



1. As a top staffer on retiring Congressman Denny Heck's senior leadership team, I've fought for the people of Washington's 10th Congressional District since the day our district was created in 2011. While serving as Congressman Heck's Communications Director in Washington, D.C., I took on Paul Ryan, Ted Cruz, and Tea Party Republicans trying to dismantle Medicare and repeal the Affordable Care Act. After the 2016 presidential election, I took over as Congressman Heck's District Director and led our district offices here at home in the South Sound.

During those three years serving as our District Director, I made a point to meet with Olympia Indivisible members every month. I believe in the importance of the work you are doing, and I share your progressive values and your vision for a democracy that works for the American people, not corporations or cronies of the president.

Working alongside Congressman Heck on your behalf has been the honor of a lifetime. Together we stood up to President Trump's unlawful and unconstitutional attacks on our democracy, and we've delivered real results for the South Sound. I'm running for Congress to continue and build on the progressive work we began -- and to act upon this work with greater urgency than ever. The times demand nothing less.

I've been a part of all of Congressman Heck's major legislative accomplishments since he took office in 2013, and I've developed a deep understanding of the unique challenges communities in our district face when it comes to:

- Fixing our broken health care system,
- Keeping families and small businesses afloat during the pandemic,
- Modernizing our infrastructure,
- Fighting for our veterans and military families,
- Supporting American manufacturing jobs,
- Lowering the cost of housing,
- Saving our endangered Puget Sound orca and Chinook salmon,
- And, mostly urgently, taking bold action on the climate emergency.

I'm the natural fit to continue Congressman Heck's progressive work in Congress during a difficult time in our country's history. I'll be able to hit the ground running in Washington, D.C. right away, and I won't have the learning curve of other new Members of Congress



who lack experience in federal politics. My time serving alongside Congressman Heck means I can bring along institutional memory and working knowledge of his time in office, and my lifetime of living and working in our district means I already know its needs better than anyone (apart from Congressman Heck himself, of course).

Beyond my service with Congressman Heck, I am a product of our congressional district. I grew up here, I attended Puyallup Public Schools, and I graduated from high school in University Place. I've lived and worked in Olympia and Lacey. Today I'm a homeowner in Washington's 10th Congressional District, firmly rooted here in the community I've proudly served and always called home.

My family, my friends, and my neighbors in this congressional district instilled in me the importance of public service, and that's why I've dedicated my life to serving others. It's been a privilege as a congressional staff member to give back to the community that raised me. Having spent nearly the last decade of my life working alongside Congressman Heck on his senior leadership team both here in the district and in Washington D.C., I've gained the relevant federal experience to navigate Congress' labyrinth and deliver real results for the working and middle class families of the South Sound. I'd be honored to continue serving our corner of the country in Congress, and I'd be honored to earn Olympia Indivisible's endorsement and support.

2. We're at an unprecedented moment in America's history. The 2020 election is a crossroads moment where we decide **who our government is working for, and what our government is going to use its power to do.**

We can all agree that right now our government isn't working for most people -- and it's definitely not working for our youngest generations. And instead of using our government's power to solve the big problems facing all our generations, the people in charge are using our government's power to line their pockets, cover up their crimes, separate children from their parents, and make our planet uninhabitable for future generations -- and that was all before they bungled the national response to the largest public health crisis in a century.

They've stolen our government, and they're stealing our future. That must change. We need to take back our government, and we need to take back our future.



But after nearly a decade fighting for our district in federal politics, I'm convinced the only way anything's going to change in Congress is if young people with experience, know-how, and a record of service decide to step up and lead -- with the goal of building a fair, just, progressive society that works for all generations.

I'm running for Congress because I'm one of those young leaders who can change Congress, if the congressional district I was raised in gives me the opportunity. With your support, I'd be humbled to serve as the first Member of Congress born in the 1990's, and also as Washington state's first openly LGBTQ Member of Congress. The potential to make history happen here is one reason why I've been endorsed by Equality PAC, the political arm of the Congressional LGBTQ Equality Caucus. Those who serve in Congress now know I'm ready to fill Congressman Heck's shoes and breathe new life into the House Democratic Caucus.

I've spent my lifetime serving the people of Washington's 10th Congressional District, and I'm running for Congress because the work is far from over. We need the fresh perspective of a younger generation and new faces in Congress to change the conversation, break the logjam, and get things done again. I'm ready to roll up my sleeves, build on Congressman Heck's record, and continue getting things done.

3. No, I do not plan to accept corporate PAC money. I've also taken No Fossil Fuel Money pledge. Like other candidates in this race, my single largest campaign donors are immediate family members.
4. Yes, absolutely. Not only do I believe we must reserve *Citizens United*, but we need a series of reforms to our democracy and the way Washington, D.C. works to restore the power back to the people, not large corporations and wealthy individuals. That's why I'll be excited to support the For the People Act, H.R. 1, when it is re-introduced in the next Congress.
5. Yes, absolutely. As mentioned above, I'll be proud to support the For the People Act, which includes a provision that establishes such a program. Sadly, because of Mitch McConnell's obstruction, this commonsense piece of legislation never received a vote in the U.S. Senate. Next year, I look forward to the day when our new president signs it into law.



6. Beyond continuing to respond to the public health and economic impacts of the COVID-19 pandemic in the next Congress, my top priorities will be fixing our broken healthcare system, acting on the climate emergency, fighting for our veterans and military families, and creating family wage jobs through new, green infrastructure investments.
7. Yes, absolutely. The right to vote is sacred.
8. Congress should have worked to reduce carbon emissions and combat climate change around when I was born. As a young person, I will live to see some of the worst effects of climate change. This is beyond a campaign issue for me; it's a survival mechanism. While working alongside Congressman Denny Heck, I was proud he co-sponsored Rep. Ted Deutch's H.R. 763, the Energy Innovation and Carbon Dividend Act, which is aimed at drastically reducing American carbon emissions. If sent to Congress to replace him, I would proudly co-sponsor this legislation too.

This bill would:

- Create a corporate carbon fee
  - Assessed on the oil refineries, coal mines, and natural gas transmission system.
  - Starts at \$15 per metric ton of CO<sub>2</sub>, increasing by \$10 each year.
  - Creates market-driven demand for cleaner energy technologies.
- Generate a Carbon Dividend
  - Rebates 100% of net revenues from the carbon fee to the American people as a monthly dividend.
  - Protects consumers and the economy, maintains revenue neutrality, and offsets cost increases for most Americans, including low- and middle-income Americans.
  - Provides an equal share is provided to all adults with a Social Security Number or Taxpayer Identification Number and a half share is provided on account of children.
- Establishes a Carbon Equalization Tariff
  - Fossil fuels and carbon intensive imported goods pay an equalization tariff if their country of origin does not price carbon.



- Exported goods receive a fee refund. This prevents any emissions-intensive U.S. producers from facing any disadvantage relative to overseas competitors.
- Preserves EPA Authority
  - Preserves the authority of the Environmental Protection Agency (EPA) to regulate greenhouse gas emissions under the Clean Air Act and allows EPA to review greenhouse gas regulations after six years as long as the emissions reduction targets set in the bill are being met.
- Create 2.1 million net new jobs by the 10th year, deploy private capital and American innovation to advance clean energy technologies, reduce U.S. carbon emissions by 33% in 10 years and 90% by 2050 (vs. 2015), and prevent 13,000 pollution-related U.S. deaths annually.

This bill isn't perfect, but it has bipartisan support and is the kind of legislation I'll be excited for our new president to sign into law with my support. More legislation and investments will be needed, and I'll hold the leadership of both parties responsible for making urgent progress happen.

9. Yes. The Green New Deal provides a vision for how we can solve the climate crisis while rebuilding the middle class and investing in communities left behind by globalization. For these reasons, I will enthusiastically co-sponsor the resolution when it is re-introduced in the next Congress. The authors of the Green New Deal will be the first to admit the document is a series of principles that we should be working towards, but isn't necessarily a specific piece of legislation meant to comprehensively make climate policy. Turning good ideas into good legislation is the next urgent step we need to take, and it's where I put my focus while serving as a top staffer to retiring Congressman Denny Heck.
10. Yes, and I'll hold a future President Biden to his promise to rejoin the Paris Accord. We also must exert American leadership to make the goals of the Paris Accord more ambitious and in line with the latest climate science.
11. Definitely. That's why I'll support the Gun Violence Prevention and Community Safety Act, a comprehensive package of reforms, in the next Congress. This bill would:



- Require universal background checks and close the “gun show loophole” by expanding federal background checks to all gun purchases, including sales at gun shows and by private sellers.
  - Close the “Charleston loophole” by requiring a completed background check before any gun sale can occur.
  - Establish a federal Extreme Risk Protection Order system that allows family members and law enforcement to request a court order to temporarily remove guns from individuals at heightened risk of harming themselves or those around them, and creating a new grant to incentivize states to implement their own red flag systems.
  - Raise the minimum age for buying a firearm or ammunition from 18 to 21.
  - Create a 7-day waiting period of all firearm sales.
  - Ban the sale of military-style assault weapons and other lethal accessories, including large-capacity ammunition feeding devices, bump stocks, and trigger cranks, and require owners of military style-assault weapons to disclose them under the *National Firearms Act*.
  - Create a voluntary federal buyback program for military-style assault weapons and large-capacity ammunition feeding devices.
  - Establish a federal gun licensing system that requires individuals to obtain a federal or qualifying state-issued license to purchase or own a firearm or ammunition.
  - Increase regulatory authority of ATF to inspect gun shops and hold them accountable, and authorize the hiring of 650 new ATF staff to conduct inspections and oversight of gun stores.
  - Strengthen the public’s ability to hold gun manufacturers accountable by clarifying that they are not immune from civil liability.
  - Fund federal gun violence prevention research by providing \$100 million in annual funding for federal research into gun violence – \$50 million to the U.S. Department of Health and Human Services and \$50 million to the U.S. Department of Justice.
12. The immigrant experience is the American experience. It’s part of the core identity of our country and makes us strong, vibrant, and diverse. Unfortunately, President Trump does not understand this. He’s put a man with white nationalist views - Stephen Miller - in charge of implementing a cruel, xenophobic, nativist agenda. Trump and Miller’s anti-immigrant rhetoric gives comfort to white supremacy, and their actions are inhumane and make our country weaker.

Vice President Biden has committed to rolling back the abusive administrative changes Trump made and I look forward to being a partner in expediting those changes as soon as



possible, including: reinstating the DACA program, increasing visas for asylum seeker, overturning his racist Muslim ban, and ending cruel family separation. But making those changes isn't nearly enough. Congress has been kicking the can down the road by refusing to pass comprehensive immigration reform and I look forward to finally getting the job done. A fair and welcoming reform package should include:

- Passing the DREAM Act.
- A pathway to citizenship for undocumented Americans.
- Decriminalizing migration.
- Separate law enforcement from immigration enforcement to strengthen our communities.
- Remake CBP and ICE in a way that reflects our values.
- Ban for-profit detention.
- Expand legal immigration.
- Make it easier for those eligible for citizenship to naturalize.
- Repeal the 3- and 10-year bars.
- Restore and increase aid to areas like Central America.

Immigration made America what it is today. Let us not walk away from that legacy. Let us re-embrace it as part of our future.

13. Yes. I was proud Congressman Denny Heck supported the Iran Nuclear Deal and I look forward to the day when our next president can repair the damage done by President Trump. The deal was not perfect, but it prevented the country from developing nuclear weapons more than any previous effort and especially compared to the current state of hostility towards Iran. I believe in the power of diplomacy to solve conflict and I will fight to provide the State Department with the resources it needs to repair the American image around the world.
14. Trade, especially for an area like the South Sound that relies so much on ports and exporting of American-made manufacturing, can be a good thing for working people and the economy as a whole. However, trade agreements must include strong pro-worker and pro-environmental protections in order to make that be true. I will only support trade



agreements that do that, and I will engage in deep and meaningful conversation with my constituents before supporting or opposing any future international trade agreement.

15. From the countless acts of misconduct that contributed to the Great Recession to Wells Fargo's account scandal years later, it's more than clear to me that when banks are left under-regulated, the industry will take advantage of consumers. That's why I'm a big supporter of Senator Warren's Consumer Financial Protection Bureau, an agency I worked alongside Congressman Heck to champion from his seat on the House Financial Services Committee. I will fight to fully fund the CFPB and other regulatory agencies so they have the resources they need to take on the big banks and protect consumers from predatory actions.
16. Absolutely not. I'll oppose any effort to privatize the V.A. and other corporate interests seeking to profit off our nation's veterans. The V.A. is far from perfect, but there's no evidence we'll improve health care for our veterans by privatizing the V.A. and making the V.A. more like our broken civilian health care system. Instead, we need to identify problems within the V.A. and work to improve them. Veterans in WA-10 who utilize the V.A. receive care primarily at two facilities: American Lake and Seattle. Several years ago, wait times at each of these locations grew to an unacceptable level. This was part of a nationwide problem, and Congress passed the bipartisan V.A. CHOICE Act in response. In the years since, wait times at each facility have significantly improved. One area the V.A. needs to significantly improve is in treatment of mental health and substance abuse, as well as suicide prevention. Stories in recent years of veterans dying of suicide in V.A. parking lots are inexcusable tragedies resulting from a behavioral health care system that is failing our veterans.
17. As a patient living with two pre-existing conditions, I rely on five prescription drugs to live a fulsome life each day. As a former E.M.T. in our nation's capital, I saw our broken health care delivery system up close. And as a former District Director for retiring Congressman Denny Heck, I fought alongside him -- and you! -- to successfully stop the repeal of the Affordable Care Act.

In Congress, your health care and your family's health care will matter to me as much as my own. I consider health care a matter of life and death - because for millions of Americans, that's exactly what it is.



### Universal Coverage, Higher Quality, Lower Costs

Health care is a basic human right. With tens of millions of Americans completely uninsured and over 50 million more underinsured - in other words, people who cannot afford to get the care they need even with their coverage - we know that right is not a reality in this country. That's wrong and we must act to fix our broken system.

There are many solutions being put forward to get us to universal coverage. Some suggest adding a federal public option, which would allow anyone to buy into a Medicare-type program. I wish this provision was included in the Affordable Care Act when it passed ten years ago. Others suggest bringing the whole country under a single-payer Medicare for All system, similar to the quality health care system our nextdoor neighbors in Canada built over the last 40 years.

With the retirement of Congressman Denny Heck, the South Sound has an opportunity to send another health care champion to represent us in Congress. Whoever we send to Washington, D.C. will be a first-term member next year with selective influence, especially over monumental issues such as health care. Having walked the halls of Congress and been in the rooms of major decision-making, I'll have a leg-up in being able to navigate Congress' labyrinth and deliver real results for the people of the South Sound.

At the same time, I believe it's important to be honest with future constituents by stating something refreshing few candidates are willing to say: I won't be able to get exactly what I want.

With that in mind, I believe an issue as personal and complicated as health care is best approached with the following principles and guidelines. I support big, bold reforms to our health care system that:

- Covers everyone in this country. I believe health care is a basic human right and we must finally guarantee that right.
- Lowers prescription drug costs.
- Ends surprise medical billing.
- Reduces the profiteering in our health care system, especially the insurance and pharmaceutical industries.
- Lowers or eliminates out-of-pocket expenses like copays and deductibles. I don't like paying them any more than you do.



### Medicare for All and the Future of Health Care

Over the last five years, multiple “Medicare for All” proposals have been introduced in Congress. These pieces of legislation envision several versions of a future American single-payer health insurance system, with each bill offering different degrees of detail and specificity.

If a bill to transition our system to a single-payer, Medicare for All type system is brought up for a vote in Congress, I would support it so long as it:

- Guarantees net costs for working and middle class families go down. If workers can see higher wages and lower health expenses from this system, I’m all for it.
- Provides choice of health providers, so that patients can see the doctor they trust.
- Protects the health care benefits our union brothers and sisters negotiated over decades. If we move to a single-payer system that guarantees comprehensive coverage to everyone, mechanisms need to be put in place to ensure union members get higher wages in exchange for their forgone wage increases over the years.
- Ensures workers who may be negatively impacted by a transition to a single-payer system, such people who work for private insurance companies, have transition support like continued education freely available.
- Ensures hospitals, particularly rural hospitals, have the financial stability to stay open and thrive.

Our health care system is broken and needs fixing. There are some solutions, like the public option, that could serve as a bridge to longer-term solutions such as Medicare for All. Whichever route we take, we must lower costs, improve quality, and finally get us to universal coverage.

18. Black lives matter. Thanks to the Black Lives Matter movement, the issue of police brutality and the implicit--and sometimes explicit--bias that contributes to its disparate use, was thrust into the national dialogue six years. The very name of the movement was a statement: under our current system, the law does not treat the lives of white people and the lives of people of color the same. Saying that “black lives matter” of course does not mean that “all lives *don’t* matter.” On the contrary, it points out the enormous disparity that exists between how we--and in particular law enforcement--treat the lives of people depending on the color of their skin.



19. Yes. I trust women to make the best health care decisions for themselves and their families. If the Supreme Court overturns the 47-year-old precedent of Roe v. Wade, Congress must act to restore and protect the right to an abortion. Here in Washington state, we've already codified the protections of Roe v. Wade into state law. Congress ought to be proactive and pass a similar measure into federal law before we reach a crisis moment. In addition, Congress must act to restore Title X family planning funding to Planned Parenthood and other health clinics deprived of these dollars by the Trump administration's gag rule.
20. Yes, and that's exactly why I'll support the PRO Act when it's reintroduced in the next Congress. All workers have a right to organize and collectively bargain, and I'll fight to protect and expand those labor rights.
21. Right now, our small businesses are in a fight for survival. The Paycheck Protection Program has good intentions and is surely making a difference for some small businesses. But too much money is wasted in fees to the bank administering it and funds are ending up in the hands of large, publicly traded companies--that's wrong. I'll fight to pass legislation in the next Congress that not only addresses the urgent needs associated with COVID-19, but I'll also fight for bigger, structural changes to lending programs, our tax code, and regulatory burdens that will actually help small businesses instead of large, multinational corporations. Small businesses are the lifeblood of the South Sound economy and I'll never stop fighting for them. It's not just the right thing to do, it's the right thing for a stronger, more sustainable economy.
22. The First Amendment of the U.S. Constitution includes the Establishment Clause, which means the government cannot establish a religion. In other words, the separation of church and state was so important to our framers, they enshrined it into our most important founding document. I believe that freedom of religion must also mean a freedom from religion. The government must promote tolerance of various religious beliefs, but it must do so without adhering to one religion over the other.
23. I know the power of a good education. Growing up in Washington's 10th Congressional District, I attended Shaw Road and Meeker Elementary in Puyallup before graduating from Charles Wright in University Place. The quality education I received from South Sound educators laid the foundation for my successful journey in higher education, graduating from



George Washington University in our nation's capital with a B.A. in History and Political Science. The opportunity I was given was no accident. A strong property tax base funded my primary education, and my lifelong drive to serve my community began as a result of publicly-funded educational investments. Those investments were not and are not made equally throughout our state and country. That's wrong, and that's why I support federal investments from Pre-K to college to use education as a great equalizer in opportunity.

24. There are over a hundred caucuses in Congress, and most Members join over a dozen. I don't know the full list of caucuses I will join, but among them would be: the Congressional Puget Sound Recovery Caucus, the Congressional LGBTQ Equality Caucus, Sustainable Energy & Environment Coalition, Congressional Native American Caucus, Congressional Defense Communities Caucus, House Small Business Caucus, Congressional Cybersecurity Caucus, Congressional National Service Caucus, Congressional Military Family Caucus, and the Congressional Veterans Jobs Caucus.

I share the values of both the Congressional Progressive Caucus and the New Democrat Coalition, which Congressman Heck joined when he took office. In Congress, I'll help find the common ground and common purpose shared by these caucuses. I will never join the Blue Dog Caucus.