

According to journal, Washington State was SPU shooter's 'main target'

Seattle Pacific University was among secondary choices

Shanon Quinn/Moscow-Pullman Daily News

Washington State University was alleged Seattle Pacific shooter Aaron Ybarra's primary target, according to his redacted journal, released Tuesday by a King County judge.

Ybarra, 26, of Mountlake Terrace, a northern suburb of Seattle, was charged June 10 with the first-degree murder of SPU student Paul Lee, 19, as well as two counts of attempted first-degree murder and one count of second-degree assault.

The journal, a nondescript spiral bound notebook, contains a little more than seven pages of writing with less than two weeks of entries, but it reveals the plans — and some of the reasoning — behind Ybarra's alleged actions.

"Sometime by the end of this week or the beginning of next week I will reveal how I really feel about humanity, America and the world it's self," he wrote.

In a June 2 journal entry, Ybarra wrote, "There are a few universities in the state to choose from that I'm planning to attack. Washington State is the main target."

Ybarra wrote, however, he could not make it to Washington State University without arousing suspicion.

"My parents would keep wondering where I'm at and plus I'm not prepared for it," he wrote.

Seattle Pacific was among his "plan Bs."

Ybarra's attorney, Ramona Brandes, said there is no connection between Ybarra and WSU, and she does not know why the university would be his first choice.

Ybarra went on to describe how 2 1/2 of psychotherapy and 2 years in psychiatry did not help him.

"I was diagnosed with OCD (obsessive-compulsive disorder) but I know it's at a higher level than people think. If my family wanted me to go to therapy, they should have worked with me on it instead of trying to force me to go. That caused me depression and problems," he wrote. "Nobody would listen. I knew something was going wrong and I knew therapy wouldn't do anything."

Brandes said Ybarra has received other mental health diagnoses, but she does not have the authority to disclose them.

According to the Seattle Police Department's Certification for Determination of Probable Cause, Ybarra told detective James L. Cooper he was diagnosed with OCD and Transient Psychosis and was prescribed Prozac, an antidepressant, and Risperdal, an antipsychotic medication. Ybarra said he had stopped taking his medication 6 months prior to the shootings because he "wanted to feel his hate." Ybarra also said he had stopped attending therapy sessions.

Ybarra's legal problems before the shooting amounted only to charges of driving under the influence of alcohol, Brandes said.

"But it's not uncommon for individuals with mental health issues to self-medicate with alcohol," she said.

"Mr. Ybarra had been treated and medicated for his mental illness in the past, but Mr. Ybarra had to cease treatment and could no longer afford his medication when he lost his medical insurance," Brandes said in a prepared statement. "Once Mr. Ybarra was no longer medicated, his mental instability was unabated, and that is evident in the journal entries."

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