weiler and I published a study that proved the schedule was destroying the health of our children.

Many autistic children are now adults, and their only caregivers are getting very old. This is a human tragedy of monumental proportions, driven by a federal bureaucracy and the vaccine industry for billions of dollars in profits.

We have to stop this now or it will only continue to get worse.

### **Compounds That Treat Heart Arrhythmias**

One of the major causes of death soon after a heart attack is arrhythmias — abnormal heartbeats caused by erratic electrical impulses from the injured heart muscle. These arrhythmias prevent the heart from pumping blood out efficiently.

Several natural compounds can control or reduce the risk of arrhythmias, including:

- L-carnitine
- Taurine
- Grape seed extract
- Saffron
- Magnesium

When arrhythmia symptoms — especially chest pain — begin to subside, you should rest, remain well hydrated, and continue taking supplements.

One potential long-term effect of a heart attack is chronic heart failure. Fortunately, there are a number of compounds that can help prevent it.

Forskolin extract improves cardiac function and heart muscle strength.

In addition, hawthorn, taurine, grape seed extract, tocotrienol, acetyl-L-carnitine, baicalin, and CoQ10 all improve heart function.

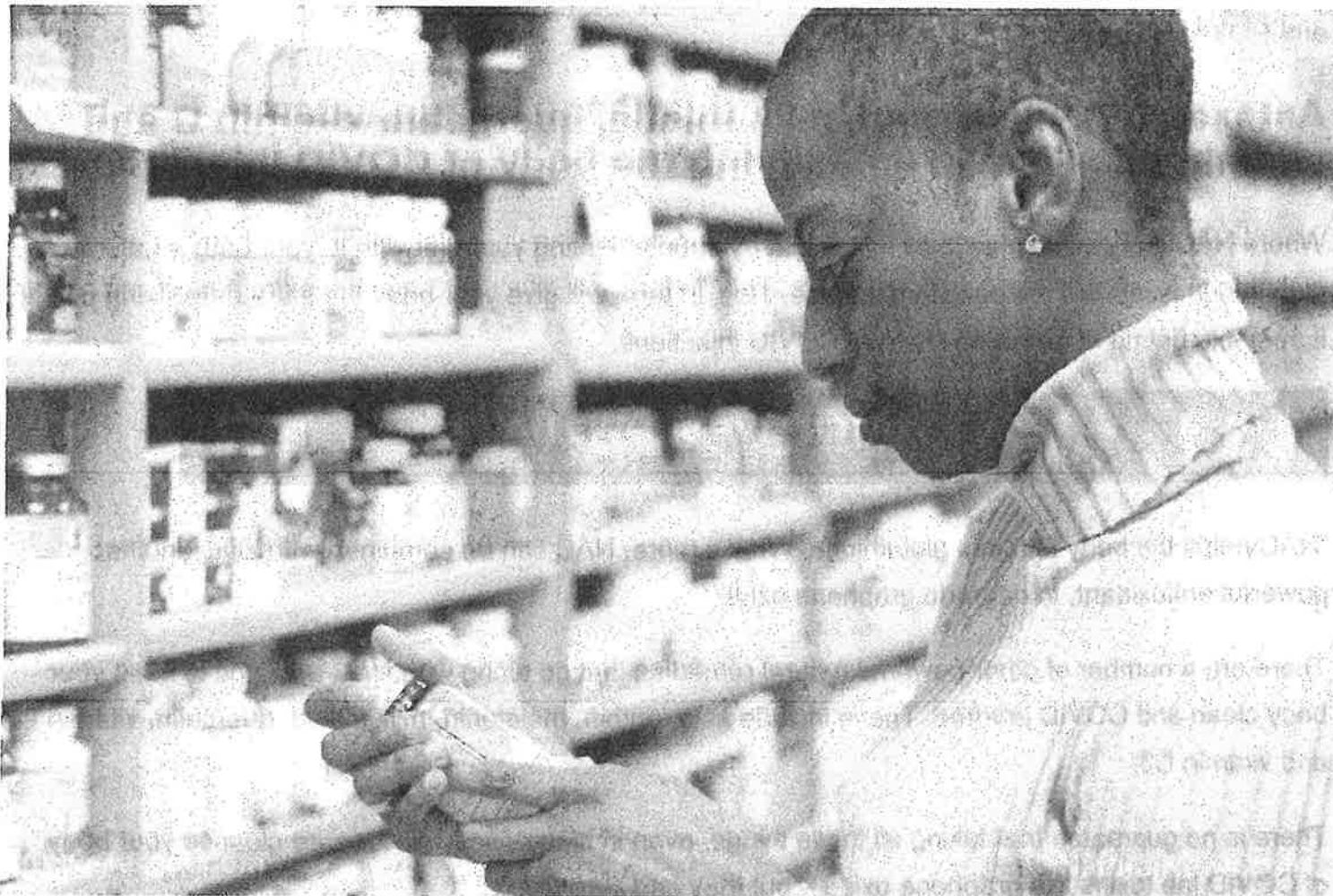
Nano-grape seed extract, CoQ10, forskolin, and pomegranate extract are especially good for lowering high blood pressure, which reduces stress on the damaged heart. ■

# Super-antioxidant N-acetylcysteine helps clear body of mRNA jab toxins

Tuesday, June 06, 2023 by: Ethan Huff

Tags: alternative medicine, coronavirus, COVID, detox, detoxification, dietary supplement, goodhealth, goodmedicine, graphene oxide, mRNA, N-Acetylcysteine, NAC, natural remedies, spike proteins, supplement, supplements, vaccination, vaccines

**This article may contain statements that reflect the opinion of the author**



(Natural News) The presence of graphene oxide and other noxious chemicals in Wuhan coronavirus (COVID-19) "vaccines" is taking a major toll on the health of every person who got injected with one — and possibly on the unvaccinated who are being "shed" on as well. There is a solution, though: *N-acetylcysteine*, also known as NAC.

NAC can help to rid the body of graphene oxide, spike proteins, and whatever other poisons are hidden inside COVID injection vials because of their super-antioxidant powers. NAC can help to stop the things that damage cellular function and DNA integrity, including COVID jabs.

"NAC can help remove graphene oxide because it's a precursor to glutathione," says Brendon Fallon of "Vital Signs," a program of *The Epoch Times*, quoting Drs. Yuhong Dong and Ann Corson, who authored an article about the subject.

*Kardiq.com*

"When our glutathione levels are high, our immune system works well. But when there's more graphene oxide than glutathione in the body, our immune system collapses, triggering a cytokine storm. In this way, graphene oxide in the body can cause disease."

(Related: Is this the reason why the FDA is trying to ban NAC, because it helps clear the body of COVID and COVID jab poisons?)

## **Astaxanthin, melatonin, milk thistle, quercetin, vitamin C and vitamin D3 all aid in detoxifying the body of COVID injections**

Where NAC comes into play in all this is that by supplementing your diet with it, your body's natural glutathione levels will increase in response. This, in turn, will give your body the extra detoxifying power it needs to get rid of all the toxins from COVID injections.



"NAC helps the body to make glutathione. What's more, NAC can be combined with zinc, another powerful antioxidant, to degrade graphene oxide."

There are a number of other powerful natural remedies that go along with NAC and zinc to keep your body clean and COVID jab-free. These include astaxanthin, melatonin, milk thistle, quercetin, vitamin C, and vitamin D3.

There is no guarantee that taking all these things, even in high doses, will for sure cleanse your body of COVID jab toxins like graphene oxide – but they can sure help.

NAC is also a remedy for so-called "long COVID," as explained by pain medicine specialist Dr. Joseph Audette.

"NAC is an amino acid that our body already has, but we're trying to supplement it more so our liver will actually convert it to glutathione, because glutathione is a scavenger in our body and gets rid of a lot of toxic materials that may have developed as our immune system has first attacked the virus early on, but then if our immune system overreacted may still be attacking certain cells in our body and causing a debris in our body that from an acupuncture standpoint we look at as a certain type of toxicity."

From this, the takeaway is that supplementing with NAC gives our bodies that extra boost it needs to really clean up all the leftovers from either COVID itself or the toxic injection in people who took it.

Even if you did not take the jab or ever "catch" COVID, your body is still under attack every single day by toxins that produce free radicals, which need to be scavenged and removed by antioxidants. NAC is one





# Where Are the Autopsies of People Dying Post COVID Vaccine?

Analysis by Dr. Joseph Mercola

✓ Fact Checked

## STORY AT-A-GLANCE

- › Dr. Jane Orient published a commentary in July 2021, asking why there is no information from autopsies of healthy people who died unexpectedly from the COVID-19 jab
- › Information from death certificates is notoriously inaccurate; autopsies are needed to inform public health policy and help people decide how they want to proceed with the genetic therapy injection program
- › As the death toll numbers reported to VAERS mounts daily, it is well over the rate of more than the number reported for 70 vaccines combined over 30 years and 500 times deadlier than the flu vaccine
- › Treatment for COVID-19 improved after Germany released data from 12 autopsies showing ventilators were likely a contributing cause of death
- › If you or a loved one took the shot and now regret it, there are options to help protect your health

Dr. Jane Orient, executive director of the Association of American Physicians and Surgeons, published a commentary July 7, 2021<sup>1</sup> asking an important question about the rising number of deaths being reported to the U.S. Vaccine Adverse Events Reporting System (VAERS) in conjunction with the COVID-19 injection program.

Her credentials<sup>2</sup> are many: She's a clinical lecturer in medicine at the University of Arizona College of Medicine. She received her medical degree from Columbia University and is the author of several books. And, as president of Doctors for Disaster Preparedness and chairman of the Public Health Committee of the Pima County (Arizona) Medical Society, she asks: Why haven't there been autopsies of healthy people who are dying unexpectedly after receiving a COVID jab?

It's a reasonable and logical question since autopsies often reveal important information about diseases and illnesses — and it's information that can help guide future medical treatment to reduce the risk of long-term disability and death after the vaccine.<sup>3</sup> After all, without autopsy results, the ability to treat cardiovascular diseases,<sup>4</sup> cancers,<sup>5</sup> hereditary diseases like hypertrophic cardiomyopathy<sup>6</sup> and even catch murderers<sup>7</sup> would be incompetent.

Dr. Dylan Miller chairs the autopsy resource committee for the College of American Pathologists. He spoke with a reporter from The Wall Street Journal, saying,<sup>8</sup> "We think we always know what's going on inside our patients, but that's a fallacy. There's as much to be gained from an autopsy as ever."

The nature of an autopsy is diagnosis.<sup>9</sup> It can help family members come to terms with what caused a loved one's death, identify unknown diseases and offer clinicians an opportunity for a greater understanding of what happened before a patient dies. It also can provide a valuable educational opportunity for health officials and even students, who study disease processes.

It's been over eight months since the first COVID-19 vaccine was administered in the U.S. in December 2020.<sup>10</sup> Since then, VAERS reports show there have been over 12,000 people who have died after the shot.<sup>11</sup> Since autopsies are so incredibly important in the identification of disease and pathological processes, why haven't healthy people who have died after the COVID jab been autopsied?

**Lack of Autopsy Results May Mean Data Are Hidden**

the great worldwide BABY BOOM. It was the culmination of all man's efforts to survive through history. It was modern medicine, better diets, heat in winter, pure running water, and proper disposal of sewage. It was the point in history when the birth rate so exceeded the death rate that the world's population doubled between 1957 and 1990. It was the most wonderful time in the history of the world, but it was also the worst. It signaled the end of man's most precious achievement. An alliance of all of the powers on earth, open and hidden, decided that individual freedoms could no longer be tolerated in the interest of the preservation of the human race. They believed the common man could not be trusted.

What had been the unfulfilled dream of many individual groups became reality by the concentration of power in the alliance known as the Bilderberg Group. What had been impossible before was now promised. The New World Order that so many had envisioned was now a certainty.

The first study was made during World War II to determine the impact of the returning soldiers upon the economy. The results mobilized the ruling elite. A second secret study was conducted in 1957 by scientists meeting in Huntsville, Alabama. It confirmed the results of the first. The conclusion was that civilization as we know it would collapse shortly after the year 2000 unless the population was seriously curtailed. The study expressed a concern that since atomic weapons existed they would ultimately be used. Total worldwide disarmament was urged. Congress adopted the disarmament plan and created the U.S. Disarmament Agency. President Dwight David Eisenhower had this to say in 1957: "As a result of lowered infant mortality, longer lives, and the accelerating conquest of famine there is under way a population explosion so incredibly great that in little more than another generation the population of the world is expected to double."

A third study was made by the Club of Rome ending in 1968 to determine the limits to growth. The result was the same. The Club of Rome was commissioned to develop a computer model of the world so as to predict the outcome of corrections made to social and economic structures by the elite. The Club of Rome was also asked to develop a computer model of a New World Order. Both tasks were accomplished.

Studies were done to determine a method to arrest the population explosion before the point of no return would be reached. It was determined that an immediate attack on the problem would involve two points of intervention. The first was to lower the birth rate and the second was to increase the death rate.

To lower the birth rate several programs were put into motion. The first was the development of positive birth-control methods using

mechanical (diaphragm and condom), chemical (foam and birth-control pills), and medical (sterilization, abortion, and hysterectomy) procedures. These were developed and implemented. The Women's Liberation movement was started with the demand for free abortions, using "pro choice" as its rallying cry. Homosexuality was encouraged and Gay Liberation was born. Homosexuals do not have children. Zero population growth became a hot subject at cocktail parties. Individual freedom, "the heat of the moment," religion, and the old blue laws sabotaged these efforts, and while zero population growth became a reality in some areas, population increased rapidly in others.

The only alternative left to the world's ruling elite was to increase the death rate. This was a difficult thing to do, as no one wanted to pick people out of a crowd and line them up for execution. Neither did they relish the possible consequences of an enraged public upon discovering that they were being systematically murdered. Of course, a very short but very deadly global war using nuclear weapons upon select population concentrations was contemplated and, to tell you the truth, was not ruled out. The fact that such a population control was even contemplated confirmed the worst fears of those who had participated in the 1957 study. War was put on the back burner to simmer, but may become a reality. In the meantime something else had to be done that would absolve the decision makers of guilt and place the blame on those who did not lead clean lives. Something that could be blamed upon Mother Nature. What was needed was the bubonic plague or some other horrible but natural disease. The answer came from Rome.

Several Top Secret recommendations were made by Dr. Aurelio Peccei of the Club of Rome. He advocated that a plague be introduced that would have the same effect as the famous Black Death of history. The chief recommendation was to develop a microbe which would attack the autoimmune system and thus render the development of a vaccine impossible. The orders were given to develop the microbe and to develop a prophylactic and a cure. The microbe would be used against the general population and would be introduced by vaccine. The prophylactic was to be used by the ruling elite. The cure will be administered to the survivors when it is decided that enough people have died. The cure will be announced as newly developed when in fact it has existed from the beginning. This plan is a part of Global 2000. The prophylactic and the cure are suppressed.

"Man has skyrocketed from a defensive position, largely subordinated to Nature's alternatives, to a new and dominant one. From it he not only can and does influence everything in the world but, voluntarily or unwittingly, can and indeed does determine the alternatives of his own future—



and ultimately must choose his options for it. In other words, his novel power condition practically compels him to take up new regulatory functions that willy-nilly he has had to discharge with respect to the world's mixed natural-human systems. Having penetrated a number of the erstwhile mysteries and being able to sway events massively, he is now vested with unprecedented, tremendous responsibilities and thrown into the new role of moderator of life on the planet—including his own." The above words were written by Dr. Aurelio Peccei and are taken verbatim from page 607 of *The Global 2000 Report* to the President.

Funding was obtained from the U.S. Congress under H.B. 15090 (1969), where \$10 million was given to the DOD's 1970 budget. Testimony before the Senate Committee revealed that they intended to produce "a synthetic biological agent, an agent that does not naturally exist and for which no natural immunity could have been acquired. Within the next 5 to 10 years it would probably be possible to make a new infective microorganism which could differ in certain important aspects from any known disease-causing organisms. Most important of these is that it might be refractory to the immunological and therapeutic processes upon which we depend to maintain our relative freedom from infectious disease."

Sir Julian Huxley said, "Overpopulation is, in my opinion, the most serious threat to the whole future of our species." The project, called MK-NAOMI, was carried out at Fort Detrick, Maryland.

Since large populations were to be decimated, the ruling elite decided to target the "undesirable" elements of society. Specifically targeted were the black, Hispanic, and homosexual populations. The poor homosexuals were encouraged on the one hand and scheduled for extinction on the other.

The African continent was infected via smallpox vaccine in 1977. The vaccine was administered by the World Health Organization. According to Dr. Robert Strecker, "Without a cure the entire black population of Africa will be dead within 15 years. Some countries are well beyond epidemic status."

The U.S. population was infected in 1978 with the hepatitis B vaccine. Dr. Wolf Szmuness, the ex-roommate of Pope John Paul II, was the mastermind behind the November/78 to October/79 and March/80 to September/81 experimental hepatitis B vaccine trials conducted by the Centers for Disease Control in New York, San Francisco and four other American cities. He lapsed the plague of AIDS upon the American people. The gay population was infected. The ads for participants specifically asked for promiscuous homosexual male volunteers. Whatever causes AIDS was in the vaccine. The vaccine was manufactured and bottled in Phoenix, Arizona.

The order was given by the POLICY COMMITTEE of THE BILDERBERG GROUP based in Switzerland. Other measures were also ordered.

The one you will be able to check the easiest is the Haig-Kissinger Depopulation Policy, which is administered by the State Department. This policy dictates that Third World nations take positive and effective steps to decrease their populations and hold them in check or they get no aid from the United States. If the Third World nations refuse, civil war usually breaks out and the rebels are usually found to be trained, armed, and financed by the Central Intelligence Agency. That is why many more civilians (especially young fertile females) than soldiers have been killed in El Salvador, Nicaragua, and other places. These wars have been instigated in Catholic countries by Jesuits (see Chapter 2).

The Haig-Kissinger depopulation policy has taken over various levels of government and is in fact determining U.S. foreign policy. The planning organization operates outside the White House and directs its entire efforts to reduce the world's population by 2 billion people through war, famine, disease, and any other means necessary. This group is the National Security Council's Ad Hoc Group on Population Policy. The policy planning staff is in the State Department's Office of Population Affairs, established in 1975 by Henry Kissinger. This same group drafted the Global 2000 Report to the President that was given to Carter.

Thomas Ferguson, the Latin American case officer for the State Department's Office of Population Affairs (OPA) made the following statements: "There is a single theme behind all our work; we must reduce population levels. Either they do it our way, through nice clean methods or they will get the kind of mess that we have in El Salvador, or in Iran, or in China. Population is a political problem. Once population is out of control it requires authoritarian government, even fascism, to reduce it.... The professionals," stated Ferguson, "aren't interested in lowering population for humanitarian reasons. That sounds nice. We look at resources and environmental constraints. We look at our strategic needs, and we say that the country must lower its population, or else we will have trouble. So steps are taken. El Salvador is an example where our failure to lower population by simple means has created the basis for a national security problem. The government of El Salvador failed to use our programs to lower its population. Now they get a civil war because of it. There will be starvation and food shortages. They still have too many people there. Civil wars are somewhat drawn-out ways to reduce population. The best way to reduce population is through famine, like in Africa or through DISEASE, like the Black Death, all of which MIGHT OCCUR in El Salvador." His budget for FY 1980 was \$190 million; for FY 1981 it was



## PENINSULA PEOPLE &amp; OPINIONS

*Chloramine causes collateral health damage*

**C**HLORAMINE IS A TOXIN added to drinking water we receive from the Hetch Hetchy system. Chloramine is ammonia added to chlorine to make chloramine. Listed in the MSDS industrial chemistry book, chloramine is to be used in an emergency and does not have an antidote. Chloramine cannot be boiled out of the water and can kill fish in hobby tanks and as shown from research, can cause canine hysteria.

## GUEST OPINION

BY WINN PARKER

Hemodialysis patients have a special consideration not to have chloramine in their blood. They could die in minutes.

Chronic kidney disease causes the organs to slowly lose their ability to filter waste out of the bloodstream. Many of the 20 million people estimated to have kidney disease do not know it. The Public Utility Commission is asking humans to be a human processing plant for the chloramine in the body.

Charcoal filters cannot take out the nitrogen in the ammonia. The PUC's requested human processing plant — which is us — can bioaccumulate the nitrogen toxins from an impaired kidney, liver or impaired immune system. The bioaccumulation of amine toxins and secondary cancer products are going to accumulate even in various dosages of ammonia to chlorine in the drinking water.

Chloramine in drinking water can enter the digestion and blood stream in another form called a nitrogen balance. Nitrogen balance refers to the difference between nitrogen intake and total nitrogen loss in urine, sweat and bowel elimination. Ammonia, derived mainly from breakdown of amino acids, is toxic to all animals. Human tissues, therefore, initially detoxify ammonia by converting it to glutamine for transport to the liver. Collateral health damage from ammonia upsets the pH balance of the body. If the liver is functioning properly, it



Winn Parker of Millbrae is campaigning against the use of chloramine in Bay Area water supplies.

DOUG OAKLEY

releases ammonia converted into the non-toxic nitrogen-rich compound urea in the urine. If the amine of the liver is compromised, ammonia accumulates in the blood and generates serious consequences.

N-nitrosodimethylamine (NDMA), a probably carcinogen, is a likely by-product of chloramination of drinking water. Collateral health damage from this

secondary cancer by-product, NDMA, will probably decrease immunity in the human body. Journal AWWA, Feb. 2001, Vol. 93, No. 2, pp. 92-99.

There are other examples of possible collateral health damage from chloramine explained in other scientific journals, one affecting thyroid metabolism in healthy men and another affecting white blood cells that are

needed for a healthy immune system.

Research shows there is also collateral health damage when chloramine interacts with certain medicines. For example, chloramine can change the interaction in the body from taking antidepressants with the drinking water. Statins, which reduce cholesterol levels, are influenced by chloramine drinking water entering the cells of the body. Propecia, for male pattern baldness, is interactive with chloramine.

Chloramine has been known to cause corrosive pipe deterioration releasing lead and other toxins from pipes eaten away by chloramine. This could cost consumers billions of dollars a years and adversely impact public health.

For a short-term solution, consumers should have filters to remove lead from the water. The long-term solution is to eventually replace all significant lead-bearing materials that are used in the water system. This will take generations to imple-

ment. Rather, we must NOW remove chloramine, which is a toxin and produces secondary cancer by-products, and has uncertainties and risks. Since chloramine is a toxin added to the water, water qualifies to be labeled as a toxin under Proposition 65.

If it costs close to \$400 million to have alternative technologies for our water to be chemically free, it is a small price to pay compared to the \$3.5 billion 13-year build-out of the Hetch Hetchy water system.

After the installation of alternative technologies, we will not have to worry about setting caps on tort damage lawsuits resulting from wrongful death suits against the state, county, and city councils.

*Winn Parker is a global medical and bioscience clinical intellectual property venture capital licensing agreement analyst. He is a licensed clinical medical scientist and an expert witness in medical science and biomedical cases, in addition to being a former consultant to the World Health Organization. Parker lives in Millbrae.*



# Washington Fires Health Chief Over Handling of Lead in Water

By BRIAN WINGFIELD

WASHINGTON, March 26 — With concern growing over unsafe lead levels in the drinking water here, city officials blamed the federal government this week for the problem. On Friday, the city fired the head of the Health Department because, the officials said, he had in part not adequately responded to the problem.

The mayor's office acknowledged that it had dismissed James A. Buford, the health director, and replaced him with an interim director, Herbert R. Tillery, the deputy mayor for operations.

The District of Columbia Water and Sewer Authority, the water distributor, says Mr. Buford failed to respond to a request in December to help inform the public about the lead.

Mr. Buford's phone number was not available for seeking comment.

Officials say that 4,000 houses have shown high levels in tests and that additional thousands might be affected. The officials said they had traced the source of the problem to strengthening the chlorine by adding ammonia, which leads to lead leaching from water pipes.

Mayor Anthony A. Williams and

other municipal officials faulted the Army Corps of Engineers, which used the ammonia, and the federal Environmental Protection Agency, which monitors the water system. City officials have asked the federal government to reimburse it for nearly \$26 million spent on replacing pipes, testing and other expenses.

"It would be wholly inappropriate and unjust for the people of the district to bear these costs," Mr. Williams, a Democrat, and Carol Schwartz, the top Republican on the City Council, wrote to President Bush this week.

At first, the water authority said the problem was limited to 23,000 houses with aging lead pipes. Officials say that the number could increase and that because of poor record keeping they were not sure how many houses had lead pipes.

In recent week, officials in counties in Maryland and Virginia have begun testing their drinking water.

According to the Centers for Disease Control and Prevention, lead poisoning can cause learning, behavioral and health problems, including seizures and possibly death, in young children. Adults face less risk but are

also susceptible to lead contamination.

Mayor Williams's office ordered the water authority last week to deliver free water filters to all 23,000 homes known to have lead pipes. The deliveries are supposed to be completed by April 10.

The Health Department has also screened the blood of nearly 2,000 people, a spokesman for Mr. Williams, Tony Bullock, said.

This month, the environmental agency told the city to adopt new guidelines to respond to the contamination. The agency has formed a panel to find the cause of the problem and to release its findings on Wednesday.

"Our primary concern is to make

sure the estimated 23,000 homes and businesses with lead service lines receive safe drinking water," a spokeswoman for the agency, Cynthia Bergman, said in a statement. "We need to identify the cause of the problem before we decide who pays for what."

Some critics said the federal government was not being held accountable enough for the situation.

"The origin and the responsibility for D.C.'s water crisis lies with the federal government," said Eleanor Holmes Norton, the city's nonvoting delegate to Congress.

Ms. Norton said the federal government should declare a state of emergency, so federal money could be earmarked for the water system.

## We need to wake up to the latest water scare

SAD TO SAY, BUT TRUE. A few years ago we were caught napping on MTBE, which was put in California's gasoline to clean up air pollution. When critics attacked MTBE as a carcinogen, we naively took the position that the government would never add a carcinogen to gasoline knowing that it could leak into the water supply from storage tanks. But we were wrong. And the critics who insisted that we were poisoning our water were right. Today, MTBE is still with us as an additive, and states are still battling to drop it from gasoline.

Now we have a new phenomenon called chloramine, which was added to the water supply coming from Hetch Hetchy in February and is being piped into every city in San Mateo County. For 100 years the people of this country have lived with chlorine as the most effective disinfectant in our water. But the Environmental Protection Agency has allowed states to replace chlorine with chloramine, even though it acknowledges the chemical is a health concern. The problem is that too few people know anything about chloramine, which is nitrosodimeth ylamine, when added to drinking water.

When Parker is a Millbrae resident who is also a medical science technologist for the state. He says chloramine is dangerous and will probably be classified as a human carcinogen in six months by the EPA.

He says the problem is that the human body has a difficult time digesting ammonia, a component of chloramine. It takes a healthy liver, according to Parker, to digest it — and those people with AIDS or cancer, or who are on drugs, can have a toxic reaction to chloramine. Fish and pets are also vulnerable to the chemical and warnings have been sent to consumers not to use the water in fish tanks. Parker said he is going to try to qualify a measure for the November ballot that would stop the use of chloramine and would establish an education council to educate water boards, city councils and the San Francisco Public Utilities Commission. Having watched the EPA in the past ignore the safety concerns of Americans, we question how chloramine can make its way into our drinking water without any real public discourse. It has been one of the best-kept secrets in California this year as cities in San Mateo County vote to allow the SFPUC to add this chemical to our water.

If MTBE is any guide to chloramine, it will take some time before the truth comes out and the public is sufficiently alarmed. But after MTBE, why should anyone believe the federal government is committed to safeguarding the American people against dangerous toxins in their water supply?

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