

East King County – State legislative candidate information

You can look up your legislative district (LD) here: <https://app.leg.wa.gov/DistrictFinder/>

Be an informed voter. Do the candidates who want your vote also support the issues you care about? How to find out? Ask them! Attend voter forums. Research their websites.

- All state representatives are up for election; only some state senators are.
- Candidates who filled out a questionnaire from [The Arc of Washington](#) are noted under “Candidate Response.” If yes, link takes you to their response.
- Didn’t fill out the questionnaire? Email them the link and ask them to: <https://arcwa.org/content/uploads/sites/35/2020/06/Legislative-questionnaire-2020.pdf>. Explain it will help you make an informed choice.
- You can email about any issue you care about. Find out how they would represent you.
- We also noted which incumbents attended our 2019 King County Legislative Forum for Developmental Disabilities. That indicates some familiarity with issues that affect people with intellectual or developmental disabilities.
- **Advocacy tip:** If you are contacting a candidate about a campaign matter (such as asking them to complete a questionnaire), use their campaign contact information. If they hold office, they cannot use their office email addresses or phone lines for electioneering.

| LD | Position | Candidate | Candidate response | 2019 forum | Contact | Website | Notes |
|----|------------|-----------------|---------------------|------------|---|---|------------------------------|
| 5 | Rep, Pos 1 | Bill Ramos | yes | Yes | bill@voteramos.org | https://www.voteramos.org/ | Incumbent |
| 5 | Rep, Pos 1 | Ken Moninski | No | n/a | Ken2020@kenmoninski.com | https://kenmoninski.com/ | |
| 5 | Rep, Pos 2 | Lisa Callan | No | Yes | elect.lisacallan@gmail.com | https://www.lisacallan.org/ | Incumbent. Running unopposed |
| 5 | Senator | Mark Mullet | No | Yes | https://www.electmarkmullet.com/contact | https://www.electmarkmullet.com/ | Incumbent |
| 5 | Senator | Ingrid Anderson | yes | n/a | ingridforstatesenate@gmail.com | https://www.ingridforstatesenate.com/ | |
| 41 | Rep, Pos 1 | Tana Senn | yes | Yes | ElectTanaSenn@gmail.com | https://www.electtanasenn.org/ | Incumbent. Running unopposed |
| 41 | Rep, Pos 2 | My-Lihn Thai | No | Yes | https://www.mylinhthai.com/contact/ | https://www.mylinhthai.com/ | Incumbent |
| 41 | Rep, Pos 2 | Al Rosenthal | No | n/a | alfrosenthal@aol.com | no website found | |

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|----|------------|-----------------|---------------------|-----|--|---|----------------------------|
| 41 | Senator | Lisa Wellman | No | Yes | info@wellmanforwasenate.org | https://www.wellmanforwasenate.org/ | Incumbent |
| 41 | Senator | Mike Nykreim | No | n/a | Mike.41st.Senate@aol.com | https://www.nykreim-senate41st.com/ | |
| 45 | Rep, Pos 1 | Roger Goodman | No | Yes | roger@rogergoodman.org | https://www.rogergoodman.org/ | Incumbent |
| 45 | Rep, Pos 1 | John Gibbons | No | n/a | john98045@yahoo.com | No website found | |
| 45 | Rep, Pos 2 | Larry Springer | No | No | larry@larryspringer.org | http://www.larryspringer.org/ | Incumbent |
| 45 | Rep, Pos 2 | Amber Krabach | No | n/a | info@ak4wa.org | https://www.ak4wa.org/ | |
| 48 | Rep, Pos 1 | Vandana Slatter | No | No | friendsofvandanaslatter@gmail.com | https://vandanaslatter.com/ | Incumbent |
| 48 | Rep, Pos 1 | Victor Bishop | No | n/a | None provided | No website found | No contact info or website |
| 48 | Rep, Pos 2 | Amy Walen | No | No | amy@wordpress-185520-1311855.cloudwaysapps.com | https://www.amywalen.com/ | Incumbent |
| 48 | Rep, Pos 2 | Tim Hickey | yes | n/a | timjhickey@yahoo.com | https://timjhickey.com/ | |

Updated August 25, 2020

The Arc of King County does not endorse political candidates or participate in party (partisan) politics.

We do help people understand how to engage in civics so that they can inform public policy and help ensure public investments support a strong, stable safety net and promote inclusive communities that welcome and accommodate people with disabilities and other types of diversity.