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## *Living*

SUMMER 2019

### Remembering Ralph Ripley

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## Vacation and Retirement: Different Goals Require Different Investment Strategies

To achieve any of your financial objectives, you need to save and invest – that much is clear. But just how you save and invest may differ from goal to goal. Let's look at two common goals to see the differences in your savings and investment strategies.

The first goal we'll consider is a dream vacation – one lasting a couple of weeks or more, possibly to an exotic locale. So, for the investments you've designated to fund this vacation, you need two key attributes: liquidity and low risk. The liquidity requirement is pretty self-explanatory – you want to be able to get to your vacation funds exactly when you need them, and you don't want to be slapped with some type of early withdrawal or tax penalty.

The low-risk part of your vacation strategy means you want investments that won't drop in value just when you need to sell them to use the proceeds for your trip. However, you need to be aware that those types of stable-value investment vehicles likely will not offer much growth potential. As you may know, the investments with the greatest possible rewards are also those that carry the highest degrees of risk. Yet, by starting to invest early enough in more conservative investments, and putting away money regularly, you may be able to compensate for the lack of growth opportunities.

Now, let's turn to your other goal – retirement. When you are saving for retirement, your primary objective is pretty simple: to accumulate as much money as you can. Consequently, you will need a reasonable percentage of your portfolio devoted to growth-oriented investments. But what's a reasonable percentage? There's no one-size-fits-all solution – the amount of growth investments in

your portfolio should be based on several factors, including your age, risk tolerance and projected retirement lifestyle.

Furthermore, this percentage may need to change over time. When you're just starting out in your career, you may be able to afford to take on the greater risk that comes with having a higher percentage of your portfolio in growth investments. But as you get closer to retirement, you might want to begin shifting some dollars toward more conservative vehicles – you don't want to be over-exposed to the volatility of the financial markets just when you need to start selling investments to help fund your retirement.

Nonetheless, you won't want to give up all growth investments, even during your retirement years. You could spend two or three decades as a retiree, and over that time, inflation could take a big toll on your purchasing power. To counter this effect, you will need to own some investments that have the potential at least to equal, and ideally outpace, the cost of living.

The examples of taking that extensive vacation and enjoying a long retirement illustrate the importance of recognizing that you will have many goals in life – and you'll need to prioritize and plan for them, sometimes following significantly different investment strategies. When you do, you'll give yourself a better chance of reaching your destinations.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*



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Ralph Ripley

Remembering the life of a well-known and successful Mill Creek businessman

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## Publisher's Letter...



**H**ello, and welcome to our latest edition of Mill Creek Living Magazine. We'll be bringing you information about the wealth of interesting things coming up this summer, and also will be covering the plans of our local clubs and organizations. As always, we'll be profiling many of the wonderful people whose efforts help make Mill Creek a great place to live.

We'll start by highlighting the life of one of those people, Ralph Ripley, who passed away in October of last year. Ralph was a remarkable man - his early life was described as "growing up poor and mostly barefoot." Raised on a small farm, Ralph was of course responsible for accomplishing his daily chores. However, by nature an inquisitive person, Ralph also became a keen observer of animal behavior. Among other things he "learned how to speak fluent goat." According to those who saw some of these "Ralph-goat interactions", it often seemed as though the goats were talking back! Flash forward to 1991, when Ralph and his wife Margie decided to buy a RE/MAX franchise. Their efforts with the new franchise created an award winning business, which over the years helped more than 1000 families meet their real estate needs. To learn more about Ralph's interesting life, please see page 7.

Fred Mitterndorfer also grew up under difficult circumstances. After moving from Europe to America, he had interesting careers

in both the electronics industry and the field of education. Now in his retirement, Fred serves our community through his volunteer work at local food banks, helping to serve as many as 100 families per week. Read more about this interesting resident and the ways you can help out on page 40. Kyle Wilson-Wade is another local man with a great story. Kyle's journey to success, is an interesting one. On page 35 you can discover how he was able to create his new Kakes & Koffee business, while also finding the time to help and inspire others.

Again this summer you'll be able to enjoy the Mill Creek Festival, with activities for everyone. Page 20 has all the details. The Mill Creek Town Center events this summer will include the annual Art Walk, free summer concerts, and the Kids Fest. To learn more about all these events, please turn to page 33. Also returning is the Mill Creek Farmers Market, featuring the freshest of produce from local growers and some new features as well. Page 17 will give you all the details!

Our Table of Contents will help you find articles describing what the Library, Garden Club, and Women's Club have coming up so be sure to check this out. We would also encourage you to learn about the wonderful support our local Rotary Club is providing to the Peoria Home program for abused women. Their good work is described on page 22. Summer will also bring a robust series of activities for our senior citizens. You'll find a listing of these starting on page 50. Finally, don't forget that Father's Day is coming up! You'll want to read Barbara Sleeper's terrific interview with three seasoned Mill Creek fathers (page 38).

We would like to wish everyone a great summer, and encourage you to patronize our wonderful advertisers who make our magazine possible!

*Sue Ramback*

# MILL CREEK *Living*

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# Remembering Ralph Ripley

By Barbara Sleeper

It came as a complete surprise to learn that long-time resident Ralph Ripley died last October 8, 2018 after a prolonged battle with prostate cancer. The news created a fast-forward time warp for me because for more than two decades, Ralph and Margie Ripley were the steady heartbeat of the Mill Creek real estate community. This inseparable duo appeared together on countless RE/MAX ads and had worked home sale magic for hundreds of Mill Creek residents. They personally helped my family buy and sell three homes in the area, and now Ralph was gone?

“He was one of the five most influential people in my life,” says Bothell resident Dan Richards, a RE/MAX realtor and children’s book author who wrote *Stu Truly* and *Stu Truly First Kiss*. He encouraged me at a critical time when I was struggling to understand my own potential. I owe much of my success to his belief in me.”

Ralph Lee Ripley, Jr. was born on August 31, 1936 in Lusk, Wyoming. He was the first child born to Ralph Ripley, Sr. and Irene Crow. His father was a 2nd or 3rd generation immigrant from Europe, and his native American mother was only 17 when Ralph was born. Life was hard in the late 1930’s. Ralph was the oldest of five siblings: Bob, Shirley, Dan, Mildred Louise and Larry. The children were all born at home. Mildred Louise died as an infant.

The family moved to Tumtum, Washington located 20 miles northwest of Spokane and lived on a small farm. According to Margie, Ralph grew up poor and mostly barefoot. His family had cows, chickens, two horses, some pigs and a vegetable garden. For a couple



years, his Dad had the idea that it would be profitable to raise goats and sell goat milk to the local hospitals. One hundred goats later, Ralph and his siblings each had their special line-up of goats to milk every morning and again at night.

The winters were very cold. To keep from freezing during his long walk through snowy pastures to the one-room schoolhouse, Ralph carried a hot potato in his hands. He often said his childhood was like “Little House on the Prairie” as indoor plumbing was still a luxury and the bathtub was filled with water heated on the wood stove.

Sustained by his vivid imagination, Ralph spent hours (when he wasn’t weeding the vegetable garden) quietly studying animal behavior. He could imitate deer calls and learned how to speak fluent “goat.”

“He never lost these skills,” says Margie. “Years later when we were listing a property on acreage, I found him having a quiet conversation with some goats. What was amazing, and a little bit scary, was that they were talking back!”

Ralph described himself as a farm boy very different from the “city kids” who wore shoes all year. At first, he “talked too much” and got into lots of scrambles, but he quickly learned that the best way to make friends was to talk a LOT less and to listen a lot more. He didn’t learn to read until his 3rd grade teacher took a special interest in him, then his whole world expanded. He attended junior high and high school in Mead, Washington where he was class president at both schools and a tri-state boxing champion. He told Margie

he wasn’t that good at boxing, just fast because he was so scared and didn’t want to get hurt.

Ralph left home early, before his senior year, and moved to Walla Walla where he picked apples. On a whim, he got on a bus to Los Angeles, lived at the YMCA and after several “odd jobs” got hired by an insurance company as a copy machine operator. He finished high school at the Los Angeles Adult School. Responsible and well-liked, he advanced quickly in the company. He sold cast insurance for major movie productions including the film *Cleopatra*, and he met many Hollywood stars. Walter Matthau was his favorite.

In 1959, while still in his early twenties, Ralph earned a Certificate of Merit from Toastmasters International and won

(Continued on page 8)

## Remembering Ralph Ripley (cont'd.)

the state-wide Extemporaneous Speech Contest for California. "This was an amazing accomplishment considering that Ralph never went to college," says Margie.

In the late 1950's, Ralph married his Brazilian secretary, Laura, and they had three children, Rip, Monique and Tamar. They had a beautiful home, more than enough money, and were deeply involved in the corporate lifestyle. But things were about to change. According to Margie, Ralph needed a challenge, a deeper meaning to life, so to the surprise of his all-male Johnathan Club buddies in LA, he quit his job, sold their house, and moved his children and pregnant wife to Monticello, Kentucky "where the need was great."

"Where the need is great" is a term used by Jehovah's Witnesses to indicate an area where there are no congregations. Monticello was one of those areas, and having tired of the Los Angeles lifestyle, Ralph decided rural Kentucky was the right choice. His goal



*Second from left, Ralph's father came from very humble beginnings.*

was to focus on his ministry and in doing so, he met the Bell family.

Ma and Pa Bell had eight children and according to Margie, none of the Bell's were over 5'2" tall. Pa drove a school bus and had a small truck farm (over 100 acres) on "Bell Hill." Ralph helped them with Bible studies and in the process became life-long friends with the family. In many ways, they were the close family he never had.

At that time, under President Kennedy, the Civilian Conservation Corp, or CCC, sponsored new businesses to train Appalachian youths to learn a trade in their area. Ralph was able to start a construction company called Pioneer Builders through this program. Eventually, the company became one of the largest builders in the county, constructing the shopping center, jail, and many other civic projects. Ralph and Laura stayed in the Montecello area for three years. During that time, they had their fourth child, Shem, started a congregation and assisted more than 25 people to become baptized witnesses.

A medical condition with their youngest daughter necessitated that the family move to a major medical center and the choice was to return to Washington. Spokane had a hospital that specialized in her condition

so that was the best choice. Jobs were scarce, but Ralph found employment selling restaurant supplies. Using his own car, he made \$800 a month in sales. This was a far cry from his glamorous LA past, or the work he did in Kentucky.

"Ralph didn't know a Number 10 can of peas from a hill of beans when he started," adds Margie, "but he did whatever it took to make a living and often remarked on how much he enjoyed it."

Opportunities soon presented themselves that enabled the family to move back to the Seattle area. Within a couple years and through favorable circumstances, Ralph ended up managing and ultimately owning Phoenix Mechanical, the largest non-union plumbing and fire-protection company

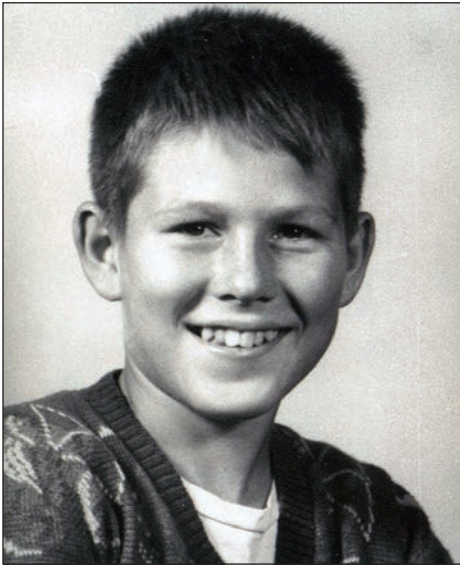


*Dressed up as a cowboy, Ralph sits atop his favorite childhood pony.*



*Ma and Pa Bell surrounded by their eight children in Monticello, Kentucky.*





*From childhood, Ralph was a kind and happy kid.*

in the Pacific Northwest. Once again, after working hard to make this company successful, Ralph was ready for a new challenge. He got his real estate license, said goodbye to the plumbing business and joined Windemere. Ralph had found his niche.

Margie first met Ralph in 1986 at an open house in the Huckleberry division of Mill Creek. Ralph had laryngitis and was referring all the people to his helper, but she was busy. At the time, Margie was trying to sell her “ranch” on 2-1/2 acres

in Bothell but had an agent that was not doing much. It was time for a change.

She called Ralph on Monday morning and he and another Windemere agent came right out to see her house. Intuition told her that Ralph could get the job done and he did. In little more than a week the house was sold.

“Ralph quickly eliminated so much stress,” says Margie, “and the family that bought my property was wonderful. I loved them.”

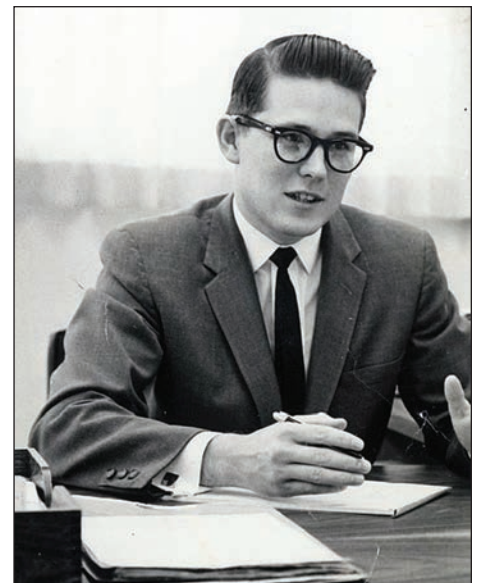


*After a successful childhood fishing trip, Ralph shows off his catch.*

Margie had been a stenographer for the city of Los Angeles and then a junior high school teacher in California but at the time, she could not find a job in Seattle. There were too many teachers and too few positions. Ralph suggested she might consider real estate because

she loved houses so much. She took his advice, became a licensed realtor and joined his Windemere office.

A quick study herself, Margie noticed that Ralph was doing most of the transactions but had a very difficult time with his one-finger typing so she offered to do all his flyers and paperwork if he would teach her the business. The friendship and business partnership flourished.



*Ralph began his work career by selling insurance contracts to movie studios in Los Angeles.*

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## Remembering Ralph Ripley (cont'd.)



Ralph (top center) with his parents Irene and Ralph Sr. with sister Shirley (L), brother Bob (R) and brother Dan in front.

Initially, Ralph gave Margie 30% of the income, but he quickly realized she was worth a lot more because of her contacts in Mill Creek. To her surprise, he raised her take to 50% and asked her to marry him at the same time. “So, I got it all,” she laughs. “That was in 1988.”

“Soon after,” adds Margie,” he said ‘We’re getting married today! And we did, in my mother’s backyard at her Vine Maple house. He had secretly arranged the whole thing with her ahead of time and a justice of the peace was waiting.”

“His sense of humor made it fun,” explains Margie. “Our mutual enthusiasm for the business and positive attitudes really helped us become successful. We specialized in Mill Creek real estate and we really knew the market. Plus, Ralph would nudge me under the table when I ‘talked too much.’ We were a good team!”

“About this time,” says Margie, “I learned I had breast cancer and needed surgery. Ralph and all the real estate

distractions were just the right medicine. Chemotherapy didn’t stop me from doing open houses and it was fun wearing different colored wigs.”

Another big distraction soon followed. In 1991, Ralph and Margie decided to take a huge “leap of faith” and buy a RE/MAX franchise. They opened their first office in Bothell, RE/MAX - Canyon Creek. Eventually, they purchased three more offices, one in Everett, Seattle and Kirkland.

“We just wanted to sell, not manage,” explains Margie, “so we hired a broker and had a great time developing our own “sandbox” of like-minded agents. Positive people, husband and wife teams (a new concept at that time), and mutual respect made our office successful. RE/MAX had an award for ‘Highest Net Growth’ in each region and RE/MAX - Canyon Creek won the Pacific Northwest award in 1992. By then, forty agents had joined us from our previous office.”

“They created a very unique working environment that

attracted top-producing agents from all over the area,” adds realtor Dan Richards. “As an agent, I felt special just being included in that office. To this day, I still miss the sense of camaraderie we all shared that was so unique in the industry.”

The rest is history. Sharing six children between the two of them, including Margie’s daughters Maridee and Michelle from her first marriage, Ralph and Margie specialized in Mill Creek real estate for more than two decades, developing nearly a 50% market share. During that time, their classy, iconic team photo was visible everywhere on RE/MAX flyers.

In 2001, Ralph (and Margie) received the Lifetime Achievement Award from the Board of Directors and the Officers of RE/MAX International, Inc. for having risen ‘Above the Crowd’ by helping over 1,000 families meet their real estate needs. This outstanding accomplishment is exceptional in the real estate industry. “For all you have done to promote the very best within the RE/



Ralph and Margie shortly after they began their real estate collaboration in 1986.

MAX organization and the real estate community. We honor you,” says the plaque.

“We had a very fulfilling career,” grins Margie. “Best of all, we ended up with so many stories of wonderful people we worked with in our community. One couple worked with us seven times. Repeat clients were the best.”

“Ralph was a kick,” adds Margie. “He loved to repeat his father’s favorite sayings such as ‘You can never tell how far a frog can leap by listening to its croak’ or

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One of Ralph and Margie’s iconic team RE/MAX advertising fliers.



Margie walked the runway for the RE/MAX International Breast Cancer Survivor Fashion Show in Las Vegas in 2001.

'Pigs get fat, hogs get slaughtered.' When we were doing well, he would say 'We're chopping in high cotton now.' And if asked a simple yes or no question, he would often tease like his dad did and say, "We'll see, could be, you never know."

In 1996, Ralph was diagnosed with prostate cancer. Once again, a positive attitude, faith in a greater purpose, and hard work helped get them through a difficult time. Various treatments kept Ralph's cancer at bay for years.

"We decided to retire in 2006," says Margie. "We sold our company to our agents so we could travel and do our ministry. We were privileged to conduct many individual Bible studies. Ralph loved to teach



Ralph and Margie are honored as top selling agents at the RE/MAX Regional Northwest Awards Banquet in 1995.

(Continued on page 12)



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# FEATURE

## Remembering Ralph Ripley (cont'd.)

and especially enjoyed helping people with special needs. We had ten good retirement years, then in 2016, we learned that Ralph's cancer had finally spread to his bones."



Ralph giving Ma Bell a hug during a visit to Monticello, Kentucky.

"He put up a courageous fight," continues Margie. "He had a wonderful attitude right up to the day he finally said, 'I'm done.' I held his hands when he died on a rainy Monday morning and he fell asleep in peace. From the day I first met Ralph until the day he died, he had truly been the "Wind Beneath my Wings."

"Silver Lake Adult Care is where Ralph received amazing, caring treatment the last month of his life," adds Margie. "They were wonderful. We are all on the road to the same destination, sleeping in death until the time of the resurrection when there will be no more pain or sorrow (Revelation 21:4)," quotes Margie.

Ralph's ashes have been sent to Monticello, Kentucky where he will be buried on his beloved "Bell Hill" near the gravesites of Ma and Pa Bell.

"I'd like to give a special thanks to all the people

who gave us the privilege of placing their confidence in us by allowing us to serve them," says Margie with gratitude. "You are not forgotten but remembered with a smile!"



From L/R grandchildren Mari, Matthew and Malaya taken with Ralph and Margie at their home office in 2004.



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# AROUND THE MILL

## Mill Creek Garden Club

There's a reason summer is more fun in Mill Creek—it's the Mill Creek Garden Tour & Artisan Market set to burst on the scene Saturday, June 22. This grand event combines the beauty of gardens, the fun of a social gathering and the bliss of alfresco shopping.

"Gardens with a lived-in vibe" is an apt description for this year's six featured gardens, open 11:00am–4:00pm, rain or shine. Meander, mingle, take field notes; enjoy a garden-party atmosphere while unearthing ideas for your own yard.

Wander into a Brighton garden where the merrymaking begins with a roar: you'll be welcomed by a pair of lions

and "Annabelle," the owners' favorite white hydrangea.

In the backyard, multi-functional patios help create a personal sanctuary and private entertainment area; native plantings, ferns, hydrangeas and flower baskets make this shady garden pop! The fun continues when you drift on over to The Lakes where the sunny front yard gives way to a forested woodland area in back. You might even find the homeowner talking to his plants as he and his wife work to add to their eclectic mix of trees, shrubs and flowers! We're eager to see how removing thirteen arborvitae has expanded the view. The gala continues a



short distance from Mill Creek near Martha Lake in a garden of almost 2-acres, much of it secluded and serene with

lots of NW plant favorites. Take time to discover the delightful surprises as you stroll through and be sure to

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see the homeowner's favorite Bob Bowling Rustic Shed!

Festivity reigns in a Parkside garden that has transitioned from kids and pets to a setting for parties and celebrations, in a backdrop of hydrangeas, a wood-burning fire pit, a waterfall pond and zipping hummingbirds. Look for Calla Lilies from the owner's childhood home—gardeners are so sentimental! The pleasure of your company is requested at Heatherwood West where the revelry continues in a true labor-of-love garden. A Mill Creek Great Garden Award winner in 2014, you'll spot an "enchanted forest," along with flower beds peppered with colorful roses, coneflowers,

Hosta and hellebores. Many of these plants attract more guests such as butterflies, bees, hummingbirds and even a family of woodpeckers! The jubilation continues as you saunter into a park-like setting in Holly. These ambitious homeowners have created a recreational area with ambiance; designing and building every feature which enables them to entertain in the comfort of their own backyard. Blue fescue, purple fountain grass and hanging flower baskets bring a burst of color to the area. We don't mean to be a party pooper but after seeing these gardens, shouldn't you be overhauling your yard?



The excitement continues with open-air shopping in each of our featured gardens. You'll discover handcrafted,

garden-related treasures from kiln-formed glass flowers, to

*(Continued on page 16)*

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*Made possible in part by assisted from the Snohomish County Hotel-Motel Tax Fund*

# AROUND THE MILL

## Mill Creek Garden Club (cont'd)

recycled cedar fence garden products, to hand-painted Mandala Stones, to welded Bumble Bee bolt garden stakes to unique concrete stepping stones to pottery with leaf impressions to glass garden jewelry to funky fairy wands to NW scenery art cards and art prints. Look for the ten artisans scattered amongst the six gardens; a percentage of artisan sales and all ticket sales benefit Mill Creek Garden Club's "Giving through Gardening" grant program.

Tickets cost \$15 for all, \$20 on Day of Tour and will be sold only at these five businesses, not in the gardens: Artisan Custom Framing and

University Book Store, both in the Mill Creek Town Center; McAuliffe's Valley Nursery, Snohomish; Molbak's Garden + Home, Woodinville and Sky Nursery, Shoreline. Your "ticket" is an official brochure that includes garden addresses, descriptions, driving directions, a map and it also serves as your admission into each garden—don't leave home without it!

The Mill Creek Garden Tour & Artisan Market—outdoor fun with a twist of garden, a dash of celebration and a garnish of shopping.



*Photos courtesy of the Mill Creek Garden Club*



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## 2019 Mill Creek Farmers Market Launches June 18

By Sarah Dylan Jensen

2019 rings in the second year for the Mill Creek Farmers Market in the community. Based on feedback, the City is excited to offer a new day and time to aid in convenience for market customers – moving from Friday afternoons in its inaugural year, to Tuesday evenings this summer. The market will run 3-7 p.m. weekly through August 20.

Spaces are filling up already for the June 18 opening, including hyper-local produce coming from Undergrowth Farm

just east of Mill Creek off Lowell-Larimer road. Customers can feel confident shopping from farmers that are also their neighbors. We'll welcome back Sky Valley Family Farm with pasture-raised pork, beef and chicken, along with Gothberg Farms' freshly made goat cheese.

Also new are some food vendors like Pompeii Wood Fired Pizza and Oblea, specializing in authentic Columbian desserts. We'll see a variety of spices, cooking oils, teas and more – all hand-

crafted by the artisans you meet at the market each week.

Kids will be excited to learn that the Power of Produce Club is returning, in partnership with the Mill Creek Kiwanis Club. Free activities for the duration of the season will entice our young shoppers to learn about local agriculture and make healthy eating choices, with \$2 each week to spend on fresh fruits and veggies from their favorite farmers.

Get the scoop on vendors and other tidbits at [www.facebook.com/millcreekfarmersmarket](http://www.facebook.com/millcreekfarmersmarket).



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# AROUND THE MILL



## Mill Creek Little League Celebrates their 2019 Season

On Saturday, April 27, the sun shone on Mill Creek Little League (MCLL) as they hosted their annual Little League Day at Gateway Middle School. This special day brings together teams in all divisions from t-ballers to high schoolers to celebrate baseball and softball.

One of the many benefits of youth sports is its ability to bring people together. With almost 700 kids playing ball this spring, MCLL has quite a presence in the greater Mill Creek

community. Through practices and games, kids learn the ins and outs of baseball and softball and how to be a great sport and teammate, but the lessons go deeper. Being part of a team and spending a couple of months with the same kids and their families foster friendships that go beyond the ballfield and continue long after the season is over.

2019's Little League Day further strengthened those bonds with new friends and



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fellow community members. It was a fun-filled day of games, team photos, local vendors such as D-Bat and BASE by Pros, food trucks, and lots of excited kids running around full of pride in their team jerseys. As always, the day was highlighted by the Parade of Teams. Over 60 baseball and softball teams queued on the tennis courts and were announced one-by-one onto the track where parents, beaming with pride, waited with cameras and plenty of cheers for all.

Once gathered on the football field, area Boy Scouts carried out the flag presentation, followed by an amazing rendition of our National Anthem by members of our local middle school's bands. MCLL President Tina Ryan took to the mic welcoming everyone and introduced Mill Creek Mayor Pro Tem Brian Holtzclaw who shared some brief

words and thanked the community for coming together. With MCLL being 100% volunteer-driven, Ryan then recognized all of those who make the league possible, with special recognition for Vice President Melissa Whitley, Player Agent Aaron Coe, and ultimately, the 2019 Volunteer of the Year, Umpire Craig Tashiro.

There was also a Challenger Game that day. The Little League Challenger Division was founded in 1989 and allows participants with intellectual and physical disabilities to enjoy the great games of Baseball and Softball. Little League Challenger Teams can be found wherever Little League is played, and locally here in the District 1 area, there are seven teams that play against each other.

To learn more about Mill Creek Little League, please visit [www.millcreeklittleleague.com](http://www.millcreeklittleleague.com).



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# AROUND THE MILL

## A Summer Tradition Something for Everyone at the Mill Creek Festival

On the weekend of July 13th and 14th, Mill Creek Boulevard will once again be filled with tents instead of traffic — as the Mill Creek Festival attracts thousands of visitors for shopping, entertainment and delicious eats. As always the Mill Creek Chamber of Commerce, which produces the event, has been working hard to present festival favorites, while adding new acts and vendors to keep the event fresh. Back as major sponsors are North Creek Roofing along with BECU and many other Mill Creek businesses.

The entertainment lineup on the Main Stage, sponsored by First Financial NW

Bank, Central Market, Peoples Bank and Senior Care Consultants will keep everyone rockin' with northwest favorites like the Afrodisiacs — so be sure to put on your Boogie Shoes, catch the Love Rollercoaster over to Funkytown, and Shake Your Booty. If funk is not your thing, the Main Stage will also feature The Spazmatics playing hits from the 80's. Classic Rock icons The Beatniks will grace the festival stage along with Top 40 sensation Groove Nation and hard rock powerhouse Full Metal Jacket. The Main Stage will also feature The Davanos, Wings n Things, Borrowed Time, Dana Osborn and the Chris Eger Band.

The Community Stage this year features a variety of local performers. From a live magic show by Magic Sparks to an action packed martial arts showcase by White Tiger Martial Arts - the community



stage will feature acts to entertain all ages! Hula hoop superstar, Hoopsmiles, and local band, Luau Cinder, will be a part of the stage this year. There are also many dance styles and studios gracing the stage including Bollywood and traditional Indian folk dances, the dancers of Reflection Studio, Polynesian routines by Tamali'i, traditional Chinese arts from the Melody Institute, and a mix of singing, dancing, and acting from Applause Studio

In the Pet Plaza, you can count on all of Mill Creek's most social canines making the rounds with their humans in tow. The Pet Arena will feature demonstrations

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# AROUND THE MILL

from Seattle Fly Dogs and Washington Owners of Flying Disk Dogs. The Reptile Man will also be on hand so visitors can pet a snake, lizard or a host of other scaly animals. Don't miss the police canine team presented by the Mill Creek and Snohomish Police.

As always there will be plenty of vendors for shopping opportunities. The festival offers some 50 local artists and artisans offering jewelry, specialty foods, fine art and photography, yard art, and much more. It is a great way to support the arts!

There is so much more, from great food, a chance to talk with your city officials, fire trucks, police motorcycles and a 63-foot bus from Community Transit . . . you just have to visit and see it all for yourself.

For stage schedules, a map of the festival, information on easy parking and taking the festival shuttle, hours and more, visit [www.millcreekfestival.com](http://www.millcreekfestival.com).



## FREE SHUTTLE

There will be a free shuttle from Jackson High School to the Festival. (Drops off at north end of the Mill Creek Festival). The shuttle will make a continuous loop during the hours of Saturday - 7am to 8pm and Sunday - 10am to 7pm

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## Mill Creek Rotary Club Helps Women in Need

by Barbara Sleeper

Paula Newman-Skomski, a family nurse practitioner at the Providence Intervention Center for Assault and Abuse, has seen firsthand the consequences of women caught in sex trafficking. Paula is the founder and board president of Peoria Home, an Everett-based residential recovery program for women who've been exploited through prostitution, sex trafficking and addiction.

According to estimates on the Peoria Home website, "around 200 women and girls are sold for sex every night in Snohomish County," and 85 percent of women and girls in prostitution are controlled by pimps.

Last year, Paula met with Mike Mallahan, former president of the Mill Creek Rotary Club. He asked her to give a presentation to club members on sex trafficking and the work being done at Peoria Home to help abused women.

"Obviously, our members were very moved by Paula's presentation," explains Mike. "We then asked Paula what we could do as a club for a hands-on project



to help. Paula said it would be a big help if we could paint the garage behind Peoria Home, the Everett safe home for women."

After looking at the garage, the Mill Creek Rotary Club decided the building needed much more than just a paint job.

"We started in March to renovate the space into a meeting area and workshop for the women to use," continues Mike.

"We raised \$16,000 for Phase I, to refurbish the exterior. For Phase 2, the Mill Creek Rotary Club has recruited some of the Everett Port Gardner Rotary

and South Everett-Mukilteo Rotary members to refinish the interior garage with sheet rock, new paint, lighting and a small office."

Rotary club members hope to complete the project by June, to create a comfortable space for women to work towards recovery and return to a full life in their community. The new space will enable residents of Peoria Home to have onsite job training workshops, expanded counseling services, and a meeting space to gain life skills for graduation to a new life.

More than 50 individuals and families will be directly served as a result of this project in the short term," adds Mike. "Ultimately, hundreds of families will be served in the long term."

"Currently, there are 4 residents living at Peoria Home," says Paula. "The women range in age from 36 to 47. The expected length of stay for the women given shelter and recovery support at Peoria Home is two years. We have had a few women who came and were not ready for the commitment it takes to work on recovery who have left within a few months. We have two women who have been with us now over a year."

Paula reports, "Local police in conjunction with the FBI continue to work on trafficking cases locally and they operate stings to identify buyers,



The Mill Creek Rotary Club members donated money and labor to help renovate Peoria Home.

traffickers and victims of traffickers. They could do stings every day and still not eradicate sex trafficking from our community. We hope to make a difference locally one woman at a time.”

How do women apply for help at Peoria Home? “The women are typically referred to Peoria Home through other service providers such as drug and alcohol counselors, medical providers, the jail, law enforcement, DSHS, and mental health providers,” says Paula. “Women may self-refer by contacting our Program Manager directly or by visiting our drop-in office. Women may call 425-309-5203 for information about the location and hours.”

To illustrate how big the problem is, in March this year, Seattle police arrested six people and shut down 11 massage parlors in or near Seattle’s Chinatown-International District after a four-year investigation into human sex trafficking. More than 26 sex workers were rescued.

According to Seattle Police Captain Mike Edwards, who headed the investigation, the women ranged in age from 20 to 65. They were brought over from mainland China with the promise of big money and a better life in the U.S. The women ended up living in squalor, earning minimum wages while their captors earned hundreds of thousands of dollars. The women lived, worked and performed sex acts inside the massage parlors, working up to 20-hour days, seven days a week. The Seattle Police believe the Seattle massage parlors are connected to a much larger criminal network with ties to New York, California and other states. The investigation continues.

“While this investigation identified primarily foreign-born trafficking victims, it is important to understand that the majority of victims in Snohomish County are local citizens born and raised here in the state of Washington,” adds Paula.

“We at Peoria Home can’t thank Mike and the Mill



Creek Rotary Club enough for the amazing transformation of the garage. This space will provide us with the opportunity for classes, crafts and the beginning of our social enterprise to teach women job skills and provide on-going support for our program. We also want to thank the Rotarians from Everett Port Gardner Bay and Mukilteo for their help too,” enthuses Paula.

“We have additional service projects that we would love help with as well,” adds Paula.

“We need a few more raised garden beds and a nice deck in the back of the house for the women to enjoy sitting outside. We also need a treasurer for our Board, additional board members and a grant writer. Donations are always welcome as we are completely funded by private donors.”

Donations may be made through the Peoria Home website at [www.peoriahome.org](http://www.peoriahome.org) or mailed directly to Peoria Home, 3331 Broadway #6, Everett, WA 98201



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# AROUND THE MILL

## Mill Creek Women's Club is Ready for Summer!

Just because it's summer vacation for some, the Mill Creek Women's Club does not stop its work. The Club continues its twice-weekly volunteer work on behalf of its prime charity, the YWCA Pathways for Women Working Wardrobe Boutique in the Y's Everett Regional Office. The Club members are on the job year-round to assist low-income women and women facing numerous economic challenges in Snohomish County by enabling them to acquire clothing for job interviews and preparation for attendance at school. The Working Wardrobe Boutique is accessed by women

who are clients of the YWCA on an appointment-only basis. Their ability to obtain good quality, fashionable clothing for job interviews is important for their self-esteem and their job prospects.

July brings added fun for members of the Club! The Club's booth at the Mill Creek Festival will offer all kinds of information about Club activities and benefits of membership. Local women are invited to stop by and talk to the women who are "manning" the booth. They will be on hand to answer all manner of questions and discuss Club activities in detail. This is a

perfect time to learn about the Mill Creek Women's Club and consider joining this active, social and philanthropic organization.

*Left: In workroom (left to right) Monie Label and Bobbi Traeger  
Below: Assisting YWCA client: Jacqueline Liversridge*



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L to R: Nancy Knox, Whitney Cummins and Linda Myers.  
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## Salon Vici' Update

After 20 years at Salon Vici' on Mill Creek Blvd. and over 30 years in Mill Creek, David Lundborg has moved to Salon Retro on Everett Mall Way. David would like to express how very grateful he is for being able to be a part of the Mill Creek community for the last 33 years.

You can still reach him at (425)379-8424 or (425)238-2781 or even better, come see him in person at Salon Retro located at 713 SE Everett Mall Way Suite A, Everett 98208.

# AROUND THE MILL

## Run With Heart Set for Aug. 10 in Mill Creek; Registration Now Open

The seventh annual Run With Heart co-hosted by the City of Mill Creek and Columbia Athletic Clubs takes place Aug. 10 beginning at 9 a.m. The event includes activities for the whole family. Registration for the day's events – including the 5K run/walk, Kid's 1K, Toddler Trot and Diaper Derby – is now open at [www.millcreektourism.com/runwithheart](http://www.millcreektourism.com/runwithheart).

Regular registration is \$30 (5K), \$10 (Kids' 1K), \$10 (Toddler Trot), and free (Diaper Derby). Prices increase beginning July 20. All runners receive a finisher's medal. A commemorative t-shirt will be available with registration before July 19, 2019. There will be a limited number of extra t-shirts for purchase during packet pick-up and at the day-of registration.

"The Run With Heart has become one of Mill Creek's premiere community events! There is something for everyone," said Bobby Sorensen, fitness director at Columbia Athletic Clubs. "We are incredibly thankful for the generous support from local

companies and organizations to ensure this event continues to grow and thrive. The continued partnership with the City of Mill Creek has been mutually beneficial as we share a common goal to provide recreational opportunities to people of all ages. We are excited to bring new and fresh changes to this year's event by moving the course into Mill Creek."

All events take place at Mill Creek Sports Park, 13903 North Creek Dr. in Mill Creek. The 5K race will still start and finish at Freedom Field. The course heads north along North Creek Drive to Dumas Road. At Dumas, runners will take a left heading down the hill toward Park Drive (entrance to McCollum Park). They will then take a left heading onto the North Creek Trail, heading south toward Mill Creek Town Center. Runners will then turn back at LA Fitness, heading along Main Street as it turns into North Creek Drive, toward Freedom Field. The race is a professionally chip-timed by Tortoise & Hare Timing, and



will take place rain or shine.

Packet pick-up will take place on Friday, Aug. 9, from 4 p.m. to 6 p.m. at Columbia Athletic Clubs, 505 128th Street SE in Everett. Day of Race packet pick-up and registration will open at 7:30 a.m. on Saturday, Aug. 10.

Proceeds from the event go toward the Ironheart Foundation, which inspires individuals and organizations to live a heart-healthy life, and the Colton's Army Guild, which directly funds medical care of children and research to find a cure to childhood cancer.

Participants are encouraged to take the Swift Green Line

to the Trillium Blvd Station along SR 527 (the bus stops in both directions). Swift service on Aug. 10 will run every 20 minutes from 7 a.m. to 8:40 p.m. Alternately, there is parking at Heatherwood Middle School, with shuttle service to the Mill Creek Sports Park provided by Mill Creek Retirement Community.

Run With Heart is sponsored by Russell & Hill Law Firm, IRG Physical Therapy, Mill Creek Retirement Community, 8 to 8 Dental, SportClips, Colledge Nannies+Sitters, Central Market, and Waste Management, Fred Meyer, State Farm, and Z Ultimate Self Defense Studio.

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## Memoir Tours Announces an Innovative Way for Travelers and Writers to Experience the Heart of Ireland

*A deeper travel experience that blends a guided tour with a writing retreat*

Memoir Tours announces its memoir writing retreat to County Mayo, Ireland set for Sep 24 - Oct 4, 2019. Led by co-founders Barbara Robitaille and Craig Stewart, Memoir Tours blends the elements of a guided tour with a memoir writing retreat. Robitaille and Stewart designed the ten-day trip to offer participants a deeper travel experience along with hands-on support with writing a memoir.

“The launch of Memoir Tours comes at a time when many baby boomers are following through on their intention to finally write their life story,” said Stewart. “We’ve created this trip to give our guests time away in the beautiful Irish countryside, to inspire them to tap into their past in a way that doesn’t easily happen on its own. No matter at what stage in the process one is—from not knowing how to begin to final copyediting—participants will receive the guidance and editorial assistance they seek.”

“We take our guests on the most beautiful journey they will likely ever experience,” said Robitaille. “By sharing our love for and deep connection with Ireland, we offer travelers the opportunity to explore Ireland’s untamed landscape



and legendary literary tradition as inspirations to launch a written legacy of their own.”

Memoir Tours presents a rare opportunity for people to step away from responsibilities and daily routine to rekindle a sense of purpose and channel their energy into creating a memoir.

### Tour Highlights

Participants will explore the beauty and wildness of the Irish landscape. Nearby

sites on the itinerary include Downpatrick Head, Rosserk Abbey, Foxford Woollen Mills, Bartragh Island, Kilcullen Seaweed Baths and Ross Beach.

### Memoir Writing Retreat

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## Memoir Tours (cont'd.)

- Guest talks from Irish authors, editors, and storytellers
- Gentle walks along the prime of Ireland's unspoiled landscape
- Shared meals prepared by Memoir Tours' personal chef
- Music and song
- Quiet reflection

### About Memoir Tours

Memoir Tours offers ten days in County Mayo, Ireland for guests looking to practice the art of slowing down and living fully engaged to better access telling their stories through memoir. Blending a guided tour with a memoir writing retreat, Memoir Tours: Ireland is a unique opportunity to relax, renew, reconnect and write.

### Quick Facts

- Founders: Barbara Robitaille and Craig Stewart
- Home base: Mill Creek, WA
- Destination: County Mayo, Ireland
- Year launched: 2015
- Trip length: 10 days
- Group size: 15 guests

Surprising fact: Barbara and Craig, both native to the Pacific Northwest, first met in Ireland and were surprised to learn they lived only a few hours apart.

Collectively, Barbara and Craig have:

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- Made 18 trips to Ireland
- Guided 10 tours
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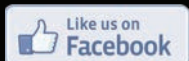
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# IN THE SCHOOLS

## Challenging but Rewarding Year for the JHS Dance Team

The Jackson High School Dance Team had the lowest turnout ever at tryouts for the 2018-19 season. With only two returners and five new members, their morale began to sink. After a summer of fundraising and training, the team decided to have fall tryouts where they doubled the size of their team! Even with a higher roster, the team still faced some pretty heavy challenges this past season. With dedication, hard work and some serious commitment, the team managed to win four trophies out of the six regular season competitions, and earned 2nd place at Districts in the Hip Hop category. For the 15th year in a row, the Jackson Dance Team made it to State!

The team just had their tryouts for the 2019-20 season, and accepted 9 new members and 8 returning members, totaling 17 on the roster. They plan to compete in the Hip Hop and Dance categories next year and hopefully keep that State streak going. Follow the team's journey on Instagram - @hmjacksondance.



Photo credit: Scott Williams Photography

# LIBRARY NEWS

## Friends of the Mill Creek Library Book Sale Was a Success!

The annual book sale hosted by the Friends of the Mill Creek Library was held on May 18 at the North Creek Presbyterian Church and was a huge success! Thanks to all that attended and purchased books!

The Friends meet monthly, September through May, and are always seeking new members. Members can volunteer for work parties that are held periodically during the year to sort donated books in anticipation of the annual sale. The Friends' volunteers also sort and shelve donated books at the Mill Creek Library for the ongoing book sale. These books can be found near the entrance to the Library and are available



for sale to the public (\$1.00 for hardbacks - \$0.50 for paperbacks). This is certainly the best bargain in town!

In addition to selling, sorting and shelving books, the Friends provide professional development grants to local teachers and school librarians in an effort to enhance their skills and thus giving

them the ability to bring their best to their schools. The funds raised through the book sale, contributions and membership dues also support library programs such as summer reading programs and prizes, children's programs, teen and adult programs and multi-cultural programs and events.

GET INVOLVED and learn how satisfying the experience can be – membership dues are only \$10 a year. Join up and see what you've been missing! Application forms can be found near the entrance to the Mill Creek Library, on the wall above the donated book shelves.

Photo credit: Friends of the Mill Creek Library



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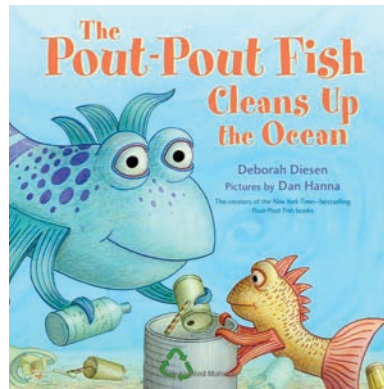
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**UNIVERSITY BOOK STORE EVENTS**

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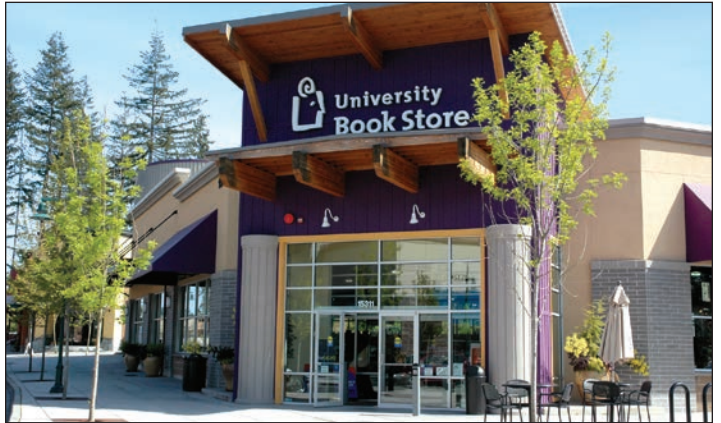


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## Book Clubs

### The Usual Suspects



Meet with fellow mystery lovers on the last Friday of each month at 7:00pm and discover your next great mystery.

**June 28 - The Devotion of Suspect X**  
by Keigo Higashiro

**July 26 - The Likeness** by Tana French

**August 30 - The Blessing Way** by Tony Hillerman



### Odd Shelf Book Club

Discussing the best in new and classic non-fiction. Meets the second Thursday of each month at 6:30pm.

**June 13 - The Mirage Factory** by Gary Krist

**July 11 - The Feather Thief** by Kirk Johnson

**August 8 - Small Fry** by Lisa Brennan Jobs

### Main Street Book Club

For the best in contemporary fiction titles. Meets the fourth Wed. of each month at 6:30pm.

**June 26 - Gentleman In Moscow** by Amor Towles

**July 24 - A Place For Us** by Fatima Mirza

**August 28 - End of Loneliness** by Benedict Wells

**MAIN STREET  
BOOK CLUB**

### The Pillow Fort Club



This fun meetup for readers 8 – 12 introduces kids to some of the greatest middle grade titles around. Discover new books, meet new friends, and encourage a life-long love of reading.

Meets the last Sunday of every month at 11:00am. Parents are welcome to attend!

**June 30 - The Last Fifth Grade of Emerson Elementary**  
by Laura Shovan

**July 28 - The Westing Game** by Ellen Raskin

**August 25 - Pax** by Sara Pennypacker

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Second Thursday

**art**

**WALK**

**THIS SUMMER**

June 13

July 11

August 8

5–8PM

**MAIN STREET  
TOWN CENTER**







## 2019 Mill Creek Town Center Art Walk

Local artists working with a variety of mediums will display their creativity in the 8th Annual Art Walk. Artists will be showcasing their work alongside the businesses of the Mill Creek Town Center. Event-goers can expect to see painting, drawing, photography, jewelry, quilts, musicians and more as they stroll Main Street.

The Art Walk takes place Thursday evenings on June 13, July 11 and August 8 from 5pm – 8pm in the Mill Creek Town Center. Enjoy an evening of chatting with the artists and taking in all the creative art on display. You may even find a few artists working on their latest creations, or opportunities for you to join in the fun! Take time to grab a bite to eat at one of the many Town Center restaurants during your visit, many who are hosting artists or musicians. Art on display is available for purchase for those wishing to add something new to their homes or if something special happens to catch the eye.

There are several local artists joining the Art Walk for the first time as well as favorites from years past. We look forward to having you join in and find your inner artist! Swing by the information booth at the corner of Main Street and 153rd Street to pick up a map of the Art Walk and learn more about the event.

If you are an artist looking to participate, please register at [www.millcreektourism.com/artwalks](http://www.millcreektourism.com/artwalks) or for information, please contact Heidi Butz at [info@millcreektowncenter.biz](mailto:info@millcreektowncenter.biz)

## The Fourth Annual Kids Fest

**The Fourth Annual Kids Fest is back in the Town Center on August 3rd!**

Enjoy lunch at one of the Town Center's great restaurants and then get ready for some family fun at Kids Fest.

This Free family event will take place on Saturday, August 3rd from 1 - 4pm in the Mill Creek Town Center. Town Center merchants will have fun activities for the kids to enjoy at business locations. Look for live performances and activities throughout the Town Center. The University Book Store will be having their big Waldo party and there will be plenty of fun things to do for kids big and small. This is a free event that the whole family will love.

Go to [www.millcreektowncenter.biz](http://www.millcreektowncenter.biz) and check out the events section for all the details on our fun summer activities!

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**Summer Concert Series is back at the Forum!**

The Mill Creek Town Center is excited to bring you another great year of music and summer fun as the Summer Concert Series kicks off on Wednesday, July 3rd. Enjoy FREE summer concerts every Wednesday in July and August from 6-8pm in the Forum at the Mill Creek Town Center.

All your favorites bands and some great new bands are ready to bring you another summer of great music. Kick up your heels and join us on the dance floor or sit and enjoy a great meal at one of the Town Center restaurants while you enjoy a great performance. We'll have you tapping your feet and singing all summer long!

For more information go to [www.millcreektowncenter.biz](http://www.millcreektowncenter.biz) for full concert details or check us out on Facebook at [www.facebook.com/millcreektowncenter](http://www.facebook.com/millcreektowncenter).

**Calendar:**

- 7/3 **Cherry Cherry** - Neil Diamond Tribute
- 7/10 **The Main Street Band** - Bob Seger Tribute
- 7/17 **Sly Mr Y** – Rock from the 70’s and 80’s
- 7/24 **Big Dog Revue** – 70’s pop/dance  
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- 7/31 **Ventura Highway Revisited** – Acoustic  
Music of the 70’s
- 8/7 **The Infinity Project** - Journey Tribute
- 8/14 **Pseudo Tramp** - Supertramp Tribute
- 8/21 **Highway 9** – Modern Country
- 8/28 **Creme Tangerine** - Beatles Tribute

## Kyle Wilson-Wade: Dishing Up Inspiration with Kakes and Koffee

by Barbara Sleeper

Recently, I had the pleasure of meeting Kyle Wilson-Wade at his new start-up venture, Kakes and Koffee, located at Jiffy Lube across from Fred Meyer on 132nd Street. What an interesting tale he had to tell about hard work and perseverance. For the price of a cup of coffee, customers get a strong dose of morning motivation along with their caffeine while chatting with Kyle.

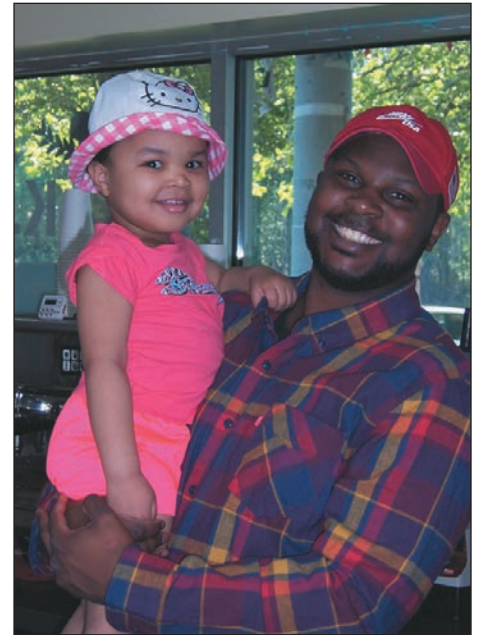
"I genuinely love talking to people," enthuses Kyle with a big grin. "That's what I've always done, now I just do it in my own space while offering lots of food

and good drinks."

Describing his location as half Jiffy Lube, half coffee shop, Kyle opened Kakes and Koffee last November. There from 6:00 am to 5:00 pm Monday through Saturday, he serves a full menu that includes hot, iced, blended and specialty drinks along with burgers, breakfast burritos, breakfast sandwiches, Danish and muffins.

But two and a half years ago, things weren't so rosy. Kyle and his pregnant girlfriend were living out of his car. They were broke and homeless and that's precisely what makes his story so inspiring.

Born in St. Louis, Missouri in 1991, Kyle's father moved away when he was 14 years old. Kyle didn't see him for a long time. To help his mother and two younger brothers, Kyle helped cook and clean. He worked hard from an early age, raking leaves, selling candy and shoveling



Kyle and daughter Kaylei

(Continued on page 36)

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# BUSINESS PROFILE

## Kakes & Koffee (cont'd.)



snow to bring money home to his family. He did eBay sales and eventually got a job making and delivering pizzas for Imo's Pizza, earning \$1800.

"I grew up in a bad neighborhood with shootings and kidnappings," explains Kyle. "I have worked since I was 10 years old. I remember how good it felt as a kid

to be able to buy things with my own money, like Pepsi Blue and Rap snacks. I knew from a young age that I had to do something. Life was so hard. Many of my friends had started to get into trouble. A few went to jail."

Then one day, out of the blue his father called and said, "Hey, I'm in Seattle, in a better situation, please come visit."

First Kyle's brother Trevon moved to Seattle to live with their father, then Kyle moved with his girlfriend Katrina. Kyle hoped to settle in Seattle and start a family. At the time, Kyle was just 21 years old.

Kyle got a job working at Grocery Outlet, then he worked for a home remodeling company where he learned how to sell roofs, windows and siding. When that work suddenly ended, he and Katrina were unable to make their rent payment and they ended up temporarily homeless, sleeping in their car in city parks. To make things worse, Katrina was pregnant with their daughter. No place would give him a loan.

"I had to go through hardships to be the strong person that I am now," explains Kyle. "I remained positive and always saw the good in everything. I focused on doing better in the future

and that's what I'm focusing on now. I know what that other life looks like."

Kyle's break came when he was washing windows at a nail salon in Redmond and a woman from Mill Creek approached him and said she was looking for someone to wash her house windows. She paid him \$250 to wash all the windows, and then talked to her friend who also hired Kyle to wash her house windows. With the \$500 he earned at both jobs, he and Katrina were able to stay in hotels until they could rent an apartment. Through his enterprise and hard work, Kyle made ends meet by washing windows.

Then Kyle attended a Ventures' Orientation at the Bothell Police Station to learn about programs being offered by the U.S. Small Business Administration for small business owners with limited resources. He applied to their 8-week Business Basics Course and was accepted.

"At the business school I was all by myself," says Kyle. "There I met Bobby. What a huge, big blessing it was that I met him. We started talking and instantly connected, and he has encouraged and helped me ever since. I learned business basics during this course and I'm now taking a finance course there."

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Kyle spotted the empty space available at Jiffy Lube and approached the company. His dream was to open his own coffee café and to be in business for himself. Using funds he earned by washing windows, Kyle reached an agreement with Jiffy Lube, and his Kakes and Koffee dream became a reality. He got his operator's permit from the Health Department and obtained all necessary Federal and State licenses. Bobby helped him prepare the space with bottle cap red bar stools and black counters, and Kyle taught himself how to make all kinds of coffee drinks just four days before he opened.

"I love being in business for myself," enthuses Kyle. "I can bring my two-year-old daughter, Kaylei, to work with me while Katrina works in Woodinville. Kaylei helps me "clean" and entertain customers. We often give hot chocolate to kids in the Jiffy Lube waiting room."

In the meantime, industrious Kyle continues working toward his American Dream. He serves food and drinks at Kakes and Koffee by day and still washes windows for his growing clientele after 5:00 pm. Ambitious and kind, he literally plans to give the shirt off his back to help others. He is producing "get off your butt" YouTube videos and tutorials on how to make coffee drinks, including his popular "blueberry pie" drink. He helped sponsor a pizza party at the Lutheran Trinity Church, and soon he hopes to offer monthly giveaways (gaming systems and gift cards) at Kakes and Koffee.

Kyle helps sponsor the Jackson High School baseball

team. Kakes and Koffee is also a sponsor of the 5K Mill Creek Run of the Mill on June 19, 2019. Best of all, he has already launched his charitable K and K Foundation to help kids with illnesses (PayPal.me/KandKFoundation).

"I watched my cousin die at age 13 because the family couldn't pay for adequate medical care," explains Kyle. "That experience hit our family super hard. Someday, I hope to be able to help other families in similar situations. I want to do fundraisers and eventually give away one million dollars. That's a huge dream of mine."

As Kyle and I talked, a Jiffy Lube employee took a coffee break to play on a 2018 Nintendo Mini loaded with 500 games. Kakes and Koffee has a gaming station. Then a woman arrived to show Kyle possible logos for his window washing business, *Diamondline Professional Services*. The coffee shop literally reverberated with his contagious laughter as he welcomed everyone.

In the meantime, with all the life experience he has packed into his 27 years, Kyle could easily be a motivational speaker. From first-hand experience, he warns kids to watch out who they associate with, to only hang out with good people. He is also a reservoir of positive quotes including, "We're going to get to it together, no matter the weather."

Parents might want to bring their kids to Kakes and Koffee for after school snacks and a bit of Kyle's positive can-do attitude and street-smart wisdom. He knows how important it is to work hard and make good choices.



Kakes and Koffee

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# FEATURE

## Happy Father's Day

by Barbara Sleeper

Few people know that the nation's first Father's Day was celebrated right here, in the State of Washington, on June 19, 1910. A Spokane woman named Sonora Smart Dodd, raised by her widowed father, initiated the statewide campaign to create a day for dad's equivalent to Mother's Day. Her idea took hold, and in 1916, President Woodrow Wilson honored the day by unfurling an American flag in Spokane using telegraph signals sent from Washington, D.C. In 1924, President Calvin Coolidge urged all state governments to observe Father's Day, and finally, in 1972, President Richard Nixon signed a proclamation making Father's Day a federal holiday.

This year, Father's Day 2019 takes place on Sunday, June 16. To help honor the day, I spoke with three seasoned fathers who are active members in the

lively Men's Group at the Mill Creek Senior Center.

### What do you like best about being a father?

"Being either a bucking horse or a giant robot while roughhousing on the carpet with my six kids," says Will Matheny, age 73. "Plus, I really enjoyed all the friends and family hiking and camping trips we took when my kids were young."

"I loved taking our two daughters on "adventures" to expose them to many things that delighted and informed them about our country and the environment," says 82-year-old Dave Wood.

"The pure Joy of witnessing my kids' achievements," says 87-year-old Jim Henry, father of one daughter and three sons.

### What is the most important role of a father?

"To be a good role model," says Jim.

"Fathers provide protection, safety, discipline, and most important, the necessities of life plus a good education," adds Dave. "I still do these things."

"To role model the male figure of being head of household, respecting the Mother's authority, listening to everyone's point of view, and gathering information to make the best possible decision while giving credit for everyone's ideas," says Will.

### What was the most difficult part about being a Dad?

"Listening to non-stop talking little girls," jokes Jim. "In all seriousness, it was witnessing my children in any kind of distress. That's still true."

"It was tough worrying about their welfare and giving them proper discipline and love," adds Dave. "It was especially difficult in the teen years wishing they would take your

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Left to right; Dave Wood, Will Matheny and Jim Henry.

advice, and not always succeeding.”

“Their teenage years were difficult,” agrees Will, “when I had to settle a parental permission issue with a “no,” and enforce curfew time to be home.”

**What are some of the most important life lessons a father can pass along to his kids?**

“That knowledge is Power,” emphasizes Jim. “It’s all about Education. Education. Education.”

“Always do your best when you mow the grass,” says Will. “Straight lines convey a healthy respect for family and honor of your Father, and shows you have work ethics and skills.”

“It’s important to teach your kids to be kind, honest and caring people,” adds Dave.

**What are some of the most important values a father can teach his kids?**

“To do what you say you are going to do,” says Jim.

“To always speak the truth with kindness, the best you know and understand it,” says Will “and to freely admit you may not know everything on the matter.”

“I’d say honesty, integrity, and the importance of good health are pretty important values,” adds Dave, “along with being kind, loving and responsible.”

**What was the biggest surprise about being a Dad?**

“The FEAR of not being around to support them,”

admits Jim. “Before we had children, I basically had no fear of death.”

“How quickly they adjust to being good housekeepers after they get their own place to live,” laughs Will. “Once they moved out, they suddenly saw the need to be self-organized and neat.”

“How much fun it was to watch them grow up,” reminisces Dave. “to share adventures with them. We spent many summer vacations with our kids traveling to national parks like Yosemite, Sequoia and Kings Canyon. We also had a memorable trip with them traveling in a trailer all around the United States.”

“Yes. I was a “Dad” once to six,” concludes Will, “but now I’m just a distant observer of my grownup children as they parent their own children. I can now enjoy life without the pressure to educate and discipline, but I still care deeply for my sons and daughters. I have gradually become ‘out of a job’ as they do life their way, but as their “Dad,” my hope is that while under my roof they acquired some good habits, ethics and attitudes to use and pass along to their own children.”

If you haven’t spoken with your father in a while, why not use this Father’s Day to reconnect. “Sometimes dads get lost,” admits Will, “but we will always be there with good memories and deep affection.”



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# SENIOR PROFILE

## Fred Mitterndorfer: Feeding the Masses *by Barbara Sleeper*

The Mill Creek community is enriched by an abundance of residents with big hearts and fascinating stories. One of these special individuals is Fred Mitterndorfer. A devoted husband and father, Fred gives generously of his time and resources to help bring food to the hungry.

"I was born in December 1942 in the middle of WWII," explains 76-year-old Fred. "My mother, Amalia Bauer, was born and raised in Salzburg, Austria. My father, Johann Mitterndorfer, was born in 1895, which made him old enough to fight in WWI. I was born in Linz, Austria, a city on the Danube River located in Upper Austria."

"I had three sisters and a brother," continues Fred, "Maria, Ingeborg, Charlotte and Ernst, who died from appendicitis when he was just four years old. Only Charlotte, who moved to England in 1950 and just turned 91,

survives today. My wife and I visited her in England last September.

I grew up in a two-bedroom apartment across the street from what used to be an army barracks during WWII. The barracks were strafed and bombed by allied planes and some of the bombs hit the apartments. Our building was spared from being destroyed, but several buildings nearby were destroyed or severely damaged. For safety, my mother and I were sent to live on a farm in the country where we stayed until the end of the war. My father and sisters remained in Linz.

Other than riding a bike when I had one, I really don't have many memories from my early childhood. Although we had enough to eat and I wore clothing that my mother made me, there wasn't much extra money to spend on anything else. I played soccer and badminton and I joined a rowing club that crewed on

the Danube River when I was 16. It was always fun being out there in an eight-man scull rowing upstream, getting blisters from working the oars. Going downstream was even more fun, because it was less work. I'm still in touch with some of my remaining childhood friends, and we try to get together whenever I visit Linz."

According to Fred, the Austrian school system included four years of Volksschule (elementary school) followed by four years of Hauptschule (high school). If you were smart enough, you could then attend a Gymnasium (college). Many young people became apprentices in factories. Fred was accepted as an apprentice in a large chemical company where he trained to become a factory mechanic, graduating after three years.

"I had always wanted to see more than my own hometown," says Fred. "Living in the United States, in California,



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## 3 Reasons Why I'm Grateful to Be Your Real Estate Agent

### 1 Sharing my expertise

Born and raised in Mill Creek I'm extremely knowledgeable of the area. Being involved in several aspects of real estate over the past 20 years from buying, selling, investing, lending and appraising, I'm able to give you a scope on the local real estate market from many different lenses. If you're thinking of buying, I can navigate you through the process in getting the perfect home or if you are selling, I can provide a market analysis of your property and share what I believe will sell your home in the shortest amount of time for the greatest return.

### 2 It's a privilege to be your trusted real estate professional

Our relationship is important to me, I look forward to continuing to develop this bond in the future. You can rely on me to help you with more than your real estate transactions. Let me tap into my network of local service professionals and refer you to a reputable handyman, flooring installer, roofer, plumber, painter or other service providers.

### 3 Your support is vital to my business

My success is because of you and your referrals! It's an honor to help you, your family and friends in navigating our local real estate market. I look forward to many more years of being your real estate agent.

  
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had always been my dream. After my mother passed away in 1957, my dad married a woman that was much younger than he was, and we didn't hit it off. This became another reason why I decided to leave home."

While working on his apprenticeship, Fred took a vacation to visit his older sister Ingeborg and her family who lived in Sweden. In Austria, it could take four long years to get an immigration visa to the United States, but not as long from Sweden. Fred decided to move to Sweden as a bridge to get to the United States much faster.

"An agency in Vienna hired young skilled Austrian men to work in Sweden," continues Fred. "After finishing my apprenticeship, I signed up with this agency and by December 20, 1960, I was on a train to a small town called Surahammar, located about 80 miles west of Stockholm. Many Austrians and Germans had moved and settled there to work at the local steel mill. I began actively applying for an immigration visa to the United States in 1962 and received it just one year later. The visa was valid through May 1963: I cut it close by arriving in Los Angeles in late April 1963.

I was just 20 years old when I fulfilled my dream to live in California, old enough to immigrate but too young to drink. I had a bit of a scare when I first arrived. My knowledge of English was very limited and because of a mix-up in my arrival date, my host family was not at the airport to meet me. Having spent all my money on the one-way flight to America, I had only their address and \$20 in my pocket when I arrived.

I had no choice but to take a taxi. The address where I wanted to go was a mere five minutes from the airport, but the taxi driver took me and my \$20 for a 'long ride' before he stopped to ask for directions. I only had small change left after I paid the fare!

I remember how nervous I was, standing on the front porch with my suitcase, as I reached out to ring the doorbell. The man of the house opened the door, took one look at me and said, 'sorry, we don't want anything' then closed the door. The travel agent in Sweden had made a mistake



*Fred with his truck used to pick up and deliver food every Friday morning.*

figuring out the time difference between Sweden and California so I had arrived a day early. A bit panicked, with no money and no place to go, I rang the doorbell again and explained who I was. Luckily, my sponsor family invited me in.

The streets in California seemed so wide compared to the narrow streets in Europe, and there were so many more cars. After a few months of living 'the good life' with my host family, the host father found a job for me working at a company that manufactured aircraft parts in Los Angeles. I worked there until 1964, when Uncle Sam called me to join the U.S. Military.

At the time, I wasn't even a U.S. citizen, yet I was being asked to join the Army. The Vietnam War was already going strong and young men were being killed by the dozens. Some of the local boys fled to Canada to avoid the draft, but I wanted to stay in the United States. I made the decision to join the USAF and served for four long years from October 1964 to October 1968. I even volunteered to go to Vietnam in 1966 for a 12-month tour, just missing the Tet offensive. My final year in the USAF was spent in Dover, Delaware, where I did become a U.S. citizen."

Right after receiving his orders to go to Vietnam, Fred used a weekend pass to visit a Swedish friend who worked in the X-ray department at Daniel Freeman Hospital in

Inglewood. She introduced him to quite a few technicians, including a young woman named Jean. Fred started writing to his X-ray friend while he was stationed in Vietnam, and she invited Jean to write a few lines to him as well. One thing led to another, and now Jean and Fred are about to celebrate their 50-year wedding anniversary.

"I don't think it was love at first sight" grins Fred, "but I'm sure happy Jean continued writing to me and agreed to pick me up at the airport when I returned from Vietnam. We dated for over a year after I left the military and we got married in Jean's hometown in Iowa in August 1969."

After getting married, Fred attended a junior college in California. He worked at Sears & Roebuck in Inglewood, first as a night janitor, then in the home improvement department as a sales rep. Jean was working the evening shift as an x-ray technician while Fred took classes at the college. After doing that for a year, Fred realized that the courses he was taking weren't leading to a degree he wanted, so he changed courses to complete an AA in electronics. These credentials got him a fulltime job at Siemens Corporation selling and installing radiological equipment in hospitals. Now both Jean

*(Continued on page 42)*

# SENIOR PROFILE

## Fred Mitterdorfer (cont'd.)

and Fred were employed full-time and they could afford a better life as well as have time to care for their baby daughter, Ericka.

From 1980 to 1983, Jean, Ericka and Fred were sent to Germany by the Xonics X-ray Company where he installed and serviced x-ray equipment on military installations. Upon return to the United States, Fred remained in that field until 1993, after which he ended up working for Bellevue Community College for 13 years, first as a site manager for the continuing education department, then in the student services department. He retired in November 2007.

Jean retired from her position as a paraeducator at Explorer

Middle School in 2010.

“Immediately after retiring,” explains Fred, “I volunteered for two years at the Concern for Neighbors Food Bank in Mountlake Terrace. Jean and I then started volunteering together at the Mill Creek Community Food Bank when it first opened about six years ago in a portable class room at Jackson High School. At that time, we were helping to feed about 50 families per week. When the school reclaimed the classroom for student use, we moved the Mill Creek Community Food Bank to a suite in a strip mall on 180th Street where our client numbers increased to more than 70 families. After that lease expired, we joined forces



*Fred (far left) and Jean (far right) with volunteers from the original Mill Creek Community Food Bank started at Jackson High School.*

with the Gold Creek Church, where the food bank is still going strong serving between 80 to 100 families per week.”

According to a 2018 article published in *The Guardian*, Americans waste 150,000 tons of food each day, equal to about a pound per person. This also equals about a third

of the daily calories consumed by every American. Fruits and vegetables are the most likely to be thrown out, followed by dairy and meat. This loss can also be measured in the harmful use of pesticides and wasted irrigation water and land use needed to produce the food that is then thrown out.



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Fred with his wife Jean and daughter Ericka celebrating Mother's Day in 2017.

Rotting food fills up landfills and releases methane gas.

According to the U.S. Department of Agriculture, more than 12 million children in the United States live in "food insecure" homes. This means those families do not have enough food for every family member to lead a healthy life. Add adults to that number and more than 40 million Americans struggle with hunger every day.

"Hunger in America is a huge problem," says Fred. "Currently, I help distribute excess perishable grocery items to needy seniors every Friday morning. Since I no longer have the food bank van at my disposal, I make these runs every Friday, rain or shine, using my open-bed pickup truck and gasoline to collect the donated food from a couple of local food banks. I bring food to seniors at a mobile home park in Bothell and to the Vintage apartments in Mill Creek."

"The many volunteers who used to help at the Mill Creek Community Food Bank are a great, caring bunch of people," adds Fred. "Some are still volunteering at other food banks or at the Union Gospel Mission in Everett. Recently, many of us got together for a coffee klatch at one of the local

Starbucks, which turned out to be great fun."

Besides helping distribute food to seniors, Fred also does odd jobs to help around the Mill Creek Senior Center. He plays pinochle with other couples there on Thursday afternoons. He and Jean also play pickleball at the Northshore Senior Center in Bothell three days a week.

"We are involved with the Austria Club of Washington which keeps us busy," says Fred. "We also join a wild poker night at friends' houses once a month. Jean and I enjoy traveling, walking in the lovely Mill Creek area and spending time with our daughter Ericka, who is now a senior paralegal in one of the larger law firms in Seattle."

When asked how volunteering has enriched his life, Fred said, "It makes me feel good to know that because of what I am doing, some people don't have to struggle to make ends meet. I also hate to see a waste of resources."

If anyone has a van and would like to help Fred make his Friday morning food runs, he said he sure would appreciate the assistance. You can track Fred down at the Mill Creek Senior Center. Just call 425-948-7170 and leave a message for Fred.

# FATTY FISH

## Sushi Restaurant

**Fatty Fish Sushi is the dream child of Chef Sunny.**

In 2007, after 20 years of culinary experience working side by side with some of New York City's most talented sushi chefs, Chef Sunny opened his first restaurant on Long Island.

In 2009, Chef Sunny opened his 2nd restaurant in New York's prestigious Manhattan Upper East Side, where he maintained National Michelin recommend status.

In 2017, chef Sunny has brought his creative sushi style to the West Coast, right here in Mill Creek/Everett.



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## #ExpediaMillCreek: The Magnificent Mekong

*A lesson in tradition, culture, and customs, a river cruise along the Mekong is a highly sensory journey*

### Call it The Magnificent Mekong.

The 12th-longest river in the world and the seventh-longest river in Asia, The Mekong is perhaps most famous for its easily-navigable stretch that runs between Cambodia and Vietnam.

The Mekong is growing quickly in popularity, becoming one of the hottest travel destinations in all of Southeast Asia thanks to its blend of modern cities, ancient history, and untouched rural villages.

A lesson in tradition, culture, and customs, a river cruise along the Mekong is a highly sensory journey that will appeal to those looking for a more experiential form of authentic travel – without sacrificing any comforts.

### From Vietnam to Cambodia

Most river cruises operate between Siem Reap, Cambodia and Ho Chi Minh City, Vietnam, though everyone still calls that latter Saigon.

The appeal of both cities is easy to understand. In Siem Reap, the Angkor Wat temple complex provides a breathtaking look at Cambodia's rich ancient past. A UNESCO World Heritage Site, it has been featured in films like Tomb Raider and is arguably best seen at sunrise, when lighting conditions are perfect and temperatures are cool.

In Ho Chi Minh City, visitors can literally walk through history. The city's French Colonial architecture stands next to brutalist post-war buildings and bustling modern centers of commerce and commercialism. Just trying to cross the street in Ho Chi Minh City is a challenge in itself; pedestrians literally have to step out in traffic and keep walking, allowing cars to weave around them.

In the middle of these two cities lie countless towns and villages that have been reasonably untouched by modern convenience – though expect to see locals talking on iPhones and floating shacks with satellite dishes sticking out of rustic tin roofs. Most things in these



small communities could be considered contradictory, and that is precisely their charm: these rural villages still hang onto a traditional way of life that seems to be disappearing at all times.

### Authentic Experiences

Authentic experiences are everywhere along the Mekong. Some will be charming; schoolchildren regularly race along the riverbanks waving as ships pass, and no river cruise on the Mekong is complete without a ride in a “Khmer Limousine” – a cart pulled by an ox, or similar animal.

There are also plenty of opportunities to indulge in authentic, local cuisine ashore, along with market experiences – some of the most impressive and fascinating in all of Southeast Asia. Things are still done here in a traditional way, and Westerners can't help but be fascinated by the sights, smells and sounds of these interesting rural towns.

Other experiences are more necessary to understand the culture and history. In Phnom Penh, visits are made to the Killing Fields and the Tol Sleng S-21 Detention Center that were at the heart of Pol Pot's murderous Khmer Rouge regime of the 1970's.

The latter – Tol Sleng – is particularly distressing. A converted high school, Tol Sleng was repurposed by the Khmer

Rouge to brutally torture opponents of the regime, both real and imagined. It has been left largely as it was found when the Vietnamese army liberated it in 1979.

Dark as it is, modern-day Phnom Penh exudes optimism and friendliness. It is a common theme throughout the entire Mekong region and present in its Buddhist temples and peaceful shrines and memorials.

### Overland Adventures

Since it is quite the journey to get to Southeast Asia, many river cruise lines offer pre-and-post land extensions along with overland tours that can extend the duration of your trip by a few days to an entire week or more.

Popular cruisetour packages can include:

- A pre-or-post stay in Siem Reap to visit the ancient Angkor Wat temple complex;
- A pre-or-post stay in Ho Chi Minh City;
- An overland journey to Vietnam's famous Ha Long Bay

Some river cruise lines offer a cruisetour itinerary that combines these excursions into one seamless vacation package, while other lines, like AmaWaterways, allow cruisers to book the weeklong river cruise between Siem Reap and Ho Chi Minh independently of any land tour options.

## Which Lines Call The Mekong Home?

Not every river cruise line sails the Mekong, but a growing number of them do. What started out as a sleepy river has grown into one of the fastest emerging river cruise destinations in Southeast Asia.

Popular river cruise lines with the biggest presence on the Mekong include:

- AmaWaterways
- Avalon Waterways
- Emerald Waterways
- Scenic
- Uniworld Boutique River Cruise Collection
- Viking River Cruises

Other smaller operators, like CroisiEurope, G Adventures, and Pandaw also offer river cruises on the Mekong.

## Which Itinerary Is Right For Me?

There is no right or wrong when it comes to choosing a Mekong itinerary, as all visit the big-name ports of call that most people will be interested in. In general, the longer



itineraries take more time in Siem Reap or Ho Chi Minh City, and likely include overland visits to the north part of Vietnam, including Ha Long Bay.

No matter which itinerary you choose, a river cruise along the Mekong is a true

bucket-list experience that is unlikely to be forgotten.

For more information contact Expedia CruiseShipCenters at 425-318-3344. 15415 Main Street Suite 104 Mill Creek CruiseShipCenters.com/MillCreek



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## Digital Media

Did you know that the library adds titles to the collection in various formats as soon as they are available? Check out our online library with eBooks and other digital media for all ages, including fiction, nonfiction, magazines and reference materials!

- OverDrive for eBooks and audiobooks;
- BookFLIX for interactive read along eBooks for kids;
- Kanopy for streaming films and documentaries;
- Hoopla for downloading digital movies, TV shows and music;
- RB digital for downloading popular magazines;
- Gale for a virtual reference library!

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Need help downloading an ebook? Not sure where to start on a research project? Want special coaching on basic computer skills? You can Book-a-Librarian! Call or stop by to arrange for a personalized, face-to-face session with a librarian.

Book-a-Librarian sessions meet the specific needs of the individual. A library staff member will give undivided attention to customers who want in-depth assistance on topics such as starting an email account, browsing the library's catalog, downloading ebooks and audiobooks, searching the Internet, using electronic databases through the Sno-Isle website, or other computer basics.

## Business Pros Classes

A series of business classes presented by the Mill Creek Library, in partnership with the Mill Creek Chamber of Commerce and the Sno-Isle Libraries Foundation. Call to register for our free business classes—425-337-4822.

### **Avoid Burnout, Create Balance with Monika Kristofferson**

**When:** Thursday, June 27,  
7:00pm – 9:00pm

**Where:** Arena Sports in Mill Creek

**Who:** Monika Kristofferson,  
Professional Organizer and  
Productivity Consultant

Join us for a light dinner and discover how to be your best at work while striking

a balance to enjoy life outside of the workplace. Learn strategies to manage constant accessibility due to technology and social media as well managing time, tackling lists and fostering self-care.

### **The Ebb and Flow of Sales with Maya Sullivan**

**When:** Thursday, July 25,  
7:00pm – 9:00pm

**Where:** Arena Sports in Mill Creek

**Who:** Maya Sullivan, MBA,  
Entrepreneur and Author

Join us for a light dinner and explore 10 ways to navigate an ebb time. This includes the causes of cycles, assessing marketing activities, the 80/20 rule of revenue, creating a niche, reigniting enthusiasm and other ideas to help move your business forward.

### **Steps to Starting a Successful Business with Jack Stiegler**

**When:** Thursday, August 22,  
7:00 – 9:00pm

**Where:** Arena Sports in Mill Creek

**Who:** Jack Stiegler, Certified SCORE  
Mentor

Join us for a light dinner and learn all of the important elements necessary to start

a business including: planning and financial projections, market research, Washington State legal requirements, securing financing, a review of accounting/bookkeeping options, and insurance requirements.

## Adult Programs:

### Nonfiction Book Group

Nonfiction Book Group meets the first

Thursday of the month. 6:45-8:00pm

June 6 "*The Underground Girls of Kabul*" by Jenny Nordberg

July 11 "*A Brief History of Everyone Who Ever Lived*" by Adam Rutherford

Aug. 1 "*The Death and Life of the Great Lakes*" by Dan Egan

Sept. 5 "*Dog Years*" by Mark Doty

### Fiction Book Group

Fiction Book Group meets the third Thursday of the month.

June 20 "*The Silver Linings Playbook*" by Matthew Quick

July 18 "*The Bishop's Wife*" by Mette Harrison

Aug. 15 "*The Underground Railroad*" by Colson Whitehead

---

**All Sno-Isle Libraries will be closed on Wednesday, July 4th in observance of Independence Day.**

## Mill Creek Library

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### BYOB – Bring Your Own Book

If you like regular book groups, you'll love BYOB. Come share what books you've been reading and what you recommend. Hear what others have been enjoying. Wednesday, June 5 and August 7 from 6:45-8:00pm. Held at the Library.

### Mill Creek Writers' Group

A discussion and critique group for amateur and beginning writers. Writers gather for coffee, treats, and to discuss samples of each other's writing. Space is limited; advance registration is required. Meets at The Newsroom Coffee and Gelato, 800 164th Street SE, Mill Creek, Thursday June 13, July 11, August 8, 7:00 – 8:00pm.

### ESL Talk Time

ESL Talk Time is an opportunity for English Language Learners to practice speaking English in a friendly and supportive setting. Join us for weekly drop-in sessions on Tuesdays 11:30am – 1:00pm at the Mill Creek Family YMCA, 13723 Puget Park Drive, Everett.

### Friends of the Mill Creek Library Meeting

Anyone interested in our library and the people who support it is welcome. Meetings are held at the Mill Creek Community Association, 15524 Country Club Lane, Mill Creek. This summer's meeting is on June 6, 6:30 – 7:30pm, and July 10, 10-11am.

### Summer Reading begins June 1st

Summer slide is the tendency for students to lose some of the achievement gains they made during the previous school year. The Mill Creek Library is committed to providing opportunities for students to stay connected to books and reading. We also have a great line up of weekly activities to prevent summer boredom!

### Kick-Off Event

#### Explore Summer: Space Quest

Thursday, June 20, 3:00-7:00pm

Stop by anytime between 3-7 for an afternoon of space science. We'll spin a vortex dome, test meteorites, experience

space VR, play with a gravity well, create a planet and watch it orbit, and more!

### Explore Summer: A Universe of Catapults!

Thursday, June 27 2pm-3pm

Build different catapults to hurl objects through space. Explore the physics behind the catapult and see which model launches the best! Ages 6-10. Supported by the Friends of the Edmonds Library.

### Explore Summer: Galaxy Paintings

Thursday, July 11 2pm-3pm

Learn about deep space photography and create your own galaxy painting. Ages 5-12. Supported by the Friends of the Lynnwood Library.

### Explore Summer: Plants in Space

Thursday, July 18 2pm-3pm

Create your own space station-inspired plant habitat! Discover how scientists are developing ways to grow food and flowers off-planet. For elementary and middle school tweens. Supported by Friends of the Mukilteo Library.

(Continued on page 48)



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## Explore Summer: Stories Falling from the Sky?

Thursday, July 25 2pm-3pm

Ever looked up and wondered what the sky could tell us? Through the tradition of oral storytelling hear the stories our ancestors told to explain the sky above them. Ages 5-11. Funded by the Mill Creek Library.

## Explore Summer: Lunar Science

Thursday, August 1, 2pm-3pm

Discover what humans have learned about Earth's orbiting pal through information, experimentation, and hands-on craftiness. Ages 5-12. Supported by the Friends of the Brier Library.

## Explore Summer: Rovin' Around Mars

Thursday, August 8 2pm-3pm

What does it take to launch, land and drive a robotic car on Mars? Hands on activities will challenge you to think like a NASA engineer. Ages 5-11. Supported by the Friends of the Mountlake Terrace Library.

## Tween and Teen Activities

Explore Summer for teens grades 6-12 is supported by the Friends of the Mill Creek Library.

### Teen Summer Kickoff Party

Friday, June 21, 7:00-9:00pm

Celebrate the start of summer with a "beach" party. Enter an edible sandcastle decorating contest, check out a hot summer

read, get your (board) game on with friends and more! Hosted by the Teen Advisory Board. Preregistration is required to enter the edible sandcastle decorating contest.

### Teen Game Night

Friday, July 19, 7:00-9:00pm

Play Rock Band, Wii, or Xbox Kinect; or battle it out with board games.

### Teen Karaoke Night

Friday, August 16, 7:00-9:00pm

Join your friends and belt out your favorite songs. Don't sing? Get your (board) game on with Jenga, Exploding Kittens, Apples to Apples and more!

### Explore Summer: Plants in Space

July 18, 2:00-3:00pm

For elementary and middle school tweens—Create your own space station-inspired plant habitat! Discover how scientists are developing ways to grow food and flowers off-planet. Supported by Friends of the Mukilteo Library. Thursday,

### Tween Mother/Daughter Book Club

Sunday, June 23, 12:00-1:00pm.

Tween girls in grades 4-5 and a female adult are invited to join a lively discussion of Rita Williams-Garcia's "One Crazy Summer". Copies of the book are available at the Information Desk while supplies last. Preregistration is required. Snacks and books provided by the Friends of the Mill Creek Library.

### Early Literacy Storytimes

Run from June 3-14 and July 1-August 23

#### Baby

Newborn through 18 months - Thursdays 9am-10am

#### Toddler

18 months to 3 years - Mon and Wed 9am-10am

#### Preschooler

3 to 5 years - Tues and Fri - 9:30am-10:30am

Playtime or craft may follow. Caregiver required.

#### Family Storytimes

From June 5-12 and July 3-August 21 on Wednesdays 7-7:45pm

All ages are welcome. Caregiver required.

#### Hora de leer cuentos en español: Spanish Storytimes

From June 1-15, Saturdays 2-2:45pm.

Únete a nuestra invitada especial, la cuentista Mirella, para escuchar cuentos, aprender juegos de dedos y cantar canciones. Son bienvenidos los niños y cuidadores de todas las edades y todos los idiomas.

Join us and our special guest storyteller Mirella to hear stories, learn fingerplays and sing songs, all in Spanish! Children and caregivers of all ages and languages are welcome. Funded by the Sno-Isle Libraries Foundation.

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# SENIOR NEWSLETTER

## Mill Creek Senior Center

Branch of the Northshore Senior Center

Summer 2019 - July, August, September

### NEW LOCATION

Vintage of Mill Creek (located directly across the street from Penny Creek Elementary, Everett), 4111 133rd Street SE, Mill Creek, WA 98012



For more information, call 425-948-7170

Email [MillcreekAdmin@MyNorthshore.org](mailto:MillcreekAdmin@MyNorthshore.org)

[www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

Please REGISTER for ALL Classes/ computer class and day trips - We cancel classes because of low attendance and then people show up. Help us avoid frustration for both members and presenters. Thank you.

### Scholarship Fund:

If the cost of membership, classes and activities presents a hardship for you, the scholarship fund can help. Please give Terry Schuler a call at 425.948.7170 or email at [Terrys@mynorthshore.org](mailto:Terrys@mynorthshore.org)

### Holiday Closures:

July 4th – Independence Day  
September 2nd – Labor Day



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Molly Maid is man's best friend's friend. From your carpets to your couch, wood to tile, we'll make you wonder if you even have a pet.

## SPECIAL EVENTS

### THE EVERETT CLINIC: HEALTHY AGING FAIR

Wednesday, August 14th, 11:00am - 1:00pm  
Northshore Mill Creek Senior Center  
4111 133th St SE Mill Creek, WA 98012  
Join Everett Clinic health coaches for a morning of wellness-themed fun and senior health talks. Get answers to your Medicare questions as a licensed insurance agent covers the ABCs of Medicare. Watch as a physical therapist demonstrates fall prevention exercises. Enjoy refreshments, win door prizes and more. Drop in for one talk, or stay for the whole day. No cost.

- 11:00am Healthy snacking, Jody Byrne, Registered Dietician
- 11:15am Vital health screenings, Lisa Marshall, Registered Nurse
- 11:30am Reduce your risk for falls, Kelly Klotter, Physical Therapist, Certified Strength and Conditioning Specialist
- 12:00pm Medicare basics class

### JOURNEY TO JOY:

Transitions and loss can trigger situational depression for many of us. Don't walk alone. Join us for a 8 week series that will focus on building skills and fostering connections that will help you navigate this path.

Weds 10-11:30am, Sept. 11th to Oct. 30th  
A light lunch will be served  
Eligible participants will be 55+ with mild or situational depression.

Pre-screening and registration is required.  
Register by calling 425.290.1260

### COFFEE, DONUTS, JIGSAW PUZZLES AND CONVERSATION – COME JOIN US

Stop on by the Senior Center for a cup of coffee, friendly and interesting conversation, read the daily Herald newspaper plus a delicious Top Pot donut.

We look forward to seeing you.  
Mon – Fri 9:00am to 4:00pm –  
Donations appreciated

### PROGRAMS ENCOURAGING ACTIVE REWARDING LIVES FOR SENIORS (PEARLS)

PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The work is done in 4-6 sessions. There is no cost for the program. For more information, contact:  
Mill Creek Senior Center  
Janet Zielasko, MS, LSW 425-286-1035;  
janetz@mynorthshore.org (By appointment)

### CAREGIVER COUNSELING & CONSULTATION (FREE)

Caregivers provide a wide range of unpaid services to their loved ones. The Caregiver Specialist is available to you to manage and improve your own health. Contact: Janet Zielasko MS, LSW 425-286-1035; janetz@mynorthshore.org (By appointment)

### CAREGIVER SUPPORT GROUP

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? The Caregivers' Support Group offers unpaid caregivers help through support and practical education. 1st and 3rd Thursdays (FREE) 10:30am to 12:00pm  
Facilitator: Pam Jones MSW, 425.948.7170

### BLOOD PRESSURE SCREENINGS:

Thursday - June 27

Time: 10:00am-12:00pm

Pre-registration preferred through the Healthline, but drop-ins welcome,  
425.899.3000

Typically third-Thursday of the month, but June it's the last Thursday of the month

### BREAST-HEALTHY HABITS

Learn how to do a proper breast self-exam and about the myths and realities surrounding breast cancer and mammography. Hear about Evergreen's newest technology for mammograms.

July 9, 11:00am-12:00pm

Call 425.899.3000 to register

### HOW TO STAY HEALTHY WITH DIABETES

Learn how to avoid the devastating, long-term complications of diabetes. This will be a brief overview of blood sugar numbers, lab tests, exercise and food.

August 13, 12:00-1:00pm

Call 425.899.3000 to register

### WANDERING: WHO'S AT RISK?

Wandering is common among those with Alzheimer's disease, a difficulty most caregivers deal with. Find out what "wandering" means, how to prevent incidents, and who might be at risk.

September 10, 12:00-1:00pm

Call 425.899.3000 to register

### MEN'S COFFEE HOUR

Join other men in discussion around healthy aging, retirement, and timely topics hobbies. We have a wide variety of ages in the Men's group, so camaraderie and friendships are made quickly. Make new connections with likewise thinkers and contribute to stimulating conversations. 2nd and 4th Fridays (FREE) 11:30am to 12:30pm  
Mill Creek Senior Center

### WOMAN'S FOCUS FORUM

This is a monthly group which meets on the 3rd Tuesday of the month. For the first half hour, a presenter will speak on a topic that interests a wide variety of issues.

#### Schedule

July 2 - Marshal Arts for women's self-defense  
July 16 - Open Forum  
August 6 - Mindfulness & self-improvement  
August 20 - Open Forum  
September 3 - Skin care and nutrition  
September 17 - Open Forum

## EXERCISE CLASSES

### MILL CREEK FITNESS

The fitness class includes balance, flexibility, strength and aerobic training. Bring a mat or towel. And best of all, register at the class, even if the 15 class session has started.  
Mon, Wed and Fri- 10:00am to 11:00am  
\$35.00 member, for 15 classes, \$25.00 member for 10 classes, \$12.50 member, for 5 classes  
Instructor – Diana Stearns  
North Creek Presbyterian Church  
621 164th St SE. Mill Creek

### LINE DANCING

New location – Triway Grange Hall  
3509 Seattle Hill Road, Bothell. WA 98012  
Everyone is welcome to join us for a fun hour of line dancing!

Instructor Barbara Heidel

**Advanced Beginner/Improver Class** –  
For those who are ready to go to the next level of line dancing, know the basic line dance steps and want more dance time, this is for you. Come with comfortable shoes and water.

Know the basic line dance steps  
10:45am to 12:00pm \$5.00 per class–

#### Beginner

This class is designed for beginners and advanced beginners. No experience is necessary!

Weds: 12:15pm to 1:30pm, \$5.00 a class

### TAI – CHI

New Location, Triway Grange Hall  
3509 Seattle Hill Rd. Bothell, WA 98012  
Tai Chi is a slow and graceful Chinese art. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Wed- Beginners 1:00pm to 2:00pm

Ongoing 1:30pm to 2:30pm

\$198.00 nonmember/ \$99.00 member

\$18.00 nonmember/\$9.00 member, per class

New students please contact Mike at mikelu57@gmail.com before class  
Mill Creek Senior Center

Instructors: Mike and Nancy Lucero

(Continued on page 52)

# SENIOR NEWSLETTER

## EXERCISE CLASSES

(continued)

### VITALITY AND WELLNESS QIGONG

Chinese Qigong uses posture, breath, mindfulness and self-massage to increase your energy, wellbeing and flexibility, while reducing stress and pain. Standing or seated, all are welcome.

June 5 - July 10, Weds 2-3pm.

Instructor: Susanna McCarthy

Starting up again on September 18th 2019

Questions qigong@suzannamccarthy.com

or 206.271.3207

\$5.00 Members/ \$10 Nonmembers

### YOGA

Body 'n Brain Yoga for Seniors

Rest your busy mind through stretching, relaxation, energy awareness and core building exercises that will leave you feeling strong, calm and refreshed. Bring a mat or towel

Fridays 1:00pm – 2pm, July, August and September, Instructor: Gloria Supplee

4 wks. \$80.00 nonmember/\$40.00 member

5 wks. \$100.00 Nonmember/\$50.00 member

\$20.00 nonmember/\$10.00member

### CHAIR YOGA FOR SENIORS

It is beneficial for people with limited mobility and for those who want to practice yoga in their homes.

Fridays 2:00pm - 3:00pm

Instructor: Gloria Supplee

July, August and September

5 wks. \$100.00 Nonmember/\$50.00 member

4 wks. \$80.00 nonmember/\$40.00member

\$20.00 nonmember/\$40.00 member

### MEDITATION PRACTICE

Why meditate? Mentally you will be able to live with more clarity and concentration. Physiologically, meditation has been found to reduce stress, strengthen the immune system and help regulate many of the body's systems.

Thursdays – Ongoing, 1:00pm to 2:00pm

Leader: Sandy Taylor

### WALKING GROUPS

Tuesdays - 9:45 am (leave right at 10:00am) to 11:00am Rain or Shine – dress appropriately

There are 2 groups and 2 locations:

1. For the nature trails, 'The Preserve' meet at the parking lot ¼ mile east up the hill from the waterwheel on the corner of Mill Creek Boulevard and Bothell/Everett Highway.
2. The second group meets at the upper parking lot of the Swim Club across from the Country club. This easy walk will stroll down Village Green Drive.

Thursdays -just one group

9:45 am (leave right at 10:00am) to 11:00am

Rain or Shine – dress appropriately

1. Meet at the upper parking lot of the Swim Club across from the Country Club. This walk will stroll down Village Green Drive. Call the center at 425.948.7170 to register for these walks.

### WATER AEROBICS

Water Aerobics can reduce the incidence of chronic illnesses with just 2 ½ hours a week. It is easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance. Mon., Wed. and Fri. 7:30am to 8:30am

Punch cards are \$20.00 for 5 classes purchased at the Mill Creek Aquatic Center 425.379.8806

## DAY SEMINARS



### BUS RIDING TIPS

Learn how to ride a fixed-route bus system. There will be a general orientation with a slide show, review of bus related materials and question and answer session. An actual bus trip is scheduled usually within a week. Please pre-register with Community Transit directly

Bretta Williams – Direct – 425.405.3234

Main – 425.774.338. 111 SE Everett Mall Way, Bldg. C, Ste. 100 Everett

### CONGRESSWOMAN SUZANNE DELBENE: MOBILE CASEWORK HOURS

Staff from Congresswoman DelBene's District Office will be here to help local residents navigate federal agencies including assistance with Social Security benefits, the VA, immigration, Medicare, or military records. Stop by and speak with the Congresswoman's staff on the 2nd Tuesday every month, 10am to 12pm. Call 425.948.7170 to register

### AARP DRIVERS SAFETY PROGRAM

No test required, but you must attend the full 8 hours. Attendees receive a certificate at completion which may allow them a discount on their insurance. The Driving Program is for seniors 50+ years of age.

MUST PREREGISTER and pay the AARP Instructor at class while showing your AARP membership card number.

1st and 2nd Saturday of each month  
July 6t & 13th; August 3rd and 10th & September 7th and 14th  
9:00am to 1:00pm  
\$20.00 Non-AARP/ \$15.00 AARP Member  
Mill Creek Senior Center: 425.283.8978  
Instructor: Terry Bergren

### STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR - INDIVIDUAL

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. Mill Creek Senior Center – Third Thursdays  
By appointment – 425.948.7170 – 1pm to 4pm  
Counselor - Karen Shultz - FREE

### MEDICARE EDUCATION AND INSURANCE SOLUTIONS

Provided by Michelle Weight of Optimal Insurance Choice  
Michelle is licensed and certified to provide solutions for all of your Medicare needs. Optimal Insurance Choice is not affiliated with nor endorsed by the U.S Government or the Federal Medicare Program. Vintage Mill Creek, 4111 133rd St SE, Mill Creek, in the main lobby.  
Email: medicare@optimalinsurancechoice.com  
Direct: 866-725 7104 TTY 711  
2nd Thursday of the month - Michelle will be onsite 11am-1pm on Thursdays

### IS YOUR WILL OR TRUST SET UP TO REFLECT YOUR NEEDS AND WISHES?

An informational presentation by an attorney from Wall Group Law specializing in Elder Law and Estate Planning. Bring your questions and learn from this interactive discussion. All ages and levels of knowledge welcome. FREE to Mill Creek Members – Please register at 425.948.7170. July – no presentation  
August 16th 10:00am - 11:30am  
September 13th 10:00am - 11:30am

### DO YOU HAVE YOUR HOUSE IN ORDER ?

If there had been a death in your family yesterday.....what would you be doing today? The time of death is the most stressful time to make arrangements and decisions.  
Must Register - 425.948.7170  
2nd Wednesday of each month  
July 10th 10:00 - 12:00pm  
August 14th 10:00 - 12:00pm  
September 11th 10:00 - 12:00pm  
Denise Andersen, Family Services, Evergreen Washelli

## REVERSE MORTGAGES: THE CINDERELLA OF RETIREMENT PLANNING?

Are you looking to move in to a home that better suits your retirement lifestyle? Or maybe you want to make your home ready to age in place. A Home Equity Conversion Mortgage (HECM), or Reverse Mortgage, might be the perfect solution to fit your specific needs. Free to Members Only  
Presenter - Carl Self (NMLS#1061345)  
Senior Mortgage Advisor  
Barb Zeff Managing Broker,  
RSVP Real Estate  
10:00am, July 18th, Aug 15th, Sept 19th –  
Please RSVP - 425.948.7170

## STRATEGIES FOR A SUSTAINABLE INCOME IN RETIREMENT

Presented by Matt Perrone, The Society for Financial Awareness (501c3 nonprofit)  
There are several factors that contribute to a successful retirement, but knowing you have a plan to prevent you from running out of money is at the top of the list.  
June 11th - 10:00 am – 11:00 am

## CLASSES AND ACTIVITIES

### WHAT DO I WANT TO DO IN RETIREMENT?

Sharon Rolph, MA/ABS, presenter  
Are you someone who wants to live from your heart? After using brain and brawn to make a living, I help retirees transition into retirement by reconnecting with their dreams and purpose to live inspired. Learn how to profoundly transform your retirement into a vital and meaningful future. Your commitment to growth can enable you to live your best life now.  
Please Register at 425.948.7170 10:00am to 11:00am July 30th & August 27th

### BOOK CLUB - FREE

Come join the Mill Creek Senior Center Book Club. We are very excited to be developing the first Book Club at the Senior Center, working closely with the Sno-Isle Libraries Book Discussion Kit and the Mill Creek Library.

**July – We Are Water by Wally Lamb**  
**Aug. – Big Little Lies by Liane Moriarty**  
**Sept. – The Elephant Company, the Inspiring Story of an unlikely hero by Vicki Croke**

Please pick up the book and register at Mill Creek Senior Center 425.948.7170  
Last Friday of the month 11:30am -12:30am

### GENEALOGY AND FAMILY HISTORY CLASS

Mill Creek with the guidance of Ron Sailer is developing a Pilot Class for Genealogy. Students would meet with the instructor on the 1st and 3rd Wednesday of each month, starting in May. In these two classes the student would learn the tools and skills needed to navigate the Genealogy websites sites. On the 2nd and 4th Wednesday, the students would meet to share their successes and help each other problem solve.  
10:00am to 12:00pm  
1st and 3rd Wednesday , \$24.00 a month  
Please Register at 425.948.7170

### COLORING FOR RELAXATION - FREE

Coloring books for adults have become the latest trend, and unlike some fads, this one is actually really good for you. Please bring your own supplies.  
Mondays - 10am to 11am

*(Continued on page 54)*

*Celebrating the Art of Life*

425-438-9080

GARDEN  
*Court*

## Time to try something new?

You may not be ready for mountain climbing, but if having more fun, friends and adventures sounds pretty good, give us a call.

425-438-9080

[gardencourtretirement.com](http://gardencourtretirement.com)

Located in South Everett

GARDEN  
*Court*  
RETIREMENT COMMUNITY



# SENIOR NEWSLETTER

## CLASSES & ACTIVITIES (continued)

### CARD MAKING

Come join the fun and friendship as we put patterned paper, colorful stickers, cut outs from older cards, write or glue on simple embellishment or white embossed sentiment. Donations appreciated to help us stock up on envelopes, card stock, glue, colorful pens and glitter. A fun afternoon of laughs is guaranteed. Suggested donation of \$5.00  
1st Friday of the month  
1:00pm to 3:30pm

### WATERCOLOR CLASS IN MILL CREEK

Techniques are demonstrated in every class. Different subjects with reference pictures provided for every two week project. All levels are encouraged. Recommended supply list available at front desk or email, akiebox@hotmail.com  
Weds, 10am to 12:00pm July, Aug. & Sept.  
\$48 Non - member/ Member \$24, 4 weeks  
\$60 Non - member/ Member \$30, 5 weeks  
\$20 Non - member/ \$10 per class  
Instructor – Karen Rapple

### OPEN ART STUDIO

Share our love of art and enjoy each other's company. Come join us as we produce art to be appreciated primarily for its beauty or emotional power.  
Fridays 3:00pm – FREE  
To register call Mill Creek Senior Center at 425.948.7170

### MUSIC FOR STRING PLAYERS

Mondays, 10:30 to 12:00  
We play easy string quartet music, just for brushing up, learning, and playing together for the fun of it, no performances. If you no longer have an instrument or yours needs repairs, we may be able to help with that too.  
\$5 MONTHLY FEE  
Location: Mill Creek Senior Center

### MUSIC FOR FUN

Mondays, 1:00pm to 3:00pm  
We play guitars, ukes and other acoustic instruments, or just bring your voice and sing along. We have a collection of about a hundred old songs with lyrics, notes and chord markings, and we keep on adding our own favorites. Come join us when you can.  
\$5 MONTHLY FEE  
Location: Mill Creek Senior Center

## LET'S PLAY CARDS!

### BRIDGE

Prerequisite: Beginning Bridge or equivalent. Come join us as we enjoy each other's company and play the 'greatest card game of all.' Every Friday, 12:30pm to 3:30pm  
Mill Creek Senior Center  
\$4 nonmember/\$2 member

### CANASTA

We play the Hand and Foot form of Canasta. Everyone is welcome including beginners!  
Wednesdays, 1:00pm to 3:00pm  
Mill Creek Senior Center  
\$4 nonmember/\$2 member

### PINOCHLE

We have a great time, with no experience needed, any skill level welcome  
Thursdays-1:00pm to 3:00pm - Mill Creek Senior Center - \$4 nonmember/\$2 member

### BINGO

Do you feel lucky? Come join us, we would love to have you!  
Every Tuesday, 1:00pm to 3:00pm, please call the Center at 425.948.7170 to register

### BUNCO

Bunco is a dice rolling game which is easy to



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learn and requires no skills.  
4th Monday of the month, 1:00pm to 3:00pm  
\$4 nonmember/\$2 member

## MAH JONGG

Mah Jongg is played with a set of 144 tiles based on Chinese characters and symbols. All player levels, including beginners are welcome to join in the fun. Thursdays 9:00am till 12:00 noon \$4 nonmember/\$2.00 member

## SCRABBLE

Place tiles bearing a single letter onto a board divided into a 15x15 grid of squares. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns, and be included in a standard dictionary or lexicon. Lots of fun, and will help with your spelling.

Tuesdays 9:00am til 12:00 noon  
\$4 nonmembers/\$2 member

## JOB SEARCH SUPPORT

The North Creek Presbyterian Church offers free assistance for those seeking employment. There will be support of resume writing, interviewing skills, networking and other job searching techniques. No appointment is necessary. For information call 425.743.2386

Fridays, 10:00am to 12:00pm  
North Creek Presbyterian Church  
Leader: Max Rigelman

## SUMMER 2019 DAY TRIPS

First day for all Northshore members to sign up for the Summer Day Trips will be on Monday, June 17th at 9 am the Bothell Center. Must sign up in person, no phone calls.

## SNOHOMISH MINI GOLF

At the Snohomish Valley Golf Center, expect fun for everyone at their 18 Hole Championship Mini Golf course. Take a leisurely stroll through the challenging course while making sure to stay one shot ahead of your friendly competition. See cascading waterfalls, meandering creek and beautiful vistas of the Cascade Mountain Range. Semi flat walking, benches and the opportunity to purchase drinks if you get too warm. It take approximately 1 hour to complete all 18 holes. After golfing we will go for some delicious and refreshing ice cream in Snohomish. Monday June 10th  
Time: 1:00pm – 2:30pm

Cost: \$11.00 member \$22.00 non-member  
Ice cream in Snohomish. On your own  
EXTENSIVE WALKING

## SEATTLE MARINERS

Take me out to the Seattle Mariners Baseball Games. Meals on your own.  
\$13 member/\$26 nonmember  
Sun, Jul 7, 12 pm - 4:30 pm  
Sun, Sep 15, 12 pm – 4:30 pm

## TULALIP CASINO

Join your friends from NSC for an enjoyable day out at Tulalip Casino. Maybe it will be your lucky day. Enjoy an assortment of eateries. Eagles Buffet has a wide selection or you can stop for a quick bite at the Canoes Carvery. **YOU MUST BRING A VALID ID.** Bus leaves promptly at 2:00 pm.  
\$5 member/\$10 nonmember  
Thu, Jul 11, 9 am – 3 pm  
Thu, Aug 8, 9 am – 3 pm  
Thu, Sep 12, 9 am – 3 pm  
Thu, Oct 10, 9 am – 3 pm

## GILBERT & SULLIVAN / PRINCESS IDA

The princess and her court have decided to study the higher arts and forswear the company of men, and the men are not taking it well.

*(Continued on page 56)*

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[QuailParkofLynnwood.com/MC](http://QuailParkofLynnwood.com/MC)

# SENIOR NEWSLETTER

## SUMMER 2019 DAY TRIPS (continued)

Come and enjoy the surprises, twists and turns during this battle of the sexes. Remember this is Gilbert & Sullivan!! Event at the Seattle Center.

\$48 member/\$96 nonmember  
Sun, 7/14, 12:30 pm – 5 pm

### ANGEL OF THE WINDS

Tons of fun, and good food await the 12 lucky gamblers who sign up early for these special Bothell trips, driven by our own Chico Meza. Angel will greet us, and give out \$5 gaming credits and a \$5 buffet Coupon. Bus leaves Casino promptly at 2 pm.

\$17 member/\$34 nonmember  
Wed, Jul 17, 9 am – 3 pm

### LANGLEY & MUTINY BAY DISTILLERY

We will have a short ferry ride to Whidbey Island and then enjoy the views of Langley and wandering the quaint shops and galleries. Your own taste buds can dictate where you would like to have lunch at your own expense. After a full day of exploring, we will board the van

and make a stop in Freeland at the Mutiny Bay Distillery for a sampling of their spirits for those who choose to have a free tasting.  
\$22 member/\$44 nonmember  
Thu, Jul 18, 9 am – 4:30 pm

### ANACORTES ARTS FESTIVAL

The festival has it all!! Juried art, artist's booths, music and food. Couple it with a stroll along Main Street to enjoy antique shops, boutiques, bookstores and much more. Walking is restricted to as much as you want: it's all level. Come with us as we enjoy the jump off city to the San Juans. We will leave from Festival promptly at 2 pm.

Fri, Aug 2, 9 am – 3:30 pm  
\$32 member/\$64 nonmember

### POINT DEFIANCE ZOO & AQUARIUM

The new Pacific Seas Aquarium is an underwater delight. Stare at the hammerhead sharks or gaze at green sea turtles. Where else in the Northwest can you come nose to nose with a polar bear? After enjoying the zoo and aquarium, head offsite to have a relaxing friendship lunch at your own expense.

Thu, Aug 8, 8:30 am – 4 pm  
\$50 member/\$100 nonmember

### SCHOONER ZODIAC BRUNCH CRUISE BELLINGHAM

Take Sunday brunch to the next level by enjoying it from the deck of a classic 1920's sailing yacht! The Schooner Zodiac will glide through Bellingham Bay as the ship's chef prepares a delicious brunch buffet for us. While aboard we can join the crew to raise sails, or perhaps, explore below decks or just sit and take in the view. Cost includes cruise, brunch and transportation. Tickets are not refundable but are transferrable.

Sun, Aug 11, 7 am – 3 pm  
\$112 member/\$224 nonmember

### HERONSWOOD GARDENS TOUR

Heronswood Garden near Kingston on the Peninsula is once again restored to its former spectacular reputation. Known for unique rare plants carefully curated by world explorer, Dan Hinckley, the garden is flourishing again. You will see an exciting inventory of new plants recently collected by Hinckley's ongoing plant exploration – from China, Vietnam, Chile, Myanmar, New Zealand and Tasmania. There is a box lunch of your choice in the open garden which is included in the price. There are no stairs, but walking and uneven ground.

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Thu, Aug 15, 9:30 am – 2:30 pm  
\$42 member/\$84 nonmember

## TASTE OF EDMONDS

The 37th Taste of Edmonds is back again on August 16th to 18th. Three days of food, music, vendors, rides and fun. Voted one of the “Top 10 North American Festivals” there’s fun for everyone. Join us as we stroll through the hundreds of venter booths, be enthused by the creativity and artistic pieces of metal, glass, wood and canvas... an absolute treasure of inspiration. Friday August 16th  
Time: 11:00am – 3:00pm  
\$4.00 member \$8.00 non-member  
Lunch will be on your own  
EXTENSIVE WALKING

## TRIP TO EDMONDS FARMERS’ MARKET

Good shopping at the Edmonds Saturday Market, one of the largest and best in the area. Lunch on your own at Yum Yum Thai Restaurant in Shoreline, at your own expense. If we have time, a stop at the Shoreline Saturday Farmer’s Market may occur after lunch. Sat, Aug 17, 10 am – 3 pm  
\$10 member/\$20 nonmember

## EVERGREEN STATE FAIR

Food Drive Day – Please bring 3 cans. Come join the fun! 4-H displays, fruit and vegetables, farm animals and vintage museum. Fair burgers and strawberry shortcake. All meals at your own expense. We leave from the Fair promptly at 1:30 pm  
Thu, Aug 22, 9:30 am – 3:30 pm  
\$10 member/\$20 nonmember

## MOUNT ST. HELENS & WOLF HAVEN OVERNIGHT

Our overnight will head south to Johnston Ridge Observatory at Mt. Saint Helens. You will be able to view the landscape, enjoy videos, listen to Ranger talks and maybe take a short hike if time permits. You are in the heart of the blast zone and there are interpretive displays that tell biological, geological and the human story of the explosion in

1980. Next we will spend the night at a Casino in Rochester. Friday morning we will head north and stop at Wolf Haven Sanctuary for a guided tour and learn about wolves in captivity and in the wild. Meals will be on your own. Thu, Sep 5, 8:30 am  
Fri, Sep 6, 4:30 pm  
\$170 sharing/\$237 single supplement

## JEFF’S TEXAS STYLE BBQ TOUR & LUNCH

For a trip to a BBQ pro who knows real smoked meat is the way BBQ is meant to be done. Let’s go to Marysville and have lunch and get a tour of the smoke pit, where Jeff the owner ships in real Texas oak wood to make up the best smoked flavored meats for He’ll give a tour of his smoking pit and let us in on some of his secrets. And don’t forget to get some to bring home? Lunch not included in fee. Y’all come!  
Fri, Sep 13, 10:30 am – 1:30 pm  
\$15 member/\$30 nonmember

## COUGAR MOUNTAIN ZOO & BOX LUNCH

We’ll start our day with a drive to Issaquah and the Cougar Mountain Zoo – a small zoo focused on endangered species. After a private tour of the various habitats, including the Tiger Tunnel Encounter, we’ll have time on our own for some of the daily activities involving the animals. Our next stop will be the nearby Lake Sammamish State Park, where we’ll picnic lakeside – with grilled hamburgers, hotdogs, and all the other goodies usually found at an old fashioned picnic. Transport, admission, tour, and food all included in cost.  
Thu, Sep 19, 9 am – 3:30 pm  
\$40 member/\$80 nonmember

## 43RD LAKE UNION WOODEN BOAT FESTIVAL

Save the date for the Center for Wooden Boat’s most beloved event of the year. Be ready for awesome music, vendors, activities, and of course, boats! Lunch at your own expense  
Sat, Sep 28, 10 am – 4 pm  
\$10 member/\$20 nonmember

## SAIL TO VANCOUVER BC

Join with Alki Tours for a short “repositioning” cruise from Seattle to Vancouver. Includes transfer from the Northshore Senior Center (Bothell) to the Port of Seattle. There we will board the Ruby Princess and settle into our cabins – in time to explore the ship’s many features before its 4 pm sailing. Later that evening we will then get to enjoy dinner and a variety of entertainment venues (including the casino). After breakfast the next morning we will disembark and motor coach back to the Center. \$100 per person deposit required to hold your reservation. Full payment due by July 15. All meals on ship included. \$304 + \$45 port taxes pp (sharing a room)\* \$408 + \$45 port taxes pp (own room)\* \*inside cabin  
Sun, Oct 6 – morning  
Mon, Oct 7, late afternoon

## TRIPLE WITCHING HALLOWEEN TREAT

Because of limited availability we need to reserve early for this “triple treat” autumn event. Travel south to the Chehalis-Centralia area, and board one of the few remaining railroads in Washington operating with an early 1900’s steam locomotive. During a two hour train trip we will slowly travel through the country side while enjoying a four course dinner presented to us at our tables in the refurbished dining car (choice of entrees). As we dine, we will find ourselves smack in the middle of an Agatha Christie type Halloween murder mystery! Hopefully, with clues gathered along the way, we will be able to out the villain before we return to the station and then back to NSC. Tickets are not refundable but are transferrable. \$118 members/\$236 nonmembers  
Sun, Oct. 27, 12 pm – 8:30 pm

## Discover what’s right for you.

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# SENIOR NEWSLETTER

## URBAN HIKES

Are you ready to discover Snohomish County? Interested in learning the new Green Swift Line Bus? Want to discover an adventure in your own back yard? Join us for an Urban Hike! When you register for the Urban Hike we will give you all the information you will need to purchase an ORCA card.

## NARBECK WETLAND SANCTUARY

Meet at Mill Creek Retirement (14905 Bothell Everett Hwy, Mill Creek, WA 98012) lots of parking. Take a short walk to the Swift Green Bus line to Narbeck Wetlands, located at 7007 Seaway Blvd, Everett, WA 98203. There are two walking trails, a small loop trail and a 1.5 mile interpretive trail around the perimeter, with educational signs and self-guided.

The Boardwalk Trail goes right through the sanctuary, allowing intimate views of birds and their habitat. The Interpretive signs along the trail tell about the wetlands and wildlife. Look for nests and other habitat; there are even trees downed by beavers in evidence if you look closely. When you need a break, look for one of the several benches that dot the sanctuary. A sack lunch will be provided by Mill Creek Retirement. Returning home on the Green Swift line bus. Friday June 21st  
Time: 11:00am to 2:00pm  
Cost: Orca card \$2.50  
Lunch provided by Mill Creek Retirement

## NORTH CREEK TRAIL – MCCOLLUM PARK

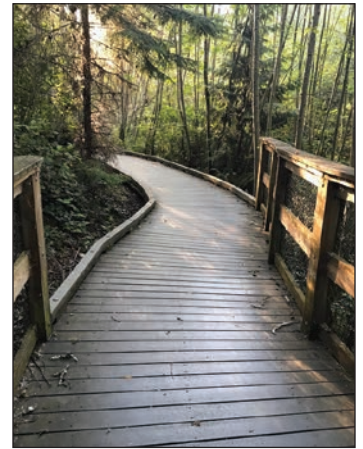
Meet at Mill Creek Retirement (14905 Bothell Everett Hwy, Mill Creek, WA 98012) and take a short walk to catch the Green

Swift Line Bus to McCollum Park. Hike an almost level forest loop trail along a creek in this Snohomish County Park. Just feet from the bus stop, we will begin our walk on the Forest Loop Trail. There are multiple trails however, the main trail rejoins your incoming route at the trail fork. Your total distance will be about 1.2 miles or a bit more if you explore the side trails. A sack lunch will be provided by Mill Creek Retirement Friday July 19th  
Time: leave at 11:00am – 2:00pm  
Cost: Orca card \$2.50  
Sack lunch provided by Mill Creek Retirement

## MCCOLLUM PARK SOUTH

Meet at the Mill Creek Retirement Center and take a short walk to cat the Green Swift Line Bus to North Creek Trail. This watershed hike offers water crossings, swaying

bridges, beautiful views and birds galore. As you explore this lush wetland, keep an eye out for hawks, eagles, ducks, geese, hummingbirds, wrens and woodpeckers. Don't forget your camera  
Friday August 16th  
Time: 11:00am to 2:00pm  
Cost: Orca card \$2.50  
Sack lunch provided by Mill Creek Retirement



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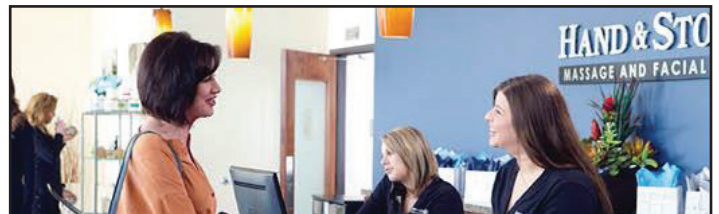
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## COMPUTER CLASSES

### REGISTRATION FOR CLASSES

Call 425-948-7170. Note: If you cannot afford our classes, call and ask the Manager for assistance!

### COMPUTER DISCOUNT

3 Computer Classes for 15% OFF! Pay for all 3 classes at the same time and get 15% OFF!

### CANCELLATIONS AND REFUNDS

No refunds within seven days of a class starting!

### AUDITING CLASSES:

After taking a class, you can take it again, within 6 months, for FREE!

### COMPUTER HELP (IN-HOME)

Help is available from our instructors in your home for a mutually agreeable fee. If you need assistance with your computer, printer, or Wi-Fi, call us! By Appointment!

Coordinator: Ron Cuddy  
425-672-7359

### COMPUTER HELP (AT THE CENTER)

One-on-one tutoring help is available in our Computer Learning Center. If you need help using your computer, software programs, camera, smart phones, or accessing web sites we can help! Get answers to your specific questions. By Appointment!

Coordinator: Ron Cuddy  
425-672-7359

### CAMERA CLUB

This workshop uses a teamwork concept of conducting classes to share technical and creative camera tips through photo assignments. Work is submitted on thumb drives to be viewed and critiqued by Workshop members with discussions during class to provide constructive feedback. Members are invited to participate in planning assignments or making presentations although it is not a requirement. A basic understanding of Photoshop Elements or similar Photoshop software is beneficial, and we welcome use of tablets or smartphone photos. People can join the class whenever they want as there is no beginning, middle or end. We may have an occasional field trip or guest speaker and always have a good time.

\$5 per class

1st and 3rd Thursdays, 1 pm - 3 pm

Coordinator: Karen Estes

### COMPUTER BASICS

Learn about your keyboard, mouse and cursor so your computer will understand what you are telling it to do. Understand Windows terminology, the desktop screen, the start menu and the taskbar. Safely get in and out of any

program. Learn to create, save and print documents.

2 day course: 4 hours total

\$48 nonmember/\$24 member

Mon - Tues, Jun 3 - 4, 1 pm - 3 pm

Mon - Tues, Jul 1 - 2, 1 pm - 3 pm

Mon - Tues, Aug 12 - 13, 1 pm - 3 pm

Instructor: Ron Cuddy

### DIGITAL CAMERA / PHONE

Are you having problems making your digital camera or smart-phone work properly or transferring pictures to your PC? Bring your camera/phone and charging cord to class. Learn to download your photos and to share

them via E-mail or the cloud.

2 day course: 4 hours total

\$48 nonmember/\$24 member

Thurs - Fri, Jun 20 - 21, 10 am - 12 pm

Thurs - Fri, Jul 25 - 26, 10 am - 12 pm

Thurs - Fri, Aug 29 - 30, 10 am - 12 pm

Thurs - Fri, Sep 26 - 27, 10 am - 12 pm

Instructor: Randy Gregg or Ken Fields

### EXCEL SPREADSHEET

Create spreadsheets, lists, charts and graphs. Use Excel for contact lists, address lists, budgeting, medical history, tracking birthdays and anniversaries, Christmas gifts and more.

4 day course: 6 hours

\$72 nonmember/\$36 member

NO CLASS on WEDNESDAYS!

Mon - Fri, Jul 15, 16, 18, 19, 10:30 am - 12 pm

Mon - Fri, Aug 12, 13, 15, 16, 10:30am - 12pm

Mon - Fri, Sep 16, 17, 19, 20, 10:30am - 12pm

Instructor: Joan Little

### FACEBOOK

Learn how to navigate in Facebook! This class will help you develop the confidence to set up and maneuver in Facebook successfully. Topics include: Facebook basics and lingo, setting up your own page, choosing friends, posting text and photos, and changing privacy settings.

3 day course: 6 hours

\$72 nonmembers/\$36 members

Mon - Wed, Jun 24 - 26, 1 pm - 3 pm

Mon - Wed, Jul 22 - 24, 1 pm - 3 pm

Mon - Wed, Aug 26 - 28, 1 pm - 3 pm

Mon - Wed, Sep 23 - 25, 1 pm - 3 pm

Instructor: Tommie Zabrowski

### GENEALOGY

We will introduce you to websites that may help you expand your family history. On the 1st and 3rd Wednesdays students learn the tools and skills needed to navigate Genealogy websites. On the 2nd and 4th Wednesdays students meet to practice, share their successes, and help each other.

This is a fun way to discover your family history and meet other likeminded members.

Come join us. All are welcome.

Pre-registration is required.

Monthly course: Wed, 10:30 am - 12:00 pm

4 sessions \$36 nonmember/\$18 member

Facilitator: Ron Sailer

### INTERNET TV

Have you obtained or heard of APPLE TV, ANDROID BOX, AMAZON FIRE, or ROKU. These devices allow you to watch TV without Cable. They allow you to run various apps like NETFLIX, HULU, IPTV and AMAZON VIDEO to see heatstreamed content like music, movies, TV channels and more.

Call ahead to register.

\$10 per class

1st and 3rd Fridays, 1 pm - 3 pm

Instructors: Team

### PHOTOS, FILES AND FOLDERS

OK, you have saved your documents and photos on your computer. NOW WHAT? Learn how to rename, copy, move, organize, and share your photos. Backup your files and folders from your PC to the cloud (OneDrive) or to your USB storage device.

3 day course: 6 hours

\$72 nonmembers/\$36 members

Mon - Wed, Jun 17 - 19, 1 pm - 3 pm

Mon - Wed, Jul 15 - 17, 1 pm - 3 pm

Mon - Wed, Aug 19 - 21, 1 pm - 3 pm

Mon - Wed, Sep 16 - 18, 1 pm - 3 pm

Instructor: Randy Gregg or Ron Cuddy

### SMART-PHONES AND TABLETS

If you have a Cell-Phone or Tablet (Apple or Android) bring it to this workshop and learn how to use it. Get answers to your specific questions. Learn about settings, email, messaging, maps and how to take and share pictures. This is one-on-one instruction.

Call ahead to register.

\$5 per class. Every Thursday, 3 pm - 4 pm

Instructors: Team

### WINDOWS 10

Learn the terminology and navigation basics of the WINDOWS 10 operating system. Develop the skills and confidence to use your computer to accomplish everyday tasks. Create, save and print documents. Organize and control your Files and Folders. Customize the Desktop screen, Start menu and Taskbar. Learn how to access the settings, programs and applications you have on your computer.

5 day course: 10 hours (pay for just 6 hours)

\$72 nonmember/\$36 member

Mon - Wed, Jun 10 - 14, 1 pm - 3 pm

Mon - Wed, Jul 8 - 12, 1 pm - 3 pm

Mon - Wed, Aug 5 - 9, 1 pm - 3 pm

Mon - Wed, Sep 9 - 13, 1 pm - 3 pm

Instructor: Ron Cuddy

# SPORTS NEWS FROM HENRY M. JACKSON HIGH SCHOOL



## SOFTBALL

The defending State Champion softball team is having another strong season finishing the regular season with an incredible 18-2 record and as Co-League Champions with Lake Stevens and Glacier Peak. This year's captains are seniors Jessica Asantor, Iyanla De Jesus, and Macy Tarbox. De Jesus, a.k.a., Ice, has been fantastic in the circle this season pitching five no-hitters, including one perfect game. Sophomore pitcher Amanda Wingert has also thrown a perfect game for the varsity. Jackson beat KINGCO's #1 Eastlake High School 2-0 behind no-hit pitching by Iyanla De Jesus and outstanding defense and winning the Bi-District Tournament. It is the 5th District Championship the Jackson Softball team has won in a row. They look forward to their fifth straight appearance at state and bringing home the state trophy for the second year in a row.



## BOYS SOCCER

The boys' varsity soccer team was led by first year boys coach Sarah Smart, who is also Jackson's Girls Soccer Coach. The team is off to state as they finished the season with an overall impressive record of 15-1-1 and Wesco League Champions. This is their first Wesco Championship since 2005. After defeating Eastlake High School 4-0 in the bi-district tournament the Timberwolves qualified for the 4A state tournament for the first time in eight years. They beat Mt. Si 3-2 for the District Championship at Mt. Si on penalty kicks to earn the District Title. In state play the boys beat Hazen 3-0 and Federal Way 2-1 to advance to the semifinals where they will play Puyallup on Friday, May 24th. The varsity squad has performed outstanding this year leading the state in outscoring their opponents 64-9 and are looking to win their first state boys soccer title.

## GIRLS TENNIS

The Jackson varsity girl's tennis team had another great season. Twenty two players contributed in varsity matches to the team's 12-4 overall and 6-1 league records. The varsity was led by senior co-captains Mina Jamshidpour and Crystal Le. Playing singles all season for Jackson were Mina Jamshidpour, freshmen Shubhi Handa and Naisha Sinha, and junior Sarah Bibbs. Doubles teams consisted of Crystal Le, Niha Gaddam, Molly Jo Myers, Paige Myers, Kylie Byrd, Emma Johnson, Megan Fettig, Seo-Yun Chon, Agustina Kapur, Amanda Le, Angelina Kuo, Maddie Ong and Inaayat Sidhu.

Jackson will be represented at the 4A District Tournament held at Glacier Peak High School on May 14,15,16 by singles players Mina Jamshidpour and Sarah Bibbs; and doubles teams of Crystal Le, Niha Gaddam, Molly Jo Myers and Paige Myers with the hope of moving on to the state tournament in Richland over Memorial Day Weekend.



## GIRLS GOLF

The Jackson girls team returns one senior from last year's team, Anne Prudell, to this year's talented roster. Representing the Juniors this year are Madelyn Rude, Madelyn Nguyen, and Emma Webber. The Sophomore class includes Rio Koga, Sabrina Nelson, Jordyn and Howard and Madelyn Hurl. We are fortunate to have participating several freshman girls this year that include: Riley Wilson, Kaelyn Fernandez, Caitlin Thomas, Genova Rachel Mae and Jose Aquino. The girls look forward to competing at the district tournament at Camaloch Golf Course on May 13th and 14th and to qualify for the state tournament the following weekend at Hangman Valley Golf Course in Spokane.



# SPORTS NEWS FROM HENRY M. JACKSON HIGH SCHOOL



## BASEBALL

As the 2018 Wesco District 1 Champions, the Timberwolves had a strong 2019 season. Led by 6 seniors (Dylan Anders, Chris Grayson, Jared Pavek, Kyle Serres, Ben Steck and Jack Underhill), Varsity finished the regular season with an 8-4 league record and was 15-8 overall; losing to Issaquah 5-2 in the elimination round of the 2019 Wes-King 4A District Tournament. Jackson Junior Varsity finished the season with a 7-4 league record and was 14-4 overall. The Timberwolves want to thank their families, friends and community for their tremendous support this season. The future of Jackson Baseball is very bright!



## BOYS AND GIRLS TRACK

The JHS Boys and Girls Track and Field teams had another exciting season. After competing in the Eastmont Invitational at the end of March, both teams competed well at the Solberg Invitational in Bellingham and placed 5th out of more than 35 schools. The girls' team is led by some top performers who have placed in the top 10 all-time list for their events in JHS track history. Anna Skoog is currently ranked 7th in the 800, Sarah Sewell is third in the 300 hurdles, Brenna Board is 2nd in the Shot Put and third in the discus, Emi Peterson is 6th in the Shot Put, and Lydia Robison is currently ranked 3rd all-time in the javelin and she just broke the discus school record with a throw of 129' 9". On the boys team, Karsten is currently ranked seventh in the javelin and Shane Grossman ran the second fastest steeple chase time at the Solberg Invitational. The boys recently had their 12-year win streak of going undefeated in WesCo league meets end with a loss to Lake Stevens. At the Bellevue Invitational on Saturday April 20th, Jackson took home the girls' and boys' championships with over 20 other high schools involved in the meet. Jackson recently won the Everett City Championships Meet against Cascade and Everett and looks forward to competing well at Wesco League and District Meets. Both teams will attempt to qualify as many athletes as possible for the state meet at Tahoma High School on May 23rd, 24th, and 25th.



## BOYS GOLF

The Jackson boys golf team is currently in 4th place of Wesco league standing and points. There will be 4 more league matches that the players have an opportunity to improve upon and hopefully we will get all the players into Districts this year. The JV team has won all their matches except one. The JV has improved a great deal and looks to get even better as the year goes on. The boys' varsity team has a talented group of golfers that include the following players, Senior, Logan Gorski, Junior, Chanwook Park, and Sophomores Cooper Smith, Trey Weaver, Michael Baker, and Jake Grossman. The boys' JV team this year include: Sophomores Austin Norman, Nathan Cuda, Jake Eastwood, Jack Reihing, freshman Koen Solis, and Jack Kidd. The boys look forward to playing at the district tournament on May 13th and 14th at the Snohomish Golf Course and then hope to qualify for the state tournament the following weekend.



*Photos by Scott Williams Photography*

# SPORTS NEWS FROM ARCHBISHOP MURPHY HIGH SCHOOL

## Boys Soccer

Battling a tough season through many injuries the AMHS Boys Soccer team fought through a tough season and qualified for the district playoffs. Sadly the season ended at districts but the team showed great spirit throughout the season!



## TRACK AND FIELD

It was another fantastic season for the AMHS track and field team which saw numerous personal records. Multiple track athletes will be competing at districts and at state during the final weeks of May.



## SOFTBALL

The softball team muscled through a tough WESCO schedule throughout the year. Led by the pitching and hitting of Brooke Jordan the AMHS softball team has earned a spot in districts and will compete on May 11th vs Liberty High School.

*Photos by Lifetouch Photography*

# SPORTS NEWS FROM ARCHBISHOP MURPHY HIGH SCHOOL



## LACROSSE

After a challenging 2018 inaugural campaign in the WHSBLA's Private School division, the 2019 AMHS lacrosse team took meaningful steps towards building a state-caliber program. Despite a 4-7 record, the 2019 schedule featured three games against 4A state qualifiers, and two games against 3A state qualifiers. Highlights included the team's first win since 2017, the honor of hosting a home playoff game, and several All-Conference nominations. 2020 can't come soon enough!



## GIRLS TENNIS

The AMHS Girls Tennis team enjoyed a fun-filled season in their first year of WESCO. Building great relationships and battling every week, the team is excited for the future!



## GIRLS GOLF

The girls golf team enjoyed a fantastic 2019 season and made some great memories. A few of those highlights include the team finishing second in league and Jenna Suh finished 3rd overall in individuals.



## BASEBALL

The baseball team has had a successful season this year winning the WESCO 3A/2A South division championship. The team has enjoyed success in large part due to great senior leadership. The team has qualified for the state tournament and will compete for the District 1 title on May 11th vs Liberty High School.

## BOYS GOLF

The boys golf team has gone on to have a great 2019 season under the direction of veteran Coach Jack Serwold. The boys have had some runs so far and after finishing 3rd at state last year the boys hope to finish the season strong this year.





# David Bhak

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**MILL CREEK - WEBSTERS POND \$660,000**  
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**BOTHELL - ALDERWOOD MANOR \$639,000**  
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