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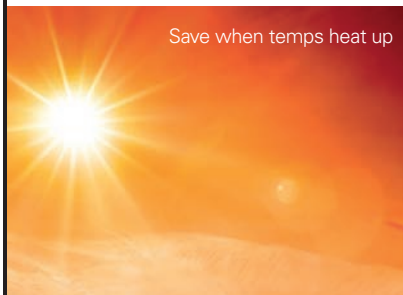
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SPRING 2024

# MILL CREEK *Living*



*A human knitting machine, Julia has donated more than 30 handmade scarves to agencies that help women in need.*

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Meet Julia, a former teacher who, despite being blind, brings her love of traveling and gardening to her community.

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"Grandma" Vanna's fresh donuts have been bringing smiles to everyone's faces for decades.

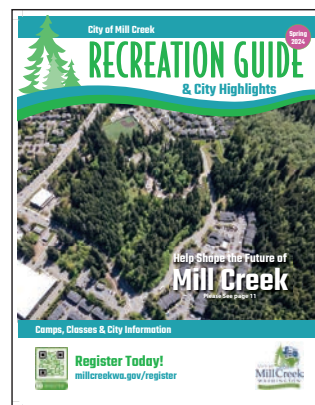
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Community Transit's Swift Orange Line will start connecting passengers to the light rail starting on March 30th.

*Cover photo by Nicholas Stratford  
Photo taken at Cherry Park in Mill Creek*

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**H**ello, and welcome to the spring edition of Mill Creek Living Magazine. Once again we are bringing you an in-depth look at some of the interesting people and organizations that make our city great!

We start with an inspiring story about senior resident, Julia Gerhard. After an enjoyable teaching career that spanned three decades,

Julia retired in time to learn how to adapt to a rare, degenerative medical condition. Read how she navigated this difficult challenge while helping others with similar disabilities beginning on page 7.

We also talked with Jackson High School student, Sophia Giordano, to learn about her childhood journey through Girl Scouts to earn her Gold Award. Read how she achieved this lofty goal by designing a project close to her heart on page 32.

To research our business article, we had to make many "visits" to taste-test the accuracy of every frosted detail. For decades, regular customers from near and far have made a morning ritual of going to the Countryside Donut House in Bothell. Now I know why! Devoted 76-year-old "Grandma" is the powerhouse behind this fried dough gem. Read more about this beloved business beginning on page 27.

We would like to acknowledge the wonderful work taking place at the Hope Creek Charitable Foundation. By the end of 2023, their food bank was serving about 450 family units each week while their Backpacks of Hope program supplied over 800

kids with weekend meals. They are always looking for more donors and volunteers. Please see page 22 for ways you can help.

In the meantime, get your walking shoes laced up so you're ready for the MCCA Spring Garage Sale happening Saturday, May 4th. Details on page 23. As always, the Mill Creek Town Center has a number of fun events coming up beginning with the Spring Wine Walk, also on May 4th. Read more about all the exciting, family-friendly things there are to do beginning on page 23.

Our local Kiwanis Club has also been very busy and would like to share the news of a new club at Gateway Middle School. Read about all their programs, including the upcoming Electronics Recycling Event happening May 5th beginning on page 20.

Mill Creek Little League will be celebrating their 30th season this year! Learn how they plan to celebrate on page 19. And read about the many Jackson & Archbishop Murphy sports teams beginning on page 46.

Spring is an active time for our local clubs and they have some interesting events planned. The Women's Club news is featured on page 18 and the Garden Club information is on page 16. Library programs begin on page 36. We also have a comprehensive listing of events for seniors, beginning on page 40. We encourage readers to let us know what's happening with your own organizations!

All in all, it looks like we will share a terrific spring together in Mill Creek. We're happy to offer you this informative guide so you won't miss out on any upcoming events. As always, our thanks go out to all our wonderful advertisers who make it possible to bring our publication to your homes every quarter. If you have a chance, please stop by and thank them for their support!

Have a great spring!!

—Sue Ramback

# MILL CREEK *Living*

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## Julia Gerhard Inspires Positivity in Others

by Barbara Sleeper

*When the going gets tough, the tough get going!*

Just ask octogenarian, Julia Gerhard, an eight-year resident at the Cogir Retirement Community of Mill Creek. Pleasantly opinionated and wonderfully articulate, Julia is a living, breathing example of positive resilience in response to tough times.

“For years, Julia ran an amazing program in our courtyard,” says Kevin Kuhlman, Community Relations Director at Cogir. “She managed our Adopt-a-Pot program, helping residents choose an outdoor pot each spring to care for during the growing season. Julia knows our courtyard like no one else and helped pick out plants that would flourish there based on varying heat, light and shade, *all while being blind!*”

“I try to keep busy and lead a full life,” explains Julia. “We all have handicaps. You can let it get you down or adapt and keep going. I choose to keep going.”

“My eyes don’t process light normally,” she continues. “I could see just fine at birth, but during my teens, I started to develop extreme light sensitivity. Now my cones no longer function, so I live in a world of *fifty shades of gray.*”

Julia is blind in her right eye and has very little vision remaining in her left eye. She is color blind and lacks *straight-ahead-vision* so she can’t see people’s faces.

“I recognize people by their voices and how they move,” she explains. “I want people to know that even though I have this white cane in my hand, which designates vision loss, I’m not contagious or unapproachable. In fact, I love it when people come up to me and ask me how I am.

“Being blind doesn’t mean being *black blind*,” she adds. “My blind eye sees dark gray, not black. It’s a subtle difference.”

“Gradual vision loss has given me the chance to prepare for being totally blind one day. I’m always practicing to see if I can remember where things are: Can I pour milk, cook oatmeal, without being able to see anything?”

A Puget Sound native, Julia was born at Swedish Hospital in Seattle in 1942 and will turn 82 this September. Her family moved to Bellevue when she was four and she remembers riding her old rusty bike all over the place as a kid, free to roam during summertime.

“As a child, I always enjoyed taking trips with my family. We traveled to the ocean beaches, to Birch Bay, to south central British Columbia and often to north central Washington. I always liked seeing the different terrain, the way houses were built, and tasting the regional food.

“During the summer of 1963, when I was 20 years old, instead of working, my father insisted that I join my older sister on a road trip around the United States.

“We set off in a VW Beetle from Bellevue, WA with four changes of clothing, road maps, coolers for food and addresses of the places we planned to visit.

“We headed east, staying at YWCAs in the large cities and visiting relatives in Illinois on the Fourth of July. We ended up



*Julia Gerhard, wearing a shawl she knitted, moved to Cogir of Mill Creek in 2015 and immediately became involved in numerous resident activities.*

in New York City during the hottest time of year when the humidity was 99%, none of which we were used to.

“As two young white women traveling along, driving through the South presented new challenges for us. It was the summer of race riots when cities were burning, so we had to plan carefully to be in the right place at the right time.

“During our memorable adventure, we traveled in all but nine of the contiguous United States. It was fascinating seeing the ever-changing geography, different color soils and crops being grown, and the many parks and historical sites we had only read about in textbooks. I especially enjoyed listening to the different dialects as we crossed the country.

“Toward the end of summer, when we finally reached Long Beach, CA, we had just enough gas money left to get home. We arrived with a few days to spare before school started again.”

Julia graduated from Western



# FEATURE



*Pulling a wagon full of her favorite toys, Julia is pictured as a young child when her family lived in Seattle.*

Washington University in 1964 with a double major in Education and Speech and Hearing Therapy. She earned her K-12 teaching certificate which made it possible for her to teach and/or substitute any grade level, anywhere.

"I started out by teaching for four years in the Northshore School District," says Julia. "I then quit to become a full-time mom after having three sons in four years."

"I had the best time being a stay-at-home mom," she says. "I'd take a wagon and fill it up with cars, dump trucks and miscellaneous toys and then spend hours at a nearby park. I will always cherish all the years I had to play with my kids."

Julia returned to work as a substitute teacher in the Northshore School District when her youngest son entered kindergarten. She then taught in the Battleground School District in southwest Washington, the Sultan School District when her family moved to Monroe, 15 years full-time at Cathcart Elementary School in Snohomish and five years at the Hidden River Middle School near Maltby.

"I loved the challenge of working with students and watching them learn. I started each new substitute class I taught by saying, 'I'm not here to babysit you today. We have work to do.' This always got their attention."

In addition to teaching the required curriculum, Julia taught her students valuable life skills: *If you start a project,*

*finish it. Whatever you do, always make it your best effort, something you'll be proud of, and always meet the deadline.*

"My job was my passion," she admits. "I taught 3rd to 7th graders for more than three decades before retiring in 2004. Then I moved to Leavenworth."

There, Julia joined the Cascade Garden Club, and volunteered without getting paid to redo all the landscaping around the 18-acre Leavenworth Worldmark Resort, on a budget of just \$3,000 per year! The project took seven years to complete, with Julia driving over the pass to Flower World (Snohomish) in the morning and returning in the afternoon with drought-tolerant plants that could withstand winter temperatures down to -40 degrees!

"I've enjoyed being outdoors and working in the dirt since I was a kid," says Julia. "Gardening has always been part of me, a huge gift and quiet refuge that soothes my soul."

Julia also loves to travel. "As my parents got older, they often invited me to travel with them to help with the arrangements, including transportation and luggage. The first cruise I took with them was down the west coast of Mexico and Central America and through the Panama Canal.

"During that trip, we ran into hurricane *Ishmael* after visiting Cabo San Lucas. The high winds destroyed the coastal parts of Acapulco as it headed north. What a ride! During the night we could hear potted plants sliding down the hall and back to the elevators and down the hall and back to the elevators where they finally crashed.

"The captain did not warn the staff of the oncoming storm, so the kitchen glassware and ceramics all broke creating quite a mess. We missed our visit to Puerto Vallarta, anchoring instead in the Bay of Zihuatanejo.

"I remember all passengers were tendered ashore as helicopters arrived to remove the storm debris and resupply the

ship. The last helicopter to leave carried our captain away, never to be seen again!

"But the cruise continued. Traveling the length of the Panama Canal was an amazing experience because I had taught about the history and construction of the canal in my social studies classes.

"I also taught about the Mayan civilization, so on other trips, I was thrilled to be able to visit several well-known Mayan Ruins: *Tikal*, in the jungle of northwestern Guatemala; *Chichen Itza*, on the flat of the Yucatan Peninsula of Mexico; and *Uxmal*, Mexico.

"It was during these adventures, that I started to lose sight in my right eye which affected my depth perception. Wherever I walked, I had to carefully lift my feet to avoid tripping over roots, uneven steps and cobblestones and other unexpected obstacles in my way.

"In 2007, I flew to the South Island of New Zealand to visit my stepsister and her husband. I was grateful to see this part of the world before losing my eyesight. I went again in 2009, but that trip was more challenging because I was now dealing with greater light sensitivity and increased loss of depth perception.

"I made my first humanitarian trip to Guatemala with the Rotary Club of Leavenworth in 2007. I carried a large, soft-sided suitcase filled with donated antibiotic ointments, gauze pads, adhesive bandages



*Julia taught social studies, science and math to elementary and middle school kids for three decades before retiring in 2004.*



and soft plush toys and school supplies.

"I was working with a doctor and his wife to help young children diagnosed with *spina bifida*. The doctor evaluated their medical condition and I helped evaluate their mental engagement and social interaction.

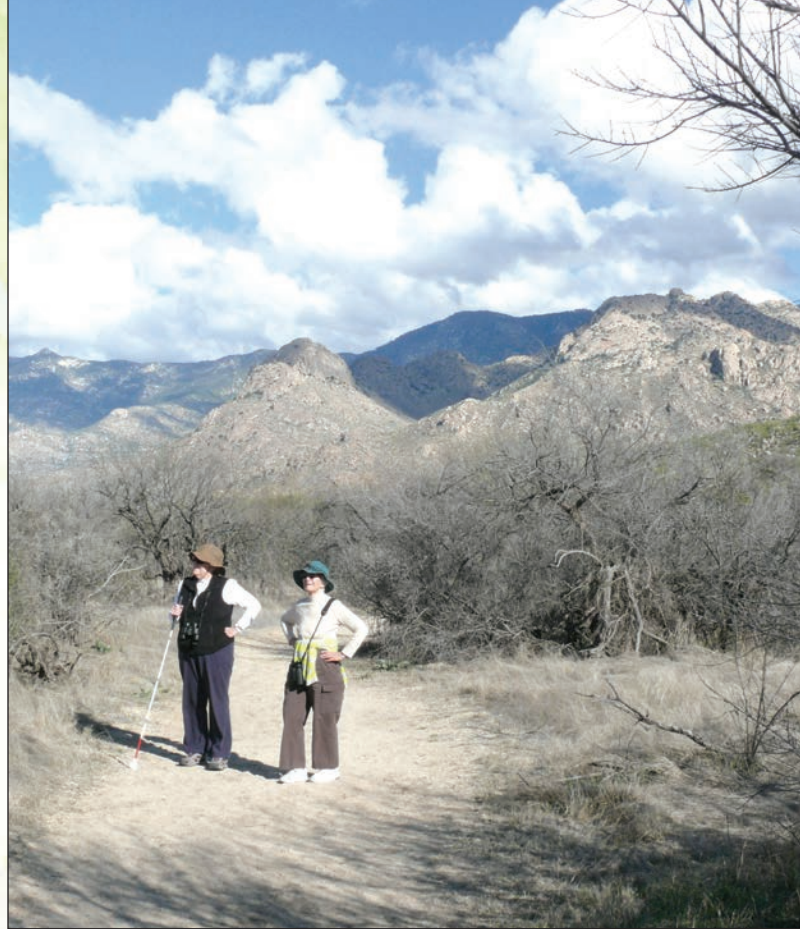
"Traveling around Guatemala wasn't easy because after many earthquakes, the sidewalks and roads were uneven and in need of repair, and finding safe food and water was always a challenge.

"When we returned to Guatemala again in 2009, the wife of the President of Guatemala notified the airlines that we were not to be charged for additional baggage. This

time, I brought two large soft-sided suitcases, one filled with antibiotics, first aid supplies, toys and school supplies and the other with 50 Sawyer water purification kits.

Julia's Rotary team took the water purification kits to several indigenous villages where no clean water was available. There, they trained the community leaders how to use the kits.

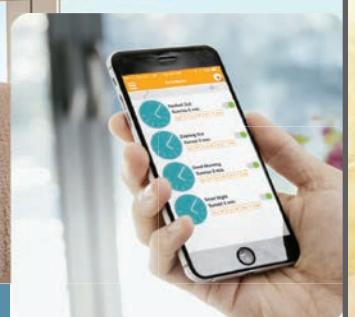
"The indigenous people I met on this trip were so inspiring. When we offered clothing, shoes, food, and household items to each mother, they would kindly decline and send us to another house that had a greater need. But everyone had a great need, so we had to be extremely



Using her white cane to help navigate, Julia and her friend Elsa hike on a trail in Arizona's Oro Valley.

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# FEATURE

careful how we offered our supplies.”

It was after that trip that Julia finally got a definitive diagnosis for her failing eyesight. She had a rare retinal disorder called *cone-rod dystrophy*. It is an inherited, degenerative ocular disorder characterized by the loss of cone cells, the photoreceptors responsible for both central and color vision.

“Well, what do I do now?,” she asked the diagnosing ophthalmologist and head of the UW Eye Institute.

“You go home and learn how to be blind,” he replied abruptly. Julia still remembers his lack of bedside manners that day.

Julia returned to Leavenworth and her ophthalmologist in Wenatchee put her in touch with Lilac Services for the Blind in Spokane. Lilac Services arranged for a trainer to meet with Julia once a month for four-to-six hours each visit to teach her how to become *white cane proficient*.

“I lovingly referred to my trainer as a little Hitler,” jokes Julia. “She came to my door and expected to find dangerous throw rugs, clutter and other things that could trip me up, but she was unsuccessful.

“She showed me how to set up my bathroom and kitchen so they would be safe:



Julia and companions visit Mesa Verde National Park, a UNESCO World Heritage Site located in Montezuma County, Colorado.

No sharp knives without finger guards, all knives pointed in the same direction and how to pour boiling water into containers.

“She was very precise in her directions and expected me to follow them without question. She taught me how to use tactile *bump dots*. I use them on stove burner controls, to designate washer and dryer settings, and on any device that has a number pad (i.e. phones and calculators).

“She wanted me to be prepared to use my fingers as my new set of eyeballs. But because of my age and years of using my fingers in landscaping projects, I no longer had sufficient nerve sensitivity to learn and use braille.

“Next, she taught me how to use a white cane, to sweep right when I was stepping left, and to sweep left when I was stepping right. She taught

me how to walk all over Leavenworth and was ruthless about where I could and couldn’t cross streets safely.”

Because the white cane had a pencil point, Julia ended up with brown bruises all around her middle from catching the tip in potholes and having the cane bounce back and hit her midriff. The problem was solved by attaching a big white rolling ball to the tip.

“Being an avid reader, I needed to find an alternate way to enjoy good literature,” she says. “The Washington Secretary of State’s Office supervises the Washington Talking Books and Braille System. This is a free service that provides cassettes and the machine to read them.

“The most helpful tools and aids I have talk to me, such as my talking wristwatch, talking bathroom scale, talking thermometers and a special cell phone designed for the blind. I even have an OrCam artificial vision device that will take a

picture of written text and then read it back to me. A viewing, magnifying and read-back text machine is also available at Cogir.

“Another important tool I use is the PenFriend 3 Voice Labeling System which allows me to record my voice and mark household items onto self-adhesive labels so that I can safely keep track of my medications, supplements, spices, and a special calendar I devised.

“What makes my condition so interesting,” says Julia, “is that the vision loss progression with *cone-rod dystrophy* is usually slow, but it can also suddenly progress quickly. I have so little sight left, that I could be totally blind by the time this article is published.

“I was still able to drive around Leavenworth until 2011,” she continues, “when the many tourists darting into the streets made it difficult for me to navigate safely. I curtailed my driving and learned how to utilize Paratransit, a community service transportation system for those with disabilities available anywhere in Washington State.”

Recognizing the need for people to discuss their own vision issues and learn of available resources, Julia started a Low Vision Support Group at Cogir seven years ago. The group provides encouragement and information to help participants stay positive on their own vision journeys.

“We meet on the fourth Monday of every month in the Cinema Room,” she explains. “There, we can sit in a Kumbaya circle if we want. Usually, five to eight people



Souvenirs from Julia’s extensive travels decorate her apartment wall.



attend on a regular basis, but our roster includes 20 members. We have folks coming in from outside Cogir. Everyone is welcome.”

Participants are given access to MaxiAids catalogs, phone numbers for Paratransit, applications for Talking Books, and other helpful information to make life more interesting and less frustrating.

According to Julia, the biggest vision concerns include macular degeneration, diabetic retinopathy and glaucoma, but some participants have a combination of vision problems.

“I try to create an atmosphere of sharing, a trusted verbal dumping ground where individuals can vent their frustrations but then group problem solve. I want participants to realize they are not alone, that other people are going through similar experiences learning how to master vision loss.

“It’s amazing how much you can still do by using other senses. When my straight-ahead vision disappeared, I then used my peripheral vision. I’ve always been a problem solver, finding new ways to do things. I do a lot of mental picturing while I’m problem solving.”

In her early days of traveling, Julia could get by on her own or with a group, but now she requires someone to accompany her.

“I cannot read signs,” she says, “and I lack the clarity to be on my own even with my white cane. My travel companions are wonderful. They give me verbal clues and let me put my hand on their shoulder or



*Julia explores an ancient pre-Columbian pueblo in the Chaco Canyon of NW New Mexico.*

forearm as I sweep with my white cane to navigate the route.”

With help from friends and family, Julia has traveled to the Mediterranean and to Alaska three times, wintered in Lahaina on Maui and spent three winters east of Tucson, AZ. She’s explored all but the



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# FEATURE

western part of Arizona, visiting ancient historical sites, birdwatching and hiking.

“Sometimes, people with the best intentions suddenly grab me to help guide me in the right direction,” explains Julia. “But this can disorient me and cause me to lose my balance. It’s better to approach someone using a white cane and introduce yourself first before making physical contact. Then offer your arm or shoulder to guide them.

“As my eyesight decreased, I learned how to become more habitual and well organized as I go through my day. I had to slow down and take time to complete tasks whereas before I could always pick up a task where I left off. Now, if I drop or misplace an item, I can no longer sweep my hands to locate it, it’s all about patting.

“In the past three years, I have been fortunate to meet annually with Dr. Jennifer Chou, a research ophthalmologist associated with the

University of Washington Eye Institute in Seattle. Jennifer specializes in retinal diseases and has been a great resource for me. Because there is so little information on cone-rod dystrophy, it has been important for me to share my condition with her. Ultimately, this information will help other patients diagnosed with the same rare condition.

“I undertook genetic testing a year ago to see if they could isolate the mutated gene that causes this disease. However, the gene is so remote, they were unable to locate it, thus eliminating the possibility of gene therapy for me, but as the science improves, it should be available for other patients.

“I also work with a knowledgeable and caring man named Dennis Foster of Vision Matters in Woodinville. Vision Matters sells and services all types of equipment to aid people with vision challenges. Dennis has introduced me

to devices that magnify text so I can read it on a variety of backgrounds, as well as devices that take pictures of text and then read it back to me. He often speaks at the Low Vision Support Group I facilitate at Cogir.

“As mentioned earlier, my main source of navigational aid comes from my white cane. I sweep the surfaces in front of me the width of my hips and my cane informs through the shaft into my hand and up to my brain if there are any obstacles in my way.

“I also count my steps. For instance, I know that with my gait, it takes 65 right-footed steps to get from my apartment my building. If I take an alternate elevator, it takes 23 right-footed steps.

“When I am in a place with lots of people moving around, I slow down to be careful not to run into carts, walkers, wheelchairs, scooters, dogs on leashes and other people walking slowly. Walkers



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and little dogs are my biggest challenge,” she says.

“And when I leave my building to shop or go to lunch, I need to have someone with me so I can take their arm or shoulder. None of this keeps me from doing what I want to do, and I am so grateful to everyone who helps me.

“I am always asking people who approach me, “who are you?” Luckily, most people are not offended and cheerfully identify themselves. I appreciate it when people approach me in the elevators or the halls and tell me who they are.

“Part of my work with the Lilac Services trainer included consistent placing of glasses, cups, bowls and plates at my place setting. For instance, my cold water glass is always at 12:00, a hot beverage is at 11:00 and a secondary cold beverage is at 1:00. This way, when I reach my hand for a certain beverage, I know where it is located and am less likely to knock one over.

“I like to know where my food is on my plate and often ask the server or my tablemates at Cogir to help me so I can adjust the plate. I try



*Julia with her white cane stands outside in the Cogir Courtyard where she has volunteered so much of her time.*

to sit in the same location in our large dining room as I have memorized the routes to reach my chair without bumping into too many objects.

“None of my transition to vision loss could have been accomplished without the steadfast and caring support of my family, my loyal friends, and my church community.

“I always worried about not having daughters to take care of me in my senior years. All that worry was a waste of time, because my three sons have all grown into wonderfully caring men. They watched me take care of my own parents and now do the same for me. They all live nearby so they can keep an eye on me.”

Julia hit the ground running when she moved to Cogir in 2015. In addition to

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starting the Low Vision Support Group, she attends the monthly resident meetings, does a lot of walking, and works out early in the morning for 45 minutes four times a week at the Cogir Fitness Center.

“The first year I lived here, I kept hearing, ‘I miss my yard. I miss being

Julia (left), as Glinda the Good Witch of the North and one of the Munchkins performed in the resident play, *Wizard of Odds*.

able to garden.” So, I started the Adopt-A-Pot program at Cogir to provide an opportunity for residents to continue gardening. Management gave me money to buy pots and they also provide all the soil. I ran this program for seven years before retiring last year due to my increasing vision loss.”

Julia also applied her gardening skills to redoing and beautifying the gardens around Cogir’s water fountain courtyard, turning the area into a more accessible outdoor refuge for residents. She was instrumental in having electric door openers attached to the courtyard doors to make them ADA compliant so all residents could access the gardens.

With time to spare, Julia joined the Knit-Wit group at Cogir, knitting colorful, six-foot-long scarves to donate to women in transition (YWCA) and to women refugees. So far, she has made and donated more than 30 handmade scarves.

“Knitting gives me something to do,” she explains. “In the evenings, I don’t sit around watching TV. I listen to my talking books and knit. I’m an avid historical fiction reader. I love realistic fiction, anything that keeps me learning new things.”

Julia also performs in resident-produced plays at Cogir. “I had the role of Glinda the Good Witch of the North in our play, *Wizard of Odds*. I’ve also been a village mayor, and I did my own rendition of the *Twelve Days of Christmas*, acting all the parts out by myself.

“When I do things like this, people don’t see me as blind, as I do not have my white cane with me. It’s something I enjoy doing because it makes me feel normal.

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Nicknamed *Queen of the Courtyard*, Julia was awarded this certificate for her positive, *Can-Do Attitude*.



"I also refuse to have the minister at St. John's Episcopal Church in Snohomish bring communion to me at my seat. Instead, I have several friends who take turns helping to escort me to get communion by myself. I prefer to look normal!

"I've been asked to help inspire others," she adds. "I'm happy to do so, but I've learned that to protect myself, I need to avoid people whose cups are already half empty. Counting steps and staying aware of my surroundings requires lots of brain work. I need to be surrounded by positive energy.

"I wouldn't want to live anywhere else," she says of Cogir. "I love living here because everyone is so

friendly, and the people of Mill Creek are so kind. For example, whenever I enter *Rite Aid*, the staff always greets me and asks, "How can we help?"

Julia believes that sooner or later, everyone will experience a major challenge in their lives that will disrupt their sense of normalcy. "To survive, you constantly need to readjust, re-evaluate, then adapt.

"Long ago, I decided I would not stay isolated in my apartment: There are too many new experiences to have, people to meet, and places to explore. *Life Goes On!*

"I'm often asked, *how can you do that, I thought you were blind,*" she grins. "I do a lot with a chuckle inside."

## Resources for the Visually Impaired

**The Lighthouse  
for the Blind, Inc.**  
2501 South Plum Street  
Seattle, WA 98144  
800-914-7307  
Website: [lhblind.org](http://lhblind.org)

**Washington State  
Department of Services  
for the Blind**  
3411 S Alaska Street  
Seattle, WA 98118  
206-906-5500  
Website: [dsb.wa.gov](http://dsb.wa.gov)

**American Printing House  
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for blindness and low vision,  
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8 am to 8 pm or e-mail  
[connectcenter@aph.org](mailto:connectcenter@aph.org)  
Website:  
[aphconnectcenter.org](http://aphconnectcenter.org)

**Dennis Foster  
Vision Matters**  
425-202-6208  
253-447-8255  
Email: [dennis@visionmatters.net](mailto:dennis@visionmatters.net)  
Website: [visionmatters.net](http://visionmatters.net)

**Washington Talking Books  
and Braille Library**  
2021 9th Ave  
Seattle, WA 98121  
206-615-0400  
Email: [wtbbl@sos.wa.gov](mailto:wtbbl@sos.wa.gov)  
Website: [sos.wa.gov/washington-talking-book-braille-library](http://sos.wa.gov/washington-talking-book-braille-library)

**Paratransit Services**  
DART – Dial-A-Ride  
Transportation  
425-347-5912  
Website: [communitytransit.org/services/dart-paratransit](http://communitytransit.org/services/dart-paratransit)

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# AROUND THE MILL

## Mill Creek Garden Club

Oh, the challenges of gardening in the PNW. Hopefully the cold snap didn't cause ruin to your yards and landscaping. Only time will tell, so we might as well light the fireplace, pull out the garden catalogs and books or visit a nursery or garden center. Maybe you found time to draw inspiration from the Seattle Flower and Garden Festival?

It seems like much has happened since the holidays. Our officers and members trust that yours were extra special. Members had a fun and festive Christmas party in December. Lots of fellowship was enjoyed by attendees, along with prizes, games, special menu items and laughter.

In November, the Club had a very successful Mill Creek Food Bank drive, exceeding our 640-pound goal by amassing 1,067 pounds and \$255! December's toy drive for The Christmas House filled the bed and cab of a Ram pickup and a small SUV!

In January, we announced new scholarships to Edmonds Community College's Horticultural Dept. A total of \$3,000 will be awarded to two students pursuing a certificate or two-year degree in one of its specialties. These scholarships were possible due to our record-breaking fundraising from last summer's Garden Tour.

Our 8th annual Garden Tour and Artisan Market will be held Saturday July 20, 2024. So, SAVE THE DATE on your calendar! There may still be a spot open if you'd

like your garden to be on this tour or want to be considered for future tours. Contact us at [www.millcreekgardenclub.com](http://www.millcreekgardenclub.com) to apply.

During the ongoing 40th anniversary celebration of our club, February found us hiding painted rocks around Mill Creek. Hopefully one of you found the Prize Rock! The daffodil bulbs planted last fall by our volunteers at Mill Creek's entrance at 164th Street emerged in late January, and our fingers are crossed that they will be blooming on our March 15 anniversary. March will be history month with special recognition of 10+ year members and distribution of a historical booklet to all attendees. Plus, CAKE! In April, in the true spirit of gardeners, we can participate in a "plant swap" and listen to guest speaker, Debbie Teashon, on how to have a "Four Season Fragrant Garden". We'll round out the 2023/2024 luncheons in May with the installation of officers, a Decorated Hat contest, historical trivia game and a SURPRISE for attending members.

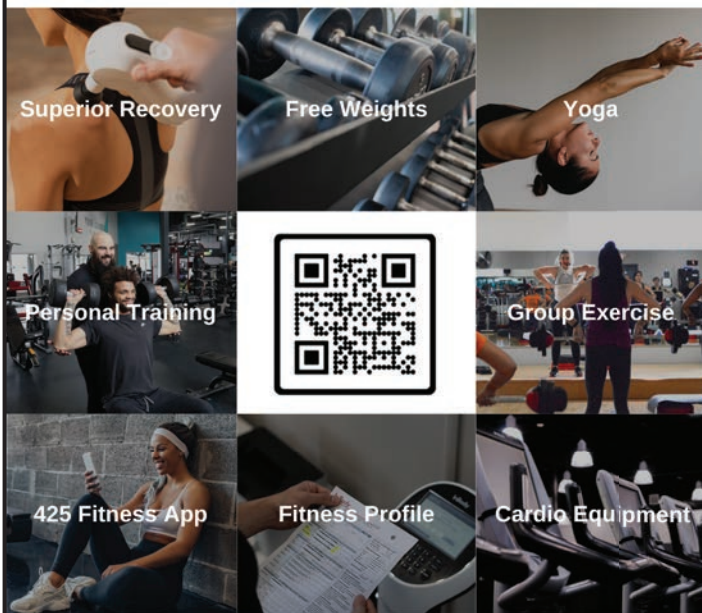
Potential members are always welcome to join us on the 2nd Tuesday of each month September through May, at Shawn O'Donnell's Everett Conference Room. Just go to our website [millcreekgardenclub.com](http://millcreekgardenclub.com) and leave us a message. Check-in opens at 10:45, and reservations are required. Lunch costs are \$25 for members and \$28 for guests.



MCGC Officers: L-R, 1st VP, Debby Cox; President, Judy Morrier; 2nd VP, Jackie Fields; Treasurer, Nancy Hedges; and Secretary, Linda Myers.



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1025 NW Gilman BLVD  
Issaquah, WA





*Mill Creek Garden Club Members at their December 2023 luncheon.*

# Black

May 18<sup>th</sup>, 2024 | 5:30 p.m.

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**Purchase tickets or sponsorships at [millcreekrotary.org](http://millcreekrotary.org)**



## Mill Creek Women's Club

Thanks to our generous Mill Creek Women's Club members, our annual Fundraiser in November was very successful. This year's theme was "Gather for Giving" and was held at the Mill Creek Country Club. Members had the opportunity to visit with friends and support our charities. According to Margaret Durkee, the club's Philanthropy Chair, the fundraiser raised \$24,500. We were able to fulfill wishes of both of our chosen charities. We presented a check to Cocoon House for \$10,000. Cocoon House conducts outreach to and provides short- and long-term housing for homeless and at-risk

young people. Our other charity, Domestic Violence Services, also received a check for \$10,000. Domestic Violence Services is the only program in Snohomish County providing emergency shelter and comprehensive services to all victims of domestic abuse. Other donations were made to the Mill Creek Food Bank and Dawson Place.

The Mill Creek Women's Club has a commitment to enhancing the community through friendship and philanthropy. Creating opportunities for women to come together, socialize, and engage in philanthropic activities is a wonderful way to strengthen community bonds

and make a positive impact. If there's anything specific you'd like to know or discuss about the Mill Creek Women's Club, feel free to let us know!

The MCWC holds meetings every month where our members and their guests enjoy programs and speakers and, of course, lunch! Our Christmas lunch in December featured the Memphis Belles. The Memphis Belles is a female vocal group that sing and dance to iconic music. We were treated to a seasonal show that featured our favorite Christmas tunes.

We plan eventful programs and speakers for the enjoyment of our members and guests. The MCWC offers many ways to connect with other members. We have in-person socials, Bunco, Book Clubs, Craft Groups, Card Game Groups, and other specialty groups. Love to entertain or cook? There are cooking classes being offered that are some of our most popular gatherings.

Our meetings for the next 3 months include the following:

### March 16

In March the Mill Creek Women's Club will welcome Jesse Jones, a consumer advocate and Investigative Reporter on KIRO 7. He covers local news, consumer issues and scams in the Puget Sound Area. We will hear his interesting stories about problems that he helps to solve for viewers. This program will be held at Shawn O'Donnell's from 11-1 with doors opening at 10:30.

### April 20th

The April program will be a fun morning when Chicos

representatives present clothing from their Spring and Summer collections. Clothing will be modeled by some of our members!

### May 18th

In May we are excited to welcome Nate Jester, a Seattle magician and mentalist known for his specialization in magic, illusion, and comedy. His performances aim to provide a thought-provoking experience for a sophisticated audience, delivering unforgettable moments. Nate Jester has



entertained crowds of various sizes in different countries, including China, Ukraine, Hungary, Las Vegas, and across the United States. Additionally, his appearances on America's Got Talent, Bravo, Netflix, and Oprah's The Life You Want Tour suggest a broad recognition of his talents.

We hope you will consider joining us for the 2023-2024 season. The membership fee is \$65. We hope to meet you in person. If you would like more information about the Mill Creek Women's Club or to make a reservation for one of our upcoming program's please email [membersmcwc@gmail.com](mailto:membersmcwc@gmail.com).



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# Mill Creek Little League

Mill Creek Little League is preparing for its 30th season of Softball, Baseball, and of course T-Ball. The league has baseball and softball programs for ages 5-15 years old. Co-ed T-Ball is a great way to start your young one off with sports in a fun and community-filled environment. 2024 will mark Mill Creek Little

League's 30th year. We will celebrate by offering some community nights where we will invite the public to enjoy a ball game, concessions, and the beautiful Mill Creek Sports Park. For more information on Mill Creek Little League events and registration, visit [MillCreekLittleLeague.com](http://MillCreekLittleLeague.com) or find us on social media.



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**EDMONDS**  
COLLEGE



## Kiwanis Club of Mill Creek



Ah, springtime! Time to shake off the cold and wet of the winter past and look forward to longer and warmer days...and the lead-up to the summer ahead of us. We've endured rain, snow, wind and dark and we're all ready for what is to come.

Let's go spring – perhaps the most wonderful time of the year around here – and carry us into summertime!

Spring is also a time for noticeable growth, from the bulbs sprouting

and new leaves popping up on the trees to the baby ducks on the pond. Your Kiwanis Club is growing as well, as we welcome to the family the **Builders Club at Gateway Middle School**! This exciting new service club for middle school youth provides opportunities for them to discover the excitement that comes from a desire to serve. The reward is great seeing their generosity translate to making a difference in the lives of others. Similar to its cousins, the Key Clubs at Jackson and North Creek High Schools, the Builders Club at Gateway MS is a group of motivated and driven students who really do just want to make a positive impact on their community. Special thanks to the Jackson HS Key Club for their vision and collaborative work with Gateway Middle School to bring this club to life. JHS Key Clubbers will mentor the Builders with the help of Gateway Faculty. Welcome to the family!! You can learn more about the Builders Club at [buildersclub.org](http://buildersclub.org)

Many more great things happened in our community over the winter, and your Kiwanis Club was right in the middle of it all. You see, when you're part of a global effort to improve the lives of children, your local group takes advantage of any opportunity to do just that. And the best way for the Kiwanis Club of Mill Creek to work towards that goal is to be out

there with the children in *our* community. Looking back a bit, it was awesome to be part of a couple events over the winter, especially the **Santa Parade and Tree Lighting** event co-sponsored by our community partners the Mill Creek Town

Center Association and the Mill Creek Chamber of Commerce as well as the wonderful people with the City of Mill Creek (props to all of you!)

This parade was especially touching

for our Club members because we were able to get our Charter President Jack LaPoint's 1931 Ford Phaeton back in action! We will forever miss Jack and his decades of selfless service to our community, so anytime the Club gets to use his beloved Ford for an event is a special experience. Being in the parade and seeing the community come together is special as well, and this year's tree

members to be involved in. Counting veterans amongst our ranks brings this event close to home for the Club, and it was a joy to be involved and show our respect and reverence for those who served. A strong community can only exist with the service of those who served, and we can't thank our veterans enough!

Looking forward to what the spring has to offer, the Club is excited to once again bring to the community our annual **Electronics Recycling Event** to be held this year on **Sunday, May 5th 2024**. We choose this day, as it is the day *after* the annual Mill Creek Garage Sale Day. So, for all of you who couldn't sell some of your electronics and still want to get rid of them in a safe, environmentally friendly way, bring them on down to City Hall North from **10am – 2pm**. See the ad in this magazine for a list of things we can



lighting event was awesome. Can't wait to crank up the Ford again next year for some hot chocolate and Holiday cheer!

A more somber event was the **Veteran's Day** parade. Less frivolity but equally enjoyable and touching for our

take and things we can't.

One of the Club's great partnerships is with **Bloodworks Northwest** and their pop-up blood drives. Blood donations at these events go to local hospitals and really do save lives! The Kiwanis Club is





committed to doing our part on this front – and encouraging those in our community to do the same – to help keep this truly vital lifeline flowing! Upcoming events will be at the North Creek Presbyterian Church, 621 164th St SE in Mill Creek, on **May 13th and 14th, 2024**. You can sign up now at Find a Bloodworks Blood Donation Appointment by clicking on “Schedule a Donation”. Use the code

KCMC (Kiwanis Club of Mill Creek) when checking in for your appointment at the front desk. Use of the code will help us track the impact that our community is having. In 2023, Kiwanis Club members and their friends & families donated **24 units of blood!** Thank you all! If you need help booking an appointment, call the Donor Care Team at 800-398-7888

Everyone have a

wonderful spring and we look forward to seeing you all in the community...cheers and much love to you all!

The Kiwanis of Mill Creek meets the first and third Wednesdays of each month at 6:00 PM. We hold our

meetings at City Hall North in the Community Room on the 1st Floor, 15720 Main St Suite, Mill Creek, WA 98012. If you are interested in attending a meeting, please email [kiwanisofmillcreek@gmail.com](mailto:kiwanisofmillcreek@gmail.com).

Find us everywhere!  
Instagram @KiwanisofMillCreek  
Facebook Kiwanis Club of Mill Creek  
[kiwanisclubofmillcreek.org](http://kiwanisclubofmillcreek.org)

# Free e-Waste Recycling Day

**Sunday, May 5, 2024**  
10 a.m. to 2 p.m.  
**Mill Creek City Hall North**  
15720 Main Street - Parking Lot

## Items We DO Accept

Computers, Laptops, Cell Phones, Tablets, Flat Screen TVs & Monitors (LCD, Plasma), Printers, Fax Machines, Scanners, Servers & Networking Equipment, Keyboards, Mice, Remote Controls, Telecom Equipment, AV Equipment (DVD, Blu-ray, VCR, Stereos, Gaming Consoles), Microwaves, Holiday Lights, Wires, Cables

## Items We CANNOT Accept

Refrigerators and Large Appliances (washers/dryers, stoves, dishwashers, etc.) Tube TVs/Projection TVs, CRT Monitors, Water Heaters, BBQs, Patio Furniture, Exercise Equipment, Vacuum Cleaners

**It's Free to drop off items, DONATIONS ARE ENCOURAGED.** Donations benefit Kiwanis Club of Mill Creek and used in our community.

Info at [cityofmillcreek.com/recycleevent](http://cityofmillcreek.com/recycleevent)



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# AROUND THE MILL

## Mill Creek Community Food Bank

Exciting growth is happening at the Hope Creek Charitable Foundation! Our food bank continues to serve

our community, our Backpacks of Hope program is growing, and we've hired a director of fundraising and development!

At the end of last year, we served around 450 family units weekly. Our Thursday in-person evening distributions of food have continued to serve people rain, snow, or shine. Volunteers flock to the food bank on Thursday afternoon and prep for the amazing service that is conducted just hours later. Families come to fulfill their food needs each week, and volunteers serve from the start at 4:00 pm and stay



to the end at 7:30 pm. Support is always welcome. You can sign up and learn more on our website: [hopecreekcf.org](http://hopecreekcf.org)

In February we are going to be partnered with Black Forest Mushrooms in Everett. They aim to donate 6,000 pounds of gourmet mushrooms to local food banks. Our food bank is going to be a recipient partner of donations. As March approaches, they will slowly donate our portion of the 6,000 pounds to meet our needs; this is possible because the mushrooms grow fast and are locally sourced. This slow delivery method also ensures

our stock of these fungi stays as fresh as possible for our customers.

Aside from these mushrooms, the number of kids served within our Backpacks of Hope program is also quickly growing. Backpacks of Hope supplied over 800 kids with weekend meals during the school year. This number is only going to increase. More connections to schools means a rise in the number of children served by our program. Currently costing the food bank roughly \$8,000 a week, we are also always looking for monthly donors to support this work.

Another addition to the food bank's numbers is our new Director of Fundraising and Development, Morgan Crosby. If you would like to learn more about how you can serve the food bank through donations, please contact Morgan via email at [morgan@hopecreekcf.org](mailto:morgan@hopecreekcf.org). She is looking to connect with more of our community and looks forward to hearing from you!

Looking to grow with us in 2024? Connect with us on social media, donate to support our programs, and volunteer when possible.



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## Mill Creek Spring Garage Sale



The Mill Creek Community Association Spring Garage Sale will be held on Saturday, May 4th. Plan to empty your garage of all those unused “treasures” that take up so much room. If you have never attended, you’re in for a treat! Each participating homeowner runs their sale individually in their garage or driveway. Sales generally open around 8 am and close by 3 pm.



MILL CREEK  
TOWN CENTER

Spring into Mill Creek Town Center and see what fun we have in store for you in 2024!

Our first event this year is our Spring **Wine Walk** on **Saturday May 4th** from 4 to 7pm. Come enjoy a fun evening out with friends as you stroll Main Street discovering some of the Northwest’s finest boutique wines. Live music and noshes at some locations. Tickets for this event will go on sale in April. Find out more information at [MillCreekTownCenter.biz/upcoming-events](http://MillCreekTownCenter.biz/upcoming-events)

As we go into summer, Mill Creek Town Center will

host an **Art Walk** on **Sunday, June 2nd** from 1 to 5pm. Meet local artisans and musicians while strolling through our beautiful community. Local artists can apply to participate in the Art Walk by submitting an application under the Application Tab at [MillCreekTownCenter.biz](http://MillCreekTownCenter.biz).

Mill Creek Town Center has lots of activities to come in 2024! Wine Walks, Art Walks, KidsFest, the Summer Concert Series and more! Thank you for your continued support of our local businesses and restaurants. We look forward to seeing you in Mill Creek Town Center!

**Lilac & Lemon**  
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[www.shoplilacandlemon.com](http://www.shoplilacandlemon.com)  
Instagram: @shoplilacandlemon  
[customerservice@shoplilacandlemon.com](mailto:customerservice@shoplilacandlemon.com)

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**Spring Wine Walk**  
Saturday  
May 4th, 2024

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**Kids Fest**

Mill Creek  
**SUMMER CONCERT SERIES**

**Art Walk**  
Sunday, June 2nd, 2024

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# MILL CREEK TOWN CENTER



## 2024 EVENT SCHEDULE

**MAY 4TH**

**Wine Walk 4-7pm**

**JUNE 2ND**

**Sunday Art Walk 1-5pm**

**JUNE 9TH**

**Sunday Girls On The Run 5K**

**JULY 10TH - SEPT 25TH**

**(Wednesdays) Summer Concert Series**



**JULY 27TH**

**KidsFest 1-5pm**

**AUGUST 11TH**

**Sunday Art Walk 1-5pm**

**SEPTEMBER 14TH**

**Wine Walk 4-7pm**

**OCTOBER 31ST**

**Trunk and Treat Main Street**



**NOVEMBER 22ND TO JANUARY 2ND**

**Festival of Trees**

**DECEMBER 7TH**

**Santa's Coming To Town**

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Tree Lighting at City Hall South  
Holiday Concert at The Forum



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## “Grandma” Welcomes Everyone at Countryside Donut House

by Barbara Sleeper

*“Donut worry, be happy.”*

“Good morning,” my usual phone request for hot donuts begins. “Could you please set aside a dozen chocolate bars? I’ll be there in 30 minutes to pick them up.”

My family has made weekend pilgrimages to Bothell’s Countryside Donut House for more than three decades. It’s a ritual shared by many because this hole-in-the-wall, mom-minus-pops business offers more than just delicious handmade donuts. Each pastry is served with a generous helping of old-fashioned, “*feel good*” community spirit, thanks to the 76-year-old store owner/donut maker affectionately called “Grandma.”



On busy weekend mornings, it’s not surprising to find a long line of regular customers winding out the front door and down the sidewalk, each person patiently waiting their turn to stand in front of the long glass case full of delectable fried cakes. Sharing a sense of camaraderie through “*the donut bond*,” everyone freely talks to each other.

“Donuts not only taste amazing,” claims the restaurant management app, *Toast*, “but they have the power to bring people together and put a smile on their faces.”

“Of all the sweet treats out there, donuts hold a special place in our hearts.

Whether you prefer them glazed, sprinkled, or filled with jelly, there’s something about biting into a freshly made donut that brings instant joy.”

Put another way, “*donuts are like hugs, but better because you can eat them.*”

*The case full of Grandma’s daily creations, handmade fried and frosted donuts.*



*For decades, the Countryside Donut House has been a morning tradition drawing regular customers from near and far.*

“My three boys love Countryside,” raves Shayla Jean Citron. “Old-fashioned, chocolate bars, sprinkles, my kids get all their favorites. If you get there early, the donuts will be perfectly warm, straight out of the fryer.”

The beating heart behind this thriving enterprise is Vanna, better known as “Grandma” to her regulars. Vanna immigrated to the United States from Cambodia. In 1970, she opened the first Countryside Donut House in Bothell, followed by two other locations in Totem Lake and Mountlake Terrace which she later sold.

Fifty-four years later, Vanna still owns and runs the Bothell location. Every morning, she arrives early to make hundreds of fresh donuts to fill the glass case before the store opens at 5:00 am.

Short in stature, with a twinkle-in-her-eye for kids, this hard-working donut dynamo takes her craft seriously. She fries and frosts donuts seven days a week, rarely taking time off.

“You don’t mess with Grandma,” grins Mill Creek resident, Anthony Sek, her biological grandson. “She’s tough as



# BUSINESS PROFILE

# BUSINESS PROFILE

## COUNTRYSIDE

### Raised Donut

1.00 EACH

GLAZE RAISED  
CHOCOLATE RAISED  
SUGAR RAISED  
MAPLE BARS  
CHOCOLATE BARS  
TWISTS  
JELLY FILLED

2.00 EACH

APPLE FRITTER  
CINNAMON ROLL  
RAISIN SQUARE  
BEAR CLAW  
CHOCOLATE ECLAIR

1.40 EACH

### Donut House Cake Donut

1.00 EACH

CHOCOLATE ICE CAKE  
VANILLA ICE CAKE  
MAPLE ICE CAKE  
FRENCH DONUT  
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BUTTER MILK  
PLAIN CAKE

95¢ EACH

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HOT CHOCOLATE

TEA

CHOCOL - MILK

FRUIT PUNCH

ORANGE JUICE

COCA COLA

SPRITE

1.00 1.25 1.50 1.75 2.00 2.25 2.50

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30¢ OFF-6 TO 11 DONUTS AND 90¢ OFF PER DOZEN

*There is something for everyone at the Countryside Donut House in downtown Bothell.*

nails with a mind of her own. She's perfectly happy with her old-school business model, *just as it is*. She even turned down a collaborative offer from Uber."

But it is soft-hearted Grandma that the kids love to go see. Countryside offers kids and adults alike a sense of connection, a consistent taste and simple donut experience in a world now offering constant change.

"I've been going to Countryside Donuts for 40 years," says local resident Jerry K. "They have the best donuts and their prices are very reasonable. I won't go anywhere else!"

It is a visual treat to arrive at Countryside when the case is full of freshly frosted, twisted, glazed and sprinkled treats. As the morning progresses, the wonderful selection gradually disappears until the last donuts sell out by early afternoon and the store closes.

Most of the donuts cost \$1 each, which is a *donut deal* compared to prices elsewhere. And Grandma's donuts are mouth-watering! From maple bars, jelly donuts and apple fritters to glazed, old-fashioned and dunkable cake donuts, she makes them all. Hot and cold beverages are also available.

"My grandmother loves what she does," continues Anthony, who works with his grandmother at the store on weekends. "She loves interacting with all the customers, especially the little kids. She gives children a free donut on their birthdays, and at Halloween."

My own grandkids love to go see Grandma as much as they want to eat donuts. She greets

them every time they enter the store, and they think it is great fun to sit at one of the store's two tables where they can watch her in action serving customers.

They also never tire of looking at Grandma's eclectic



*Grandma's collection of solar-powered toys entertain the kids who get a free donut on their birthdays and at Halloween.*

collection of solar toys that perpetually move in direct sunlight.

According to online source *allrecipes.com*, the history of doughnuts (also spelled donuts) goes back all the way to ancient Rome and Greece, including a rich history in Jewish cuisine. Doughnuts

(deep-fried dough balls) were brought to America by the Pilgrims and Dutch settlers. Over time, they evolved into a distinctly American treat.

In fact, during World War I, female Salvation Army workers known as "Doughnut Girls" handed out doughnuts to American soldiers on the front lines.

Today, an endless variety of donuts are sold around the world from potato donuts, powdered-sugar Beignets, churros and cider donuts to crullers, fritters, Zeppoles and small donut holes.

While sitting at the Countryside Donut House, I enjoy watching what other customers order to feed their *donut addiction*. From a single, carefully chosen donut treat to several dozen headed off to an office party, everyone has their favorites.

Equally entertaining, is watching newcomers shake the change out of their pockets when they realize Grandma *only takes cash or checks*, not credit cards.

According to Anthony, their most popular donut is probably the maple bar which usually sells out the fastest. "But all our donuts have fan appreciation," he says. "It



*A Friday morning run on donuts has left many of the shelves empty as Grandma waits on a customer.*





Anthony Sek helps his grandmother out on weekends at the Countryside Donut House.

often just depends on the day and who shows up first.”

I asked Anthony if Grandma has any intention of retiring soon. “I don’t think so,” he replied. “She can make donuts in her sleep. That’s a hard habit to break.”

What would Grandma’s advice be to her loyal customers?

*“Donut ever give up on your dreams, especially if they involve sprinkles.”*

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## Fast, frequent Swift Orange Line coming to south Snohomish County on March 30, 2024

Community Transit's third bus rapid transit line will connect people to light rail and regional transit.

People in south Snohomish County will soon have a new, quick and convenient way to get around. On March 30 Community Transit will launch the Swift Orange Line. The new bus rapid transit (BRT) line—the agency's third—will provide fast, frequent service linking Edmonds College, Alderwood Mall and Mill Creek, with

connections to Link light rail in Lynnwood when it opens in fall 2024.

The new, 11-mile BRT line, with easy connections to the Swift Blue and Green lines and other Community Transit routes, is a key part of the agency's "Transit Changes in 2024 and Beyond" expansion plan. The greatly improved network will bring shorter waits on many local routes and better connections to local services, including Zip Alderwood Shuttle, as well as



regional transit services.

"The addition of the Swift Orange Line will open up a new world of possibilities for people who are looking for faster and easier ways to get around our county, the region, and beyond," said Community Transit CEO Ric Ilgenfritz. "Swift is truly the backbone of Snohomish County's transit system with its high-capacity buses, accessible features, and iconic stations."

The March 30, 2024, launch of the Swift Orange Line will be marked with a community celebration, with a Block Party near the transit station at Edmonds College from 12-3 p.m.

The Swift Orange Line is an \$83 million project that has received \$67.9 million in federal funding, including \$37.2 million from Capital Investment Grant funds and \$6.5 million

of American Rescue Plan stimulus funding. The project also received \$5 million as part of the Connecting Washington package. The remainder is funded by local sales tax approved by voters.

As part of the expansion of the Swift BRT network, the Blue Line will be extended south to meet with light rail in 2024 and the Green Line will be extended farther south into Bothell in coming years. The two existing Swift lines carry more riders each day than any other Community Transit route.

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# STUDENT SPOTLIGHT

## Sophia Giordano Earns Her Girl Scout Gold Award by Barbara Sleeper

Congratulations go to high achiever, Sophia Giordano, for completing her Gold Award with Girl Scout Troop 45096. Currently a junior at Jackson High School, Sophia finished her 100-hour service project called *Take Your Shot* last October. Her official Gold Award ceremony will take place this June.

“The purpose of the Gold Award is to find something that can be improved upon in the community,” explains Sophia. “My project requirement was to identify an existing problem and then find a solution to fix it.

“I noticed there is increasing pressure on youth to join demanding, time consuming and costly sports teams at younger and younger ages. This often limits a kid's ability to feel confident enough to try out for sports at older ages because, by then, they don't feel ‘good enough’ if they haven't been

*Sophia with her twin brother Oliver and parents Laura and Nick photographed at a family reunion.*



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playing a sport since day one.

“For my Gold Award project, I wanted to find a way to create an equitable, no-pressure environment for young people to try out sports! I wanted to help more kids have the experiences I have enjoyed as an athlete, sharing the camaraderie of playing with teammates whether you win or lose.”

Sophia drew from her own life experiences to choose a project close to her heart.

“I play basketball at Jackson on the Girls Varsity Basketball Team,” she explains. “As an athlete, I became aware of the existing inequity in youth sports. To remedy this situation, I decided to start a Youth Basketball Club at my alma mater, Jefferson Elementary School in Everett.”

“I began working on my project in May 2023. I designed and implemented the youth basketball program, then created a website with an online Basketball Club Template. The template

explains how I ran my club in hopes of inspiring others to create similar programs at their own local elementary schools.”

Sophia has a decade-long history with basketball. She started playing when she was seven years old in second grade and has played ever since.

“I became interested in basketball because my parents encouraged me to try new sports as a kid,” she says, “and basketball ended up being my favorite! Neither of my parents played basketball, but they sure enjoy watching it.”

Sophia joined the Jackson Girls Varsity Basketball team as a freshman, so this is her third season.

“I love the close bonds I’ve built with my basketball teammates,” she says. “I enjoy working hard with them and seeing the effort pay off when we improve! I like the challenge of the game: There is always something I can work on to improve.”

Sophia also joined the Girl Scouts at an early age,

becoming a Daisy Scout when she was six years old in kindergarten. This year marks her 11th year in the scouting program.

Adult leaders Laura Wight and Lindsay Read have supported Sophia and her 10 fellow troop members since they joined GS Troop 45096 as Daisy’s.

“As a troop, we dreamed big and worked hard to achieve our goals,” says troop leader,

*Sophia Giordano joined the Daisy Scouts while in kindergarten at Woodside Elementary School in Bothell.*



Members of the Jackson High School Girls Varsity Basketball team strike a pose with Sophia #10.

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# STUDENT SPOTLIGHT



*Sophia (bottom L) with her Girl Scout troop in London during their trip to Europe in 2022.*

Laura Wight. “Sophia has always been an enthusiastic participant with a huge heart and an impressive ability to plan and organize.”

According to Laura, the girls started saving money for a trip to Europe while they were still in elementary school. Covid postponed their plans, but they finally realized their dream in 2022. The troop traveled to Paris and London two summers ago after tirelessly fundraising through gift-wrapping, cookie sales, car washes and hosting workshops.

This energetic troop also earned their Bronze Award by cleaning up Mukilteo beach. They used the trash they collected to create a mural

at Woodside Elementary School to show how our behavior on land directly impacts the health of our waterways.

To earn her Silver Award, Sophia paired up with childhood friend and fellow scout, Arden Kaylor, to create an educational PSA (video) that explained how to reduce plastics in our environment. To share this important message, they put flyers up all around the community with

QR codes linked to the video.

“I am so proud that Sophia decided to pursue her Gold Award by creating a project around her passion for sports,” enthuses Laura. “It has been a pleasure to watch Sophia mature through her many years in scouts. She is a young lady who gives me great hope for the future.”

“I treasure the lifelong friendships I’ve built and the world experience I’ve gained while being a Girl Scout,” adds Sophia. “The scouting program has been a wonderful, extra-curricular support system throughout my years in school.

“Being part of GS Troop 45096 has taught me invaluable leadership skills, given me a greater sense of self-confidence, and helped me learn to value my community. By far, my favorite scouting memory will always be our trip to Europe where I got to explore new places with my friends.”

Sophia remains enthusiastic about her *Take Your Shot* Gold Award project. “The goal was to help young kids have a chance to try out sports as beginners without any

pressure. To accomplish this, I ran a 5-week sports program at Jefferson Elementary to teach 20 kids how to play basketball.

“With the help of Jefferson’s Lifetime Fitness teacher, Ms. Shauna Rowe,

I created a free, fun after-school program that included transportation. My project offered kids who needed the extra support access to sports and physical activities!

“In just a few short months, I reached out to my local elementary school to set up gym space. I scheduled buses with the Everett School District and partnered with *The Seattle Storm*. Everything came together quickly thanks to the help I

received from so many kind people.

“Ms. Rowe was a huge help. She supported me at all my Youth Basketball Club meetings and helped me get everything in motion (she’s the best!). Jefferson Principal Steve Hopkins also played a huge role in helping me set everything up.

“It was a wonderful experience for everyone,” beams Sophia. “I have never created an opportunity for others quite like this before, so it surprised me how well everything worked out and how willing people were to help!

“The WNBA team, *Seattle Storm*, generously donated basketballs to my *Take Your Shot* program. This enabled every kid to take a basketball home to continue practicing once the program ended.

“Jefferson Elementary students were fortunate to participate in Sophia’s *Take Your Shot* Basketball Club,” says Ms. Rowe. “The TYS Club provided students with a chance to gain self-confidence and valuable basketball, social and friendship skills while also practicing good sportsmanship.

“Sophia created fun basketball activities that the students loved. Before it ended, our students were asking for more days of basketball, and we hope to do it again next year. Sophia brought her passion for the sport as well as her kindness and we thank Sophia for her care and dedication!”

“In short, the Youth Basketball Club was a huge success,” beams Sophia. “The kids had a phenomenal time while improving their basketball and team-building skills.

“What I enjoyed most about my project was getting to give young kids a no-pressure opportunity to try out sports. I created a safe space for kids to try something new without any fear of judgment. Plus, I really enjoyed getting to know all the kids while playing basketball with them!”

Sophia’s plans are continuing to evolve as she looks forward to graduation next year.



*Girl Scout Troop 45096 with troop leaders Lindsay Read (top L) and Laura Wight (top R) at Pax Lodge, a Girl Scout World Centre in London.*





Participants in the Take Your Shot Youth Basketball Club watch as Sophia demonstrates proper shooting form during practice.

“After finishing high school, I would like to attend a college on the West Coast to study Environmental Science or Marine Biology. I think it would be fascinating to study the changing climate trends and, hopefully, make a difference in helping to slow down climate change in the future.”

But in the meantime, Sophia would like to put in one last plug for the online

template she created for her *Take Your Shot* basketball club.

“My hope is that people will download the template and then replicate the program at other elementary schools. The template makes it incredibly easy to set up the program. It includes all the daily plans, video drills, and paperwork resources (flyers, application forms, email templates, and more!) needed to create a successful youth

basketball program.

“Sharing the template is an important part of my project,” she adds, “because Gold Awards are meant to be sustainable, to be continued after completion.

*Lifetime Fitness teacher, Ms. Shauna Rowe, helped Sophia set up her five-week Youth Basketball Club at Jefferson Elementary School.*

Hopefully, the following link will inspire others to start youth basketball clubs so more kids will have the opportunity to play sports.”

Here’s the link to Sophia’s online *Take Your Shot* Basketball Club Template:  
<https://sites.google.com/view/takeyourshotbasketballguide/home>



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**36 Mill Creek Living Magazine**



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# FRIENDS OF THE LIBRARY



## The Friends of the Mill Creek Library

Webster defines community as “a unified body of individuals, such as the people with common interests living in a particular area.” Members of the Friends of the Mill Creek Library share the common interest of promoting literacy in our community. Sometimes, opportunities to support literacy come from unexpected sources.

Due to events that began in February 2022, many Ukrainian families relocated to the Mill Creek area. In the weeks that followed, Mill Creek Library staff began noticing Ukrainian families utilizing library resources. Community Librarian Christa Werle recognized an opportunity to promote literacy within this newly arrived population. She imagined that

people came quickly and with few possessions; children’s books might not make the cut when packing for rapid relocation to a place over 5,000 miles away. Perhaps basic books for those just learning English would be helpful and provide some sense of comfort.

At the same time as the library became aware of “new” Ukrainian patrons, the Mill Creek Community Food Bank began serving about 30 Ukrainian families each week. This is where multiple communities overlapped and created a larger “unified body of individuals” with similar, synchronistic interests to serve multiple needs in one place. After exploring which books might fulfill the goals of promoting literacy and providing

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a sense of community and belonging, the Friends were approached regarding providing the funding for the books, which we gladly provided.

Over the next several months, over 150 books in Ukrainian or English and Ukrainian were given to kids and teens at the food bank, an unexpected bonus along with food aid. Within each was placed a bookplate welcoming these families to the Mill Creek community. Books such as Kolobok: The Small Round Bun served to tell stories these children would have heard at home in Ukraine, while creating the foundation for English learning in a new home, a different community enlarged and enriched by their presence.

If you would like to be part of this community and help us encourage and facilitate steps towards greater literacy, there are a number of ways to get involved. You can drop off book donations in the lobby of the Mill Creek Library, and you can purchase donated books there (proceeds go to support literacy programs locally). If you would like to be a member of the Friends, please get in touch at [friendsmillcreeklibrary@gmail.com](mailto:friendsmillcreeklibrary@gmail.com).



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# SENIOR NEWSLETTER

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**The Mill Creek Senior Center is a branch of the Northshore Senior Center organization. Any activities, dates and fees are subject to change throughout the calendar year. To verify anything printed in this magazine is still valid please visit our website at [northshoreseniorcenter.org](http://northshoreseniorcenter.org), refer to our catalog or call us at 425-948-7170.**

### CLASSES AND EVENTS

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Move through a complete series of seated and standing yoga poses. Chair support is available, making accessible a variety of postures designed to increase balance, flexibility, and range of motion. Restorative breathing exercises and final relaxation are also included. Excellent for all levels of exercisers.

Instructor Maria Borella

Tuesday/Thursday 10-10:45AM

Members: \$36 per month

Non-members: \$72 per month

#### WATERCOLOR CLASS

Learn the basics for creating an outstanding painting in watercolor. Projects will emphasize the use of color, value, line and composition. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class building on a student's knowledge and success in watercolor painting.

Instructor: Donella Robbins,  
206-550-8440 (text or leave  
a message for supply  
information)

Wednesdays, 10AM-12PM

Members: \$24 per month

Non-members: \$48 per month



#### TAI CHI

Designed to introduce students to the slow and graceful art of Chinese Tai Chi. It involves a series of movements performed in a slow, focused manner. It has been considered a form of 'meditation in motion' which promotes serenity and inner peace.

Located at North Creek Presbyterian Church (621 164th St SE, Mill Creek, WA 98012)

Instructor Mike Lucero

Thursdays, 1:30-3PM – pre-  
registration required Call 425-  
948-7170

Members: \$30 per month  
Non-members: \$60 per month





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\*Limited time offer. Contact Community for more details.





# SENIOR NEWSLETTER

## PINKIES UP! TEA PARTY

Our most popular event!  
Each tea party has a theme and explores the recipes and teas associated with that time period or event. Bring a friend, adult child or grandchild or fly solo and meet some new friends!  
\$5.00 for members & non-members (Pre-registration encouraged but not required.)

## Suffragette Tea

March 1st – 1pm-3pm  
Did you know the beginning of the organized American Women’s Suffrage movement began at an afternoon tea? Join us as we celebrate Women’s History Month with a Suffragette themed

tea. Joining us will be the Snohomish County League of Women Voters.

## Boston Tea Party

July 5th – 1pm-3pm  
This will be our 3rd annual Boston Tea Party! Come and enjoy colonial era treats and tea in this unique way of celebrating America’s independence!

## INTERNATIONAL WOMEN’S DAY

Join us in celebrating International Women’s Day with a screening of a short documentary about six Seattle area Rosie-the-Riveters as well as creating a Rosie-inspired decoupaged item. (Bring an item you’d like to decorate, or

we will have some vases and boxes, as well.)  
March 8th, Friday 1pm-3pm  
Free for members and non-members

## WEARING OF THE GREEN

To celebrate St. Patrick’s Day come and participate in our 3rd annual Irish folk song sing-along. Snack on homemade Irish soda bread and be sure to remember to wear something green!  
March 18th, Monday 1pm-3pm  
Free for members and non-members

## KENTUCKY DERBY PARTY

Put on your biggest hat and join us as we celebrate the Run for the Roses. Serving spirit-free mint juleps and derby inspired treats. Learn about the horses and pick your winners for race day!  
May 3rd, Friday 1pm-3pm  
\$5 for members & non-members



## MEMOIR WRITING CLASS

We all have life stories to tell that are interesting and can become a written legacy. This 6-week class gives

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encouragement, affirmation, structure, writing strategies and a chance to share one's stories. The purpose of this class is to get in touch with personal memories and enjoy the experience of writing about them. Please bring paper and writing materials to the first class.

Instructor Barbara Masterson  
April 3-24, Wednesday  
10 am-Noon  
\$20 for members/\$40 nonmembers

## ELDER PLANNING LAW SEMINAR

Is your will or trust set up to reflect your needs and wishes? Attend this informational presentation by an attorney from Wall Group Law

specializing in Elder Law and Estate Planning. We will discuss documents important to create legal solutions that bring peace of mind including Powers of Attorney. Bring your questions and learn from this interactive discussion.

All ages and levels of knowledge welcome. Please register at 425-948-7170.

February 26th,  
Monday 1pm  
May 20th,  
Monday 1pm  
Free to all

## NATURE WALKING WITH eBIRD

Would you like to partner with Cornell University's Lab of

Ornithology? Dedicated to advancing the understanding and protection of the natural world, the Cornell Lab joins with people from all walks of life to make new scientific discoveries, share insights, and galvanize conservation action.

eBird is an app installed on your phone that takes birdwatching to a whole different level.

As you explore your natural surroundings you can capture critical data for science that is sent directly to Cornell's Lab. It helps track species, numbers and migrations of birds throughout the globe. Even if you don't have a smart phone, join us as we explore



the marsh lands near the Mill Creek Senior center for walking, bird watching and contributing to science. Please wear appropriate footwear for comfortable walking. Bring your binoculars if you have them! (During fire season call to make sure group is walking if air quality is questionable. 425-948-7170)

Thursdays 10am-11am  
Free for all

## MEATLESS MONDAYS

Join us in sharing your favorite meat-free dishes. Or come and try some and see what you think. Choosing to eat plant-based meals on Mondays, or "Meatless Mondays" (first started in WWI by Woodrow

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# SENIOR NEWSLETTER

Wilson), has become a way people can explore the world of plant-based eating. You don't have to be a vegetarian. No judgement, just good food and hopefully some recipe swapping.

Bring a plant-based dish to share with the group.

Ongoing 2nd Monday  
Noon-1pm

Free for members and non-members

## UBUNTU PHILOSOPHY

Ubuntu (meaning *humanity* in Bantu) describes a set of closely related African-origin value systems that emphasize the interconnectedness of individuals with their

surrounding societal and physical worlds. "Ubuntu" is sometimes translated as "I am because we are" or "I am because you are". Nelson Mandela was a strong believer in the values of Ubuntu. Join discussion leader Izak van Rensburg as we discuss the 14 principles associated with this powerful philosophy.

Ongoing 3rd Thursdays  
1-2:30pm

Free for members and non-members

## BOOK CLUB

A chance for avid readers to get together and discuss new and exciting reads. All Book Club books will be available at the Mill Creek

Library for the participants to check out.

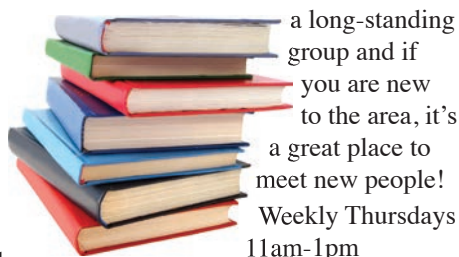
Volunteers: Molly K Barry & Sandy Fairchild-Miller

4th Thursday of each month  
Noon-1pm

Free for members and non-members

## WOMEN'S COFFEE GROUP

Join a great group of ladies for coffee and conversation. This is



a long-standing group and if you are new to the area, it's a great place to meet new people! Weekly Thursdays  
11am-1pm

Free for members and non-members

## MEN'S COFFEE GROUP

A long-standing group of men who get together to discuss current issues.

Monthly speakers on a host of different topics.

Fridays 10am-12pm  
(2nd & 4th Friday)

Free for members and non-members

## MUSIC FOR FUN

One of our most popular activities! Our library has grown to several dozen songs, almost all with lyrics and chord markings. Bring your stringed instrument or just your voice!

Mondays 1pm-2:30pm

Free for members/\$10 monthly for non-members

## CROCHET SOCIAL CIRCLE

Bring your current crocheting or knitting project or get

inspiration from others to try something new. We are a low-key group who enjoy working as we visit.

Tuesdays 1pm-3pm

Free for members/\$10 monthly for non-members

## WATERCOLOR 4 FUN

A fun group of painters who like to come together to paint and socialize.

Tuesdays 10am-12pm

Free for members/\$10 monthly for non-members

## CHESS FUNDAMENTALS STUDY GROUP

Learn and play with other chess enthusiasts.

Wednesdays 2pm-3pm

Free for members/\$10 monthly for non-members

## PINOCHLE

Monday & Thursdays  
12:30-3pm Single deck

Wednesdays  
12:30-3pm  
Double deck

Card Games

Punch Card for  
8 visits (\$20  
members /  
\$40 non-members)



## COMPUTER HELP WITH SUE

One-on-one computer/laptop tutoring.

Mondays & Wednesdays  
(by appointment only)

## BOOK-A-LIBRARIAN (CELL PHONE HELP INCLUDED)

Spend 30 minutes with a Mill Creek Library staff representative for help with eBooks, streaming video, and

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reading suggestions. They will also provide assistance with devices such as cell phones and tablets. Schedule at Mill Creek Senior Center or by calling (425) 948-7170. Second and Fourth Tuesday of each month, 12pm-1pm, Free for members and non-members



### MEDICARE COUNSELING WITH SHIBA

Individual, confidential, and impartial personal counseling to individuals regarding available options for health care and health insurance benefits. SHIBA counselors are not affiliated with any insurance company or product. Counseling topics: Medicare Program choices, Individual Health Insurance plans, Military Veterans' Health benefits, Insurance options for those with disabilities, Government Health benefits, Long Term Care insurance and medical billing.

Fridays, 9am-12pm (1st and 3rd).

Walk-ins welcome!

Free for members and non-members

### SOCIAL SERVICES/ WELLNESS HELP & INFORMATION

Georgia Rigler, MSW, LICSW;  
425-286-1047; georgiar@mynorthshore.org  
4th Wednesday of each month 9am-3pm

### PERSONAL CONSULTATIONS

The opportunity to explore concerns, problems and options through individual sessions. Issues may include life transitions, depression, anxiety, grief and loss, or other family or personal issues. Please call for an individual appointment. Georgia Rigler, MSW, LICSW;  
425-286-1047;  
georgiar@mynorthshore.org  
4th Wednesday of each month

### VOLUNTEER AT MILL CREEK SENIOR CENTER

We'd love to have you volunteer with us! Front desk volunteers are needed Monday through Friday from 9am-12pm & 12-3pm. If you have a skill or knowledge you would like to share with your community, let us know!

FOR MORE INFORMATION ON VOLUNTEER OPPORTUNITIES WITH NORTHSORE AT MILL CREEK PLEASE CONTACT:

Harry Horst at Volunteer@mynorthshore.org or call 425-286-1032.

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# SPORTS NEWS



## WRESTLING

The AMHS wrestling team showed a lot of growth and leadership this year. The Wildcats had an excellent showing at Regionals with 5 wrestlers advancing to the State Tournament. This matched the school record of most State qualifiers for wrestling! First year wrestler, sophomore Dillon Bonnar, qualified for State which is a huge accomplishment. Senior Colin Surridge hadn't wrestled since 8th grade but decided to join the team and qualified for State. Sophomore Hakeim Smalls became a 2x State qualifier this year. Senior Katsuya Edge-Salois and junior Joseph Davis were among the other wrestlers who participated at the State Championships this year. Junior captain Joseph Davis played a big role in leading the lighter weight guys and helping them continue to improve their skills. Davis will end his junior season with over

75 wins, needing less than 25 to reach 100 wins his senior year. We are proud of the growth of our wrestling team and look forward to more great seasons in the future.

*Photo credit: Lifetouch Photography*



## BOYS SWIM & DIVE

The boys swim & dive team celebrated many accomplishments this season. At Districts, the Medley relay took 4th and the 200 Freestyle relay took 5th. Senior Hayden Burgess took 4th in the 100 Fly, senior Trevor Abramson took 3rd in diving, and junior Evan Wold took 2nd in the fly and 1st in the breaststroke. At the State Championships on February 17, the Medley relay was wildcarded in at 19th out of 20 but finished at 11th after the boys dropped 4 seconds from their season PR! Burgess was another state wildcard in the 100 fly and finished in 20th. Two athletes qualified outright in individual events, Trevor in diving and Evan in the fly and breaststroke. Trevor finished in 2nd place capping his diving career on a great note! Evan Wold finished 2nd in the 100 fly and was this year's State Champion in the 100 breaststroke with a career PR (and AMHS record) of 58.29! With Evan being a junior, we are all very excited to see him swim again next year! First year Coach David Whitmore emphasized the work ethic of the boys this season. They have a very tough practice schedule with an early morning pool time. The dedication the team has shown to make it to practice and give it their all is reflected in their success at Districts and at State.

*Photo credit: Lifetouch Photography*



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# ARCHBISHOP MURPHY HIGH SCHOOL



## BOYS BASKETBALL

The Wildcats came into the year with a young squad and finished the season with a record of 7-15. The Wildcats' best win of the season was a Friday Quad Night at Snohomish High School. The gym was packed, and their student section was LOUD! Our young group went out and dominated, building an 18-point lead in the 3rd quarter, and closing them out in the 4th. sophomore Ira Smith had 27 points and junior Mateen Usui had 19 points.

The team was such a young group this season. At times this year they started 4 sophomores and a junior. They only had 2 returning varsity players from the previous year and 1 of them, sophomore Jack Sievers, was lost for the season after game 4. The Wildcats were 3-1 on the season at that point too!

Standout players from the season: Sophomore Ira Smith - 14.5 points per game and 5 assists per game. Junior Mateen Usui - 14.3 points per game and 11 rebounds per game. Sophomore Jordan Rife - Averaged 10 rebounds per game.

Some fun moments this season were when the Wildcats came back from down 23 points in the 4th quarter at Cascade to win. They had 2 last second shots to win games – sophomore Willie Sears 3-pointer with 0.9 seconds left to beat Lakeside and Ira Smith layup with 6 seconds left to beat Squalicum. *Photo credit: Lifetouch Photography*



## CHEER

Sophia Boehm, Emma Kormanyos, Trevor Abramson, Meghan Nilson, Sophia Lucas, Angie Lu, Kennedy Reed, Kylie Sears, Kaitlyn Cannon, Emily Anderson, Paisley Neth, and Trista Garcia made up our winter cheer team. They have done a phenomenal job all season of coming out to the basketball games to cheer on our teams. They've traveled to all of the boys and girls post season games and have been a very supportive group. We are excited to have them join us to cheer on the girls basketball team at the State Tournament. Seniors Emma, Trevor, Meghan, Sophia, and Kennedy will all be missed next year!

*Photo credit: Lifetouch Photography*



## GIRLS BASKETBALL

The AMHS girls basketball team has had a terrific season that is not quite over yet. The Wildcats finished the regular season with an 11-2 conference record. Their only losses came to 3A teams Arlington and Snohomish, both of whom played in the 3A District Championship and top ranked in the State. The Wildcats had notable wins over Meadowdale, Everett and Monroe. A challenging non-conference schedule helped prepare the team for the post-season. They faced top 10 1A schools Lynden Christian, Nooksack Valley and Seattle Academy.

On Saturday, February 17, the Wildcats punched their ticket to the State Tournament in Yakima! They defeated the Sehome Mariners 57-42 to earn the second State bid from the 2A District 1 Tournament. The Wildcats faced a tough battle in the District Championship against top ranked Lynden where they lost 45-66. With only 2 teams advancing to State from District 1 this year, the Wildcats had to play the extra loser out, winner to State game against Sehome to advance. The Wildcats are the #6 seed heading into the tournament, and they will face #3 W.F. West on Friday, February 23 to determine first round games at the SunDome.

Seniors Caroline Burns and Kennedy Reed have provided excellent leadership for this otherwise young team. Juniors Ava Marr and Taylor Cushing, sophomores Brooke Blachly and Kayla Hookfin, and freshmen Ashley Fletcher, Celine Wright, and Olivia Miller have made up the core group of the Wildcats this year. We look forward to cheering them on at State!

*Photo credit: Moriah Hawkins Photography*



# SPORTS NEWS



## CHEER

Jackson cheer received an honorable presentation for WIAA Scholastic Distinguished Team Award with average GPA of 3.31. The cheerleaders at Jackson held a junior cheer clinic for football and basketball. These were wonderful events where the junior cheerleaders learned about cheerleading and leadership for the community. They performed all together at halftime for football and basketball. The cheer team competes in the WIAA state cheer competitions. They achieved first place at the Spirit of Northshore and qualified for state in the Coed Traditional Tumbling Division. All members of the cheer team attended the JAMZ Nationals cheerleading competition in Las Vegas, NV. They proudly placed second in the National Coed Tumbling Division. Jackson Cheer looks forward to many more school events to continue increasing school spirit and positivity.

*Photo credit: Scott Williams Photography*

## BOYS WRESTLING:

After a season full of outstanding tournament performances including a 3rd place finish in the Wesco 4A Sub-Regionals, the Jackson Boy's Wrestling team is now preparing for the regional tournament in hopes of securing births to the state tournament. Aaron Esteban (106) Brian Nguyen (120) Bryan Chantha (126), Grayson James (175) Luke Casper (285) and Nathan Brooks (285) competed at Tahoma High school Saturday Feb. 10th. After competing at Tahoma High, Jackson had two qualifiers, Bryan Nguyen and Grayson James, for the 2024 Mat Classic at the Tacoma Dome, February 15-16th. After one day of wrestling Grayson reached day two of the tournament with a chance to place.

*Photo credit: Juan Stout*



## GIRLS WRESTLING:

The girls had an outstanding season with the team qualifying for districts where seven girls qualified for the 3A/4A regionals held on Saturday February 10th. Jackson had three girls who qualified for the Mat Classic at the Tacoma Dome, February 15-16th. These wrestlers were Amariana Clark, Emily Ortiz and Wendy Delgado. During the first day the girls fought hard to advance with Amariana having two tough matches. Senior, and first year wrestler made it through five matches where she won three of them and unfortunately did not make it to second day of the tournament. Emily made it through three matches, winning two of them and advancing to day two of the tournament with a chance to place.

*Photo credit: Juan Stout*



## GIRLS BOWLING

The Jackson Lady Timberwolves had a great season that had four girls returning. The team was small with only six members and was led by 1st year captain Emmaline Beatty. The team won some clutch matches down the stretch to qualify for districts where one team member Ashley Shim gained an individual spot for state.

*Photo credit: Julianne Blanch*





## BOYS BASKETBALL

Boys' basketball has an overall 16-9 record as of press time and is headed into the playoffs as the league's #2 seed. This is the 18th consecutive season that the Timberwolves have played in the postseason. The team played a very challenging schedule overall, and recorded victories over several teams ranked in the top 10 in their respective classifications, including Glacier Peak and Lynden high schools. Ryan McFerran leads the team with 17 ppg and 14 rpg, while Trey Hawkins has been the second leading scorer at 13 ppg. Senior Colby Cooke has also averaged in double figures and been one of the team's most consistent players, with sophomore Seamus Williams emerging as one of the league's most outstanding defenders. Jackson boys took fifth place in the bi district tournament by beating Skyline High School 64-61 and in the process qualifying for the state tournament for the third time in four years.

*Photo credit: Scott Williams Photography*



## GIRLS BASKETBALL

The Jackson Girls Basketball program has had a great season. The season started off with more than 50 girls trying out for three teams. During the season the girls participated in several community service events. The first being a sock and glove drive to benefit the Everett Women and Children's Shelter, and secondly in conjunction with the Wolfpack feeder basketball program the girls made a holiday video for the residents of Brookdale senior assisted living center. They also delivered Christmas cards and candy canes to the residents. In return some residents from Brookdale attended Senior Night at JHS to help honor our seniors on their special night.

The Jackson Girls varsity team had four seniors this season: Giselle, Arielle, Charlee and Payton. Each contributed to the success of the season and will be

missed next season. Underclassmen on varsity were Mackenzie, Makena, Avery, Alexis, Jaelyn, Hayden, Sophia, Emma and Callie. The varsity worked hard and finished the regular season with a record of 14-7, becoming the second seed in Wesco for the Wes/King playoffs. The varsity was fortunate enough to play against Berwick College from Australia and traveled to Lake Oswego, Oregon and won the Interstate Shootout, red bracket, championship. The varsity also traveled for two games in Yakima during Christmas break.

*Photo credit: Scott Williams Photography*

## BOYS SWIMMING

Jackson Boys Swim and Dive - The Jackson swim team finished their regular season with six wins and two losses. Everyone on the team showed marked improvement over the season. In addition to swimming great, the athletes participate in many team bonding activities throughout the season with the booster club's help. The Timberwolves should continue to perform well in the postseason and so far, have one relay and four individual swims at state. The next couple of weeks should be fun to watch.

*Photo credit: Julianne Blanch*



# HENRY M JACKSON HIGH SCHOOL



## JACKSON DANCE

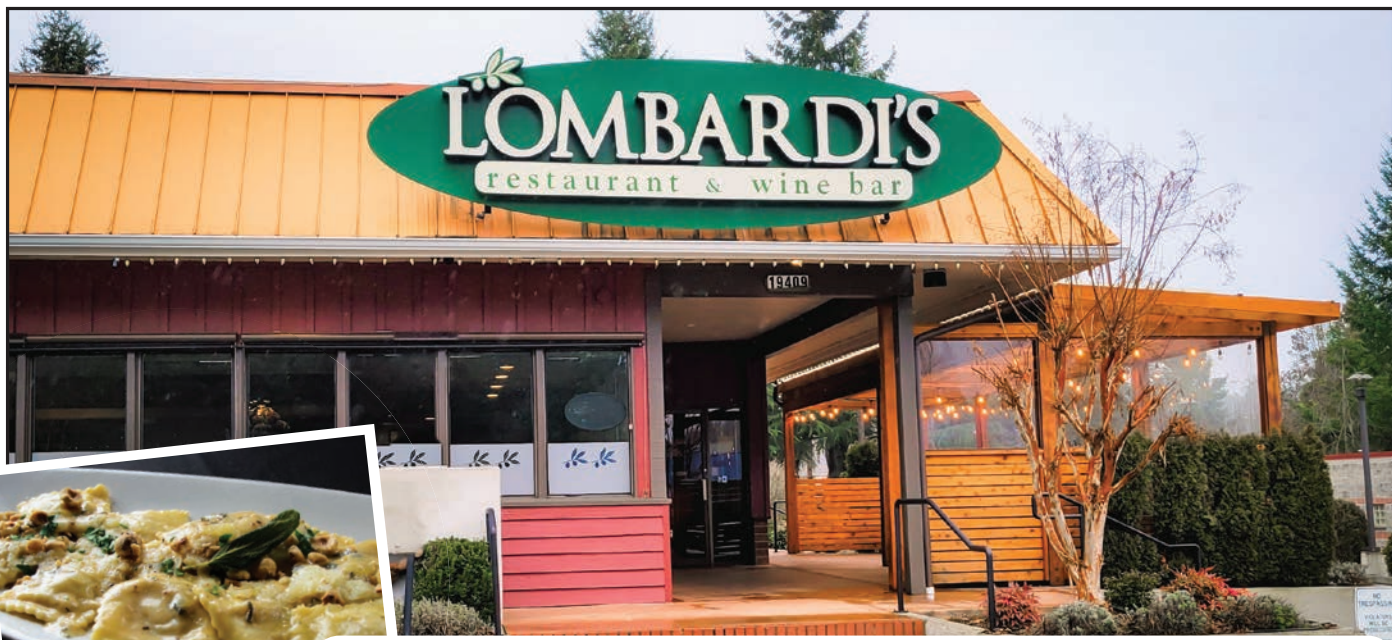
The Jackson Dance Team is a competitive team comprised of intelligent, resilient, and determined athletes who participate year-round and focus on dance technique in genres such as Jazz, Hip Hop, Game Day, and Acrobatics. The Jackson Dance Team competes throughout the state of Washington in addition to performing at JHS sporting events, assemblies, and community events.

For the 2023-2024 season, the Jackson Dance Team has five talented athletes who compete in the Dance and Hip Hop categories. So far, they have taken home one 1st place medal in Novice Drill Down, two 2nd place awards for their Lyrical routine, "Dreams," and one 3rd place award for their Hip Hop routine, "Dead and Gone." The Jackson Dance Team has qualified for Dance/Drill Districts on Saturday, March 9th in both the Dance and Hip Hop categories!

The Jackson Dance Team has had the privilege of performing at several home Football games, Boys and Girls Basketball games, and assemblies this year. They are so grateful to be supported by their student body, administrators, and family members as they continue their season in hopes of qualifying for the WIAA Dance/Drill State Championship! To follow along with their season, attend a dance clinic, audition for the team, or to find out more information about the Jackson Dance Team, visit their website and Instagram.

Pictured (Left to Right): Freya Gupta, Isabella Wheeler, Divya Jyoti (Captain), Alyssa Lunardi (Coach), Noelle Scott (Co-Captain), Lillian Robb

*Photo credit: Jubilance Photography*



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